## Resource List for Seniors during COVID -19 Pandemic

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### Public Health

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| Organization | Details | Contact |
| CK Public Health | **As always,**[www.ckpublichealth.com](http://www.ckpublichealth.com) **has up-to-date and local information about COVID-19. If you don’t have internet access and have concerns, you can call public health’s dedicated COVID-19 intake line 519.355.1071 x 1900** | **519.355.1071 x 1900 or** [www.ckpublichealth.com](http://www.ckpublichealth.com) |
| Government of Ontario | Government of Ontario’s COVID-19 webpage: The 2019 Novel Coronavirus (COVID-19)  | <https://covid-19.ontario.ca/> |
| Government of Canada | Government of Canada’s COVID-19 webpage: Coronavirus disease (COVID-19) | <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>  |

### Food

**Food Banks**

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| Organization | Details | Contact |
| OUTREACH FOR HUNGER – CHATHAM | Will be open on Wednesday’s and Friday’s 11:00 am – 3:30 pm offering prepackaged bags.  One person at a time will be seen and please have your identification ready. Will be closed on Good Friday – April 10th | 519-351-8381 |
| SALVATION ARMY | All locations are operating with appointments only. Please call ahead to book your time.Chatham open Monday-ThursdayBlenheim open Wednesdays and Thursdays from 1-4pmRidgetown open Wednesdays and Thursdays from 10am- noonWallaceburg open Tuesday-Thursday | Chatham (519-354-1430)Wallaceburg (519-627-8257)Ridgetown (519-674-3756)Blenheim (519-674-4756) |
| TILBURY INFORMATION AND HELP CENTRE | Closed MondayTuesday to Friday hours – 9:30am to 3:00pm | (519) 354-0439 |

Source: <https://letstalkfood-ck.com/emergency-food-provider-updates-for-covid-19/>

**Meal/Soup Kitchens**

**\*** At this time many locations have closed.  The *following locations are OPERTATING* with a take out meals

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| **Organization** | **Details** | **Contact** |
| Campbell AME Church | 20 Price Street S, Chatham on Wednesdays from 11:30am-12:30 pm |  |
| Bethel Pentecostal Church | 35 McNaughton Ave, Wallaceburg the 4th Tuesday of the Month from 5pm to 7pm |  |
| Thamesville United Church | 107 Elizabeth St, last Wednesday of the month from 5-6:30 pm |  |
| Trinity United Church | 750 Wellington St, Wallaceburg, fourth Friday of the month, from 5:30-6:30 pm |  |
| First Baptist Church | 99 Thomas Ave, Wallaceburg, third Saturday of the month at 5:00pm |  |
| Our Lady Help of Christians Church | 422 Elgin Street Wallaceburg, 2nd Saturday of the month at 5:00pm. |  |
| Blenheim Word of Life Church | Meals offered Monday to Friday from 10:30am to noon.  Please call the church to place your order so that it can be ready when you arrive.  Delivery of meals to seniors or those unable to get out is also available by calling. | 519-676-8036 |
| Black Goose– Wallaceburg  | Starting Wednesday March 25th from 10am to noon on Monday, Wednesday and Friday, offering free take out of family size soup and fresh Italian bread or buns from Maple City Bakery. |  |

Source: <https://letstalkfood-ck.com/emergency-food-provider-updates-for-covid-19/>

#### **Grocery Stores:**

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| Organization | Details | Contact |
| CHATHAM – SOBEYS | Updated store hours: 8am to 8pm dailyThe store will provide from 8am to 9am for seniors and those who need additional assistance. | 519-380-0550 |
| CHATHAM- SUPERSTORE | Store will be open daily from 7am to 8am for seniors and those who need additional assistance. | 519-352-4982 |
| CHATHAM- NO FRILLS | Store will be open from 7am to 8am on Tuesday and 8am to 9am on Sunday mornings for seniors and people needing additional assistance.Updated store hours:Monday to Friday – 9am to 7pmSaturday – 8 am to 7 pmSunday – 9am to 6 pm | 1-866-987-6453 |
| CHATHAM – FOOD BASICS | Updated hours: 8am to 8pm daily | 519-380-0660 |
| WALLACEBURG – NO FRILLS | Updated store hours: 8am to 8pm, Sunday 8am to 6pmMonday and Friday mornings from 7am to 8am will be open for customers who require additional assistance | 1-866-987-6453 |
| TILBURY – NO FRILLS | Updated store hours: Monday to Saturday 8am to 6pm, Sunday 9am to 6pmStore will be open from 7am to 8am on Monday and Tuesday mornings for seniors and people living with disabilities. | 1-866-987-6453 |
| TILBURY – FOODLAND | Updated store hours: 8am to 8pmDelivery or curbside pickup available, contact the store directly to arrange. | 519-682-3245 or fld7119tilbury@sobeys.ca  |
| BLENHEIM – SOBEYS | Updated store hours: 8am to 8pmStore will be open daily from 7am to 8am for seniors and those needing additional assistance. | 519-676-9044 |
| BLENHEIM – FOOD BASICS | Updated store hours: 8am to 8pm daily | 519-676-0353 |
| RIDGETOWN – FOODLAND | Updated store hours: 8am to 8pm daily, delivery available Monday, Wednesday and Friday, please call between 9am and noon or email . Delivery fees range from $3 to $10Store will be open from 8am to 9am for seniors and those who need assistance daily. | fld6421ridgetown@sobeys.com 519-674-5270 |
| DRESDEN FOODLAND | Updated store hours: 7am to 8 pmThe first hour of the day (7-8 am) will be a dedicated Senior Shopping hour | 519-683-2509 |
| MERLIN GENERAL STORE | Updated hours are Monday to Saturday 10am to 6pm, closed Sunday.Customers will not have free access to the store but staff will collect all required items.  Payment must be made by debit, credit or e-transferOnline orders available by Private Messaging through their Facebook account or by phone, they will call when order is ready for pick up | 519-689-4144 |
| SHOPPERS DRUG MART – ALL LOCATIONS IN CHATHAM-KENT | Offering dedicated shopping for seniors and those needing assistance during their first hour of operation. |  |
| FOSTER MEATS – WALLACEBURG | Delivery available | 519-627-2541 |

Source: <https://letstalkfood-ck.com/meal-and-grocery-delivery-services/>

**Restaurants**Due to COVID-19, local restaurants are not able to be open for in person dinning but many are offering take out options and in some cases delivery. Please contact your favourite restaurant directly.

**Meal Delivery Services**

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| **Organization** | **Details** | **Contact** |
| Neighbourlink | Will provide delivery of groceries for those required to self-isolate or unable to get to the grocery store.  No delivery fee.  | 519-352-5647 |
| Skip the Dishes | Chatham-Kent restaurants | <https://www.skipthedishes.com/chatham-kent/restaurants>  |
| FAMILY SERVICE KENT – CHAP | Frozen Meals: With an affordable menu of over 100 entrees, soups, breakfast snacks, and desserts, CHAP offers a variety of frozen meals ranging from $2.25 to $6.00 each. Meals are easily cooked in the oven or microwave. Special diets are also available by request. Meals are available for curbside pick-up at Family Service Kent or free delivery within Chatham-Kent is also available for those individuals and families who may have limited access to transportation.  | 519.354.6221 x236 or info@familyservicekent.com  |
| COMFORT & SOUL RESTAURANT | Frozen soups, entrees, and dessertsAddress: 8619 Talbot Trail, Cedar Springs | 519-359-4349 |
| FUEL 4 YOU | Homemade fresh or frozen soups, entrees, and family mealsAddress: 34 Byng Ave, Chatham (KBD Hall) | 519-350-6675 or Ckfuel4you@gmail.com  |
| WHAT’S 4 DINNER | Homemade frozen soups, entrees, family meals, desserts with gluten free and diabetic options availableAddress: 6 Lowe St. Chatham | 519-351-7905 or Whats4dinnerck@gmail.com  |
| MEALS ON WHEELS | Lunch and dinner meal deliveryDelivery: Free | Chatham, Blenheim, and Ridgetown: 519-351-6325Dresden: 519-683-4892Wallaceburg: 1-800-265-0203Wheatley: 519-326-8629Bothwell: 1-800-265-7058 |

Source: <https://letstalkfood-ck.com/meal-and-grocery-delivery-services/>

**Grocery Delivery Services**

While the information we have provided is correct and these services are offered, you may find that the delivery dates are further out then you would like or are unavailable due to high demand at this time.  Please consider other options as needed.

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| **Organization** | **Details** | **Contact** |
| INSTACART | Online grocery shopping that is available through Superstore, Walmart, M&M Meat (Chatham only) and Shoppers. Delivery and service fees may apply based on location.  | [www.instacart.ca](http://www.instacart.ca)  |
| REAL CANADIAN SUPERSTORE | Online ordering is available through their website | [www.delivery.realcanadiansuperstore.ca](http://www.delivery.realcanadiansuperstore.ca)  |
| WALMART – WALLACEBURG AND CHATHAM | Online ordering is available though their website | [www.walmart.ca](http://www.walmart.ca)  |
| HARVEYS FOOD MARKET (FOODLAND BOTHWELL) | Call before 10am for same day deliveryDelivery: Bothwell, Thamesville, NewburyPayment method: Cash or cheque at time of delivery | 519-695-2842 |
| FOODLAND RIDGETOWN | Call before 1pm for same day delivery. Out-of-town deliveries only on Mon, Wed, and Fri. No Sunday deliveries.Delivery: Ridgetown, Thamesville, Morpeth, BlenheimPayment method: Cash or cheque at time of delivery or Visa/Mastercard over the phone | 519-674-5270 |
| FAMILY SERVICE KENT – GROCERY RUNS | Seniors and persons with disabilities are driven in an accessible vehicle to and from a local grocery store to shop during dedicated Senior/Vulnerable Persons hours. One area of C-K is served per day and passengers must phone at least 3 business days in advance to book a seat on the vehicle. The roundtrip fee is $10.00 and runs are provided on specific weekdays, based on store hours. Mondays: Blenheim/Ridgetown areasTuesdays: Thamesville/Highgate areasWednesdays: Wallceburg/Dresden/Bothwell areasThursdays: Tilbury/Wheatley/Merlin areasFridays: Chatham only | 519.354.6221 x242 or info@familyservicekent.com  |
| FAMILY SERVICE KENT – GROCERY DELIVERY SERVICE | This contactless delivery service is available Mondays through Fridays to seniors and persons with disabilities across Chatham-Kent for a fee of $5.00. Clients must provide an exact list of items requested to their matched volunteer, along with cash (in a Ziploc) or debit (tap only, we will not take client pin numbers). Volunteers will shop at the requested grocery store during dedicated Senior/Vulnerable Persons hours when possible. | 519.354.6221 x242 or info@familyservicekent.com  |
| RIVER BELL | River Bell in Dresden delivers fresh vegetables, fruits, and animal products to your door.http://www.riverbell.ca/1. Blenheim2. Chatham – The Dutch Market3. Corunna4. Courtright5. Petrolia6. Port Lambton7. Ridgetown8. Sarnia9. Thamesville10. Wallaceburg11. Wyoming12. Dresden | 519-683-2052 |

Source: <https://letstalkfood-ck.com/meal-and-grocery-delivery-services/>

**Meal and Grocery Delivery**

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| **Organization** | **Details** | **Contact** |
| STAY PUT | Serving Wallaceburg and the surrounding areas, including Dresden, Tupperville, Walpole Island, Port Lambton and Mitchell’s Bay. Offering both grocery and food delivery services. Online ordering available through  | 519-809-9788 or <https://www.youstayput.ca/order-online/>  |

Source: <https://letstalkfood-ck.com/meal-and-grocery-delivery-services/>

### Care Partners

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| **Resource** | **Details** | **Contact** |
| Caregiving Strategies Handbook: Providing Care and Support for a Senior Living with Frailty, Regional Geriatric Programs of Ontario | Resource: <https://www.rgps.on.ca/wp-content/uploads/2019/10/RGPO-Caregiving-Strategies-Handbook-r3.pdf>  | N/A |
| Caregiver Mental Health During COVID-19 Outbreak, The Ontario Caregiver Organizations | Resource: <https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Caregiver-Mental-Health-During-COVID-19.pdf>  | N/A |
| Family Care Partner Resources, BrainXChange | Resource: <https://brainxchange.ca/Public/Resource-Centre-Topics-A-to-Z/COVID-19.aspx#6>  | N/A |

Source: <https://brainxchange.ca/Public/Resource-Centre-Topics-A-to-Z/COVID-19.aspx>

### Medication

Check with your pharmacy to see if they will deliver any needed medications and supplies. You might want to review your medications by phone with your pharmacist or healthcare provider too. Be sure to discuss any side effects that you might be experiencing, such as dizziness or loss of balance.

### Mental Health and Well-Being

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| **Organization** | **Details** | **Contact** |
| NeighbourLink | NeighbourLink’s "Phone Buddy" program includes local volunteers who are ready to help you or chat with you if you’re feeling isolated or alone or need some connection. | 519-352-5647 |
| CAMH: Coping with stress and anxiety | Resource: <https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping>  | N/A |
| CK Public Health: Seniors’ Health and Well-Being During COVID-19 Pandemic | Resource: <https://ckphu.com/2020/04/seniors-health-and-well-being-during-covid-19-pandemic/> | N/A |
| **Erie St. Clair: Exercises at the Kitchen Sink** | **Online Resources:** <https://ckphu.com/wp-content/uploads/2019/11/ExerciseAtSink_Booklet2019Final.pdf>**YouTube Videos:****Part 1:** <https://www.youtube.com/watch?v=xO0gxu03WCs> **Part 2:** <https://www.youtube.com/watch?v=N4okjAxDvnU>  | N/A |
| Mental Health Commission of Canada: Mental Health First Aid COVID-19 Self-Care & Resilience Guide | Resource: <https://www.mhfa.ca/en/blog/mental-health-first-aid-covid-19-self-care-resilience-guide>  | N/A |
| World Health Organization: Mental health and psychosocial considerations during the COVID-19 outbreak  | Resource: <https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2>  | N/A |
| Mental Health First Response Service | If you or someone you know needs support, call the Mental Health First Response Service available 24/7 in Chatham-Kent  | 1-866-299-7447 |

Source: <https://ckphu.com/2020/04/seniors-health-and-well-being-during-covid-19-pandemic/>; <https://brainxchange.ca/Public/Resource-Centre-Topics-A-to-Z/COVID-19.aspx>

### System Navigation

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| **Organization** | **Details** | **Contact** |
| Family Service Kent  | Contact the Client Intervention and Assistance Worker for system navigation.  | 519-354-6221sdavy@familyservicekent.com  |
| Community Navigators, CK Public Library | If you need help navigating services contact CK Public Library’s Community Navigators. They will provide you with contact information or referrals for available services. | 226.312.2025 x 4852 or x 4853 |
| United Way: CK Gives | Support to the community provided by the United Way | <https://www.ckgives.ca/get-involved>  |