

## COMMUNITY RESOURCES for Older Adults and Adults with Disabilities

Organization	What	Where / When	Notes
Food Bank of Eastern & Central North Carolina	"Food Finder" Search Online search database to find food banks near you.	<a href="http://www.foodbankcenc.org/find-help/food-finder">www.foodbankcenc.org/find-help/food-finder</a>	If you do not have internet access, call the Resources for Seniors Information Line (Information & Referral staff can assist in using the website): (919) 713-1556.
NC Baptist Aging Ministry	<b>Hope Line for older adults</b>	Call <b>(866) 578-4673</b> (866-578-HOPE) to chat with trained staff and volunteers. Especially for older adults experiencing isolation due to social distancing.	Available Monday-Friday, 9 AM to 9 PM
Inter-Faith Food Shuttle	<b>Mobile Markets</b> Free food for pick-up at various sites around Wake County. Open to community members of all ages.	<p><b>Abundant Life Cathedral</b> 4400 Old Poole Road, Raleigh Fourth Saturdays (beginning 3/28/20), 10 to 11:30 a.m.</p> <p><b>Bread for Life Mobile Market</b> 1320 Shepard School Road, Zebulon (Boys &amp; Girls Club) Third Saturdays (beginning 3/21/20), 10 to 11 a.m.</p> <p><b>Community Helpers Service Center **Drive-thru</b> 111 N. First Ave., Knightdale Thursdays (beginning 3/19/20), 10 a.m. to 1 p.m.</p> <p><b>Martin Street Baptist Church</b> 1001 E. Martin St., Raleigh Second Saturdays (beginning 4/11/20), 10 to 11:00 a.m.</p> <p><b>Wake Forest Baptist Church</b> 107 S. Ave., Wake Forest Third Tuesdays (beginning 3/17/20), 4:30 to 6:15 p.m.</p>	Procedures may be adjusted to minimize exposure and work within new state guidelines. Volunteers are taking extra precautions.

COMMUNITY RESOURCES for Older Adults and Adults with Disabilities (continued)			
Organization	What	Where / When	Notes
NC Poison Control & North Carolina Department of Health and Human Services	North Carolina COVID-19 (Coronavirus) Call Center (24/7)	Call (866) 462-3821, 24/7, if you have questions about COVID-19 symptoms, how to assess and reduce your risk of catching the virus, and/or what to do if you suspect you have it. Online chat option also available (see Notes).	Staffed by NC Poison Control officials (nurses and pharmacists), 24/7. Press 1 for English or to ask for a language interpreter. Press 2 for Spanish.  To submit questions online, go <a href="#">here</a> and select "Chat"
Dollar General stores	Special shopping hours	First hour of operation, daily, is designated for senior shoppers. No age cut-off.	Stores will also be closing 1 hour early, for extra cleaning/stocking.
Fresh Market grocery stores	Special shopping hours	8 a.m. to 9 a.m., Monday-Friday, is designated as specifically for 'seniors and other people at high risk.'	
Target stores	Special shopping hours	Starting 3/18/2020, the first hour of operation on Wednesdays will be designated for 'vulnerable populations.'	Stores will also be closing early, for extra cleaning/stocking.
Whole Foods grocery stores	Special shopping hours	Starting 3/18/2020, the first hour of operation is designated for 'seniors age 60 and older.'	Stores will also close up to 2 hours early for extra cleaning/stocking.
Wake County Government	Wake County COVID-19 (Coronavirus) Hotline	If you have specific questions about COVID-19 and your risk, call (919) 856-7044 or email <a href="mailto:covid19.questions@wakegov.com">covid19.questions@wakegov.com</a> .	Inquiries are responded to by the Public Health Team within one business day.

## PROGRAM/SITE CHANGES & CLOSURES

Provider	Date Notified	Change	Notes
Anne Gordon Center for Active Adults	3/15/2020	CLOSED for at least two weeks	
Campbell Senior Law Clinic	3/16/2020	CLOSED	
Cary Senior Center	3/11/2020	CLOSED until further notice	
Cary Total Life Center	3/16/2020	CLOSED until 3/31/2020, effective 5 PM 3/17/2020	
Catholic Parish Outreach	3/17/2020	CHANGE IN SCHEDULE: Curbside pick-up only, Monday-Friday, 10 a.m. to 1 p.m. (no Saturday hours).	
Dorcas Ministries	3/12/2020	CLIENT SERVICES (financial assistance and food assistance) will continue as usual with requests encouraged via phone, 919-469-9861, ext. 203, or via email, <a href="mailto:clientservices@dorcascary.org">clientservices@dorcascary.org</a> .  THRIFT SHOP and DONATION DROP-OFF AREA will remain open for regular business hours as staffing allows.	For CLIENT SERVICES, applicants must live or work in Cary or Morrisville.
Eastern Wake Senior Center	3/17/2020	CLOSED, effective 3/18/2020	Meals & Wheels is providing "Grab & Go" meals to Congregate Meal Site attendees.
Eastern Wake Total Life Center	3/16/2020	CLOSED until 3/31/2020, effective 5 PM 3/17/2020	
Evergreen Adult Day Services	3/16/2020	CLOSED 3/17/2020 to 3/27/2020	
Five Points Center for Active Adults	3/15/2020	CLOSED for at least two weeks	Meals & Wheels is providing "Grab & Go" meals to Congregate Meal Site attendees.

PROGRAM/SITE CHANGES & CLOSURES (continued)			
Provider	Date Notified	Change	Notes
Garner Senior Center	3/13/2020	CLOSED until further notice	Meals & Wheels is providing "Grab & Go" meals to Congregate Meal Site attendees
Garner Total Life Center	3/16/2020	CLOSED until further notice	
The Glade Adult Day Center	3/16/2020	CLOSED for two weeks	Mary Arthur, Director, is available via phone or email if you have questions in the meantime: (919) 447-4494, <a href="mailto:marthur@glenaire.org">marthur@glenaire.org</a>
Harris Teeter grocery stores	3/17/2020	REDUCED HOURS until further notice, effective 3/19/2020	Stores will be open 7 a.m. to 8 p.m. 3-item limits will be placed on products including water, toilet paper, canned meat, pasta, and cleaning supplies
Inter-Faith Food Shuttle Grocery Bags for Seniors Program	3/17/2020	SOME CHANGES. Monthly deliveries are continuing to current buildings according to building manager approval.	
LIDL grocery stores	3/17/2020	REDUCED HOURS until further notice	Stores will be open 8 a.m. to 8 p.m.
Medicare (Centers for Medicare & Medicaid Services)	3/17/2020	<b>Telehealth Services Coverage</b> has been expanded to all Medicare beneficiaries (used to be primarily authorized in rural areas), effective 3/6/2020. All beneficiaries may now request telehealth services, as available, from a health care provider they have previously seen (or a provider in the same practice as a provider they have previously seen). Coinsurance (typically 20%) and deductibles apply.	See <a href="#">here</a> for answers to Frequently-Asked Questions, and <a href="#">here</a> for the service listing on Medicare.gov.
Northern Wake Senior Center		CLOSED	Meals & Wheels is providing "Grab & Go" meals to Congregate Meal Site attendees

PROGRAM/SITE CHANGES & CLOSURES (continued)			
Provider	Date Notified	Change	Notes
<b>Publix grocery stores</b>	3/17/2020	REDUCED HOURS until further notice	Stores will be open 8 a.m. to 8 p.m. Pharmacies will be open 9 a.m. to 6 p.m.
<b>Raleigh Total Life Center</b>	3/16/2020	CLOSED until 3/31/2020, effective 5 PM 3/17/2020	
<b>Senior CommUnity Care of NC (PACE)</b>	3/17/2020	NO CHANGES yet. Still operating as usual.	Participants should call (919) 425-3000 immediately if they have symptoms or do not feel well, or with any questions.
<b>Social Security Office</b>	3/16/2020	CLOSED, effective 3/17/2020	Local office will continue to provide critical services via phone (877-803-6311), and many services are available via website ( <a href="http://www.ssa.gov">www.ssa.gov</a> ).
<b>Southeastern Wake Adult Day Center</b>	3/16/2020	CLOSED for two weeks	
<b>SPCA of Wake County AniMeals Program</b>	3/17/2020	NO CHANGES yet to monthly delivery schedule for current clients.	March 2020 delivery scheduled for Saturday 3/21
<b>St. Saviour's Congregate Meal Site (Tucker St.)</b>	3/16/2020	CLOSED	"Grab & Go meals" available
<b>Telecommunications Relay Services (TRS)</b>	3/17/2020	POSSIBLE DELAYS IN SERVICE. From the Hearing Loss Association of America (HLAA): "If you use an IP CTS phone, you are probably accustomed to picking up the phone and having an immediate connection. During this emergency, ... if there are a lot of people calling at the same time, it may take a bit longer to get connected." (Full HLAA post <a href="#">here</a> )	If you spend more than 2 minutes waiting to get connected, or have repeated problems getting connected, let the FCC know: Voice phone: (888) 225-5322 TTY: (888) 835-5322 Videophone: (844) 432-2275
<b>Trader Joe's grocery stores</b>	3/17/2020	REDUCED HOURS until further notice, effective 3/16/2020	Stores will be open 9 a.m. to 7 p.m.

PROGRAM/SITE CHANGES & CLOSURES (continued)			
Provider	Date Notified	Change	Notes
<b>WakeMed Virtual Urgent Care</b>	3/17/2020	CO-PAY NOW \$15 for WakeMed Virtual Urgent Care visits, through the end of March 2020. (Was \$45)	Go <a href="#">here</a> for more information and to schedule a Virtual appointment. Enter code CARENOW on payment screen.
<b>Walmart stores</b>	3/17/2020	REDUCED HOURS until further notice	Stores that were 24/7 will now be open 6 a.m. to 11 p.m. Other stores will also have reduced hours.
<b>Wegman's grocery stores</b>	3/17/2020	REDUCED HOURS until further notice	Stores will be open 7 a.m. to 10 p.m.

## VOLUNTEER & DONATION OPPORTUNITIES

Organization	What	Notes
Activate Good	Helps coordinate volunteer opportunities in the Triangle area. Search <a href="#">online</a> for opportunities, or join their <a href="#">email list</a> or follow them on <a href="#">Facebook</a> to receive updates.	
Food Bank of Central & Eastern North Carolina	<p><b>Organize</b> a Virtual Food Drive! Learn more <a href="#">here</a>. See their <a href="#">infographic</a> about what donation items are most needed right now.</p> <p><b>Volunteer</b> at a distribution center. Learn more <a href="#">here</a>.</p> <p><b>Donate</b> <a href="#">online</a>.</p> <p><b>Follow</b> on <a href="#">Facebook</a> for updates.</p>	
Inter-Faith Food Shuttle	<p><b>Volunteer</b> with Grocery Bags for Seniors. Learn more <a href="#">here</a>.</p> <p><b>Volunteer</b> with Mobile Markets. Learn more <a href="#">here</a>.</p> <p><b>Donate</b> <a href="#">online</a> or via mail (address: 1001 Blair Dr., Suite 120, Raleigh NC 27609).</p> <p><b>Follow</b> on <a href="#">Facebook</a> for updates.</p>	
Meals on Wheels of Wake County	<p><b>Volunteer</b> to deliver meals to home-bound seniors. Complete the Volunteer Application <a href="#">here</a>.</p> <p><b>Donate</b> <a href="#">online</a> or via mail (address: 1001 Blair Drive, Suite 100, Raleigh, NC 27603).</p> <p><b>Follow</b> on <a href="#">Facebook</a> for updates.</p>	
Shepherd's Table Soup Kitchen	They need extra hands to compensate for cancelled volunteer groups. Sign-up <a href="#">here</a> .	

For organizations **needing help**: Fill out this [form](#) with Activate Good to request volunteer help.

For organizations **offering help**: Fill out this [form](#) with Activate Good to spread the word about volunteer efforts.