

HELPFUL INFORMATION

Great Plates Delivered: Seniors at high risk or already affected by COVID-19 are matched with local restaurants to get meals delivered three times a day. To apply for this meal service, call 1-800-675-8437. The program has been extended through September 9.

Senior Services Resource Line (from Peninsula Family Service): This is a support and referral line for people aged 60+ that can connect you to a range of resources such as food services, weekly well-being calls with a Senior Peer Counselor, and more. Call 650-780-7542.

Aging & Adult Services: If you are a senior, or a person with disabilities, and you have no neighbors, family or friends close by, and you have an urgent need for food, medication or supplies call Aging & Adult Services at 1-800-675-8437, available 24/7.

Samaritan House: If you are homebound and low-income and need food or supplies, you can also contact Samaritan House at 650-347-3648.

Well Connected: If you are aged 60+ and looking for activities to do, or would just like to talk to friendly voices, we suggest trying out Well Connected, a "senior center without walls" that provides activities and conversations over the phone or online. Call 1-877-797-7299.

Friendship Line: Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. They also make on-going outreach calls to lonely older adults. Call 1-800-971-0016.

Special Senior Shopping Hours: The following local shopping stores have provided special hours for people aged 60+

- Lunardi's: Tues + Thurs, 7-8am, (5% senior discount still applies)
- Safeway's: Tues + Thurs, 6-9am
- Rite Aid: Mon-Fri, 9-10am
- Target: Tues + Weds, 8-9am
- Trader Joe's: Sun-Sat, 8-9am

211 Referral Line: Available 24 hours a day, 7 days a week, to help you find the number of any agency, company, or anything else you might need, or get the latest updates on COVID-19.