These times may be uncertain, difficult and confusing, but please know that everyone at Community Caregivers is working together to provide continued support and assistance to our clients and volunteers. While we have suspended all in-person services including transportation and home visits, please know that we will continue to strive to 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.

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

Libraries Offer Alternatives

Local libraries are closed due to the COVID-19 outbreak and subsequent isolation measures. However, that doesn't mean that these amazing havens of knowledge aren't accessible in other ways. Just go to your favorite library's website and you will find a wealth of information at your fingertips. Here are just a few examples:

The Guilderland Library is offering the New York Times online for free on its website. Just click and follow the directions.

The Bethlehem Library has compiled a fantastic list of educational and entertainment on-line resources in a user-friendly, menu-style list. Click HERE to access.

The Albany Public Library has created a podcast. Don't forget you can download your favorite books onto your e-reader or smart device!

"The only thing you absolutely have to know is the location of the 
How to Stay Safe from COVID-19 Scams

Be advised that there may be scams occurring in our communities. Here’s what you can do to be smart, safe and protect yourself.

As much as we want to reach out to each other and help during these uncertain times, unfortunately there are people who want to do the opposite and take advantage of our kind intentions. Below are some tips from a webinar hosted by the AARP on how to prevent scams from happening to you.

- **Be wary of red flags.** Anything that has to do with "miracle cures" for Coronavirus, test kits for the disease, bargain stock purchases, or ways to get your check from the government "bailout." No government organization would send out valid information through robocalls or emails.

- **Ignore and delete.** If you receive any calls, texts or emails related to the above red flags do not answer or open them. Only open calls or emails from a number or person you recognize.

- **Verify identity of caller/emailer.** Make sure the email address exactly matches the person whose contact you have. A scammer can replicate an email address with one or two slight changes that might not be obvious (e.g. slight misspelling). Do not respond until you make sure it is correct. Phone numbers can also be replicated to look like a local one, so be aware of that.

- **Never purchase gift cards or money orders.** This has become a very common scam and it is almost impossible to recover your money once the gift card is cashed.

- **Give charitable donations directly to a trusted website or phone number.** If you receive solicitations for donations, they may be fake. If you wish to donate, go directly to the organization instead of replying to a call or email request.

If you do suspect that something is a scam, you can contact a government or AARP website or call center to verify or report what happened. AARP: www.aarp.org/money/scams-fraud call 877-908-3360 or www.FCC.gov/covid-scams Best wishes and stay safe, at home and online.

-Submitted by Laura Jonas, consultant to Community Caregivers

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

**Colonie Senior Service Centers** will be expanding their senior lunch program to include ALL seniors in the community.

**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
ages 60 and over starting Monday, March 24 with home delivery. For more information call 518-459-2857, extension 303 to make your reservation by 1:00pm day before.

**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](https://www.unitedwaygcr.org/call-211)

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

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### Official Websites for COVID–19 Information

![Earth](https://via.placeholder.com/150)

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

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### New York State COVID-19 Hotline

New York State has established a COVID–19 Hotline (1–888–364–3065) that can provide additional information related to travel and symptoms.