



a·H·Informer

A news update from Adirondack Health Institute

December 24, 2023

News Headlines



As we approach the close of 2023, I want to take this opportunity to show our appreciation for our CEO, Eric Burton. Eric will be stepping away from his role for a much-needed break – traveling to warmer climates for the winter months. Eric has served as the CEO for AHI since 2017, and also assumed the role of CEO for the Adirondacks ACO in the fall of 2020.

Eric's commitment to our work in the region has always been focused on ensuring the supports we provide to our network partners, and ultimately our communities, have meaningful value and make a difference. We will be forever grateful for his commitment and contributions and wish him the best as he takes some time to reenergize over the next few months. As we know, the North Country health care world is small – we are sure our paths will cross again.

Karen L. Ashline

Master Plan for Aging General Public Survey extended through January 31, 2024

Due to the recent surge in enthusiasm and overwhelming response from survey participants, the survey period for the **Master Plan for Aging survey** will be extended through **January 31, 2024**.

Since the launch of New York State's Master Plan for Aging (MPA) survey, NYS has received an unprecedented level of engagement from stakeholders, providers, advocates, and community members. To date, more than 5,000 survey responses have been received. This valuable input has provided a wealth of ideas and suggestions that will greatly contribute to the development of the MPA. NYS is thrilled by the enthusiasm shown and want to ensure that everyone has a chance to participate. The State will be working with their stakeholder partners on in-person survey events and on further promotion to their constituencies so that all older New Yorkers and New Yorkers with disabilities can have their voices heard.

The survey is available in 17 languages if completed on line at [Master Plan for Aging General Public Survey – Drawing the Blueprint \(ny.gov\)](#). Paper copies are also available by emailing MPA@health.ny.gov.

For more information on the MPA, please visit www.ny.gov/mpa. Please email MPA@health.ny.gov with any questions about the survey.

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

Click [here](#) to read!

A new edition of the **Moreau Community Center** newsletter is available.

Click [here](#) to read!

Clear the Air in the Southern Adirondacks Team Celebrates a Smoke-Free 2023 for Local Organizations

Smoke-free outdoor policies offer many benefits to businesses. From a financial perspective employees who smoke [cost an employer on average \\$5,816 more per year than a non-smoking employee due to increased absenteeism, loss of productivity related to nicotine addiction, smoke breaks, and extra health care costs](#). From a health perspective each year in the United States, over [480,000 people die from smoking related illnesses, including approximately 41,000 non-smokers due to exposure to secondhand smoke](#). In addition, [more than 16 million Americans live with a disease caused by smoking](#)

No one should be forced to walk through a wall of smoke or aerosol when entering their place of work or a public building. In fact, the [U.S. Surgeon General concluded there is no safe amount of secondhand smoke](#). Smoke [can trigger allergies, asthma attacks, and other breathing problems](#). Tobacco-free workplaces protect employees, visitors, and clients from the harmful effects of secondhand smoke, and may support the efforts of smokers who want to quit, and may increase the number of smokers who are motivated to quit. Additional benefits of smoke-free policies may include:

- Creating an environment that supports tobacco-free choices.
- Lowering absenteeism and increasing worker productivity.

- Reducing maintenance costs by eliminating tobacco product litter and fire hazards.
- Increasing curb appeal and reducing loitering.
- Being responsive to community members who notice and appreciate the improvements of tobacco-free environments.

The Clear the Air in the Southern Adirondacks (CASA) program of AHI works each year to engage local business with resources from the New York State tobacco-free workplace guide to mobilize them to protect the health of their employees and clients with a tobacco-free outdoor policy. The guide includes education, timelines, sample policies, cessation resources, and free smoke-free signage to support policy implementation.

As 2023 comes to an end, the CASA team would like to celebrate our partners who utilized our resources for the successful implementation of smoke-free outdoor policies. Thank you to: **Whitehall United Methodist Church, Rise Healthy Housing and Support Services, The Body Barre Dance and Fitness Studio, Battenkill Community Services, Evergreen Bicycle Works, Habitat for Humanity, and the Glens Falls NAACP!**

If you're interested in joining these local organizations that are making strides to protect their employees and clients, please reach out to the CASA team at casa@ahihealth.org.

Events



ALZTOGETHER

Social programs for individuals with Alzheimer's and their care partners

Virtual Tour of The Phelps Mansion Museum

Join us as we step back in time and virtually explore one of Binghamton's most historic homes. The Phelps Mansion Museum was built for Sherman David Phelps, a wealthy Binghamton businessman and fifth mayor of the City of Binghamton. When the Phelps Mansion was built, it was the last in a row of elegant homes on the east end of Court Street. The home was built in 1870 and designed by local architect Isaac Gale Perry.

Get out, stay active and connect with others in a fun, stimulating environment.

The need for staying connected through activities and social engagement is important. ALZTogether social engagement programs offer a fun and comfortable way for both a person living in the early stage of Alzheimer's or other dementia and their care partner to engage with each other, and connect with others in similar situations. This is done through a variety of social events and community-based activities by promoting social interaction and companionship. Please call 315.412.4201 ext. 227 for screening and registration to obtain location/joining information.

This activity is supported, in part, by a grant from the New York State Department of Health.

January 4, 2024 / 11a.m.-12p.m.

This virtual program will be hosted via Zoom.

To Reserve Your Spot:
Call 315.472.4201 x 227

Space is limited
Advance registration and screening is required

ALZHEIMER'S ASSOCIATION®

JOIN US FOR A VIEWING OF THE DOCUMENTARY

THE HOPE OF RECOVERY

Panel discussion to follow!

January 11, 2024 ♦ 1PM - 3PM

**Crandall Public Library
Christine L. McDonald Room
251 Glen St, Glens Falls, NY 12801**

Open to the community!

This event is in collaboration with the
Office of Community Services for Warren and Washington Counties

Questions:
Sabrina Herlick | sherlickeahihealth.org



DISCLAIMER: This event is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,000,000 with 0 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov)



ALZTOGETHER

Social programs for individuals with Alzheimer's and their care partners

Mindful Moments in Winter with Baltimore Woods Nature Center

Join us virtually as we admire the scenery of the season right outside your window and share the natural beauty of our Baltimore Woods preserve. Inspired by the winter landscapes we'll draw our awareness inward to practice simple breathing exercises and gentle stretching from a chair to calm the body and mind.

Get out, stay active and connect with others in a fun, stimulating environment.

January 18, 2024 / 1-2p.m.

The need for staying connected through activities and social engagement is important. ALZTogether social engagement programs offer a fun and comfortable way for both a person living in the early stage of Alzheimer's or other dementia and their care partner to engage with each other, and connect with others in similar situations. This is done through a variety of social events and community-based activities by promoting social interaction and companionship. Please call 315.412.4201 ext. 227 for screening and registration to obtain location/joining information.

This virtual program will be hosted via Zoom.

To Reserve Your Spot:
Call 315.472.4201 x 227

Space is limited
Advance registration and screening is required

This activity is supported, in part, by a grant from the New York State Department of Health.

ALZHEIMER'S  ASSOCIATION®

Telehealth Learning Collaborative January 22, 2024

The North Country Telehealth Partnership will be hosting the first Telehealth Learning Collaborative of 2024 on **January 22** from **2-3pm EST**. The featured presentation will be *Telehealth Training Evaluation – Ogdensburg and Southern Tier Counties in New York*.

Register for the meeting [here](#).

Other Information and Resources

Job Postings

AHI has several career opportunities available! We are seeking:

- Director of Policy & Development
- Enrollment Specialists
- IT & Security Manager
- IT Support Specialist

For more information on these roles and to apply, visit <https://ahihealth.org/who-we-are/careers/>.

If you are an organization that would like a link to your job posting(s) included in a future AHInformer, please send the information to us at communications@ahihealth.org.

Struggling to afford internet service?

Visit [AffordableConnectivity.gov](https://affordableconnectivity.gov) to learn more about and apply for the Affordable Connectivity Program.

Addiction and Mental Healthcare Access Assistance

AHI's **CHAMP (Community Health Access to Addiction and Mental Healthcare Project)** program assists individuals and their families with accessing substance use disorder and mental health treatment services. We can help by breaking down barriers to care, including provider network and other health insurance related issues. We serve nine counties: Clinton, Essex, Franklin, St. Lawrence, Fulton, Hamilton, Saratoga, Warren, and Washington.

CHAMP is a FREE and CONFIDENTIAL service available to everyone, regardless of insurance coverage, including the uninsured.

Call us at 1.866.872.3740 or visit our [website](#) to for more information.

Information sessions can be scheduled, and materials made available upon request – contact us for more details!

Keep New York Covered

Important Changes to New York Medicaid, Child Health Plus and the Essential Plan

Do you or a family member currently have health insurance through New York State Medicaid, Child Health Plus, or the Essential Plan? New York State is resuming eligibility reviews and renewals for people enrolled in these programs. **This means you may need to take action to renew your health insurance or the insurance of your family members.**

AHI's EASE enrollment team can help! EASE provides FREE and CONFIDENTIAL service to everyone, regardless of insurance coverage, including the uninsured.

Call us at 1.866.872.3740 or visit our site at ahihealth.org/knyc for more information.

Information sessions can be scheduled, and materials made available upon request – contact us for more details!

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 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/>.

Adirondack Health Institute | 100 Glen Street, Suite 1A, Glens Falls, NY 12801
518.480.0111 communications@ahihealth.org | www.ahihealth.org

STAY CONNECTED WITH US!



Adirondack Health Institute | 100 Glen Street, Suite 1A, Glens Falls, NY 12801

[Unsubscribe communications@ahihealth.org](mailto:communications@ahihealth.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by communications@ahihealth.org powered by



Try email marketing for free today!