

# Resources During COVID-19

## Groceries

Hannaford: Seniors (60+) and those identified as high risk by the CDC – exclusive shopping hours from 6am-7am on Tuesday, Wednesday, Thursday

Market Basket: Seniors (60+) only shopping hours from 6am-7am daily

Trader Joes: Seniors only shopping hours 9am-10am daily

Newbury Farms, Newmarket: Senior shopping hours 9-9:45am Mondays & Thursdays, 8-8:45am Saturdays; Also offering 2 free meals per day if you have school-aged children and are in need, ask management for details 200-0685

McKinnon's, Portsmouth: Seniors (60+) only shopping 7-8am daily

Walmart: Seniors only shopping 6-7am on Tuesdays

Free grocery delivery available to Newmarket residents through Sunset Sunrise senior center, up to 10 items/day. Call 659-4469.

Free food pantry delivery available to Newmarket and Newfields residents from the Newmarket food pantry. Call 659-3892. Also offering extended hours.

Insta-cart: <https://www.instacart.com/> – Delivery service; includes stores such as Target, CVS, Petco, Bj's; online account needs to be created; debit/credit card required; new customer get free delivery

Peapod: <https://www.peapod.com/> – delivery service for groceries; minimum order for delivery is \$60; delivery fee is scaled based on the order, new customers can get free delivery; debit/credit card required

Contact individual school districts for information on availability of meals for students, many schools are offering free meals regardless of whether the student qualifies for free lunch.

Food access map:

<https://unhcoopext.maps.arcgis.com/apps/MapSeries/index.html?appid=5caa235e0e024beb8bebba50a0297d15>

## Medications

Exeter Rite Aid: 75 Portsmouth Ave, Exeter 778-0553 – available to Exeter residents only, temporarily waiving delivery fee. Steps: 1) Prescriber must send prescriptions over if patient does not already use this pharmacy, 2) Patient must then call Rite Aid to provide debit card info so delivery can begin. Delivery will usually occur within 2 days.

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Typical charge is about \$3/delivery, but the patient can cancel delivery once things return to normal.

Newmarket Rite Aid: 73 Exeter Rd, Newmarket 659-7852 - does free med delivery on Tuesdays

Portsmouth Rite-Aid: 800 Islington St, Portsmouth 436-2214 – Offers local delivery of prescription medication

Walmart: home delivery or curbside for elderly to get their prescriptions. Call 1-800-2refill (1-800-273-3455).

Emergency medication delivery for Newmarket Residents through Sunset Sunrise senior Center. Call 659-4469.

## Both Groceries and Medications

North Hampton Recreation Dept. is willing to help North Hampton seniors in any way: pick-up of groceries, medications, etc. Call 964-3170

Rite Aid: Seniors (60+) and those at high risk for COVID – 9-10am daily

CVS: free 1-2 day shipping for medications and “everyday essentials” – sign up online or on the CVS app: <https://www.cvs.com/content/delivery>

## Resources Through Insurance

Cigna will allow patients to see providers related to COVID for free (no co-pay); Free telehealth screening re: COVID; call 866-912-1687 for free 24/7 for help with managing stress and anxiety

Free cellphones available to New Hampshire Healthy Families members – contact NHHF 866-769-3085

## Mental Health

Mary Boucher, LICSW offering telehealth counseling – accepting any insurance, no co-pays. 603-605-1409, <https://www.marybouchercounseling.com/>

Counseling Center of New England – provides both counseling and psychiatry; offering telehealth and faster intake process: <https://counselingcenter.com/>

Life Balance Counseling: brief treatment 1-4 sessions or long-term counseling, all via telehealth; [lifebalancenh.vistaprintdigital.com/](http://lifebalancenh.vistaprintdigital.com/) call (603) 332-8000 or email [info@lifebalancecoachnh.com](mailto:info@lifebalancecoachnh.com)

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Connections Peer Support, Portsmouth is offering a warm line available to all community members needing behavioral health support; 10:30PM and Sat / Sun 5-10pm @ 603-427-6966 or 800-809-6262; online support groups will be available and can be accessed at <http://connectionspeersupport.org/>

Check the Seacoast Mental Health Center Facebook page – they will be offering online groups sometime the week of 3/30

If patient is a client at a community mental health center be sure that they check in with their providers there

## Substance Use

ROAD To A Better Life, Somersworth, Newington – still accepting new patients for substance use treatment (suboxone, therapy, psychiatry, counseling)

Addiction Recovery Services, Portsmouth – Still accepting new patients for their Intensive Outpatient Program, 978-228-5853

## Transportation

Seacoast Learning Collaborative (SLC) as of 3/25/20 offering rides at a fair cost to the community – groceries medical appts, etc. Call 679-2021 x10

Call TripLink for information on transportation services still offering rides for essential medical appointments

## Misc.

Utilities/rent/etc. - If there are other resource concerns patients can always contact their local welfare office

As of March 17<sup>th</sup> Gov. Sununu banned landlords from starting eviction proceedings and prohibited all foreclosures; utilities - electric, gas, water, telephone, cable, fuel and internet providers – cannot be disconnected for non-payment. If a landlord/provider is not following this ban, the patient should contact the Legal Advice and Referral Center (LARC), 800-639-5290, or apply for help online at [nhlegalaid.org/get-help](http://nhlegalaid.org/get-help)

Care Tenders and RVNA allowing telehealth to count as face-to-face for VNA referral