

The Conkling Center Newsletter

The On-The Go transportation program is operating at full capacity, having transported 119 community members a total of 1,830 transports to medical appointments, grocery shopping, etc. Fifty - Nine programs have been held in-person, virtually and in hybrid format with 298 attendees and seventy-five community members attended the 2023 June Elder Law Summit. Programs have been held at Wiawaka on Lake George, a walking tour of the Feeder Canal in Warren County, tour of the Old Fort House Museum in Fort Edward, NY, tour at the Hyde Museum as well as many other programs of interest to community members. Thanks go out to the amazing staff at The Conkling Center for keeping programs running smoothly.



The Glen at Hiland Meadows has opened a Memory Care. This is much needed in the community, and rewarding to see community members enjoying this safe, secure, and beautiful facility. The Conkling Center, a founder of The Glen at Hiland Meadows is represented on The Glen board by four Conkling Center board

members, Mary Farr, Carol Merchant, Kevin O'Brien, Ashley Underwood and one community representative Dr. John Ruge.

On May 25, 2023, we held the Inaugural Judge J. Timothy Breen Golf Tournament at the Hiland Park Golf Club. Judge Breen served on the Board of Directors and was instrumental in the organization being re-branded as "The Conkling Center." The 100 golfers had a perfect golf weather day, and along with the many sponsors, donors, volunteers, and everyone at the Hiland made this first ever golf tournament for The Conkling Center a huge success. Be sure to SAVE THE DATE - May 23, 2024, for next year's golf tournament at the Hiland Golf Club.



Earlier this year, long time board member Rene Clements completed her board service. We thank Rene for all she has done for The Conkling Center and hope she is enjoying her free time. The board has recently welcomed three new board members, Barb Conway, Kevin Dougreay, and Beth Faller.

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 Kevin Richardson and Joe Thompson to our team of Concierges this year. They are both doing an amazing job and are enjoying their positions. Kevin and Joe joined Kathi DiMauro, Terry Barber, and Dan Reynolds in rounding out our Team of Concierges.

The Board of Directors and staff recently worked with a consultant on developing a 3 Year Strategic Plan. The board and staff continue to work through the process, setting benchmarks to meet the goals that were set. The work being done will enhance the offerings of The Conkling Center.

I was honored to be awarded the Glens Falls Rotary Rotarian of the Year Award. Rotary is an amazing group of individuals. Rotarians are involved in numerous events and projects in the

community, raising funds to help other non-profits and a vehicle to network and make us all better in what we do.

The Conkling Center will be at the Glens Falls Senior Center's Senior Expo on September 13, 2023, at the Queensbury Hotel. Stop in and visit our table. Again in 2023, we are partnering with the Glens Falls Senior Center to hold the 2023 Veteran's Breakfast. Keep watch for additional information as plans are finalized.

Thank you to all our donors. We could not do what we do without all of you.

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

Testimonials

Programs

"I got your newsletter today and your organization does wonderful things for the elderly. Take care. S."

"I would recommend this (The Feeder Canal History Walk) to others and your other programs as well. Thank you for arranging these informative adventures. Sincerely, LH."

"You have a very nice organization, and I will continue to avail myself of your generous classes and try to support the Center when I can. Keep cool today! S.S."

"Thank you kindly for sharing Lindsay and Kim with me. Their visit was not only professional and fact filled but colored with joy. It seems now that I have the beginnings of the path I should take. I shall keep in touch with you all as you are making my elderly life fact filled and calmer. R. HS"

"I appreciate the transportation to and from my various appointments each week. Your transportation services and wonderful staff makes the process a delight. My you all be happy, healthy and content throughout the year - while doing such great work!! Sincerely appreciated." SM

Inaugural Judge J. Timothy Breen Memorial Golf Tournament

SPONSORS

“The Judge” Sponsor \$5,000 Level

Michael Gleason – Reception Sponsor

Gavel Sponsor \$2,500 Level

CDPHP – Lunch at Turn Sponsor

Herzog Law – Golf Ball Sponsor

Judges Chamber Sponsor \$1,000 Level

Hacker Craft Boats – Putting Contest Sponsor

M&M Hayes – Corn Hole Sponsor

Dr. Michael & Mrs. Toni Homenick

Hudson Headwaters Health Network – Longest Drive Sponsor

St. Peter’s Health Partners – Closest to the Pin Sponsor

Grand Jury Sponsor \$500 Level – Beverage Cart Sponsors

Caffery & Flower

Glens Falls National Bank

Honorable David and Barbara Krogmann

Luxury Lake George LLC

Takundewide – Bill and Lynne Mason

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Dr. Bud and Mrs. Joanne Maddocks

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State Farm – Christina Lloyd, Agent

Jack’s American Bistro

Court Room Sponsor \$100 Level

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Glens Falls Printing

Hank’s Flooring

Rick and Karen Cunningham

Sidekick Creative

Love On Lake George

PA Medical

RNPN – NEMER

Dennis O’Connor

Dr. Derek and Mrs. Ellie Richardson

Royal Renovation

The Tavern

Varney’s Landscaping

Open Bar Sponsor

Dennis J. Tarantino

Towel Sponsors

Mary Farr

Laura Sipowicz

Thank you to everyone who made donations for the raffle baskets.



September Programs

Hybrid available, ask upon registration.

Email tgolden@theconklingcenter.org or call 518-793-1494 Please visit our website for further details www.theconklingcenter.org

Thursday, September 7th 10 - 11 am GRANTS COTTAGE

Guided tour of our 18th U.S. President, Ulysses S. Grant's Cottage. Minimum of 10 ppl. \$8.00 fee due by 9/1 Located at 1000 Mt. McGregor Rd. Wilton, N.Y. Impoverished by a Ponzi-style swindle and dying of throat cancer, Ulysses S. Grant moved to the Cottage on June 16, 1885. With the love and support of his family, his publisher Mark Twain and the nation at large, he completed Personal Memoirs of U.S. Grant only days before his death on July 23, 1885. The publication of this two-volume work ensured his family's financial security and gave the world one of the most critically acclaimed memoirs by a U.S. president or historic military figure. Today, the cottage remains essentially the same as during the Grant family's stay. Visitors tour the downstairs of the cottage, viewing the original furnishings, decorations, and personal items belonging to Grant, including the bed where he died, and floral arrangements that remain from Grant's August 4th funeral.

Tuesday, September 5th & 19th 11 - 11:30 am CORE CARDIO ZOOM W/KASEY

Get your body moving at-your-pace, focusing on core strengthening and cardio. Incorporate small weights or items found in your home.

Tuesday, September 14th & 28th 11 - 11:30 am GENTLE YOGA. ZOOM. W/MAUREEN

Breathing exercises and gentle yoga postures that can be done in a chair, and meditation.

**Exercise programs sponsored by



Tuesday, September 12th 11 am - 12 pm SELF CARE IS NOT SELFISH!

Aging and Optimum Emotional Health. Home Instead/Maria Spagnolia shares how depression and anxiety have become common concerns among older adults, but they are not a normal part of aging. Learn the risk factors associated with each that are unique to older adults, as well as signs and symptoms, and local resources available to assist with treatment.

Tuesday, September 14th 2 - 3 pm CHOICE CONNECTIONS W/RENEE BIRNBAUM AND MELONIE PRATT

Discussion on Long Term Care Options and services they provide. Understand home care options; cost, levels of care. Understand Senior Housing: cost, amenities, level of care. Review funding options available for care; VA benefits, LTC Insurance, Medicaid. Other care options and resources available in the community; Grants, day programs, volunteer organizations.

Tuesday, September 19th 2 - 3 pm EFFECTIVE COMMUNICATION

Lindsay Stanislawsky of the Alzheimer's Association NENY. Explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.


Tuesday, September 21st 10 am WARRENSBURG FISH HATCHERY W/JEFF INGLEE

Visit the grounds, display pond & hatchery building to learn how the fish are obtained, hatched, and where they are moved too. Find out about the Fall Fly Out Schedule. Participants are welcome to pack a lunch for the picnic areas beyond the initial tour. Wheelchair/walker accessible.

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

September 2023

SUN MON TUE WED THU FRI SAT

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

DONATION CALENDAR • SUPPORT THE CONKLING CENTER

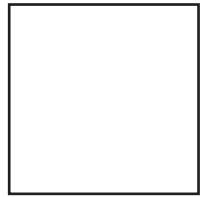
Follow Us! 
[@theConKlingCenter](https://www.facebook.com/theConKlingCenter)

Please help us reach our goal this month! For each \$10 square donation, your name will be entered into a drawing for a \$15 gift certificate to Hannaford Supermarket.

Donations can be made by PayPal on our website, or by mail, or in-person. We will update when a square has been chosen to show our progress! 79 Warren St. G.F., N.Y. 12801 www.theconklingcenter.org



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
Brian Lamos, Secretary

Directors:

Matt Baitinger
Barb Conway
Kevin Dougrey
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Kristine Flower
Cindy Horgan
Tracey Gallagher
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.



We want to thank everyone that has supported The Conkling Center in 2023. Have a great summer. We look forward to seeing you riding with the On-The-Go transportation program, attending one of the many programs being offered or stopping to see us at an event or fundraiser.