

RESOURCES FOR SENIORS

Groceries? Here are some stores with early hours for seniors:

- Safeway/Albertson's 7:00-9:00 Tuesdays and Thursdays
- Redmond Whole Foods: Seniors can shop daily at 8:00 AM, which is an hour before opening
- PCC: Seniors can shop daily from 7:00-8:00 AM
- Costco: Seniors have reserved shopping from 8:00-9:00 AM, Tuesdays and Thursdays
- QFC: Seniors have reserved shopping from 7:00 - 8:00 on Tuesdays and Thursdays.
- Amazon Fresh for people who have Amazon Prime will deliver within two hours from Whole Foods.
- A link for future updates: <https://kingcounty.gov/council/gethelp/GroceryHours.aspx>

Church Services:

- Sammamish Presbyterian Church: <http://spconline.org>. 10:00 AM Sundays
- Pine Lake Covenant Church: <https://plcc.org/sermons/concluding-each-day-in-hope/> 10:00 AM Sundays
- Sammamish Hills Lutheran Church: <http://www.shlc.org>. Link on the home page for streaming service
- Eastridge Church: <https://www.eastridgetoday.com>. Link on the home page to services.
- Mary, Queen of Peace Catholic Church: <https://mqpevents.weebly.com/covid-19-updates.html>. Links to resources and streaming daily and Sunday Masses.
- Good Samaritan Episcopal Church: <https://www.goodsameepiscopal.org> Morning prayer (8am), and Sunday service (10:30)

Feeling Isolated or Blue or Anxious:

- **MOST importantly, if you are feeling overly anxious or depressed, contact your physician immediately.**
- Resource page from the Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>. Lots of good resource links here.
- Eight online mental health resources for coping with coronavirus-related stress and anxiety: <https://www.insider.com/online-mental-health-resources-for-coronavirus-related-anxiety-stress-2020-3#rachel-wright-a-new-york-city-based-therapist-is-holding-virtual-group-check-ins-for-free-1>
- ***To stay in touch with family and friends***, why not have lunch with them every day via FaceTime or Zoom? Here is a link for Zoom which is free: <https://zoom.us>.

Library Resources:

- Need a library card first?? <https://kcls.org/library-cards/>

- *Hoopla* is a free streaming media resource from the library which has movies, music and TV shows. Link to download it to your phone or tablet or newer smart TV: <https://www.hoopladigital.com>
- *Libby* is a free resource for downloadable books and audiobooks.
- *Kanopy* is another streaming video service with Great Books, PBS, and movies. I just created an account...many classic movies to enjoy.
- *RB Digital* is the link to read magazines from Adult coloring books to The New Yorker to Us and Cooks Illustrated. There are approximately 196 magazines available for you to enjoy!

Acorn TV is offering a 30 day free trial for those of you who enjoy British television series.

Also - City of Issaquah announced additional \$100,000 for financial assistance to be administered through Issaquah Community Services, St. Vincent de Paul, and Hopelink. City of Bellevue announced \$450,000 additional for rent assistance (\$90,000 through five separate organizations).