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## Monroe County Resources During Covid-19

### COVID-19 HELPLINES

- ❖ **Monroe County Health Department:** 734-243-8600
- ❖ **State of Michigan:** 888-535-6136 or email COVID19@michigan.gov

### FOOD/ESSENTIAL SUPPLIES ASSISTANCE

- ❖ **Gleaners:** Offering drive up mobile sites at various locations. Please visit <https://www.gcfb.org/community-distribution-sites> to get an updated list of sites.
- ❖ **MCOP:** Will assist with emergency food and other needs for seniors. Call Resource Advocacy at 734-241-2775 ext 802.
- ❖ **LIFE:** 2307 N. Monroe St., Monroe. Meals are available for pick up M-F from 11:30AM-12:30PM. Call 734-242-6800 24 hours in advance to reserve a meal. Suggested donation: \$3/meal 60+; Full cost for under 60.
- ❖ **Water Tower Park:** 11345 Harold Drive, Luna Pier. Meals are available for pick up M-F from 11:30AM-12:30PM. Call 734-242-6800 24 hours in advance to reserve a meal. Suggested donation: \$3/meal 60+; Full cost for under 60.
- ❖ **Sullivan Nutrition Site:** 13613 Tuttlehill Rd., Milan. Meals are available for pick up M-F from 11:30AM-12:30PM. Call 734-242-6800 24 hours in advance to reserve a meal. Suggested donation: \$3/meal 60+; Full cost for under 60.
- ❖ **Orchard Nutrition Site: 924 E. Second St. Monroe.** Meals are available for pick up M-F from 11:30AM-12:30PM. Call 734-242-6800 24 hours in advance to reserve a meal. Suggested donation: \$3/meal 60+; Full cost for under 60.
- ❖ **River Park Plaza: 20 N. Roessler, Monroe.** Meals are available for pick up M-F from 11:30AM-12:30PM. Call 734-242-6800 24 hours in advance to reserve a meal. Suggested donation: \$3/meal 60+; Full cost for under 60.
- ❖ **Dundee Senior Center: 284 Monroe Street, Dundee.** Meals are available for pick up M-F from 11:30AM-12:30PM. Call 734-242-6800 24 hours in advance to reserve a meal. Suggested donation: \$3/meal 60+; Full cost for under 60.
- ❖ **Dundee Fire Dept: 820 Dundee Azalia Rd., Dundee.** 1,000 gallons of milk will be given away on June 27 from 1-3PM.

## GROCERY DELIVERY

- ❖ **Caulder Dairy:** Home Delivery of milk, bread, cheese, jam/jelly. Delivery fee: \$3. Call 313-381-8858 or fill out the form online at <https://calderdairy.com/home-delivery/> to place an order.
- ❖ **Mediumize:** Volunteers will provide free errand running (food or medicine) for individuals who are in high risk groups or for people who are showing symptoms of COVID-19. Submit a request online for help: <https://www.mediumize.com/i-need-help>

## FOOD PANTRY DELIVERY

- ❖ **MCOP:** Call 734-241-2775 ext 802 (ext 801 for non seniors) to receive food delivery.

## PET FOOD

- ❖ **Michigan Humane Society:** Pet Pantry Program provides food and supplies curbside. Please call 866-648-6263.

## FRIENDLY REASSURANCE

- ❖ **CCSEM:** Call Trista Johnson at 248-537-3300, Ext. 3941. Please include person's name, phone number, address, emergency contact name & number, and any pertinent information (dementia, hard of hearing, etc.)
- ❖ **Milan Seniors:** Call 734-508-6229. Serves zip code 48160. In addition to calls, they can help set individuals up with other services such as meals on wheels, transportation, and shopping/delivery of needed items.

## ONLINE SUPPORT

- ❖ **DNOM:** Real Talk online/telephone support group meets via ZOOM. Group meets to bring people together to help cope with feelings of feeling alone, feeling isolated or feeling anxious about the pandemic. Meets on Tuesdays from 12PM-1PM. Please email [peer\\_support@dnom.org](mailto:peer_support@dnom.org) to receive a registration link. Open to everyone.
- ❖ **Alzheimer's Foundation of America:** Offers virtual programs such as fitness, meditation, technology, Broadway concerts, art and self-care for caregivers. Visit

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<https://www.facebook.com/AlzheimersFoundationofAmerica/> to take part in the programs. They can be viewed any time after the events.

- ❖ **Headspace:** Free collection of meditation, sleep and movement exercises.  
<https://www.headspace.com/mi>

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