

Resources to Help Seniors Shelter in Place

Note: Many suppliers and businesses have COVID-19 safety protocols. We recommend seniors reach out to anyone they order from to ensure they are comfortable with the measures in place.

Coronavirus Info Resources	Resources for Low Income Seniors	Medicine/Prescription Delivery
<p>There is a lot of information out there about senior health and COVID-19. Stay up to date with trusted resources:</p> <ul style="list-style-type: none"> ★ CDC ★ World Health Organization ★ National Institutes of Health ★ AARP ★ Alzheimer's Association ★ National Council on Aging 	<p>For seniors that need help during this uncertain time, there are national resources available. Families should see what local organizations can do to help too! Communities are coming together, grocery and retail stores have special senior hours, and neighbors are willing to lend a hand. No one should be afraid to reach out.</p> <ul style="list-style-type: none"> ★ United Way ★ Meals on Wheels ★ Feeding America ★ Serving Seniors ★ National Low-Income Housing Coalition ★ National Council on Aging – Food Assistance 	<p>Getting medicine while in isolation can be one of the most important tasks to plan for seniors. Safe, reliable online pharmacies exist, and can ship medicine directly to home. Older adults should talk with a doctor, do some research, and find out if their current pharmacist will mail or deliver medicine.</p> <ul style="list-style-type: none"> ★ FDA Guidance ★ WebMD Guidance ★ Walgreens ★ CVS ★ National Association of Boards Pharmacy (pharmacy search)
Grocery Delivery Services	Food Delivery Apps	Meal Delivery Kits
<p>For seniors avoiding crowded grocery stores and long lines, there are several grocery delivery options. Seniors can shop in an online market or send their order to someone that will shop and ask questions as they go.</p> <ul style="list-style-type: none"> ★ AmazonFresh ★ Thrive Market ★ FreshDirect ★ Peapod ★ Instacart 	<p>With the touch of a button, seniors can get fully cooked meals delivered to home. Food delivery services offer everything from full menus to choices that include all the favorite restaurants. Exploring all the delicious options available in a local area can be fun too!</p> <ul style="list-style-type: none"> ★ Doordash ★ Grubhub ★ UberEats ★ Postmates ★ Resy ★ Freshly ★ MealPro ★ Mom's Meals ★ Meals on Wheels 	<p>Whether seniors are looking for healthy meals to make at home, fun food options or a cooking project to hone their skills, consider a meal delivery kit. Ingredients come pre-measured, and many companies let users pick meals based on their favorite things to eat.</p> <ul style="list-style-type: none"> ★ Home Chef (meal kits or fully cooked meals!) ★ Fresh and Easy ★ Marley & Spoon ★ Sun Basket ★ Plated ★ Blue Apron

<h2>Toiletries and Hygiene Supplies</h2>	<h2>Online Banking</h2>	<h2>Video Chat Resources</h2>
<p>Online shops can supply everything seniors need. Some stores have everything from clothes to toothpaste to playing cards. Local businesses often have websites that allow online shopping too. And, many stores have special hours for seniors to shop while social distancing, if they must go in-person.</p> <ul style="list-style-type: none"> ★ Walmart ★ Target ★ Amazon ★ Bath and Body Works ★ Costco 	<p>Most banks have websites and apps that allow account holders to complete their transactions virtually. If local branches are closed, or seniors don't want to leave their home, they can call their customer service department and have an agent walk them through using the website.</p> <ul style="list-style-type: none"> ★ Bank of America ★ Wells Fargo ★ KeyBank ★ PNC Bank ★ TD Bank ★ US Bank ★ SunTrust 	<p>Seeing the beautiful faces of friends and family is important – even when social isolating. Staying in touch through video has never been easier, and there are free tools available.</p> <ul style="list-style-type: none"> ★ Facetime (on Apple devices) ★ WhatsApp (on mobile phones) ★ Skype ★ Facebook Messenger ★ Google Hangouts (for Google users)
<h2>Pet Food and Supplies</h2>	<h2>Pet Care/Dog Walking</h2>	<h2>National Park Virtual Tours</h2>
<p>With retail stores changing their hours, and recommended isolation rules in place, it may make sense to order pet supplies online. Here are a few sites that have food, toys and supplies for senior's furry friends:</p> <ul style="list-style-type: none"> ★ Petco ★ PetSmart ★ Chewy ★ Amazon ★ BudgetPetCare.com 	<p>Older adults should check with their local veterinarian to find out their hours and protocols – many offices are still open. And, many communities have local options for mobile grooming and care for pets. Consider:</p> <ul style="list-style-type: none"> ★ Fetch Pet Care ★ Pet Sitters International ★ Here Rover ★ Wag! ★ Angie's List ★ American Kennel Club 	<p>Google Arts & Culture has teamed up with five national parks in the U.S. so people can enjoy the beauty of the natural world while sitting safely on their couch. These parks feature different climates and environments from across the country, including famous desert vistas and snowy terrains.</p> <ul style="list-style-type: none"> ★ Kenai Fjords National Park, Alaska ★ Hawai'i Volcanoes National Park, HI ★ Carlsbad Caverns National Park, NM ★ Bryce Canyon National Park, UT ★ Dry Tortugas National Park, FL

<h2>Movie and TV Streaming</h2>	<h2>Music Streaming Services</h2>	<h2>Music and Theater Performances Online</h2>
<p>While it is important for seniors to avoid spending too much time in front of the TV, streaming services provide hours of entertainment for those looking for a new documentary, stand up special or tv series.</p> <ul style="list-style-type: none"> ★ Hulu ★ Netflix ★ HBO Now ★ Disney+ ★ Amazon Prime ★ Showtime ★ YouTube TV 	<p>For seniors that love music, be sure to get a music streaming service. Listening to music makes any activity more fun, and there is enough variety to sing and dance the days away!</p> <ul style="list-style-type: none"> ★ Tidal ★ SoundCloud ★ iHeartRadio ★ Pandora ★ Spotify ★ Apple Music ★ Amazon Music 	<p>For seniors that miss live theater and music, there are online sources that are helping keep everyone entertained.</p> <ul style="list-style-type: none"> ★ The Metropolitan Opera ★ Vancouver Symphony ★ Berlin Philharmonic ★ Royal Opera House ★ Broadway HD ★ Living Room Concerts ★ Grammy Museum at Home
<h2>Art Museums Virtual Tours</h2>	<h2>Online Fitness Resources</h2>	<h2>Other Online Entertainment</h2>
<p>Art museums across the globe are opening their doors to people that want to enjoy their offerings from the comfort of home.</p> <ul style="list-style-type: none"> ★ The J. Paul Getty Museum, Los Angeles ★ Van Gogh Museum, Amsterdam ★ Musee d'Orsay, Paris ★ Nat'l Gallery of Art, Washington DC ★ Guggenheim, New York ★ British Museum, London 	<p>For seniors that have been approved for exercise and activity, fitness doesn't have to stop when the gym closes. Some fitness facilities are offering free classes, and others are moving their services online temporarily.</p> <ul style="list-style-type: none"> ★ YMCA ★ Planet Fitness ★ Blink Fitness ★ Peloton ★ Orange Theory ★ 305 Fitness ★ CorePower Yoga 	<ul style="list-style-type: none"> ★ AARP Games ★ Chess Online ★ Scrabble ★ Cardzmania ★ Stitcher ★ NPR ★ Tuneln ★ All Arts ★ Radio.com ★ Social Distancing Festival ★ Palace of Versailles ★ Great Wall of China Virtual Tour ★ San Diego Zoo Live Cams ★ Monterey Bay Aquarium Online ★ Class Central ★ Skill Share ★ Visit your local library website to borrow e-books for free! ★ 20 Podcasts that will make you smarter

