



Dear Clients,

You may have wondered about different ways to order groceries and other items and have them delivered to your house. We are reposting this information because several have asked about it.

This first grocery delivery option is convenient for those with low vision.

TeleGrocers, phone orders (888-902-7467 in Pennsylvania)

TeleGrocers may be the most convenient way to order your groceries for delivery, but it costs more than some others. You call to place an order which is filled through Giant Direct (first, confirm that it is available in your area). Hours are Monday through Friday, 12 noon to 6 p.m. Orders are usually delivered the next day within a two-hour timeframe.

Begin by making up a grocery list. Try to categorize items such as produce, meat and seafood, dry foods, and dairy. Subsequent orders will be easier to place using earlier invoices. A representative will take your order, and enter it online.

Delivery fees are paid to both TeleGrocers and Giant Direct, and can be paid with a credit/debit card. Fees are based on the cost of the order and start at \$7.95 for a \$60 to \$100 TeleGrocer order and \$9.95 for a Giant Direct order less than \$75.

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GROCERY DELIVERY OPTIONS

Amazon Grocery Delivery (www.amazon.com)

Order groceries plus household items both online and by phone. Amazon has an accessibility hotline (888) 283-1678 to help you place an order.

If you have or join Amazon Prime (\$12.99/month or \$119/year), your grocery order from Whole Foods is delivered free, if your order is over \$35.

Prices are available for one-hour delivery (\$4.99 and up depending on peak times). Re-order by checking your previous order items, which are saved on-line. If you provide a cell, your shopper will call if an item is not available and offer a substitution, which you can decline.

Giant Direct (<https://giantfoodstores.com/>).

Giant Direct offers same-day pick-up (at your local Giant) or home delivery.

Pick-up your order for free, with a minimum \$30 order. Home delivery starts at \$2.95, depending on the size and cost, and could include a fuel surcharge.

Giant also offers PodPass, two subscription delivery offers: Pay \$25 or three months of deliveries on Tuesday, Wednesday and Thursday or pay \$49 for three months of delivery anytime.

InstaCart (<https://www.instacart.com/>)

Use InstaCart to order from a variety of stores, including Wegmans, Giant, Big Lots, Staples, Aldi, Costco, CVS, BJ's, Rite Aid, and Target. Individual stores set their own prices on InstaCart, so some may be higher than what you find in the store. No store reward cards or coupons are accepted.

Accessibility assistance is available at 888-246-7822; a customer service person will help you place your order. Delivery starts at \$3.99 and up. There is an additional 5% service fee with a \$2 minimum. Memberships (\$9.99/month or \$99 annually) offer free delivery on orders over \$35.

GROCERY DELIVERY OPTIONS

Shipt (www.shipt.com, enter your zip code)

Shipt also offers delivery from different stores including Weis Markets, CVS, Target, Petco, and Office Depot. Individual stores may charge higher prices for items delivered through Shipt. No coupons are accepted.

Services are available 24/7, 365 days per year.

Delivery is normally same day within an hour of ordering. Subscription fees (\$14/month or \$99/year) provide free delivery on grocery orders over \$35 (under \$35 is \$7 per order).

Walmart Grocery Delivery Services

(<https://www.walmart.com/grocery/>)

Call to check service availability at your nearby Walmart.

In addition to ordering groceries, you can also get garden or pharmacy items. A substitution policy is available and you will get an equivalent or better item at a lower price. Mark items you buy often as favorites for ease in reordering. Prices are the same as the store and include store specials.

Pick-up your order in the parking lot for free, or choose home delivery. There is a \$35 minimum for checkout for home delivery, although Walmart often runs introductory promotions, such as \$10 off of \$50 for your first order (look for a promo code).

Need help? Contact Rehab Services at 717-205-4141.

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CONTACT: 1-866-876-6550, option 1 for Rehabilitation

Tech Tips: Amazon Echo

The Amazon Echo Show has features that make it unique from other Echo Devices. It is a smart speaker with a touch screen, camera and accessibility features for the blind and low vision users such as Voice View Screen Reader, closed captioning, magnification and color inversion.

Amazon Echo Shows have a built-in smart hub to control compatible devices such as smart bulbs, thermostats, and microwaves. Alexa detects sounds such as a baby crying and smoke alarms, and notifies you through the Alexa app on your phone. Motion sensors in the latest models can determine your location and turn the screen to face you. You can browse your favorite websites on it.

Alexa, the smart assistant built into all Echo devices, is always ready to assist. Just call her and say what you need. For example, say “Alexa, make a video call to Benjamin.” Ask, “Alexa, what is tomorrow’s weather forecast?” or “Alexa, turn on microwave for two minutes.”

Echo Show comes in five, eight or 10 inch screen sizes. You can stream live TV, watch YouTube, and view photos in an app or Facebook.

Need help? Contact Benjamin Brenya at 717-205-4141.

Educating Your Doctor

The number of people with visual impairment or blindness in the U.S. is expected to double to more than **8 million** by 2050, according to recent census data and studies You can help us reach these folks residing within our five-county service area.

When you visit your doctor, please share your story about receiving VisionCorps rehabilitation services, and how these services help keep you independent and improve your quality of life. Your doctor could learn about our support network and resources, and may be more likely to refer other patients with vision impairments to VisionCorps.

Thank you for helping VisionCorps!