

Carteret

Special Accommodation Stores

- **Dollar General**-Monday-Sunday 8-9 are senior only shopping hours
- **Walmart**-Starting March 24 through April 28, Walmart stores will host a hour long senior shopping every Tuesday for customers that are 60 +. This is one hour before the store opens, this includes the pharmacy and vision centers.

Medication Delivery

Fees may apply, contact retailer for details

- **CVS**-Free delivery of RX and everyday essentials, same day within 3 hours or by shipment in 1-2 days. Call your local CVS for details or visit: <https://www.cvs.com/content/delivery?icid=rxdelivery-tab-rxdelivery>
- **Realo Drugs**-Cape Carteret, 181 Enterprise Ave, Cape Carteret; 252-393-3345

Grocery Pick Up

Fees may apply, contact retailer for details

- **Food Lion**
 - 4917 Arendell St, Morehead City; 252-247-3573
 - 1010 W. Fort Macon Rd, Atlantic Beach
 - 1901 Live Oak St, Beaufort; 252-504-2442
- **Harris Teeter**
 - 500 US 70 Suite 200, Morehead City
 - 5000 US Hwy 70 Governors Station, Morehead City; 252-240-3742
- **Lowe's Food**
 - 321 W.B. McLean Dr, Cape Carteret; 252-393-1602
 - 3000 Arendell St, Morehead City; 252-726-2651
- **Publix**-8800 Crew Dr, Emerald Isle; 252-354-21-04
- **Walmart**-300 NC HWY 24, Morehead City; 252-333-2726

Craven:

Special Accommodation Stores

- **Dollar General**-Monday-Sunday 8-9 are senior only shopping hours
- **Target**-Wednesdays from 8-9 are senior only shopping hours
 - 3410 Doctor MLK, New Bern
- **Walmart**-Starting March 24 through April 28, Walmart stores will host a hour long senior shopping every Tuesday for customers that are 60 +. This is one hour before the store opens, this includes the pharmacy and vision centers.

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- **Realo Drug**
 - 502 West Thurman Rd, New Bern; 252-631-5444
 - 1301 Commerce Dr, New Bern; 252-636-1711
 - 2602 MLK Blvd, New Bern; 252-514-0374
- **Trent East Pharmacy**-937 HWY 70 East, New Bern; 252-638-6500

Grocery Pick Up

Fees may apply, contact retailer for details

- **Harris Teeter**
 - 3301 Doctor MLK Jr. Blvd, New Bern; 252-635-3388
 - 2032 Waterscape Way, New Bern; 252-631-5226
- **Food Lion**-3301 Doctor MLK Jr Blvd, New Bern; 252-635-3388
- **Publix** pick up-2004 S Glenburnie Rd, New Bern; 252-634-1646
- **Target**-3410 Doctor MLK Jr, New Bern; 252-638-2954
- **Walmart**
 - Havelock-566 US HWY 70 W, Havelock; 252-333-2750
 - New Bern
 - 2915 Neuse Blvd, New Bern; 252-671-6131
 - 3105 Doctor MLK, New Bern; 252-637-6699

Duplin

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Grocery Pick Up

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- **Walmart**-5625 S NC 41 HWY, Wallace

Greene

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- **Realo Discount Drug**-104 Parkwood Dr, Snow Hill; 252-747-7004

Grocery Pick Up

Fees may apply, contact retailer for details

- **Food Lion**-108 Greenwood Sq., Snow Hill; 252-747-2490

Lenoir

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- **MedSource Pharmacy**
 - 505 W. Vernon Ave, Kinston; 252-522-0353
 - 2202 US-258, Kinston; 252-522-2200
- **Realo Discount Drug**
 - 300 N Queen St, Kinston; 252-527-6929
 - 1302 W Vernon Ave, Kinston; 252-523-6069

Grocery Pick Up

- **Walmart**-4101 W Vernon Ave, Kinston; 252-450-0842

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Grocery Pick Up

Onslow

Special Accommodation Stores

- **Dollar General**-Monday-Sunday 8-9 are senior only shopping hours
- **Target**-Wednesdays from 8-9 are senior only shopping hours
 - 1395D Western Blvd, Jacksonville
- **Walmart**-Starting March 24 through April 28, Walmart stores will host a hour long senior shopping every Tuesday for customers that are 60 +. This is one hour before the store opens, this includes the pharmacy and vision centers.

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- **Realo Drug**
 - 2680 Henderson Dr, Unit 1, Jacksonville; 910-455-9982
 - 423 Yopp Rd, Suite 200, Jacksonville; 910-347-9684
 - 835 Piney Green Rd, Jacksonville; 910-219-3550
 - 461 Western Blvd, Jacksonville; 910-915-4771
 - 2040 Wilmington HWY Ste 13, Jacksonville; 910-347-7311
 - 1409 West Corbett Ave, Swansboro; 910-326-3534

Grocery Pick Up

Fees may apply, contact retailer for details

- **Food Lion**
 - 2200 Gumbranch Rd, Jacksonville; 910-938-1689
 - 861 Piney Green Rd, Jacksonville; 910-938-3775
- **Lowes Food**-2421 Gum Branch Rd, Jacksonville; 910-939-4358
- **Publix**-2001 Marlin Dr Unit 100, Jacksonville; 910-353-0433
- **Walmart**
 - 1109 W Carbett Ave, Swansboro; 910-916-0135
 - 2025 N Marine Blvd, Jacksonville; 910-824-2535
 - 4205 Western Blvd, Jacksonville
 - 349 Kinston Hwy, Richlands

Pamlico

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Grocery Pick Up

- **Walmart**-11233 B NC 55 HWY, Grantsboro; 252-201-9005

Wayne County

Special Accommodation Stores

- **Dollar General**-Monday-Sunday 8-9 are senior only shopping hours
- **Target**-Wednesdays from 8-9 are senior only shopping hours
 - 1204 Sunburst Dr, Goldsboro
- **Walmart**-Starting March 24 through April 28, Walmart stores will host a hour long senior shopping every Tuesday for customers that are 60 +. This is one hour before the store opens, this includes the pharmacy and vision centers.

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- **Downtown Pharmacy**-151 N Center St, Goldsboro; 919-583-5599
- **Marmac Pharmacy**-110 Five Points Rd, Dudley; 919-734-0880
- **Realo Discount Drugs**
- **Wayne's Pharmacy**-2302 Wayne Memorial Dr, Goldsboro; 919-735-4034

Grocery Pick Up

Fees may apply, contact retailer for details

- **Harris Teeter**-2120 Wayne Memorial Dr, Goldsboro; 919-734-3534
- **Walmart**
 - 1002 N Spence Ave, Goldsboro; 919-636-8287
 - 2908 US HWY 70 W, Goldsboro; 919-736-7332
 - 1144 Tommys Rd, Goldsboro; 919-988-6003

Other Resources

Home Delivered Meal Service

Fees may apply, contact retailer for details

- **Moms Meals:** 1-877-508-6667;
 - <https://www.momsmeals.com>
- **Meals on Wheels America:**
 - <https://www.mealsonwheelsamerica.org/>
- **Silver Cuisine:** 1-844-404-3663;
 - https://www.silvercuisine.com/?gclid=CjwKCAjwsMzzBRACEiwAx4iLG5FIAV-19twqcmBFNylc6Us0YIzcOiGCrkMUDM0xyknqdErs5AFxxoC0UUQAvD_BwE

Medication Home Delivery

Fees apply, contact retailer for details

- **Amazon Pill Pack:**
 - <https://www.pillpack.com/>
- **CVS:**
 - <https://www.cvs.com>
- **Express Scripts:**
 - <https://www.express-scripts.com/>
- **NowRX:**
 - <https://nowrx.com/>
- **Simple Meds,** 1-877-512-4654:
 - https://try.simplemeds.com/?gclid=CjwKCAjwsMzzBRACEiwAx4iLG30uTQna8m3-cvi0LhpMGf8ljn_Ct6GE0qqb_jkpZ5DSqbcIPvOCrRoC33IQAvD_BwE
- **Tricare Home Medication Delivery:**
 - <https://www.walgreens.com/topic/pharmacy/prescription-delivery.jsp>
- **Walgreens:**
 - <https://www.walgreens.com/topic/pharmacy/prescription-delivery.jsp>

Support & Resource Hotlines

- **Alzheimer's Association 24/7 Helpline:** 1-800-272-3900
- **Alzheimer's Foundation:** 1-866-232-8484
- **American Diabetes Association:** 1-800-342-2383
- **American Heart Association:** 1-877-242-4277
- **Cancer Care:** 1-800-813-4673
- **Cancer Support Community Helpline:** 1-888-793-9355
- **Caregiver Alliance 24/7 Helpline:** 1-800-272-3900
- **Caregiver Connection Assistance Line:** 1-866-211-3380
- **Caregiver Help Desk:** 1-855-227-3640
- **Caregiver.com:** 1-800-829-2734
- **Children of Aging Parents:** 1-800-227-7294
- **Dementia Alliance of North Carolina: Caregiver assistance line:** 1-800-228-8738; www.dementianc.org
- **Hospice Foundation of America:** 1-800-854-3402
- **International Hearing Society (Hearing Aid Helpline):** 1-800-521-5247
- **Kidney Helpline:** NKF Cares 1-855-653-2273
- **Legal Aid of NC:** 1-866-219-5262; www.legalaidnc.org
- **Long Term Care Regional Ombudsman:** Colby Smith, (252) 638-3185 or 1-800-824-4648
- **Lung Helpline:** 1-800-586-4872
- **Medicare:** 1-800-633-4227; www.medicare.gov
- **National Crisis Line:** 1-800-273-8255
- **National Hospice & Palliative Care:** 1-800-658-8898 1-877-658-8896 (multi-language)
- **NC Assistive Technology:** (919)859-8360, www.ncdhhs.gov
- **NC Baptist Aging Ministry (NCBAM):** 1-877-506-2226, www.ncbam.org
- **NC Division of Health & Human Services:** 1-800-662-7030; www.ncdhhs.gov
- **NC Independent Living Program:** 1-877-699-7578
- **NC Lions Foundation (visually and hearing-Impaired assistance):** 1-800-521-5247
- **Nursing Home Complaint Hotline:** 1-800-624-3004
- **Project C.A.R.E-Caregivers Alternatives to Running on Empty:** Amanda Biggs, (252) 414-3230
- **Senior Health Insurance Information Program (SHIIP):** 1-855-408-1212; www.ncdoi.com/SHIIP
- **Social Security Administration:** 1-800-772-1213
- **Stroke Family Warmline: information & support:** 1-888-478-7653
- **U.S. Department of Veterans Affairs:** 1-844-698-2311; www.va.gov
- **United Way NC211 Helpline:** 211; www.nc211.org
- **Veteran Affairs-National Caregiver Support Line:** 1-855-260-3274
- **Veterans Affairs (VA) – National Caregiver Support :** 1-855-260-3274
- **Veterans Crisis Line:** 1-800-273-8255; www.va.gov