

What's happening at the COA as of March 31<sup>st</sup>:

**WHILE WE ARE CLOSED – THESE ARE OUR ONGOING SERVICES:**

- Seniors who **DON'T HAVE** access to a car and/or someone who can shop or pick up groceries may qualify for delivery through the COA. Please contact Karyn Smith [smithk@marblehead.org](mailto:smithk@marblehead.org), Janice Salisbury-Beal at [salisburybealj@marblehead.org](mailto:salisburybealj@marblehead.org) to determine if you are eligible.
- The COA has a list of seniors who will be contacted weekly via telephone during this emergency situation. If you would like to be added to this list, or know of someone who would like to be added, please email Karyn Smith [smithk@marblehead.org](mailto:smithk@marblehead.org)
- Meals on Wheels – At this time Elder Services of the Merrimack Valley and North Shore (formerly North Shore Elder Services) are continuing delivery of meals Monday through Friday to eligible seniors. If you require immediate assistance for a meal, please email Karyn Smith [smithk@marblehead.org](mailto:smithk@marblehead.org) to expedite the delivery process.
- Kim Crowley, one of the COA's fitness instructors is offering virtual fitness programs. Please visit her website @ [www.harborfitness.net](http://www.harborfitness.net) for more details
- SHINE (Medicare counseling) – **If you are retiring this year** you can find out about your Medicare options with a SHINE counselor. Appointments are being conducted by phone. Call the office for an appointment (781) 631-6225.
- Transportation – limited medical appointment transportation is offered to current participants. Please check with your doctor's office first to make sure they're open.
- Weekly food pantry deliveries – call to inquire
- If you have prescription (delivery) or financial concerns please reach out to us.

You can reach Lisa Hooper, Director, Karyn Smith, Outreach Coordinator and Janice Salisbury-Beal, Program Manager - Monday through Friday from 8:00 – 3:00 via telephone or email.

Please call 781-631-6225. If we don't answer, listen for instructions. Email addresses are: Lisa Hooper, Director - [Hooperl@marblehead.org](mailto:Hooperl@marblehead.org), Karyn Smith-Outreach Coordinator [Smithk@marblehead.org](mailto:Smithk@marblehead.org) and Janice Salisbury-Beal Program Manager [salisburybealj@marblehead.org](mailto:salisburybealj@marblehead.org)

We will respond to ALL voicemail messages and emails between the hours of

Monday – Friday: 8:00 – 3:00