



## Resources for Community Health Workers

### UTILITIES

- **[National Grid COVID-19 Assistance](#)**: Suspending collection of bill payments for 90 days
- **Spectrum** Beginning Monday, March 16, we'll offer free access to internet and WiFi for 60-days for new Pre-K to 12, college student and teacher households who don't currently have internet or WiFi service and at any service level up to 100 Mbps. This discount will be applied as a credit for your first two months of internet services. We'll waive any installation or pre-payment fees to help get you started.
- **AT&T** will not cut-off the service of any wireless, home phone or broadband residential or small business customer because of their inability to pay their bill due to disruptions caused by the coronavirus pandemic. AT&T is keeping you connected 24/7. The waiver applies to these fees or charges you may incur between March 13, 2020, and May 13, 2020, due to economic hardship related to the coronavirus pandemic. Have your user ID and password ready and **[CLICK HERE](#)** to submit a waiver request.
- **Verizon** will help customers and small businesses disrupted by the impact of COVID-19 and will waive late fees and keep residential and small business customers connected.
- **The New York State Department of Public Service** is prohibiting service cut-off to utility customers unable to pay due to the virus
- **The New York State Department of Labor** has waived the 7-day waiting period for unemployment benefits for workers laid off due to the virus.
- Albany Public Library **WiFi** at the library branches and three city parks (Lincoln Park pool, Washington Park playhouse and skate park, Bleecker-Swinburne Park stadium) remain turned on, so you can access them if you are in close proximity to the buildings.

### FOOD- LOCAL DIRECTORIES

- **[The Food Pantries for the Capital District](#)** The Food Pantries for the Capital District has comprehensive directories of soup kitchens and food pantries in the Capital Region. They also help individuals find emergency food, as well as identify nearby food pantries for individuals. If you need help finding your nearest food pantry, please call the Food Access Referral Line, M-F from 8am to 4pm at (518) 458-1167 ext. 108. Updated services and information due to COVID-19 can be found **[HERE](#)**.
- **[Regional Food Bank of Northeastern New York](#)**: You can use the Regional Food Bank's "Find Nearest Agency" feature to search for the nearest food pantry as well.
- **[Spectrum News](#)** has set up a growing list of sites in the Capital Region where families can find grab and go meals for students while schools are closed

## FOOD- SCHOOL MEALS

- [City School District of Albany](#): Updates on meals for students, health concerns, closures, and academic resources.
- [South Colonie Central School District](#): Updates on coronavirus resources for families, meals for students, and academic resources.
- [Bethlehem Central School District](#): Updates on meals for students, free internet access while schools are closed, and more.
- [Troy City School District](#): Updates on meals for students, academic resources, and other coronavirus resources.
- [Guilderland Central School District](#): Updates on meals for students and access to news posts about academic resources and more.
- [Shenendehowa Central School District](#): Updates on suspension of classes, meals for students, and more.
- [Niskayuna Central School District](#): Updates on meals for students, academic resources, and cancelled events/activities.
- [Schenectady City School District](#): Updates on meals for students, tools, resources, and materials for parents and staff, internet service, and more.
- [Ravena-Coeymans-Selkirk Central School District](#): Updates on educational materials, meals for students, and more.
- [Mohonasen Central School District](#): Updates on meals for students, postponed events/activities, and more info/resources.
- The Boys & Girls Clubs of the Capital Area are hosting free breakfast and lunch to all youth 18 years and younger daily between 11:30 a.m. and 12:30 p.m. at the following Albany locations:
  - Ezra Prentice – 625 South Pearl Street
  - Creighton Storey Homes – 158 3rd Avenue
  - Robert E. Whalen – 295 Colonie Street
  - North Albany Homes – 41 Jennings Drive
  - Please contact Claire Livezey at [clivezey@bgccapitalarea.org](mailto:clivezey@bgccapitalarea.org) for more information.
- The South End Children’s Café is delivering food to children and families. To arrange for food for your children and family or to donate food for these families, please contact Lily at 518-478-3369.

## HOUSING

- [COVID Guidance for the Homeless from Cares NY](#):
- [This memorandum](#) explains the availability of waivers of certain regulatory requirements associated with several CPD grant programs to prevent the spread of COVID-19 and to facilitate assistance to eligible

communities and households economically impacted by COVID-19. This memorandum covers waivers of consolidated plan requirements for all CPD formula programs and program-specific waivers for the following CPD programs: Housing Opportunities for Persons with AIDS (HOPWA); Emergency Solutions Grant (ESG); and Continuum of Care (CoC). This memorandum also announces a simplified notification process for recipients of these programs to use this waiver flexibility to expedite the delivery of assistance. CPD Field Office Directors, Deputy Directors, and Program Managers are instructed to inform CPD recipients operating within their jurisdictions of the content of this memorandum.

- **[Non-Congregate Approaches To Sheltering For Covid-19 Homeless Response](#)** Continuums of Care considering non-congregate approaches to sheltering people who are homeless that are symptomatic or in high risk categories, such as seniors or people with chronic illness, should consider the following guidance when designing local approaches.
- **[HUD: Directing CoCs to COVID-19 Guidance](#)**
- **[OTDA: Guidance for Operators of Facilities Providing Housing to Individuals who are Homeless and Supportive Housing, or Organizations Making Referrals to Such Facilities](#)**
- **[Evictions Moratorium FAQ](#)**
- **[Interfaith Partnership for the Homeless:](#)** 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.
- **[Capital Region Homeless Assistance System Resource Guide](#)** This resource guide serves clients with housing needs regardless of where they are in the Homeless and Housing System (homelessness prevention, emergency housing resources, faith-based shelter services, coordinated entry lead, housing authority, permanent supportive housing programs, and rapid re-housing programs).
- **[Homeless and Travelers Aid Society \(HATAS\)](#)** HATAS works to provide immediate relief and long term solutions to end homelessness within Albany County and the Capital Region. During COVID-19, the Rapid Re-housing program has been focused on moving people out of shelter and placing them in a housing unit of their own so that vulnerable populations can practice social distancing. The Feed and Read (FAR) program for low-income hungry Albany City Schools students continues to operate and every Friday they deliver over 500 bags of food to at-risk students across the City. Our Furniture Bank team is still delivering basic furnishings to low-income households in need and we have trained our delivery team in COVID 19 safe practices. More updates can be found on their [HATAS Facebook page](#).
- **[National Coalition for Homeless Veterans](#)** The National Coalition for Homeless Veterans provides lists of housing locations for homeless veterans in New York State including contact name, phone number, email, address, and website. They have updated their resource page to include COVID-19 resources for partnering organizations to use to prepare for families and individuals experiencing homelessness during COVID.
- **[NY Housing Search](#)** NY Housing Search is a free public service provided by New York State Homes and Community Renewal (HCR). This tool allows individuals to locate housing by zip code that meets their individual and family needs at a rent they can afford. The website can be accessed online 24 hours a day and is supported by a toll-free, bilingual call center. NY Housing Search has updated their website with regular NYS announcements regarding tenants, homeowners and landlords.

## MENTAL HEALTH/SUBSTANCE USE

- **[NYS COVID-19 Mental Health Helpline](#): 1-844-863-9314** The Emotional Support Helpline provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Helpline is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.
- **Rensselaer County Naloxone Curbside Delivery**: If you are in need of Naloxone (Narcan), text the word “NARCAN” to 21000 to arrange for curbside delivery.
- **Rensselaer County Recovery Helpline** is staffed 12 hours a day, 7 days a week from 9am to 9pm. That number is 1-833-467-3123. On the other end of the phone you will find a voice of one of our many dedicated and caring volunteers to help you. They offer both support and services.
- **[Albany Living Room \(Rehabilitation Support Services Inc\)](#)**: (518) 243-1523, 1023 State St, Schenectady; (518) 281-1186, 706 Madison Ave, Albany. The Living Room is a crisis drop in center but can also be used for telephonic support (telephonic is being encouraged when possible). All staff and patients are being screened at the entrance for symptoms of COVID-19. The Living Rooms aims to reduce mental health emergency room visits and hospitalizations. Guests will meet with a LCSW for assessment and then may spend time in the Living Room. There are rooms set up for meditation, activities, television, or quiet spaces. In addition to the LCSW there is also a Care Manager on staff who will work on community linkage and discharge planning.
- **[Unity Recovery Virtual Meetings](#)**: Offering online recovery support groups which will be available five times daily at 7AM, 9AM, 12PM, 3PM, 6PM, 9PM, and 11PM EST. We are also offering one daily family and loved one recovery support meeting at 8PM EST; and a weekly LGBTQ+ (Wed at 11AM EST) and Women’s Only (Tue & Thurs at 7PM EST) all recovery meeting. All recovery meetings are non-denominational, agnostic to any specific recovery pathway, and are open to anyone
- **[Albany County Department of Mental Health](#)** Psychiatric crisis services available 24/7 at the CDPC Crisis Unit and from the Mobile Crisis Team. Call (518) 549-6500. Mental Health COVID-19 Support Line (518) 269-6634 8:00am-5:00pm, 7 days/week.
- **[Office of Mental Health: Resources and Support Line](#)** The Office of Mental Health has compiled useful COVID-19 resources for healthcare consumers. Additionally, the Emotional Support Line provides free and confidential emotional support, consultation, and referral to a provider for those experiencing increased anxiety due to the coronavirus emergency. 1-844-863-9314.

## EMPLOYMENT

- **NYS Department of Labor**: The NYSDOL has waived the 7-day unemployment insurance (UI) waiting period to apply, and has [extended service hours and guidelines for when you should call or go online to apply — more information is available HERE](#). Please note they are experiencing heavier than usual customer traffic.

- **Paid Sick Leave for Workers in Mandatory/Precautionary Quarantine:** The state legislature authorized an emergency [2-week paid sick leave program for all workers impacted by precautionary or mandatory COVID-19 quarantine, with more information on how to apply and who qualifies at this link.](#)
- **JOBS: NYS Dept. of Labor Openings:** [The New York State Department of Labor is hiring an immediate 40 employees](#) at their Albany location, for more details please visit: <https://labor.ny.gov/careerservices/CareerServicesIndex.shtm>
- **JOBS: NYS Dept. of Health Openings:** [The New York State Department of Health \(NYSDOH\) is looking for new employees \(Office Assistant I Temp./multiple openings\)](#) to complete data entry on a flexible schedule to help combat the COVID-19 pandemic at the Wadsworth Center here in the Capital Region and other locations. Please share with anyone you know who might be interested and get the word out.
- **JOBS: Price Chopper Hiring 2,000+ Workers.** [Price Chopper will expedite and shorten the hiring process to bring on over 2,000 new employees throughout our region.](#) **To apply,** visit [www.pricechopper.com/careers/](http://www.pricechopper.com/careers/)
- **JOBS: Amazon Hiring 100,000+ Nationwide for Distribution.** [Amazon plans to hire over 100,000 nationwide to help with distribution of packages for an expected rise in online ordering.](#) **To apply** visit [www.amazon.jobs](http://www.amazon.jobs).
- **JOBS: Target Hiring.** Target plans to hire hundreds of new employees in most of its stores. **To apply,** please visit [www.corporate.target.com/careers/](http://www.corporate.target.com/careers/)
- **JOBS: Hannaford Hiring.** Hannaford plans to hire thousands of workers in the Northeast. **To apply,** please visit [www.hannaford.com/careers/](http://www.hannaford.com/careers/).
- **JOBS: Walmart Plans to Hire 150,000+ Workers:** Walmart plans to hire an additional 150,000 workers nationwide. **To apply,** visit <https://storejobs.wal-mart.com/HiringCenter/>.
- **JOBS: ALDI:** <https://careers.aldi.us/>
- **JOBS: Dollar General:** <https://careers.dollargeneral.com/>
- **JOBS: Domino's:** <https://jobs.dominos.com/dominos-careers/>
- **JOBS: Stewart's Shops:** <https://www.stewartshops.com/careers/>

## OTHER

- **Education resources:**
  - [KidsActivities.com](#) has put together a list of education companies that are providing free subscriptions due to school closings
  - Staples: Free printing B&W, up to 50 pages, for kid's school work. Free delivery.

- **WMHT Public Media** is expanding their learn-at-home educational program to help with structuring kids' days while schools are closed. View the full program Rightwards arrow with hook <https://wmht.org/homeclassroom/>
- **Legal**
  - **[Legal Assistance for Low-Income Residents:](#)** The Legal Aid Society of Northeastern New York is closing offices beginning today but will continue to offer its full range of legal services — new/existing clients are asked to call Albany, Amsterdam, Saratoga Springs office numbers for assistance.
- **Child Care for essential workers**
  - YMCA: Monday- Friday 7a.m.-6p.m
    - Guilderland YMCA — 250 Winding Brook Drive, Guilderland, NY 12084
    - Southern Saratoga YMCA— 1 Wall Street, Clifton Park, NY 12065
    - Hoosick Falls Elementary – 21187 NY-22, Hoosick Falls, NY 12090
    - United Presbyterian Church – 25 Church Street, Amsterdam, NY 12010
  - Brightside Up
    - Brightside Up is here to assist you with child care issues that arise due to the COVID 19 crisis. Contact us online at [www.brightsideup.org](http://www.brightsideup.org) or by calling one of our Family Educators at 518-426-7181
- Schenectady County COVID-19 Emergency Response Coalition
  - **Medical Questions:** 518-386-2824 (Monday - Friday: 8:30 AM to 4:30 PM After Hours Call 518 437 7878
  - **Non-Medical Needs:** 518 621 336