

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



Contents

Health.....	3
From the Orange County Health Department.....	3
Pharmacy Options.....	3
Hearing & Communication.....	3
Emergency Planning.....	3
Face Coverings/Masks.....	3
Mask/Face Covering Donations.....	4
Foot Care.....	4
Testing.....	4
Hillsborough.....	4
Chapel Hill.....	4
Vaccine Information.....	5
Vaccine Distribution & Scheduling.....	5
Vaccine Transportation.....	6
Food and Nutrition.....	6
Public Programs.....	6
Commercial Restaurant & Grocery Programs.....	8
Financial.....	8
Employment Opportunities.....	8
Federal Programs.....	8



Social & Emotional Wellness..... 9

 Connecting Beyond Home..... 9

 Staying Engaged at Home..... 9

 Caregiver Supports..... 9

Physical Wellness..... 10

Technology..... 10

Additional Resource Guides..... 10



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>

Face Coverings/Masks

Any person age 5 or older must wear a face covering at all times while in public settings.

Orange County has mandated the use of face coverings for most:

- Customers, employees and other users of restaurants, grocery and retail stores while they are indoors.
- Occupants of public transportation vehicles.
- People in any other indoor or any outdoor situation where they cannot maintain a 6-foot physical distance from others.

A face covering is not required:

- For those who can't wear a face covering due to a medical or behavioral condition.
- For children under 5 years old.
- For restaurant customers while they are dining.
- In private offices.
- When complying with directions of law enforcement officers.



- In settings where it is not practical or feasible to wear a face covering when obtaining or rendering goods or services.
- While with family or household members.

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.	403 Martin Luther King Blvd Chapel Hill	Town of Chapel Hill
Chapel Hill Fire Station 3	Wednesdays & Saturdays 2:00 p.m.-5:00 p.m.	1615 E. Franklin Street Chapel Hill	Town of Chapel Hill
Hargraves Community Center	Monday-Friday 8:00 a.m.-5:00 p.m.	216 N. Roberson Street Chapel Hill	Town of Chapel Hill
Carrboro Police Department	No specific day/time	100 N. Greensboro Street Carrboro	Town of Carrboro

Foot Care

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

Testing

Hillsborough

COVID-19 testing is available every weekday Monday through Friday from 9am to 5pm 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 R7 Parking Lot at [725 MLK Blvd., Chapel Hill, NC 27514](#). 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>.



Vaccine Information

Vaccine Distribution & Scheduling

Orange County

- **Call 919-913-8088 to schedule an appointment.** This is the only phone number available for appointment scheduling for the Orange County Health Department. Our scheduling line will be available Monday - Friday from 8:30 a.m. to 4:30 p.m. In Orange County, you may also get a vaccine appointment through UNC Health by calling 984-215-5485.
- **Call back later, if you don't reach us.** Due to high volume and staffing we can't return calls.
- **Please be patient!** We understand your frustrations with the COVID vaccination process. We feel the same frustration due to the limited doses of the vaccine and we are training additional staff as quickly as possible to answer calls and emails.
- **Wait until it is your turn!** Even though you may be anxious, please DON'T call to schedule (or fill out the vaccine interest survey) before you are eligible. We are currently scheduling Group 1 and Group 2 (adults 65 or older) only.
- **Don't call this phone number for general inquiries.** In order to make appointments as quickly as possible, we will use 919-913-8088 for VACCINE SCHEDULING ONLY. For general information:
 - Visit our website at www.orangecountync.gov/getyourshot
 - Email covid19vaccine@orangecountync.gov.
 - Call our general COVID hotline at **919-245-6111**.

UNC Health

Vaccine supply is very limited. If you are [currently eligible](#), you must schedule an appointment to receive a vaccine. Walk-ins are not accepted. If no availability is found, please check our site periodically. Appointments are made available as we receive additional doses of the vaccine from the state. The vaccine is free to all patients (you will not be charged) but if you're insured please bring your insurance card to your appointment. You do not need to bring a photo ID.

Visit the Pre-Screening Website here: <https://www.unhealthcare.org/coronavirus/vaccines/phase-1b-covid-19-vaccine/> or call [984-215-5485](tel:984-215-5485) (M-F 8am-5pm).

For more information on how to get a vaccine, visit <https://vaccine.unhealthcare.org/get-vaccinated/>.

Duke Health

The COVID-19 vaccine is available at no cost to people age 65 and older. If you are 65 or older and want to receive the COVID-19 vaccine, add your name to our waiting list. Because vaccine supply is limited, no appointments are currently available. We will open up appointment slots on [Duke MyChart](#) as vaccine supplies become available and we finish serving those on our waiting list.

- Waiting List:
<https://www.dukemychart.org/home/publicforms.asp?mode=showform&formname=DukeHealthCOVIDVaccineRequest>



- For More Information: <https://www.dukehealth.org/covid-19-update/covid-19-vaccine-update>

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.

Please note: UNC Health and Orange County Health vaccination clinics require appointments, and all are required to follow state and local processes to reserve your appointments. Chapel Hill Transit asks that customers do not ride the bus if they are sick or have been in contact with someone with COVID-19. Face coverings are required on Chapel Hill Transit vehicles.

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, 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 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 & press 0, or visit 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-12:30pm (on 4th Wednesdays, 1-3:30pm)
- 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 3rd Friday
 - Location: 101 Edgar St, Chapel Hill
 - Application: <https://www.renacomunitycenter.com/esl>
- Hillside Church & Point Church
 - Offering 2 bags of food each 1st, 3rd, and 5th 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.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 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

- 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 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/wbws/Webtrac.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

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.*

