

**All chapter meetings, board meetings, lip reading classes, and HAT demonstrations are cancelled until further notice.**

## Help for finding food during the pandemic

*Kathy Winkenwerder of Osher Lifelong Learning Institute  
March, 2020*

As we settle in to *Staying at Home*, we want to share with you this information compiled by Kathy Winkenwerder, Co-Chair of the Technology Working Group of OLLI (Osher Lifelong Learning Institute).

Your electronic devices can not only help you stay socially connected, but also find you something to eat.

You may find that some of these tips involve you learning a new thing or two. That's fine because you have plenty of time to learn now.

### **An app recommendation that's not about food**

Get accurate information about the Coronavirus pandemic from an updated app from The CDC (Centers for Disease Control). It's available at the App Store and Google Play for use on smartphones and tablets. When you open the app, tap on the three horizontal lines at the top of the screen to see a menu. You can get state-specific information, get notifications, see news, and hear podcasts.

### **Find where you can be among the first in line to buy food**

If you are not in a vulnerable group and feel like foraging for food on your own, see the store hours listed on page 2. Things change, so you may have to do a Google search to double check hours.

As anyone who's gone a grocery store and seen those empty shelves knows, the days of being able to pick from a lot of choices seem to be over for the time being. Now there's the extra inconvenience of waiting in line. And most of us who are 65 and over can't sprint to the toilet paper aisle as easily as we used to. Luckily, many large grocery stores have established senior hours for us. Full disclosure: These companies don't always have senior hours listed on their website.

We hope this issue finds you safely nestled at home and taking good care of yourself. We're all getting used to more alone time than we've experienced in the past. Here's a webinar from HLAA that offers some tips for self-care.

### **"What Nelson Mandela and Others Teach Us About Coping with the Coronavirus and Isolation"**

<https://www.hearingloss.org/webinars/coronavirus-and-isolation/>

### **Or you can have your groceries delivered**

In normal times, unless we were working full time or were under the weather, many of us hadn't thought about having groceries delivered. Now, of course, it sounds perfect. But since a lot more people are signing up for delivery, the services can't respond as quickly as they used to. Be patient. If the delivery doesn't come exactly when promised, it won't be the end of the world. Also, as in the stores, some items are sold out. Remember, the things you order come from stores that may have shortages.

### **Instacart, a grocery delivery service**

You can order from many individual grocery stores or you can order directly from the delivery service Instacart, which you can reach through a grocery store website or directly from <https://www.instacart.com/>

The first step is to open an account. You can use your Google or Facebook account or enter your own username and password. At the top of the page you'll see a pulldown menu called Stores. Click it and choose the store you choose to deliver your order. The list includes most of the local chain groceries plus CVS, Petco, BevMo and Total Wine. Click on one and choose your items. The

*(continued on page 2)*



## PRESIDENT'S MESSAGE

from **Gail Morrison**

Greetings from the comforts of my home to the comforts of your home!

I hope this finds you and your family and friends are safe and well, and continue to be. I am well and hope that you are, too, and will continue in that direction! Until we meet again: sooner rather than later!! Take care!! –Gail

---

### finding food

*(continued from page 1)*

cost? It's a little complicated. For one thing, prices are set by individual stores. For people who aren't Instacart members, same-day delivery starts at \$3.99 for orders of more than \$35. Or you can become a member of Instacart Express for \$9.99 per month or \$99 per year.

#### How Instacart works

A personal shopper from Instacart goes to the grocery store you designate and shops for everything you've picked out online. Then it's delivered to your home the same day. You can even choose a no-contact delivery, which will leave your delivery by your door. You pay with a credit or debit card or Google Pay or Apple Pay. These card numbers are entered into your account so the payment is deducted from your card with each order. Tips of at least 20 percent are encouraged! Those shoppers are out there where it's dangerous, so help support them. You can add the tip after delivery or do it the old fashioned way with dollars.

#### Senior Hours and some stores' delivery options

Please note: Costco, Whole Foods and Walmart define seniors as aged 60 and older. Lazy Acres says 62. For the rest of the stores, it's 65. Notice that only some stores have senior hours.

##### **Albertsons** [www.albertsons.com](http://www.albertsons.com)

Senior hours: 7 am to 9 am on Tuesday and Thursday. Delivery is available through Vons, depending on your location—go to the website and double check. Partners with Instacart.

##### **Amazon** [www.amazon.com](http://www.amazon.com)

Order food items online from their website. If you have an Amazon Prime account the shipping is

free. If you don't, order \$25 or more of merchandise and shipping is free for 2-day delivery on most items.

##### **Costco** [www.costco.com](http://www.costco.com)

Senior hours: 8 am to 9 am for customers 60 and older. Even if you didn't get to Costco during the recent panic buying there, getting through the store is supposed to be easier now because limited numbers of people are being admitted. Partners with Instacart for same-day delivery. (You don't have to have a Costco membership to order from Instacart.) Two-day delivery for orders from the Costco website over \$75.

##### **Food 4 Less** [www.food4less.com](http://www.food4less.com)

Partners with Instacart.

##### **Gelson's** [www.gelsons.com](http://www.gelsons.com)

Senior hours: 7 to 8 am.

Partners with Instacart.

##### **Lazy Acres** [www.lazyacres.com](http://www.lazyacres.com)

Senior hours: 6 am to 7 am daily for customers 62 and over.

##### **Mother's Market** [www.mothersmarket.com](http://www.mothersmarket.com)

Senior hours: 6 am to 7 am daily.

Partners with Instacart.

##### **Pavillions (Vons)** [www.pavillions.com](http://www.pavillions.com)

Senior hours: 7 am to 9 am on

Tuesday and Thursday.

Grocery Delivery. Partners with Instacart.

##### **Ralphs** [www.ralphs.com](http://www.ralphs.com)

Senior hours: 7 to 7:30 a.m. daily.

Order from the website. Direct delivery for \$9.95.

Partners with Instacart.

##### **Sam's Club** [www.samsclub.com](http://www.samsclub.com)

Partners with Instacart.

##### **Smart & Final** [www.smartandfinal.com](http://www.smartandfinal.com)

Senior hours: 7:30 to 8 am

Partners with Instacart.

##### **Sprouts** [www.sprouts.com](http://www.sprouts.com)

Partners with Instacart.

##### **Stater Brothers Markets** [www.staterbros.com](http://www.staterbros.com)

Senior hours: 7:45 to 8

Partners with Instacart.

##### **Vons** [www.vons.com](http://www.vons.com)

Senior hours: 7 am to 9 am on Tuesday and

Thursday. Partners with Instacart.

*(continued on next page)*

---

**Target** [www.target.com](http://www.target.com)

Senior hours: The first hour of shopping on Wednesday. Check your local Target for hours; they vary. Free 2-day shipping when you order \$35 in grocery items from the Target website. Same-day delivery. Partners with [Shipt](#).

**Walmart** [www.walmart.com](http://www.walmart.com)

Senior hours: 6 am to 7 every Tuesday from March 24 to April 28 for customers 60 and older. Free two-day delivery on items over \$35.

**Whole Foods** [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

Senior hours: 7 am to 8 am for people 60 and older.

**Or order meals from a restaurant**

Ordering out does two things: it gives you a welcome break from your own cooking and supports a local business. If you have a favorite restaurant, maybe one in your neighborhood, and it's still open, help them out by ordering from them. Some let you pick up your order and many also rely on delivery companies.

Look for restaurants in your area by going to Yelp, an online service directory that includes restaurants. Each listing includes their location, menus, ratings, and photos of the food. An icon called Delivery is at the bottom of the screen. Tap it and you'll see different categories of restaurants that deliver, including those with free delivery. Most of those with a delivery fee will tell you how much the fee is, how long it will take to deliver your order, and which delivery service they use. (Get to Yelp at [yelp.com](http://yelp.com) or through apps on your smartphone or tablet.)

**Popular Food Delivery Services**

You can go to these companies' websites on your computer or on apps on your smartphone or tablet. Enter your street address and zip code to see your local restaurants, create an account with a username and password, then choose what you want to eat from the list of restaurants. Doordash seems to deliver for the most restaurants.

**Doordash** [www.doordash.com/en-US](http://www.doordash.com/en-US)**Postmates** [www.postmates.com](http://www.postmates.com)**Grubhub** [www.grubhub.com](http://www.grubhub.com)

Good luck on your food journey!

---

**Get the Informer by US Mail - \$10/year**

Make check out to Long Beach/Lakewood HLAA and mail to HLAA Long Beach/Lakewood, 5200 Clark Ave, P.O. Box 41, Lakewood CA 90714

---

**HLAA, Long Beach/Lakewood Chapter****Officers**

**President** Gail Morrison

**Vice-President** Ram Kakkar

**Treasurer** Craig Bowlby

**Recording Secretary** Miryam Hernandez

**Corresponding Secretary** Van VonBurg

**Committees**

**Hearing Assistive Technology** Katie Wright

**Lip Reading** Linda DeGuire

**Looping** Ram Kakkar

**Membership** Ellen Mathis

**Programs/Publicity** Gail Morrison

**Refreshments** Adela Praderas

**Ways and Means** *Please volunteer!*

**Professional Advisor**

Dr. David DeKriek, Au.D.

**Newsletter**

**Editor** Katie Wright

**Layout** Ilga Dravnieks

**For more information about our chapter:**

[hlaa-lb-lakewood.org](http://hlaa-lb-lakewood.org)

email: [info@hlaa-lb-lakewood.org](mailto:info@hlaa-lb-lakewood.org)

**Katie Wright** (323) 205-6794

[katie.hearingloss@gmail.com](mailto:katie.hearingloss@gmail.com)

---

**HLAA Hearing Loss Association of America**

Join HLAA to receive *Hearing Loss Magazine* and to become part of the one organization that represents the interests of 48 million people with hearing loss in the U.S.

Send \$45 for individual or \$55 for family membership to:  
Hearing Loss Association of America  
7910 Woodman Avenue, Suite 1200  
Bethesda, MD 20814

Or join online: <https://www.hearingloss.org/make-an-impact/become-a-memberrenew/>

For more information:

(301) 657-2248 or email [inquiry@hearingloss.org](mailto:inquiry@hearingloss.org).

Membership brochures are available at chapter meetings.

---

**CTAP California Telephone Access Program**

For information, repair or exchange:

English Voice 1-800-806-1191

Spanish Voice 1-800-949-5650

[www.californiaphones.org/about-us](http://www.californiaphones.org/about-us)

---

**DISCLAIMER:** We believe the information contained in this publication has been compiled from reliable sources. However none of the contributors, sponsors, or anyone else connected with the Informer in any way whatsoever can be responsible for the appearance of any inaccurate or libelous information or for your use of the information contained in or linked from these pages. If you need specific advice, for example, for your particular hearing concerns, please seek a professional who is licensed or knowledgeable in that area. We further do not recommend or endorse any product or professional but supply such information as a public service.

Long Beach/Lakewood HLAA  
5200 Clark Ave, P. O. Box 41  
Lakewood CA 90714

### Upcoming Programs

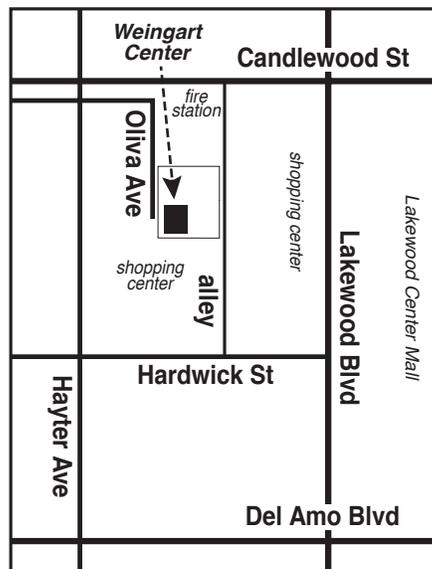
**All chapter meetings and events are cancelled until further notice.**

#### Monthly chapter meetings:

2nd Thursday of each month  
6:30-8:00 p.m.  
September through May

All Chapter meetings, Board meetings, lip reading classes, and HAT demonstrations are held at:

Weingart Center  
5220 Oliva Ave.  
Lakewood, CA 90712



**If you don't like meetings because you can't hear well, our meetings are different!**

- We have a high quality sound system
- We'll lend you an assistive listening device
- If you have hearing aids with telecoils, we have a hearing induction loop.
- We project captions on the wall for you to read.

We provide all these options free so you can understand what is said.



#### Hearing Loss Association of America

**HLAA** opens the world of communication to people with hearing loss through information, education, support and advocacy.

Join HLAA now at

<https://www.hearingloss.org/make-an-impact/become-a-memberrenew/>

to receive *Hearing Life Magazine* and become part of a nationwide nonprofit organization representing the interests of 48 million people living with hearing loss in the United States.