

San Diego Community Resources During COVID-19

These are local San Diego resources gathered by St. Paul's Senior Services. St. Paul's does not endorse these programs and services. These programs and services may change as new information becomes available during this crisis — last updated 4/10/2020.



Food Resources for Seniors

- ❖ **Jewish Family Service:**
JFS is currently operating its FoodMobile program, which delivers discounted meals to those over the age of 60 and/or to those with disabilities. Call (858)637-3210 to apply or visit jfsd.org.
- ❖ **County of SD Meals for Pick-up and Home Delivery Sites**
Aging & Independence Services contracts with community organizations to provide meals at various locations throughout the county. PLEASE NOTE: nutrition sites have temporarily closed all congregate indoor dining to prevent spread of COVID-19. Nutrition sites are now providing pick-up meals for older adults 60 and over. Some of the sites are providing home delivery. A list of meal providers can be found [here](#).
- ❖ **Meals on Wheels:**
This program is available for those 60 years of age or over and/or their caretakers as well as disabled Veterans of any age who need discounted meals delivered. They also accept EBT/SNAP. Phone Number: (619) 260-6110
- ❖ **Monica & Milano Sliwa:**
They shop and deliver in the San Diego area to seniors 65+ who are unable to shop for themselves. They speak English, Chaldean, Arabic, and Assyrian Neo-Aramaic.
Email: milanosliwa21@gmail.com
- ❖ **Stay Home SD:** If you are over 65, live in San Diego, and need basic necessities, please go on their website and fill out the form or call them at (619) 800-3252 or visit www.stayhomesd.com.
- ❖ **Serving Seniors:**
no longer taking new inquiries for meal deliveries as of 3/20/2020. Pick up meals still available
Home Delivered Meals: Seniors age 60 and above can sign up to receive meals directly to their door. Call (619)235-6572 and select option 1 or email them at meals@servingseiors.org.
To-Go Meals: Seniors without access to a deliverable address are able to pick-up "to-go meals" at Mary and Gary West Senior Wellness Center:

1525 4th Ave. San Diego, CA 92101

Breakfast pick-up Mon-Fri: 7 a.m.-8 a.m. Lunch pick-up: Mon-Fri: 11 a.m. – 1 p.m.

SPECIAL SHOPPING HOURS FOR SENIORS

Store	Days	Hours	Who Qualifies?
Ralphs	Mon-Sun	6am-7:30am	Senior Citizens and disabled customers
Northgate Market	Mon-Sun	7am-8am	Senior Citizens and disabled customers
Gelson's	Mon-Sun	7am-8am	65 +
Vallarta Supermarket	Mon-Sun	7am-8am	65 +, pregnant women and those with disabilities
Whole Foods	Mon-Sun	7am-8am	60 +
Seaside Market	Mon-Sun	7am-8am	65 +
Jimbo's	Mon-Sun	8am-8:45am	60 + and disabled persons
Baron's Market	Mon-Sun	9am-10am	65 +
Stater Bros	Mon-Sun	7:45am-8am (early entry)	65+
Costco	Tuesday & Thursday	8am-9am	60 + (NO GUESTS)
Sam's Club	Tuesday & Thursday	7am-9am	Senior citizens and those with compromised immune systems or disabilities
Aldi	Tuesday & Thursday	8:30am-9:30am	Seniors and those with compromised immune systems
Albertson's	Tuesday & Thursday	7am-9am	Seniors, pregnant women and those with compromised immune systems.
Vons	Tuesday & Thursday	7am-9am	Seniors, pregnant women and those with compromised immune systems.
Safeway	Tuesday & Thursday	7am-9am	Seniors, pregnant women and those with compromised immune systems.
Walmart	Tuesday	7am-8am	60 +
Target	Wednesday	7am-8am	65 + and those with medical conditions
Cardenas Market	Mon-Sun	7am -8am	Seniors, disabled, caregivers and first responders
Smart & Final	Mon-Sun	7:30am- 8am	65 and older and those with disabilities
Super A Foods	Mon-Sun	7am- 8am	Seniors over age 65.
Big Saver Foods	Mon-Sun	7:30am-8am	Seniors over age 65.

- ❖ **Military Commissaries:** Naval Base Commissary North Island Commissary, Miramar MCAS Commissary & Imperial Beach Commissary: 30 Minutes prior to store opening, no guests allowed, 100% ID check. *Please verify normal hours.

Updated: 4/2/2020

Food Resources for Families

❖ **San Diego Hunger Coalition:**

[Sandiegohungercoalition.org](http://sandiegohungercoalition.org)

This website breaks down the following categories: Meals for Kids, Food Banks, WIC, CalFresh, Senior/Congregate Meals, Resources, Videos, CDC Fact Sheet (15 languages)

❖ **Salvation Army**

Free meals for kids are provided to the Salvation Army KROC Center. Children MUST be present to receive a meal. Hours of Operation are Weekdays from 10 a.m. to noon.

Salvation Army KROC Center

6845 University Ave.

San Diego, CA 92115

❖ **Jacobs & Cushman San Diego Food Bank**

In response to COVID-19, the Jacobs & Cushman San Diego Food Bank is populating a weekly list of food distribution sites that are open on their website: www.sandiegofoodbank.org/gethelp.

They also have 68 sites that are specific to seniors (age 60+) who are at or below 135% federal poverty line. All of those sites and the income limits can be found

here: <https://sandiegofoodbank.org/programs/senior-food-program/>

❖ **Feeding San Diego: (open to all ages)**

EAST: Salvation Army El Cajon at 1025 E Main St. El Cajon, CA 92021

CENTRAL: Labor Council SDCCU Stadium 9449 Friars Rd., San Diego, CA 92108 Northeast Lot

SOUTH: Ongoing - Every Tuesday and Thursday, Community Through Hope; Eucalyptus Park 436 C St. Chula Vista, CA 91910

❖ **Mama's Kitchen**

Home Delivered Meals are offered to those diagnosed with a critical illness. To qualify, you must have a medical provider fill out a referral form, which is followed by an intake call before they can begin delivery. Open from Monday - Friday 10 a.m.–4 p.m. For more information, please contact Mama's Kitchen at (619)233-6262 or email them at clientservices@mamaskitchen.org.

Family & Caregiver Support

❖ **Alzheimer's Association**

They are offering webinars and online support groups for caregivers. Due to the COVID-19 virus, all in person Support Groups will be conducted via conference call until further notice. To register please follow the links below or call 800.272.3900 or visit alz.org/sandiego

❖ **Alzheimer's San Diego Caregiver Support**

Providing remote support and counseling, online education, resources, and advice to caregivers who have loved ones with dementia. Call (858) 492-4400, email info@alzsd.org, or visit alzsd.org.

❖ **Accredited Home Care**

Accredited Home Care, your family of home care workers, remains committed to ensuring the health, safety and wellbeing of all of its employees and the clients we serve during this global pandemic. Should you or your family find yourselves in need of homecare or respite assistance during this difficult time, we are here for you- working every day – with hope and compassion. Please call Accredited’s local Home Care Specialist, Carol Braun at (619)458-5989.

❖ **Choose Well**

Choose Well is a free, innovative, web-based program sponsored by the County of San Diego that helps older adults and their families make informed decisions when selecting assisted living facilities. Visit choosewellsandiego.org to discover specially evaluated Choose Well facilities that have voluntarily agreed to be scored on 11 measures of quality. For additional details on Choose Well, or to get involved as a member, please contact Choose Well at (858)221-4862.

❖ **ClearCaptions**

Phones for people who are hard of hearing. ClearCaptions is doing remote installations. They have the mobile app for the iPhone that takes 5 minutes to install over the phone for anyone having difficulty hearing over the phone. (619)494-4452 or clearcaptions.com.

❖ **Community Through Hope**

Due to the current COVID-19 emergency, Community Through Hope will function as an Emergency Nutrition and Diaper Bank Site. The agency will be open for Drive-Thru Emergency Services Only. Hours of operation will be Tuesday – Thursday from 8:00 a.m. to 10:00 a.m., with the line starting to form at 7:30 a.m. Mobile showers are also available.

<https://communitythroughhope.org/>

❖ **Elder Help of San Diego:**

Offering Information and referrals to connect seniors and families with current resources available in our community. We are accepting new applications for our RUOK program that offers *live* daily check in calls (Mon-Fri). We are accepting new clients for care coordination. Due to COVID-19, we are focusing on the most essential needs including: deliveries of groceries and other items, and rides to medically necessary appointments. These services are dependent on volunteer availability, so there may be a delay. (619) 284-9281. www.elderhelpofsandiego.org

❖ **Family Proud**

Family Proud has developed an intuitive software application that connects patients and families to each other and to the resources critical for their care. www.familyproud.com

❖ **Push Button Care™**

Push Button Care is a remote monitoring service that offers a simple and affordable solution for maintaining your independence as you age in your own home. Services include Personal Assistant Team, Aging in Place Advisor, Health & Wellness Tools, Free Mobile Support Pendant. Call (833)388-8777 for more information.

❖ **San Diego Food Bank:**

Offers a diaper bank program. Visit website for details.

<http://sandiegofoodbank.org/wp-content/uploads/2017/10/2020-Diaper-Bank-Program-Distribution-List-English.pdf>

- ❖ **GLENNERCARE™**
Offers Tele-healthcare navigation service to assist dementia caregivers from the privacy and safety of their homes. This new service is called GLENNERCARE™. Individuals who enroll in the program will have advice, resources, and directives at their fingertips by calling into the GLENNERCARE™ team of dementia care professionals. Call 1-833-770-CARE or email GLENNERCARE@glenner.org.

- ❖ **St. Paul's PACE**
St. Paul's Program of All-Inclusive Care for the Elderly is currently accepting new patients amid the coronavirus pandemic. PACE supports seniors so they can continue to live independently at home by providing social services, in-home care, transportation, personalized medical services, and senior activities. If you are over 55 years of age with chronic medical conditions that make it difficult to live at home, St. Paul's PACE may be the ideal senior medical plan for you. Call 1(833) PACE NOW.

- ❖ **San Diego Humane Society**
The San Diego Humane Society will be distributing pet food and supplies for county pet owners in need. You can visit any of the three locations below between 10 a.m. – 4 p.m.
San Diego: 5480 Gaines St.
Escondido: 3500 Burnet Dr.
Oceanside: 2905 San Luis Rey Rd. or 572 Airport Rd.

- ❖ **Sharp Senior Resource Centers**
Whether you're an older adult or caregiver, the Sharp Senior Resource Centers offer a multitude of information and resources to assist you with your health needs. Their centers at Grossmont and Memorial Hospitals provide free health education classes, health screenings, flu shots, and referrals to other health services and specialties.
<https://www.sharp.com/services/seniors/resource-centers.cfm>

- ❖ **Southern Caregiver Resource Center**
Southern Caregiver Resource Center can help you with information, support, counseling, respite and finding the best options for you and your loved one. Currently SCRC is taking new clients and providing help and direction over the phone. Respite caregivers are available, including through the SCRC County's discounted program "TogetherCare". There is also a collection of Podcasts, newsletters, and bilingual educational videos available for free through SCRC's iCare Portal. For more information please contact Southern Caregiver Resource Center Phone: 858-268-4432 | 800-827-1008

Military & Veterans

- ❖ **PsychArmor:**
Here is the list of resources put together by PsychArmor to assist our Military and Veteran caregivers and their families, as well as everyone else that can use a helping hand during these extraordinary times. This resource list includes virtual field trips, online education, and even some quarantine-friendly recipes to try out.

https://content.govdelivery.com/attachments/CASAND/2020/03/19/file_attachments/1406166/PsychArmor%20RESOURCES-COVID-19.pdf

- ❖ **Military Commissaries Senior Shopping Hours:** Naval Base Commissary North Island Commissary, Miramar MCAS Commissary & Imperial Beach Commissary: 30 Minutes prior to store opening, no guests allowed, 100% ID check. *Please verify normal hours.
- ❖ **VetAssist Program:**
Assists senior wartime veterans and their surviving spouses to access the Aid & Attendance pension to pay for in-home care services. Our program costs our clients nothing out of pocket. (562) 552-1319. veteranshomecare.com.

Entertainment at Home

- ❖ **20 Places to Visit Without Leaving Home**
<https://www.travelzoo.com/blog/20-amazing-places-you-can-visit-without-leaving-home>
- ❖ **YMCA: Y Kids Newsletter**
A newsletter with games and activities you can do from home!
join.ymca.org/index.php/email/emailWebview
- ❖ **Zoo Webcams**
Allows people to see live videos of zoo animals by clicking on the link.
<https://zoo.sandiegozoo.org/live-cams>
<https://www.sdzsafaripark.org/butterfly-cam>
- ❖ **Balboa Park: The Jewel of San Diego**
<https://sandieghistory.org/exhibition/jewel-of-san-diego/>
- ❖ **SD Humane Society Wildlife Series**
<https://www.sdhumane.org/support-us/ways-to-give/campaign-videos/project-wildlife-falcon.html>
- ❖ **National Geographic Virtual Tours of National Parks**
Allows people to see virtual tours of many National Parks by clicking on this link:
<https://www.travelzoo.com/blog/the-best-national-parks-to-visit-virtually/>
- ❖ **Live Science**
Activities and online resources for homebound kids: A coronavirus guide
<https://www.livescience.com/coronavirus-kids-activities.html>
- ❖ **Birch Aquarium**
Live Webcams <https://aquarium.ucsd.edu/>
- ❖ **Monterey Bay Aquarium**
<https://www.montereybayaquarium.org/animals/live-cams>

❖ **USS Midway Museum Virtual Experience**

The USS Midway Museum has launched a virtual experience for visitors to explore the landmark aircraft carrier from home. Visitors can explore exhibits and ship spaces, listen to an audio tour of the museum and view an extensive naval aircraft gallery. Visit <https://midway.org> for more information

❖ **Libraries**

Download the Libby App or go online to <https://sdcl.overdrive.com/> and within minutes you will have access to thousands of books—including reading them on your kindle.

❖ **Living Coast Discovery Center - San Diego Bay at Chula Vista**

We invite you and your family to join Educator Ashley as she introduces you to Living Coast animal ambassadors and leads workshops, crafts, and story times that you can enjoy from home. We're bringing the Living Coast to you through a Facebook series called Living Coast in Your Living Room, airing Monday-Saturday @ 11 AM. Tune in and ask questions while discovering San Diego's coastal wildlife.

<https://www.facebook.com/watch/thelivingcoast/2376831055910941/>

❖ **National Theater**

The plays streaming for free on YouTube were filmed live on stage by National Theatre Live which is the broadcast arm of the National Theatre. We capture some of the best British plays and share them to cinema screens around the world.

<https://www.nationaltheatre.org.uk/nt-at-home>

❖ **Learning and Education**

[Khan Academy](#)

[TED Talks](#)

[Netflix Documentaries](#)

[Free Books on Audible](#)

[National Geographic](#)

[Club Sci Kidz](#)

❖ **Games**

[Games at USA Today](#)

[Brain Games for Adults](#)

[Mindgames](#)

❖ **Exercise**

[National Institute on Aging....15 minute Sample Workout from Go4Life](#)

[Yoga with Adriene – Slow and Gentle](#)

[Great 20 Minute Workout for Beginners and Seniors](#)

❖ **History**

[Timeline – World History Documentaries](#)

❖ **Aeronautics and Space**

[Up Close and Personal with US Navy Blue Angels](#)

USAF Virtual Thunderbirds
Mars
Space Station
Northern Lights

❖ **Travel**

Travel Channel – 8 Best Virtual Reality Experiences from Around the World
Great Wall of China
Google Earth Virtual Tours World Heritage Sites
Farm Tour
Yellowstone National Park
Cities Around The World
Underwater Virtual Realty

❖ **Animals**

Cincinnati Zoo
Budweiser Clydesdale Videos
Life on the Road with the Clydesdales

Churches

- ❖ St. Paul's Cathedral: Online week day and Sunday Church Services
www.stpaulcathedral.org/online-gatherings
- ❖ The Rock Church: Online Church Services
<https://www.sdrock.com/>
- ❖ Awaken AC3 Global Church: Online Church Services
<https://awakenc>
- ❖ Congregation Beth El: Online Church Services
<https://www.cbe.org/>
- ❖ Catholic churches will be providing video-streamed Sunday Masses in English, Spanish and Vietnamese every week at sdcatholic.org

Food Delivery Services and Transportation

- ❖ **Postmates**
<https://postmates.com/>
- ❖ **UberEats**
<https://www.ubereats.com/>
- ❖ **Instacart**
<https://www.instacart.com/>

- ❖ **Amazon Prime Now**- Offers tens of thousands of items across dozens of categories, including household items and groceries. Delivers from early morning to late evening, 7 days a week. Delivery fees vary based on order size. <https://primenow.amazon.com>
- ❖ **LyftUp**- Deliveries of medical supplies and medications. Providing medical transportation for low income seniors: <https://www.lyft.com/blog/posts/supporting-our-community>
- ❖ **FACT**- Transportation needs for those 60+. Seniors, persons with disabilities, students, Veterans and other residents who need assistance, may call FACT at (888)924-3228 between 8 a.m. and 3 p.m., Monday through Friday, to request free transportation anywhere in San Diego County. Visit their website <https://factsd.org/>

Other Resources

- ❖ **Age-Friendly Student-Senior Connection**
Connecting USC Health Professionals with older adults to combat the consequences of self-isolation and social distancing. A USC student will connect a senior to community resources and be a listening ear. Call Kelly Sadamitsu at 619-457-6614 or email Kelly.Sadamitsu@med.usc.edu.
- ❖ **YANA (You Are Not Alone)**
Doing wellness checks and wellness calls for seniors <https://www.sdsheriff.net/documents/yana-brochure.pdf>
- ❖ **Call 2-1-1**
General information and resources for San Diego
- ❖ **Non-Emergency Dispatch** (858)565-5200
- ❖ **Hotline for Seniors**
(833)544-2374
- ❖ **COVID-19 Updates**
Text **COSD COVID19** to 468-311 to receive updates directly to your phone
- ❖ **Scams to be Aware of Regarding the Coronavirus**
The latest Scams using the virus have been highlighted by the Federal Trade Commission <https://www.consumer.ftc.gov/features/scam-alerts> . If you learn of any suspected Price Gouging within San Diego County, please report this activity to the San Diego District Attorney's Consumer Protection Unit Hotline at (619)531-3507.

This list can be accessed on St. Paul's Senior Services website:

https://www.stpaulseniors.org/pdf/cv/Community_Resources_COVID19_updated_4_10.pdf