



Hi everyone,

Gosh, it's only Thursday! This has been a long week. Change is hard, but I commend you all for being so adaptable.

Today's Update: **All about groceries!**

In an effort to avoid exposure to COVID-19 we encourage all Independent Living residents to avoid outings unless absolutely necessary. However, you will likely need groceries from time to time. So, here are some grocery buying options.

If you need to do your own in store shopping, we highly encourage you to **utilize the senior shopping hours offered by local stores**. These hours are designed to occur in the morning after the store has been cleaned and restocked overnight. This will allow you to be most successful in finding all of the items you want in one trip and enable you to do so in a less crowded store. **We encourage you to stock up on extra shelf stable food so that you can limit the number of trips you are making as much as possible.** And don't forget to purchase some cleaning products. Off the shelf products (Lysol, Mr. Clean, Windex, bleach you can dilute, etc.) or just soap and water will work fine to keep your homes clean and disinfected during this time. Here are the local senior shopping times:

- Market 32: Daily from 6 am to 7 am
- Target: Wednesdays from 7 am to 8 am
- Shaws: Tuesdays and Thursdays from 7 am to 9 am
- Shelburne Market is currently working to put together a senior shopping time, most likely 7 to 8 am. Staff there say to watch their Facebook page for an announcement on this in the coming days.
- Hannaford does not currently offer this but staff there also indicate it is something they are hoping to offer in the near future so watch for an announcement on their website.
- Walmart: From March 24 through April 28, Walmart stores will host an hour-long senior shopping event every Tuesday for customers aged 60

and older. This will start one hour before the store opens. The Pharmacies and Vision Centers will also be open during this time. Our local Williston store currently opens at 7 am daily thus the senior hour should be from 6 am to 7 am.

Some other options include **ordering online for pick up or delivery**. We have a few options to do this locally:

- Target: You can order same day pick up on most non-refrigerated/non-frozen items at Target. You must designate the person picking up the order at the time you place it and they will need to show ID upon pick up. Target does allow you to pay for the order online when you place it so your pick up person does not need to pay for it. You can order through Target.com or the Target phone app. If you are using the phone app you can do drive up pick up which doesn't even require you to get out of your car (but you must have your phone on you at the time of pick up). If you need help placing an order, contact Gretchen Roberge at 264-5196.
- Instacart: For a fee, you can use Instacart.com or the Instacart app to order grocery delivery from several participating stores including Shaws, CVS, Market 32, Costco, Target, Price Chopper, and Petco. Market 32, Price Chopper, Petco, and CVS offer the same prices on Instacart that they offer in store. Items ordered from Shaws, Target, and Costco will cost more through Instacart than in store. Here is a helpful YouTube video on how to use Instacart [https://www.youtube.com/watch?v=f\\_Zb3pNaJDg](https://www.youtube.com/watch?v=f_Zb3pNaJDg). Gretchen Roberge is also available to help at 264-5196.

If you do grocery delivery and you live in your cottage, you can have the items delivered straight to your door. For those in apartment buildings, please have your items delivered to the community center (you will need to note this in delivery instructions) **before 5 pm on weekdays** and the front desk will call you when it arrives so you can pick it up. If you are not able to pick it up, we will arrange delivery by staff.

Finally, Dining Services has a small list of items you can order right here at Wake Robin. These are:

- Vermont Bread Company Bread (rye, marble rye, raisin, white and wheat) \$3.78 each
- Eggs (whole or half dozen) \$3.66/\$1.83
- 1/2 # Cabot Cheddar logs \$4.32

- 1/2 Gallon milk (whole, 2%, skim) \$2.78
- Pints milk (chocolate, 1%, skim) \$1.00
- Half and Half \$1.40
- Orange juice (quart or pint) \$1.95/\$1.25
- Fruit (apple, banana, orange) \$1.00
- Green Mountain yogurt (plain or fruited) \$1.25

To order these grocery items from Dining, call 264-4277 and leave your grocery list on the managers voicemail. Call in your order by 11:00am for next day doorstep delivery between 9:00-10:00am.

**In other news:**

- Jena has next week's Happenings calendar available. It will be sent out to you shortly by email. Some exciting offerings to look forward to!

Saw some great outside exercising happening today around the sycamore tree.  
Keep it up!

Thanks again for your kindness and cooperation.

Martha