

COVID 19 RESOURCES

GENERAL INFORMATION AND ASSISTANCE:

Contra Costa County Aging & Adult Services

Information & Assistance for Seniors

1-800-510-2020

<https://ehsd.org/elderly-disabled/area-agency-on-aging/>

Area Agency on Aging Information & Assistance Call Center

Available to assist callers with questions and referrals for food resources in addition to all programs and groups in Contra Costa County to assist those 60 and older and disabled adults.

(925) 229-8434

GROCERY SHOPPING AND PHARMACY PICKUPS:

Lamorinda Village is offering temporary, free 'Shelter in Place' (SiP) memberships for all seniors in need of assistance during this time. For help with grocery shopping and pharmacy pickups:

info@lamorindavillage.org or (925) 283-3500.

<https://lamorindavillage.org/>

NUTRITION:

Meals on Wheels Diablo Region The essential service of home delivered meals will continue uninterrupted. Additional safety precautions have been enacted to ensure safe delivery. If someone is isolated and homebound without food, Senior Nutrition will try to accommodate these folks on existing routes that are not impacted.

(925) 937-8311

<https://www.mowdiablregion.org/>

C.C. Café Congregate lunch program of Meals on Wheels that serves lunch to seniors in Contra Costa County free of charge but with an optional \$3 donation. Normally, it operates Monday - Friday in local senior centers and gathers seniors together for a community meal. In light of the shelter in place order and guidelines asking seniors to stay home, C.C. Café has changed its method of operations to protect people. Now, it will be distributing 7 frozen meals once a week. Distribution takes place Tuesdays from the Meals on Wheels Diablo Region Office in Walnut Creek (1300 Civic Dr.) Please call 925-395-4218 *in advance* to reserve your meals and to receive more detailed information on pick-up.

<https://www.mowdiablregion.org/cc-caf%C3%A9s>

Contra Costa County Health Services Food Assistance for Seniors

(925) 676-7543

<https://www.foodbankccs.org/get-help/foodbycity.html>

White Pony Express Relaying food and goods to those in need in Contra Costa County

(925) 322-0604

www.whiteponyexpress.org

Monument Crisis Center

(925) 825-7751

<https://www.monumentcrisiscenter.org/>

LAFAYETTE GROCERY STORES/PHARMACIES

Safeway: (925) 283-0228 Tues and Thursdays 6-9am for seniors/immune-compromised only

Whole Foods: (925) 284-5305 8-9am daily for seniors age 60+

Trader Joes: (925) 299-9344 Separate line for seniors in front of store from 9-10am. Given priority to enter first.

Diablo Foods: (925) 283-0737 open 9am-7pm. No special hours for seniors

Walgreens: (925) 385-2385 8-9am every Tuesday for seniors only. Drive-through and home delivery

CVS: (925) 284-7121 home delivery

TRANSPORTATION

Mobility Matters (925) 284-6161 <https://www.mobilitymatterscc.com/>

County Connection LINK (925) 938-7433 <https://countyconnection.com/paratransit/>

GoGoGrandparent (855) 464-6872

Contra Costa Yellow Cab and DeSoto Company – 925-284-1234 10% discount for Lamorinda older adults

TELEPHONE AND ONLINE REASSURANCE PROGRAMS

Well Connected is a phone and online program offering activities, education, friendly conversation, and an assortment of classes and support groups for older adults accessible from the comfort of home. The community consists of participants, staff, facilitators, presenters, and other volunteers who care about each other, and who value being connected to engaging content, and to each other. Well Connected members can play a game, learn a language, write a poem, go on a virtual tour, meditate, share a gratitude, get support, and most importantly, connect and engage with others every day across the country. All groups are accessible by phone or online. Well Connected is a Community Service of Covia and is free of charge to all participants and available to adults over the age of 60. [Click here](#) to view the catalog of interest groups. To get started: (877) 797-7299 or coviaconnections@covia.org

Social Call As part of its commitment to fostering community, Covia's free *Social Call* program matches fully vetted, trained volunteers with individuals over the age of 60 in need of one-to-one compassionate conversation and care via the telephone. (877) 797-7299 or coviaconnections@covia.org

TeleCare A daily reassurance call to those who are housebound, for the health and welfare of the client, as well as for a friendly chat and exchange of ideas. Trained volunteers call clients Monday through Friday mornings, beginning at 9 am. Contact Assistance League of Diablo Valley (925) 934-0901

<https://www.assistanceleague.org/diablo-valley/philanthropic-programs/telecare/>

Friendly Visitor - Telephone Reassurance through Meals on Wheels Diablo Region - A growing number of seniors are isolated and can't visit their friends and family as much as they used to, especially those who don't drive. If you or a family member would enjoy some company, sign up for the Telephone Reassurance Program. They match older adults with a volunteer who will call to provide contact and safety checks to support older individuals. Call (925) 937- 8311 or email info@mowdr.org.

The Friendship Line - Institute on Aging The Friendship Line can be a much-needed support service to aging adults at this time for those who need a connection or a listening ear. Accredited crisis intervention program for older and disabled adults; provides emotional support, reassurance, elder abuse prevention, and information and referral. (800) 971-0016 (24-hours) <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line/contact-friendship-line>

MISCELLANEOUS:

Contra Costa Crisis Center 24-hour hotline: 1-800-833-2900 www.crisis-center.org

Online Information Session - CalMatters Discussion with the director of California's Department of Aging, on what senior citizens can do during the coronavirus pandemic (from March 18 but contains much helpful information). [Click here](#) to view the session.