



Tech tips and news from TechMoxie to you  
**Helpful Technology During COVID-19**

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For some time I had been planning on a spring newsletter with technology tips for travel. So much for that. I never imagined that instead, I would need to do the complete opposite - technology tips for when you can't leave the house. Here are some tech tips to help manage the chaos of COVID-19:

### **Use your technology to keep from feeling isolated.**

We might all follow the example of millennials who conduct much of their social lives through social media, texting and video chatting. Some options to consider:

- **Text with friends and family members.** Texting can be less intrusive than a phone call and a wonderful quick way to check in with friends and family. Group texts can also be fun and lively - just type in more names/numbers in the "to" area.
- **Learn something new.** Take a college class through one of the many online continuing education sites such as [EdX](#) and [Coursera](#). Or simply search [YouTube](#) for any topic from knitting to baking bread to how to fix a leaky toilet.
- **Connect via social media such as Facebook and Instagram,** which can be a great way to keep in touch with friends, but also can be a great diversion (who doesn't like puppy and kitten posts?).
- **Consider making video calls** using Facetime, Skype or Google's Duo (Android phones) especially with grandkids who don't care whether you are still in your pajamas at 2pm.
- **Pass the time with podcasts,** which you can stream from your smartphone or computer.
- **Need to connect with a group?** Zoom, Skype and GoToMeeting can all be used for video conferencing. We can help get set up.

### **Order meals and groceries online**

I've learned to order groceries online because I truly dislike supermarket shopping. Ordering groceries online has been a game-changer for me. At first, it was hard to give up the control of handpicking fruit, meat, and fish. (And no matter how careful I am there is usually an odd purchase or two because I clicked on the wrong item.) I think of online

grocery shopping like sending a teenager to the store - expect surprises. Lower your expectations and remember that at least you aren't in the store being exposed to germs.

**Some options and tips for groceries:**

- If you are an Amazon Prime member, you can get free grocery delivery from Whole Foods or their Fresh service. Access this service from your Amazon Prime account.
- Set up an [Instacart](#) account to enable you to order groceries from a number of local stores such as Costco, grocery stores, pharmacies, etc.
- Giant groceries can be ordered via [peapod.com](#).
- You can indicate whether you are open to substitutions if an item is not available. Try to order more mainstream brands to minimize substitutions.
- Each of these services allow you to choose a delivery window - usually within an hour or two. Most services allow you to have the groceries left at the door - you do not need to greet the delivery driver or even be home. (But they are not packed to stay cold...so be sure to bring them in quickly).
- Be sure to provide your cell number and keep your eye on text messages. You may be asked to accept substitutions and you will be notified by text when the order is being delivered.

**Some options and tips for restaurant meal delivery:**

There are a number of different services that will deliver from restaurants in our area. If you have a favorite restaurant that you would like delivery from it is often easiest to call and find out which of the services deliver for them. Most of the services are available via their websites or smartphone apps. Some to try: [UberEats](#), [Grubhub](#), and [Doordash](#).

\* TechMoxie does in-person learning and support in the greater Washington DC area, including Montgomery County MD, Northern VA, and the District of Columbia. They offer remote learning and support anywhere.