Winter is upon us here in the Northeast! Be sure to keep in touch with friends and neighbors especially during colder temperatures. A friendly visit will surely warm hearts!

Welcome to Our New Executive Director!

Community Caregivers has hired Lee Lounsbury as its new executive director. Lee has an extensive background in program, policy and management strategies. Lee holds a Bachelor of Social Work degree from the State University of New York at Albany and a M.S. in Public Administration from Russell Sage College in Troy.

In June 2017, Lee retired from her position as executive director of Welfare Research, Inc., a non-profit specializing in technical assistance to human services agencies. Prior to WRI, she worked as the associate executive director for the Council of Family and Child Care Agencies and as an associate commissioner at the New York State Office of Children and Family Services.

"We are absolutely thrilled to have Lee lead our team of outstanding professionals who are committed to our mission. Lee's extensive background, expertise and life experiences will certainly solidify and amplify our service delivery and position us well for the future," said W. Scott Hicks, President of the Board of Community Caregivers.

Originally from Saratoga, Lee has called Guilderland home for the past thirty years. She is committed to serving those in the Capital District.

"This is our community. I care deeply about it and want to see how I can help keep 'neighbors helping neighbors.'"
- Lee Lounsbury

The Altamont Enterprise Covers Community Caregivers in Recent Issue

Community Caregivers extends a heartfelt thank-you to The Altamont Enterprise for its coverage earlier this month, which included a touching and relevant opinion piece, a 25-
New York's Paid Family Leave Benefit Phase-In Continues...

The New York State Paid Family Leave Law, which took effect on January 1, 2018 continues its four year phase-in of full benefits. As of January 1, 2020, eligible workers in New York can take up to ten weeks of paid leave off with a maximum weekly benefit of $840 which is now at 60% of the State’s average weekly wage.

The phase-in will be complete on January 1, 2021 when workers will be eligible for 12 weeks of paid leave at 67% of the State’s weekly wage. This year, eligible farm laborers are now eligible for the program which is paid with a small payroll tax into the State's disability system. Paid leave is available for those caring for a newborn, caring for an ill relative or caring needs related to military deployment.

For more information, see the link to the New York State press release below or email michael@communitycaregivers.org.

Silver Anniversary Video

Check out Community Caregiver’s silver anniversary video highlighting 25 years of “neighbors helping neighbors.” We thank Board Member Jason White for creating this memorable and touching piece which takes a look at the beginnings of our organization and features interviews with those instrumental in continuing our mission.

Calling All Volunteers!

Mark your calendars for Wednesday, April 22, 2020. That's the date for our annual volunteer appreciation luncheon! It's just one way for us at Community Caregivers to thank our volunteers for all they do!

More information coming your way!
Local Library Picks
Visit your library for the following workshops/seminars:

Bethlehem Public Library - Support and Guidance for Dementia Caregivers on Wednesday, February 5th at 11am. Social workers from Eddy Alzheimer's Services will be available to speak one-on-one with caregivers of individuals with dementia. Funded by a grant from NYS Department of Health.

Guilderland Public Library - Teaching and Writing About Grief with Professor Jeffrey Berman on Saturday, February 15th at 2pm. Berman, a professor of English at SUNY Albany, will discuss the educational and psychological value of writing about love and loss and the importance of grief memoirs.

Voorheesville Public Library - Learn the basics of Medicare for those who are turning 65 in 2020 on Wednesday, February 5th at 2pm. Sponsored by MVP Health.

We extend our deepest appreciation to the following organizations that have provided Community Caregivers with recent gifts and/or awards. Their generosity enables us to continue to help local residents remain independent and in their homes.

- State Employees Federal Credit Union
- The Elizabeth Sonnenborn/Hamel Family Foundation
- The City Club of Albany
- Bank of America
- Frederick McDonald Trust Fund

Upcoming Volunteer Orientations

Thursday, January 30, at 6:30 p.m.
at the Bethlehem Public Library
451 Delaware Ave., Delmar, NY

Wednesday, February 12, at 12:30 p.m.
at Community Caregivers offices
2021 Western Ave., Albany, NY

Wednesday, February 26, at 7:00 p.m.
at the Guilderland Public Library
2229 Western Ave., Albany, NY

Come join us for a refresher course and bring along that friend who wants to reach out and help others but might need a gentle nudge in the right direction!

RSVP to kathy@communitycaregivers.org

"What is This Village Movement That I Keep Reading About?"

This is a question many people have asked us. The Village model is a plan and
not a place, with the mission of enabling people to take charge of their own lives in order to age in place. By partnering with existing community resources, the Village plans to provide referrals and access to vetted providers. There will also be grassroots socialization and services dependent upon volunteers. Many Villages offer coffee hours, guided walks, book clubs and dinner outings. Volunteers also offer help with chores, pet care, gardening and transportation. The premise of a Village is a friendly, neighbors helping neighbors solution to aging in our homes and communities.

The Village Movement started in Boston more than 15 years ago and today there are hundreds of Villages within 45 states that are part of the Village to Village Network. The Village to Village Network is a national organization that was formed to maximize the growth, impact and sustainability of the individual Villages. Each individual Village is unique and reflects the needs of the members and the community where it is located. According to AARP, Village members experience reduced isolation, increased independence, and enhanced purpose of life. Villages are instrumental in helping people remain in their homes and independent in their communities.

Within the Capital District, there are established and developing Villages in Glens Falls, Shenendehowa, Northern Columbia County, Bethlehem and Niskayuna. Community Caregivers is involved in educating people about the Village movement and establishing volunteer networks in Guilderland, Albany and surrounding areas.

For residents of Guilderland, please join us on Tuesday, February 18th at 10:30am at the Guilderland Public Library, 2228 Western Ave., Guilderland, for a Village Movement Discussion and Planning. Everyone interested is invited to attend.

If you want to learn more about the regional Village movement, feel free to attend one of the meetings of the Capital Region Village Collaborative, a bimonthly gathering of local Village members led by the Albany Guardian Society. The upcoming ones are Tuesday, February 4 and Tuesday, April 7. Please email ags@albanyguardiansociety.org or call 518-434-2140 to register. Meetings are held from 9-11am at: Carondelet Hospitality Center 385 Watervliet-Shaker Rd. Latham, NY. For more information about how Community Caregivers is involved in the village movement, please email Laura Jonas at laura@communitycaregivers.org.