

## **Greater Stonegate Village Covid-19 Newsletter #2 March 21,2020**

Now more than ever, you may want a friendly caller to check in with you by phone or text regularly. To sign up, please call 240-918-7989 or email [winakurs@gmail.com](mailto:winakurs@gmail.com) or me at [robertramseymd@gmail.com](mailto:robertramseymd@gmail.com).

### **Best Information Sources**

Still the best website for information is the Centers for Disease Control at <http://cdc.gov>. They have added an ability to sign up for email alerts.

The state of Maryland site at <http://coronavirus.maryland.gov> is also excellent.

Montgomery County has improved its site at <http://montgomerycountymd.gov/covid19>.

### **Grocery Shopping**

As we are being encouraged to socially distance, even routine errands can be a concern. There are options to lower your risk and still obtain much-needed groceries. The nearby markets are offering designated shopping hours for seniors and those at risk. Please call to confirm the schedule.

You can also order groceries online through [www.instacart.com](http://www.instacart.com), which allows you to choose from several local markets. Be sure to plan ahead, as wait times for delivery are increasing. If you need assistance placing an online order, please call 240-918-7989. I'm going to order some groceries from Instacart, and I will let you know how it works.

### **Giant Food**

13490 New Hampshire Ave.

(301) 384-1572

6-7 am, every day of the week for senior citizens and at-risk members of the community.

### **Safeway in the Cloverly Shopping Center**

15411 New Hampshire Ave.

(301) 476-8300

7-9 am, Tuesdays and Thursdays for senior citizens and at-risk members of the community.

### **Filling Prescriptions**

CVS is now providing free delivery on prescriptions and other necessities. To take advantage of this offer, please call 301-598-6617 or visit [www.cvs.com/pharmacy](http://www.cvs.com/pharmacy).

### **If You Aren't Feeling Well**

If you aren't feeling well, the authorities are asking that you reach out to your health care provider or a local urgent care health clinic to be screened by telephone and get further directions. You should only go to the hospital if you are experiencing severe breathing difficulties or potentially life-threatening symptoms. If your symptoms are mild, you will be asked to stay home and practice social distancing to reduce the spread of Covid-19. More detailed information on what to do if you're not feeling well is on the Centers for Disease Control website.

Finally, we all need to smile and maybe even find a ray of hope in this scary situation. Harvey Flatt found a website that is publishing good news about the Covid-19 epidemic. The web address is <http://thegoodcoronaneews.com>.

Let me know your thoughts and concerns at [robertramseymd@gmail.com](mailto:robertramseymd@gmail.com) or call me at 301-806-3486.