



**GLENS FALLS  
SENIOR CENTER**



## 2024 Resource Guide

Glens Falls Senior Center  
380 Glen Street, Glens Falls, NY 12801  
[www.gfseniors.com](http://www.gfseniors.com)



## *Message From The Executive Director*

Welcome to our 2024 Glens Falls Senior Center Resource Guide! This guide was made possible thanks to the participants who supported our 2023 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 2023 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 2024 EXPO, and look forward to seeing you there. Also, 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! Visit our website [www.gfseniors.com](http://www.gfseniors.com)

**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.

# Resources for Seniors and Families

## COMMUNITY SERVICES

**AARP New York:** AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. [www.aarp.org/local](http://www.aarp.org/local)

**American Red Cross:** Red Cross volunteers and staff work to deliver vital services – from providing relief and support to those in crisis, to helping you be prepared to respond in emergencies. 518-792-6545, [www.redcross.org](http://www.redcross.org)

**Catholic Charities-SNAP (Supplemental Nutrition Assistance Program):** 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.ccsny.org/services/snap-benefits](http://www.ccsny.org/services/snap-benefits)

**Comfort Food Community:** Comfort Food Community uses the power of good food to eliminate hunger, support the local food economy and build strong, healthy communities. 518-692-3082, [www.comfortfoodcommunity.org](http://www.comfortfoodcommunity.org)

**Kee to Independent Growth Inc. (KIGI):** A community based organization committed to strengthening individuals living with disabilities through advocacy, education, counseling and outreach. 518-309-3557, [www.keetoindpendentgrowth.com](http://www.keetoindpendentgrowth.com)

**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 family, career, and life assistance and educational programming; meeting the intergenerational needs of the community in a compassionate and inclusive environment. 518-792-6007, [www.moreaucommunitycenter.org](http://www.moreaucommunitycenter.org)



**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.facebook.com/thesalvationarmyglensfalls](https://www.facebook.com/thesalvationarmyglensfalls)

**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)

## FINANCIAL SERVICES

**Glens Falls National Bank:** Full service commercial bank offering deposit services, cash management, insurance, wealth management, mortgages, consumer and commercial banking. 518-793-4121, [www.gfnational.com](http://www.gfnational.com)

**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:** Family owned and operated. The affordable choice with quality service. 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 of Northeastern NY:** Offering help and support to those with Alzheimers-and their caregivers-in a 17-county area in 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)

**Caregiver Support Wellness and Respite Center:** Nonprofit 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.nyscrs.com](http://www.nyscrs.com)

**Center For Better Hearing:** Comprehensive center for evaluations, new hearing aids, repairs and all of your hearing needs. 518-798-4800, [www.hearingbest.com](http://www.hearingbest.com)

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

**Hudson Headwaters Health Network:** Hudson Headwaters is a nonprofit network of community-based primary care health centers serving patients of all ages from Saratoga County to the Canadian border. The Network's comprehensive services include primary care, urgent care, pediatrics, obstetrics gynecology, behavioral health, dentistry and other specialties, along with laboratory and imaging services. Learn more at [hhhn.org](http://hhhn.org)

### Check Us Out On Social Media!



Glens Falls Senior Citizens Center Inc.



@gfseniorcenter



@gfseniors

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

**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)



### 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)

### HEALTH & WELLNESS (NURSING & REHABILITATION)

**Centers Health Care:** Skilled nursing and rehabilitation facilities, with 5 facilities in the Adirondack Region- Glens Falls Center, Warren Center, Washington Center, Granville Center and Slate Valley Center. [www.centerhealthcare.com](http://www.centerhealthcare.com)

**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)

### HOME SERVICES

**Blue Flame Gas Company:** Full service propane business. 518-745-1570, [www.blueflamegasco.com](http://www.blueflamegasco.com)

**Hank's Quality Flooring:** Your one stop shop for all your residential and commercial floors. 518-793-4232, [www.hanksqualityflooring.com](http://www.hanksqualityflooring.com)

**Jack Hall Home Energy Services:** Expert plumbing, heating & cooling in the Queensbury area. No job is too big or small for our team. We respond to every job with the same level of urgency and professionalism. 518-792-7114, [www.jackhallplumbing.com](http://www.jackhallplumbing.com)

**Mahoney Alarms:** Mahoney is a full-service alarm company with our own in house monitoring station. Mahoney installs, services and monitors for fire, security, environmental (low temperature, water carbon monoxide), medical, and CCTV alarm systems. 518-793-7788, [www.mahoneyalarms.com](http://www.mahoneyalarms.com)

### HOME SERVICES (HEALTH)

**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)

**Choice Connections NY:** We provide assistance and support examining options for long term care. We advise folks on independent senior living, assisted living, enhanced care and memory care communities. [info@choiceconnectionsny.com](mailto:info@choiceconnectionsny.com) , [www.choiceconnectionsny.com](http://www.choiceconnectionsny.com)

**HCR Home Care:** We offer a full spectrum of home health care and social services that are customized to meet the unique needs of individuals in the comfort of their own home. 800-270-4904, [www.hcrhealth.com](http://www.hcrhealth.com)

**Independent at Home:** Consumer Directed Personal Assistance Program (CDPAP) in New York that empowers chronically ill or physically disabled seniors and/or people with disabilities who receive Medicaid to take an active and responsible role in managing their personal healthcare by choosing who is paid to care for them. 1-800-234-2211, [www.independentathome.org](http://www.independentathome.org)

Our 3rd Annual Senior EXPO will be held on  
Wednesday, September 25th, 2024 at the Queensbury  
Hotel!

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

**Marquis Home Care:** At Marquis Certified Home Care we take pride in our highly-trained, professional and compassionate team. Each team member is a hand-selected professional who not only enhances our clients' lives but offers the gift of dignity and independence as well. 518-216-0100, [www.marquishc.com](http://www.marquishc.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)

## INSURANCE

**Aetna:** Medicare advantage health insurance. 518-390-2582, [www.aetna.com](http://www.aetna.com)

**Carl & Kelly Barlow- Independent Medicare Agents:** Independent Medicare brokers representing all plans in the area. 518-898-7501, [www.goldensolutionsny.com](http://www.goldensolutionsny.com)

**CDPHP:** Offering a Medicare Advantage Plan that fits your life. All the benefits of Original Medicare Coverage plus extra coverage. 518-641-3400, [www.cdphp.com](http://www.cdphp.com)

**Highmark Blue Shield:** Choose your coverage with confidence. We'll help you take the guesswork out of shopping for a Medicare, Medicare Advantage or Medigap plan. 518-509-5055, [www.highmark.com/reservations/medicare](http://www.highmark.com/reservations/medicare)

**MVP Health Care:** MVP is a nationally recognized, regional not-for-profit health plan committed to delivering the highest quality care to improve health and provide peace of mind. 518-388-2251, [www.mvphealthcare.com](http://www.mvphealthcare.com)

**Polaris Healthcare:** Polaris Healthcare is committed to improving the overall health and well-being of Americans by connecting the general public with comprehensive quality care providers and services in a cost-effective and compassionate manner. 845-357-7387. [www.polarishcs.com](http://www.polarishcs.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)



## LEGAL SERVICES

**Botelho Law, PLLC:** Elder law and estate planning law firm.  
518-223-8366, [www.gfwills.com](http://www.gfwills.com)

**Herzog Law Firm:** Full service estate planning, elder law, Medicare planning, estate administration, probate, special needs planning, guardianship and long term care planning.  
518-465-7581, [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-Blake Realtors:** Full service real estate brokerage. 518-793-6628, [www.blakerealtors.com](http://www.blakerealtors.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)

**Glens Falls Housing Authority:** The mission of the Glens Falls Housing Authority is to provide safe, affordable and quality housing to senior citizens, low-income families and individuals, including the disabled in the greater Glens Falls community.  
518-955-8026, [www.glensfallshousingauthority.org](http://www.glensfallshousingauthority.org)

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!

**The Glen at Hiland 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)

**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.pegasusseniorliving.com](http://www.pegasusseniorliving.com)

### SENIOR SERVICES

**Aging in Place-Glens Falls:** We help persons age in their own homes with dignity and safety. We offer volunteer service exchange, education concerning areas of interest to seniors, and participation in a growing community with many interests. 518-796-9879. [www.aipgf.org](http://www.aipgf.org)

**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 Washington 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)

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



#### 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:** Local senior center dedicated to improving the lives of those 50 and older with health, educational and social related programs. No residency requirement. 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)

**Senior Center of Kingsbury & Fort Edward:** The Senior Center serves as a vital resource for adults 50 and over in the Kingsbury / Fort Edward community, offering several programs, activities and classes, as well as other services, trips and special events. Our goal is to create an environment that attracts and meets the needs of seniors. 518-747-9352, [www.seniorcenterkfe.com](http://www.seniorcenterkfe.com)

#### DID YOU KNOW?

The Glens Falls Senior Center has no residency requirement and we offer transportation to and from the Center for those in a 10 mile radius!



THANK YOU TO OUR 2023 SENIOR EXPO SPONSORS

PLATINUM SPONSOR

Center Health Care

**Rehab with results**

**Our mission is to get you back to the life you love.**

**Your way home is through our doors.**

With facilities throughout the region, our convenient locations help to ease the transition from the local hospital to our post-acute care facilities.

Glens Falls Center, 212 Delaware Avenue, Glens Falls, NY  
 Granville Center, 17 Broadway Avenue, Granville, NY  
 State Valley Center, 1040 7th St SE, State Valley, NY  
 Warren Center, 42 Garvey Lane, Warrensburg, NY  
 Washington Center, 4573 State St SE, Washington, NY

Call us! **800-305-9151**

Scan here to find out more...

Gold Sponsors

# Need a Medicare plan with dental?

Call Audrey at (518) 641-5756.



**A plan for life.**

Capital District Physicians' Health Plan, Inc.  
CDPHP Universal Benefits,® Inc.  
Y0019\_24\_25860\_C



## Health Care For Everyone.

At Hudson Headwaters, our primary care providers are dedicated to meeting your specific health care needs, and keeping you in good health. We're here for you—at every stage and every age.



SILVER SPONSOR



ALBANY MED Health System

GLENS FALLS HOSPITAL

BRONZE SPONSORS

**JACK HALL**  
PLUMBING & HEATING, INC.

**JACK HALL**  
HOME ENERGY SERVICES

YOUR ORIGINAL "HOMETOWN" FAMILY,  
PLUMBING, HEATING, COOLING  
AND INSULATION COMPANY.  
518-792-7114  
[www.jackhallplumbing.com](http://www.jackhallplumbing.com)



Committed to Enhancing  
the Quality of Life  
for Community Members Age 55+

[www.TheConklingCenter.org](http://www.TheConklingCenter.org)  
(518) 793-1494

Founder of The Glen at Hiland Meadows

**"ON THE GO" TRANSPORTATION PROGRAM**  
within 20 mile radius of City of Glens Falls  
518-793-RIDE (7433)

**SOCIAL AND EDUCATIONAL PROGRAMS**  
Community Awareness • Legal  
Health and Wellness • Educational  
Inter-generational

**RESOURCES**  
Housing Options Guide for Seniors  
Alzheimer's and Dementia DVD

**ICE MELT PROGRAM**  
Helping to prevent slip and falls







# THANK YOU

**To our Sponsors, Vendors and  
Attendees for making our 2nd  
annual Senior EXPO  
such a success!**

This years EXPO had 65 vendors and  
over 500 attendees!

380 Glen St. Glens Falls NY 12801 518-793-2189

**SAVE THE DATE!**



• 2024 •

SEP 25

at the Queensbury Hotel  
88 Ridge St  
Glens Falls, NY 12801

**Check our website or visit us on Facebook  
for more details coming soon!**

380 Glen St. Glens Falls, NY 12801  
[www.gfseniors.com](http://www.gfseniors.com)  
(518)793-2189