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. So, going forward, Community Caregivers will be augmenting our weekly newsletter with occasional bulletins like this one.

Community Caregivers Info Bulletin 3/31

- **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.

- **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:** Wednesday, April 1st at 1pm Master Gardener Martie Teumin talks about what to spot on your walks and indoor gardening. On Friday, April 3, at 1pm Tim Wiles, Director of the Guilderland Library will discuss how the library continues to provide resources even though the building is closed. 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.

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

- **A Block at a Time (ABAAT) offers grocery pick-up** for seniors over 60 years old and who are medically compromised. Must be able to pre-order and pay store or pharmacy. Please call 518-227-0012 or visit www.abaat.org. (More information on ABAAT in Friday's newsletter.)

- **Hannaford To-Go grocery service suspended until further notice.**

- **Pharmacies offering delivery (update):** All Hannaford pharmacies are offering prescription delivery for a short period of time. Must call specific Hannaford. **Four Corners Pharmacy** in Delmar will deliver M-F, 518-439-8200. **Crestwood Pharmacy** in Albany will deliver. Customer must have ALL medications filled.
through Crestwood. Call 518-435-2315. (For information on more pharmacies and options, see the latest issue of The Helping Hand.)

- **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

Click here to share your news/ideas with us!