

WELLNESS WORKS

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Upcoming Health Events

[Click here for a searchable schedule of community health & wellness events.](#)

**Glens Falls
Region.com**

Helpful Links

[Glens Falls YMCA](#)

[Warren County Public Health](#)

[Washington County Public Health](#)

[CDC](#)

[New York State Department of Health](#)

[Hudson Headwaters Health Network](#)



The ARCC Workplace Health & Wellness Council is committed to developing and sustaining a culture of wellness in the business community. Please visit our dedicated web [page](#) for more information.

TO READ

The wellness program at Hudson Headwaters- "Work Healthy" was established in 2012 by the Human Resources Department with the support of Senior Management. A mission statement was created "The mission of HHHN Work Healthy is to promote a positive worksite culture that will support employees' desire to make healthy lifestyle choices". A memo was sent to the entire staff from our CEO, announcing the new wellness program and committee. This memo showed that this initiative was being supported from the top down and encouraged staff to participate in the coming programs.



The Work Healthy committee was formed and is led by a member of HR. The other committee members represent many of our different locations, as well as positions. We even have members from our office in Champlain (2 hours north of Queensbury) who video conference in to attend the meetings. The meetings have been held once a month consistently since the inception in 2012. Our CFO is an active member of the committee. Read the rest of HHHN's story



[here.](#)

TO KNOW

The Adirondack Business Council (ABC), a group of dedicated Chamber volunteers, hosts an annual Awards Breakfast event that recognizes an organization's history, business philosophy and



To be featured here in one of our upcoming quarterly newsletters please contact [Jen](#) at The Chamber.



contributions to the community. Chamber members are nominated for the following categories of awards: Steven M. Sutton Small Business, Large Business, Professional Business, Rookie Business, Independent Business, **Healthy Workplace**, and the Nonprofit Business of the Year Award.

For the fourth year in a row, the Adirondack Business Council received nominations for Healthy Workplace of the year including: [Glens Falls National Bank](#), [Warren Washington Association for Mental Health](#), [Barton International](#), [Hudson Headwaters Health Network](#), and [SUNY Adirondack](#).

The 2015 winner, announced yesterday, is [Barton International](#). Barton began a wellness program several years ago with a goal to improve the health of their employees and their families and to control health care costs in their self-funded medical plan. Today, their fully integrated wellness program includes an endless array of programs and incentives for their employees and families.

TO DO

Farm to Desk programs through CSA and Co-Op.

What are CSA's and Co-ops and how can they help you and your employees?

A CSA is Community Supported Agriculture and allows you to source your fresh vegetables and fruits from a local farm. A Co-op is a middle man between you and the farm but supplies fresh vegetables and fruits in season.

Regardless of which you choose this can be a great addition to your health and wellness program for your employees. There are several local farms that participate in CSA or Co-op delivery directly to your location or a convenient site near you.

Here are some local connections to check out:

[9 Miles East](#)

Gordon Sachs
136 Goff Rd. Schuylerville, NY 12871
518-514-8106

Denison Farms
Justine and Brian Denison
333 Buttermilk Falls Rd. Schaghticoke, NY 12154
518-664-2510
www.denisonfarm.com

Echo Creek Farm
Michael and Jennifer Palulis

258 Quarry Rd. Salem, NY 12865

518-854-7736

www.echocreekfarm.com

You'll want to research them all as some will deliver to smaller organizations and some may not. If you are too small to get office delivery, think about partnering with a neighboring business or two and you may be able to get what you are looking for.

Here are some articles on the benefits of using a CSA or co-op.

[Cooperative Grocer](#)

[Local Harvest](#)

[Ecolife](#)
