

The Conkling Center Newsletter

Home of Ageless Opportunities



The Conkling Center is always looking to increase awareness of our programs and services in the community. This article will share some historical facts about the organization.

The Conkling Center, formerly The Glens Falls Home has been operating in Glens Falls, NY since 1899. Opening on June 26, 1899, the first Glens Falls Home was located on the corner of Warren and McDonald Streets. This home being offered by Mary Conkling served as a residence for elderly women until 1903 when the beautiful brick home on Warren Street was opened. William McEchron, a local lumber baron offered to build the larger home and his generous offer was accepted. Hundreds of women made the Glens Falls Home, their home in their later years.

Recognizing the community need for a larger independent living facility as well as an updated home, The Glens Falls Home Board partnered with the Eddy of Troy to develop and build The Glen at Hiland Meadows which opened in 2001. Today, The Glen at Hiland Meadows is expanding with the heart of the project being a 25,000 square foot building for memory care.

In 2015, The Glens Falls Home Inc. re-branded to The Conkling Center, honoring Mary Conkling for her generosity in 1899. The Conkling Center is located at 79 Warren Street in Glens Falls, NY and offers senior directed programs and services. Since 2012, we have transported thousands of community members, thousands of miles to

Continued on Page 3



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 Tricia Golden, Program Manager in January. Tricia is doing a wonderful job and has scheduled many programs in 2022. Check out our program listing, both on our website and in the Chronicle, the third Thursday of each month. The Conkling Center has held 47 virtual programs through May. We are excited to be planning, both virtual and in-person programming starting in July.

Bob Rathbun, On-The-Go Concierge moved on to another job within the community. We wish him well in his new position. Thank you to Michael, Kathi, Dan, and Terry for keeping the On-The-Go program running smoothly.

The annual Board of Directors meeting was held in April. Long time board members, Toni Homenick, eighteen years and Lynne Mason, five years left the board. Thank you to both, for their dedication and commitment to The Conkling Center.

Good news, The Conkling Center and Greater Glens Falls Senior Center have begun plans for the 2022 Veteran's Breakfast. Keep watch for additional information as plans are finalized.

Thank you to our donors. 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 Highmark Blue Shield of Northeastern New York and Neighbors NY for sponsoring the Yoga and Core Cardio programs and Stewart's Shops for gift cards for the Rider Recognition program.

Have a healthy and safe Summer!

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

Testimonials

Transportation

"Dear Joan and the Staff at The Conkling Center, Thank you to all for the work you do, the gifts you give in helping to assist people like my sister. Your kindness to her is appreciated by her family, and her, in decreasing some stress in her limited abilities. Thank you for providing improvements in quality of life for aging seniors." EF

Programs

"Fantastic Presentation"- CL

"Felt like I was sitting next to you in a person's home" - JV

"Thank you so much for the lovely programming - I really appreciate the opportunity to attend!" PV

"Thank you for all you do to help the seniors". - NW

Opportunities Continued from Page 1

hundreds of destinations within a 20- mile radius of the City of Glens Falls. Our Transportation Coordinator and the Concierges do an amazing job each day providing community members transportation to medical appointments, renal center, cancer center, grocery shopping, pharmacies, banks, local restaurants, senior centers, and various other destinations.

The Conkling Center has offered thousands of community members hundreds of informative programs, offering a mix of educational and social programming opportunities. Lunch and Learn

programs have provided community members an opportunity to learn about local businesses and organizations such as the Chapman Museum and Wiawaka Women's Retreat. Programs on Legal topics, Medicare, Alzheimer's, Caregiver Support, Nutrition, Core/Cardio Exercise, Yoga etc. continue to be offered. Annually we collaborate with the Greater Glens Falls Senior Center and hold a Veteran's Day event.

All this has been possible due to the continuous support of the community, Board of Directors, and staff over the many years. Thank You!

Rider Recognition

The Rider Recognition program began in January 2022. This is a way for us to say thank you to our riders for their support. Each month, one name of a rider for that month is drawn. They receive \$20.00 in Stewart's Gift Cards and a ride to Stewart's to make their purchase. Thank You to Stewart's Shops and an anonymous donor for the gift cards. We have recognized the following individuals in 2022, Jan. - Rhonda M., Feb. - Ann B., March - Regina B., April - Ann C., and May - Wesley C. Congratulations!

Tricia Golden, Program Manager



Tricia Golden, Program Manager, came to The Conkling Center in January 2022 after 24 years at a non-for-profit working with families and young children. Tricia's job responsibilities here at The Conkling Center include researching topics of interest to seniors, developing ongoing program schedules, marketing programs, registering program attendees, overseeing in-person and virtual program offerings and much more.

She has established an incredible number of contacts in a short period of time. Tricia wants to be sure she offers you programs of interest, whether they be historical, educational, health related, etc. Please contact Tricia with your suggestions for programs. One comment she received from Pat V., "I just love the options you select!"

Tricia is a proud Aunt of two nieces, and travels out of state to visit family as often as she can. Noting her friends are also family. Tricia says the only thing good about Winter is, "hockey season!" Often going to the Adirondack Thunder games. Summer is her favorite Season, where she loves the lakes, oceans, campfires, kayaking, and concerts!

July 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!

Thursday, July 14th 10 am

NAVIGATING HEALTH CARE. CINE LOUISE CRISP, DIRECTOR OF CARE CONTINUUM

Preparing for scheduled & unforeseen hospitalizations. For all patients, as well as the families that care for them.

Thursday, July 14th 2 pm

NAVIGATING THE TRANSITION TO SENIOR CARE

Marisa Multari from Care Patrol, finding the right housing options based on need, budget and location.

Tuesday, July 19th 10 am

EMBRACING NEURO-COGNITIVE CHANGE AND MEMORY LOSS....NOW WHAT? RUTH FISH, NP AT G.F. HOSPITAL CEAD

Implications of a diagnosis, the importance of managing it, creation of a plan and how to move forward.

Tuesday, July 19th 2 pm

THE 10 WARNING SIGNS OF ALZHEIMER'S DISEASE. LINDSAY STANISLOWSKY OF THE ALZHEIMER'S ASSOCIATION

Recognizing common signs in yourself and others. Next steps to take, including how to talk to your doctor.

Wednesday, July 20th 5:30 pm

CPiA SUN SAFETY

Rachel Yattaw, Cancer Prevention in Action, and Vickie Yattaw, Oncology Education & Support Services - the importance of sun safety and the dangers of indoor tanning. Signs to look for on your skin, the best SPF's and much more.

Zoom - Open to ALL AGES

Thursday, July 21st 10 am

GENTLE YOGA FOR SENIORS WITH MAUREEN

Zoom ** Sponsored by 

Tuesday, July 26th 11 am

CORE CARDIO WITH FELICIA

Zoom **Sponsored by 

Tuesday, July 26th 2 pm

FASCINATING HISTORY OF RADIUM WITH KIM HARVISH

The history of radium that involves the interaction of science and popular culture. Viewed in general as a cure-all.

Thursday, July 28th 10 am

SELF DEFENSE AND PERSONAL SAFETY

Jared Murphy - Helping seniors avoid bad situations, stranger awareness, criminal intent, myth-bustin ,simple survival technique scenarios.

Thursday, July 28th 2 pm



WOOD THEATER TOUR

Behind the Scenes with Executive Director Emily Murphy.

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



July 2022

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

DONATION CALENDAR • SUPPORT THE CONKLING CENTER

Follow Us! 
[@theConklingCenter](https://www.facebook.com/theConklingCenter)

Please help us reach our goal this month! For each \$10 donation you will have a chance to win a \$15 gift card to Sprinkles! Ice Cream

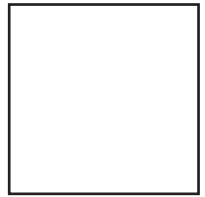
Shoppes. Donations can be made by PayPal or card on our website www.TheConklingCenter.org

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
 79 Warren Street
 Glens Falls, N.Y. 12801



The Conkling Center
79 Warren Street
Glens Falls, NY 12801
518-793-1494



BOARD OF DIRECTORS

Officers:

Jill Vogel, President
Danielle Valente, Vice President
Kevin O'Brien, Treasurer
Theresa Middleton, Secretary

Directors:

Dianne Barber Kansas
Rene Clements
Mary Farr
Kristine Flower
Cindy Horgan
Brian Lamos
Carol Merchant
Laura Sipowicz
Ashley Underwood

Executive Director:

Joan K. Tarantino

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.

