



COVID-19 Resource Guide

ERS

Episcopal Retirement Services

We are all
in this
together.

And
we will
rise
to the
occasion.

Support Services

A Better Approach to Memory Care
Teresa Youngstrom
free online dementia support classes
<https://www.teresayoungstrom.com>

Mental Health First Aid Blog
<https://www.mentalhealthfirstaid.org/news-and-updates/>

Little Brothers/Friends of the Elderly
513.272.5555 - calls to lonely/elderly

Hyde Park Center for older adults
513.321.6816 - Susan/Social services

Jewish Family Services
513.769.-3333

Parish Health Ministries
Emergency food support, counseling, job services,
home care for older adults
513.271.9610

Battelle
will clean masks for healthcare at no charge
[https://www.battelle.org/inquiry/
offerings-and-services/covid-response](https://www.battelle.org/inquiry/offerings-and-services/covid-response)

Food Delivery/Pickup

ZoomFood - free delivery of groceries & supplies
www.zoomfooddeliver.com

Kroger, Target, Meijer - through APP

HOW TO CLICK TO PICK UP YOUR GROCERY LIST



1. LOG IN

First, go to the website of your grocery store of choice. And log in to your account. If you don't have an account it is free to sign up for one.



2. CHOOSE A LOCATION

The website may ask you to allow your location, or ask for your zip code. By putting in this information you will be able to choose the store closest to you or your preferred location.



3. CHOOSE A PICK UP TIME

Stores have set times they allow for pick up. Every one is different. By selecting the pick up time you are letting the store know when you will be coming to pick your groceries up.



4. BUY YOUR GROCERIES

Now you just have to pick what you want and pay for your cart. Keep in mind there may be a charge to groceries to pick them up. Some stores waive this charge if it's your first time.



5. PULL IN TO THE DESIGNATED SPOT

When it's time to get your groceries just pull into the designated delivery spot at the location you selected. A worker should bring your groceries out to you, and help you load your vehicle.



6. TAKE YOUR GROCERIES HOME

You should be all set! Take home your groceries and wash your hands.

Medication delivery

Pack Pharmacy.....	513.871.7770
Hart Pharmacy.....	513.471.1605
Tischbein.....	513.321.9282
Ruwe - NKY.....	859.291.8665

Stores with special hours for Seniors or At Risk

Big Lots: Stores open 9 a.m. - 9 p.m.

Costco: 8 - 9 a.m. Tuesday and Thursday

Dollar General: 8 a.m.

The Fresh Market: 8 am. to 9 am. on weekdays

Findlay Market: One-hour shopping period on
Wednesdays and Fridays

Kroger: The first hour stores are open (7 - 8 a.m.)
will be reserved on Monday through Thursday

Meijer: 7 - 8 a.m. on Tuesday and Thursday

Sam's Club: Tuesdays and Thursdays 7 - 9 a.m.
Also a "Shop from Your Car" service.

Target: Reserving the first hour of shopping every
Wednesday. Most area Target stores open at 8 a.m.

Trader Joe's: The first hour of daily shopping (9-10 a.m.)

Walmart: Hosting an hour-long “senior shopping event” every Tuesday aged 60+

Walgreens: Offering a “Senior Hour” on Tuesdays from 8 - 9:00 a.m. Customers 55+ will receive special discounts on Tuesdays.

Whole Foods: guests 60+ can start to shop at 7 a.m.

Outreach/Volunteer programs

Fillthetruck.org - partnering with COA for essential personal care items for seniors
513.721.1025

Letters to Vets
4545 Montgomery Road Norwood, OH 45212

Reaching out to seniors through Home Instead
www.readytocare.com

Jewish Family Services - Food packaging, deliveries, pick up food, sort/stock inventory, donate food/money
contact Beth Kotzin
513-766-3322

Jobs available
www.jobsearch.ohio.gov/wps/portal/gov/jobsearch

Neighbor match - for errands/grocery runs
<https://cincinnatimatch.wixsite.com>

Affordable Health Care for all incomes

Telehealth for smart phone/tablet/email
Medical personnel will direct how to use.

Ambrose H. Clement Health Center
3559 Reading Road, Suite 101
513.357.7300

- Accepting new patients/30 days out- City of Cincinnati primary care
- Telehealth for COVID patients- make an appointment, show proof of income billing for Telehealth based on the federal poverty guidelines/ insurance/ direct bill available

Braxton F. Cann Memorial Medical Center
5818 Madison Road
513.263.8750

- New patients right now? Yes, they are accepting new patients but they are scheduling out in May.
- Telehealth for COVID patients/non-patient call 357-7462 cost depends on insurance/copay

Bobbie Sterne Health Center (Elm Street)
1525 Elm Street
513.352.3092

- Accepting new patient /May schedule

-Telehealth for COVID patients- patients call/ set up time with nurse /will see a NP or the Dr. Payment is based on your insurance/income level.

Northside Health Center

3917 Spring Grove Avenue

513.357.7600

-Accepting new patients / scheduling out into May.

-TeleHealth for covid patients

Price Hill Health Center

2136 W. 8th Street

513.357.2700

-Accepting new patients / scheduling out into May.

-Telehealth for covid patients.

Dental Care

Bobbie Sterne Health Center

1525 Elm Street

513-352-2927

-Only taking patients who are having an emergency.

Ex. pain, swelling, etc.

Braxton Cann Memorial Health Center

5818 Madison Road

513-263-8711

-Temporarily closed during the coronavirus pandemic.

No walk in dental emergencies.

Crest Smile Shoppe

612 Rockdale Ave.

513-352-4072

-Office will take new patients when they open back up in May 2020.

Millvale at Hopple Street Health Center

2750 Beekman St.

513-352-3196

-Opens back up in May for new patients. Only dental emergencies right now.

Virtual Experiences

“Attend” one or all of 15 Broadway plays and musicals from the comfort of your own home.

<https://www.playbill.com>

Help kids, grandkids, nieces, and nephews keep their minds active with Audible’s Free Online Books.

<https://stories.audible.com/start-listen>

The Cincinnati Zoo’s Home Safari via Facebook Live,
The Cincinnati Art Museum Webcam, Wump Mucket Puppets via Facebook Live

Take a college-level course of your choice through the Public Library of Cincinnati and Hamilton County

<https://blog.cincinnati.library.org/Blog/greatcourses>

Show off your smarts at AARP's free-to-play online Bridge Game—plus a host of other virtual games.
<https://games.aarp.org/games/bridge>

Travel the world and beyond via amazing webcam sites. These include: The International Space Station, The Northern Lights, Yellowstone's Old Faithful, San Francisco's Fog Cam, Animal Cam, and many others.
<https://www.lifehack.org/articles/lifestyle/20-fascinating-webcams-you-can-watch-online-right-now.html>

Learn new ways to exercise and stay active—especially if you or a loved one are an older adult!
https://go4life.nia.nih.gov/workout-videos/?utm_source=NIA+Main&utm_campaign=3d0adcbcf0-20200325_go4life&utm_medium=email&utm_term=0_ffe42fdac3-3d0adcbcf0-7470585

How to Use the latest, greatest Connectivity Software and Apps, all in one site.
<https://www.candootech.com/howto-offerings>

Read practically any book you can think of at Open Library internet archive of books
<https://openlibrary.org>

Zoo Atlanta - Check out the zoo's live PandaCam.
<https://zooatlanta.org/panda-cam/>

Monterey Bay Aquarium - Watch sea otters, sharks, jellyfish and more.
<https://www.montereybayaquarium.org/animals/live-cams>

Greater Cleveland Aquarium - Watch the sharks, moray eels, stingrays, angelfish, and a giant barracuda in a 230,000-gallon shark exhibit.

<https://www.greaterclevelandaquarium.com/see-do/see/shark-cam/>

Cincinnati Zoo and Botanical Garden - Keep learning while the zoo is closed with a Home Safari video highlighting an animal each day along with an accompanying activity.

<http://cincinnati-zoo.org/home-safari-resources/>

Columbus Zoo and Aquarium - From A to Z, learn about more animals from this Columbus Zoo Animal Guide

<https://www.columbuszoo.org/guide/index.html>

Cincinnati Art Museum - Explore the museum's collections containing more than 67,000 works of art.

<https://www.cincinnatiartmuseum.org/art/explore-the-collection/>

Musee du Louvre - View some of the world's most famous masterpieces on display in Paris, France.

<https://www.louvre.fr/en/visites-en-ligne>

National Gallery of Art - Online exhibitions, video, and audio from the Middle Ages to the present.

<https://www.nga.gov/>

National Museum of the United States Air Force - Explore the history of military aviation including aerospace vehicles and missiles. <https://www.nationalmuseum.af.mil/Visit/Museum-Exhibits/>

“Heroes are Hard to Find...

When others runaway,
You're there, you stay,
When others turn their backs,
You're there, you attack,
We have no need to be afraid,
Because you're there, you stayed,
There's no doubt you have our backs,
You weren't scared, you attacked,
We love you all in our hearts and mind,
Through the darkness your true light shines,
Forever grateful, until the end of time,
We praise you all, because,
Heroes are hard to find..."

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