It is important to us that we provide the most up-to-date information possible. We also want to offer timely opportunities to interact, learn, and connect during this unsettling period. Check out what is happening right now with this latest Info Bulletin.

Community Caregivers Info Bulletin 4/17

- Community Caregivers offers reassurance calls on an ongoing basis to anyone in need of a friendly voice or a listening ear. Simply call our offices and someone will help you get started, 518-456-2898.

- Grocery Shopping for Essentials: We are offering shopping assistance and help with navigating online options for persons unable to do so themselves. Right now we are seeking volunteers. If you are someone who needs assistance in getting essential food items or would like to help, please call our offices to speak with a staff member today, 518-456-2898.

- Lunchtime Chats with Community Caregivers. Looking for a break to hear about interesting topics in our neighborhood? Please join us by phone by dialing 518-261-2761. Invite your friends to dial in too! All are welcome! Upcoming calls: Resiliency and Self-Care in Stressful Times with David Rosetti, licensed clinical social worker, on Tuesday, April 21st at 1pm, and Behind the Scenes at the Altamont Enterprise, with Melissa Hale-Spencer, editor, on Friday, April 24th at 1pm. Next week we will have calls on Tuesday and Friday at 1pm. Topics to be announced! If you have ideas for speakers for calls in the future, please email lee@communitycaregivers.org.

- Creative Coffee Break every Thursday from 2-3pm. We're here every Thursday talking about topics of interest to you! Drop by this open discussion by calling 518-261-2761 and join in the fun! Hosted by Laura Jonas.

- Mandatory Masks for New Yorkers: Governor Andrew Cuomo has issued an Executive Order effective today that makes it mandatory for all persons in New York State to wear a mask when in public and less than six feet from another person. For more information on creating and caring for your mask visit https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-.html
Food Pantry Donations: Our volunteers are the greatest! So many of you have donated to local food pantries, bagged items or even dropped off supplies to those in need. Most recently, volunteers helped out at St. Lucy/St. Bernadette Church in Altamont and the Voorheesville Library food drives through the newly-created Voorheesville Community Cares/Assistance for COVID-19. This support helped families in the Hilltowns as well (see our Facebook post). Thank you so very much! For information on local food pantries visit The Food Pantries of the Capital District.

AARP Weekly Live Corona Virus Information Tele-Town Hall at 1pm on Thursdays. Various topics. Visit AARP.org/Coronavirus for more information.

NYS Emotional Support Hotline (844) 863-9314. Over 6,000 mental health professionals and volunteers are available to provide emotional support, consultation and referral to anyone seeking some help.

The following are official websites that will provide you with the most up-to-date information available:

- New York State Department of Health
- US Centers for Disease Control
- The World Health Organization