

Neighborhood Health Advocate

West Hill

News of the Neighborhood Health Advocate Program

Volume 2, Issue 3

A Joint Program of Albany Guardian Society and The Community Foundation for the Capital Region

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Supporting Organizations

Koinonia Health Care

The Elder Network of the
Capital Region

University at Albany

The Sage Graduate School

NYS Office for the Aging

In Cooperation with

The West Hill Ministers
Fellowship

NHAP Salutes

**Pastor Paul
Rees-Rohrbacher**

on receiving the

**2004
Carlyle Adams
Award**

Congratulations!

In this Issue...

In this issue, you'll find:

- Ideas for ensuring a safe and healthy winter season
- Information on Senior Advent-Edge Network
- Important phone numbers for food assistance
- Update on self-help courses offered by NHAP

Winter Ideas for Inside and Out

Another summer has flown past us, fall is sneaking away, and the holiday season will be upon us all too soon!

There are many things you can do to prepare yourself and your home for cold weather. Caulk and weather-strip doors and windows. Cover windows with plastic from the inside to keep the drafts out. The Weatherization Referral and Packaging Program (WRAP) prevents cold air from entering and heat from leaving a home. If you are over 60 and want to lower your heating bill, call 465-1903.

It's important to conserve fuel; lower the thermostat to 65 degrees during the day and 55 degrees at night. If you

need the Home Energy Assistance Program (HEAP) call 447-7280. Check your emergency kit and stock it with a first-aid kit, one week supply of canned food, non-electric can opener, extra blankets or sleeping bags, a flashlight, and needed prescription medicine. Make sure your house is safe and has clear, smooth paths to the rooms.

We must also keep ourselves safe and healthy as the holidays approach. Avoid touching your eyes, nose, or mouth to prevent the spread of germs. Wash your hands often, cover your nose and mouth when sneezing or coughing. Stay home when you are sick.

There are several

ways to manage holiday stress. Create a list and a budget for your holiday shopping. Let go of unrealistic expectations for the holidays. Holidays and families can be difficult unless you are prepared for them. Think about what the holidays mean to you and why you celebrate them. Reach out to your community and lift someone else's spirits. Treat yourself to something nice and leave time for yourself. Get rest and manage holiday stress to keep colds away.

This is the season for giving thanks. The NHAP team thanks our West Hill neighbors for all their kindness and we wish everyone a safe, healthy, and special holiday season!



NHAP Offers Self-Help Courses

The Neighborhood Health Advocate team has had a busy summer conducting self-help courses, actively participating in Carnival on the Hill 2004, and working with local agencies to plan more exciting events in our West Hill neighborhood.

This summer we conducted two six-week Arthritis Self-Help Courses (ASHC) and discussed how people can control their arthritis and



Jean Marks providing ASHC training

manage their disease. Many of our neighbors requested that we repeat the Arthritis Self-Help Course and also lead other self-help courses. The Neighborhood Health Advocate See Self-Help Courses, pg. 2

**NEWS OF THE NEIGHBORHOOD HEALTH
ADVOCATE PROGRAM**

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*Back row, l-r: Pastor Paul Rees-Rohrbacher, Deidre Bonarrigo (NHAP), Dr. Bob Paeglow, Otto Carter, Rev. Riggins
Front row, l-r: Sheila Irvin, Leane Paeglow (NHAP)*

Self-Help Courses *continued from page 1*

team is working to become certified in a course called People with Arthritis Can Exercise (PACE). Once we are certified in PACE, we will lead this course in the West Hill neighborhood.

Women Take Pride

This fall we learned about the Women Take Pride (WTP) course for women with heart disease. WTP is a great program which helps women gain a sense of pride and optimism in their heart health. We would like to offer the WTP course in the near future so please call if you would like to join us.

In the future, the NHAP team hopes to lead more classes about chronic diseases including: arthritis, diabetes, heart disease, etc. The courses are informative, social, and very enjoyable. If you would like to learn more about our NHAP program and about future self-help courses, please call **465-2703**. We look forward to hearing from you!

Carnival on the Hill 2004 Great Success

The Annual Carnival on the Hill was once again a huge success! In the photo on the left, the COTH activists stand near the stage ready for the events to begin. Thank you to the wonderful neighbors, service providers and all others who joined in celebrating the West Hill Neighborhood.

We look forward to seeing you next year at **Carnival on the Hill 2005!**

Exclusive AdvantEdges Program Announced

Another great service from Senior Services of Albany is here — the **Senior AdvantEdge Network**.

Senior Services of Albany and Price Chopper have teamed up for Senior AdvantEdge Network to help you save more on local services. Simply stop by any Price Chopper Pharmacy or customer service desk at all Price Chopper stores in the Capital District to get a Senior Network sticker for your Price Chopper AdvantEdge card. This seniors-only program allows you to receive discounts from merchants throughout the Capital District.

Present your Senior AdvantEdge Network card and save money on many local legal, social, and health services. You can get up to 80% savings to lower your prescription costs. You can also save money at theaters, restaurants, and on travel!

If you have any questions, please contact Senior Services of Albany at **463-4381**.

Helpful Food Information for West Hill

Turkey Day is right around the corner! You may know someone who can't afford to make Thanksgiving dinner. Equinox provides home delivery of Thanksgiving meals for free. Call **Equinox** at **434-0131**.

West Hill is rich with soup kitchens and food pantries. You can get a free lunch! Below is a guide for food assistance.

Important Numbers for Food Assistance

Food Pantries for the Capital District: 458-1167

Call during business hours. They will direct you to the neighborhood food pantry.

Meals on Wheels (for homebound): 465-6465

Food Stamps: 447-7403

Or at 162 Washington Avenue to be certified the same day.

Free Lunch

Grace and Holy Innocents Church: 465-1112

20 Robin Street, Saturday at noon

Salvation Army: 463-6678 Ext. 13

518 Clinton Ave., Tuesday, Wednesday and Friday, 11:30 am - 12:30 pm

Center City Catholic Community: 465-8262

283 Central Avenue, Monday and Thursday, 11:30 am - 1:00 pm

Café Whitney: 462-0900

900 Lark Drive, First and third Wednesday of each month, noon to 1:30 pm (Contributions accepted.)