

Resources for Older Adults

Public Health hotline: (804) 205-3501, Mon – Fri, 8 am – 6 pm

Henrico government facilities & services line: (804) 501-5655, daily, 7 am – 7 pm

Text county-related questions to (804) 376-9780, daily, 7 am – 7 pm

Outreach line for older residents: (804) 501-5454



501-5454
**COVID-19 Outreach
Call Center for
Older Residents**
Hours: 7am - 7pm, daily

Outreach Call Center for Older Residents: This program offers friendly telephone contact for seniors who feel socially isolated.

Participants can dial 804-501-5454. Once enrolled, they'll receive a 5-10 minute phone from our call center

staff to check-in and provide information on community resources that might help during this time. Residents can choose to be called every weekday, every other day or weekly.

If you have a family member, friend or neighbor who may benefit from this program, please provide our call center staff with the resident's name and phone number. We will be happy to reach out to them.

Friendly Caller Programs: Having someone check on you or a loved one on a regular basis can provide peace of mind. Friendly Caller programs are an opportunity to have a volunteer call and check in a couple of times a week to everyday depending on the program.

- Jewish Family Services- 804-282-5644 ext. 265
- Commonwealth Catholic Charities: 804-545-5916
- Senior Connections- Telebridges: 804-343- 3000

Visiting Physicians: If you or someone you know has a comprised immune system or are primarily homebound switching to a visiting physician can be a great opportunity to cut down on interactions with individuals who are sick.

- Visiting Physicians Association: 804-767-4441
- Bon Secours Senior Services: 804-893-8627
- VCU Center for Advanced Health Management: 804-254-3500

Prescription Delivery: Many places are currently offering free prescription delivery for eligible prescriptions. Pharmacies, such as CVS and Walgreens have waived these costs for prescription refills. BreMo Pharmacy is also offering delivery as well as curbside pick-up. BreMo can be reached at 804-288-8361 and press 0. You may also receive your medications in the mail. Contact your Medicare Part D provider for more information on mail order pharmacy options.

Upcoming Medical/ Dental Appointments: If you have any medical/ dentist appointments that are considered “non-essential,” such as a yearly physical or dental cleaning you may want to reschedule it for a later date. If you need to come into the medical office for a prescription refill, contact your physician’s office before your appointment to ensure you need to be seen.

Telehealth: Medicare covers virtual check-ins so you can connect with your doctor by phone or video or even through an online patient portal. If you’re concerned about an illness and are potentially contagious, this may offer an easy way to remain at home. For any questions, contact your Medicare Part B (office visit) provider or Original Medicare. For information on telemedicine in Henrico County visit: <http://centralvatelemed.com/>

Stores with Senior Hours:

Store	Senior Hours
Kroger	Tuesday, Wednesday, Thursdays 7am-8am
Publix	Tuesday & Wednesdays 7am-8am
Walmart	Tuesdays- 7am-8am
Fresh Market	8am-9am
Whole Foods	7am-8am
Target	Wednesdays 8am-9am
Food Lion	Monday and Wednesday 7am-8am
Dollar General	8am-9am
Costco	Tuesdays & Thursdays 8am-9am

FeedMore: FeedMore is currently offering additional services for seniors. Seniors in need of food or household supplies may contact them at: 804-521-2500. FeedMore is also accepting donations for household items and cleaning supplies. If individuals need any of these supplies, please contact FeedMore. For individuals who are in need of home-delivered meals through Meals on Wheels, contact Senior Connections, The Capital Area Agency on Aging at 804-343-3000.

Tracking the Coronavirus (COVID-19) and State/Federal Information:

Henrico County COVID-19 Resources:

<https://henrico.maps.arcgis.com/apps/MapSeries/index.html?appid=7b124889835440b99e343ffb7bfe692e>

Virginia Department of Health: <http://www.vdh.virginia.gov/surveillance-and-investigation/novel-coronavirus/>

Centers for Disease Control (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

- **Guidelines for Older Adults and Caregivers:**

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

For additional resources or information contact:

Sara Morris

Henrico County Advocate for the Aging

804-501-5065

804-291-6284 (cell)

mor141@henrico.us

www.henrico.us/seniors