

Orange County Department on Aging
Resources for Older Adults During the COVID-19 Crisis
Updated 7/21/20



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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

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

Face Coverings/Masks

Location:	Days/Times:	Address:	Sponsoring Agency:
Orange Grove Fire Department	Tuesdays & Thursdays 9:00 a.m.-12:00 p.m.	6800 Orange Grove Road Hillsborough	Orange County Emergency Services
Cedar Grove Fire Department Station 2	Thursdays 7:00 p.m.-9:00 p.m.	720 Hawkins Road Cedar Grove	Orange County Emergency Services



White Cross Fire Department	Monday-Friday 11:00 a.m.-12:00 p.m.	5722 Old Greensboro Road Chapel Hill	Orange County Emergency Services
Chapel Hill Fire Station 1**	Wednesday & Saturday 2:00 p.m.-5:00 p.m.	403 Martin Luther King Blvd Chapel Hill	Town of Chapel Hill
Chapel Hill Fire Station 3**	Wednesday & Saturday 2:00 p.m.-5:00 p.m.	1615 East Franklin Street Chapel Hill	Town of Chapel Hill
Carrboro Police Department	Monday & Friday 10:00 a.m.-2:00 p.m.	100 N. Greensboro Street Carrboro	Town of Carrboro
Carrboro Fire Department Fire Station 1	Wednesday & Saturday 2:00 p.m.-5:00 p.m.	301 W. Main Street Carrboro	Town of Carrboro
Carrboro Fire Department Fire Station 2	Wednesday & Saturday 2:00 p.m.-5:00 p.m.	1411 Homestead Road Carrboro	Town of Carrboro

***Limit 4 masks per household at Town of Chapel Hill Locations*

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: Saturdays, 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:
 - Current Orange County Restaurant and Farm Market Operations: <https://www.visitchapelhill.org/restaurants/>
 - 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>
- Department on Aging Virtual Activity Calendar:
http://www.co.orange.nc.us/DocumentCenter/View/11632/Orange_County_Department_on_Aging_Virtual_Activity_Calendar_JULY_2020?bidId=
- Department on Aging Virtual Class Information and Registration:
<https://server4.orangecountync.gov/wbws/Webrtrac.wsc/search.html?module=AR>

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/traumatalk/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.*

