Neighbors Helping Neighbors for Over 25 Years

Grab a Cup of Tea and Chat With Us

Connect with us every Tuesday and Friday at 1pm for our new Lunchtime Chats. Simply dial 518-261-2761 to join in and hear from speakers on a variety of topics of interest to us all! This past week we hosted a Cornell Cooperative Extension Master Gardener and our Guilderland Public Library director. It's informative, entertaining and a ton of fun to boot! All are welcome!

Support is a Phone Call Away

If you or someone you know would like ongoing reassurance calls from one of our volunteers, please call us at 518-456-2898 or email info@communitycaregivers.org. We also offer a support group for caregivers of folks with memory loss issues as well as a group for people dealing with grief. Call our office if you would like to join one of these groups or if you have an idea for one.

These times are especially difficult for all of us, but especially so for those who may live alone. Remember, we are here to help, so call today.

"The friend in my adversity I shall always cherish most. I can better trust those that helped relieve the gloom of my dark hours than those who are so ready to enjoy with me the sunshine of my prosperity."

-Ulysses S. Grant

How to Commit to Your Mental and Physical Health During the COVID-19 Crisis
With all that is going on with COVID-19 and the effects it has on our daily lives, it is not uncommon to feel uneasy or anxious. Disruption to routines can be uncomfortable, and not seeing loved ones can be upsetting. Anxiety and mood disturbances can cause muscle tension, irritability, fatigue, and changes in our sleep and eating habits. It is important to take time to reflect on your thoughts, feelings and behaviors. Remember not to be too harsh on yourself and try to engage in self-care as part of your new daily practices.

Below is a list of coping strategies that may be beneficial during this time of uncertainty:

- Stay informed by watching the news or reading the newspaper. But if you feel your anxiety building and the “what if” questions growing, step away and engage in something else.
- Meditate, relax, practice mindfulness and deep breathing.
- Exercise, bake or cook. Knit, write a poem, read a book, paint or color.
- Laugh out loud and smile, and try to do something everyday that brings you joy.

Don’t forget to take care of yourself and continue to practice healthy habits.

- Remember to sleep the recommended 7 or more hours per night and eat a well-balanced diet.
- Engage in regular physical activity. Get outdoors if you are able, and find spaces in your home you can utilize for staying fit.
- Be mindful of your posture especially if you are sitting for more prolonged periods than usual.
- Avoid alcohol, tobacco, and recreational drugs.
- If you have a smartphone or other smart device check out apps that are offering free subscriptions, classes and advice.
- Reach out to friends and loved ones. Call, email, or send text-messages. Maintaining these relationships and building a strong support network is crucial during stressful times.
- If you feel like you do not have someone to talk to reach out to community or religious organizations or community leaders who can help connect you with others. Organizations such as Community Caregivers can help you set up virtual check ins or friendly phone conversations.
- Reach out to a mental-health or medical professional as needed.

*Article written by: Priya Uppal & Kathryn Voss
Albany Medical College students
Source: Centers for Disease Control and Prevention*

"Best of" Websites – Staff Picks

Visit the Culinary Institute of America (CIA) and create magical dishes by using what's in your pantry! The CIA Foodies Blog is full of ideas, tips and recipes tailored for these times. Most items are common and many have substitutions.

[Click Here for the CIA](#)

Even though many of us may have more time on our hands, we might be feeling anxious and stressed. The news is jarring. We can't see loved ones like we used to. Our routines are broken. All this creates stress. Take a moment and slow down, breathe and focus.

[Click Here for a link to relaxation options](#)
During this uncertain time, we want you to know that Community Caregivers is responding valiantly and seamlessly to the needs of its clients and volunteers. Our doors remain open (albeit remotely and “socially distant”) and we continue to provide critical services to our nearly 100 clients--- especially to our isolated seniors—who rely on us to live safely and independently in their own homes.

Similarly affected are the families of our clients who may be prohibited from visiting or helping to support their loved ones. When this happens, we become the family’s "eyes and ears" by stepping in to make reassurance calls or more importantly, to ensure that their family member’s vital needs will be met.

From delivering meals and medications to our homebound clients—to creating “virtual” social opportunities for seniors in our Villages networks -- to providing support to our dedicated and trained corps of more than 100 volunteers-- we are working hard to meet the needs of all of those we serve.

Yet we can’t do it alone and we need your support during this difficult time. In fact, our demand for services is increasing and maintaining our funding streams is critical as we navigate these uncertain waters.

There are numerous ways to donate—by check, by credit card or online. Be sure to visit our website at www.communitycaregivers.org and click on the donate tab at the top of the homepage or the sidebar on other pages to choose the method that works best for you. You may also call our offices at 518-456-2898 for additional information. Please be assured that your gift of any amount will go directly to support the continuation of our services.

We invite you to join with our staff and Board of Directors to ensure that the services we provide to our clients—and especially to the most vulnerable among us-- are not interrupted in any way. Thank you!

-submitted by Michele DeSimone Shellard, Director of Development

SAVE THE NEW DATE!
Community Caregivers 16th Annual Golf Tournament
Monday, August 3, 2020
Pinhaven Country Club
151 Siver Road, Guilderland, NY
9am-6pm

Given the recent circumstances of COVID-19, our signature fundraising golf tournament at Pinehaven Country Club has been rescheduled to August 3rd. Tournament play, format, and fun all remain the same!
Please contact our office at 518-456-2898 with any questions. We are also happy to provide you with information if you would like to lend your support.
Links to Local Resources and More

Below are internet sites that provide basic information about food availability and access, Medicare assistance, and local charities ready to help now!


The Times Union has also made a list of grocery stores that are offering senior hours on select days. Click here: https://www.timesunion.com/7dayarchive/article/Stores-offer-senior-shopping-hours-during-15151232.php

The United Way is offering assistance to meet the needs of anyone in crisis. Click here for more information: https://www.unitedwaygcr.org/call-211

The Medicare Rights Center Consumer Helpline is up and running to help Medicare eligible seniors navigate their coverage as it relates to the COVID-19 outbreak. To speak with a Medicare counselor please call 800-333-4114.

The information provided within is potentially outdated by the time it is delivered electronically. Please check with each organization to be sure that their information has not changed.

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
- 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 Hotline 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. While we have suspended all in-person services including transportation and home visits, we will continue to strive and meet any needs that may arise.

Please call Community Caregivers at (518) 456-2989 M-F, 9AM-4PM.

A staff member will answer or return your call promptly.