

The Conkling Center Newsletter

Queensbury Senior Living Community Begins Construction on Community-Wide Expansion



The Glen at Hiland Meadows, which opened in 2001, is located on 45 spectacular acres off Meadowbrook Road in Queensbury. Sponsored by The Conkling Center and The Eddy – one of the capital region’s most trusted names in senior care – The Glen at Hiland Meadows is a full-service senior living community offering Independent residents an array of services and amenities, from delicious meals and stimulating social activities, to housekeeping, maintenance and snow removal.

Their Enhanced Assisted Living residence, The Terrace at The Glen, also provides assistance with personal care, medication management, and activities of daily living.

Expansion plans at The Glen at Hiland Meadows include three separate projects; an innovative

memory care facility, a two-story addition to the main building, and a state-of-the-art wellness center.

Specialized Memory Care

At the heart of the project is a 25,000 square foot building for memory care, which will feature 30 suites and provide assisted living care, as well as a day program for individuals with Alzheimer’s disease, dementia, and other memory loss problems.

The decision to expand the community’s memory care services was due in large part to a study conducted by Murdock Strategies, which indicated there was a critical need for memory care in the Queensbury area. In fact, there is an estimated

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Our Mission:

Is to enhance the quality of life of seniors in the community, directly and indirectly, by providing services, programs, and opportunities to meet their ever-changing needs.

Message from the Executive Director

Well, another year is ending and 2022 is just around the corner. Your support in 2021, along with the amazing work completed by staff while maneuvering through the many challenges, made for a successful year. The Conkling Center offered 81 virtual programs, a six-week virtual legal summit, a six-week virtual Tools for Caregiver's class, provided 155 community members rides to 167 different locations, and offered resource information and many referrals to other programs and services.

We welcomed Dan Reynolds to our team of concierges. Kim Harvish, Program Coordinator retired in October, and in January of 2022, Vicky Saraceni, Program Manager will be retiring. Kim and Vicky will be missed. Thank you to all staff for their commitment and dedication.

On behalf of The Conkling Center, I extend condolences to the families and friends of our community members that passed away in 2021.

Thank you to our donors. Your donations allow us to continue to offer and enhance our programs. There are many ways to show your support throughout the year and beyond. Donations through the annual appeal, monthly giving calendar, Giving Tuesday campaign, individual donations, in memory donations, planned giving and fundraising events allow programs and services to continue.

Enjoy the Holidays and Happy New Year!

Remember to check our website for more information www.TheConklingCenter.org and our Facebook Page <https://www.facebook.com/theconklingcenter> for program information and events.

New in 2022

Monthly Rider Recognition

Community members riding with The Conkling Center will be entered into a drawing each month they ride, to receive a gift card from a local merchant.

Introduction to Tai Chi & Qi Gong

This course is designed to get you started in Tai Chi & Qi Gong. You will learn basic postures, movements and breath work. These techniques have many benefits for health and wellbeing including circulation, flexibility, stress reduction and balance.

Testimonial

“This wonderful organization has been transporting me for a very long time. I can't say enough good things about who they are and what they offer to the community. They are priceless. Joan Tarantino (Executive Director), Michael the scheduler, Kim Harvish (program director) and their drivers, Terry, Dan, Bob and Kathi. They have all become my friends and I am grateful to all of them for their courteous and pleasant care giving. A big thank you to all!!” CH

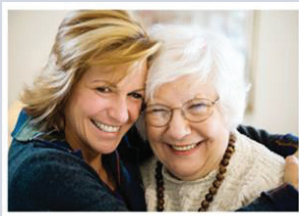
Powerful Tools FOR Caregivers

Are you taking care of a family member or friend?

Powerful Tools for Caregivers is a **FREE**, evidence-based educational program designed to help caregivers take better care of themselves while caring for a friend or relative. **Whether they are a spouse or parent; at home with you, miles away or in a care facility, yours is an important role.** This course is for family caregivers like you!

You will learn to:

- Reduce Stress
- Improve Self-Confidence
- Better Communicate Your Feelings
- Balance Your Life
- Increase Your Ability to Make Tough Decisions
- Locate Helpful Resources



In order to get the full benefit of the classes, a 6 week, 1 class per week commitment is required.

This class is designed specifically for friend/family caregivers.

Attendees will receive *The Caregiver Helpbook* which follows the curriculum and provides additional tools to address specific caregiving issues (\$30 value).

This **6-week** class series is an award-winning, research-based program that has helped thousands of family caregivers. Learn how to take care of **YOU**, while taking care of them!

2021 6-Week Caregiver Class Comments:

“Class provided solutions to many topics I Have encountered. Excellent tools provided.”

“More knowledge on how to interact with care receiver.”

“Great Class! Very much enjoyed the small group, worked well with Zoom.”

“I appreciated the Zoom format since it enabled me to attend and still be at home.”

WHEN:

Every Wednesday starting February 2, 2022 for 6 weeks.

CLASS TIME:

Afternoons 2p-330p.

WHERE:

Virtual Program via Zoom. Once registered for the program, you will receive a link to join the class.

REGISTRATION IS REQUIRED!

To register or ask questions, please call The Conkling Center at 518-793-1494 or email jtarantino@theconklingcenter.org

PTC is an internationally recognized program for family caregivers. Facilitated by Certified PTC Trainers Kym Hance, Herzog Law and Maria Spagnola, Home Instead.

HERZOG
LAW FIRM

 **Home**
Instead.

January/February Zoom Programs

Programs held virtually until it is determined safe to bring back in-person.

Zoom from anywhere! Registration is easy: email jtarantino@theconklingcenter.org or call 518-793-1494

If you need help with zoom, let us know!

Thursday, January 6th 2 pm

CHAT WITH THE SHERIFF

Join our ongoing community dialogue with Warren County Sheriff Jim LaFarr, who welcomes any feedback, questions or concerns you might have.

Tuesday, January 11th 11 am

30 MINUTE CORE/CARDIO

Instructor **Lexi Gordon** will get your body moving – at your pace – for a 30 minute workout focusing on core strengthening and cardio.

Tuesday, January 11th 2 pm

10 WARNING SIGNS OF ALZHEIMER'S

This program presented by **Lindsay Stanislowsky** of the Alzheimer's Assn. will offer a better understanding of the 10 common warning signs and what to watch for in yourself and others

Thursday, January 13th 2 pm

THE FEEDER CANAL ALLIANCE

Jeanne Williams, Executive Director will join us to share the rich history of the Feeder Canal. The Feeder Canal is seven miles long, the last remaining original canal in New York State and an integral part of the state's 524 miles of canal.

Tuesday, January 25th 2 pm

30 MINUTE CORE/CARDIO

Instructor **Lexi Gordon** will get your body moving – at your pace – for a 30 minute workout focusing on core strengthening and cardio.

Thursday, January 27th 2 pm

WIAWAKA CENTER FOR WOMEN

Doreen Kelly, Executive Director will share the history of Wiawaka, the oldest and continuously operating women's retreat center since 1903, located on beautiful Lake George, NY.

Wednesdays, February 2nd, 9th, 16th, 23rd and March 2nd, 9th 2 pm – 3:30 pm

POWERFUL TOOLS FOR CAREGIVERS

Kym Hance and **Maria Spagnola** will present, Powerful Tools for Caregivers, a 6-week class series. See additional information on page 3 of newsletter.

Thursday, February 3rd 2 pm

CHAT WITH THE SHERIFF

Join our ongoing community dialogue with Warren County Sheriff Jim LaFarr, who welcomes any feedback, questions or concerns you might have.

Tuesday, February 8th 2 pm

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

This program presented by **Lindsay Stanislowsky** of the Alzheimer's Assn. will explore the relationship between Alzheimer's disease and dementia, examining what happens in a brain affected by Alzheimer's and much more.

Watch the Chronicle, the third Thursday of each month and check our website for additional programming in 2022.



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100-bed deficit, forcing many local families to move loved ones out of the area in order to get proper care. The Glen hopes to change that by providing more options locally for people with dementia and Alzheimer's.

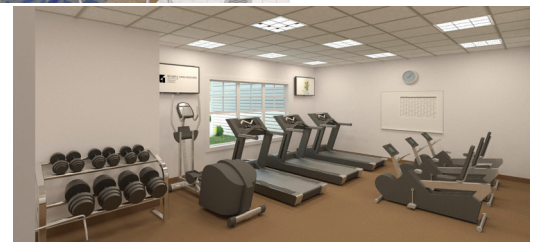
Similar to The Eddy's other nationally recognized memory care models in Cohoes and East Greenbush, The Glen will offer a residential environment that preserves self-esteem and self-confidence, and supports independence. The plans call for attractive living areas to create a warm, familiar atmosphere, and a culture of care that enhances quality of life specifically for those with cognitive impairment. Upgrades to landscaping, and the addition of a gazebo and walking paths, are planned as well, to allow for supervised wandering and resident engagement

More Independent Senior Living Apartments

The Glen at Hiland Meadows currently has approximately 120 residents in independent senior living, however, the demand for more spacious apartments continues to grow. The campus expansion project, which includes a nearly 42,000 square foot two-story addition to the main building, will make room for an additional 28 independent senior living apartments, which feature larger more open floorplans.

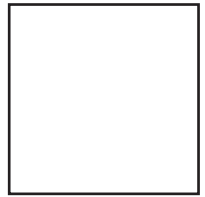
State-of-the-Art Wellness Center

The Glen at Hiland Meadows will also gain an attached 5,000 square foot Wellness Center with indoor pool. The fully equipped fitness center will offer wellness programs such as water aerobics and regularly scheduled exercise classes, including balance and strength training, as well as senior-friendly cardio classes.



To learn more about senior living offered at The Glen at Hiland Meadows or to reserve one of our brand-new Garden II Independent Living Apartments, call (518) 832-7800 or visit www.GlenHiland.com

The Conkling Center
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518-793-1494



BOARD OF DIRECTORS

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For more information about The Conkling Center and to find the most up to date list of programs, visit us online at www.TheConklingCenter.org and find us on Facebook at [Facebook.com/TheConklingCenter](https://www.facebook.com/TheConklingCenter).

On The Go Transportation

The Conkling Center provides door-to-door transportation to community members 55+, Monday – Friday between 8:30 AM – 4:00 PM. We provide accessible transportation to medical and rehabilitation appointments, banks, grocery stores, hairdressers, restaurants and various other destinations within a 20-mile radius of the City of Glens Falls. COVID-19 restrictions are being observed.

Riders will need to independently exit their homes, and be on their own at appointments and other requested destinations. A family member, friend or caregiver should accompany riders who require assistance. Our Concierges will assist in putting wheelchairs in the vehicles and securely harnessing them. Please let our Transportation Coordinator know of any adaptive equipment (wheelchairs, canes, walkers) you use when scheduling your ride. All

riders will enter and exit our accessible vehicles via side entry ramps. Your donations keep this program operational.

Advance reservations are required. Please contact Michael

our Transportation Coordinator Monday – Friday, between the hours of 8:30 AM – 11:30 AM at 518-793-RIDE (7433) to schedule your ride.

Funding for this organization is provided in part by the U.S. Department of Housing and Urban Development and the City of Glens Falls Office of Community Development.

