



**DELAWARE COUNTY OFFICE
OF SERVICES FOR THE AGING**
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Delaware County Agencies Working to Keep Seniors Connected During COVID-19

Since the arrival of COVID-19 in 2020, organizations which provide programs and services for the aging have been challenged with finding new and creative ways to continue their services while keeping everyone safe and healthy. Many became virtually connected through Zoom, Facebook Live, teleconferences and more or held activities outdoors if possible.

While this was easier for some, others were faced with obstacles which impeded their ability to socially interact and stay connected to others. These creative new ways to stay connected often involve access to the internet and technology as well as the knowledge of how to use it.

Throughout the county, organizations that serve older adults have continued to do so without interruption, although changing their methods to do so.

- A partnership between the Delaware County Office of Services for the Aging (COSA) and Community Transit was forged to assist seniors with their grocery shopping needs. Any Delaware County senior who wishes to utilize this service should email grocerydropoff@CTdelco.org or call 215-900-2519.
- COSA's Health and Wellness programs continue to offer education and support to its participants albeit virtually. To learn more or to see which programs are currently being offered, visit www.delcosa.org and click on the Community Services tab.
- The Delaware County Ombudsman Program remained available to residents of long-term care facilities by phone and virtually and began outdoor visitation with residents once permitted to do so. Tablets were purchased by the program to train residents in peer resolution through the PEER Program. The Ombudsman Program remains available to advocate for the rights of residents and help to resolve any complaints regarding their rights. The Ombudsman coordinator, Rahmah Allen, can be reached at 610-872-1868.
- Senior centers offer grab-and-go meals in place of congregate meals. Home delivered meals are available for homebound older adults. To inquire about home delivered meals or to find a senior center near you, contact COSA at 610-490-1300.

- Senior centers continue to virtually offer live exercise classes, health and wellness, lifelong learning programs, support groups, crafting, brain games, discussion groups and more. Older adults can stay connected through Facebook groups, telephone calls, and e-newsletters. Several centers have lending libraries where technology to stay connected can be borrowed as well as classes on how to use it.

Activities and programs are **not** only for center members. Any older adult in Delaware County may participate if interested. To find a senior center near you, contact COSA at 610-490-1300 or visit www.delcosa.org to view a list of sponsored centers and their contact information. Activities and programs for each center can be found on their websites.

Visit COSA's website, www.delcosa.org and click on the News section to read about other resources available to keep older adults connected such as TechOWL lending library, free and/or low-cost cell phones and internet services and Villanova University's ReachOut program offering social phone calls to older adults to help prevent social isolation. Additional details on specific events and programs being offered through sponsored senior centers is listed as well.