

March 23, 2020

Dear SBANENY Friend,

I hope you are doing well during this challenging time. To help you remain informed and prepared, I am sharing SBANENY updates on services and our spring calendar as they are impacted by COVID-19.

Please continue to refer to the [CDC](#) and [DOH](#) websites for updates and information on prevention, protection, managing stress and anxiety and much more. Please know our priority is for everyone's safety and wellbeing. If you have further questions about steps and precautions SBANENY is taking, feel free to contact the office.

**SBANENY services: SBANENY consumer services are still available. Peer support, information, educational outreach, advocacy and systems navigation remain available via telephone and email. Programming, information packages, the SBANENY internship program and equipment exchange are temporarily on hold and/or being modified to address the current situation.**

### **SBANENY Support**

Telephone support: We know this is a confusing and challenging time/ If you need someone to talk to, please call 518-399-9151 and SBANENY will offer support.

Check out Facebook.com/SBANENY where we will be sharing weekly videos supporting physical, mental and emotional health starting this week including chair yoga, meditation and more.

### **SBANENY Walk-N-Roll & 5K Saturday May 16th in Central Park, Schenectady, NY**

The Walk-N-Roll & 5K is currently scheduled to take place on May 16<sup>th</sup>. SBANENY currently has a backup date reserved for Saturday September 5th at Central Park in Schenectady, NY. If we postpone the event to September 5th, we will be hosting a virtual event on May 16th. SBANENY will provide an update regarding the final date, a virtual Walk-N-Roll & 5K and what this means in the next few weeks.

### **SBANENY Conference Saturday May 30th-31st, SUNY School of Public Health**

This event been **POSTPONED due to a combination of recent events**. One factor is the Coronavirus and the health and safety of the community. The other factor is that we no longer have a faculty sponsor at the School of Public Health and are unable to host the event there on the

selected date at a reasonable cost. The conference committee is working on finding a new venue and anticipating this event will take place in the spring of 2021.

Sorry for any inconvenience this may have caused, and I appreciate your flexibility and understanding during this time.

If you have any questions do not hesitate to reach out.

Thank you and be well.



Julia Duff

Executive Director