

Orange County Department on Aging  
 Resources for Older Adults During the COVID-19 Crisis  
*Updated June 2021*



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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. Monday-Friday. Spanish language and other languages available.
- **Email:** Email your questions to [covid19@orangecountync.gov](mailto:covid19@orangecountync.gov).

### Emergency Planning

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

### Face Coverings/Masks

As of May 14, 2021 Executive Order No. 215 states that:

- Face covering requirements are lifted in most settings. (See details below addressing where these requirements are still applicable.)
- Nothing prevents people from continuing to wear face coverings, which are recommended for unvaccinated people and for all people in large venues. Employers, business owners, and local governments may require face coverings and social distancing.
- Because children are still unvaccinated and can easily spread COVID-19, face coverings are still required in child care, children's day camps, and children's overnight camps. Nothing in today's Executive Order changes the StrongSchoolsNC Toolkit requirement for face coverings in schools.
- The CDC has advised that face coverings should continue to be required in several health care settings, in transportation settings like airports and bus stations, in correctional and detention facilities, and at homeless service providers. This Order continues those face covering requirements.

[Read the FAQ](#) for Executive Order No. 215.

### Mask/Face Covering Donations

Location:	Days/Times:	Address:	Sponsoring Agency:
Chapel Hill Fire Station 1	Wednesdays & Saturdays 2:00 p.m.-5:00 p.m.	<a href="#">403 Martin Luther King Blvd Chapel Hill</a>	Town of Chapel Hill
Chapel Hill Fire Station 3	Wednesdays & Saturdays 2:00 p.m.-5:00 p.m.	<a href="#">1615 E. Franklin Street Chapel Hill</a>	Town of Chapel Hill



Location:	Days/Times:	Address:	Sponsoring Agency:
Hargraves Community Center	Monday-Friday 8:00 a.m.-5:00 p.m.	<a href="#">216 N. Roberson Street Chapel Hill</a>	Town of Chapel Hill
Carrboro Police Department	No specific day/time	<a href="#">100 N. Greensboro Street Carrboro</a>	Town of Carrboro

## Foot Care

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

## Hearing & Communication

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

## Testing

### Hillsborough

COVID-19 testing is available every weekday Monday through Friday from 10am to 4pm at Whitted Human Services Center at [300 W. Tryon St., Hillsborough NC 27278](#). Pre-registration is encouraged and may be done online. Select Orange County when registering: <https://unityphm.com/campaigns/starmed>

There will be a few exceptions due to holidays, weather conditions, or other events. Please check: <https://www.orangecountync.gov/2451/Testing>.

### Chapel Hill

COVID-19 testing is available every weekday Monday through Saturday from 9am to 6pm at Southern Human Services Center (SHSC) at 2501 Homestead Rd, Chapel Hill. Testing will take place in the large conference room inside the front entrance. Pre-registration is encouraged and may be done online: <https://lhi.care/covidtesting>.

There will be a few exceptions due to holidays, weather conditions, or other events. Please check <https://www.orangecountync.gov/2451/Testing>.

## Additional Testing Locations

See list compiled by the OC Health Department: <https://www.orangecountync.gov/DocumentCenter/View/11576/Coronavirus-Testing-Chart-PDF>



## Vaccine Information

### Vaccine Distribution & Scheduling

Scheduling a COVID-19 vaccine appointment is easy!

1. Visit: [www.myspot.nc.gov](http://www.myspot.nc.gov)
2. Search for zip code 27278
3. Choose a time and date that works for your schedule!
4. Call 919-913-8088 to register by phone. The phone center is open weekdays, 8:30 a.m. to 4:30 p.m. Spanish and other languages available.

Visit <https://www.orangecountync.gov/2617/Vaccine> for more information and to see pop-up clinic availabilities.

Everyone ages 12 and up, is eligible to get vaccinated!

- Only Pfizer has been approved for ages 12 and up. Moderna and Johnson and Johnson are both 18 years+.
- Questions may be directed to [covid19vaccine@orangecountync.gov](mailto:covid19vaccine@orangecountync.gov).

### Vaccine Transportation

Chapel Hill Transit provides service to two UNC Health Vaccination clinics and the Orange County Health Department points of vaccination.

#### Friday Center

- Routes FCX, S, and N provide service to the UNC Friday Center. From Friday Center Drive, customers can walk to the back of the center to access the UNC Health Vaccine Clinic at Friday Center.
- GoTriangle's route 800, 800S, and 805 also stop at the Friday Center along NC 54.

#### Hillsborough

- Chapel Hill Transit operates GoTriangle's 420 route, which provides service to the UNC Health Vaccine Clinic at Hillsborough.

#### EZ Rider

- Chapel Hill and Carrboro residents who are unable to access fixed route service can use EZ Rider to access these vaccination points (you don't need to be an EZ Rider customer). To book your trip, customers should:
  - Call EZ-Rider Reservations (919) 969-4979 or complete our at <https://www.townofchapelhill.org/government/departments-services/transit/ez-rider/online-reservations>
  - Inform the representative that you want to reserve a trip to receive your COVID-19 vaccine
  - You may be required to show proof of your vaccination appointment.



## 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](mailto:shmcpherson@orangecountync.gov).
- Senior Center Lunch
  - Offered curbside Monday, Wednesday, & Friday, 12:00-12:30 for preregistered seniors at both the Seymour and Passmore Centers. Call 919-968-2087 or email [AgingTransitions@orangecountync.gov](mailto:AgingTransitions@orangecountync.gov) for more information.
- Meals on Wheels
  - Delivering meals to seniors once a week (full 5 lunches provided)
  - Apply at [www.chcmow.org/apply-meals](http://www.chcmow.org/apply-meals) or call 919-942-2948.
- Inter-Faith Council (IFC)
  - Lunch: pickup daily at 110 W. Main 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 110 W. Main St.
  - Groceries: Provides any household with a week's worth of groceries once per month. Call (919) 929-6380, 9am-5pm to make an appointment,
- The Food Bank of Central & Eastern North Carolina
  - Distributes food every Wednesday to Orange County residents. 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: Eubanks Park-and-Ride Lot (next to the Carraway Village Apartments)
  - Time: 10am-11:30pm
- Carrboro Farmer's Market
  - Many vendors are offering preordering, pickup, and even home delivery during this time! <http://www.carrborofarmersmarket.com/covid19-vendor-services>
  - You can use your SNAP/EBT card at the Market! Stop by the Welcome Booth and use your card to purchase tokens that can be used at vendors' booths. We offer Double Bucks when you use your EBT card, that means we match EBT purchases dollar-for-dollar! \$20 from your EBT card = \$40 to spend at Market! Out of benefits on your EBT card? Show us your card at the Welcome Booth and we'll match cash. \$20 in cash = \$40 to spend at Market! Visit <http://www.carrborofarmersmarket.com/we-accept-snapebt>.
  - More information at <http://www.carrborofarmersmarket.com/covid-19>.
- RENA Center (Rogers Road Community Center)
  - Bag of food available every 3<sup>rd</sup> Friday
  - Location: 101 Edgar St, Chapel Hill
  - Application: <https://www.renacomunitycenter.com/esl>
- Hillside Church & Point Church



- Offering 2 bags of food each 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Saturday
- Location: 201 Culbreth Rd, Chapel Hill
- Time: Saturdays, 11am-12pm

## Commercial Restaurant & Grocery Programs

- Restaurants offering take-out and/or delivery:
  - Current Orange County Restaurant and Farm Market Operations: <https://www.visit Chapel Hill.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/>
- Farm Direct Options
  - MeatSuite - website designed to help consumers in NY and NC find locally produced, high quality meats in bulk: [www.meatsuite.com](http://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](mailto:skomives@orangecountync.gov).

### Federal Programs

- Medicare and Health Insurance Q&A: <https://www.orangecountync.gov/DocumentCenter/View/10460/Medicare-and-Health-Insurance-OA>
- 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](mailto: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 non-urgent 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.orangecountync.gov/DocumentCenter/View/11632/OCDOA-Activity-Calendar>
- Department on Aging Virtual Class Information and Registration: <https://server4.orangecountync.gov/wbwc/Webtrac.wsc/search.html?module=AR>

## Caregiver Supports

- Virtual Support Groups
  - Seymour Center Caregiver Support Group
    - 2<sup>nd</sup> and 4<sup>th</sup> Fridays at 10:30am
    - Register one day prior at 919-968-2087 or [agingtransitions@orangecountync.gov](mailto:agingtransitions@orangecountync.gov)
  - Passmore Center Caregiver Support Group
    - 2<sup>nd</sup> and 4<sup>th</sup> Thursdays at 1pm
    - Register one day prior at 919-968-2087 or [agingtransitions@orangecountync.gov](mailto:agingtransitions@orangecountync.gov)
  - Chapel Hill Parkinson's Disease Support Group
    - 1<sup>st</sup> Tuesdays at 1:30pm
    - Register one day prior at [jshurer@neurology.unc.edu](mailto:jshurer@neurology.unc.edu)

## 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>
- North Carolina COVID-19 Response: <https://www.nc.gov/covid19>
- Orange County Health Department Community Resources: <https://www.orangecountync.gov/2354/Community-Resources>
- Orange County Senior Housing Guide 2021: <http://www.orangecountync.gov/DocumentCenter/View/15179/2021-Senior-Housing-Guide-Orange-County>
- 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](mailto:AgingTransitions@orangecountync.gov).*

