

Pamlico:

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>

Grocery Pick Up

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

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.

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 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

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