

Orange County Department on Aging Resources for Older Adults During the COVID-19 Crisis

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Contents

Health.....	2
From the Orange County Health Department.....	2
Pharmacy Options.....	2
Hearing & Communication.....	2
Emergency Planning.....	2
Foot Care.....	2
Food and Nutrition.....	2
Public Programs.....	2
Commercial Restaurant & Grocery Programs.....	4
Financial.....	4
Employment Opportunities.....	4
Federal Programs.....	5
Social & Emotional Wellness.....	5
Connecting Beyond Home.....	5
Staying Engaged at Home.....	5
Caregiver Supports.....	5
Physical Wellness.....	6
Technology.....	6
Additional Resource Guides.....	7



Health

From the Orange County Health Department

- **Newsletter:** Sign up for the [COVID-19 newsletter](#) from the Orange County Health Department.
- **Text updates:** To receive daily text updates, text ocnchealth to 888-777.
- **Hotline:** Questions about COVID-19? Call (919) 245-6111 between the hours of 8:30 a.m. to 5 p.m. daily. Spanish language and other languages available.
- **Email:** Email your questions to covid19@orangecountync.gov.

Pharmacy Options

- List from WRAL of local pharmacies offering free delivery:
<https://www.wral.com/coronavirus/list-of-pharmacies-offering-free-delivery/19032221/>
- Walmart (including the pharmacy) is offering senior shopping hours every Tuesday, 6-7AM:
<https://www.walmart.com/cp/walmart-pharmacy-updates/6471659>

Hearing & Communication

- UNC Hearing & Communication Center is offering curbside hearing aid services:
<https://www.med.unc.edu/ahs/sphs/hcc/patient-resources/coronavirus-update/>

Emergency Planning

- OCDOA Emergency Plan and Serious Illness Plan:
<http://www.orangecountync.gov/DocumentCenter/View/10503/COVID-Emergency-Plan-and-Serious-Illness-Plan>

Foot Care

- Home Podiatry and Nail Care:
<http://www.co.orange.nc.us/DocumentCenter/View/10820/Home-Podiatry-and-Nail-Care>

Food and Nutrition

Public Programs

- Food Distribution in Orange County, NC – Schedule:
<https://www.townofchapelhill.org/home/showdocument?id=45714>
- Commodity Supplemental Food Box Program



- Box of non-perishable groceries, available for low-income seniors once per month. Contact Shenae McPherson for more information: 919-245-4243, shmcpherson@orangecountync.gov.
- Senior Center Lunch
 - Offered curbside Monday, Wednesday, & Friday (full 5 lunches provided), 12:00-12:30 for preregistered seniors at both the Seymour and Passmore Centers. Call 919-968-2087 or email AgingTransitions@orangecountync.gov for more information.
- Grocery Delivery Service
 - If you are in need of grocery delivery, or if you know an older adult who would benefit from this service, Volunteer Connect 55+ is now offering this resource. To register for this program, complete the online request form (<https://airtable.com/shreJ8e3q8bxhU4xu>) or contact the Aging Helpline at 919-968-2087. This service is being offered to Orange County residents age 60 and over. Ordering requirements apply.
- Meals on Wheels
 - Delivering meals to seniors once a week (full 5 lunches provided)
 - Apply at www.chcmow.org/apply-meals or call 919-942-2948
- Inter-Faith Council (IFC)
 - Lunch: pickup daily at 100 W. Rosemary St. Monday to Saturday from 11:15-12:30pm and Sunday 12:15-1:30pm
 - Dinner: For pickup, Monday to Friday, 6:15-7pm at 100 W. Rosemary St
 - Groceries: Provides any household with a week's worth of groceries once per month. Call (919) 929-6380 & press 0, or visit to make an appointment.
- The Food Bank of Central & Eastern North Carolina
 - Distributes food every Wednesday to Orange County residents, in partnership with the Chapel Hill Public Housing Office. Food is provided on a first come, first served basis. Please have enough room in your trunk for the food box to make the delivery as contact-free as possible.
 - Location: 100 Library Drive, Chapel Hill
 - Time: 10am-12:30pm (on 4th Wednesdays, 1-3:30pm)
- Carrboro Farmer's Market
 - Offering vouchers to anyone who has been permanently or temporarily unemployed due to the coronavirus pandemic. If you have experienced recent unemployment: come to the Info Booth at the entrance to the market and show a statement, email, or even a text as proof. The Carrboro Farmers' Market will give you \$10 in vouchers to spend at any vendor at the market.
 - The Carrboro Farmers' Market also accepts EBT! During this time we are offering TRIPLE BUCKS to EBT customers who shop at the market: \$10 from your EBT account means \$30 to spend at the market. Stop by the Info Booth for more information.
 - More information at <http://www.carrborofarmersmarket.com/covid-19>.
- RENA Center (Rogers Road Community Center)
 - Bag of food available every 3rd Friday
 - Location: 101 Edgar St, Chapel Hill
 - Time: 10:30am-3:00pm
- Hillside Church & Point Church

- Offering 2 bags of food each Saturday
- Location: 201 Culbreth Rd, Chapel Hill
- Time: 11am-12pm
- Pet Food Assistance –
 - Offered through Orange County animal services for county residents.
 - Apply at <http://www.orangecountync.gov/2400/Pet-Food-Assistance-During-COVID-19> or 919-932-4965

Commercial Restaurant & Grocery Programs

- Restaurants offering take-out and/or delivery:
 - List from the Chapel Hill/Orange County Visitor's Bureau: <https://www.orangecountync.gov/DocumentCenter/View/10177/restaurants-markets>
 - Durham restaurant offerings compiled by Discover Durham: <https://www.discoverdurham.com/blog/durham-food-delivery/>
 - Alamance County restaurant offerings compiled by Visit Alamance: <https://www.visitalamance.com/restaurants/curbsidetakeout-service/>
 - Chatham County restaurant offerings compiled by the Pittsboro-Siler City Convention & Visitors Bureau: <https://visitpittsboro.com/social-media-lounge/>
- Grocery Shopping & Delivery Options
 - List from WRAL of local businesses' adjusted store hours: <https://www.wral.com/coronavirus/grocery-stores-begin-returning-to-regular-operating-hours/19011824/>
 - List from WRAL of stores offering grocery delivery and pick-up options: <https://www.wral.com/coronavirus/list-of-stores-offering-grocery-delivery-and-pick-up/19043677/>
- Farm Direct Options
 - MeatSuite - website designed to help consumers in NY and NC find locally produced, high quality meats in bulk: www.meatsuite.com

Financial

Employment Opportunities

- 10 job categories that you can do remotely, and that have available jobs: <https://www.thebalancecareers.com/side-gigs-you-can-do-from-home-4770983>
 - Contact Mike Komives, Employment Specialist, for further support: 919.616.8778 or skomives@orangecountync.gov.



Federal Programs

- Extended Tax Filing Deadline:
<http://www.co.orange.nc.us/DocumentCenter/View/10656/Information-about-Extended-Tax-Filing-Deadline>
- Medicare and Health Insurance Q&A:
<https://www.orangecountync.gov/DocumentCenter/View/10460/Medicare-and-Health-Insurance-OA>
- Stimulus Check Information (updated 5/4/20):
<https://www.orangecountync.gov/DocumentCenter/View/10655/Stimulus-Check-Info>
- Tax Assistance: <https://www.orangecountync.gov/254/Tax-Assistance>

Social & Emotional Wellness

Connecting Beyond Home

- Crisis Support, from Cardinal Innovations: call **ASK (**275).
- Telephone Reassurance
 - A morning check-in phone call, Monday-Friday. Contact Shenae McPherson for more information: 919-245-4243, shmcperson@orangecountync.gov.
- Hope Line for Older Adults
 - Older adults can call 1-866-578-4673 or 1-866-578-HOPE if they're experiencing isolation from social distancing.
- The Friendship Line
 - Offered 24 hours a day, 365 days a year by the nonprofit Institute on Aging: 800-971 0016. It is both a crisis intervention hotline and a "warmline" for nonurgent calls.
- Social Media
 - Nextdoor – neighborhood specific connections: <https://nextdoor.com/>
 - Facebook – look for groups created specifically for your community, town, or neighborhood: <https://www.facebook.com/>

Staying Engaged at Home

- List of At-Home Activities, Curated by Senior Center Staff:
<http://www.orangecountync.gov/DocumentCenter/View/10664/At-Home-Activities-41620>
- Live virtual programs offered by the Department on Aging:
<http://www.orangecountync.gov/236/Senior-Center-Programs>

Caregiver Supports

- Virtual Support Groups
 - Seymour Center Caregiver Support Group
 - 2nd and 4th Fridays at 10:30am



- Register one day prior at 919-968-2087 or agingtransitions@orangecountync.gov
 - Passmore Center Caregiver Support Group
 - 2nd and 4th Thursdays at 1pm
 - Register one day prior at 919-968-2087 or agingtransitions@orangecountync.gov
 - Chapel Hill Parkinson's Disease Support Group
 - 1st Tuesdays at 1:30pm
 - Register one day prior at jshurer@neurology.unc.edu
- Virtual Social Groups
 - Chapel Hill Memory Café Group
 - 2nd Mondays at 2pm
 - Register one day prior at 919-968-2087 or agingtransitions@orangecountync.gov
 - Hillsborough Memory Café Group
 - 1st Tuesdays at 2:30pm
 - Register one day prior at 919-968-2087 or agingtransitions@orangecountync.gov

Physical Wellness

- Alzheimer's Foundation of America Virtual Programs: <https://www.facebook.com/AlzheimersFoundationofAmerica/>
- Driving Safety: <https://anchor.fm/traumataalk/episodes/Drive-Safely-at-Every-Age-Older-Adult-Driving-edc5aa>
- Falls Prevention at Home: <https://vimeo.com/410735871>
- Fit Seniors: <http://www.orangecountync.gov/2371/Fit-Seniors>
- Silver Sneakers: <https://www.silversneakers.com/learn/ondemand/>
- Silver & Fit: <https://www.facebook.com/SilverandFit/>

Technology

- DOROT Tech Made Easy for Seniors with New Instructional Guides: <https://www.dorotusa.org/tech-made-easy-seniors-new-instructional-guides>
- Instructions for Accessing Your Virtual Workshop through Zoom: <https://healthyagingnc.com/wp-content/uploads/2020/04/Template-Zoom-Instructions-for-Virtual-Workshop-Participants-1-edited.pdf>
- Senior Planet Tech Basics: <https://seniorplanet.org/coronavirus-2/>
- Seymour Tech Remote Learning Curriculum: <https://www.seymourtechcenter.org/>



Additional Resource Guides

Many of our community partners have also compiled resources that may be of interest to their participants. For more information, check out:

- Caregiver Action Network, COVID-19 and Family Caregiving: <https://caregiveraction.org/covid-19>
- Carrboro Recreation, Parks, & Cultural Resources Virtual Programming: <http://townofcarrboro.org/2383/Virtual-Programming>
- Constituent Resource Guide, Office of Rep. David Price: <https://price.house.gov/covid-19-resources>
- North Carolina COVID-19 Response: <https://www.nc.gov/covid19>
- Orange County Health Department Community Resources: <https://www.orangecountync.gov/2354/Community-Resources>
- Town of Chapel Hill COVID-19 Resources: <https://www.townofchapelhill.org/government/newsroom/covid-19>
- Town of Hillsborough COVID-19 Resources: <https://www.hillsboroughnc.gov/community/covid-19-coronavirus/>

**If you have updates or suggestions for this resource guide, please contact the Aging Information Helpline at 919-968-2087 or AgingTransitions@orangecountync.gov.*

