

Notes for Friday Conference Call, March 27th

- We miss you; get a pen or pencil and notepad if you want to take some notes. If you are charged for long distance on a landline (your home phone), this call may not be toll-free. Let us know if this is an issue for you.

Importance of Friendly Contacts. Hopefully in our period of maintaining distance from others you are still staying connected with family, neighbors and friends – by phone, Internet if you have access to this, by letter [maybe this is a time to get back to old fashioned letter writing.]

We are still making friendly calls if you told us you wanted one. If you want to be added to the list of people to check in with—contact either of our centers. You know the numbers but here there are just in case: Pittsboro: 919-542-4512; Siler City: 919-742-3975.

In addition, here are a couple of other resources that I gave you last week. I would like to know if any of you have used any of these lines, and if so, if you want to share anything about the call.

First, the NCBAM Hope line. It is available at 866.578.4673 (866.578.HOPE). They have expanding call lines to be open 7 days a week 9am-9pm during the COVID-19 outbreak. This is a statewide resource of NC Baptist Aging Ministries to offer older adults a friendly voice and someone provide a compassionate ear.

If you are depressed or in need of mental health services, call the **Cardinal Innovations Help-line** at 800-939-5911 (24/7).

The **Friendship Line** is offered 24 hours a day, 365 days a year by the nonprofit Institute on Aging at 800/971-0016. It is both a crisis intervention hotline and a comfort line for non-urgent calls.

Calls wanting to schedule Tax appointments

Again, we are no longer scheduling VITA appointments this tax season. The good news is that the IRS and State changed the date that your tax form is due from April 15th to July 15th. This change also applies to the payment of any taxes that you owe. Now, if you expect a tax refund, you may want to file your tax return sooner, if you haven't already.

Medical rides

We are still working through Chatham Transit to schedule essential medical rides. Before you call us though, contact your medical provider to be sure they still want you to come to their office. If they do and you need a Chatham Transit ride, you can schedule through Sigi Markworth by calling 919-542-4512.

Assistive Equipment

If you need assistive equipment (such as a walker, shower chair), you need to call 919-542-4512 and ask for Wynne Fields. She will try and schedule a time for the equipment pick-up, if we have it. You must call ahead of time—don't just show up seeking help.

What about Meals/Food?

Our first delivery of meals and incontinence supplies to Meals on Wheels recipients occurred on March 17 by volunteers (including our Board President Larry Ross). Our next delivery is scheduled for this coming Tuesday, March 31, when we will provide another supply of meals to all who requested help. Again protect yourself and that of the volunteers delivering the meals by practicing all of the good hygiene practices that have been emphasized so much:

Wash your hands often (soap is best) – especially if you go out or have visitors (do so by singing Happy Birthday twice); try not to touch your face; and keep your distance from others [I know that's hard.] We are requiring volunteers to use gloves and sanitizers—and strongly encourage them to try and keep their distance from those to whom they are delivering the meals. We are doing this for the protection of the meal recipients and the volunteers. No hugs or handshakes unfortunately!

Our first weekly delivery of meals and supplies to Congregate participants occurred this past Tuesday, March 24, with Chatham Transit drivers delivering these. Our next delivery will be next Tuesday, March 31. **Again wash your hands well because we want them to be clean before and after the transit drop off. Also don't forget to sanitize contact surfaces if you go out and return or have home deliveries. This includes door knobs, counter tops, and other surfaces.**

Let me pause and see if any of you who have received a meal from us wants to share anything about this.

If you need to be included on the list of those needing meals—please contact the Eastern Center (919-542-4512) or Western Center (919-742-3975) ahead of time to check on availability. We will do our best to assist.

Persons able to drive or have someone pick up meals for them—must also contact the Eastern Center (919-542-4512) or Western Center (919-742-3975) ahead of time to check on availability of meals and to schedule a time for pick-up. Again, we will try and help as best we can. We need to account for every meal and supply that we provide. So forgive our paperwork.

We are also still providing frozen meals for individuals who normally received them.

I'd also like to hear from anyone who went to one of the grocery stores offering a special time for seniors to shop. I think Susan Alston of our Western Center got up early on Tuesday to go to

Comments of Dennis Streets, Chatham CCCOA Director

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the Walmart in Siler City and had a good experience. Still, before going out to any store, call first to confirm that they are doing this for seniors.

Most recently, we have heard that Weaver Street Market (at Southern Village in Chapel Hill and other locations) has announced a new service for seniors. They will be launching online shopping with free curbside pick-up for seniors. This is similar to what some other local stores have now for pick-up, but it doesn't have the fee that some of the shops have. Again, though call your store first to see what opportunities for shopping they may be offering—whether home delivery, curb-side pick-up, or special shopping hours for seniors.

Also, my understanding is that Siler City Pharmacy is providing free home delivery for all the medications that it fills. But again, call first to confirm.

Incontinent Supplies

We are still able to provide incontinence supplies at this time, but can't guarantee how much you might get or how long it will continue. If you have questions about this, contact Wynne Fields at 919-542-4512. We thank the NC Diaper Bank for all they do to help make this possible.

SHIIP

All NC SHIIP/Medicare related calls are still being handled by the State SHIIP Office through their toll free line at 1-855-408-1212.

Activities

We have recorded several exercise classes that are now available on our website and Facebook for those who have access to the Internet. If folks are visiting our website and want to see the recordings of the workouts and get a playback of these conference calls, along with other activities and resources to help them stay engaged, connected and uplifted, click on the "Online & Distance Offerings" picture at the top of our homepage. Our website address is:

www.chathamcoa.org

I encourage all to try and get some exercise within your house or by taking a stroll around your yard. I think it's supposed to be nice weather this week-end. Listen to the birds, smell the flowers, enjoy the sun. Keep your mind exercising too—either working puzzles, reading, writing those letters to friends I talked about earlier. And keep your social contacts—call a friend to share memories and think about the time we can all be back together at our centers.

I do need to share some sad news:

Mr. Archie Palmer Adcock passed away on Monday. The brother of Carol Hammer, Archie will be missed by his many friends.

Also I was told that Tammy Dowdy passed on Sunday, just a few days after her father died.

We still get asked the question; *When are we opening back up?*

Again your guess is as good as mine. I am following information provided by scientists and public health officials—not politicians. My understanding is that it will only be when there are two consecutive weeks in NC when there are no new confirmed cases of the virus. Unfortunately, the number of cases in Chatham, NC and the nation will continue to rise in the foreseeable future. This is why we must all be smart and take proper precautions to protect ourselves and our entire community. Still, I repeat my promise that whenever we can open again, we will have a big celebration.

Census

Don't forget to participate in the Census. This is very important. We want every person counted—it makes a difference in our funding. Completing the Census online or by phone helps reduce health risk since there is no physical contact with a Census worker. It's the safer, smarter way to complete the 2020 Census.

Scams

Has anyone experienced what they thought might have been a scam or someone trying to take advantage of you?

Be aware of misinformation and scams—if you don't think that something is true—pause and check. It probably isn't. Call us if you need to.

Recent examples are:

- Selling phony products that don't exist or don't work
- Overcharging for goods in high demand, such as face masks or hand sanitizers
- Emails supposedly from the World Health Organization (WHO) or the Centers for Disease Control and Prevention (CDC) requesting personal information
- Bogus charities seeking donations

Just be smart and careful.

If anything like this is happening to you, let us hear from you so we can alert the Sheriff's Office.

Take care of yourself and let us know if we might be able to assist.

Remember to wash your hands often – especially if you go out or have visitors (do so by singing Happy Birthday twice); try not to touch your face; and keep your distance from others [I know that's hard.]

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I want to conclude this call by opening this up for any questions or comments. I'd love to hear your voice. If you want to say something, just state your name first.

I won't trouble you this week by singing...but when we are done talking...I will finish by playing another song that I like that I think fits this time. We will have another phone call this same time—10 am—next Friday.

In the meantime, again take care. Know that we at the Council on Aging will continue to work as hard as we can for Chatham seniors and their families.

Bruno Mars - Count on me

<https://www.youtube.com/watch?v=ZMsvwwp6S7Q>