

# 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 3/26/2020.*

## 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](http://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](mailto: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](http://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](mailto: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 4<sup>th</sup> 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	7am-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)
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	8am-9am	65 + and those with medical conditions

updated: 3/23/2020

### COVID-19 Special Store Hours for **Seniors & Immunocompromised Individuals**

- Whole Foods Market: 7am-8am
- Northgate Market: 7am-8am
- Barons Market: 9am-10am
- Vons: 7am-9am
- Albertsons: 7am-9am
- Walmart: 6am-7am Tuesday's Only
- Super A Foods: 7am-8am
- Big Saver Foods: 7:30am-8am
- Target: 8am-9am Wednesday's Only
- Costco: 8am-9am
- Vallarta Supermarkets: 7am-8am
- Cardenas Market: 7am-8am
- Stater Bros. Markets: 7:45am-8am
- Smart & Final: 7:30am-8am
- 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.

## **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)

### ❖ **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](mailto:clientservices@mamaskitchen.org).

## **Family/Caregiver Support**

### ❖ **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. Our 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/>

❖ **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](http://www.familyproud.com)

❖ **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 Telehealthcare 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](mailto: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.

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

## **Entertainment**

### ❖ **Zoo Webcam**

Allows people to see live videos of zoo animals by clicking on the link.

<https://zoo.sandiegozoo.org/live-cams>

### ❖ **Balboa Park: The Jewel of San Diego**

<https://sandiegohistory.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/?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**

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>

### ❖ **YouTube**

<https://www.youtube.com/watch?v=BMeJnBnuV1w>

Enter search words to find music videos, pet videos and much more!

### ❖ **Libraries**

With the closure of libraries and our children at home, we need to ensure they can still have access to books! The County of San Diego Libraries has a solution. 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.

## 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/>
- ❖ 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](http://sdcatholic.org)

## Food Delivery Services and Transportation

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

- ❖ **COVID-19 Updates**

Text **COSD COVID19** to 468-311 to receive updates directly to your phone