



# GLENS FALLS SENIOR CENTER



## 2023 Resource Guide

Glens Falls Senior Center

380 Glen Street, Glens Falls, NY 12801

[www.gfseniors.com](http://www.gfseniors.com)



# GLENS FALLS SENIOR CENTER

## *From the Executive Director*

Welcome to the first edition of the **Glens Falls Senior Center Resource Guide!**

This guide was made possible thanks to the participants who supported our *2022 Glens Falls Senior Center EXPO*. In this guide, you'll find a list of businesses, organizations and resources in the region that may make your life easier. From legal and financial institutions, to health and wellness providers, to housing services, you and your family may find something in these pages to meet your needs.

We're grateful to our friends who sponsored the *2022 Glens Falls Senior Center EXPO*. Your participation not only supported our Senior Center, but also provided us a forum to educate seniors about the many resources available to them throughout the region.

To everyone who joined us at the EXPO, thank you for making the event such a great success! We've already begun planning for the 2023 EXPO, and look forward to seeing you there. And, if you're not a member of our Glens Falls Senior Center, we invite you to visit us to learn more about our programs and services!

*Kim Bren*

**Kim Bren**

**Executive Director**

## **Our Mission**

The Glens Falls Senior Center, Inc. seeks to improve quality of life for those 50 and older in the Greater Glens Falls area by offering a wide range of educational, health and recreational related activities and services both at the Center and in the Community. The Center strives to meet the needs of the more frail and isolated elderly in the community.

## Resources for Seniors and Families

### AUTO

**Romeo Auto Group:** Providing exceptional service in a timely manner, from oil changes to transmission replacements. Romeo Auto Group is committed to excellence and dedicated to maintaining top tier customer service, for both new and pre-owned car buyers.

833-258-5588,

[www.romeoautogroup.com](http://www.romeoautogroup.com)



### COMMUNITY SERVICES

**Catholic Charities-SNAP:** Our trained staff can help you gather the information you need and guide you through the process of applying for SNAP online. 1-888-744-7900,

[www.cccsny.org/services/snap-benefits](http://www.cccsny.org/services/snap-benefits)

### **LEAP Learning Employment Assistance Partnership:**

Supporting individuals and families in attaining self-sufficiency by providing services, sharing resources, and developing community collaborations. 518-746-2390, [www.leapservices.org](http://www.leapservices.org)

**Moreau Community Center:** Providing services to seniors and people of all ages, including a food pantry, thrift store, education and recreation programs, and referral services. 518-792-6007, [www.moreaucommunitycenter.com](http://www.moreaucommunitycenter.com)

**Salvation Army:** An evangelical arm of the universal Christian Church, the Salvation Army's ministry is based on messages in the Bible and is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination. 518-792-1960,

[www.easternusa.salvationarmy.org/empire/glens-falls/](http://www.easternusa.salvationarmy.org/empire/glens-falls/)

**Southern Adirondack Independent Living (SAIL):** Providing resources that keep individuals with disabilities in the community, living independently, along with resources and support to caregivers, families and friends. 518-792-3537, [www.sailhelps.org](http://www.sailhelps.org)



**Warren Washington RSVP:**

Engaging men and women 55 and older in meaningful volunteer service that strengthens the well-being of both the volunteer and the community. *518-793-3136, [www.tricountyunitedway.com](http://www.tricountyunitedway.com)*

**FINANCIAL SERVICES**

**Adirondack Trust**

**Company:** Committed to

going above and beyond to create solutions for people, businesses and our community. *518-584-5844, [www.adirondacktrust.com](http://www.adirondacktrust.com)*

**Glens Falls National Bank:** Full service commercial bank offering deposit services, cash management, insurance, wealth management, mortgage, consumer and commercial banking. *518-415-4401, [www.gfnational.com](http://www.gfnational.com)*

**Great Meadow Federal Credit Union:** Member-based credit union offering competitive rates, savings, checking, CDs and money markets. *518-642-8100, [www.greatmeadowfcu.org](http://www.greatmeadowfcu.org)*

**NBT Bank:** Full-service community bank working in retail, commercial, wealth management and insurance. *518-745-5264, [www.nbtbank.com](http://www.nbtbank.com)*

**FUNERAL SERVICES**

**Baker Funeral Home:** Independent, locally family-owned funeral firm. Committed to giving sound advice, quality personal service, and affordable pricing, and dedicated to providing the very best in funeral services. *518-761-9303, [www.bakerfuneralhome.com](http://www.bakerfuneralhome.com)*

**Carleton Funeral Home:** Taking pride in providing experienced, professional and dedicated funeral home services for your loved ones. *518-747-4243, [www.carletonfuneralhome.net](http://www.carletonfuneralhome.net)*

**M.B. Kilmer Funeral Home:** Offering customized services with thoughtful memorialization to celebrate a life lived, from small,

intimate gatherings to larger events. M.B. Kilmer Funeral Home is all inclusive, offering private and professional livestreamed services for those unable to attend. *518-747-9266, [www.kilmerfuneralhome.com](http://www.kilmerfuneralhome.com)*

### **HEALTH & WELLNESS**

**Alzheimer's Association Northeastern NY Chapter:** Offering help and support to those with Alzheimer's—and their caregivers—in a 17-county area in the northeastern New York State. *800-272-3900, [www.alz.org/northeasternny](http://www.alz.org/northeasternny)*

**Audiologic Solutions:** Comprehensive hearing and wellness center offering a wide range of services: diagnostics, hearing measurements and hearing conservation and protection. *518-798-6428, [www.audiologicsolutions.net](http://www.audiologicsolutions.net)*

**Biomuse Innovations:** Semi-private and group fitness. *407-310-4467, [info@biomuseinnovations.com](mailto:info@biomuseinnovations.com)*

**Caregiver Wellness and Respite Center:** Non-for-profit organization providing access to education and respite services for informal caregivers providing care to family members of all ages and disabilities. *518-564-3373, [www.nyscrc.com](http://www.nyscrc.com)*

**Center for Better Hearing:** Helping people suffering from hearing loss regain control of their lives. Providing solutions through the use of sophisticated hearing technology, and offering counseling on effective communication strategies with family, friends, and colleagues. *518-638-4363, [www.hearingbest.com](http://www.hearingbest.com)*

**The Center of Excellence for Alzheimer's Disease:** Promoting early diagnosis of Alzheimer's, supporting patients and caregivers, acting as a conduit to community resources, and educating providers, patients and families. *518-926-5333, [www.glensfallshospital.org](http://www.glensfallshospital.org)*

**The Hearing Center:** Audiological evaluations, balance assessment, hearing aid evaluations/repair/fitting/conservation and tinnitus assessment/management. *518-926-2060, [www.glensfallshospital.com](http://www.glensfallshospital.com)*

The Glens Falls Senior Center serves adults 50 and older in Glens Falls, South Glens Falls, Queensbury, Lake George, and surrounding regions.

**PA Medical Supply:** Full service medical supply store including: durable medical equipment, power mobility, orthotics and portable oxygen concentrators. *518-745-0995, [www.pa-medicalsupply.com](http://www.pa-medicalsupply.com)*

#### HEALTH & WELLNESS (PALLIATIVE CARE)

**High Peaks Hospice:** A nonprofit, community-based healthcare organization serving the Adirondack region and specializing in end-of-life care. *518-891-0606, [www.highpeakshospice.org](http://www.highpeakshospice.org)*

**Hudson Headwaters Health Network:** Homeward Bound/Home-based primary care for patients with ongoing chronic illness which make it hard to leave the home. *378-761-0300, [www.hhhn.org](http://www.hhhn.org)*

**Nearcare:** Preserving the dignity, integrity and personal choices of the seriously and terminally ill and their families through supportive services and respite care, offered cost-free to each client by qualified volunteers. *518-798-6648, [www.nearcare.org](http://www.nearcare.org)*

#### HEALTH & WELLNESS (REHABILITATION)

**Centers Health Care:** Post-acute rehabilitation in skilled nursing facilities. Five locations in the Adirondack Region: Glens Falls Center, Warren Center, Washington Center, Granville Center, and Slate Valley Center. *518-681-0175, [www.centershealthcare.com](http://www.centershealthcare.com)*

#### HOME SERVICES

**Blue Flame Gas Company:** A family-owned, full service propane company. *518-745-1570, [www.blueflamegasco.com](http://www.blueflamegasco.com)*

**Certa Pro Painters of Albany:** Commercial and residential interior and exterior painting, drywall installation and repair, carpentry, and power and soft washing. *518-631-4416, [www.certapro.com](http://www.certapro.com)*

**Mahoney Alarms:** Residential and commercial alarms, watching your home and business so you don't have to. *800-794-6277, [www.mahoneyalarms.com](http://www.mahoneyalarms.com)*

Our 2nd Annual Seniors EXPO will be held in September of 2023 at a date and location to be announced! Be on the lookout for more information early in the new year.

## HOME SERVICES

### (HEALTH)

**Anchor Health:** Serving one purpose: you. With a wide range of services and a commitment to your well-being. Anchor is dedicated to serving your needs.

518-871-3870,  
[www.anchorhc.org](http://www.anchorhc.org)



**CapTel Outreach:** For people with hearing loss, CapTel works like any other phone—plus you see captions of everything the caller says.

800-233-9130, [www.captel.com](http://www.captel.com)

**Greater Adirondack Home Aides:** A not-for-profit home health care agency providing licensed, in-home care. 518-926-7070, [www.greateradirondackhomeaides.com](http://www.greateradirondackhomeaides.com)

**Lifeline Systems, Inc:** Medical alert devices, medication management and remote patient monitoring. 518-410-4902, [www.lifeline.com](http://www.lifeline.com)

**Neighbors NY:** Providing personalized in-home care for the elderly and those in need who wish to remain independent in their own homes for as long as possible. 518-743-0030, [www.neighborsny.com](http://www.neighborsny.com)

**New York Relay:** New York Relay offers free services that provide full access to people with hearing loss or speech disability. Just dial 711. 518-744-4433, [www.nyrelay.com](http://www.nyrelay.com)

**Sorenson:** Offering caption and video relay services, over-video and in-person sign language and spoken language interpreting, real-time event captioning services, and post-production language services. 866-756-6729, [www.sorenson.com](http://www.sorenson.com)

Check out our calendar at [www.gfseniors.com/events/](http://www.gfseniors.com/events/) to find out what's going on at Glens Falls Senior Center.



## **INSURANCE**

**Amsure:** Offering insurance and risk management services as part of our commitment to going above and beyond for your business.

*518-584-5844,*

*[www.adirondacktrust.com](http://www.adirondacktrust.com)*

**CDPHP:** Offering a Medicare Advantage Plan that fits your life. All the benefits of Original Medicare Coverage plus extra coverage.

*518-641-3400, [cdphp.com/medicare/medicare-plans](http://cdphp.com/medicare/medicare-plans)*

**Highmark BlueShield of Northeastern NY:** Developing and providing innovative and cost-effective health care that supports the needs of members, stakeholders, and the community.

*800-888-1238, [www.bsny.com](http://www.bsny.com)*

**Humana:** Educating and assisting Medicare eligible participants in finding the best insurance option that suits their needs. *518-226-9524, [www.humana.com](http://www.humana.com)*

**MVP Health Care:** Offering health insurance plans, dental insurance plans, and Medicare plans for individuals and employers in New York and Vermont. *518-338-2251, [www.mvphealthcare.com](http://www.mvphealthcare.com)*

**Northern Insuring Agency:** Independent Insurance Agency with offices in Glens Falls, Plattsburgh and Potsdam. Dealing in business, personal, life accident, health, employee benefits and Medicare.

*518-561-7000, [www.northerninsurung.com](http://www.northerninsurung.com)*

**Saratoga Life and Health Plans:** Medicare health insurance brokers. *508-868-8382, [www.saratogahealthplans.com](http://www.saratogahealthplans.com)*

**Upstate Insurance:** Helping families with insurance needs for more than 50 years; ready to help you. We know your community because we live in your neighborhood. *518-792-5841, [www.upstateagency.com](http://www.upstateagency.com)*

**Wellcare Health Plans Inc:** An American health insurance company that provides managed care services primarily through Medicaid,



Medicare Advantage and Medicare Prescription Drug plans for members across the United States. *866-527-0056, [www.wellcare.com](http://www.wellcare.com)*

**William Henderson-Independent Sales Agent:** Independent, licensed insurance agent, representing eight insurance companies, and focusing on Medicare plan enrollment. *518-222-4628, [williamh6872@gmail.com](mailto:williamh6872@gmail.com)*

#### LEGAL SERVICES

**Bartlett, Pontiff, Stewart and Rhodes, PC:** Legal services including estate planning and administration. *518-792-2117, [www.bpsrlaw.com](http://www.bpsrlaw.com)*

**Herzog Law Firm:** Offering individualized and knowledgeable counsel in planning for the future. Estate Planning, Elder Law, Medicaid Planning, Estate Administration & Probate, Special Needs Planning, Guardianship, Real Estate Law, Corporate and Business Law, Litigation, and Divorce. *518- 581-8131, [www.herzoglaw.com](http://www.herzoglaw.com)*

**McPhillips, Fitzgerald, Cullum, LLP:** Providing services in all areas of law. A firm large enough to serve all of a client's legal needs, but small enough to give the personal, detailed attention a client deserves. *518-792-1174, [www.mfcllp.com](http://www.mfcllp.com)*

#### REALTORS

**Berkshire Hathaway Home Services:** Offering residential and commercial real estate services. *518-793-6628, [www.bhhs.com](http://www.bhhs.com)*

**Coldwell Banker Prime Properties:** A real estate company specializing in Upstate New York homes for sale. *518-793-4488, [www.coldwellbanker.com](http://www.coldwellbanker.com)*

#### SENIOR HOUSING

**Cedars Senior Living:** Enjoy independent and affordable housing in Queensbury for seniors 55 and older. *518-832-1700, [www.summitseniorliving.net](http://www.summitseniorliving.net)*

If you enjoy what our Glens Falls Senior Center has to offer—if you appreciate our services and the friendships you've made here—then tell a friend. We're always looking for new members!

**Glens Falls Housing Authority:** Providing low-income, subsidized housing for seniors within our buildings or through our community-based voucher program.

*518-793-2583, [www.glensfallshousingauthority.org](http://www.glensfallshousingauthority.org)*

**The Glen at Highland Meadows:** Independent, assisted, and memory-care community located in the town of Queensbury.

*518-832-7800, [www.eddyseniorliving.com](http://www.eddyseniorliving.com)*

### SENIOR HOUSING (ASSISTED LIVING)

**Home of the Good Shepherd:** Discover what a more engaged senior life looks like at the Home of the Good Shepherd. Our skilled nurses value personal care and the comfort of our residents above all else. *518-792-1000, [www.homeofthegoodshepherd.com](http://www.homeofthegoodshepherd.com)*

**The Landing:** Providing 24/7 compassionate care, customized to meet your needs, at a private location in Queensbury just blocks from local shopping and restaurants. A beautiful community with green space to enjoy on sunny days. *518-347-9484,*

*[www.pegasuseniorliving.com](http://www.pegasuseniorliving.com)*

### SENIOR HOUSING (NURSING HOMES)

**The Pines:** Providing residents and their families with superior care delivered with kindness, compassion, service and excellence, in an environment where individuality and dignity is nurtured and appreciated by a dedicated staff. *518-793-5163, [www.pinesglensfalls.com](http://www.pinesglensfalls.com)*

### SENIOR SERVICES

**The Conkling Center:** Enhancing the quality of life of seniors in the community, directly and indirectly, by providing services, programs, and opportunities to meet evolving needs.

*518-793-1494, [www.theconklingcenter.org](http://www.theconklingcenter.org)*

**EPIC:** A New York State program for seniors helping more than 325,000 income-eligible seniors aged 65 and older supplement their out-of-pocket Medicare Part D drug plan costs. *1-800-332-3742, [www.health.ny.gov](http://www.health.ny.gov)*

**Warren County Veterans Services:** Our accredited service

organization representatives advocate for veterans with the Veterans Administration. 518-761-6342, [www.warrencounty.gov/veterans](http://www.warrencounty.gov/veterans)

**Warren/Hamilton County Office for the Aging:** Referral resource for services in Warren and Hamilton counties. Programs include: Medicare counseling, home delivered meals, medical transportation, EISEP, New York Connects, and screening and application for assistance income-based programs. 518-761-6347, [www.warrencountyny.gov/ofa](http://www.warrencountyny.gov/ofa)

### SOCIAL

**Crandall Public Library:** Public library with programs for seniors with everyday assistance with electronic devices, materials in large print formats, streaming, etc. Always available to answer questions with friendly faces. 518-792-6508, [www.crandalllibrary.org](http://www.crandalllibrary.org)

**Glens Falls Senior Center:** The Glens Falls Senior Citizens Center seeks to improve quality of life for those 50 and older in the Greater Glens Falls area by offering a wide range of educational, health and recreational related activities and services both at the Center and in the Community. 518-793-2189, [www.gfseniors.com](http://www.gfseniors.com)

**Lake George Wine Outlet:** Wine and liquor outlet located in the Lake George Outlets. 518-636-5940, [www.lakegeorgewines.com](http://www.lakegeorgewines.com)

**Queensbury Senior Citizens Center:** The QSC promotes aging well in the Adirondacks through activities and programs that focus on physical fitness, social interaction, continued learning and giving back to the community. 518-761-8224, [www.seniorsonthego.org](http://www.seniorsonthego.org)

**Warren County Historical Society (WCHS):** Promoting the history of Warren County, New York and its environs by supporting research and preservation efforts and encouraging public participation. 518-743-0734, [www.wcnyhs.org](http://www.wcnyhs.org)



Glens Falls Senior Citizens Center, Inc.



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- **Carriage Traders, South Glens Falls**
- **Romeo Chevrolet Buick GMC, Lake Katrine**
- **Romeo Kia of Kingston, Romeo Ford of Kingston, and Romeo Volkswagen of Kingston**

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