

Resources for the Homebound

Nutrition: Home Delivered Meals

MEALS ON WHEELS PEOPLE

Clark County: 503-736-6325 or Toll Free 866-788-6325 or www.mowp.org.
Free and affordable home delivered meals. For Homebound Seniors 60+.

SCHWAN'S HOME DELIVERED FROZEN FOODS

Contact: 1-888-724-9267 or www.schwans.com.
Private Pay. Frozen items delivered to your door. Prices vary. Special diets available. Accepts EBT.

MOM'S MEALS

Contact: 1-877-508-6667 or www.momsmeals.com.
Covered by some health insurance plans or private pay. Prices vary. Veteran's discounts available.

Nutrition: Grocery Delivery or Pick-Up

SAFeway

- **Delivery:** Online order at www.Safeway.com. Cost: Regular prices + delivery fee.
- **Curbside Pick-Up:** Only available at Safeway Salmon Creek location at 13023 NE Hwy 99, Suite 1, Vancouver, WA 98686. Must place order online at www.Safeway.com or through the Safeway phone app.

ALBERTSONS

- **Delivery:** Online orders are processed through Albertsons' sister company, Safeway, at www.Safeway.com.

WALMART

- **Delivery:** Online orders at www.Walmart.com. Cost: Regular prices + delivery fee.
- **Curbside Pick-Up:** Available only at the below locations. Orders must be placed online at www.Walmart.com. Cost: No additional cost for curbside pick-up.

Mill Plain Plaza: 221E NE 104th Ave, Vancouver, WA 98664.

Call: 360-885-0734

East Vancouver: 430 SE 192nd Ave, Vancouver, WA 98683.

Call: 360-256-0109

Fourth Plain: 14505 NE Fourth Plain Blvd, Vancouver, WA 98682.

Call: 360-571-0300

Battle Ground: 1201 SW 13th Ave, Battle Ground, WA 98604.

Call: 360-723-9004

Woodland: 1486 Dike Access Rd, Woodland, WA 98674.

Call: 360-841-9131

FRED MEYER

- **Delivery:** Online orders at www.FredMeyer.com. Cost: Regular prices + delivery fee.

- **Curbside Pick-up:** All Clark County locations offer free curbside pickup service. Order must be made online at www.Fredmeyer.com.

COSTCO:

- **Delivery only:** Online orders at www.Costco.com. Cost: Regular prices + delivery fee.

TARGET:

- **Delivery:** Online orders at www.Target.com or through the Target app.
- **Curbside Pick-up** (aka "Drive Up"): Available for Clark County locations. Orders must be completed using the Target app.

WALGREENS:

- **Drive-up service:** select products available at the pharmacy drive-thru listed below, no need to leave your car. How it works: Pull up and ask for a menu of shoppable items, including household goods, cough/cold and pain relief, grocery items, baby formula and medical supplies. Tell them your order and store clerks will assemble it and get you on your way.

Location	Phone Number	Drive Up Hours
2903 NE Andresen Rd Vancouver, WA 98661	(360) 256-1503	Mon – Fri 9 am – 7 pm Sat - Sun 10 am – 6 pm
6708 NE 63rd St, Vancouver, WA 98661	(360) 696-0759	Mon - Fri 9 am – 7 pm Sat 10 am – 6 pm Sun 11 am – 4 pm
6105 NE 114th Ave Vancouver, WA 98662	(360) 254-3848	Mon - Fri 9 am – 7 pm Sat - Sun 10 am – 6 pm
9714 E Mill Plain Blvd Vancouver, WA 98664	(360) 253-7254	Mon - Fri 9 am – 7 pm Sat 10 am – 6 pm Sun 11 am – 3 pm
9812 NE Hwy 99, Vancouver, WA 98665	(360) 576-4902	Mon – Fri 9 am – 9 pm Sat 9 am – 6 pm Sun 10 am – 6 pm
2100 NE 139th St, Vancouver, WA 98686	(360) 574-0914	Mon - Fri 9 am – 9 pm Sat 9 am – 6 pm Sun 10 am – 6 pm
13503 SE Mill Plain Blvd, Ste 120 Vancouver, WA 98684	(360) 256-9875	Mon - Fri 9 am – 7 pm Sat 10 am – 6 pm Sun 11 am – 3 pm
8511 NE 162nd Ave Vancouver, WA 98682	(360) 597-0123	Mon - Fri 9 am – 7 pm Sat 10 am – 6 pm Sun 11 am – 4 pm
3328 NE 3rd Ave Camas, WA 98607	(360) 835-3303	Mon - Fri 9 am – 7 pm Sat - Sun 10am – 6pm
1905 SE 164th Ave Vancouver, WA 98683	(360) 885-2938	Every day 9 am – 9 pm
808 W Main St, Ste 101 Battle Ground, WA 98604	(360) 687-5133	Mon - Fri 9 am – 9 pm Sat 9 am – 6 pm Sun 10 am – 6 pm

CLARK COUNTY FOOD BANK

Clark County Food Bank and their community partnerships have food boxes for pick up for those in need. Delivery may be available but in **limited** capacity. Visit www.clarkcountyfoodbank.org/get-food-covid19 or call 360-693-0939 for information.

OTHER ON-LINE GROCERY DELIVERY OPTIONS:

- www.Shipt.com
- www.Instacart.com
- www.Postmates.com
- www.amazon.com – search for Amazon Fresh, or Amazon Prime if you are a Prime Member.

Shopping Hours for Vulnerable Adults

Many stores are offering special hours and times reserved for vulnerable adults including: people age 60+ (unless otherwise specified), pregnant women, those with physical disabilities, and underlying health concerns. Please note that many stores have also restricted the number of people allowed in the store at one time, therefore there may be a line outside of the store.

SAFEWAY/ALBERTSONS: All Clark County locations, Tuesdays and Thursdays 7 am - 9 am.

WINCO: All Clark County locations, Tuesdays and Thursdays 6 am – 7:30 am.

WALMART: All Clark County locations, Tuesdays from 6 am – 7 am. Pharmacies and Vision Centers will also be open during this time.

FRED MEYER: All Clark County locations, Mondays through Thursdays 7 am – 8 am.

COSTCO: All Clark County locations, Tuesdays, Wednesdays, and Thursdays 8 am – 9 am. No more than two people can enter per membership.

TARGET: considers seniors to be 65+

Vancouver Plaza: Tuesdays and Wednesday 8 am – 9 am. Including Pharmacy.

Hazel Dell Towne Center: Tuesday and Wednesday 7 am – 8 am. Including Pharmacy.

Mill Plain Town Center: Tuesday and Wednesday 7 am – 8 am. Including Pharmacy.

Hayden Island (Portland): Tuesday and Wednesday 8 am – 9 am. Including Pharmacy.

WALGREENS: All Clark County locations until Tuesday from 6 am – 7 am. Pharmacies will also be open during this time.

Medications

NOTE: Many health insurance plans offer prescriptions by mail. Be sure to call the number on the back of your insurance card for more information.

OTHER MEDICATION OPTIONS

- **Your Current Pharmacy:** Call your own pharmacy to see if they have delivery options.
- **Walmart:** To get prescriptions mailed through Walmart, call 1-800-273-3455
- **Walgreens:** www.Walgreens.com offers delivery (as soon as next day) through FedEx. Use the Walgreens App if possible. Some Walgreens are now offering drive-thru windows.
- **Geneva Woods:** www.GenevaWoods.com offers home delivered medication. 360-694-7377.

VANCOUVER POLICE DEPARTMENT PRESCRIPTION PICK-UP & DELIVERY

The Vancouver Police Department is offering pick-up and delivery of prescriptions to people who meet the following criteria:

- live within Vancouver City Limits,
- age 65+ OR have health conditions that put them at higher risk of severe illness due to COVID-19; and
- use a pharmacy within Clark County limits.

Residents need to make sure their pharmacy is able to accept prepaid orders and will allow police officers to pick up the prescriptions. Valid photo ID must be presented at the time of delivery. Officers will be in uniform, wearing protective gear, and adhering to social-distancing guidelines. Check to see if you live in Vancouver City limits here: <https://www.cityofvancouver.us/ourcity/page/do-you-live-or-work-city-vancouver>. Call the Vancouver Police Department at 360-487-7355 option 0 to arrange for a delivery.

Utilities**CLARK PUBLIC UTILITIES (PUD)**

Customer service line 360-992-3000. Offers Senior Rate Credits, Operation Warm Heart, LIHEAP (Low-Income Home Energy Assistance Program), and GOSP (Guarantee of Service Program). Financial limitations apply.

Mental Health/Support**CVAB'S WARM LINE**

Call: 360-903-2853. Operates every evening from 4PM – Midnight.
Offers peer support, understanding and a listening ear. Not a crisis line.

CLARK COUNTY 24/7 CRISIS LINE

Call: 800-626-8137 or 360-425-6064. TTY: 1-866-835-2755

Offers assistance for those experiencing a mental health crisis. For emergencies requiring immediate on scene response, call 911.

NATIONAL 24/7 CRISIS LINE

Text "HEAL" to 741741 or chat with them at www.crisistexting.org

24/7 help for those experiencing a mental health crisis. For emergencies requiring immediate on scene response, call 911.

ADAPT Program at PeaceHealth Southwest

The ADAPT day treatment program is now offering virtual support. People living with mental health symptoms can learn new ways to cope through daily online classes and professional support. People can participate in this program as initial access to the mental health system, or as a supplemental component to current mental health services. Most insurance is accepted and there are foundation dollars if you are unable to afford co-pays. Please contact ADAPT at 360-696-5081 for referrals, more information, or to self-refer.

Hearing Voices Network – Vancouver Group

Free online group meetings that offer space people who have experienced voices, visions, or intense moods to share their experiences and exchange wisdom in a non-judgmental atmosphere. There's no need to sign up and no insurance needed. <https://www.pacificrimhvn.org/vancouver.html>

CDC ANXIETY AND STRESS MANAGEMENT

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

Select option for "Stress & Coping"

Dental

Dentists in Washington have been directed to address emergencies and urgent dental care only.

ASPEN DENTAL (DR. SAGAR)

Offers treatment for people with urgent dental problems. Free of charge for those without insurance. For individuals with insurance, call to check for coverage.

DENTISTLINK

Call or text: 844-888-5465 and a referral specialist will connect you with a dentist who is currently accepting urgent or emergency cases.

Other Assistance

HUMAN SERVICES COUNCIL

360-735-5733. Leave a message if no one answers.

Offers Clark County residents access to food banks, pharmacies, and grocery stores. Assistance includes coordinating a grocery pickup order, item pick up and deliveries, and taking individuals to the grocery store.

SENIOR WELLNESS CHECK

Clark County Sheriff's Office is offering a free daily phone call service to check on safety of older residents that live alone. Volunteers with local law enforcement agencies make daily phone calls to check on the safety of older residents. Calls will be made at a pre-arranged time and frequency. A wellness check will be performed after three unsuccessful contact attempts to the resident and unsuccessful contact of the emergency contact. To obtain an application, contact 564-397-3380 or email sheriffcommunityoutreach@clark.wa.gov.

VOLUNTEER CHORE SERVICES

Intake line is 1-844-851-9380. **They are only serving people who are not sick at this time.**

*May provide basic tasks for low-income seniors. Services limited by number of volunteers. Can do shopping (cash only), errands, meal preparation, pet care, clerical tasks and limited personal care.

YWCA's SafeChoice Domestic Violence Program

If you are experiencing domestic violence and you are not safe at home, call the 24-hour domestic violence hotline at 360-695-0501, or toll-free hotline at 800-695-0167. For life-threatening situations please call 911.

DISCLAIMER: The Area Agency on Aging & Disabilities of Southwest Washington and the Aging & Disability Resource Center does not recommend, endorse or suggest that you should use any of these businesses or agencies nor have we screened them in any way; this is your responsibility. If you use a resource from this list, you are responsible for your relationship and their terms of service. We offer this information only as a resource to help you meet your needs. Please note that grocery stores and pharmacies may have updated their hours of operation since this guide was published. If in doubt, please call your local store or pharmacy to confirm.