

COVID-19 RESOURCES

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for serious complications from COVID-19. Please take the necessary precautions and use the resources below. There are many things you can do at home to take care of your physical and mental health. **Please take care of your mind and spirit: CATH Social Workers are available to offer support and many more resources over the phone. Don't hesitate to call!**

Protect Yourself and Others:

- Maintain "Social Distancing" - keep 6 feet between you and others
- Wash your hands with soap and water frequently and thoroughly
- Avoid touching your eyes, nose and mouth (wash your hands if you do)
- Clean services of your home that you come in contact with
- Do not go out in public - call the **Center at 781-855-3629** if you have concerns about how to get groceries, meals or medical supplies.

Boost Your Immune System:

- Good nutrition (veggies, fruits and protein)
- Stay hydrated (drink plenty of water throughout the day)
- Sunlight and fresh air (grab a chair and sit outside or go for a walk)
- Social interactions (call a friend, call a neighbor or CALL US at **781-855-3629** and become part of our **Phone-Pal Program**).

CATH COVID-19 Support Programs:

- **Springwell Elder Services Lunch Delivery:** Signup and receive a cold boxed lunch Monday through Friday, delivered by Council on Aging drivers who will leave the meal at your doorstep. You must be 60 years of age or older to receive this service.)
- **Trader Joe's Grocery Delivery Service:** Receive a weekly bag of staple items from Trader Joe's. The bag will be delivered to your doorstep by Council on Aging drivers once a week. Please note, we are unable to accommodate specific requests or substitutions. Call the Council on Aging for more information and to register.
- **Phone-Pal Program:** The CATH has partnered with Youth and Family Services enabling student volunteers an opportunity to reach out and chat with older adults to minimize feelings of isolation and build community connection. Call us at 781-855-3629 to become part this new program.

Local Resources

- AARP Taxes. AARP TAX-AIDE has suspended operations. In response to the national emergency and to protect our employees, America's taxpayers, communities and our partners, the IRS has temporarily closed all Taxpayer Assistance Centers and discontinued face-to-face service throughout the country until further notice. Please call **781-855-3629** with questions or click go to https://www.aarp.org/money/taxes/aarp_taxaide/
- SHINE: In-Person appointments cannot be conducted at this time. If you need assistance with Medicare related issues, call **781-453-8076** and leave a message. Someone will return the call as soon as possible.
- Town of Needham, Public Health Division:
<http://www.needhamma.gov/85/Public-Health>
- Needham Community Council: 781-444-2415
<http://needhamcommunitycouncil.org/category/news/>
- Check out our Facebook page:
<https://www.facebook.com/NeedhamCouncilOnAging/>
- To get our daily CATH updates complete with suggestions for exercise, brain games, news updates, stress relievers and even some comic relief; email AKelley@needhamma.gov or call us at **781-855-3629 and leave a message with your name and email address.**

Shopping Resources

Roche Brothers

377 Chestnut St.
Needham, MA 02492
Store Hours: 8am-6pm
Senior Hours: 7am-8am
p. 781-444-0411

Stop and Shop

165 Needham Street
Newton, MA 02461
Store Hours: 7:30am-8pm
Senior Hours: 6am-7:30am

CVS Pharmacy

936 Highland Ave
Needham, MA
Store Hours: 7am-9pm
Senior Hours: 9:00-10AM
p. 781-453-0550

Sudbury Farms

1777 Highland Ave
Needham, MA 02494
Store Hours: 8am-6pm
Senior Hours: 7am - 8am
p. 781-449-9180

Trader Joes

985 Highland Avenue,
Needham, MA 02494
Store Hours: 10am-7pm
Senior Hours: 9am-10am
p. 781-449-6993

Walgreens

1478 Needham, MA 02492
Store Hours: 8am-9pm
Senior Hour: 8am-9am
p. 781-449-2270

Volante Farms

292 Forest Str.
Needham, MA 02492
Store Hours: 9am-4pm
Senior Hours: 9am-10am
p 781-444-2352
Limited Curbside Pickup:
Click [here for pickup form](#)

CVS Pharmacy

980 Great Plain Ave
Needham, MA 02492
Store Hours: 8am-9pm
Senior Hour: 9am-10am
p. 781-449-2270

Other Resources

- World Health Organization - For Coronavirus updates and information
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Center for Disease Control (CDC) - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Comcast is offering free internet for 60 days to help low-income families who may not have access to internet at home through its Internet Essentials program. The program's website says to apply by April 30. To see if you are qualified to apply, click <https://www.internetessentials.com/covid19> or call 1-855-846-8376.
- Senior Planet - For a list of "virtual learning" for technology or lifestyle tips go to seniorplanet.org.

Final Note

If you know of people who do not have computers, please call them and share any/all of the information contained in this document.