



St. Philothea Philoptochos  
“Shoppers for Seniors”

If you are a senior or immunocompromised  
and are not able or hesitant to go grocery  
shopping due to Coronavirus (Covid-19)

We have a list of volunteers from our  
Philoptochos who can help you.

Coordinators:

Christine Nicholas: 201-403-3573

Koula Poneris: 201-240-5585

Effie Popovski: 201-264-0127

Sotiroula Savva: 201-805-9861

Our coordinators will assign a volunteer in your area  
who will call you and pick up your groceries or  
medications and drop off at your door. You can  
reimburse them with a check by  
placing it in your mailbox.

Please follow strict social distancing

**Stay home and stay safe!!!!**