



**Health & Wellness**




**November is Prematurity Awareness Month**  
 You are more likely to have a preterm birth if you:  
 Had a previous premature baby (born before 37 weeks), Are pregnant with twins or more,  
 Have high blood pressure, or smoke, drink or use drugs  
 To Learn More, visit [www.marchofdimes.org](http://www.marchofdimes.org)




**Thanksgiving is Coming!**  
 Be food safe this holiday season:  
 Cook your turkey to 165 degrees F ~ Keep all food at 135 degrees F after cooking ~ Refrigerate leftovers immediately  
 Prevent Illness and Contamination ~ Be Food Safe!



**Fight the Flu at Home and School!**  
 Get a flu shot ~ Stay home if you or your child is sick ~ Wash hands often with soap and water  
 Contact your Doctor or Albany County Department of Health to schedule your flu shot!



**As we all move indoors for the colder months...**  
 Continue to protect yourself and your loved ones from COVID-19  
 Wear a Mask, Wash Your Hands Often and Keep Family Gatherings to Immediate Family  
 Have Questions About COVID-19? Call Albany County Dept. of Health at **(518) 447-4640**



**Parents & Families**



**The Magic Years**  
 A 4-part, researched based parent education program for parents/caregivers of children birth to 4 years old  
 Via ZOOM Meeting 12pm-1pm Thursdays, November 5th, 12th, 19th and December 3rd.  
 Advanced Registration Required: Email Maria at [mkd59@cornell.edu](mailto:mkd59@cornell.edu) or TEXT **(518) 598-9937**



**Mental Health/Self Care for Parents During COVID-19**  
 Make time for self care ~ Pay attention to how you are feeling ~ A child's behavior is their way of communicating  
 If you or your children are struggling, reach out to friends, family or your doctor for help!  
 Visit [www.zerotothree.org](http://www.zerotothree.org) for resources and suggestions for self care during COVID-19





**The Arbor Hill/West Hill and Howe Branches of the Albany Public Library are Now Open by Appointment!**  
 Monday- Friday 12:30-5:30 for Computer Use, Printing, Copying, Reference and CDTA Navigator Cards  
 Arbor Hill/West Hill call **(518) 694-5096 x221** for an appointment  
 Howe Branch call **(518) 472-9485 x221** for an appointment






**Other Services**




**Alpha Pregnancy Care Center**  
 Alpha Pregnancy Center offers childbirth preparation, parenting and bible study.  
 Classes are held via Zoom. Pre-registration required.  
 Please call our main number: **(518) 482-2188** to schedule an appointment.

**Trinity Alliance Mass Food Distribution**  
 Monthly Food Distribution to registered individuals in the community  
 Contact Trinity Alliance for registration to receive the distribution:  
**(518) 449-5155 M-F 8:30am-5pm**

**Home Energy Assistance Program (HEAP) opens 11/2/2020**  
 Go to [www.otda.ny.gov/programs/heap](http://www.otda.ny.gov/programs/heap) to determine how you can apply in your area  
 Contact OTDA Hotline at 1 (800) 342-3009 for more HEAP Information  
**For information on assistance programs, visit National Grid's website: [www.ngrid.com/discount](http://www.ngrid.com/discount)**




**Albany County Offers Services for Women, Infants, & Children**  
**Single Point of Entry (SPOE) line : (518) 447-7777, Monday-Friday 8:30-4:30**  
 The Single Point of Entry Referral Form and information is now available online: <http://www.albanycounty.com/spoe.aspx>  
 Operators available to answer questions, offer support and make referrals to medical and dental providers, counseling, self-care education and more

