

# Frequently Asked Questions

## How do I get Groceries or Home Delivered Meals?

### Early Market Openings

- **Acme:** 7 a.m. to 9 a.m
- **Balducci's:** 8 a.m. to 9 a.m. (for seniors and the immune-compromised)
- **King's:** 7 a.m. to 8 a.m. (for seniors and the immune-compromised)
- **Shop Rite:** 6 a.m. to 7:00 a.m.
- **Stop & Shop:** 6 a.m. to 7:30 a.m.
- **Whole Foods:** 7 a.m. to 8 a.m. (only for people older than 60)

### Senior Grocery Shopping Services

- [Jewish Family Services of Greenwich](#)  
Supermarketing for Seniors 203-622-9208
- **Zoomers to Boomers**  
<https://www.zoomerstoboomers.com/greenwich>
- [Greenwich Taxi –Grocery Pick Up/Delivery Shopping Service](#)  
\$8 pick-up meals and delivery to home  
Grocery Shopping – \$15 fee + cost of groceries  
(all orders placed with owner; credit card only)  
203-869-6000

### Home Delivered Groceries or Meal Services

- [Acme Supermarket](#)  
203-622-2944 (or download Rush Delivery App)
- [Fresh Direct](#)  
866-283-7374
- **InstaCart**  
<https://www.instacart.com/>
- [Mom's Meals](#)  
877-508-6667
- [Meals on Wheels of Greenwich](#)  
203-869-1312
- [Stop & Shop Peapod](#)
- [Shop Rite From Home](#)
- [Top Chef Meals](#)  
914-372-7080

\*\*Quantities may be limited and deliveries delayed due to high demand

\*Home Delivery from these stores requires account set-up, internet access and fees apply

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## Which Food Related Businesses Are Offering Delivery and/or Curb Side Pickup?

- The Greenwich Chamber of Commerce has compiled a listing of food-related businesses that are offering take-out and delivery services. [Click Here For Link](#)

## How Can I Get Updates on Retail and Service Providers

- The Greenwich Chamber of Commerce has compiled a listing of retailers and service providers, which is updated regularly. [Click Here For Link](#)

## How Can the Greenwich Department of Human Services Assist?

- For those residents experiencing challenges with food, finances, and living arrangements, please call the Department of Human Services at 203-622-3800.

## How Can the Greenwich Department of Health Assist?

- The Health Department is continuing operation of dedicated phone lines to receive residents' calls and answer concerns:

**203-622-7865    203-622-7842**  
**203-622-7836    203-622-7703    203-622-6414**

- For more information on limited services during this time please visit the Department of Health's webpage:

[www.greenwich.gov/575/Health-Department](http://www.greenwich.gov/575/Health-Department)

- In addition to social distancing protocols, residents are encouraged to review CDC guidelines on preventing the spread of COVID-19:

CDC <https://www.cdc.gov>

Town of Greenwich <https://www.greenwichct.gov>

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## Is Transportation Available?

- [www.evereadytransportation.com](http://www.evereadytransportation.com)  
(800) 399-3556
- [Greenwich Taxi](#)  
203-869-6000
- [TAG](#)  
203-257-3638 or 203-704-1581 - Service is limited, call for details.
- Uber & Lyft (need to download app and set up account on your smartphone)

## How Can I Get My Medication Delivered?

- [CVS PHARMACY](#)  
Contact your local CVS
- [FINCH PHARMACY](#)  
203-531-8494
- [GREENWICH PHARMACY](#)  
203-661-2721
- [GREENVIEW PHARMACY](#)  
203-531-3323
- [GRANNICKS](#)  
203-869-3492
- [NORTH STREET PHARMACY](#)  
203-869-2130
- **Mail-order Prescription Drug Service through Medicare D or Medicare Advantage Plans**

Prescription drug coverage through Medicare Part D or a Medicare Advantage Plan is offered through private insurance companies approved by Medicare. Each plan has its own rules and fees regarding mail-order prescription drug service. It is important to check your individual plan information to see if mail-order prescription drug service is an option for you. Contact the Greenwich

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## What Do I Do If I Don't Feel Safe at Home?



Click on the link below for additional YWCA programs and services

<https://ywcagreenwich.org/family-activities-and-resources/>

## How Do I Get Information About Changes to My Health Care Coverage?

- If you are age 65 or older and have experienced a change in health insurance coverage contact the Greenwich Commission on Aging 203-862-6710 to arrange a telephone consultation with a certified Health Insurance Counselor.
- Due to the COVID-19 crisis, Access Health CT is running a special open enrollment period now through April 2<sup>nd</sup> for residents under the age of 65 who need health care coverage. Any uninsured person in the state is urged to contact Access Health CT to begin the enrollment process. Call 855-365-2428 Monday through Friday from 8:00 a.m. to 5:00 p.m. <https://www.accesshealthct.com>



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## How Can I Stay Connected?

It is important to practice social distancing and limit physical contact with others during the coronavirus pandemic, but this can be very isolating. Even if you are in contact with friends and family, it can be reassuring and helpful to have regular contact with others. Kindness is key and we're all in this together. The [Commission on Aging](#) and [The Greenwich Senior Center](#) have been working with the faculty and staff of Greenwich Country Day School to launch:

## **CONNECTT** **CONNECTING OUR NEIGHBORS: NATURALLY ENHANCING COMMUNITY THROUGH TECHNOLOGY**

**CONNECTT** offers both opportunities for participation in activities and classes, and the ability to enjoy regular/daily telephone chats ALL from the comfort of your own home.

Participants will be able to join in daily via telephone, computer, smartphone or tablet.

Isolation is a challenge for us all and CONNECTT can make a big difference.

For up-to-date information about community resources and joining this exciting new program visit the [Commission on Aging](#) on the [Town of Greenwich](#) website.

## How Can I Stay Connected?

### **Bridging the Generations**

We are thrilled to be working in cooperation with Greenwich High School to launch the **Bridging the Generations** program. If you are an older adult interested in receiving a regular call to connect, chat and check-in, please call or email Sharon Wilson at Greenwich High School at 203-554-2780 or [sharon.wilson@greenwich.k12.ct.us](mailto:sharon.wilson@greenwich.k12.ct.us).

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## How Can I Help?

- Residents interested in volunteering to assist fellow residents who may need assistance or to **VOLUNTEER** to help various non-profit agencies, please use this [online link](#) established by the Greenwich United Way as a 'clearinghouse' webpage for people who want to volunteer.
- **Family Centers' Emergency Client Assistance Fund**  
[To donate, text DONATING to 71777 or click here](#)
- **Greenwich United Way COVID-19 Community Relief Fund**  
Donations can be made to the Greenwich COVID-19 Community Relief Fund [here](#). Please note COVID-19 on any donation made by check.
- **Donate to Neighbor to Neighbor**  
<https://www.ntngreenwich.org/donation-form/>

## What Are Some Best Practices for Staying Well?

Older adults, 65 years and older, are at higher risk for severe illness. COVID-19 is a new disease and we are learning more about it every day.

### What you can do

- Stay home
- Wash your hands often [Link to Hand Washing Information](#)
- Practice Social Distancing - Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.
- On **April 3, 2020**, the Centers for Disease Control and Prevention (CDC) developed updated guidance for the public regarding COVID-19. The CDC recommends that everyone wear a cloth face covering while in public settings where social distancing measures are difficult to maintain (grocery stores, pharmacies, etc).

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## What Are Some Best Practices for Staying Well?

- [Link to Face Covering Instructions](#)
- Clean and disinfect frequently touched surfaces.
- Avoid non-essential travel
- Call your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick

## How Can I Reduce Stress During Such a Challenging Time?

Everyone reacts differently to stressful situations. Fear and anxiety can be overwhelming and cause strong emotions in people. Coping with stress will make you, the people you care about, and your community stronger.

According to the CDC, stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

The good news is that there are several things you can do right now to reduce stress and support yourself during this challenging time.

1. Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
2. Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
3. Keep to a schedule and be mindful of self-care. Routines are important and give structure to your day.
4. Make time to unwind. Try to do some other activities you enjoy.
5. Connect with others – Try one of the new remote programs that are being offered. Reconnect with old friends and meet new people on Zoom.
6. Talk with people you trust about your concerns and how you are feeling.
7. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row or if you feel overwhelmed with emotions like sadness, depression or anxiety
8. If you feel like you want to harm yourself or others, immediately call 9-1-1.

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## How Can I Learn More About COVID-19?

- In addition to social distancing protocols, residents are encouraged to review CDC guidelines and other reliable information about reducing the spread of COVID-19 at:

<https://www.cdc.gov>

<https://portal.ct.gov/governor>

<https://himes.house.gov/>

<https://www.greenwichct.gov>

[www.greenwich.gov/575/Health-Department](http://www.greenwich.gov/575/Health-Department)