

The Conkling Center Newsletter

The Conkling Center Had a Busy 2022



Board Members and Staff participated in a number of community events and/or fundraisers. We participated in tabling events at the Glens Falls Senior Center Expo, Hidden Gem Resource Fair, and Washington County Senior Picnic. These events provided an opportunity to reconnect with community members, as well as meet new people. Board members and staff assisted with the Sprinkles Ice Cream Shoppe fundraiser.

In-person programs resumed in June. One Hundred Fifteen in-person and virtual programs were offered. We will continue to offer in-person and virtual programs and will be upgrading equipment in order to offer hybrid programs in

the future. Thank you to everyone for supporting virtual program offerings over the past two years while working through pandemic challenges.

On-The-Go transportation provided 125 different community members with transports for medical appointments, grocery shopping, banks, etc. totaling 3,000 transports.

Sprinkles selected The Conkling Center as the recipient for one of their August concert fundraisers. It may have started out rainy and dark, but it cleared just in time for music to play and the basket raffle to occur. Thank you to Gary Mikutel at Sprinkles, his staff, customers, The Conkling Center board members and staff for a fun evening.

We were recipients of the Hannaford reusable grocery bag fundraiser during 2022. Thank You Hannaford managers and staff. The Conkling Center staff donated needed items to the Veteran's and Community Housing Coalition - Vet Help event held by The Pines at Glens Falls Center for Nursing & Rehabilitation.

The Conkling Center was recognized in October by the Adirondack Regional Chamber of Commerce as a 2022 Small Nonprofit Business Nominee. Board members and staff

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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

We welcomed new board members and staff this year. I would like to thank all board members and staff for all they do each day to keep The Conkling Center operating smoothly.

The On-The-Go Transportation program transported 125 senior community members, for 3,000 transports within a 20-mile radius of the City of Glens Falls. The vehicles have traveled 32,000 miles in 2022. Donations from riders and community members keep this program operating. Thank you to everyone who has donated this year.

One Hundred and Twenty-Five programs have been held and attended by hundreds of community members. Since June of this year, some programs returned to in-person, while others were offered via Zoom. Thank you to everyone for attending Zoom programming and returning to in-person programs. It has been nice to see you in person.

Good news, The Conkling Center and Greater Glens Falls Senior Center held an in-person 2022 Veteran's Breakfast, with 115 attendees. It was an enjoyable morning with Max McDonnell providing the music during breakfast, and Matt Rozell/Author presenting. Everyone was happy to have an in-person event and had a great time.

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. Thank you to everyone for donating in 2022. Thank you to our Program/Event sponsors for your continued support.

We look forward to seeing everyone in 2023. Have a healthy and safe Winter!

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

Testimonials

Programs

"Tricia, I just wanted to say thank you for the experience today! It was delightful! You select some of the most interesting and enjoyable experiences. Thanks for all you do!" PV

On-The-Go Transportation

"After my dad passed away last year, and having no family or close friends in the area, my non-driving mom was unable to get around for necessities (the supermarket, the pharmacy and doctors appointments). Since I live over four hours away and can only visit once a month, mom and I were truly blessed to have found your program. Based on our experience, the scheduling coordinators are very kind and patient and always do their best to accommodate the personal appointments she has made. All of the drivers have been very thoughtful and careful to make sure my mom was comfortable the entire time. Lastly, the vehicles arrive clean, appear to be well maintained and she always feels very safe. I cannot thank you enough for providing this service for my mom. It is absolutely appreciated and has greatly increased her independence and improved her well-being. KC

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work diligently to ensure community needs are addressed and met.

In November, The Conkling Center partnered with the Glens Falls Senior Center to hold the 2022 Veteran's Breakfast. The 115 attendees enjoyed a delicious breakfast at Six Flags and a presentation by Matt Rozell, Author.

The Conkling Center was recognized in December for participating in the Tri-County Marines Toys for Girls and Boys 2022 collection. It was an honor to partner with the Marines.

Thank you to everyone who stopped in and donated a toy. There will be some happy boys and girls this year.

Be on the lookout for 2023 dates for the Elder Law Summit, Veteran's Breakfast, Weekly Programs and other events being organized by The Conkling Center.

Thank you to everyone donating, giving sponsorships, and supporting The Conkling Center in 2022. We could not do what we do without all of you.

Message From Program Manager

Hello Program Participants,

As my first year as the Program Manager at The Conkling Center approaches, I want to thank you all for your kind support and bearing with me as I continue learning the way to navigate in my (new) role. I have enjoyed meeting all of you in-person and over Zoom. I strive to bring you new programs with variety that I feel you may enjoy, and I am always open to suggestions!

Any feedback on programs, presenters, on-site locations, advertisements, or improvements you could share would be beneficial.



January Zoom and In-Person Programs

Programs now being held both virtually and in-person.

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

If you need help with zoom, let us know!

Tuesday, January 17th **10 am**
THE PINES AT GLENS FALLS CENTER FOR NURSING & REHABILITATION

Jennifer Haskins will present what the Pines can offer you. Hear what she has to share about Circadia, a higher level of care and support through a remote patient monitoring device for each patient.

Tuesday, January 17th **2 pm**
10 WARNING SIGNS OF ALZHEIMER'S
 **On Zoom

With Lindsay Stanislowsky of the Alzheimer's Association. Join us to learn about the difference between normal aging and Alzheimer's; common warning signs; the importance of early detection and benefits of diagnosis; next steps and expectations for the diagnostic process, and Alzheimer's Association resources.

Thursday, January 19th **10 am - 11 am**
GENTLE YOGA FOR SENIORS WITH MAUREEN
 **On Zoom

Tuesday, January 24th **11 am - 11:30 am**

CORE CARDIO WITH JOSHUA
 **On Zoom

Get your body moving at-your-pace for a 30 minute workout focusing on core strengthening and cardio. Joshua incorporates exercise bands, small weights, or items you can find in your home (water bottles, pillows, soup cans).

**Exercise programs sponsored by



Tuesday, January 24th **2 pm**
ACUTE HOSPITAL CASE MANAGEMENT

Director of Continuum Care, Cine Crisp joins us again to share what it entails during the course of an acute hospitalization. Topics will include the case management process such as transitions of care assessments, insurance resources available for hospitalization and discharge, caregiver cards and standard questions patients and their caregivers should always address, and advanced directives/goals of care.

Tuesday, January 31st **2 pm**
NEARCARE WITH KATHLEEN HANCHETT




Cost-free assistance for the seriously and terminally ill, and their families. Respite/relief for caregivers, companionship, transportation to medical appointments, shopping and errands assistance.

Watch the Chronicle, the third Thursday of each month and check our website for additional programming in 2023.



January 2023

SUN MON TUE WED THU FRI SAT

SUN	MON	TUE	WED	THU	FRI	SAT
 1	2	3	4	5	6	7
\$10	\$10	\$10	\$10	\$10	\$10	\$10
8	9	10	11	12	13	14
\$10	\$10	\$10	\$10	\$10	\$10	\$10
15	16	17	18	19	20	21
\$10	\$10	\$10	\$10	\$10	\$10	\$10
22	23	24	25	26	27	28
\$10	\$10	\$10	\$10	\$10	\$10	\$10
29	30	31				
\$10	\$10	\$10				

DONATION CALENDAR • SUPPORT THE CONKLING CENTER

Follow Us! 
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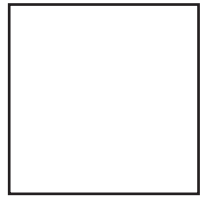
Please help us reach our goal this month! For each \$10 donation you will have a chance to win a \$15 gift card to SPOT Coffee. Donations can be made by PayPal or card on our website www.TheConklingCenter.org

Or by sending in or dropping off a check. We will update when a square has been chosen to show our progress. Thank you for your support!

The Conkling Center
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 Glens Falls, N.Y. 12801



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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



Rides must be scheduled in advance with Michael, our Transportation Coordinator. Call Monday-Friday between 8:30-11:30am to schedule a ride. Donations are greatly appreciated and allow us to continue to offer this valuable community service.

Our "On The Go" program provides rides to community members 55+ within a 20 mile radius of the city of Glens Falls. We provide transportation to grocery stores, banks, medical facilities, renal center, Glens Falls Hospital, pharmacies, restaurants, and various other locations. This is a door-to-door service. Community members must be independent and mobile.

At this time, we are scheduled out three weeks, however, for those that can ride on short notice, please let Michael know. When cancellations happen, we can call to fit you in!