



Resource Guide for our Housing Residents

March 24, 2020

Sayre Christian Village has developed this resource guide to assist you during the COVID-19 global crisis. We will update this list with new resources as we discover them.

Grocery Delivery Services

We do not want the ability to obtain food to ever be something someone needs to worry about. We can assist you with setting up a delivery or coordination of a pickup should you need it. Please contact LeeAnn Peach at lpeach@sayre.us or Angela Goodlett at agoodlett@sayre.us.

Kroger [<https://www.kroger.com>] Kroger will deliver groceries through the Clicklist system. There is a fee of \$9.95 for this service. Groceries can be picked up from the Kroger Clicklist for a \$4.95 charge. They would need to be picked up by a family member or friend.

Instacart [<https://www.instacart.com>] Instacart will deliver items in Lexington from: Costco, Aldi, Meijer, Kroger, Target, Total Wine, The Fresh Market, CVS, Sams Club, Feeders Supply, and Gordon Foods Service. There is a 5% (\$2 minimum) fee for this service.

Walgreens [<https://www.walgreens.com>] Walgreens is offering a 30% discount to Seniors on Tuesdays. There is free shipping on all essentials.

Walmart [<https://grocery.walmart.com>] There is a \$30 minimum for pickup or delivery orders. There is a \$7.95-\$9.95 fee for delivery. Pickup of items is free. They would need to be picked up by a family member or friend.

Amazon [<https://www.amazon.com>] Shipping charges may apply. Several items ship for Free with Amazon Prime.

Whole Food Markets [<https://www.wholefoodsmarket.com/stores/Lexington>] There is a \$14.95 monthly fee for delivery. Delivery is now Free for Amazon Prime Members.

Restaurant Delivery Services

We want to still support all our local restaurants and businesses. There are several restaurants in Lexington offering delivery services, as well as food delivery services that will pick up and deliver from multiple restaurants in the area. Here is a link to a local restaurant guide:

<https://smileypete.com/crave-lexington-takeout-delivery-guide/>.

Other food delivery options:

Columbia's Steak Express Phone: 859-313-5300, online ordering

<https://columbiassteakhouse.pdqonlineordering.com/OrderDetails.aspx>.

Jimmy Johns [online.jimmyjohns.com] Delivery fees do apply.

Delivery.com [https://www.delivery.com] Delivery.com will deliver food from restaurants in town. There is a \$4.99 charge for this service.

Grubhub [https://www.grubhub.com] Minimum orders and delivery fees do apply and vary per restaurant.

Doordash [doordash.com] First order, delivery fee is waived. Delivery is also free on orders over \$10.

UberEATS [UberEats.com] Minimum orders and delivery fees do apply and vary per restaurant. There are several local restaurants offering free delivery currently through UberEATS. Also, pizza places and other restaurants that normally deliver are still doing so!

Pizza places, Chinese Restaurants, and others still deliver as normal.

Medications

Don't let your medications run out! All prescriptions can be refilled for 30 days without a new prescription due to the current situation. Prescriptions can be changed to mail-order if desired. There are local pharmacies in Lexington that deliver. We can assist you in finding one if needed. Prescriptions can be picked up and delivered to the campus by a family member or friend as well. Please let us know if you need assistance with this.

Staying Active

It is important for your mental and physical health to still stay active during this time. Walks outside or even in the halls are good. There are several online exercise options and we have listed a few here.

Chair Yoga with Danielle Doth, <https://www.facebook.com/ChairYogaWithDanielle/>. She goes live on Tuesday/Wednesday/Friday at 11am and Thursday at 10am. Her previous videos are already posted there for you to check out at any time. Danielle is based in Midway and has

experience working with clients living with Alzheimer's, so she strives to make her classes accessible to all levels of mobility.

Silver Sneakers is offering online fitness classes for seniors. <https://tools.silversneakers.com/>

Baby Boomster Online exercise program for women over 50. <https://www.babyboomster.com/online-exercise-programs/>

Staying Connected

At a time when we are asked to distance ourselves from loved ones, technology can help bring us together. Listed here are services that can help keep us all connected. If you do not know how to get connected for a 'virtual visit', please reach out to Marcia Martin at mmartin@sayre.us for help in scheduling a visit!

Skype is a free video chat service provided by Microsoft. You can video chat with skype on a PC or mobile device. <https://www.skype.com/en/>

Zoom is a popular video chat service that comes fully loaded with features. It is one of the best conferencing software's and is simple to use. It is available on Windows, Mac, iOS and Android. <https://zoom.us/>

Face Time lets you video call anywhere. It is primarily for Mac and iPhone users but is available for Android and Windows. If you have an iPhone it is already downloaded on your phone.

Facebook Messenger is an option that allows you to video call through Facebook. You can start a video chat from the Messenger app or on your computer through Messenger.

Google Duo is a simple, high quality video calls for smartphones, tablets, computers, and Smart Displays like the Google Nest Hub Max. The app can be downloaded on your Smart phone. <https://duo.google.com/about/>