



INFORMATION AND RESOURCES FOR SENIORS AND FAMILIES DURING COVID-19 EMERGENCY

Mill Creek Village is a volunteer-led, nonprofit charitable community services organization providing no-cost services to support older adult neighbors' efforts to "age in place" and foster positive intergenerational community connection in Mill Creek Towne in Derwood, Maryland.

Mill Creek Village (MCV)	240-686-5870 mctvillage@gmail.com
SENIOR CONNECTION	301-962-0820 www.seniorconnectionmc.org
MCV e-Newsletter	mct.comm.news@gmail.com
MCV Website	www.millcreekvillage.org

*We invite you to subscribe to MCV's electronic newsletter by sharing your e-mail address, visit our website and "LIKE" our "Mill Creek Village" **Facebook** page.*

I. GOVERNMENT INFORMATION SOURCES ABOUT THE CORONAVIRUS

- STATE (MD Public Health) - <https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx>
- COUNTY (MoCo DHHS) – <https://montgomerycountymd.gov/HHS/RightNav/Coronavirus.html>
- FEDERAL (CDC) - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

II. INFORMATION ON COVID-19 TESTING AND CARE

If you think you are ill and need medical care, you should seek medical attention. Call ahead before going so the provider can take precautions when you arrive. Testing guidelines from the Centers for Disease Control (CDC) change frequently. Please visit their site (as shown above) for updates on their guidance about who should be tested. Your physician or health care provider will assess your symptoms and determine if diagnostic testing for the COVID-19 virus is appropriate.

If your health care provider suspects COVID-19, he or she will coordinate testing with a commercial lab or the State's public health laboratory. While some commercial labs have the ability to analyze and report results to the patient or provider who ordered testing, the labs currently only perform the analysis and DO NOT collect specimens directly from patients. If you would like to speak with a nurse please call 240-777- 1755.

If you do NOT have a primary care physician:

- Call your local urgent care center to let them know to expect you before arriving. To reduce exposure of self and others, it is best to call to see about appointments or wait times.

If you do not have health insurance:

- Maryland Health Benefit Exchange has announced a Special Enrollment Period during Maryland's Coronavirus (COVID-19) State of Emergency. As of March 16, 2020, uninsured Maryland residents now have an additional opportunity to sign up for health coverage through Maryland Health Connection (MHC) at <https://www.marylandhbe.com/>, the state-based health insurance Marketplace

When should I come to the hospital?

- You should only come in to the hospital if you are experiencing severe breathing difficulties or potentially life-threatening symptoms.
- Prior to being aware of COVID-19, would your symptoms have prompted you to seek medical attention? If "No...", then please stay home and call your primary care physician. If "Yes...", or if you are instructed by your care provider, please go to your nearest Urgent Care, Emergency Provider, or dial 911.
- All 6 Montgomery County hospitals have expanded their triage capabilities. Why am I seeing tents outside of hospitals? See Hospitals in Montgomery County Prepare for COVID-19 Virus Spread at https://www2.montgomerycountymd.gov/mcgportalapps/Press_Detail.aspx?Item_ID=23987
- If you are sick with flu-like symptoms and go to an emergency room, you may be screened for COVID-19 and testing will be performed only if risk factors have been met.
- If your symptoms are mild, please stay home if you feel sick. To help reduce the spread of COVID-19, it is best to practice social distancing

What are other health information resources available to me?

- Hotline #211- The State of Maryland has set up a public hotline for questions about testing and potential exposure to COVID-19
- Hotline #240-777-1755- The Montgomery County Department of Health and Human Services hotline

III. SENIOR AND FAMILY RESOURCES

- **AARP Updates for Seniors** – <https://www.aarp.org/health/?cmp=CON-HEALTH-COVID19-031220>
- **Alzheimer's Association** – <https://www.alz.org/> - 24/7 Helpline 1.800.272.3900
- **Art with Heart: Creative Activities to Do with Kids at Home**
<https://mailchi.mp/artwithheart.org/creative-activities-to-do-with-kids-at-home?fbclid=IwAR0ieeeqLHro2luE40H8GbpKkvplujNoy08WrliEQGfxbCBypDgbnYIvoY>
- **Caregivers Action Network** – www.caregiversaction.org/
- **Caring Matters Support for Grieving and Hospice Support** – www.caringmatters.org
- **The Disaster Distress Helpline** (1-800-985-5990): A 24/7 toll-free, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. <https://www.samhsa.gov/find-help/disaster-distress-helpline>
- **Every Mind** - Support for Mental Wellness - <https://www.every-mind.org> or 301-738-2255
Every Mind welcomes volunteers to contact county residents in need of friendly calls and will provide training. If you are interested in volunteering, go to: <http://www.every-mind.org/get-involved/volunteer/>

Courtesy of Every Mind, here is a list of additional resources that may provide critical support to you and your family and help you navigate the stress and anxiety that many are experiencing.

1. [Manage Anxiety and Stress](#), from the Centers of Diseases Control (CDC).

2. [Managing Stress Associated with COVID-19 Virus Outbreak](#), by the National Center for Posttraumatic Stress Disorder (NCPTSD).
3. [Talking to Children About COVID-19 \(Coronavirus\)](#), by the National Association of School Psychologists (NASP).
4. [Five Ways to View Coverage of the Coronavirus](#), by the American Psychological Association (APA).
5. [Coping with Coronavirus Anxiety](#), by the Harvard Medical School.

- **Family Caregiver Alliance** - National Center on Caregiving – online support groups
<https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers>
- **MD State Dept. of Education - Child Care During COVID-19** -
<https://earlychildhood.marylandpublicschools.org/early-childhood-grants-programming-and-initiatives-maryland-during-covid-19-state-emergency>
- **MD Dept. of Aging Free Senior Check-In** - <https://aging.maryland.gov/Pages/senior-call-check-sign-up> or 1-866-50-CHECK (1-866-502-0560)
- **Mill Creek Village Senior Phone Check-In** – Contact us at 240 686 5870 or mctvillage@gmail.com Please contact us as well if you are interested in serving Mill Creek Towne as a Village volunteer for such calls and other services.
- **Montgomery County Aging and Disability Services** - <https://www.montgomerycountymd.gov/HHS-Program/ADS/ADSADSResourceUnit-p179.html> or 240-770-3000
- **Montgomery County Caregivers Support Program** - <https://moco-caregiver.blogspot.com/> See also Engage@Home on YouTube at - https://www.youtube.com/channel/UCJqcd7_1_7LejYrHWKU-lrw/about
- **Montgomery County Crisis Center** - <https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCS24hrcrisiscenter-p204.html> or 240-77--3000
- **Montgomery County General Information Call-In Number** – 240-770-0311 or Dial 311 for immediate concerns
- **Montgomery County Instructional Activities Center** (to enable continuous learning at home - <https://www.montgomeryschoolsmd.org/curriculum/contingency/>
- **Montgomery Parks COVID – 19 Updates** - <https://www.montgomeryparks.org/covid-19/>
- **Montgomery County Police (Derwood)** - 240 -733-5400 or dial 911 in emergency.
- **Montgomery County Fire Department (Washington Grove Station 28)** – 240-773-4728 or dial 911 in emergency.
- **Montgomery County Mental Health Services** – 240-777-1770
- **Montgomery County Senior Resources** – <https://www.montgomerycountymd.gov/senior/>
- **Senior Planet Montgomery** (Continuous Learning Opportunities for Older Adults) - <https://seniorplanet.org/locations/montgomery-county/>
- **Well Connected** (877-797-7299): A free program offering activities, education, support groups, and friendly conversation over the phone or online. <https://covia.org/services/well-connected/>

IV. OBTAINING ESSENTIALS

Senior Shopping Hours: To learn about the hours put aside for shopping at various supermarkets in the county by seniors and others at high risk, go to:

<https://www.montgomerycountymd.gov/HHS/Resources/Files/COVID19GroceryStores.pdf>

Grocery Delivery Services:

1. Giant Peapod - www.peapod.com
2. Safeway Up and Go – www.safeway.com and www.driveupandgo.safeway.com
3. Amazon – www.amazon.com
4. Shipt – www.shipt.com (Target-Owned) – good for Target, Weis Markets and Harris Teeter
5. Instacart – www.instacart.com good for several area supermarkets
6. Wegman’s Curbside Pick-up and Delivery - <https://www.wegmans.com/groceries-online/>
7. Whole Foods - <https://www.wholefoodsmarket.com/grocery-delivery-and-pickup> for Prime Members
8. Walmart – www.grocery.walmart.com
9. Freshdirect - <https://www.freshdirect.com/>
10. MANNA Food Center Pantries -- <https://www.mannafood.org/covidresponse/>

Meal Delivery Services:

1. Grubhub – www.grubhub.com
2. DoorDash – www.doordash.com
3. Chef Jess – www.chef-jess.com
4. EZCater – www.ezcater.com
5. Uber Eats – www.ubereats.com
6. MANNA Food Center Meals - <https://www.mannafood.org/covidresponse/>
7. Meals on Wheels of Rockville, Maryland - www.rockvillemealsonwheels.org

If you order groceries and meals, ask the delivery person to call you when they arrive and to leave your order outside your door – this is for your protection as well as the person making the delivery. Wipe down the packaging with sanitizer as best you can.

Restaurants and Eateries in the County Still Offering Meals Pick-up and/or Delivery

For a list of restaurant/eateries offering take-out services for pick-up, go to:

https://visitmontgomery.com/restaurant-directory/?fbclid=IwAR2Gvs-b48KJJoqP21UEyXifqyfJQ1Ik6W4iX3_aC0rRhVxurXOFsILBOyXE

V. MEDICATIONS DELIVERY FROM NON-SUPERMARKET PHARMACIES

1. CVS Delivery - <https://www.cvs.com/content/delivery> Some are waiving delivery fees.
2. Walgreens Rx Delivery - <https://www.walgreens.com/rx-settings/home-delivery-pharmacy>

Many supermarket-based and free-standing pharmacies now offer online ordering and delivery of medications. You are encouraged to call your pharmacy to find out if you can avoid driving over!

VI. TRANSPORTATION SOLUTIONS FOR SENIORS

Mill Creek Village: Before the public health emergency, Mill Creek Village volunteer drivers as part of the Senior Connection Network welcomed the opportunity to drive older adult residents of Mill Creek Towne to their various appointments. We are now limited only to medically essential appointments and grocery shopping for our elderly residents who have registered with us. Most of our drivers, however, are retirees themselves and therefore in the higher risk category for the virus.

If you are a Mill Creek Towne resident between the ages of 21 and 55 and are willing to help us fulfill requests, we would welcome your willingness to assist. Please contact us at 240-686-5870 or mctvillage@gmail.com. We may or may not call upon your services depending on demand, but we would be pleased to add you to our volunteer corps as back up even on a temporary basis during these challenging times. There is a vetting and training process for new volunteers that can be done virtually.

For other transportation options in the county, go to:

www.montgomerycountymd.gov/DOTTransit/seniors.html and then go down the page and click on the link highlighted in yellow and titled, ***“Available Transportation Options for Adults Over 50 and People with Disabilities During COVID-19 Health Crisis.”***

VII. HOME EXERCISE AND STRESS RELIEF

There are numerous videos on YouTube for exercising, relaxation and guided meditation videos for older and younger adults whether you are an avid exerciser or new to it. Here are some sites for recommended videos that Good Housekeeping has recommended and reputable sites with senior-oriented activities you can do from home. There are also many sources for free relaxing music downloads for de-stressing and falling asleep that can be downloaded from various sites.

- Good Housekeeping Magazine Recommended Home Video Workouts
<https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/>
- Give Fit Senior Fitness Workout Programs at Home (Free during the Health Emergency)
<https://givefit.org/log-in>
- NIH Go4Life - <https://go4life.nia.nih.gov/>
- My Active Senior – www.myactivesenior.com
- 8 Best Sources for Free Meditation Music - <https://www.herbalmindlife.com/best-free-meditation-music-sounds/>
- 20 Minute Mindful Meditation – Trust the Journey - <https://www.youtube.com/watch?v=wzXjpXMpoOk>
- Women’s Health Magazine Choices for Best Free Yoga Videos -
<https://www.womenshealthmag.com/fitness/g29264172/best-yoga-videos/>

VIII. SCAMS RELATED TO COVID-19

Scammers are taking advantage of fears surrounding the Coronavirus. Here are some tips to keep you and your money safe.

- Be suspicious of emails claiming to be from the Centers for Disease Control and Prevention (CDC), the World Health Organization (WHO), or other experts saying they have information on the virus.
- Ignore online offers or advertisements for vaccinations and cures for the Coronavirus.
- Don't answer unknown or blocked numbers. If you receive robocalls, hang up right away. Don't give any personal information or press any numbers. The recording may promise that pressing a number will stop the calls; however, it will likely just lead to more.
- Do your homework before making any donations. Scammers will use this time to take advantage of your generosity. Don't let anyone rush you into donating. If someone is asking for donations through gift cards or wired money, don't do it.
- Beware of online sellers claiming to have in-demand products, like cleaning, household, and health supplies. They may take your payment and never ship your order. They may also be selling items for a price far above their value. Do research on the before ordering anything. If everything checks out, make sure to pay by credit card and keep a record of your transaction.

For more information on scams and fraud, visit the Federal Trade Commission:

<https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing>