



NEW YORK STATE SENATOR

Hugh T. Farley

## Senator Farley's Community Wellness Day Slated for April 10th

HUGH T. FARLEY April 3, 2012

| ISSUE: **HEALTH**



On April 10th I will be co-hosting the annual Community Wellness Day with The Family Room from 10 a.m. to 2 p.m. at the Upper Level of the Riverfront Center in Amsterdam. This health fair is designed to put people of all ages in touch with some 60 Capital Region area health and community service providers for important information on a wide variety of health issues such as heart and dental diseases, as well as blood pressure checks and body mass index testing. There will also be children's crafts and activities.

I understand many people cannot attend this daytime event due to work schedules. That's why I wanted to share with you the following three items: i) a listing of these local agencies so you can contact them directly for assistance; ii) a list of helpful websites you may want to visit to obtain information on numerous health-related issues; and iii) a list of some health-related brochures I can send you.

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## **WEBLINKS TO HEALTH-RELATED INFORMATION**

The following government websites offer extensive information on a wide variety of topics, ranging from materials on healthy lifestyles to information on specific types of diseases.

For the NYS Health Department, visit:

<http://www.health.ny.gov/prevention/>

<http://www.health.ny.gov/diseases/>

<http://www.health.ny.gov/community/>

For the National Institutes of Health, visit <http://www.health.nih.gov/>

For the United States Department of Health and Human Services, visit <http://www.hhs.gov/>

For the Centers for Disease Control, visit <http://www.cdc.gov/HealthyLiving/>

For fire safety information, visit <http://www.firesafety.gov/>

In addition to these official government websites, there are several nonprofit organizations which provide information on health topics. A few helpful sites are listed below.

Information on heart health and blood pressure can be found at

<http://www.americanheart.org>

Information on diabetes can be found at <http://www.diabetes.org/>

Information on cancer-related issues can be found at the American Cancer Society at

<http://www.cancer.org/>

For information on arthritis, visit the Arthritis Foundation at <http://www.arthritis.org/>

For summer and heat-related illnesses, visit

<http://womenshealth.about.com/od/commonhealthissues/a/staycoolsummer.htm>

For information on Lyme Disease, visit [http://www.mayoclinic.com/health/lyme-](http://www.mayoclinic.com/health/lyme-disease/DS00116)

[disease/DS00116](http://www.mayoclinic.com/health/lyme-disease/DS00116)

Rabies is a concern for this time of year. For more information, visit

[http://kidshealth.org/parent/infections/bacterial\\_viral/rabies.html](http://kidshealth.org/parent/infections/bacterial_viral/rabies.html)

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## **BROCHURES**

My office has available a variety of printed brochures on health-related topics. Call (518) 843-2188 or email [Farley@NYSenate.gov](mailto:Farley@NYSenate.gov) for free copies. Brochures are available on the following topics:

\_\_\_ Heart Health

\_\_\_ Children's Health, including asthma and skin care

\_\_\_ Senior Topics, including a Guide to Health Care Services, and fall prevention

\_\_\_ Your Health Care Rights & Responsibilities: patient's bill of rights, health care proxies; and living wills

\_\_\_ A Special Report Concerning Women's Health

\_\_\_ New York State Veterans' Benefits

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### **PARTICIPANTS IN THE APRIL 10TH COMMUNITY WELLNESS DAY**

I am pleased to co-host the annual Community Wellness Day with the Family Room.

Numerous health and community service providers will be on hand. To help you follow up with these local agencies, or to learn more about them, here is a listing of the participants.

#### **HEALTH CARE PROVIDERS**

Community Health Center (762-8215)

<http://www.chchomecare.org/>

Home Health Care Partners (842-6718)

<http://www.newyorkhomehealthcare.com/>

Home Helpers and Direct Link Care (842-5626)

<http://www.hagamanhomecare.com/>

New Dimensions in Healthcare (843-2575) (dental and medical care)

<http://www.newdimensionsinhealthcare.org/>

New York Oncology Hematology (843-0020) (care for persons with cancer and blood disorders)

<http://www.newyorkoncology.com/>

St. Mary's HealthCare (842-1900)

<http://www.smha.org/>

Top Quality Home Care (725-0716)

email: [Tqhc@frontier.com](mailto:Tqhc@frontier.com)

## **HEALTH INSURANCE PROGRAMS**

Child Health Plus (800-698-4543)

[http://www.health.ny.gov/health\\_care/child\\_health\\_plus/](http://www.health.ny.gov/health_care/child_health_plus/)

CDPHP (641-3700 or 1-800-777-2273)

<http://www.cdphp.com/>

Fidelis Care (1-888-343-3547)

<http://www.fideliscare.org/>

MVP Health Care (888-687-6277)

<http://www.mvphealthcare.com>

New York Long Term Care Brokers, Ltd. (762-1366)

<http://www.nyltcb.com/>

## **PUBLIC HEALTH AGENCIES**

Fulton County Public Health (736-5720)

<http://www.fultoncountyny.gov/publichealth/index.php>

Montgomery County Public Health (853-3531)

<http://www.co.montgomery.ny.us/publichealth/>

## **SENIOR CITIZENS**

Fulton County Office for Aging (736-5650)

<http://www.fcofa.org/>

Montgomery County Office for Aging (843-2300)

<http://www.mcofa.org/>

New York Statewide Senior Action Council (436-1006)

<http://www.nysenior.org/>

EPIC (Elderly Pharmaceutical Insurance Coverage Program) (800-332-3742)

[http://www.health.ny.gov/health\\_care/epic/](http://www.health.ny.gov/health_care/epic/)

## **WELLNESS, FITNESS**

Nathan Littauer HealthLink (736-1120)

<http://www.nlh.org/healthlink.cfm>

Curves Perth - Amsterdam (842-2244)

<http://www.curves.com/locations/map.php?id=311031011171G>

## **EMERGENCY RESPONSE AND SERVICES**

American Red Cross (694-5121)

<http://www.redcrossneny.org>

GAVAC (Greater Amsterdam Volunteer Ambulance Corps) (843-1150)

<http://www.gavac.org/>

Montgomery County Emergency Management (853-4011)

<http://www.co.montgomery.ny.us/http://www.facebook.com/pages/Montgomery-County-NY-Emergency-Management/239038639472906>

Montgomery County Sheriff's Office (853-5500)

<http://www.co.montgomery.ny.us/sheriff/>



## **HOSPICE PROGRAMS**

The Community Hospice of Amsterdam (843-5412)

<http://www.communityhospice.org/>

## **ALCOHOL, DRUG AND TOBACCO USE**

HFM Prevention Council (736-8188)

<http://www.hfmpreventioncouncil.com/>

Project Action (841-7288 or 841-7123) (tobacco free coalition of HFM counties)

<http://www.projectactionhfm.org/>

Reality Check (762-8313)

<http://www.realitycheckhfm.com/>

Catholic Charities Substance Abuse Prevention Program (842-4202)

<Http://www.catholiccharitiesfmc.org/substanceabuseprevention.htm>

## **MENTAL HEALTH**

Mental Health Association in Fulton and Montgomery Counties (762-5332)

<http://www.mentalhealthassociation.org/>

NAMI (National Alliance on Mental Illness) (843-3261)

<http://www.naminys.org/>

### **FAMILY PROGRAMS, SERVICES AND ASSISTANCE**

CASA (Court Appointed Special Advocates) (842-3762)

[http://www.casanys.org/Fult\\_Mont.pdf](http://www.casanys.org/Fult_Mont.pdf)

<http://www.casanys.org/index.htm>

Commission on Economic Opportunity for the Greater Capital Region (272-6012)

<http://www.ceo-cap.org/>

Family Counseling Center (725-4310)

<http://www.thefamilycounselingcenter.org/>

Family Room (Family Resource and Support Center) (842-4202)

<http://www.catholiccharitiesfmc.org/thefamilyroom.htm>

Fulton County Domestic Violence (725-5300)

[http://www.thefamilycounselingcenter.org/domesticviolence/dv\\_services.shtml](http://www.thefamilycounselingcenter.org/domesticviolence/dv_services.shtml)

Legal Aid Society of Northeastern New York (842-9466)

<http://www.lasnny.org/>

Montgomery County Domestic Violence Services (842-3384)

<http://www.catholiccharitiesfmc.org/domesticviolence.htm>

Northeast Parent & Child Society (736-1780) (re foster kids program)

<http://www.neparentchild.org/>

Berkshire Farm Center and Services for Youth (456-1969) (re foster kids program)

<Http://www.berkshirefarm.org/>

Tri-County Mediation (Contact Number: 842-4202)

<http://www.catholiccharitiesfmc.org/tricountymediation.htm>

WIC (Women, Infants & Children) (853-8393)

<http://www.fulmont.org/wic.shtml>

## **COMMUNITY ORGANIZATIONS AND EVENTS**

Girl Scouts of Northeastern New York (489-8110)

<http://gsneny.org/>

Amsterdam Mohawks Baseball and their mascot Mojo (791-7546)

<http://www.amsterdammohawks.com/>

Relay for Life of Amsterdam - American Cancer Society (454-4019)

[Http://main.acsevents.org/site/TR?pg=entry&fr\\_id=36362](Http://main.acsevents.org/site/TR?pg=entry&fr_id=36362)

## **SUICIDE PREVENTION**

The Fulton-Montgomery Suicide Prevention Task Force (725-4310 ext.

134)<http://www.facebook.com/pages/Fulton-Montgomery-County-Suicide-Prevention-Task-Force/256736924354530?sk=wall&filter=12>

Note: the number for the National Suicide Prevention Lifeline is 800-273-TALK (8255)

<http://www.suicidepreventionlifeline.org/>

## **UNCLAIMED FUNDS**

NYS Comptroller, Division of Unclaimed Funds (473-6833)

<http://www.osc.state.ny.us/ouf/index.htm>