San Diego Community Resources During COVID-19

St. Paul’s Senior Services gladly compiled this resource list for San Diego seniors and families, but we do not endorse any of the programs or services listed. These programs and services may change as new information becomes available during this crisis — last updated 4/2/2020.

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 jfssd.org.

❖ **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@servingseniors.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

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

* 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
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

❖ San Diego Food Bank
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 through 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 San Diego Caregiver Support
Providing remote help, online education, resources, and advice to caregivers who have loved ones with dementia. Call (858) 492-4400 or visit alzsd.org.

❖ 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 (Monday-Friday). 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.
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.

Southern Caregiver Resource Center
Southern Caregiver Resource Center is giving out their self-care and stress management classes virtually to family caregivers who are caring for a loved one with Alzheimer’s, Dementia, or some memory loss. They are working with agencies to offer SCRC’s respite program called Together Care to help families and referring families to resources they might need. Call (619)493-6434.

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.
- **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**

- **20 Places to Visit Without Leaving Home:**
  [https://www.travelzoo.com/blog/20-amazing-places-you-can-visit-without-leaving-home](https://www.travelzoo.com/blog/20-amazing-places-you-can-visit-without-leaving-home)

- **Zoo Webcam**
  Allows people to see live videos of zoo animals by clicking on the link. [https://zoo.sandiegozoo.org/live-cams](https://zoo.sandiegozoo.org/live-cams)

- **Balboa Park: The Jewel of San Diego**

- **SD Humane Society Wildlife Series**

- **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/?utm_source=newsflash_us&utm_medium=email&utm_campaign=2871550_html-_deal%3a2871550&utm_content=2871550&ec=0&dlinkId=2871550](https://www.travelzoo.com/blog/the-best-national-parks-to-visit-virtually/?utm_source=newsflash_us&utm_medium=email&utm_campaign=2871550_html-_deal%3a2871550&utm_content=2871550&ec=0&dlinkId=2871550)

- **Live Science**

- **Birch Aquarium**
  Live Webcams [https://aquarium.ucsd.edu/](https://aquarium.ucsd.edu/)

- **Monterey Bay Aquarium**
  [https://www.montereybayaquarium.org/animals/live-cams](https://www.montereybayaquarium.org/animals/live-cams)

- **YouTube**
  [https://www.youtube.com/watch?v=BMeJnBnuV1w](https://www.youtube.com/watch?v=BMeJnBnuV1w)
Enter search words to find music videos, pet videos and much more!

- **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](https://midway.org) for more information.

- **Libraries**
  The County of San Diego Libraries has a solution. Download the Libby App or go online to [https://sdcl.overdrive.com/](https://sdcl.overdrive.com/) and within minutes you will have access to thousands of books—including reading them on your kindle.

### Churches

- **St. Paul’s Cathedral**: Online week day and Sunday Church Services
  [www.stpaulcathedral.org/online-gatherings](http://www.stpaulcathedral.org/online-gatherings)

- **The Rock Church**: Online Church Services
  [https://www.sdrock.com/](https://www.sdrock.com/)

- **Awaken AC3 Global Church**: Online Church Services
  [https://awakenc](https://awakenc)

- **Congregation Beth El**: Online Church Services
  [https://www.cbe.org/](https://www.cbe.org/)

- Catholic churches will be providing video-streamed Sunday Masses in English, Spanish and Vietnamese every week at [sdcatholic.org](http://sdcatholic.org)

### Food Delivery Services and Transportation

- **Postmates**
  [https://postmates.com/](https://postmates.com/)

- **UberEats**
  [https://www.ubereats.com/](https://www.ubereats.com/)

- **Instacart**
  [https://www.instacart.com/](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

❖ **YANA (You Are Not Alone)**
Doing wellness checks and wellness calls for seniors
https://www.sdsheriff.net/documents/yana-brochure.pdf

❖ **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.