

A Message from The Senior Center of Leesburg

We think of you often while we are apart. Hope you are well.

April 1, 2020

A couple of updates:

- ◆ For now we will not be producing our monthly newsletter, but instead we will be sending out periodic e-newsletters through email to provide updates on our center and operating status, and links for interesting information and articles. If you do not already receive email from us please contact the center at 703.737.8039, to add your email address to the distribution list so that you can receive the e-newsletters and stay connected. You may visit our website at: <https://www.loudoun.gov/1181/The-Senior-Center-of-Leesburg>
- ◆ **FOOD:** If you are in need of a lunch meal or food in general, please call the center at 703.737.8039, so that we can assess the situation and figure out the best way to meet your needs.
- ◆ **COUNTY INFORMATION ON COVID-19:** For regular updates about the status of county facilities and information related to services and resources during the COVID-19 emergency, please visit www.loudoun.gov/coronavirus
- ◆ **GET OUTSIDE!!** Just because you are staying “home” does not mean you cannot get outside. If the weather permits, go for a walk or sit out on your patio/porch/deck or front stoop. It is important to get sunlight and fresh air.
- ◆ **VirginiaNavigator**-information and referral in the state of Virginia on all services www.virgininavigator.org. (They also list home care agencies and concierge services that you can pay to have prescriptions picked up or other errands completed).
- ◆ **SENIOR SHOPPING HOURS:**
 - www.cnbc.com/2020/03/19/coronavirus-how-senior-shopping-hours-work-at-stop-shop-other-grocers.html
 - Whole Foods**-1 hour of shopping at the beginning of each day-age 60 or older, 7:00-8:00am
 - Target**-First hour on Wednesdays for elderly or those with underlying health issues, 8:00-9:00am
 - Wal-mart**-First hour each Tuesday for 60+ customers after March 24th
 - Safeway**- (Albertsons company) every Tuesday and Thursday, 7:00-9:00am, for older adults and people at risk
- ◆ **Mom’s Meals**– www.momsmeals.com: Homemade meals delivered to your house. They also cater to special diets such as Diabetic/High Blood Pressure/etc.

◆ **Online Grocery Delivery or Curb Side Pick Up Services:**

www.amazon.com; www.walmart.com; www.instacart.com; www.harristeeter.com;
www.safeway.com; www.peapod.com

◆ **Food delivery:** local restaurants; www.ubereats.com; www.grubhub.com/

◆ **In the mail meal delivery** (requires cooking): www.blueapron.com;
www.hellofresh.com; www.purplecarrot.com; www.peachdish.com;

◆ **Loudoun County Department of Family Services-Emergency Food Delivery-**
Information and Referral Line: 703.777.0420 (for Loudoun County Residents)

◆ **Prescriptions:** You can try calling your current pharmacy to see if they will do curb side pick-up or mail delivery to your house. If your pharmacy does not, you can try to switch to another pharmacy that offers this service. You may also call customer service phone number on your prescription card to see if they have prescription mail delivery to your home.

Please stay informed, Stay Safe, Take Care of Yourself and check in on each other.

We miss you and we care about you, Erik, Cheryl, Sue, Joanna, Diane & Dave



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here

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