



# a·H·Informer

A news update from Adirondack Health Institute

May 17, 2022

## *News Headlines*

### **New website helps people across the North Country find local resources**

**Get Healthy North Country** — [gethealthynoco.org](https://gethealthynoco.org) — is administered by the **North County Chronic Disease Prevention Coalition**, a network of health care providers, public health agencies and nonprofits working to reduce the prevalence of diabetes and other chronic diseases across northern New York. This region-wide system aims to ensure that there are enough lifesaving programs offered so that anyone interested — or referred — will be able to access them.

The Coalition's new website is a one-stop shop for those looking to enroll in local workshops and wellness programs to help them prevent or better manage diabetes, high blood pressure or other chronic diseases.

"The Coalition is looking for ways to remove obstacles for people trying to take control of their health," said Ann Morgan, executive director of The Heart Network, which facilitates the Chronic Disease Prevention Coalition. "Too often, we find that individuals miss out on local resources because they're difficult to find or hard to enroll in — our aim is to make the process as simple as possible. We also recognize that many people in our region don't have internet access, so we're using our partnership with NY Connects to make sure people can get assistance enrolling by phone.

The Get Healthy North Country portal includes basic information about each workshop as well as a one-step enrollment process. Most of the current workshops include six sessions, and feature a mix of web-based, in-person and dial-in options — all free to participants.

In addition to Get Healthy North Country, the Chronic Disease Prevention Coalition has established a regional program delivery and referral network through its partnership with NY Connects that helps providers get their patients quick access to evidence-based programs across the North Country.

In 2021, the Coalition grew from Clinton, Essex, and Franklin counties to include health provider organizations, area offices for the aging, and other community-based organizations in Hamilton, Washington, Warren and St. Lawrence counties. This is in addition to several new regional and statewide stakeholders that have taken interest in our work.

"This Coalition will continue to grow its referral network and start taking steps to prepare for contracting with health care payers to support continued delivery of these important programs," Morgan said.

The Coalition is represented by organizations in five different sectors: primary care systems, behavioral health systems, state and regional stakeholders, technical assistance and public health. For a full list of partners, visit [gethealthynoco.org/partners](https://gethealthynoco.org/partners).

To learn more about Get Healthy North Country, visit [gethealthynoco.org](https://gethealthynoco.org). For more information or assistance enrolling, please call (800) 342-9871 to get connected to your local NY Connects

office. For more information about the North Country Chronic Disease Coalition, contact Ann Morgan at (518) 891-5855 or [amorgan@heartnetwork.org](mailto:amorgan@heartnetwork.org).

NY Connects provides free, unbiased information and assistance to link people to long term services and supports, such as home care, transportation and meals. It serves older individuals and individuals with disabilities of all ages. To learn more, visit [nyconnects.ny.gov](http://nyconnects.ny.gov).

The Heart Network collaborates with health systems and public health agencies across the North Country to design, develop, and implement strategies to decrease the incidence of cardiac disease, stroke, and related chronic disease. We administer three programs to help build foundations for healthy communities: Health Systems for a Tobacco Free North Country, Creating Healthy Schools & Communities, and the North Country Chronic Disease Prevention Coalition.

### We want to hear from you!

#### Are you a health care provider in the North Country?

The North Country Digital Inclusion Coalition, formed by Adirondack Health Institute and Fort Drum Regional Health Planning Organization, is looking for insights on access to telehealth and digital inclusion barriers in our communities.

Please take the 5 minute survey by visiting <https://www.surveymonkey.com/r/NCDIC2> or by scanning the QR code below!



### We want to hear from you!

#### Are you a community member in the North Country?

The North Country Digital Inclusion Coalition, formed by Adirondack Health Institute and Fort Drum Regional Health Planning Organization, would like to hear about your experience using telehealth services.

Please take the 5 minute survey by visiting <https://www.surveymonkey.com/r/NCDIC2> or by scanning the QR code below!



### Clear the Air in the Southern Adirondacks and statewide partners kick off 2022 *It's Not Just* campaign

*More than half of youth who smoke use menthol cigarettes*

**Clear the Air in the Southern Adirondacks (CASA)**, a program of Adirondack Health Institute (AHI), and statewide partners are kicking off the regional and statewide launch of Tobacco Free New York State's 2022 **"It's Not Just"** campaign, intended to educate people across New York State about the tobacco industry's historically inequitable marketing and promotion of menthol-flavored tobacco products. The *It's Not Just* campaign speaks from the youth perspective, blending powerful imagery with direct quotes by tobacco executives to highlight the striking contrast between how the industry views youth and how youth see themselves. It is an extension of the campaign launched in May 2021 to urge the public to take action against the hard-hitting menthol-flavored tobacco product marketing that has targeted and harmed Black communities for decades.

CASA's Reality Check Specialist, Merry Rudinger, was recently interviewed by LookTV on this initiative. Check out the interview [here](#)! To read the full press release, click [here](#).

For more information on CASA and how to get involved, visit <https://ahihealth.org/casa> or email the team at [casa@ahihealth.org](mailto:casa@ahihealth.org).

A new edition of the **Family Service Association of Glens Falls, Inc.** newsletter is available.

Click [here](#) to read!



# SAVE THE DATE 2022 NORTH COUNTRY LEADERSHIP SUMMIT

## Optimizing Healthcare: Community Collaboration and Workforce Resiliency

September 19th - 23rd, 2022

AHI and FDRHPO present a week long virtual symposium  
with presentations on strategies to optimize telehealth and  
population health



### Advancing Population Health with Telehealth June 7, 2022

The **Adirondack Rural Health Network** is excited to announce the second session of the 2022 Educational Series, a collaborative effort with the **North Country Telehealth Partnership**.

Join us on June 7 from 10:00 - 11:00AM to learn about various uses of telehealth beyond a stop-gap measure for COVID-19, specific telehealth approaches to achieve your organization's population health goals, as well as pragmatic guidance on how to best expand your telehealth offerings in support of population health.

To register for this free virtual session, click [here](#)!

### United Way of the Adirondack Region's Olympic Spirit Golf Classic June 14, 2022

Spots are filling up fast for the Olympic Spirit Golf Classic, being held **June 14, 2022** at the **Lake Placid Golf Club**. For information and to register, download the registration form [here](#).

Registrations are due by May 31, 2022.

### New York State Food as Medicine Planning Kickoff June 30, 2022

*Join virtually for the largest NYS convening of Food as Medicine providers and stakeholders*

We know Food as Medicine (FAM) interventions change lives. From veggie RX and food pharmacies to medically tailored meals and groceries, and more, we are coming together to develop a community informed FAM plan for NY that integrates medically tailored food and nutrition services into the state's Medicaid program, improving health and reducing healthcare costs.

The Food as Medicine Workgroup of the NYS Council on Hunger and Food Policy, the Food Pantries for the Capital District, and the New York State Community Food Assistance Network is working together to **convene Food as Medicine providers and stakeholders on June 30 from 1:00 - 3:00pm.**

To register for the kickoff, click [here](#)!

Whether already engaged in food and nutrition security services in NYS or if you are interested, please complete [this survey](#), to facilitate connections to resources and discover best practices.

Contact [Ellie Wilson](#) or [Alex Alam El Din](#) with questions.

## *Other Information*

### **Career Opportunities at AHI**

AHI is hiring! We are seeking dedicated, motivated, and highly passionate individuals who share our drive and commitment to making a difference by improving the health of our community. We are hiring for the following position:

- **Support Specialist**

AHI provides a friendly and challenging work environment and a comprehensive benefits package. For more information or to apply online, visit us at <https://ahihealth.org/who-we-are/careers/>.

EOE/M/F/V/D.

### **Health Insurance Enrollment Assistance**

AHI's **EASE (Enrollment Assistance Services and Education) program** assists individuals, families and small business owners enroll in health insurance coverage through the NY State of Health Marketplace. We serve eight counties: Clinton, Essex, Franklin, Fulton, Hamilton, Saratoga, Warren, and Washington.

We don't charge and we're not an insurance company. We help clients look at available insurance plans and find out if they're eligible for financial assistance.

[Request an appointment online](#) or call toll-free, **1.866.872.3740**, to make an appointment with a certified enrollment specialist. We'll help to review health insurance choices via phone, for free. To learn more, click [here](#).

***AHI also provides assistance with helping individuals and families resolve issues in accessing substance use disorder and mental health services, as well as care management services.***

### **COVID-19 Resources**

For links to various COVID-19 resources for community partners,  
please visit [AHI's website](#).

### 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 [communications@ahihealth.org](mailto:communications@ahihealth.org) to be considered for inclusion in the AHInformer.

This edition and past issues of the newsletter are available at <https://ahihealth.org/ahi-news/ahinformer/>.

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