

Resources for Seniors staying at home

March 24 2020

Topic/Type of resource	Organization	Access information – link, phone # etc
Precautions – grocery shopping	Consumer Reports	https://www.consumerreports.org/food-shopping/how-to-protect-yourself-from-coronavirus-when-grocery-shopping/
Coronavirus – Prevention	Public Health Agency of Canada	https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html
Grocery delivery service for vulnerable persons (<u>please check eligibility criteria and also if delivery charges apply</u>)	Loblaws Walmart? WOCRC – Community Support Services ROSSS United Muslim Associations Ottawa-Gatineau Operation Ramzieh	Loblaws delivery - https://www.loblaws.ca/delivery Walmart? Western Ottawa Community Resource Centre – Community Support Services- for <u>Nepean and the West-end only for anyone isolated and unable to reach a grocery store (not only seniors) - 613-591-3686-</u> free grocery delivery plus medicine prescription pick-up & drop-off - please call at least a couple of days in advance to allow enough time for processing. Options (1) order & pay online at a local grocery store (2) Select items from a pre-made list of staples (food and household

		<p>necessities) (3) Sign up for the Meals on Wheels frozen meals program. Deliveries only on Mondays and Wednesdays.</p> <p>Rural Ottawa Support Services – free grocery delivery for 55+ or persons with a disability living in <u>Osgoode & Rideau rural wards only</u>. https://www.rosss.ca/ call 613-692-4697 x241</p> <p>United Muslim Associations Ottawa-Gatineau – for any family needing support (grocery, medicines, emotional support, hygiene kits etc); a simple online form needs to be submitted https://docs.google.com/forms/d/11kjkj7wbTg3WdK-M3PZo0-u3XY5hhvoH895loeOkx2U/viewform?fbclid=IwAR0d_fSEsGmgCNo_gVX42u25EjviiVGU7MDzdyxCHBYEfFJRyeVCQS6Aj6jE&edit_requested=true</p> <p>Operation Ramzieh – delivers kits of staples to families in need; register for a kit through eventbrite online. https://www.operationramzieh.org/</p>
Grocery stores – early opening	Loblaws, Independent, Freshco, Farm Boy, Sobey's, Food Basics,	<p>Independent and Loblaws Grocery Stores Seniors shopping hours: 7 am to 8 am (Monday to Sunday)</p> <p>Sobey's - Seniors shopping hours: 7 am - 8 am (Monday to Sunday)</p> <p>Farm Boy -Seniors shopping hours: 7 am -8 am (Monday-Saturday) Sundays 7-9 for the most vulnerable customers and</p>

		<p>those that require extra attention, particularly seniors, people with disabilities and pregnant women.</p> <p>FreshCo - Seniors shopping hours: 7 am - 8 am (Monday to Sunday)</p> <p>Food Basics – Seniors shopping hours: 7am – 8 am</p> <p>Shoppers Drug Mart - Seniors shopping hours: 8 am - 9 am (Monday-Sunday) (20% on regular priced items at this time) Seniors Day Thursdays all day (20% on regular priced items)</p>
When you need someone to talk with	<p>Good Companions Centre -Seniors Without Walls program</p> <p>Ottawa Public Health - A Friendly Voice</p> <p>Ontario Caregiver Helpline</p>	<p>Good Companions Centre; Seniors Without Walls: 613 236-0428 x 2323</p> <p>Ottawa Public Health – A Friendly Voice: 613 692-9992 or 1-855 892-9992</p> <p>Rural Ottawa South Support Services - A Friendly Voice https://www.afriendlyvoice.ca/ 613-692-9992 or 1-855-892-9992</p> <p>Ontario Caregiver Helpline https://ontariocaregiver.ca/find-support/helpline/: 1-833-416-2273 (CARE)</p>
Sun Salutations	Jason Crandall Yoga Method	https://www.jasonyoga.com/2015/03/13/sun-salutations/
Falls Prevention Exercises to do at home – older adults/seniors	Chatham-Kent Falls Prevention Coalition	<p>Intro & Exercises 1 – 4 https://www.youtube.com/watch?v=xO0gxu03WCs&feature=youtu.be</p> <p>Exercises 5 – 7 https://www.youtube.com/watch?v=N4okjAxDvnU</p>

Chair exercises	LHIN & Family Physio	To come...
Online sites for general knowledge, brain health etc		<p>https://artsandculture.google.com/project/streetviews, this is the virtual tour of the museum.</p> <p>Brain Health activities</p> <p>https://www.youtube.com/results?search_query=%23memoryimprovment</p> <p>https://guideforseniors.com/blog/senior-online-games/</p> <p>https://www.onlinegamesforseniors.com/</p> <p>http://www.wordgames.com/en/games/word</p> <p>https://www.arkadium.com/</p> <p>https://www.mindgames.com/</p>
Free Webinars for Seniors	Freiheit Care Inc	<p>https://freiheit.ca/contact-us/webinars/</p>