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Volunteer & Donation Opportunities

Food, Groceries & Shopping Community Resources

Free food distribution sites

Catholic Parish Outreach	<p>Free food available via curbside pick-up. Mondays, Wednesdays, and Fridays, 10 a.m. to 1 p.m. 2013 Raleigh Blvd., Raleigh 27604.</p> <ul style="list-style-type: none">• Clients may receive groceries once every 30 days.• Referrals are not needed during this time.• Process has changed some due to COVID-19: Upon arrival clients will be directed by a Traffic Monitor, then asked to call a phone number to be connected to an Interviewer (English and Spanish options available). The Interviewer will take information over the phone to create the order and will work with the client to determine if they can load their own groceries or if they need assistance. An Expediter will then deliver the order to the loading area.
Community of Hope Ministries	<p>Drive-thru food pantry and counseling. Tuesdays and Thursdays, 11 a.m. to 12 p.m. 3rd Thursdays, 6 to 7 p.m. 601 St. Mary's Street, Garner 27529.</p> <ul style="list-style-type: none">• Households are eligible once per month.• No sign-up required.• See here for more information.
Inter-Faith Food Shuttle and Food Bank of Central & Eastern NC	<p>Emergency food boxes for families available for pick-up at rotating sites. Fridays, 11 a.m. to 1 p.m. 4/17/2020 sites TBD.</p> <ul style="list-style-type: none">• First-come, first-served.• No ID is required to pick up a box.• Boxes will contain shelf-stable foods (dry goods and canned goods).• See here for more information.

Inter-Faith Food Shuttle	<p>Free food available for pick-up (via drive-thru) at rotating Wake County locations.</p> <p>Saturday 4/18/2020, 10 to 11 a.m., Zebulon Boys & Girls Club, 1320 Shepard School Rd., 27597 Tuesday 4/21/2020, 4:30 to 6:15 p.m., Wake Forest Baptist Church, 107 E. South Ave., Wake Forest 27587 Saturday 4/25/2020, 10 to 11 a.m., Praise Temple, 1329 US 70 Hwy, Garner 27529</p> <ul style="list-style-type: none">• Open to all community members.• Mixture of fresh produce and shelf-stable items.• All Mobile Markets are currently drive-thru only.• See here for more information.
North Raleigh Ministries	<p>Free food for North Raleigh residents.</p> <p>Mondays, Tuesdays, and Thursdays, 10:30 a.m. to 2 p.m. Wednesdays, 4 to 7:30 p.m. 9650 Strickland Rd., Suite 175, Raleigh 27615</p> <ul style="list-style-type: none">• Park in lot during hours listed, and call 919-844-6676, ext. 1, for curbside pick-up assistance.• Available to residents of zip codes 27604, 27609, 27612, 27613, 27614, 27615, and 27616.
Western Wake Crisis Ministry	<p>Free food pantry for Western Wake County residents, via curbside pick-up.</p> <p>Monday-Thursday, 11 a.m. to 2 p.m. (please do not arrive before 11 a.m.) 2nd and 4th Thursdays, 6:30 to 8 p.m. 1600 Olive Chapel Rd., Suite 408 (in the "540 Flex" Complex), Apex 27502</p> <ul style="list-style-type: none">• Available to residents of Apex, New Hill, Friendship, Holly Springs, and Fuquay-Varina.• Shopping inside the pantry is temporarily suspended.

For additional resources:

- **Wake County Food Pantries List:** Regularly updated list of Wake County food pantries operating during COVID-19. See [here](#).
- **Food Bank of Central & Eastern NC "Food Finder" Search:** Online [search database](#) to find food banks near you.

Food/grocery delivery or curbside pick-up

ALDI	Stores with grocery delivery for no extra charge (with coupon code). <ul style="list-style-type: none"> Free delivery on first 3 online orders of \$35 or more, through Instacart, with code SHOPALDI20.
Big Lots	Stores with curbside pickup for no extra charge. <ul style="list-style-type: none"> See more information here.
Carlie C's	Stores with grocery delivery for no extra charge (restrictions apply). <ul style="list-style-type: none"> Free delivery for customers age 65+ who live within a 5-mile radius of a store, ONLY for orders \$100 or more and must use code love65 at checkout to have the delivery fee waived. Effective through 6/30/2020.
FreshPoint	Low-cost grocery boxes for curbside pick-up in Morrisville (203 Trans Air Drive, 27560) <ul style="list-style-type: none"> Various boxes available, with prices from \$12 to \$35. See here and here for information on what is in the different boxes. To order, call 919-468-9441 or email fpraleighmarket@freshpoint.com. Orders are due by 12 p.m. for next-day pick-up. Payment is taken via credit card at pick-up. For households within 15 minutes of the pick-up location, delivery is available through GrubHub. Pick-up hours are 8 a.m. to 4:30 p.m. on Tuesdays and Thursdays, and 8 a.m. to 2 p.m. on Saturdays. Follow on Facebook for updates.
Mom's Meals	Home-delivered prepared meals. <ul style="list-style-type: none"> Self-pay rate is \$6.99/meal + \$14.95 shipping. Available in quantities of 7, 10, 14, or 21 meals. Breakfast, lunch, and dinner options. Call 877-508-6667 or see website for more information.
Walgreens	Stores offering free shipping on online orders for no extra charge (restrictions may apply). <ul style="list-style-type: none"> No minimum order.
Walmart	Stores with curbside pick-up for no extra fee. <ul style="list-style-type: none"> Order here and select the store closest to you in the "Pickup from" section.

Grocery/shopping/errand assistance

Center for Volunteer Caregiving, The	<p>Volunteer organization providing grocery shopping services and pharmacy pick-ups.</p> <ul style="list-style-type: none"> • Call 919-460-0567 to request help. • For Wake County seniors and at-risk individuals. • See here for other services provided by CVC.
CoronaCommunity.org	<p>Organization taking requests for delivery of meals, food, pet supplies and medicines.</p> <ul style="list-style-type: none"> • Request help online or call 919-459-5681. • For North Carolina seniors and at-risk individuals. Vetted volunteer organizations will respond to these requests locally. • See here for more services provided by CoronaCommunity.org.
Friends of Wake County Animal Center	<p>Organization taking request for temporary assistance with pet food, for people who have lost a job or have reduced income due to coronavirus-related closures.</p> <ul style="list-style-type: none"> • Apply Online. Applicants must live in Wake County. • Application does not guarantee assistance, but they will do their best to help as many pets as possible. • Email FWCACpetfood@gmail.com with questions.

Stores with designated shopping hours for high-risk populations

Big Lots	<p>First hour, daily, is reserved for 'senior citizens and those most vulnerable.' Check your local store for specific times.</p>
BJ's Wholesale Club	<p>8 a.m. to 9 a.m., daily, is reserved for members age 60 and older (effective 3/22/2020). Read more on Facebook.</p>
Carlie C's IGA	<p>7 a.m. to 8 a.m., on Sundays, is reserved for seniors age 60 and older.</p>
Dollar General	<p>First hour, daily, is 'strongly encouraged' to be reserved for senior shoppers (effective 3/16/2020). Read more here.</p> <ul style="list-style-type: none"> • Stores will be closing 1 hour early to allow for extra cleaning/stocking.
Fresh Market	<p>8 a.m. to 9 a.m., Monday-Friday, is designated for 'seniors and other individuals most at risk (those with chronic health conditions such as heart disease or diabetes).' Read more here.</p> <ul style="list-style-type: none"> • All customers and staff are required to wear cloth face coverings (effective 4/14/2020).

Harris Teeter	<p>6 a.m. to 7 a.m., on Mondays and Thursdays, in-store shopping is reserved for ages 60 and older (effective 3/23/2020). 9 a.m. to 2 p.m., on Thursdays, ExpressLane Online Shopping pick-up times will be reserved for seniors. Read more here.</p> <ul style="list-style-type: none"> • Every Thursday, shoppers ages 60 and older receive a 5% discount. • Stores will operate from 7 a.m. to 8 p.m. to allow for extra cleaning/stocking (effective 3/19/2020).
Publix	<p>7 a.m. to 8 a.m., on Tuesdays and Wednesdays, stores and pharmacies will be open for customers ages 65 and older.</p>
Roses	<p>First hour, daily, is 'strongly encouraged' to be reserved for 'seniors and at-risk customers' (effective 3/19/2020). Read more on Facebook.</p>
Target	<p>First hour, on Wednesdays, is designated for 'vulnerable populations' (effective 3/18/2020). See here.</p> <ul style="list-style-type: none"> • Stores will be closing early for extra cleaning/stocking.
Trader Joe's	<p>9 a.m. to 10 a.m., daily, there will be an additional line outside the front door for senior customers to 'ensure that those customers in need will have an expedited entrance to the store to help make their experience a more positive one' (effective 3/23/2020). Read more here.</p> <ul style="list-style-type: none"> • Stores will operate from 9 a.m. to 7 p.m. to allow for extra cleaning/stocking.
Walmart	<p>First hour, on Tuesdays, is designated for seniors age 60 and older (6 a.m. to 7 a.m. for most stores but check your local store's hours to confirm) (effective 3/24/2020). Read more here.</p> <ul style="list-style-type: none"> • Pharmacies and Vision Centers will be open during this time. • Stores will be adjusting operating hours to allow for extra cleaning/stocking.
Whole Foods	<p>First hour, daily, is designated for 'seniors age 60 and older' (starting 3/18/2020).</p> <ul style="list-style-type: none"> • Stores will close up to 2 hours early for extra cleaning/stocking.

Health & Wellness Community Resources

Activities/recreation

Dance for PD	<p>Free live-streamed dance classes for people with Parkinson's disease. Click here to tune in on the dates and times listed (scroll down to "Live classes and meetups"):</p> <p>Thursday 4/16/2020, 3 to 4 p.m.: Dance for PD® Friday 4/17/2020, 11 a.m. to 12 p.m.: Dance for PD® Saturday 4/18/2020, 11 a.m. to 12 p.m.: Pilates for PD Sunday 4/19/2020, 11 a.m. to 12 p.m.: Yoga for PD</p> <ul style="list-style-type: none">• During COVID-19 the organization is also providing free access to their full archive of previous classes.
Go4Life	<p>Online workout videos for older adults, from the National Institute on Aging. Topics include flexibility, balance, and strength. Videos range from 10 minutes to 60 minutes. Go here.</p>
NC Museum of History	<p>Free online "History at Home" offerings, including digital tours of exhibits, films, and podcasts.</p> <ul style="list-style-type: none">• Follow the museum on Facebook for future updates.
Northern Wake & Eastern Wake Senior Centers	<p>YouTube channel, NW & EW Senior Centers, with content including classes, workouts, information, and devotionals.</p> <ul style="list-style-type: none">• Subscribe to be notified about future videos.
Parkinson's Foundation PD Health & Home	<p>Weekly online events designed for the Parkinson's community to stay engaged while at home. Weekly events include Mindfulness Mondays, Wellness Wednesdays, and Fitness Fridays. See here for full details and to sign-up for future events and view past ones.</p>
Resources for Seniors 30-Day Connect Challenge	<p>An online 30-day challenge on Facebook to connect all of us through activities you can do while 'staying at home.' See the Facebook event page here and click "✓ Going" to sign up, and read the rules here. A new activity will appear daily (started 4/13/2020).</p> <ul style="list-style-type: none">• There will be a drawing at the end of the 30 days for prizes donated by RFS partners and friends. Once you sign up as 'Going' you will be automatically enrolled in the drawing.

Healthcare

<p>Doctors Making Housecalls</p>	<p>Primary care practice offering home visits to patients throughout the Triangle. Now offering virtual visits as well. Comprehensive care and urgent care appointments are available 7 days per week, often with same-day or next-day appointments. Lab work and many imaging studies are also provided in the patient's home, as needed. Call 919-932-5700 or 844-932-5700. See here for more information.</p> <ul style="list-style-type: none"> • A trip fee of \$105 is charged for home visits to private residences. • Accepts Medicare and many Medicare Advantage Plans, as well as Tricare, Medicaid, and private insurance. Will file insurance paperwork.
<p>Lilly Diabetes Solution Center</p>	<p>Emergency assistance with insulin for individuals with diabetes who are in urgent need during the COVID-19 pandemic. Call 833-808-1234.</p>
<p>Medicare (Centers for Medicare & Medicaid Services)</p>	<p>Medicare expanded coverage for telehealth services (effective 3/6/2020). All beneficiaries may now request telehealth services, as available, from a health care provider they have previously seen (or a provider in the same practice as a provider they have previously seen). Coinsurance (typically 20%) and deductibles apply. See here for more information and here for answers to FAQs.</p> <p>Medicare covers lab tests for COVID-19 (see here) and medically necessary hospitalizations for COVID-19 (see here).</p> <p>For information on applying for Medicare for the first time during COVID-19, go here and navigate to Getting Help from Social Security > Can I enroll in Medicare?</p>
<p>Silver Linings for Seniors</p>	<p>Mental health counseling practice specializing in services for seniors and caregivers. Conducting Telehealth sessions during COVID-19. See here for more information.</p> <ul style="list-style-type: none"> • See here for information on Silver Linings for Seniors' "All Things Seniors NC" Facebook group.
<p>WakeMed</p>	<p>Co-pay for virtual urgent care appointments is now \$15, through 4/30/2020 (was \$45).</p> <ul style="list-style-type: none"> • Go here for more information and to schedule a Virtual appointment. Enter code CARENOW on payment screen.

Prescription drug delivery (no delivery fee)

Ashworth Drugs	Free prescription drug delivery within Cary town limits. Call 919-467-1877 for details.
CVS	Waiving prescription delivery fees for current customers , 3/9/2020 to 5/1/2020 . See here for details. Other items can be added to a prescription delivery at no additional cost when ordering through the mobile app.
Falls River Pharmacy	Free prescription drug delivery to the Raleigh area. Can include over-the-counter items. Call 919-844-2055 or go to their website for details.
Hayes Barton Pharmacy	Free prescription drug delivery to the Raleigh area (within a 5-mile radius, inside the beltline) for adults ages 65 and older. Can include over-the-counter items. Call 919-832-4641 or go to their website details. <ul style="list-style-type: none"> For those under age 65, delivery is free for 3 or more prescriptions (otherwise charge is \$5).
Health Park Pharmacy	Free prescription drug delivery to the Raleigh area. Can include over-the-counter items. Call 919-847-7645 or go to their website for details.
HealthSmart Pharmacy of Garner	Free prescription drug delivery throughout Wake County . Call 919-772-6902 or go to their website for details.
HealthSmart Pharmacy of Wake Forest	Free prescription drug delivery to the Wake Forest area. Call 919-569-0550 or go to their website for details.
Holly Park Pharmacy	Free prescription drug delivery throughout Wake County . Call 919-865-9993 or go to their website for details.
Josefs Pharmacy	Free prescription drug delivery to the Raleigh area. Call 919-212-2555 or go to their website for details.
Person Street Pharmacy	Free prescription drug delivery to the Raleigh area. Call 919-832-6432 or go to their website for details.
Village Pharmacy of Wake Forest	Free prescription drug delivery to the Wake Forest area. Call 919-556-2757 or go to their website for details.
Walgreens	Free shipping on prescription refills through Walgreens Express. See here for details. Restrictions apply.

Wendell Drug	Free prescription drug delivery to the Wendell area. Call 919-365-8800 or go to their website for details.
Zebulon Drug	Free prescription drug delivery to the Zebulon area. Call 919-269-7481 or go to their website for details.

Information & Tips Community Resources

Information & tips for older adults and adults with disabilities

AARP	Tele-Town Halls, online and via phone, Thursdays at 1 p.m. Experts share information about COVID-19 and how to protect yourself and your family. Call-in by dialing 855-274-9507 or listen to the live stream here . 4/16/2020 topic: "Coronavirus: Telehealth"
America Cancer Society	Information about COVID-19 and cancer, via live chat or 24-hour helpline at 800-227-2345. <ul style="list-style-type: none"> Online information about COVID-19 and cancer is available here.
Centers for Disease Control and Prevention	Online information about COVID-19, specialized for older adults and for cancer patients and survivors . Check back regularly for updates.
Hearing Loss Association of America (HLAA)	Articles with information about COVID-19 especially for hearing-impaired individuals. <ul style="list-style-type: none"> "How Do I Communicate with Doctors, Nurses, and Staff at the Hospital During COVID-19?" Online, here. "7 Tips to Maintain Hearing Health Care Amid COVID-19" (collaboration with The Hearing Journal). Online, here.
Michael J. Fox Foundation for Parkinson's Research	Webinar: "Living in the Moment when the Moment Is Unprecedented." Expert panelists will discuss strategies, including mindfulness and meditation, to care for yourself and your loved ones while living with Parkinson's in a time of uncertainty. Thursday 4/16/2020 , 12 to 1 p.m. Register here .
Parkinson's Foundation	Online information on Coronavirus & Parkinson's. See here . Includes a downloadable " PD Hospitalization and Coronavirus Preparedness Fact Sheet " to share with healthcare professionals if you are hospitalized during COVID-19.

Social Security Administration	<p>BE AWARE OF FRAUDULENT LETTERS, TEXTS, OR PHONE CALLS THREATENING SUSPENSION OR DISCONTINUATION OF BENEFITS.</p> <p>Social Security benefits will NOT be suspended or discontinued due to COVID-19. If you receive any communication stating otherwise, DO NOT share personal information, and you are encouraged to report such communications here.</p> <ul style="list-style-type: none"> • See their COVID-19 Information page online, here. • Subscribe to COVID-19 updates, via email or text, here.
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Information & tips for caregivers

ABC11 Caregivers Corner	News, information, and tips for caregivers. Go here to see the latest content.
Alzheimer's Association	<p>Online information, "Tips for Dementia Caregivers during COVID-19," here. Includes tips for family caregivers and for caregivers of individuals receiving in-home services and those in assisted living.</p> <ul style="list-style-type: none"> • Call the Alzheimer's Association 24/7 Helpline, 800-272-3900, with additional questions.
Aware Senior Care and Friends	<p>Webinar series. Presenters include experts from local aging service provider partners. See here for more information.</p> <ul style="list-style-type: none"> • 4/21/2020, 11 a.m.: "Dealing with the Challenges of Dementia Care During the COVID-19 Crisis." Register here. • 4/23/2020, 11 a.m.: "What to Do When Your Elderly Parent Refuses Home Care." Register here. • 4/28/2020, 11 a.m.: "Move & Stay Strong During the COVID-19 Pandemic." Register here.
Centers for Disease Control and Prevention	Specialized information available online for caregivers . Check back regularly for updates.
Dementia Alliance	<p>3-part video series, "Managing Life With Dementia During COVID-19," on YouTube.</p> <ul style="list-style-type: none"> • Subscribe to be notified about future videos. • Call 919-832-3732 with further questions.
Duke Today	Online article: "How to Support Older Relatives During the COVID-19 Outbreak." Online, here . Tips from Cathleen Colón-Emeric, Chief of the Division of Geriatrics at the Duke School of Medicine, and Bobbi Matchar, Director of the Duke Dementia Family Support Program.

Guiding Lights Caregiver Support Center	Support and information about resources for family caregivers. Call 919-371-2062 or email info@guidinglightsnc.org . See their website for more information.
Home care resources	See here for a resource list of Home Care Services in Wake County, and here for a Guide to Choosing an Agency.

Information & tips for all populations

Benefits.gov	Article: "Finding the Right Help During the COVID-19 (coronavirus) Outbreak." Online, here . Includes basic information on unemployment benefits and healthcare coverage options.
Coronavirus.gov	Online screening tool for COVID-19 symptoms. Website is a collaboration between the White House, the CDC, and FEMA.
GoodRx	Online COVID-19 symptom screening via 15-question online chat based on CDC guidelines. Staffed by US-based doctors and nurses.
NAMI	Downloadable NAMI COVID-19 Resource and Information Guide to answer frequently asked questions regarding COVID-19 for people affected by mental illness, their caregivers and loved ones. The guide features FAQs on a variety of topics from managing anxiety and social isolation to accessing health care and medications. <ul style="list-style-type: none"> • Call the NAMI HelpLine, Monday-Friday, 10 a.m. to 6 p.m., at 800-950-6264 for further information.
NC 211	24/7 Information Line for information and referral services for help related to COVID-19. Call 2-1-1 or 888-892-1162. <ul style="list-style-type: none"> • For all NC residents. • Free, confidential, and available in many languages. • Can also search for resources on their website.
NC Dept. of Health and Human Services	Text COVIDNC to 898211 to get regular COVID-19 updates via text.

NC Poison Control & NC Dept. of Health and Human Services	<p>24/7 COVID-19 Call Center. Call 866-462-3821 if you have questions about COVID-19 symptoms, how to assess and reduce your risk of catching the virus, and/or what to do if you suspect you have it.</p> <ul style="list-style-type: none">• Staffed by NC Poison Control officials.• Press 1 for English or to ask for a language interpreter. Press 2 for Spanish.• Online chat option also available. Go here and select "Chat."
Wake County Human Services	<p>COVID-19 information via phone or email. Call 919-856-7044 or email covid19.questions@wakegov.com if you have specific questions about COVID-19 and your risk.</p> <ul style="list-style-type: none">• Inquiries are responded to by the Public Health Team within one business day.• Online information also available, in English and Spanish.

Support Community Resources

Benefits

DoNotPay	<p>iPhone application to help file Unemployment Benefits applications. Free. See website.</p>
NC Dept. of Commerce (Unemployment Benefits)	<p>Apply for unemployment benefits online (24/7) or contact the Customer Call Center at 888-737-0259 (Monday-Friday, 8 a.m. to 4:30 p.m.).</p> <ul style="list-style-type: none">• Call Center is experiencing an extremely high call volume. The fastest and most efficient way to file a claim is online.• If you are temporarily out of work due to COVID-19, or if your working hours have been reduced due to COVID-19, choose 'coronavirus' as your reason for separation when filing your claim.• See here for a tip sheet on Filing for Unemployment Insurance Benefits Due to COVID-19.• Once you file a claim, it will take about 14 days to receive your first payment.

US Dept. of the Treasury and the IRS COVID-19 Economic Impact Payments (Stimulus Checks) UPDATED 4/15/2020

The Treasury will make one-time payments (of \$1200 for most people) during COVID-19, based on the CARES Act Economic Impact Payments (stimulus checks) guidelines.

Recipients of Social Security retirement, Social Security Disability (SSDI), survivor benefits, or Railroad Retirement benefits:

- **who do not have children under age 17** do *not* need to take any action to receive payment. They will automatically receive it the same way they receive their social security payments (via direct deposit or paper check). **Exception: new beneficiaries** since 1/1/2020 who did not file a tax return for 2018 or 2019 should go to the IRS's [Non-Filers website](#) to enter their information to be sure to get your payment.
- **who do have children under age 17** should go to the IRS's [Non-Filers: Enter Payment Info](#) page to provide information about themselves and their children to see if they qualify for an extra \$500 per dependent child.

Recipients of Supplemental Security Income (SSI) or veterans disability compensation, pension or survivor benefits from the Dept. of Veterans Affairs:

- **who do not have children under age 17** do *not* need to take any action to receive payment (as of 4/15/2020).
- **who do have children under age 17** should go to the IRS's [Non-Filers: Enter Payment Info](#) page to provide information about themselves and their children to see if they qualify for an extra \$500 per dependent child.

Other notes:

- The IRS's [Get My Payment](#) feature lets taxpayers check on their payment date and provide and/or update direct deposit information.
- Go [here](#) for the IRS's eligibility requirements and other information about Economic Impact Payments. Go [here](#) for the Social Security Administration's answers to FAQs (go to [Monthly Benefits and Other Financial Help > How do I get my COVID-19 economic impact payment?](#)).
- The Social Security Administration will not consider COVID-19 payments as income for SSI recipients, and the payments will be excluded from resources for 12 months.

Counseling hotlines

Hope4NC Helpline

24/7 mental health resource to support North Carolinians during COVID-19. Call 855-587-3463.

- From the NC Dept. of Health and Human Services.

SAMHSA Disaster Distress Helpline

24/7 crisis counseling and emotional support for stress, anxiety, depression, and depression-like symptoms. Call 800-985-5990, or text TalkWithUs to 66746. See [here](#) for more information.

- Multilingual and confidential. Available to residents of all United States and territories.

Phone-based social connection and reassurance programs

Center for Volunteer Caregiving, The	Telecare. Volunteers provide telecare check-in phone calls to Wake County seniors and at-risk individuals. Call 919-460-0567 to request help.
CoronaCommunity.org	Wellness checks. Wellness checks provided by vetted volunteer organizations. Request help online or call 919-459-5681.
NC Baptist Aging Ministry “Hope Line”	Support line. Trained staff and volunteers are available Monday-Friday, 9 a.m. to 9 p.m. Call 866-578-4673. Especially for older adults experiencing isolation due to social distancing.
Right at Home Social Connection Program	Reassurance calls. Daily reassurance calls to individuals who live alone. Call the Wake & Johnston County office, at 919-783-5633, for more information or to share the name and contact information of a friend, relative, neighbor, or someone you are concerned about.
SAGE Central North Carolina Buddy-to-Buddy Phone Program	Friendly phone calls. Friendly phone call program for LGBTQ seniors. Click here to fill out an interest form if you would like to receive calls. Volunteers making the calls are not counselors or therapists, but members of the LGBTQ community who want to reach out to community seniors during this time of stress.

Virtual support groups and community connections

AARP Community Connections	Informal online organizing tool that enables seniors to find and start virtual “mutual aid” groups to help stay connected, share ideas, and help those most affected by the Coronavirus. See here .
Dementia Alliance	Register here to sign up for a virtual caregiver support group. Call 919-832-3732 with further questions.
Duke Dementia Family Support Program	Virtual support groups for caregivers and families of people with dementia. See here for full listings and more information.

<p>NAMI Wake County Virtual Support Groups</p>	<p>Virtual NAMI Connections Support Groups for Recovery (Wednesdays from 7 to 8:30 p.m.) For diagnosed adults 18 and older who have concerns and want to explore options for change and recovery. Register here.</p> <p>Virtual NAMI Family Support Group (Tuesdays from 7 to 8:30 p.m.) For adults 18 and older who are caring for a diagnosed family member. Register here.</p> <p>Virtual Support Group for Stress and Anxiety (Mondays from 6 to 7 p.m.) For those who experience a mental health condition and for family members. Register here.</p> <ul style="list-style-type: none"> • Registration is required.
<p>NAVIGATING 2020 TOGETHER online community events</p>	<p>Join hosts from NAVIGATE NC for a series of online community events (join online via Zoom or via phone), help on Thursdays, for sharing the challenges, triumphs, and needs many are facing, and resources and remedies.</p> <ul style="list-style-type: none"> • Next session 4/16/2020 at 1 p.m. Follow NAVIGATE NC on Facebook for updates about next sessions.
<p>Resources for Seniors Virtual Parkinson's Support Group</p>	<p>Parkinson's Support Group via Zoom: Wednesday 5/6/2020, 1 to 2:30 p.m. Call or email Heather Arcuri for more information: 984-232-4523, carysc@rfsnc.org</p>
<p>Silver Linings for Seniors All Things Seniors NC</p>	<p>Facebook group to engage in discussions, share resources, ask questions, provide answers, and connect each other in our communities to help our seniors and loved ones. Go here to join the group.</p>
<p>UNC-CH Movement Disorder Clinic Chapel Hill PD Support Group</p>	<p>Support group for persons with Parkinson's Disease and their care partners is now online via Zoom.</p> <p>Next meeting: Tuesday 4/21/2020, 1:30 to 3 p.m. Discussion topic: "Giving ourselves space: Mindful living during unsettled times."</p> <ul style="list-style-type: none"> • Registration is required. RSVP by 4 p.m. Monday 4/20/2020 by emailing Jessica at jshurer@neurology.unc.edu.

Changes & Closures

A-B

Provider	Date Notified	Change / Notes
AARP Tax-Aide Program	3/16/2020	<p>Service suspended at all sites until further notice.</p> <p>Possible alternatives:</p> <ul style="list-style-type: none"> The IRS Free File program offers free federal tax returns depending on income (fees for state returns may still apply). Go here for more information. Some VITA sites may still be open; search here and call to confirm. The State Employees Credit Union offers a low-cost tax preparation option FOR MEMBERS ONLY. See here for more information.
Anne Gordon Center for Active Adults	3/15/2020	Closed for at least two weeks.
AT&T	3/18/2020	<p>Suspending terminations of wireless, home phone, and broadband service. If you need help, call and ask.</p> <p>Waiving late fees. If you need help, call and ask.</p> <ul style="list-style-type: none"> AT&T is also providing free access to its public WiFi hot spots.

C-D

Provider	Date Notified	Change / Notes
Campbell Senior Law Clinic	3/26/2020	Not taking new cases at this time.
Cary Senior Center	3/11/2020	Closed until further notice.
Cary Total Life Center	3/16/2020	Closed until further notice, effective 5 PM 3/17/2020.

Catholic Parish Outreach	3/17/2020; 3/25/2020; 4/9/2020	<p>Food pantry operations re-opened as of Friday 4/10/2020. See food (free) section for details.</p> <p>Services that can be provided remotely will continue.</p> <ul style="list-style-type: none"> See here for more information.
Center for Volunteer Caregiving, The	3/19/2020	<p>Modified registration process to make it easier for individuals to receive help right now. Requests are being taken for telecare check-in phone calls, grocery shopping services, pharmacy pick-ups, etc. Call 919-460-0567 if you know of someone who is isolated and in need of help.</p> <p>Hold on in-home assessments for a few weeks. Volunteers are continuing to help current clients, and requests to help are still being received.</p> <p>Services are designated for seniors (age 60 or older) and adults with disabilities who are Wake County residents and who are unable to leave their homes or do not want to leave their homes at this time.</p>
Comcast	3/18/2020	<p>Suspending internet disconnections and late fees. If you need help, call and ask.</p> <p>Comcast is also offering free access to its Xfinity WiFi hot spots, including for non-subscribers, for 60 days.</p>
Dementia Alliance	3/12/2020; 3/29/2020	<p>Office closed. Phone lines remain open, Monday-Friday, to provide resources to caregivers of people with dementia.</p> <p>'Charting the Course' gala postponed To August 1.</p> <p>See the Support section for additional resources.</p>
Dominion Energy	3/23/2020	<p>Suspending disconnections. Will also work with customers whose services were recently shut off, to restore services. If you are facing financial difficulties, please call 866-366-4357, Monday-Friday 8 a.m. to 5 p.m.</p> <p>Customers who typically pay bills in person are being asked to pay online, by mail, by credit card or debit card payment, or via automatic bank draft.</p>
Dorcas Ministries	3/12/2020; 3/23/2020; 3/26/2020	<p>Client services continues to serve residents of Cary and Morrisville with food and/or financial assistance. Online applications are encouraged. See here.</p> <p>Thrift shop is closed until further notice, effective 3/17/2020.</p> <p>Donation drop-off area is closed until further notice, effective 3/26/2020 at 3 PM. (Food donations are still accepted, see the Volunteer & Donation opportunities section, here for details).</p> <ul style="list-style-type: none"> Check here for information on further updates.

Duke Energy and Piedmont Natural Gas	3/17/2020	<p>Suspending disconnections, effective 3/13/2020.</p> <p>Waiving late payment fees and fees for returned payments, effective 3/21/2020 and lasting until the State of Emergency is lifted. Also waiving fees for payments via credit or debit card.</p> <p>Applies to all home and business accounts in NC. They will continue to read meters and send bills. Customers should continue to pay what they can. See here for more info.</p>
Duke Dementia Family Support Program	4/14/2020	<p>Many support groups have gone virtual during COVID-19. See here for details.</p>

E-F

Provider	Date notified	Change / Notes
Eastern Wake Senior Center	3/17/2020; 3/27/2020	<p>Building is closed, effective 3/18/2020.</p> <p>Streaming programming online on Facebook ('Follow' to stay tuned), and on the new NW & EW Senior Centers YouTube channel. Subscribe to be notified about future videos.</p>
Eastern Wake Total Life Center	3/16/2020	<p>Closed until further notice, effective 5 PM 3/17/2020.</p>
Evergreen Adult Day Services	3/16/2020	<p>Closed until further notice, effective 3/17/2020.</p>
Eye care providers	4/6/2020	<p>Following guidance from the CDC and NC Board of Optometry, in general eye care offices are postponing routine eye care appointments and are open for emergency appointments only. Reasons for an emergency appointment may include:</p> <ul style="list-style-type: none"> • Infection • Injury/trauma • Change in vision (vision loss; flashes; new or increased floaters) • Pain, redness, or sensitivity to light • Lost or broken eyewear • If you have questions, call your provider's office to speak to an eye doctor.

Five Points Center for Active Adults	3/15/2020	Closed for at least two weeks.
Food Assistance Program (Food Stamps; SNAP)	3/31/2020	Benefits for current recipients will increase in April to the maximum entitlement for the household size. Beneficiaries don't need to do anything to receive this benefit, and they will notice the increase by mid-April.

G-H

Provider	Date Notified	Change / Notes
Garner Senior Center	3/13/2020	Closed until further notice.
Garner Total Life Center	3/16/2020	Closed until further notice.
Glade Adult Day Center, The	3/16/2020	Closed for at least two weeks. <ul style="list-style-type: none"> Directory Mary Arthur is available via phone or email: 919-447-4494, marthur@glenaire.org.
GoCary Door to Door	3/22/2020; 3/24/2020; 3/25/2020	Tier 1 Door to Door trips continuing, with fares suspended , effective 3/23/2020. Tier 2 and Tier 3 Door to Door trips continuing with some limitations. Reservations for medical appointments, grocery store, pharmacy, and work trips are eligible. Trips will be single occupancy whenever possible. Reservation requests may be made for next day service and up to 7 days in advance. <ul style="list-style-type: none"> Those interested in applying for GoCary Door to Door (new applications) can download the application here. Print and mail completed applications to the P.O. Box listed on the application (not the Cary Senior Center), or scan and email to YourRideMatters@townofcary.org. (If you do not have internet access, leave a message for Brittany Goode, Transportation Program Coordinator, at 919-653-7141 for assistance).

<p>GoRaleigh</p>	<p>3/23/2020; 3/30/2020</p>	<p>Fares waived, effective 3/23/2020, until further notice.</p> <p>Rear boarding only, except for those with ADA needs, effective 3/23/2020.</p> <p>Some adjusted services: most routes will run on a weekend schedule on weekdays (routes serving hospitals and other essential facilities will continue to operate on a regular schedule), effective 3/30/2020. See here for more information and follow on Facebook for updates. Go here to sign up for email alerts about specific routes.</p> <ul style="list-style-type: none"> • Only essential trips should be made right now (accessing necessities such as food and medical care; getting to essential sector jobs). • Call the Regional Information Center, 919-485-7433, with any questions.
<p>GoRaleigh Access</p>	<p>3/24/2020; 3/31/2020; 4/2/2020</p>	<p>Fares waived.</p> <p>Adjusted service: Starting 3/25/2020, GoRaleigh Access service will be limited to life-sustaining trips such as medical appointments, trips to the grocery store, and other essential errands. Follow GoRaleigh on Facebook for updates.</p> <p>Recertification paperwork is still being mailed out to current riders. Those who receive this should fill out and return the paperwork; recertifications are being conducted via phone. If they are not able to reach their physician (for Part B), they should submit the paperwork regardless. No one's services will be discontinued.</p> <ul style="list-style-type: none"> • GoRaleigh Access provides transportation for persons with disabilities who have completed the application and evaluation process. • Those interested in applying for GoRaleigh Access (new applications) are advised to hold off until the Stay at Home order ends and City of Raleigh offices reopen.
<p>GoTriangle</p>	<p>3/30/2020</p>	<p>Fares waived.</p> <p>Rear boarding only, except for those with ADA needs.</p> <p>Adjusted service: starting 3/30/2020, all routes will run on Saturday-level service on weekdays and Sunday-level service on weekends. See here for more information and follow on Facebook for updates. Go here to sign up for email alerts about specific routes.</p> <ul style="list-style-type: none"> • Only essential trips should be made right now (accessing necessities such as food and medical care; getting to essential sector jobs). • Call the Regional Information Center, 919-485-7433, with any questions.

GoWake Access	3/30/2020	<p>Fares waived through 4/30/2020. Running 6 a.m. to 6 p.m.</p> <ul style="list-style-type: none"> Reserve a ride 24 hours in advance by calling 919-212-7005 (call Monday-Friday 7 a.m. to 2 p.m.). Only essential trips should be made right now (accessing necessities such as food and medical care; getting to essential sector jobs). Call the Regional Information Center, 919-485-7433, with any questions.
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I-J

Provider	Date Notified	Change / Notes
Inter-Faith Food Shuttle Grocery Bags for Seniors Program	3/17/2020; 3/25/2020	<p>Some changes. Monthly deliveries are continuing to current buildings according to building manager approval.</p> <p>Volunteers are no longer delivering bags (staff only).</p>
IRS (federal taxes)	3/21/2020	<p>Federal tax filing deadline now July 15. You do not have to file your federal tax return, or make payments, until July 15th.</p> <ul style="list-style-type: none"> If you already filed a federal return and scheduled a payment for April 15th, you can call the IRS, at 888-353-4537, and cancel it.

M-N

Provider	Date Notified	Change / Notes
Meals on Wheels of Wake County	3/18/2020; 3/21/2020; 3/24/2020; 3/30/2020	<p>For current clients, service has shifted to frozen meal delivery, effective 3/31/2020. Deliveries of 5 frozen meals will take place once per week.</p> <p>No new being clients added right now. Applications still being accepted online, here. They will hold your application and a staff member will contact you, once the COVID-19 crisis is over, to discuss your application. In the meantime, please see the Food (free) resources for other local resources for meals, and call Resources for Seniors if needs are not met elsewhere.</p> <ul style="list-style-type: none"> Call 919-833-1749 with questions.

NC Assistive Technology Program	4/1/2020	<p>Loan program suspended for Raleigh AT Center. Effective 3/11/2020, Raleigh Center will be suspending the device loan program due to COVID-19. All items currently on loan will be extended through 4/30/2020.</p> <p>AT Exchange Post being coordinated remotely. Leave a voicemail for Frank Harden at 919-859-8360.</p>
NC Dept. of Revenue (state taxes)	3/21/2020	<p>State tax filing deadline now July 15. You do not have to file your state tax return, or make payments, until July 15th.</p> <ul style="list-style-type: none"> • Go here for more information. For more information call NCDOR at 877-252-3052. • Taxpayers are encouraged to use online services to file their taxes this year. See options for filing for free, online, here.
NC Electric Cooperatives (Wake Electric)	3/20/2020	<p>Suspending disconnections for late or non-payments. Will work with members with other concerns on a case-by-case basis.</p> <ul style="list-style-type: none"> • For more information call 919-872-0800, press "0", and ask for Kyle.
Northern Wake Senior Center	3/17/2020; 3/27/2020	<p>Building is closed.</p> <p>Streaming programming online on Facebook ('Follow' to stay tuned), and on the new NW & FW Senior Centers YouTube channel. Subscribe to be notified about future videos.</p>
North Raleigh Ministries (Financial Assistance)	3/24/2020	<p>Financial assistance not available at this time, and office is closed to the general public until further notice. See food (free) section for updated information on North Raleigh Ministries Food Pantry.</p>

Q-R

Provider	Date Notified	Change / Notes
Raleigh Housing Authority	3/17/2020	<p>Office locations closed to the public until further notice. Payments and paperwork can be mailed in or dropped in office drop boxes. Residents wishing to set up a new account for online rent payment can contact their Property Manager for an account number.</p> <p>Temporary procedural changes. Inspections and home visits are reduced and/or postponed. Section 8 Annual Inspections and Recertification Appointments, originally scheduled for 3/16-3/31, have been postponed.</p> <ul style="list-style-type: none"> • For general information and public housing inquiries, contact 919-831-8300 or info@rhaonline.com. • Section 8 Department can be reached at 919-508-1105 or housinginfo@rhaonline.com. • Check for future updates here.
Raleigh Parks, Recreation and Cultural Resources	3/20/2020; 3/23/2020; 3/27/2020 3/29/2020	<p>All facilities and amenities, including athletic courts and fields, dog parks, lakes, and restrooms, are temporarily closed, effective 3/12/2020 and lasting through at least 4/30/2020. Use of open park areas and greenways (with social distancing guidelines in place; please remain at least 6 feet away from others) is still permissible.</p> <ul style="list-style-type: none"> • Registration for Summer programs is available via email (RBO.Registration@Raleighnc.gov), phone (919-996-4800), and online at reclink.raleighnc.gov.
Raleigh Total Life Center	3/16/2020	<p>Closed until further notice, effective 5 PM 3/17/2020.</p>
Raleigh Water (City of Raleigh Public Utilities Dept.)		<p>Temporarily suspending all disconnections.</p> <ul style="list-style-type: none"> • Customers are encouraged to pay bills by mail, via online portal, or by phone at 919-996-3245 instead of in-person.

Resources for Seniors	3/18/2020	<p>Main Office: Closed to the public effective 5 PM 3/19/2020. Paperwork for RFS staff can be dropped in the black dropbox located in the grassy area near the back drive, labeled “RFS” in green. Contents will be picked up at 8:30 a.m. and 3 p.m. each business day.</p> <p>Housing and Home Improvement Department: Operating on a limited basis. Still accepting referrals/intakes.</p> <p>Ramp Program: On hold until further notice. Still accepting referrals/intakes.</p> <p>Medical Transportation: No changes yet.</p> <ul style="list-style-type: none"> • Front desk (919-872-7933) and Information Line (919-713-1556) remain fully staffed. Please call if you have questions about RFS services or Wake County resources.
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S-T

Provider	Date Notified	Change / Notes
SAGE Central North Carolina (A Program of the LGBT Center of Raleigh)	4/3/2020; 4/9/2020	<p>All social activities are temporarily moved to an online virtual platform. All Thursday Morning Drop-Ins, Women’s Lunch/Brunch Groups and Women’s Drop-Ins will now be online via video and/or audio conferencing using the Zoom platform. Dates and times will be announced on monthly calendar on website, here. Or, go to Meetup site, here.</p> <ul style="list-style-type: none"> • See www.lgbtcenterofraleigh.com for more information and email sage@lgbtcenterofraleigh.com with questions. • SAGE Central North Carolina also launched a “Buddy-to-Buddy Phone Program” – see the Support section for more information.
SarahCare Adult Day Center	3/18/2020	No changes yet. Still operating as usual.
Senior Community Care of NC (PACE)	3/17/2020	<p>No changes yet. Still operating as usual.</p> <ul style="list-style-type: none"> • Participants should call 919-425-3000 immediately if they have symptoms or do not feel well, or with any questions.
Seniors’ Health Insurance Information Program (SHIIP)	3/19/2020	<p>All in-person counseling appointments postponed. Toll-free Information Line, 855-408-1212, remains fully staffed. Please call if you have any questions about Medicare.</p> <ul style="list-style-type: none"> • NC DOI office building is closed to the public as of 3/18/2020.

Silver Linings for Seniors	4/14/2020	Conducting Telehealth sessions during COVID-19. See here for more information.
Social Security Administration	3/16/2020; 3/20/2020; 4/9/2020	Offices closed , effective 3/17/2020. Local office will continue to provide critical services via phone (877-803-6311), and many services are available via website . Some changes to processes , e.g. continuing disability reviews are suspended until further notice, and most processing and collection of overpayments is also suspended. Representative Payee monitoring is continuing, but with changes. During COVID-19 new representative payee monitoring reviews will be conducted via phone or mail. <ul style="list-style-type: none"> Subscribe to COVID-19 updates from the SSA, via email or text, here.
Southeastern Wake Adult Day Center	3/16/2020; 3/31/2020	Adult Day Center is closed until further notice. Overnight Respite facility is closed until further notice.
SPCA of Wake County AniMeals Program	3/17/2020	No changes yet to monthly delivery schedule for current clients.
St. Saviour's Congregate Meal Site (Tucker St.)	3/16/2020; 3/19/2020	Closed. <ul style="list-style-type: none"> No congregate meal service 3/23/2020 – 3/27/2020.
Telecommunications Relay Services (TRS)	3/17/2020	Possible delays in service. From the Hearing Loss Association of America (HLAA): "If you use an IP CTS phone, you are probably accustomed to picking up the phone and having an immediate connection. During this emergency... if there are a lot of people calling at the same time, it may take a bit longer to get connected." (Full HLAA post here). <ul style="list-style-type: none"> If you spend more than 2 minutes waiting, or have repeated problems getting connected, let the FCC know: Voice phone: 888-225-5322 ; TTY: 888-835-5322 ; Videophone: 844-432-2275
T-Mobile	3/18/2020	Providing unlimited data to all current customers who have plans with data, for the next 60 days. If you need help, call and ask.
Triangle Family Services	3/23/2020	In-person services suspended , effective 3/17/2020. Financial counseling and some other services are available via telephone. Call 919-821-0790 or email info@tfsnc.org for more information.

U-V

Provider	Date Notified	Change / Notes
US Dept. of Housing and Urban Development	3/18/2020	Moratorium on foreclosures and evictions , effective 3/18/2020. Mortgages owned by Fannie Mae or Freddie Mac have suspended foreclosures and evictions for at least 60 days. This includes foreclosures that were already in progress. The order also applies to loans backed by the Federal Housing Administration. Search here to find out if your mortgage is owned by Fannie Mae or Freddie Mac. Even if it is not, contact your loan servicer if you are in distress. They may be able to offer other options for relief.
Verizon	3/18/2020	Suspending service terminations . If you need help, call and ask. Waiving late fees . If you need help, call and ask.

W-X

Provider	Date Notified	Change / Notes
Wake County Government	3/25/2020	Some services are paused or temporarily closed . Check for updates here .
Wake County Human Services (Adult Medicaid)	3/25/2020	Not accepting in-person applications . You can apply: <ol style="list-style-type: none"> 1. Online, at epass.nc.gov 2. Via mail (Wake County Human Services, P.O. Box 46833, Raleigh, NC 27620) 3. Via fax (919-212-7028) 4. Via phone, at 919-212-7000 Medicaid questions can be emailed to FCMAintake@wakegov.com . Check for updates here .
Wake County Human Services (Energy Assistance Programs)	3/25/2020	No in-person appointments . Check for updates here . <ul style="list-style-type: none"> • Applications for Energy Assistance are available online here or can be requested by calling 919-212-7000. Please note that most utility providers are not disconnecting services during COVID-19. • Deadline for Low-Income Energy Assistance Program (LIEAP) has passed (3/31/2020).

Wake County Human Services (Food and Nutrition Services)	3/25/2020	<p>Not accepting in-person applications. You can apply:</p> <ol style="list-style-type: none"> 1. Online, at epass.nc.gov 2. Via mail (Wake County Human Services, P.O. Box 46833, Raleigh, NC 27620) 3. Via fax (919-212-7028) <p>Re-certification periods extended for about 2 months.</p> <ul style="list-style-type: none"> • Questions related to Food and Nutrition Services can be emailed to foodandnutrition@wakegov.com. • If you are a current FNS client and need to speak to your caseworker, call 919-212-7000. • Check for updates here.
Wake County Parks, Recreation & Cultural Resources	3/18/2020; 3/29/2020	<p>Several state parks are fully closed until further notice, including Umstead Park. Check park webpages for updates.</p> <p>All park offices, visitor centers, and restrooms are closed.</p> <p>All public programs and events are canceled or postponed until further notice.</p>
Wake County Public Libraries	3/18/2020	<p>Closed to the public. Effective 3/19/2020, book returns will be closed, and libraries will no longer accept book donations.</p>
Wake County Veterans Services Office	3/25/2020	<p>Restricted hours. Only open to the public on Tuesdays and Thursdays, 10 a.m. to 2 p.m. at the Falstaff location only. Appointments are strongly recommended.</p> <ul style="list-style-type: none"> • Many services are available online at the Veterans Services website, here. • Follow on Facebook for updates. • Call 919-212-8387 with additional questions.
Weatherization Assistance Program	3/18/2020	<p>Continuing in a limited capacity. Still accepting applications. Following guidance from NC WAP.</p>
Western Wake Crisis Ministry	3/19/2020	<p>Resource Assistance will be managed remotely, via email and phone. To request assistance, call 919-362-0657 between 11 a.m. and 2 p.m., Monday through Thursday. If leaving a message keep it short, speak slowly and clearly, and leave a call-back number. A Support Volunteer will return the call. If you do not hear back within 2 business days, please call again.</p> <ul style="list-style-type: none"> • See the food (free) section for information on Western Wake Crisis Ministry Food Pantry. • See here for more information. • Resource assistance is available to residents of Apex, New Hill, Friendship, and Holly Springs.

With Love from Jesus Ministries	3/25/2020; 3/27/2020	<p>Closing at 1 p.m. each day.</p> <p>Only accepting certain donations: food, paper products, hygiene products, and cleaning products.</p> <ul style="list-style-type: none"> Additional updates will be posted at the top of their website as they become available (here).
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Volunteer & Donation Opportunities

Organization	What / Notes
Activate Good	<p>Search online for volunteer opportunities in the Triangle area. Join their email list, or follow them on Facebook, to receive updates.</p> <p>Remote Volunteer Needs that could be fulfilled by those who are staying at home include making "Kindness Calls" to seniors, "Courage Cards" for children's hospital patients, and at-home sewing projects. See here for all options.</p> <ul style="list-style-type: none"> Organizations needing help can fill out this form to request volunteer help. Organizations offering help can fill out this form to spread the word about volunteer efforts.
Center for Volunteer Caregiving, The	<p>Volunteer to do grocery shopping, prescription pick-ups, and/or telecare check-in phone calls for older adults and adults with disabilities who are homebound and isolated. Complete the sign-up box on the volunteer page on their website, here, if interested.</p> <p>Volunteer with "Operation Senior Smiles" – create handmade cards for older adults or adults with a disability who may be scared and isolated at this time. See here for more information.</p> <p>URGENT REQUEST FOR VOLUNTEERS.</p>
Dementia Alliance	<p>Donate online. A gift of any amount will allow their team to continue to provide critical services and resources for families caring for people with dementia.</p>
Dorcas Ministries	<p>Donate, financially or with food drop-offs, to restock their food pantry. Food donations can be dropped off at the Food Pantry Receiving Door (in the front of the building at 187 High House Road, Cary 27511), Monday-Saturday, 9 a.m. to 3 p.m. Financial donations allow them to purchase food at wholesale prices, making your donation go further.</p> <p>URGENT REQUEST FOR DONATIONS.</p>

<p>Food Bank of Central & Eastern North Carolina</p>	<p>Donate online.</p> <p>Organize a Virtual Food Drive! Learn more here. See their infographic about what donation items are most needed right now.</p> <p>Volunteer at a distribution center. Learn more here.</p> <p>URGENT REQUEST FOR FINANCIAL DONATIONS.</p> <ul style="list-style-type: none"> • Follow on Facebook for updates.
<p>Inter-Faith Food Shuttle</p>	<p>Donate online or via mail (1001 Blair Dr., Suite 120, Raleigh 27603).</p> <p>Follow on Facebook for updates.</p> <p>URGENT REQUEST FOR DONATIONS.</p> <ul style="list-style-type: none"> • Effective 3/23/2020, indoor volunteer activities are suspended. Outdoor ones continue. Go here to find out about the Food Shuttle Farm.
<p>Knights of Columbus, Council 11234</p>	<p>Knights of Columbus, Council 11234, at St. Catherine of Siena in Wake Forest are partnering with Resources for Seniors to provide food and supplies to seniors in need while the Stay at Home directive is in effect.</p> <p>Drop off non-perishable groceries and personal hygiene items to the Northern Wake Senior Center, 235 E. Holding Ave., Wake Forest 27587, on Wednesdays between 10 a.m. and noon (see here for what's needed).</p> <p>Donate online, here.</p>
<p>Lynn's Care Village Wake County Food and Supply Drive for Family Care Homes</p>	<p>Donate supplies. The following supplies are especially needed: gloves of any size; incontinence supplies (adult briefs, pull ups, pads); toilet paper; bleach; liquid soap; bar soap; Lysol; hand sanitizer; alcohol pads and lancets for diabetic patients; baby wipes; paper towels; N95 masks; canned goods and nonperishable foods. Drop off at ReDrive Automotive, 7409 Louisburg Rd., Raleigh 27616, 9 a.m. to 5 p.m.</p> <p>Donated supplies will be distributed to family care homes throughout Raleigh.</p>
<p>Meals on Wheels of Wake County</p>	<p>Donate online or via mail (1001 Blair Drive, Suite 100, Raleigh 27603).</p> <p>Follow on Facebook for updates.</p>
<p>Raleigh Water</p>	<p>Donate to Project Share, an initiative where utility customers can donate any amount of money to help other customers who are unable to pay their bills. See here for more information.</p>

Wake County, NC Resources during COVID-19 (Coronavirus)

RFS internal location: Shared Drive > Intake

LAST UPDATED: Thursday, April 16th, 9 AM

(NEW items since 9 AM 4/15 are highlighted YELLOW)



Resources for Seniors	Over 94% of the funds we receive go directly to programs to support older adults, adults with disabilities, and their caregivers in Wake County. Click here to see where our dollars are spent, and here to make a contribution.
Shepherd's Table Soup Kitchen	Donate. Financial donations are their biggest need currently. Give online here . URGENT REQUEST FOR FINANCIAL DONATIONS.
United Way Rapid Response Fund	Donate online or via mail (United Way of the Greater Triangle, "Rapid Response Fund", PO Box 110583, Durham 27709-0962). Funds will be distributed to Triangle-area nonprofits providing emergency support to Wake, Durham, Orange, and Johnston County residents needing access to resources including food, hygiene, childcare, and housing assistance.

As of 5 p.m. Friday, March 27th, Wake County is a “Stay at Home” County (see [here](#)).
And as of 5 p.m. Monday, March 30th, North Carolina is a “Stay at Home” State (see [here](#)).

Wake County Government has shared these guides for what is and is not allowed according to the County's Proclamation:

YOU CAN:

- ✔ Get groceries
- ✔ Get medications from the pharmacy
- ✔ Get take-out from restaurants
- ✔ Go outside for exercise
- ✔ Spend time with your family within your household
- ✔ Walk your pets
- ✔ Take your pet to the vet if necessary
- ✔ Receive deliveries

COVID-19 • STAY AT HOME

DO NOT:

- ✘ Go to work
(unless you're providing defined essential services)
- ✘ Visit friends
- ✘ Participate in or hold any public or private gatherings
- ✘ Visit long-term living facilities
- ✘ Travel

COVID-19 • STAY AT HOME

As of 5 p.m. Monday, April 13th, Executive Order No. 131 issues new social distancing requirements and recommendations for retail stores (including grocery stores, big box retail stores, pharmacies, ABC stores, banks, hardware stores, and vehicle dealerships). **Requirements include:** Limiting the number of people allowed in a store at any given time; clearly marking six feet of spacing in lines at cash registers and in other high-volume areas; performing frequent and routine cleaning of high-touch areas. **Recommendations include:** Encouraging the use of cloth face coverings for employees; Placing hand sanitizer at entry and exit points, and having wipes or sprays available to sanitize carts and baskets; designating exclusive shopping times for seniors and other high-risk groups; establishing systems for online, email or phone ordering, no-contact curbside or drive-thru pickup or home delivery, and contact-free checkout. **The order also includes** mandatory protective measures for nursing homes and implements measures to process unemployment claims faster. **See answers to FAQs [here](#).**

Follow [Wake County Government](#) and [NC DHHS](#) on Facebook for updates.

When State and County guidelines differ, follow the more restrictive requirements.