



May 13, 2020

Hello from your Hillsdale Safe at Home Committee,

We hope you're all continuing to remain safely at home in response to New York's sheltering in place rules. None of us imagined that this public health challenge would last this long and impact our lives in so many ways. As your Hillsdale Safe at Home Town Committee we want to ensure seniors have the information needed to be safe at home.

COVID 19 has created chaos and sadness for many who have lost loved ones. And, there is no doubt that many in our community feel isolated and fearful, vulnerable and anxious. It's important to take care of yourselves and your mental health needs.

Columbia County Emergency Management has established the Family Assistance Network (FAN) to provide emotional, spiritual and logistical support for residents who have non- health related COVID 19 needs. Here are some mental health resources:

Mental Health Association of Columbia-Greene Counties
518-828-4619

Columbia County Mental Health Center – 24 Hour crisis line
518 -828-9446

Mobile Crisis Assessment Team (a program of MHA)
518- 943-5555

NYS Office of Mental Health Emotional Support Helpline
844- 843- 9314

National Alliance on Mental Illness (NAMI) Columbia County
518-336-0246

National Suicide Prevention Hotline
800273-8255

Logistical support through **Columbia County Emergency Operations Center (EOC)** is for assistance if a family member has died and you need help in contacting the County coroner or locating a local funeral home during this crisis time. Please call 518-828-1212.

For spiritual support the **Sheriff's Office of Emergency Management** has a comprehensive computerized directory of Columbia County worship sites and religious leaders. Call 518-828-1212 to leave a message and someone will return your call.

We are living during challenging times and many more people are in need of food and may seek help. The **RoeJan Food Pantry** is open on Fridays between 10:00 and noon and is here to support our families. Please call Betty White 518-441-2789 to place an order and to include the number of family members, specific food requests and a return phone number. Please bring your own bag or boxes and when you arrive for pickup, stay in your vehicle – a volunteer will come to you and will bring your groceries. Pantry address is 2684 State Route 23.

Hillsdale's **Blessing Box** is another source of groceries and is located at the parking lot of the Hillsdale Methodist Church at the intersection of Rts. 22 and 23.

For information on **Meals-on-Wheels**, if you are homebound and unable to prepare your own meals, please contact Columbia County Office for the Aging 518-828-4258. The Office for the Aging is also here to help with transportation and is available for general information.

We know that everyone loves their pets because they are a source of comfort and friendship. During this crisis period the **Columbia-Greene Humane Society** has a food bank that provides free pet food for those who are in need of assistance in feeding their pets. For more information contact the Humane Society at 518-828-6044.

While we may have had snow this weekend the warm summer weather will be approaching soon. The **Columbia County Department of Social Services** oversees the Cooling Assistance Program that provides assistance for a free air conditioner to eligible older adults. You may qualify if you have no working air conditioner or if the air conditioner is more than five years old. The program opens beginning of May. Please call 518-828-9411 and ask for someone in the HEAP department.

Better weather ahead will give us more chances to appreciate the natural world around us. We look forward to getting out to enjoy our trees, birds, and flowers that remind us of good times past and future. Be sure to enjoy these gifts.

Remember the importance of masks. The **Office for the Aging** has just provided us with masks for distribution to our seniors. If you need one (they come in packages of 5 and are washable) please let the Committee know. Committee member Rene Gibson 518-325-3161 can deliver to your home or you can call our Town Clerk, Kathi Doolan 518-325-5073 ext. 5 for a pick up between 11:00 -1:00.

For general information on COVID 19 and what is happening in our County we recommend that you visit the **Columbia County Health Department's** website for updated information.
www.columbiacountynyhealth.com .

Consider contacting a neighbor, a friend or a family member. We all need to connect with each other in times like this and your voice will be a wonderful addition to their day. We all need each other for our continued good health and well-being.

Please know that if you have any questions, need information or just want to chat with someone, Safe at Home Committee member, Natalie Kahan at 518 -265- 2113 is happy to assist you. We like hearing from you.

Stay safe and stay well,
Your Safe at Home
Committee

Timi Bates, Lynda Brenner, Shirley Bresler, Lynne Colclough, Rene Gibson, Beth Gordon, Natalie Kahan, Mary Lou Kersten, Joyce Lapenn

PS: We'd like all seniors to receive this information. Please share this information with your friends and neighbors.