

## Community Resources

### eOK Helping Hands

#### Designated Shopping Hours for Seniors and Those at Risk Need Assistance Getting Groceries or a Prescription?

If you need assistance getting groceries or a prescription, we can help. Please contact Joan Levy, [Joanglevy@gmail.com](mailto:Joanglevy@gmail.com) or Gilda Zimmet, [gzimmetesq@gmail.com](mailto:gzimmetesq@gmail.com)

If you can help with errands, please send your information to one of us. Thank you.

### Food

#### Some Kosher Restaurant and Grocery Deliveries

**Shouk** a kosher DC area vegan restaurant, is making weekly deliveries to Ohr Kodesh on Tuesdays at 5:00 pm. Order by 3:00 pm. To order food, go to the Shouk website <https://www.shouk.com/>

- Select "order on line"
- Select "Start order"
- Select "Hood Drop"
- From dropdown on the left side, select "Hood Chevy Chase" and "order for later"
- Select from menu and finish order, keep "order #."
- Deliveries are on front steps of OKC.
- Bring the order # as the driver has the individual orders arranged by the order #

#### Norman's CSA Pick up at OKC Parking Lot on Tuesdays at 4:00 PM

<https://normansfarmmarket.com/csa-program/>

#### Moti's Market Delivers to Ohr Kodesh on Wednesdays at 5:00 PM

Order online at [motismarket.com](http://motismarket.com) by the day before, Tuesday, at 2:00 PM

At top right (Hello, sign in), register as a new customer and start shopping

When prompted, select "pick up" at Ohr Kodesh Congregation on Wednesday, 5:00 pm. Proceed to checkout when done shopping. Changes can be made until the time your personal shopper starts your order. **No delivery fee.**

#### Souper Girl

Delivers Tuesday-Friday. Menu changes weekly. They are also delivering farmers market boxes from Spring Valley Farm. You can see the menu at <https://thesoupergirl.com/shop/delivery-this-week/>.

### Covid Testing

#### COVID-19 Free Testing Available at Three Sites with No Doctor's Order Required

**Appointments: 240-777-1755 (8 am-6 pm)**

<https://www.montgomerycountymd.gov/covid19/testing.html>

Montgomery County has three sites where residents can get tested for COVID-19. Testing requires an advance appointment, but doctor's orders are not required and the tests are free.

The test sites will use oral swab tests so the tests are easier and quicker. Results will be issued in approximately 72 hours.

The test site operation hours are:

- Germantown. Parking garage behind the Regal Theaters at 20010 Century Blvd. Mondays from 10 am to 2 pm.
- Wheaton. Montgomery County Parking Garage No. 45 at 11304 Amhurst Ave. Wednesdays and Fridays from 10 am to 2 pm.
- White Oak. Vehicle Emissions Inspection Program site at 2121 Industrial Parkway. Tuesdays and Thursdays from 10 am to 2 pm.

## Absentee Voting

It's time NOW to prepare for the November election. Unlike the Maryland primary, registered voters will not automatically receive ballots by mail. **Instead, voters who do not care to vote in person must apply for an absentee ballot.**

Given the likelihood of a heavy response to requests for absentee ballots, all registered voters in Maryland should promptly visit <https://elections.maryland.gov/voting/absentee.html>. All registered DC voters will receive a ballot by mail.

## Financial Assistance

### The Hebrew Free Loan Association of Greater Washington (HFLAGW)

HFLAGW provides [zero-interest emergency loans](#) up to \$2,500 to Jewish borrowers across the DC metro area who are impacted financially by the Corona virus. These loans can assist with lost wages, rent/mortgage payments, childcare costs, medical expenses and more. Larger loan (up to \$15,000) are also available. You can review the loan guidelines [here](#).

**Process: Apply online [here](#).** Applications will be reviewed and approved by HFLAGW staff and board. Once approved, documents will be sent to the applicant via DocuSign and loan proceeds will be transferred electronically or sent by check based on borrower preference. Loans will be processed in less than three business days (usually quicker).

**Repayments terms:** Repayments are \$100/month, beginning the month after the loan is initiated with the option to delay repayments up to three months.

**For more information:** Please contact Shuli Tropp, Executive Director, [shuli@hebrewfreeloandc.org](mailto:shuli@hebrewfreeloandc.org), 301-859-0346.

## Other

### JSSA - Jewish Social Service Agency

<https://www.jssa.org/>

New/ongoing groups for children, teens, adults, & seniors: <https://www.jssa.org/get-help/workshops-and-groups/>

The Jewish Community Support Line: 703-J-Caring. Connect with a JSSA professional ready to assist with finding the right resources and support you need. Confidential. Open Mon-Fri, 9:00 AM-6:00 PM. Visit [www.jcaring.org](http://www.jcaring.org).

## **Jewish Federation of Greater Washington**

[www.shalomdc.org](http://www.shalomdc.org)

### **Designated Shopping Hours for Seniors and Those at Risk**

<https://www.montgomerycountymd.gov/HHS/Resources/Files/COVID19GroceryStores.pdf>

**General Information:** [MontgomeryCountyMD.gov](http://MontgomeryCountyMD.gov)

## **Classes**

### **Outdoor FREE Classes in October**

#### **@the Holiday Park Senior Center Parking Lot for 55+**

Lot's of offerings: Tai Chi, Line Dance, Folk Dance, Hula Dance, Dance Fitness, Pilates

You must pre register

Holiday Park 3950 Ferrara Drive | Silver Spring | 20906

[https://apm.activecommunities.com/montgomerycounty/Activity\\_Search](https://apm.activecommunities.com/montgomerycounty/Activity_Search)