

03/20/2020

Dear Neighbors,

We are all living through an extraordinary experience; one that changes daily. Your CCC Emergency Preparedness/Public Safety (EPPS) committee will be disseminating vital information to our community from time to time to support community resiliency. We are calling these bulletins “Neighbor Care” for as Jim Meierotto reminded us: These efforts are to protect each other, the people we love, and the community we call home.”

The role of EPPS committee during this crisis is two-fold: 1. Encourage our residents to use trusted sources of information to learn best practices during this pandemic and then to **USE THOSE BEST PRACTICES!** 2. Share community information that might ease the burdens of our neighbors, particularly if we are quarantined or if they do not have access to necessities like groceries and medicines, while staying mindful of social distancing and protecting our own health.

TRUSTED INFORMATION: Rely on these sites for accurate information.

Oregon Health Authority (OHA): <https://www.oregon.gov/oha/pages/index.aspx>

Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/>

Local news rooms are doing an excellent job with updated Oregon information.

COMMUNITY INFORMATION: This information is current as of 03/20/2020, be aware that things are constantly changing. As an example, home delivery of groceries, etc. is scheduled about 4 days out from the time of order. This is likely to get longer, so plan ahead!

RIDE SHARING: Caring members of our community have offered to drive people to the doctor or pharmacy: **This is something we cannot recommend.** The CDC advises us to avoid using public transportation, ride-sharing, or taxis. Private vehicles can be used to transport people to the doctor but only by a primary member of their household (someone who has already been in contact. Any deliveries should be left at the door, **do not enter your neighbor’s home.**

HOME DELIVERIES: Home deliveries are available through Instacart for the following stores: Fred Meyer, Safeway, Costco, Target, New Seasons and Petco. **Details about how this works are listed in a separate document we will send out just after this message.**

<https://www.instacart.com/>

STORE PICKUPS: A number of local stores offer pickup services: you place an order online, select a time and pickup at the store. You will get an estimate of your bill when you place your order, you give them a credit or debit card number but the final bill may change due to weighed items, coupons, availability, etc. **Another person can pick up your order but they, like you, will need to provide the payment card you used when ordering and valid ID for any age-restricted item. Please be cautious about sharing your credit/debit cards!!**

SPECIAL STORE HOURS: Some stores have instituted special hours for seniors to shop, watch the news for updates. Safeway is open 7-9am, Tuesday & Thursday for seniors. Costco will be opening early for seniors on Tuesday and Thursday from 8am-9am.