



March 4, 2021

## *News Headlines*

### Happy 40th Anniversary to Hudson Headwaters



Congratulations to our friends at [Hudson Headwaters Health Network](#) as they celebrate their 40th anniversary this year! In 1974, Dr. John Rugge began what would become Hudson Headwaters with a single health center in Chestertown. The Network was officially incorporated as a community health center in 1981. Today, Hudson Headwaters comprises 21 community-based, primary care health centers, with a service area stretching from Saratoga Springs to the Canadian border, an area covering more than 7,200 square miles.

"Hudson Headwaters has always been about and for our communities," explained Dr. Rugge. "Any celebration of Hudson Headwaters is first and foremost an expression of gratitude. This milestone is about the countless community members, staff, elected officials, donors and patients who together have made the organization what it is today."

## *Important Information*

### Salvation Army Hosting Drive-Thru Food Pantry Events on Mondays in March



The [Salvation Army of Glens Falls](#), in cooperation with the [USDA Farmers to Families Food Box](#) program, is offering contactless drive-thru food distribution events on Mondays in March. Each Monday through March 22, the drive-thru will be open from 10:00 a.m. - 12:00 p.m., in the Six Flags parking lot, 33 Round Pond Road in Queensbury. The drive-thru is open to anyone in need on a first-come, first-served basis and is meant to ensure everyone has access to necessary supplemental food in




## Did You Know? Menthol is a Flavor Issue!

Tobacco companies add menthol to their products, making it easier to start smoking, and harder to quit. Click below to watch a video to find out more from Michael Scott of the Center for Black Health & Equity, and Natasha Phelps, JD, of the Public Health Law Center.



↩ Click The Link ↪

## Find Out How Menthol Impacts Youth & Adult Smokers In NYS

History of the Menthol Cigarette	What Does It Do?
 <p>Lloyd 'Spud' Hughes</p> <ul style="list-style-type: none"><li>Used menthol crystals to treat asthma</li><li>Stored tobacco in tin with crystals overnight, the cigarettes became pleasantly flavored</li><li>Began offering to railroad and mill workers who frequented father's restaurant</li><li>Formed Spud Cigarette Corporation in 1925</li></ul> 	 <p>THE CENTER FOR BLACK HEALTH &amp; EQUITY</p> <ul style="list-style-type: none"><li>Minty-Candy Taste</li><li>Masks the Harshness of Smoking</li><li>Cooling Sensation; activates taste buds; cold receptors; increases throat grab</li><li>Anesthetic effects; Mimics Bronchial Dilatation</li><li>Increases Salivary Flow; Transbuccal Drug absorption</li><li>Greater Cell Permeability</li></ul>

*Training Sessions, Meetings, and Events*



**Mercy Care for the Adirondacks - Parish Nurse Program**

Cordially invites you to join us for

**“The Spirituality and Science of Self-Compassion:  
Caring for Ourselves to Care for Others”**

A One-Day Retreat for Professional Caregivers via Zoom

Thursday, March 18, 2021, 9:30 am – 1:30 pm (½ hour break at noon)

This retreat draws upon recent findings in neuroscience and psychology illuminating self-care and spiritual practices that nurture gentleness, kindness and patience toward ourselves. Far from being self-centered or selfish, these actions generate a deeper understanding of others, enhancing our relationships and our ability to care for others.



**Presenter:**

**Anne Kertz Kernion, MA, Theology, Duquesne University  
Retreat Leader/Author/Artist**

**Who Should Attend?**

Nurses, Social Workers, Physicians, Clergy, Volunteers  
and others who serve the needs of elder or ill persons.

**There is no charge for this retreat but please register by March 15, 2021.**

To register, click the link below to be taken to a Google Form\*.

**<https://forms.gle/ZKBVraAYbZH5dZCi6>**

or call 518.523.5583 to register over the phone.

\* if your workplace restricts access to Google Drive,  
forward this invitation to your personal email and access from a different network.

**Click here to register.**

# Powerful Tools for Caregivers

## **This 6-week series will help caregivers:**

- Reduce stress
- Improve self-confidence
- Balance their life
- Better communicate their feelings
- Make tough decisions
- Locate helpful resources



**Mondays, 4/5/2021 to 5/10/2021**  
**Must attend all 6 sessions**

**1—3 pm**

To register contact:

Kristen Fleming, [kflem004@plattsburgh.edu](mailto:kflem004@plattsburgh.edu)  
Jodie Smith, [Jodie.Smith@dfa.state.ny.us](mailto:Jodie.Smith@dfa.state.ny.us)

(518)564-2049 OR  
(518)746-2342

Caregivers must have their own computer with webcam, microphone, and internet.

By taking care of your own health and well-being, you become a better caregiver. Six class sessions held once a week are led by experienced class leaders.

Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources.

*This program is sponsored in part by a grant from the NYS Dept. of Health and through Federal, State, and Local funds through the New York State Office for Aging. Offered in collaboration with the following programs:*



### **Office for Aging and Disability Resource Center**

383 Broadway - Fort Edward, NY 12828  
TELEPHONE: (518) 746-2420 or 1-800-848-3303  
FAX: (518) 746-2418 or 746-2571  
[www.co.washington.ny.us](http://www.co.washington.ny.us)



**NY Connects**  
Your Link to Long Term Services and Supports



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### **Alzheimer's Disease Caregiver Support Initiative**

101 Broad St. Plattsburgh, NY 12901  
TELEPHONE: 1-800-388-0019  
[www.wehelpcaregivers.com](http://www.wehelpcaregivers.com)



## **Share Your Updates**

AHI partners in Clinton, Essex, Franklin, Fulton, Hamilton, Saratoga, St. Lawrence, Warren, and Washington counties are encouraged to send news items to Phil Kahn at [communications@ahihealth.org](mailto:communications@ahihealth.org) to be considered for inclusion in *AHI Informer*. This edition and past issues of the newsletter are available at <https://ahihealth.org/ahi-news/ahinformer/>.

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