



CONNECTIONS NEWSLETTER

of
Shenendehowa Neighbors Connecting, Inc.

Welcome to the second edition of Connections. Our organization continues to adapt and function during this unique COVID-19 pandemic while enthusiastically producing programs that are stimulating and fun for our members.

Recent Happenings:

Our August 19th program *“Remaining Healthy and Independent with Technology”* was attended by 63 individuals who learned: 1) a “smart” home can benefit its residents, 2) newest information on medication reminder technologies 3) heard SNC’s Jerry Hart’s personal story of how technology allowed him to get control of diabetes and 4) our own Judy Moore’s account of a fall that led her to find a wearable device that both detects falls and contains emergency contacts for such episodes.



On September 8th the program, *“Ease of Movement”* was attended by 27 participants who received expert information from John Murphy, Physical Therapist who practices in our local area.



October 23rd our program *“Fall Decorating using Natural Fall Foliage”* was given by Denise Maurer who is a Master Gardener with the Cornell Cooperative Extension. This program was attended by 13 participants but is still available on the SNC website as a recording.

- **Did you know that SNC has received 1,600 visits to our website since January 2020?** You can now go to our website and add in your date of birth to your profile. This information is important for our data collection.

NEWS: SNC Receives Grant to combat Social Isolation in Vulnerable Senior Population:

We are all challenged by the COVID-19 crisis but none more so than those seniors who cannot afford to pay for Internet Access that could virtually connect them to our SNC programs and to friends and family. The Saratoga Foundation has awarded a grant to SNC to have building wide Wi-Fi installed at the Shenendehowa Village and Bishop Hubbard Apartment complexes, both low income senior housing in Clifton Park and

Halfmoon respectively. Congressman Paul Tonko has given his support for this project. The residents are excited about this addition because their Community Rooms with sharable computers have been closed since the start of the pandemic.

SNC to obtain its own ZOOM PRO account: Coming soon! With financial support from The Albany Guardian Society, a grant has been obtained that will allow our organization to have its own ZOOM Pro account that can accommodate virtual programming or meetings of varying lengths and an unlimited number of attendees.

SNC Website to expand its virtual programming: The Clifton Park Action Fund has awarded SNC a grant of \$1,000.00 to support virtual programming. This grant will support SNC's ability to afford some fee-for-service programs offering a wider variety of programming for you without additional cost.

➤ **Did you know that SNC Board members are continuing to do reassurance phone calls to members who would like to have contact with someone during this period of social isolation?**

Village to Village Network National Conference met virtually on October 6, 13 and 20th. Five of SNC's Board members attended and have shared some highlights:

Age Friendly Communities: Greg Olson, Acting Director of the Federal Office of the Aging shared New York State's plan, via Governor Cuomo's goal to become an Age-Friendly State. This will be done by embedding Health into all policies and Healthy Aging into all aspects of our government's work. **Saratoga County** is pursuing an Age-Friendly Community designation which is measured by **Eight Domains as described by AARP:** Housing, Outdoor Spaces and Buildings, Transportation, Communication and Information, Civic participation and employment, Respect and Social Inclusion, Health services and Community Support and Social Participation. These Age-Friendly Domains align with our Village mission, NY State's initiative, the National initiative and internationally with the World Health Organization's initiative.

Bob O'Connell, CAPTAIN Board member, shared that Saratoga County has appointed a coordinator for the pursuit of the Age-Friendly Designation. This coordinator, Meg O'Leary is seeking volunteers to work on this initiative which began in March 2020 but which has been paused with the COVID 19 pandemic.

Policy Update Workshop. Legislation is stalled in the Senate, but the presenter was hopeful the Older Americans Act will be reauthorized for another five years. Social Isolation is becoming a major issue going forward along with telehealth and malnutrition screening.

The Growth in Villages workshop examined how Villages adapt as they age. In Villages where "founders" have to be replaced they struggle with growing pains. But all Villages need to explore natural partnerships. Five businesses were featured, each with a close connection to seniors and senior issues. This is a brand new area for collaboration and a group is being established to begin working on the issue.

The **Vitality Society** was founded by Merideth Oppenheim, B.A., M.B.A., who has a 30 year career working with older adults. It offers 16, 1 hour virtual classes per week, offering options that address cardio, enrichment, mindfulness, rehabilitation and strengthening. Examples include Barre, Pilates, Latin Dance, photography, and art. The calendar labels each class as to its intensity. Enrollment to get a complimentary

month as a Village member ends on 11/30. Registration deadline to sign up for a \$19.99 per month rate is 12/31. Go to bit.ly/vspartners to look it over.

AARP Home Fit: A booklet published by AARP can be found at www.AARP.org/HomeFit . Every room in the house is addressed with a plan that home fitting should take place before the space and features become “must haves”. This means that at a time prior to surgery, an accident or a stroke, examine your home to see if you can live there if you temporarily or permanently have restrictions or a disability. This booklet includes safety regarding locking mechanisms, width of doorways, turning radius for a wheelchair, and the ratio between height and length of a ramp. It also advises the consumer what adaptations they may safely do and what needs a professional-such as grab bars. There is general advice on de-cluttering, comfort height for toilets and information on stairway lifts.

- **Did you know that the SNC Website has a Clearinghouse of Great Resources for Seniors-created by Care Links and CAPTAIN Community Human Services?** There is information on continuing education, current events, exercise, humor, mental health and more. Click on the “Senior Resource” link on our website.
- **From the VTV Network Newsletter:**

Enjoy free webinars to promote physical health and emotional wellbeing on the 2nd and 4th Wednesday of the month. These programs feature top thought leaders and authors on a wide range of topics to help you “live your best life longer.” They are hosted www.myzinglife.com/wellness-wednesdays by Sally Duplantier, founder of Zing. Check out upcoming programs or view past recordings here:

Upcoming programs: “*Senior Frauds, Scams and Cybersecurity*” - A discussion on how to avoid scams, frauds and identity theft that target senior citizens Internet safety and security will also be covered. This program will be on November 12, 2020 from 1:30 p.m. to 3:30 p.m. Register on the SNC website. www.snc.clubexpress.com

REMINDER: You will receive an automatic email message from our website snc.clubexpress.com prior to 2021 requesting that you renew your \$10.00 membership. Memberships need to be paid by check and sent in the mail to our post office box. Please consider increasing your payment this year by adding a monetary donation to help with operating costs.

Please join us in our programs and stay connected!

Sincerely,

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