New Clients are Welcome!
As the Capital Region enters the final phases of reopening, Community Caregivers is again accepting referrals for new clients. This involves a phone call screening with our nurse, which can be arranged fairly quickly. Please contact our office for additional information.

Transportation Services
Returning with Safety Measures
And we are restarting our transportation services to make sure clients are able to keep essential medical appointments. We are grateful to the volunteers who are willing to drive clients and for everyone’s cooperation with our new requirements that masks be worn, cars disinfected, and social distancing observed. To reduce potential virus exposure, only the driver and the client may be present in the car and the client is asked to sit in the back seat with windows down for additional airflow. For a copy of our transportation policy, please contact our office.

Transportation to additional types of important appointments may be added based on volunteer availability. However, we do not anticipate transporting clients for shopping. Rather, volunteers will continue to grocery shop and pick up prescriptions and deliver them to clients’ homes.

We’d Like to Talk!
If you or someone you know would like
Community Caregivers welcomes new client referrals in Albany and Rensselaer counties and we are always seeking volunteers. Client intakes are currently being conducted over the phone by our registered nurse. Please contact us at 518-456-2898 if you know someone in need or if you would like to lend a hand.

Thank You to Our Generous Supporters!

We are in the midst of an individual appeal to help meet the increased need for services. We would like to thank all who have donated and ask those who have not donated to please consider supporting Community Caregivers during these difficult times. Checks can be mailed to our office or you can click on the link here to our website Donate page.

We are exceptionally grateful to the Albany Institute of History and Art for their generous donation to help support our ongoing services. The Institute selected Community Caregivers to receive a portion of proceeds raised during their recent #GivingTuesdayNow campaign. In a thank you to donors, Institute Director of Development Nicki Brown wrote, “Not only will your contribution help the Albany Institute navigate these uncertain times, but our partner, Community Caregivers, will receive a portion of our proceeds from this campaign. Your gift has a positive - and direct - impact on the well-being of those isolated during this time.”

Thanks go out to the Albany Distilling Company and CS Energy for their generous donation of five cases of hand sanitizer which we are making available to volunteers and clients.

A trusted and well-loved business throughout our service area, Stewarts Shops (in conjunction with its owners, the Dake Family) recently awarded Community Caregivers a generous emergency grant to support our essential services during this unprecedented time. Stewarts Shops and the Dake Family immediately responded to the needs of area not-for-profits for COVID-19 relief efforts. Susan Dake, President of the Stewarts Foundation, explained that their donation is part of their overall commitment to “…give back to the communities that support us.”

We thank these fine organizations for partnering with us and for supporting our mission of Neighbors Helping Neighbors especially during this unprecedented time.
"A friend is someone who overlooks your broken fence and admires the flowers in your garden."
-Unknown

Coming Up on Lunchtime Chats

- Tuesday, June 23rd at 1p.m. - Bev will talk about the origins of the Altamont Fair and invite people to share memories of attending this community tradition.

- Friday, June 26th at 1p.m. - US Navy veteran Bob Wheelock will talk about the unique history of the USS Slater which is docked in the port of Albany.

To access our free Lunchtime Chat line, simply dial 518-992-6661. Or we can call you! Just let us know by calling our office at 518-456-2898. This program is brought to you by Community Caregivers and The Albany Guardian Society, a non-profit organization that seeks to improve the lives of seniors, their families and caregivers.

The Guilderland Library is offering a "holds-only" curbside pick-up for its patrons who ordered items PRIOR to the pandemic shut down. The library will contact anyone who had books on order regarding a pick-up time. For more information on the library's reopening plan visit: https://guilderlandlibrary.org/gpl-reopening-plan/

Confronting Isolation and Loneliness

Throughout these trying times, Community Caregivers' volunteers have provided over a thousand reassurance calls to our clients. We understand the link between isolation and loneliness. In fact, our own Laura Jonas - a consultant to Community Caregivers - wrote
an article on how we have been reaching out to our community by providing services to combat feelings of isolation. Her article was featured in the national Village to Village Network News. Read it here: https://www.vtvnetwork.org/docs.ashx?id=643360

For more information about loneliness, its effects, and ways to reduce feelings of isolation, check out these links.

- NPR: Isolation and Loneliness: What Can it do to Our Bodies?
- New York Times: Older Adults Remain Isolated. These Programs Help.

Foreign Language Speakers/Translators Needed

Community Caregivers is seeking volunteers who are proficient in a foreign language, preferably Spanish, Italian, Karen and Arabic. If you, or someone you know, would like to help out, please call our offices. Thank you!

BEST OF... Staff Picks

The Metropolitan Opera is offering streaming of one of its Live in HD series operas every night. Check out what's on the playbill for this evening! 

Click here

For some fun, Crayola has created dozens of downloadable coloring sheets for adults! Find your own psychedelic pattern and get in the groove!

Click here

SPAC and Cafe Lena offer Freihofer's Jazz Stay Home Sessions. Don't miss this live, three-night, virtual concert series, June 26-28!

Click here

Shopping for Food: Some Strategies and Tips

(Continued from previous issue of The Helping Hand...)

As far as the food you purchase, you may have to adjust how you shop to optimize nutrition and make sure you have enough food to last a few weeks before your next trip. Here are some tips and tricks to get the most out of your grocery store visits and to help make the healthy decisions when faced with aisles on aisles of delicious desserts and snacks.

- In the fresh produce section, go for fruits and vegetables that have a long shelf life that are unavailable frozen or canned (items like apples, oranges, cabbage, carrots, garlic, onion, or potatoes to name a few).
- In addition, be sure to choose whole fruits and vegetables instead of pre-cut as they last longer.
- At home while preparing your meals, plan to use fresh produce first and freeze any...
Be sure to stock up on pantry staples including grains (quinoa, pasta, brown rice, and oatmeal), shelf stable milk (dairy on non-dairy), and jarred tomato sauces/salsas.

Choose oils that do not require refrigeration like olive oil or avocado oil as they have longer shelf-lives and a better nutrition profile than butter or margarine.

Canned goods are a great option as they can last years, but make sure to pick low-sodium, low sugar, and BPA-free varieties if there is a choice.

Frozen foods are also a wonderful option as they can last years if stored correctly. They are as healthy as their fresh counterparts and unlike canned foods, do not have any additional salt, sugar, or fat added to them.

Continue to use this time at home to be active. It is recommended that we consume approximately 2000 calories per day, depending on our level of activity.

Ideally 45-65% of calories come from carbohydrates. Focus on complex carbohydrates, which includes potatoes, legumes (beans, chickpeas, and lentils), fruits, vegetables and whole grains. Try to avoid simple carbs, like soda, candy and pastries.

Protein should make up 10-35% of your daily calories. Great options include frozen meats like chicken, shrimp or fish. Eggs and milk are also healthy options. Good sources of plant-based protein include canned beans, chickpeas, seeds, nuts, or tofu.

Lastly healthy fats should make up 20-35% of your calories. Healthy fats can be found in olive oil, nuts, seeds, avocados, and oily fish.

Though we may find ourselves turning to processed foods and quick meals in these times of stress, try to use this time as an opportunity to explore new recipes and learn to incorporate healthy foods into your diet. What better time than today to make that homemade bread or crazy recipe you found on the internet. Stay healthy and happy!

-Contributed by Priyanka Kolli, a student at Albany Medical College

Shopping online? Consider using Amazon Smile when you make your purchases. Simply log onto [www.smile.amazon.com](http://www.smile.amazon.com) and choose Community Caregivers as your charity of choice. A percentage of your purchase will be automatically donated to our organization. It’s that simple!

Official Websites for COVID-19 Information

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

- New York State Department of Health
- Albany County Department of Health
- US Centers for Disease Control and Prevention
- The World Health Organization

New York State COVID-19 Hotlines

New York State has established a COVID-19 Hotline (1-888-364-3065) that can provide additional information related to travel and symptoms.
New York State has established an Emotional Support Helpline for persons experiencing increased stress and anxiety. Over 6,000 experienced volunteers are ready to help. Call 1-844-863-9314 to speak with a trained professional.

All of us at Community Caregivers understand that these are uncertain, difficult and confusing times. But we want you to know that everyone here is working together to provide ongoing support and assistance to our clients and volunteers.

We will continue to strive and meet any needs that may arise.

Please call Community Caregivers at (518) 456-2898 M-F, 9AM–4PM.

A staff member will answer or return your call promptly.