



MOREAU

COMMUNITY CENTER

144 Main Street
South Glens Falls, NY 12803
Return Service Requested

THE MCC PULSE | MONTHLY NEWSLETTER | ISSUE NO.
1220
December, 2020

NONPROFIT ORGANIZATION
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A note from our Executive Director ...

COVID-19 may have disrupted our lives in 2020, but the holidays are approaching all the same. The Moreau Community Center is coordinating the annual Holiday Caring program, albeit with some safety changes. If you would like to donate to the program, **please send us a check.** If you would like to adopt a child or a family, please contact **Sarah Spitzer at 518-792-6007 extension 23.**

We **appreciate all the donations we received this year** and would not have been able to continue providing our services without them. We are currently surveying the community for input on our current services and ideas for what else you may need. Please complete the survey on our website at moreaucommunitycenter.org.

From our family to yours – warmest wishes for a safe, healthy holiday season.

Donna Nichols, Executive Director

We're offering Mahjong classes!

If you've ever wanted to learn, here is your chance to do so for **FREE! Must be groups of 4 players.**

Call today! 518-792-6007 x10



A name you can trust.

For information,
call (518) 641-3400
or 1-888-519-4455
TTY/TDD: 711



A plan for life.

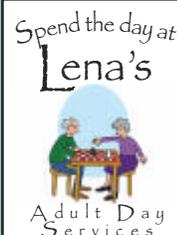
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An organization of caring community members working proactively to reduce youth substance use and risky behavior.

Visit us at ccfwsgf.org



Defensive Driving Update

There will be no in person classes held at the Center until April 2021 at the earliest.



You can access the class online at www.aarpdriversafety.org.

Dial-A-Bus Schedule

MONDAY: MEDICAL & PERSONAL APPOINTMENTS
TUESDAY: 9:30AM | ALDI & PRICE RITE
WEDNESDAY: 9AM | PRICE CHOPPER
WEDNESDAY: 12PM | SGF HANNAFORD
THURSDAY: 12PM | ROUTE 9 WALMART
FRIDAY: MEDICAL & PERSONAL APPOINTMENTS

Medical and personal appointments may be scheduled Tuesday - Thursday around pre-planned trips.

The bus can travel as far south as Malta and as far north as the HHHN office in Warrensburg.

No special outings at this time.



The **Moreau Community Center Dial-A-Bus** is a transportation service available to Moreau and South Glens Falls residents who are disabled or over age 55. We are currently running the bus at half capacity, so no more than 7 people will be on the bus with Jerry, our delightfully friendly driver. The bus is sanitized every morning and evening, and also in between trips.

There is a suggested donation of \$3 per local trip to help with bus maintenance and upkeep.

Please call the Center at **518-792-6007** to schedule a ride on the bus at least 24 hours in advance of your need. Any member of staff can schedule you.



Holiday Caring 2020 | Important Dates

Monday, December 14, 2020 | Purchased gifts for families **must be at the Center before 3:30pm!**

Friday, December 18, 2020 | Packing w/ volunteers

Monday, December 21, 2020 | 1p-6p
Christmas Distribution **by appointment only!**

If you are interested in volunteering for the Christmas Distribution, please email **rosemary@moreaucommunitycenter.org** expressing your interest and the best way to reach you.

If you are able to adopt a child, please call Sarah at 518-792-6007 ext.23 ASAP.

Don't forget that we accept Kids Korner applications on a rolling

basis! There is no such thing as too late to join. This great program provides before-and-after school care to your South Glens Falls CSD K-5 youth. Safety matters above all this year, and our team is dedicated to creating a safe, clean environment for everyone to play, grow, and learn together. Applications are available online.

For more information, contact Jennifer Rich, Youth Programs Director, at 518-792-6007 x17 or jabare@moreaucommunitycenter.org!



**Susanne Carpenter
to place an ad today!
scarpenter@lpiseniors.com
or (800) 477-4574 x6348**



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Legal Aid

free for seniors in Saratoga County



In-person appts still on hold!
Need services? Call **518-884-4100** for the
Saratoga County Office for the Aging
to be screened for a phone meeting!

We still have no word as to when the county will resume its congregate meal site operation. With that said, we encourage our readers who would benefit from the **Meals-on-Wheels** program to call **Saratoga County Office for the Aging at 518-884-4100**.

If you think someone you love could benefit from this program, do the same!

Warren County OFA:

518-761-6347

Washington County OFA:

518-746-2420

If you would like to give to the Center, visit our website to give online, or mail checks to:

**THE MOREAU
COMMUNITY
CENTER, 144 MAIN
STREET, So. GLENS
FALLS, NY 12803**

TO DISCUSS IN-KIND AND OTHER METHODS OF GIVING, PLEASE CONTACT DONNA OR ZAC AT 518-792-6007 X10 AND 19, RESPECTIVELY.

2020 HAS BEEN A CHALLENGE FOR US ALL

We need your help to make sure we can keep on taking care of our neighbors and communities. If we have learned anything from this past year, it's that the North Country rallies together when times get hard.

Let's keep rallying.
Plan your year end giving now.

There will be no Moreau Community Center sanctioned Pool or Bowling leagues this season in response to the Covid-19 Pandemic. If you are a regular participant, or would like more info, **please contact your league leaders.**

It has been a long year for everyone.

The Center staff will be taking a bit of time off to recollect, rejuvenate, and come back ready to tackle our goals for 2021.

The Center will therefore be closing at 4pm on December 23rd, and will reopen on Monday, January 4, 2021.

Be safe. Be well. Be kind. Be smart, this holiday season!

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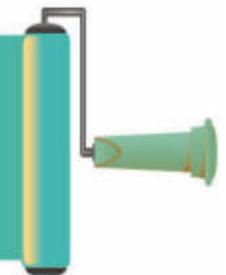


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Dealing with Anxiety and Covid-19

- ⇒ Reduce anxiety by reducing risk.
- ⇒ Ways to reduce risk include **practicing good hygiene** (e.g. sneezing and coughing into your elbow, sneezing into a tissue and immediately throwing the tissue away, wash hands regularly with soap and water for at least 20 seconds, etc.) In addition, create a plan in case your regular routine is disrupted, such as setting up remote work and alternative childcare arrangements. **Setting out a plan can help reduce anxiety by taking charge of the things you can control.**
- ⇒ • Manage your information flow by choosing **reliable sources and establish boundaries on checking for updates.** Getting regular, factual information is important. *However, continuously scrolling through social media or constantly refreshing the news is likely to lead to increased anxiety.* Pick a few trusted news outlets – such as the state and local health authorities, Centers for Disease Control and Prevention, or World Health Organization – and commit to checking once or twice a day for updates. -New York State Office of Mental Health 1
- ⇒ • Monitor your anxiety levels. Anxiety is a normal response to a stressful situation and can provide adaptive benefits in many situations. However, when faced with mounting uncertainty, your brain can go into an anxiety spiral that is no longer helpful. Knowing the difference between typical and atypical stress is important. Monitoring your stress level will let you know when you need to seek additional help. **A typical stress reaction may include:** temporary difficulty concentrating; irritability and anger; fatigue; stomachache; and, difficulty sleeping. **An atypical stress reaction may include:** a persistent and/or excessive worry that doesn't lift and keeps you from carrying out your daily tasks. **If you experience significant changes in your energy level, eating patterns, or sleeping patterns, difficulty concentrating on normal tasks, prolonged and overwhelming worry and hopelessness, or thoughts of self-injury or suicide, seek out immediate help at 1-800-273-TALK (8255) or text Got5 to 741741.**
- ⇒ • Practice good self-care, including exercise, eating healthy foods, and sleeping an adequate amount at night. If possible, **spend some time outside.** Avoid staying up late to monitor the news.
- ⇒ • **Virtually** reach out to different types of support networks, such as family, friends, colleagues, faith-based communities, and social organizations to strengthen your overall feeling of connection. Isolation and loneliness feeds anxiety.
- ⇒ • Find meaningful tasks and roles within your support network to channel your anxiety, such as coordinating deliveries of groceries to those unable to leave home, curating kids' activity ideas for parents working from home, or video calling or calling those who might feel socially isolated. Supporting others is beneficial to the supporter as well.
- ⇒ • **Find or create spaces that are not focused on COVID-19. Start a social media thread about other topics, ask friends to discuss other topics, or watch your favorite TV or movie.**
- ⇒ • Savor **small positive moments**, amplify positive stories, and stay optimistic. Try to cultivate a mental wellness practice, such as writing in a gratitude journal, or talking nightly with your family about mo-

Volunteer Opportunities

As we slowly head toward a newly envisioned normal, we're going to need a helping hand with some things.

- ◆ Newsletter Labelling & Folding will occur in the middle of each month!
Call Zac if interested! 518-792-6007 x19
- ◆ Food Pantry cleaning and stock rotation! Call Rosemary if interested! 518-792-6007 x12
- ◆ Backpack packing! Call Rosemary if interested!



As things continue to reopen, we will bring back more volunteer op-

Greater Capital Region Career Center FREE Virtual Workshops

December 2: 10am, Resume and Cover Letter Development

December 8: 11am, Interview Preparation

December 9: 10am, Goal Setting

December 15: 11am, Transferable Skills

December 17: 11am, Completing Job Applications

December 18: 1pm, Social Media

December 29: 11am, Overcoming Barrier to Employment

Pre-registration is required

Use the below link to connect:

<https://zoom.us/meeting/register/tJErcOCqDMjGt3R-2dVa5SF4L2NTdGIHH7w>

Don't forget to check out the MCC Thrift Store for your holiday shopping!

Open M-F, 9:30am-1:30pm | 2nd floor

Apparel, Housewares, and so much more!

Don't forget about our community programming and services survey available on our website and our Facebook page. Help us to adapt, overcome, and grow to best meet the needs of our community!

We've been abundantly blessed this year with in-kind donations to the Emergency Food Pantry. If you are looking to help out, we are in low supply of much **needed personal** and **household care items**. Consider a donation of those types of items to the Center this month!

Mask and Face Covering Guidance / Source: NY.GOV

Individuals **must** procure, fashion, or otherwise obtain face coverings and wear them when they are in a public and are within six feet of distance from other individuals; or in a situation or setting where they are unable to maintain six feet of distance from other individuals; or in a public or private transportation carrier or for-hire vehicle.

When wearing cloth face coverings in public settings, where social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community transmission, you should:

- Make sure that they fit snugly and cover their nose and mouth.
- Be changed frequently and laundered when they are soiled or wet.
- Not become complacent with other protective measures.
- Do not touch the cloth covering or face. Practice respiratory etiquette and cover your coughs or sneezes. Practice ~~social~~**physical** distancing – even when wearing masks. Stay home and help flatten the curve! While cloth face coverings may not prevent the wearer from becoming infected, they might help slow spread from people who have the virus and are unaware.

We are almost through this, let's not get lax and fall behind in progress now!

ADT-Monitored Home Security

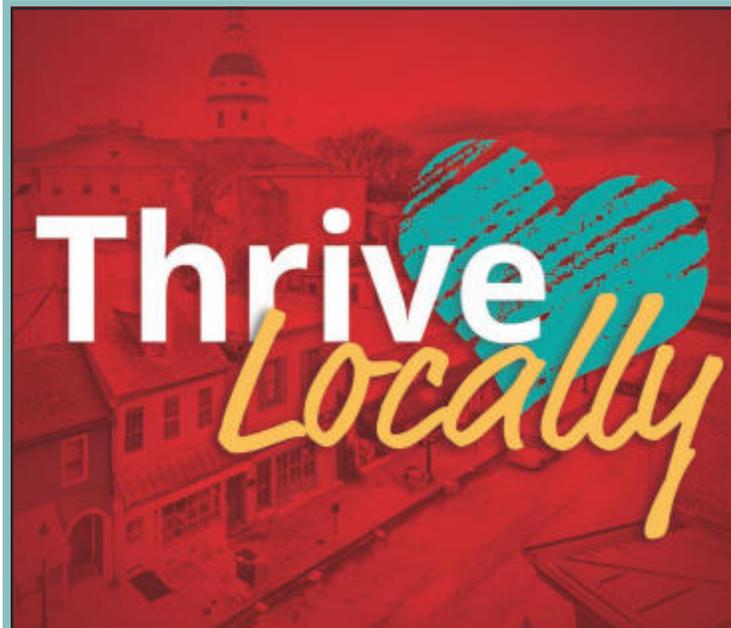
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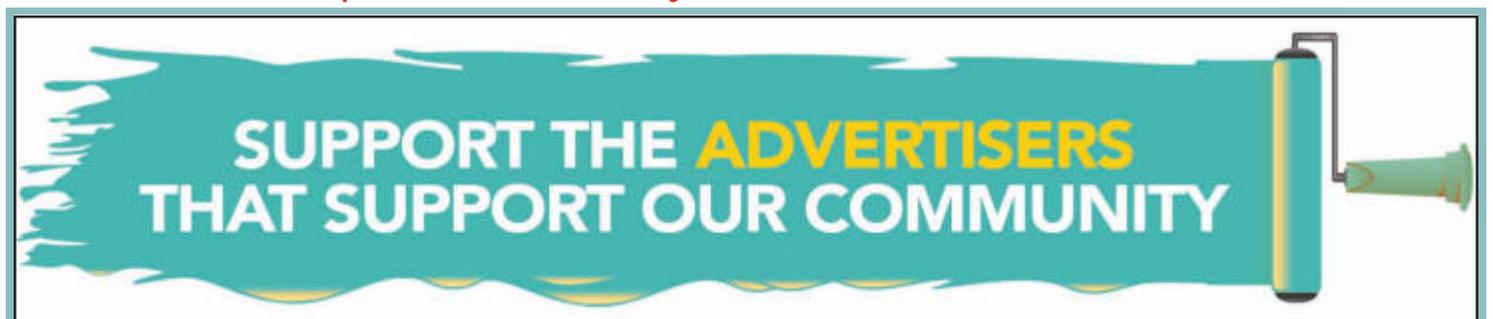
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newsletter emailed to you at
www.ourseniorcenter.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOTE THAT THE CENTER IS CLOSING AT 4PM ON DECEMBER 23, 2020 AND WILL REOPEN ON JANUARY 4, 2021!</p>	<p>- 1 -</p> <p>DAB 9:30am Aldi & Price Rite</p> <p>12am-3pm Hall Use by Appointment</p>	<p>- 2 -</p> <p>DAB Grocery Shopping</p> <p>10am M/W Food</p> <p>Price Chopper @9a Hannaford @12p</p>	<p>- 3 -</p> <p>DAB Walmart 12pm</p> <p>9am-12pm Hall Use by Appointment</p> <p>12:30-3:30 Hall Use by Appointment</p>	<p>- 4 -</p> <p>DAB Open Appts.</p> <p>9am-12pm Hall Use by Appointment</p>
<p>- 7 -</p> <p>DAB Open Appts.</p> <p>10am M/W Food</p>	<p>- 8 -</p> <p>DAB 9:30am Aldi & Price Rite</p> <p>12am-3pm Hall Use by Appointment</p>	<p>- 9 -</p> <p>DAB Grocery Shopping</p> <p>10am M/W Food</p> <p>Price Chopper @9a Hannaford @12p</p>	<p>- 10 -</p> <p>DAB Walmart 12pm</p> <p>9am-12pm Hall Use by Appointment</p> <p>12:30-3:30 Hall Use by Appointment</p>	<p>- 11 -</p> <p>DAB Open Appts.</p> <p>9am-12pm Hall Use by Appointment</p>
<p>- 14 -</p> <p>DAB Open Appts.</p> <p>10am M/W Food</p>	<p>- 15 -</p> <p>DAB 9:30am Aldi & Price Rite</p> <p>12am-3pm Hall Use by Appointment</p>	<p>- 16 -</p> <p>DAB Grocery Shopping</p> <p>10am M/W Food</p> <p>Price Chopper @9a Hannaford @12p</p>	<p>- 17 -</p> <p>DAB Walmart 12pm</p> <p>9am-12pm Hall Use by Appointment</p> <p>12:30-3:30 Hall Use by Appointment</p>	<p>- 18 -</p> <p>DAB Open Appts.</p> <p>9am-12pm Hall Use by Appointment</p> <p>HC Packing</p>
<p>- 21 -</p> <p>DAB Open Appts.</p> <p>10am M/W Food</p> <p>HC Distribution OTH</p>	<p>- 22 -</p> <p>DAB 9:30am Aldi & Price Rite</p> <p>12am-3pm Hall Use by Appointment</p>	<p>- 23 -</p> <p>DAB Grocery Shopping</p> <p>10am M/W Food</p> <p>Price Chopper @9a Hannaford @12p</p>	<p>- 24 -</p> <p>Closed until January 4, 2021</p>	<p>- 25 -</p> <p>Closed until January 4, 2021</p>

Please call Center with questions and to schedule your hall use time! No walk-ins will be allowed for the hall use.



Interested in giving back to the community?

Have a background in education or IT, specifically, or any other area that will bring more growth and prosperity to the community via service as a Board Member? Are you committed to the mission of meeting the needs of a multigenerational community in a **compassionate** and **inclusive** environment?

Direct all inquiries to:

Donna Nichols,
Executive Director, at
518-792-6007 x10 or

give

to your community center

**because no one should go hungry
because no one should feel left out
because everyone in the community matters**

www.moreaucommunitycenter.org

HEY PARENTS!

SCHOOL SUPPLY PANTRY!

AS STUDENTS CONTINUE TO NAVIGATE THE NEW STRUCTURE OF THE SCHOOL YEAR, **WE WILL BE HERE** READY TO ASSIST FAMILIES IN NEED **IN THE TRI-COUNTY AREA!** FOR MORE INFORMATION AND TO UTILIZE THIS PROGRAM, CONTACT **JENNIFER RICH** AT JABARE@MOREAUCOMMUNITYCENTER.ORG



**American
Red Cross
Blood
Drive**

Save a Life, Give Blood

SAVE THE DATE

Friday, April 16, 2021

We will be hosting a springtime blood drive with the American Red Cross. Mark your calendars and keep an eye out for more information to follow—maybe you can help us collect more units than ever!

Thank you to all of the amazing individuals and businesses who choose to support the *MCC Pulse* with their advertising! If you'd like to help out and join this great group, contact our LPi Representative, **Susanne Carpenter** at **508-736-3000** or scarpenter@lpiseniors.com **today!**