



COVID-19 RESOURCES FOR SENIORS

CITY & GOVERNMENT RESOURCES

Norfolk Cares Center: (757) 664-6510

Norfolk Alert: <https://www.norfolk.gov/list.aspx>

City Resource Guide: <https://www.norfolk.gov/4872/St-Pauls-COVID-19-Resource-Guide>

City of Norfolk, Department of Social Services, Adult Services: (757) 664-6123

Medicare <https://www.medicare.gov/medicare-coronavirus>

Virginia Department of Health (COVID-19): <http://www.vdh.virginia.gov/coronavirus/>

AARP <https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-facts.html>

COVID Vaccine Information & Registration: <https://www.norfolk.gov/covid19vaccine> or (757) 664-7478

AREA AGENCY ON AGING

Senior Services of Southeastern Virginia: (757) 461-9481

FOOD

- Meals on Wheels Program (Seniors) Call 461-9481 and speak with a resource specialist to get enrolled in the program.
- The Seniors Aging Gracefully and Southside Gems participants collaborating to give back to the community complimentary "We Care" packages! If you know of an elderly or disabled person that may need a package or for more info, send an email to: seniorsaginggracefully@gmail.com
- St. Mary's Soup Kitchen – Carry out: 12:15-1:30, Monday, Wednesday, Thursday and Friday
- St. Mary's Healthy Food Pantry Program: Monday, Wednesday, and Thursday 9:30am - 12pm
- The Y on Granby (Foodbank)
 - Tuesdays 5:30-7:30pm
 - Fridays 9:00am-11:00am2901 Granby Street, Norfolk, VA 23504
- Foodbank's Mobile Pantry Program: Mon-Thur 9:00–12:00 pm and 5:00-7:00 pm.
- Hunton YMCA: Grab and Go Meals served Monday through Thursday 9 AM to 12 PM
- Operation Blessings provides food bags: Thursday at 10 AM
- Norfolk Grocery Runs will coordinate and deliver groceries to the elderly and those with underlying health condition such as diabetes, asthma and lung, heart and liver disease. Individuals looking for help can call 757-598-1480, CoronaAid757@gmail.com or visit bitly.com/coronaaid757 to fill out a form. Transactions will be digital (Venmo, PayPal, CashApp paid directly to the errand runner for reimbursement), and the delivery drop-offs will be at the door with no physical interaction.

VETERAN RESOURCES

FAQs for Veterans about accessing health care benefits during this outbreak: <https://www.va.gov/coronavirus-veteran-frequently-asked-questions/>

MEDICATION RESOURCES



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- MacArthur Pharmacy: Has been providing free delivery services to Norfolk for 20 years. Will also provide mail order prescriptions, with the only additional cost being for postage. (757) 533-6566
<https://www.facebook.com/MacArthur-Pharmacy-132331653466700/>
www.macarthurpharmacynorfolk.com
- Atrium Pharmacy: Across from DePaul Hospital. Please contact the pharmacy to set up curbside pickup, (757) 278-2150. Does NOT currently offer delivery or mail order prescriptions.
- Bayview SRC Pharmacy: Provides free delivery prescriptions. Mail order prescriptions can be requested for an additional fee of \$7.00. (757) 819-4636
- Hague Pharmacy: Moving to CHKD due to construction. They offer free delivery and curbside pickup. Please call directly to schedule. (757) 622-0222 or <https://www.facebook.com/haguepharmacy/>
- Commonshare Rx Non-Profit Pharmacy: www.commonsharerx.org or (804) 416-6255

SOCIALIZATION

Health Wise Project: assistance with learning technology through Senior Services and Primeplus. Lucy Fyfe, Project Coordinator: HWPTeach@gmail.com or leave a message at (757) 524-1646

Virtual Exercise

- Primeplus Senior Exercises' YouTube channel:
<https://www.youtube.com/channel/UCRo6J4ufKj4GtoCQXYkR1yA>
- City of Norfolk's Neighborhood Network Channel - Forever Fit Classes
<https://podcasts.apple.com/us/podcast/tv-specials-city-of-norfolk/id398366655>
- Interactive Silver Sneakers Facebook Live Exercise Event
https://www.facebook.com/silversneakers/?_tn=%2Cd%2CP-R&eid=ARBJZyLan9rmlb2YzcyjOLSghVfVSAiWRtSzUyCJJT2JU2tdt153L2QNnncRSe80ZdChgFWbFWbqINxGF

Virtual Seminars, Support Groups and Other Activities

- Create a Facebook Watch Party – Connect with friends on Facebook and stream a video together
- Play Online Games (i.e. solitaire, bridge, candy crush, scrabble and more)
- Alzheimer Association Dementia Caregiver Resources – Trainings, Support Groups and Educational seminars – www.alz.org/training
- Virtual Stage at Virginia Stage Company - <https://www.vastage.org/virtual>
- Chrysler from Home - <https://chrysler.org/>
- Virtual Voyage at Norfolk Zoo - <https://virginiazoo.org/virtualvoyage/>
- Slover Library Workshops & Book Clubs - <https://www.sloverlibrary.com/calendar>
- Hermitage Museum & garden - Virtual Art Classes - <http://theheritagemuseum.org/visual-arts-school/>

Emotional Support Helplines

- Disaster Distress Hotline: (800) 985-5990, Available 24/7
- Norfolk Community Services Board Warm Line: (757) 664-6683, 8A – 9P
- National Suicide Prevention Hotline: (800) 273-8255, Available 24/7