

STAY CONNECTED

VIDEOCHAT WITH FRIENDS & FAMILY

Friends & Family must have the same app to make/receive video calls

FREE APPS
WHATSAPP
GOOGLE DUO
FACETIME
SKYPE
ZOOM (group meetings)
Facebook

ASK A FAMILY MEMBER TO HELP YOU INSTALL A PROGRAM
OR
ASSISTANCE WILL BE AVAILABLE TO HELP YOU SET UP YOUR
PHONE AT THE SENIOR CENTER DURING LUNCH PICK-UP
MARCH 30TH - APRIL 10TH

EXERCISE & FITNESS

YouTube offers free exercise channels with hundreds of options. Access YouTube on your phone, computer, tablet, or smart tv and search for your favorite routines.

Access Zumba, Yoga, Aerobics, Weights, Chair Exercises and more! Try these searches to get you started:

- Silver Sneakers
- Senior Workout Routines
- Balance Exercises
- Senior Fitness
- Senior Chair Exercises

BUDDY CHECK

Stay in contact with family and friends by scheduling phone calls into your daily routine. Keep it positive, plan an activity that you can do together after the COVID-19 restrictions!

If you would like to sign up for wellness visits/calls contact **Antioch Church 559.898.3121** and someone can check on you daily or weekly.

HELPFUL RESOURCES

**Senior Lunches available for pick-up at the Selma Senior Center
Monday- Friday 11-12pm.
Call 559.891.2239 to schedule delivery**

Selma Unified School District Lunch Program for children under 18
Monday-Friday 11-1pm
Eric White, Roosevelt, ALMS, SHS

PG&E:

Moratorium on shutoffs for non-payment and offering payment plans. Payment centers are closed. You may pay your bill by mail, phone, or online. Call **1-800-743-5000** or visit www.pge.com for more information.

Cal Water:

Temporarily suspended collections activities and shutoffs on residential services for non-payments. Restored service to accounts previously disconnected for non-payment. Recertification requirements have been frozen for Low-Income Ratepayer Assistance Program. Call **559-896-4546** for more information.

Apply for Unemployment:

https://www.edd.ca.gov/about_edd/coronavirus-2019.htm

Apply for Disability Benefits or Paid Family Leave:

[https://www.edd.ca.gov/Disability/How to File a PFL Claim in SDI Online.htm](https://www.edd.ca.gov/Disability/How_to_File_a_PFL_Claim_in_SDI_Online.htm)

Get Small Business Help:

www.developselma.com

Many cell phone carriers are waiving late payment fees and will not be shutting off service. Contact your phone provide for more information about assistance.

SHOPPING

ONLINE ORDER & OUTSIDE PICK UP

STORE	LOCATION	PHONE NUMBER
OOBY	202 VAN NESS AVE, FRESNO, CA	(559)674-2642
WALMART	2761 JENSEN AVE, SANGER, CA <i>*MORE LOCATIONS AVAILABLE*</i>	(559)875-4268
SMART & FINAL EXTRA	5700 N. BLACKSTONE, FRESNO, CA.	(559)439-5934
BIG LOTS	1201 E MANNING AVE REEDLEY, CA 93654	(559)643-0330
	4898 E KINGS CANYON RD FRESNO, CA 93727	(559)456-8492
	150 SOUTH 11 TH AVE HANFORD, CA 93230 <i>*MORE LOCATIONS AVAILABLE*</i>	(559)583-1174
SAVEMART	1835 HERNDON AVE CLOVIS, CA 93611	
	6797 N MILBURN AVE FRESNO, CA 93722	

ONLINE/PHONE ORDER & DELIVERY

STORE	APP	Meal Delivery
SAVEMART	INSTACART, DOOR DASH	Bitwise Grocery https://bitwiseindustries.com/takecare-request/
COSTCO	INSTACART	Agency on Aging (559) 214-0299
CVS PHARMACY	INSTACART	Fresno EOC (559) 266-3663

STORES OPEN EARLY FOR SENIORS OVER 60

STORE	DAY	TIME
WALMART	TUESDAY	6-7A.M.
GROCERY OUTLETS	DAILY	7-9A.M.
SAVE MART, FOOD MAX, VONS	TUES & THUR	6-9A.M.
TARGET	WEDNESDAY	8-9A.M.
DOLLAR GENERAL	DAILY	OPEN 1 HR EARLY
THE MARKET	DAILY	8-9A.M
BIG LOTS	DAILY	9-10A.M, ALSO HAS CURBSIDE PICK-UP

If you go out, please remember to **stay at least 6 feet apart!**
Call **559.891.2239** to request a volunteer shopper

HEALTH

Helpful Tips for You to Follow

It is very important that you keep yourself safe from COVID-19 and chance of early death. Here are helpful tips you can follow:

- Tell your **Primary Care Physician (PCP)** you are concerned about COVID-19 because you have high blood pressure and/or other chronic diseases. Pay extra attention to controlling your blood pressure, blood sugar, etc.
- **Wash your hands** often with soap and water for 20 seconds, especially high-touch public surfaces such as doorknobs, stair well rails, elevator buttons, grocery carts, touching pets, and shaking hands. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- **Determine who can provide you with care** if your caregiver gets sick.
- **Contact your insurance provider.** Call your insurance carrier and ask about the following resources that may be available to you. Availability and access will vary by health plan.
 - Free thermometer or other products to help monitor symptoms
 - Transportation options
 - Exercise Resources
 - Silver Sneakers on demand or other fitness programs may be included in your covered benefits
 - Telemedicine
 - Speak with a doctor without leaving your home
 - OTC
 - You may be eligible for free over the counter pharmacy supplies and household items that will be mailed to your home.
 - Prescription Drug Resources
 - Mail order medication refills
 - "Refill-Too-Soon" restriction changes
 - Out-of-network pharmacy updates