



## Tips for Thriving During COVID-19

It is highly encouraged to follow CDC protocols at all times along with the advice of your health care professional and state recommendations. Here are some tips that will help make those things possible. The Southern Maine Agency on Aging does not recommend or endorse any provider.

### Shopping Online

Many stores have grocery pick up or delivery if you order online. Some deliveries or pick up times may be scheduled further out due to an increase in demand.

- Be sure that the website you are using is accurate for the store.
- If you are not comfortable with the computer, is there someone you can **trust** to help you? Ordering online means having to use a credit card or debit card. In some cases, you may be able to use your EBT card (if you have one).
- When your groceries are delivered, have the delivery person leave it in on your porch to avoid them coming into your home. Please note, the boxes may be heavy. It may be good to open the box on the porch and make multiple trips into the house to avoid lifting too much weight.

### Shopping In Person

Many stores have created special senior or at risk shopping hours. Please remember to practice social distancing and hand sanitizing while you are out along with wearing a face covering (Please note – people can go any time to the store – not just during senior hours).

Store	Day	Hours
Dollar General**	Daily	8AM-9AM
Hannaford*	Tuesday, Wednesday, Thursday	7AM-8AM
Market Basket (age 60+ only)	Everyday	6AM -7AM
Shaws***	Tuesday & Thursday	7AM-9AM
Target***	Tuesday & Wednesday	8AM-9AM
Wal-Mart***	Tuesday	6AM-7AM
Whole Foods**	Daily	7AM-8AM

Key: \* - Shop Online, pick-up at store. \*\* Delivery Available , \*\*\* Pick-up and delivery available

**Not all store locations may participate in store pick-up or delivery**

- During this time, you can only use the store bags. Many stores will not accept your reusable bags at this time. It may also be helpful to wash anything you brought with you while you were at the store (cell phone, keys, walker, cane, etc).

## Prescriptions

During the special shopping hours for seniors and those at risk, the pharmacy will also be open. Some things to consider:

- Does your pharmacy have a drive through option?
- Does your pharmacy offer curbside pick up due to COVID 19?
- Can you get your prescriptions through mail order?
- Is it possible to order a 90 day supply of your medication?
- Do you have someone you trust who can pick them up for you? (You may need to call your pharmacist to see what safety measures they have in place)

## Local Resources

- Many towns have Aging in Place networks that may be available to assist. To find if your town has an aging in place, you can contact your town, the Southern Maine Agency on Aging, or 211 (211 Maine).
- Community members are coming together to create community networks online. Please check on Facebook for Community List serves where you may be able to post a need you are having or identify other individuals who are willing to help.
  - Please remember, these volunteers may not have been back round checked or vetted. These are people coming together to help their community. When using these services, use extra precautions.
  - Do not give out any personal financial information (bank routing numbers, Social Security number, Medicare number, credit card information).
  - If someone you do not know is coming to your home, have them leave any items for you on the porch. You can speak to them through a window or on the phone.
  - Let a neighbor or trusted person know someone is coming and check in with them when they leave.
  - If something doesn't feel right, then stop and call the Southern Maine Agency on Aging for other ideas.

## Socialization

While it is important to practice social distancing it is important to avoid social isolation. This is a time for our community to be creative.

- Perhaps a phone pal, a friendly chat would be helpful. Many towns or the Southern Maine Agency on Aging can help you connect.
- Subscribe to the weekly Mind-Body-Spirit email newsletter through SMAA by emailing [agewell@smaaa.org](mailto:agewell@smaaa.org)
- Miss going to church – perhaps your service is online or has created a phone prayer circle. Or you could start one!

- It is okay to talk with our neighbors if we keep our 6 feet distance. Perhaps putting on some music and singing from our homes together.
- Perhaps this is a good time to write some cards – our emergency responders and health care providers could also use an appreciative note.

### What Else Should I know

- 211 Maine (dial 211) is the Community Resource for COVID 19.
- Be on the lookout for scams related to the Coronavirus and don't give out your personal information over the phone or on-line to sources that are unknown.
- Your doctor or mental health provider may not be doing in-person visits but they are available by phone.
- If you are struggling emotionally/mentally during this time, please reach out to the Intentional Warm Line, 1-866-771-9276, available 24/7 to talk with a trained peer support specialist or the state wide crisis line, 1-888-568-1112.