



**FOR IMMEDIATE RELEASE**

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*Background: Kerry MacQueen, Falls Prevention Coordinator and Health Educator at the Holmes County General Health District, shares resources and information for the older adult population in Holmes County during the Coronavirus/COVID-19 pandemic.*

Coronavirus/COVID-19 has made each of us stop and examine how to rearrange our daily lives to keep ourselves, loved ones, and community safe from contracting this virus.

While we protect our community as a whole, we need to make sure our older adult population is being cared for. Those 65 and over are at higher risk for serious complications from COVID-19 as well as those who have underlying chronic health conditions. This is why they are being asked to stay at home. This is why we need everyone's help to reach out to our older adult family and friends to check on them and their current needs.

There are many community resources in Holmes County available to help the older adult population stay home during this pandemic. The Darb Snyder Senior Center continues to deliver their mobile meals program by serving their current participants as well as adding those who have medical issues. The Senior Center is also providing Grab and Go Meals, Monday thru Friday. Call the Senior Center at 330-674-0580 before 11:30 am to order a meal and to discuss payment. Pick up will be from 11:30-12:30 at the main entrance. Staff will bring the meal to your car.

The Senior Center is partnering with Rodhe's IGA to deliver groceries to the 70 and over population, and immunocompromised individuals. Rodhe's will be accepting orders Monday, Wednesday, and Fridays from 8-11 am. Call the floral department to place the order at 330-674-6399. Pick up days are Tuesday and Thursday afternoons and Saturday mornings. If you call in Monday or Wednesday, the Senior Center can deliver your groceries to you. Be sure to share when you order that you want them delivered and Rodhe's will contact the Senior Center.

The Love Center Food Pantry provides food items Monday, Wednesday, and Fridays. Call 330-674-2504 with questions. Love Center volunteers will bring the food items to your car. If you are unable to pick up food items, contact Love Inc. at 330-473-6017 and they will make arrangements for a volunteer to deliver them to the home.

We all need to continue to participate in life by doing things we enjoy daily, except now we're doing them at home. It is important for older adults to eat healthy foods and stay hydrated to stay strong. Older adults are encouraged to get some type of physical activity daily such as taking a walk, gardening, or doing Tai Chi. Mental activity is just as important; word searches, crossword puzzles, jigsaw puzzles and books are good sources for mental stimulation. Finally, and most importantly, stay connected to family and friends for emotional support through phone, email or mail. This is a stressful time filled with uncertainty. If you are struggling and need someone to talk to, contact the National Alliance on Mental Illness (NAMI) of Wayne and Holmes County at 330-264-1590 for support.

COVID-19 will become a piece of history and we will look back and see how we took care of each other, especially our older adult population. Stay home, wash your hands, be safe, reach out and keep living!

For local information and resources, please visit the Health District website at <https://holmeshealth.org/> or our Facebook page at <https://www.facebook.com/HolmesCountyHealthDistrict/>; For CDC COVID-19 Guidance for Older Adults, visit: <https://www.cdc.gov/aging/covid19-guidance.html>; For answers to your COVID-19 questions, call 1-833-4ASKODH (1-833-427-5634).

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