



GOLDEN CORNER

NETWORK OF CARE PROGRAM

Senior Resources

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Dear Community,

We welcome you to learn about the services offered by our **Network of Care (NOC)** program, offering resources and services to seniors and their families in the Fairhill, St. Hugh, and surrounding neighborhoods.

NOC links participants to supportive services consisting of establishing linkages with social services in the community, to include case management, intake and referral services, preventive health screening/wellness and legal advocacy; educate residents on service availability, application assistance, client rights, and more.

Please note that during this difficult time of the Coronavirus Pandemic, COVID-19, HACE seeks to share available resources with our residents and local seniors.

Coronavirus Disease 2019 (COVID-19)

In response to the outbreak of coronavirus (COVID-19), the City of Philadelphia has activated the city's Emergency Operations Center. Philadelphians can stay informed about the latest information by signing up for text alerts. To do so, text COVIDPHL to 888-777. Residents with questions about COVID-19 can also call the Greater Philadelphia Coronavirus Helpline 24/7 at 1-800-722-7112 to get information from medical experts regarding:

- ✚ Symptoms and risk factors for the coronavirus
- ✚ What to do if you think you may have been exposed
- ✚ Testing resources
- ✚ Recommendations for social distancing

Symptoms of coronavirus (COVID-19) are a cough, a high temperature and shortness of breath. Stay at home if you have either: a high temperature - you feel hot to touch on your chest or back a new, continuous cough - this means you've started coughing repeatedly. But these symptoms do not necessarily mean you have the illness. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

What you can do if you have a serious underlying medical condition:

- Stay home if possible
- Wash your hands often
- Avoid Close contact (6 feet, which is about two arm lengths) with people who are sick
- Clean and disinfect frequently touched surfaces
- Avoid all cruise travel and non-essential air travel
- Call you healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick.
- For more information on steps you can take to protect yourself, see CDC's How to protect yourself (online).
- **Website:** <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications/older-adults.html>



Center of Disease Control (CDC)



Older Adults, 65 years and older, are at higher risk for severe illness. COVID-19 is a new disease and CDC is learning more about it every day. *The CDC stated:* 80% of COVID-19 deaths in the U.S. are 65 and older, suggesting that members of our population who are age 60 and older are most vulnerable to the COVID-19 virus.

The CDC offers advice for older adults and people with chronic medical conditions who are at increased risks for the COVID-19:

- Have a plan
- Know who will take care of you in the event a caregiver is sick
- Reach out TODAY to your health care provider to get reserve supplies of your medication
- Make sure you have a few weeks supply of food and household items, so you don't have to go out
- Keep aware of what is happening in your community and if the virus is spreading.

**Visit CDC-INFO, Call 800-232-4636,
Email CDC-INFO Open 24/7**

SeniorLAW reports that while there is a lot unknown about the Coronavirus (COVID-19), they do know that the most vulnerable during this time are older people with underlying health conditions such as heart disease, lung disease and diabetes — are twice as likely to suffer serious outcomes as younger people.

Avoid Coronavirus Scams

- ✚ **FDA Alert:** Don't be the victim of a scam! Ignore online offers for vaccinations and home test kits. There currently are no vaccines, pills, potions, lotions, lozenges or other prescription or over-the-counter products available to treat or cure Coronavirus disease 2019 (COVID-19) — online or in stores. At this time, there also are no FDA-authorized home test kits for the Coronavirus. **Visit the FDA to learn more.**
- ✚ Scammers are using illegal robocalls to pitch everything from scam Coronavirus treatments to work-at-home schemes. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls, instead.
- ✚ SeniorLAW Center's physical offices are **closed** but continue to provide services to older clients and communities who are disproportionately impacted by the Coronavirus COVID-19 crisis. All Staff are working and accessible remotely.
- ✚ The Centers for Medicaid and Medicare Services (CMS) says the cost of all testing for COVID-19 will be covered.
- ✚ Those needing services should contact SeniorLAW by phone at:

**Philadelphia: 215-988-1242
Statewide: 1- 877- PA SR LAW
1- 877-727-7529**

Philadelphia Corporation for Aging (PCA) is committed to the continuity of services during the COVID-19 pandemic. The Pennsylvania Department of Aging has released COVID-19 guidance to providers of aging services to help meet the needs of older adults while ensuring their safety. You can access the latest versions by going to this website. <https://www.aging.pa.gov/service-provider-quicklinks/covid-19-provider-guidance/Pages/default.aspx>

PCA's **Meal Distribution Center** is still operating under emergency management procedures, with limited staff, volunteers and collaborative partners pitching in to keep Philadelphia's older adults nourished during this challenging time. PCA has committed to continuing its home-delivered meals program for income-eligible consumers throughout the COVID-19 pandemic. In addition, PCA is working with senior centers throughout the city to provide Grab and Go lunch options. Visit pcaCares.org/seniorcenters to find a senior center near you.

- ✚ **Mortgage and Rental Assistance:** For seniors who live alone, it's important to let a lending agency or landlord know as soon as you can if you plan to experience any financial hardships.
- ✚ **Scams and Price Gouging:** Residents are warned to be aware of scams related to COVID-19. The Federal Trade Commission has released tips to keep scammers at bay. The Department of Justice has also released guidelines for spotting and reporting scams. Residents are also urged to report all instances of price gouging by emailing the state's Office of the Attorney General at pricegouging@attorneygeneral.gov.
- ✚ **Financial Abuse:** Reports of elder abuse, including financial exploitation, can be made 24/7 by calling 215-765-9040, and choosing option 1.

PCA HELPLINE: 215.765.9040
Reporting elder abuse? Call 24/7

Green Light Food Pantries

Green Light Pantries provide only highly nutritious food to their clients. Pantry members also take part in monthly nutrition workshops and receive other services.

Green Light Pantry clients also receive:

- ✚ Free monthly nutrition education workshops
- ✚ Free medical screenings
- ✚ Assistance applying for SNAP (food stamps) and other nutrition programs
- ✚ Referrals to other programs that can help them afford to eat healthy
- ✚ Convenient hours for working families

There are currently two Green Light Pantries in Philadelphia:

- ✚ **Casa del Carmen** serves the North Philadelphia Latino and immigrant population with bilingual services, including case management and family support services. provide only nutritious foods to clients as well as free nutrition workshops, health screenings and other services. Developed by the Greater Philadelphia Coalition Against Hunger, the pantry focuses on promoting healthy eating while helping low-income families put food on the table. **Phone: (267) 331-2500**
- ✚ **Drueding Center** is focused on promoting healthy eating while helping families put food on the table; providing only highly nutritious food to Drueding Center families, graduates, staff and local community. Families attend nutrition classes every month. They also receive free health screenings and assistance in applying for SNAP (food stamps), school meals and other programs that can help their families afford to make healthier food choices.

Contact: Ilona Belous, Food Pantry Coordinator, at 215-787-3275.

Senior Hours at Local Grocery Stores

Due to the high risks seniors are facing during the Coronavirus, COVID-19, the following grocery stores are adjusting their operating hours to accommodate seniors and reduce the risk of exposure.

- **All Whole Foods Stores: Senior will be permitted to shop one hour before the stores regular operating hours, as well as closing two hours early to allow workers to sanitize and re-stock the shelves.**
- **Dollar General is dedicating its' first hour of business to seniors.**
- **Giant will allow seniors to shp between 6:00am and 7:30am. While also having a separate entrance for seniors.**
- **ACME will open every Tuesday and Thursday from 7:00am to 9:00am. to the elderly, people with compromised immune systems and pregnant women.**
- **Target is reserving its first hour for seniors and other at-risk groups on Wednesdays. All stores will close by 9:00pm until further notice.**

Philabundance Food Program

The Commodity Supplemental Food Program (CSFP) provides USDA-donated food to low-income seniors through monthly "senior boxes". Philabundance packs and distributes these boxes to strategically chosen locations throughout the Delaware Valley, ensuring that more seniors have access to shelf-stable foods to last them throughout the month. Boxes contain approximately 30 pounds of canned and boxed food including vegetables, fruit, juice, pasta, milk, cereal, canned meat and a non-meat protein.

To qualify for CSFP, participants must be:

- ✚ 60 years or older
- ✚ Receiving an income that is at or below 130% of the poverty line (see link below)
- A resident of Philadelphia County)

Location: 2150 W Lehigh Ave, Philadelphia PA 19132
Phone: (215) 227-4421

Social Security Administration & Coronavirus, COVID-19

- Yes, Social Security and Supplemental Security Income payments will continue to distribute monthly benefit amounts to those that use Direct Deposit.
- Yes, Social Security and Supplemental Security Income payments will continue to be mailed. Please visit the United States Postal Service for their latest statements about COVID-19.
- The Inspector General of Social Security, Gail S. Ennis, is warning the public about fraudulent letters threatening suspension of Social Security benefits due to COVID-19 related office closures. Social Security report that they will not suspend or discontinue benefits because their offices are closed to the public for in-person service.
- You can still seek assistance by calling 1-800-772-1213 or visiting their website to the list of convenient and secure self-service options. **Website: ssa.gov**

Supplemental Nutrition Assistance Program (SNAP)

The BenePhilly Enrollment Center is a one-stop for older Philadelphians to receive assistance with applications for a range of federal and state benefits, including the Supplemental Nutrition Assistance Program (**SNAP**, also known as Food Stamps), PACE/PACENET, Property Tax & Rent Rebate (PTRR) and Medicare Extra Help.

- ✚ Individuals can call and talk with a counselor on the phone who will help. There are also six
- ✚ To talk with a counselor on the phone: 1-800-236-2194

For further information contact:
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