

COVID-19 RESOURCE DIRECTORY

Updated March 26, 2020

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Childcare

YMCA Emergency Childcare for Emergency Personnel:



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR IMMEDIATE RELEASE

Contact:
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Capital District YMCA
518.869.3500
EBreslin@CDYMCA.org

Capital District YMCA to Provide School-Age Childcare for Emergency Personnel at 9 Branch Locations Beginning Monday, March 23rd at 7AM

ALBANY, NY (March 20, 2020) — During these unprecedented times, the Capital District YMCA is responding to the critical need for childcare services for emergency personnel.

Effective Monday, March 23rd, beginning at 7am, the Capital District YMCA will provide childcare for emergency personnel who do not have the option to work from home, as defined by The New York State Education Department.

Emergency health care professionals include licensed health professionals such as physicians, nurse practitioners, physician assistants, registered nurses, LPNs, nurse assistants or laboratory personnel and direct support professionals. Additionally, we are covering first responders, including paramedics, emergency medical technicians, police officers, and firefighters.

The following YMCA branch locations will provide services:

- Bethlehem — 900 Delaware Ave, Delmar, NY 12054
- Duanesburg — 221 Victoria Drive, Delanson, NY 12053
- Glenville — 127 Droms Road, Glenville, NY 12302
- Greenbush — 20 Community Way, East Greenbush, NY 12061
- Greene County — 35 Rt. 81, Hope Plaza, West Coxsackie, NY 12192
- Guilderland — 250 Winding Brook Drive, Guilderland, NY 12084
- Schenectady — 433 State Street, Schenectady, NY 12305
- Southern Saratoga — 1 Wall Street, Clifton Park, NY 12065
- Troy — 2500 21st Street, Troy, NY 12180

Online registration can be found at: www.CDYMCA.org/EmergencyChildcare

Emergency personnel needing care are also welcome to call the Capital District YMCA at 518.869.3500.

Emergency Assistance

Schenectady County COVID-19 Emergency Response

Website: https://www.schenectadycounty.com/covid19help?fbclid=IwAR0pwzIAApVXnTZXqR_xqVAFeRSDSLG4bs7eKfD7nYyZ_vfIQa4xIPIRbX8

Hotline: (518) 621-3536

- The Coalition operates a hotline out of the new Boys and Girls Clubhouse in Mont Pleasant to help address coronavirus-related non-medical issues; and ensure those who are quarantined or isolated, seniors, and other at-risk individuals get the basic supplies they need while they remain at home.
 - **Schenectady County residents in need of supplies should call (518) 621-3536.** Staff will work with callers to identify their needs, including any dietary or allergy restrictions, and set up a drop-off time. Representatives from the County Department of Social Services will also be on hand to assist with shelter, temporary assistance programs and Medicaid issues. Staff will also have information about resources available to address other identified needs.
-

Catholic Charities Emergency Assistance

Website: <http://www.ccrda.org/>

- Assists individuals and families in accessing necessary resources related to food, clothing, shelter, transportation, health care coverage, prescriptions, etc. Open to all individuals and families in need of crisis related basic assistance
 - *Columbia and Greene Counties:* Please call ahead of time. Hudson: **(518) 828-8660**. Catskill: **(518) 943-1462**
 - *Delaware, Otsego, Schoharie Counties:* Please call ahead of time. **(518) 234-3581**
 - *Fulton and Montgomery Counties:* Open Thursday 1-4 for general public. Open Tuesdays 12-1 for seniors 60 and up.
 - *Herkimer County:* Please call **315-894-9917 ext. 248**
-

Interfaith Partnership for the Homeless

Website: <https://www.interfaithpartnership.com/2020/03/agency-changes-in-response-to-covid-19/>

- Basic necessities like food and shelter are still in demand. IPH will continue to make sure those resources are accessible to all who need them. If someone you know is in need of support or services, please call **518-434-8021** to navigate the best course of action.

Exercise

Planet Fitness

- Free live home exercises, 20 minutes
 - <https://www.facebook.com/planetfitness/>
-

Yoga for Beginners:

https://www.youtube.com/results?search_query=yoga+for+beginners

ZUMBA:

<https://www.youtube.com/channel/UCQkaczRlyBjl3UKBH59W3XQ/videos>

Les Mills (weight lifting, cardio, yoga/bodyflow):

<https://watch.lesmillsondemand.com/at-home-workouts>

Virtual YMCA classes:

https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A/videos

Medical QiGong:

- *Warm Ups*: <https://youtu.be/FhmcPM0U9e0>
 - *8 Brocades of Silk*: <https://youtu.be/8q1PVbh2ysM>
-

Memorial Sloan Kettering Virtual Exercise:

- Virtual exercise geared towards individuals with cancer.
- https://www.youtube.com/results?search_query=mskcc+exercise+

Financial Support

General Support:

- If you need assistance finding food, paying housing bills, accessing free childcare, or other essential services, use the website below or dial 211 to speak to someone who can help during the COVID-19 Pandemic <http://www.211.org/services/covid19>
-

Unemployment

- NYS is waiving the 7-day waiting period for Unemployment Insurance benefits for people who are out of work due to the Coronavirus closures or quarantines
 - How to apply? You can file online or on the telephone.
<https://applications.labor.ny.gov/IndividualReg/>
 - TCC toll-free at (888) 209-8124 from 8:00 am to 5:00 pm, Monday through Friday
-

Worried about paying your utilities?

- National Grid has temporarily paused service disconnections due to inability to pay, to lessen any financial hardship caused the COVID-19:
<https://www.nationalgridus.com/COVID-19>
 - National Grid also has many different options to help you with a payment plan:
<https://www.nationalgridus.com/Upstate-NY-Home/Bill-Help/Help-Making-Payments>
-

Banks, Credit Cards, Student Loans

- Many of these providers are offering assistance for anyone financially impacted by the coronavirus and are having difficulty making payments. Contact your company for options to reduce or postpone payments
-

Mortgage

- 90 day mortgage relief was signed by Gov. Cuomo.
- Do NOT – just not make a payment- you MUST call you mortgage lender and discuss with them directly
- You will not have a compounded payment after 90 days- the additional payments will go on the back end of your mortgage essentially extending your loan by up to 3 months.

Medical Insurance Support

Updates related to COVID-19:

Contact your insurance company for updates for telehealth, co-pay costs related to COVID-19, general questions and additional support

Medicare:

Website: <https://www.medicare.gov/medicare-coronavirus>

- Specialized information about coverage, telehealth, and assistance related to COVID-19.
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United Health Care:

Website: <https://www.uhc.com/health-and-wellness/health-topics/covid-19>

- Specialized information about expanded access to care, support, and resources related to COVID-19.
 - Offering emotional support: Call our emotional support line any time at **866-342-6892**.
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Aetna:

Website: https://www.aetna.com/individuals-families/member-rights-resources/need-to-know-coronavirus.html#acc_link_content_section_responsivegrid_copy_responsivegrid_accordion_944053872_1

- Specialized information about expanded access to care, support, and resources related to COVID-19.
-

CDPHP:

Website: <https://www.cdphp.com/members/wellness/common-health-topics/cold-and-flu/coronavirus/coverage>

- Specialized information about expanded access to care, coverage support, and resources related to COVID-19.
- **The CDPHP Behavioral Health Access Center** - CDPHP offers you personal assistance and a variety of resources for coping with mental health issues. Call the CDPHP Behavioral Health Access Center toll-free at 1-888-320-9584 between 8 a.m. and 6 p.m., Monday through Friday. If you require urgent after-hours support, please call the crisis hotline at 1-855-293-0785.

Medicaid & Children’s Health Insurance Program (CHIP)

Website: <https://www.medicaid.gov/state-resource-center/disaster-response-toolkit/covid19/index.html>

FAQ’s: <https://www.medicaid.gov/state-resource-center/downloads/covid-19-faqs.pdf>

MVP Health Care

Website: <https://www.mvphealthcare.com/covid19/>

- Specialized information about expanded access to care, support, and resources related to COVID-19.

Meditation and Mindfulness Virtual Resources and Apps

10percenthappier.com- Created by the news anchor, Dan Harris. This app is meant for people who are interested in meditation, but are a bit unsure. The content is very practical. Free. Premium version provides many more videos and content.

Buddhify.com- Gives users access to over 11 hours of custom meditation programs. The meditations are geared towards various aspects of your life. There is a check-in system which allows users to evaluate their progress over time. No annual subscription

Calm.com- Offers guided meditations to help people add relaxation into their lives. The app offers meditations that range from 3-minute to 25-minutes. Also features Daily Calm, a 10-minute program you can practice at the beginning or end of your day. Also offers unguided meditations, soothing sounds to help improve your sleep, and breathing exercises. Free trial. More premium features with a subscription.

Colorfy.net-App that provides lots of coloring options. Free. Premium subscription options available.

Mindbody App-This app helps manage your exercise routine. You can search and book a large variety of fitness classes, including Pilates and yoga. An exercise tracker is available, along with a section where you can access discounts on exercise classes. Free.

Greatergood.Berkeley.edu-Online Magazine that provides scientific -based articles about well-being. Free. More availability to various resources with a membership.

Headspace.com- This a great resource for beginners to mindfulness. You can start with a free trial that includes 10 exercises that are focused on beginners. This app offers a personalized progress page, reward system to promote continued practice, and a buddy system. The animations add a fun element to meditation. Free with a trial. More premium features with a subscription.

Insighttimer.com-Offers thousands of free guided meditations from a variety of meditation practitioners. Also provides access to hundreds of meditation music tracks. You can customize your meditation with different intervals and background sounds that work for you. Free if you listen online. You can listen offline by purchasing a monthly subscription.

John Kabat-Zinn-mindfulnesscds.com-John Kabat-Zinn is considered to have been a major player in bringing mindfulness into Western mainstream culture. You can purchase several of his mindfulness programs on this website. There is also an up-to-date calendar of various mindfulness events around the country. His books are listed on the book resources handout.

The Mindfulness App- Provides meditation reminders and five-minute meditations. This app can be integrated with other health apps. Free with trial. You can purchase more features with a premium subscription.

Tarabrach.com-Tara Brach is very well known in the world of mindfulness and mediation. Her website offers a plethora of talks and online classes about mindfulness. You can view free meditations on the website at any time. She also offers online courses at cost. Her books are listed on the book resources handout.

Soundstrue.com-Website where you can purchase hundreds of books, courses, and music that are focused on well-being.

Resources for Food

Meals on Wheels:

Requirements: generally, 60 or older, homebound, unable to prepare meals or have access to food *availability of meal delivery may change daily due to changing precautions, call for updates*

Albany – Office of the Aging

Website: <https://www.albanycounty.com/departments/aging/home-delivered-meals>

Call NY Connects for Intake: (518) 447-7177

Meals on Wheels through Life Path

\$8 per meal, private pay.

Website: <https://lifepathny.com/programs/dining-options/meals-on-wheels/>

Phone:(518) 465-3322 for more information.

Schenectady – Catholic Charities

Suggested donation of \$3.50

Website: <https://www.ccseniorservices.org/meals-on-wheels-program>

Phone: (518) 688-0051

Rensselaer County – Office of the Aging

5 senior center locations

Suggested donation is \$3 per meal

Website: http://www.rensco.com/wp-content/uploads/2020/01/Aging_Home_Delivered_Meals.pdf

Phone: 518-270-2739

Saratoga – Office of the Aging

Suggested donation \$2 per meal

15 senior locations

Emergency packs 12 meals per client today and may offer again: half shelf half freezer items

Website: <https://www.saratogacountyny.gov/wp/wp-content/uploads/2020/03/HDM-Brochure-2020.pdf>

Phone: 518-363-4020

Columbia County – closed until March 31st

Phone: (518) 828-4258

Fulton County- Office of the Aging

Call for assessment

Website: <https://www.fcofa.org/services.html#meals>

Phone: 518-736-5650

Greene County – Office of the Aging

No charge, donation. Call for assessment and home visit.

Website: <https://www.greenegovernment.com/departments/human-services/elderly/nutrition>

Phone: 518-719-3555

Food Pantries:

Food Pantries for the Capital District

Serving: Albany, Rensselaer, Saratoga, and Schenectady Counties

To find a food pantry in your neighborhood call the number below

Website: <http://www.thefoodpantries.org/community-resources.html>

Phone: 518-458-1167

Catholic Charities Food Pantries:

Columbia & Greene Counties:

Hudson Food Pantry- Open Monday 9-12 to the general public. Guests are asked to follow the new traffic pattern to allow for social distancing. Open Monday 1-2 to seniors only.

Catskill Food Pantry- Open Tuesday 9-10 to seniors only. Open Tuesday 10-12 for the general public.

Delaware, Otsego, and Schoharie Counties:

Food Pantries: Remain open. Guest should call ahead of time. [\(518\) 234-3581](tel:5182343581)

Fulton and Montgomery Counties:

Food Pantry: Open Mondays 9-12, Thursdays 1-4 for general public. Open Tuesday 12-1 for ages 60 and up.

Curbside Meals for Children and Families:

Website: <https://wnyt.com/coronavirus/schools-across-the-capital-region-offer-free-meals-during-coronavirus-closures/5676300/>

- Includes *Albany County, Rensselaer County, Saratoga County, Schenectady County, Schoharie County, Warren County, and Washington County.*
- School districts in the Capital Region are providing free meals to students during school closures. All schools in the state are closed through the end of March. Below is information for many school districts in the Capital Region - including the time and locations for meals

Ulster County Project Resilience:

- This temporary program provides meals 3x weekly to residents impacted by COVID-19 via Local Distribution Centers.
- NOTE: This service is not for individuals or households with a Mandatory or Precautionary Quarantine in place. There is another meal service available for these cases. Please call the Ulster County COVID19 Hotline at 845-443-8888 to make arrangements if there is an official quarantine in place.
- To request food assistance visit: <https://covid19.ulstercountyny.gov/project-resilience/>

Transportation

Lyft & Uber

- Both organizations continue to provide services through their apps.
 - Uber-eats has a “Leave at Door” Delivery, where customers have the option to use delivery notes to communicate how they’d like their orders delivered. They may include a note like “Please leave my order at the door” or “ring my doorbell and leave in the lobby.” You can see these instructions in the app under ‘customer note’ once you arrive at their location.
-

CDTA & STAR

Website with updates: <https://www.cdt.org/news/service-changes-begin-march-23/>

- CDTA will operate on a modified weekday schedule beginning on Monday, March 23. The modified schedule will resemble CDTA’s Saturday service. This schedule will be in place for all regular route services. STAR (paratransit), which is a critical transportation option for people getting to medical and other urgent appointments, will continue to operate on a full weekday schedule. Northway Xpress will operate a weekday schedule. Service levels are being evaluated on a continuous basis and may be modified further as appropriate.
- All service changes will be updated on the link provided above.

Virtual Mental Health & Emotional Support

Better Help:

Online therapy platform with licensed therapists- monthly subscription fee

Website: www.betterhelp.com

TalkSpace

Online therapy platform with licensed therapists- monthly subscription fee

Website: www.talkspace.com

- Promotional code for 100\$ off 1004U
 - Free therapist led support group on facebook- search “Free Public Support Group to Manage Coronavirus Anxiety”
 - https://lp.talkspace.com/try/cv-anxiety?_ga=2.230305756.174707744.1584546775-206152507.1584546775- link specifically for COVID-19 related concerns and programs
-

Online AA Support for Alcohol/ Narcotic Addiction Support

Website: <http://aa-intergroup.org/directory.php>

Substance Abuse and Mental health Services Administrations Disaster Distress Hotline

Phone: 1800-985-5990 or text TalkWithUs to 66746

Office of Mental Health COVID-19 Emotional Support

OMH Emotional Support Line: 1-844-863-9314

- The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

Emergency Mental health/ Emotional Support

CALL 911 or go to your closest emergency room for life threatening needs

National Domestic Violence Hotline: 1- 800-799-7233

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

National Hopeline Network: 1-800-SUICIDE (800-784-2433)

Crisis Text Line: Text "HOME" TO 741-741

Lifeline Crisis Chat (Online live messaging): <https://suicidepreventionlifeline.org/chat/> Self-

Harm Hotline: 1-800-DONT CUT (1-800-366-8288)

Family Violence Helpline: 1-800-996-6228

Planned Parenthood Hotline: 1-800-230-PLAN (7526)

American Association of Poison Control Centers: 1-800-222-1222

National Council on Alcoholism & Drug Dependency Hope Line: 1-800-622-2255

National Crisis Line - Anorexia and Bulimia: 1-800-233-4357

GLBT Hotline: 1-888-843-4564

TREVOR Crisis Hotline: 1-866-488-7386

AIDS Crisis Line: 1-800-221-7044

Veterans Crisis Line: <https://www.veteranscrisisline.net>

TransLifeline: <https://www.translifeline.org> - 877-565-8860

Suicide Prevention: Wiki: <http://suicideprevention.wikia.com>

Virtual Support Groups

American Cancer Society

Website: <https://www.cancer.org/treatment/support-programs-and-services/online-communities.html>

- 24/7 Cancer Helpline: Our trained Cancer Information Specialists are available 24/7 to provide accurate, up-to-date information and find valuable services and resources. Contact us by phone at 1-800-227-2345
 - Cancer Survivors Network: online community by and for people with cancer and their families. Find and connect with others through our member search, discussion boards, chat rooms, and private CSN e-mail.
 - Belong – Beating Cancer Together app that provides people with cancer and their families a unique and innovative personalized solution to help manage cancer.
 - Springboard Beyond Cancer: online tool for survivors during and after treatment created by the American Cancer Society and the National Cancer Institute helps them create personalized Action Decks. These collections of selected information help survivors better communicate with caregivers and their care teams to manage their physical and emotional care after a cancer diagnosis
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Cancercare.org

Website: https://www.cancercare.org/support_groups

- Online Support Groups: Online support groups take place using a password-protected message board format (not live chat) and are led by professional oncology social workers who offer support and guidance. Groups are held for 15 weeks at a time, and group members must register to join. After completing the registration process (which can take up to 2-3 business days), members can participate by posting in the groups 24 hours a day, 7 days a week.
 - Telephone Support Groups: Connect with other people from across the country who share similar concerns in weekly, regularly scheduled, one-hour sessions.
-

Cancer and Careers

Website: www.cancerandcareers.org

- Find information for working women with cancer.

Cancer Support Community (formerly Gilda’s Club Worldwide and The Wellness Community)

Website: www.cancersupportcommunity.org

Phone: 1-888-793-9355

- Offers in-person, online and telephone support for people diagnosed with breast cancer and their loved ones.
-

CaringBridge

Website: www.caringbridge.org

- Offers personal, protected sites with multiple privacy settings where people can stay connected during any type of health event. An online planner can help family and friends coordinate care and helpful tasks.
-

Imerman Angels

Website: www.imermanangels.org

- Offers online support programs for women and men living with cancer and their caregivers.
-

Mautner Project of Whitman-Walker Health

Website: <https://www.whitman-walker.org/care-program/cancer-navigation>

- Offers online and telephone support programs for lesbian, bisexual and transgender individuals living with cancer, and their partners.
 - 1-866-MAUTNER (1-866-628-8637)
-

Lymphoma and Leukemia Society

Website: <https://www.lls.org/support/online-chats>

- Caregivers, Young Adult, Multiple Myeloma, CLL, CML, ALL, Non-Hodgkin Lymphoma

SHARE Cancer Support

Website: www.sharecancersupport.org/

- Offers telephone support groups for women newly diagnosed with breast cancer and women who have lymphedema.
 - 1-844-ASK-SHARE (1-844-275-7427)
-

Young Survival Coalition

Website: www.youngsurvival.org

- Provides support programs (online and telephone) for young women diagnosed with breast cancer, and a resource kit for young women newly diagnosed with breast cancer.
-

Breast Cancer Specific Support Groups:

To Life!

Website: <https://tolife.org/>

- Providing information, education, consultation and support and support groups remotely
Contact: mmcculley@tolife.org
-

Here for the Girls

Website: www.hereforthegirls.org/support/

- Offers online and in-person support for young women affected by breast cancer.
-

4th Angel

Website: <https://4thangel.ccf.org/>

- The 4th Angel Mentoring Program is a cancer patient peer-mentoring matches patients or caregivers with trained volunteer mentors who have undergone similar situations. 1-866-520-3197 4thangel@ccf.org

After Breast Cancer Diagnosis

Website: <https://www.abcdbreastcancersupport.org/>

- Match Mentoring, provides FREE reliable and personalized information and one-to-one support for people affected by breast cancer – patients, families, and friends.
 - 1.800.977.4121
-

Living Beyond Breast Cancer

Website: www.lbbc.org

- Find information on breast cancer support and care.

Working from Home

Tips for Working from Home

Website: <https://gtm.com/business/working-from-home-during-the-covid-19-outbreak/>

Resources for Working Remotely

Website: <https://learning.linkedin.com/blog/productivity-tips/new-to-working-remotely--these-resources-can-help>

- Learn skills to work effectively from home, including how to use video conferencing programs, relieve stress, manage time, etc.