

GROCERY DELIVERY OPTIONS

Several grocery pick-up or delivery services are available. How do you pick the one that's best for you?

Make sure the grocery service you choose is convenient for you and that you understand all the costs involved. Some services deliver more than just groceries – you could have your purchases from drugstore or other stores picked up.

It's easy to order from the grocery services. They offer an online menu with the grocery items, pictures, with brands and costs, including any special prices. You select the item and add to your cart, and then review your cart at the end before you place the order and pay for it.

Some things to consider:

- ✓ **Ordering:** Is it online? One service allows you to phone in your order; most are online ordering.
- ✓ **Cost:** Is a fee added to each order? Is it based on the amount you order? Do you purchase a subscription?
- ✓ **Delivery:** Are the groceries delivered to your door? Can you pick-up at the store? Is there a minimum dollar amount for delivery?
- ✓ **Options:** Is delivery guaranteed within a certain time? If items are not available, are substitutions made? How are you contacted if changes need to be made to your order?
- ✓ **Specials or Sales:** Can you get sale prices on items? Most groceries offer weekly specials and the special prices may be available when you place a delivery order.

For more information or help finding a grocery delivery option that suit you, visit our blog post about this at www.visioncorps.net or call us at 877-876-6550, and press option 1 to connect to Rehab.

TECHNOLOGY TIPS: PODCASTS

Podcasts: Talk Radio Shows Available at Any Time

You may be interested in learning more about living with low-vision by listening to podcasts. Podcasts are pre-recorded talk radio shows that can be accessed at any time on different technology platforms such as smart phones, tablets, and computers. Some are entertaining while others are more informational.

Podcasts can be about almost any subject, including low-vision. Recently, Stacie Doan, one of our occupational therapy assistants who specializes in low-vision, was interviewed on the Low Vision OT Podcast, talking about how she works with clients to give them tips to make it easier to live independently. Read more on her blog post at www.VisionCorps.net. She recommends both the Low-Vision OT Podcast and Hadley Presents.

You can find low-vision and other podcasts by:

- Choosing the place where you find podcasts (could be on different platforms such as Apple, Google, Spotify, Buzzsprout, and more)
- Search by podcast title or subject
- Click play and/or subscribe (to be notified about additional episodes)

For more information on accessing podcasts, you may contact Stacie Doan by calling VisionCorps at 877-876-6550, and press option 1 to connect to Rehab.



LOOK INSIDE FOR:

- **Eye Drop 2020** on November 20, 2020 -- ALL are invited to participate in this exciting event! It will be live-streamed! www.EyeDrop2020.org
- **Grocery Delivery Options**
- **Technology Tips**
- **Virtual Support Groups -- Join Us**

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It's the start of fall and, we hope, some cooler weather. I hope you are able to go outside and enjoy it.

The new "normal" of the COVID-19 pandemic may be that we are not going back to the openness of the past. We will continue to operate with social distancing and face masks to keep ourselves and others safe.

For VisionCorps' Rehabilitation Services, it means that we will offer ongoing support but in different ways. For example, we will continue virtual support groups and some tele-intervention therapy sessions. We will help with videos that can be individualized to meet your needs, phone call check-ins, and opportunities to connect with podcasts. As always, please contact us if you have individual needs.

We hope that you will find support services that are easy to access and accommodating to use. We are also providing information on grocery delivery services that may be useful as you strive to limit your interaction outside of your home.

As always, we encourage you to reach out to us with any questions or concerns about your services. Please feel free to contact your case manager, or myself, by calling 877-876-6550, and press option 1 to connect to Rehab.

Stay healthy and safe,

Chris Ament

Vice President, Rehabilitation and Education