

Week Three-ish of Quarantine -- how are you holding up? We're happy to share with you seriously helpful relief news for small business and freelancers, a profile of designer David Reali, sixteen nearby walks in the woods, and some of our most inspiring and informative articles we've seen this week. Read on!

Cap Region Creatives in Quarantine



Meet Entrepreneur / Fashion Designer David Reali

Creatives in Quarantine is a segment that highlights creative professionals across the Capital Region during this period of isolation due to COVID-19. We believe that inspiration and vision are as contagious as the virus, so in that spirit, read on!

[Read More Here!](#)

NYS Unemployment Information



Pandemic Unemployment Assistance (PUA) provides payment to workers not traditionally eligible for unemployment benefits (**including people who are self-employed, independent contractors, workers with limited work history and others**) who are unable to work as a direct result of the COVID-19 emergency.

[Read More Here!](#)

The CARES Act -- Small Business Assistance

The programs and initiatives in the Coronavirus Aid, Relief, and Economic Security (CARES) Act that were just passed by Congress are intended to assist business owners with whatever needs they have right now, including **Paycheck Protection Program Loans, Small Business Debt Relief Program, Economic Injury Disaster**

Coronavirus Aid, Relief, and Economic Security Act



Loans and Grants, and other important information. You can use the guide to the legislation at the link, above, or [click here](#) to see the Washington Post's guide.

16 Cap Region Walks in the Woods



Promenade Hill Park, Columbia County

Get a Breath of Fresh Air!

The quarantine doesn't preclude us from getting outside for nature walks and drives -- just make *absolutely* sure to stay six feet clear of others. The Capital Region is flush with great outdoor spots that offer wide open green space and interesting walking trails that often lead to curiosities and wonders. Don't forget -- it's springtime! Writer [Deanna Fox](#) gives us the lead on sixteen great walks in the eight counties.

[Read More Here!](#)

News and Helpful Resources



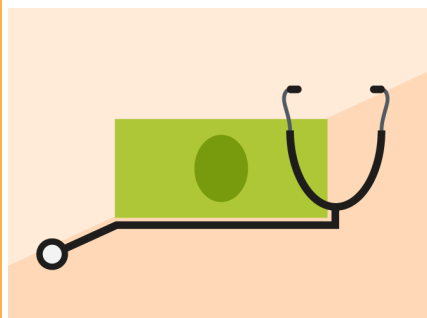
From Albany Business Review
[Local Robot Maker Will Produce 100 Ventilators Per Day](#)



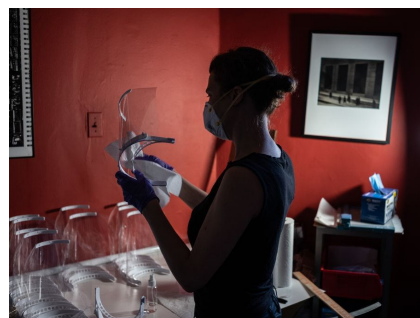
From NYS Health Foundation
[Resources for Not-For-Profits and Community-Based Organizations](#)



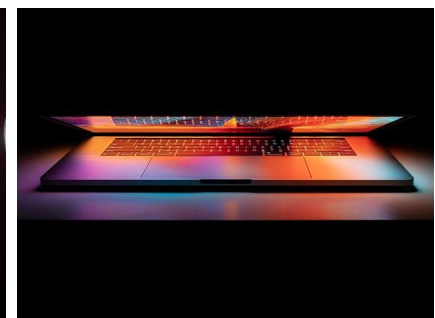
From Artwork Archive
[How to Support Artists During The Crisis](#)



From Freelancers Union



From The New York Times



From Artwork Archive

[How Freelancers Can Claim Paid Sick Leave During This Crisis](#)

[Makers Rise To Meet Pandemic Needs](#)

[Software, Storefronts, and Other Digital Resources for Artists](#)

WMHT Offers Home Classroom Programming

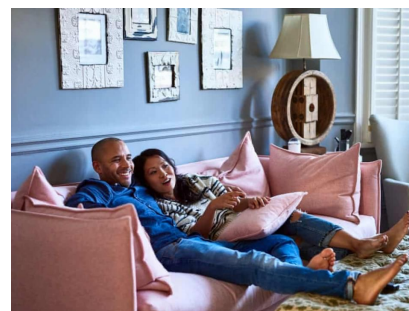


Every weekday from 8am-6pm, **WMHT** is presenting an on-air programming block covering a range of subjects including science, math, social studies and English-language arts for Grades 4-12. **Click here** for this week's schedule of shows, and **click here** for related resources. To find WMHT on your television, **click here**, and go to **WMHT.org** for a full list of programming and services. Thanks, WMHT!

Coping With The Times



From Harvard Business Review
[Avoid These Traps When Negotiating in a Crisis](#)



From The Guardian
[How To Survive Isolation With Your Partner, Your Kids - and Yourself](#)

Job and Volunteer Leads



[Fusco Personnel Inc.](#) has leads on call center positions and other work in the Capital Region. You can reach them at 1-800-34-FUSCO or jobs@fuscopersonnel.net.



United Way of the Capital Region

[United Way of the Greater Capital Region](#) has in-person and virtual opportunities to volunteer with local agencies in need of support. [Please sign up via this link.](#)



[DeCrescente](#) has open job positions. [Please visit their site to apply.](#)



The [New York State Department of Labor](#) is hiring employees in Albany to



[Mission Accomplished Transition Services](#) is hiring for two positions. [Please visit their site to apply.](#)

help process Unemployment
Insurance Claims. [Apply here.](#)

ACE-Upstate Alliance for the Creative Economy | 41 State Street, Albany, NY 12207

upstatecreative.org

