

# 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](http://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](http://www.schwans.com).  
Private Pay. Frozen items delivered to your door. Prices vary. Special diets available. Accepts SNAP.

### MOM'S MEALS

Contact: 1-877-508-6667 or [www.momsmeals.com](http://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 OR PICK-UP)

Location: West (Salmon Creek) 360-566-7980. East (Cascade Park/Mill Plain) 360-891-4245.  
Online at: [www.Safeway.com](http://www.Safeway.com). Cost: Regular prices + delivery fee. Some locations accept EBT on deliveries for those with a disability.

### WALMART (PICK-UP ONLY)

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

Online at: [www.Walmart.com](http://www.Walmart.com). Cost: Offers store pickup for free (in the parking lot)

### OTHER ON-LINE GROCERY DELIVERY OPTIONS:

- [www.hellofresh.com](http://www.hellofresh.com)
- [www.amazon.com](http://www.amazon.com) – search for Amazon Fresh, or Amazon Prime if you are a Prime Member.
- [www.instacart.com/vancouver-wa/fred-meyer](http://www.instacart.com/vancouver-wa/fred-meyer).

\*Clark County Food Bank. May be offering future delivery options.  
Call for info 360-693-0939.  
[www.clarkcountyfoodbank.org](http://www.clarkcountyfoodbank.org)

## Shopping for Vulnerable Adults

**TARGET:** has special hours for vulnerable adults, 8am – 9am on Wednesdays for the Vancouver Plaza Location. 7am – 8am on Wednesdays for the Hazel Dell and East Vancouver Locations. All stores are now closing at 9pm.

**SAFEWAY/ALBERTSONS:** 7am -9 am (or an hour before normal opening hours, not all stores have the same hours) Tuesday and Thursday, the company is reserving time for “those vulnerable shoppers who must leave home to obtain their groceries, unless otherwise locally mandated”. (Not all are providing this service, people should call to check about their store.)

**WALMART:** 3/24/2020-4/28/2020 will be hosting a 1 hour long senior shopping event every Tuesday for customers 60+ which will start 1 hour before stores open. Walmart U.S. stores will adjust operating hours to 7 a.m. to 8:30 p.m. Stores that open later than 7 a.m. will continue their regular starting hours. Pharmacies and Vision Centers will also be open during this time.

**COSTCO:** East Vancouver location, 8 am – 9:30 am, for seniors and health compromised/pregnant on Friday 3/20/2020, however starting 3/24/2020 it will be on Tuesday and Thursday ONLY. Each Costco may be different also. “Exclusively for members who are over 60 years of age or have physical disabilities. Tuesday & Thursday 8:00am – 9:30am. *Only members who meet this criteria will be invited to shop during these hours.* **NO** guests will be admitted.

## 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 1-800-2Refill.
- **Walgreens:** [www.Walgreens.com](http://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](http://www.GenevaWoods.com) offers home delivered medication. 360-694-7377.

## 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 CRISIS LINE.**

Call: 800-626-8137 or 360-425-6064.  
Offers assistance for those experiencing a mental health crisis.

## **Other Assistance**

### **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.

**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.