



**Washington County**  
**Office for Aging and Disabilities Resources**  
383 Broadway  
Fort Edward, New York 12828

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Gina Cantanucci-Mitchell,  
**Executive Director**

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Dear Community Partner:

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, **Connect, Create, Contribute**, encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives. Special events including BBQ's are planned at several locations throughout our county this month. Call our office to find one near you.

**New York State Office for the Aging Senior Citizen's Day Recognition:** We would like to thank you for submitting nominations for the 2019 New York State Office for the Aging Senior Citizen's Day Recognition Event. Through an anonymous process, the Senior Advisory Council chose **Arlene Green and Anthony Cantanucci both from Fort Ann**. We are sharing their biographies so you can see how they have both contributed to our communities. While we are celebrating the accomplishments of our senior volunteers we would like to start the process of collecting nominations for next year. If you would like to nominate someone call our office to request the form.

**Family Matters:** Too often, unused prescription drugs find their way into the wrong hands. That's dangerous and often tragic. That's why it was great to see thousands of folks from across the country clean out their medicine cabinets and turn in - safely and anonymously - a record amount of prescription drugs. See where in Washington County you can turn in your unused medications.

**Medicare** provides **Preventive Services** for beneficiaries. Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, and counseling and education to help you take care of your own health. If you have Medicare Part B (Medical Insurance), you can get a yearly "Wellness" visit and many other covered preventive services. I have included the check list for services and screenings you should review with your physician.

**Scams:** The Federal Trade Commission has posted an article about Social Security imposters. Identity theft continues to be require our vigilance for safeguarding our personal information.

**Mediation Services:** Mediation Matters is an organization that can help seniors resolve issues in an informal manner. Whether the issue is between family members, neighbors or others there is help. Flyer is attached.

**Activities & Educational Events:** Programs listed this month include dementia-related topics and Supplemental Needs Trusts. Many of the events are free but require pre-registration.

**Pop Up Events:** There are **TEN** pop-up events scheduled this month in various locations in Washington County. Check out the flyer to find out what events are coming to your town! These events provide lunch and require a reservation at least a day in advance. Please call Elizabeth at 518-746-2420 x 3440 to reserve your spot.

**Adult Support Groups:** Adult support groups are offered in various locations throughout Washington, Warren and Saratoga Counties. Whether you are a caregiver for someone or are affected by someone else's substance use, support groups can help you maintain your balance. If you are looking for a specific support group not listed, please call our office.

**Senior Sites:** Contact your local senior site to visit, have lunch and enjoy some fun, social activities.

Washington County Pop Up Events 518-746-2578 ext. 3440 Elizabeth Humiston

HUDSON FALLS

Kingsbury/ Fort Edward Area Sr. Center  
78 Oak Street

518-747-9352 Max McDonnell

CAMBRIDGE

Cambridge Senior Center  
5 Park Place

518-677-8592 Shirley Ruggles

WHITEHALL

American Legion  
148 Main Street (across from Park)

518-499-2482 Hellin LeClaire

I hope you find this information useful and will take advantage of the on-site activities. If you have any questions or would like to request a presentation on any topic, please let me know.

Thank you,

Stephanie Ball  
Training & Resource Development Coordinator  
(518) 746-2572

\*Washington County has translation services available through Language Line. Access to this service can be done by phone or in person at our office to enable us to provide information, assistance and services for residents whom English is not their primary language of choice.