



COVID-19: SAN RAMON CARE RESOURCES



Members of our community who are 60+ are among the most vulnerable to COVID-19. In order to support San Ramon Seniors who must remain home during the current public health order, we are offering the following resource:

SENIOR HOTLINE (ENGLISH): (925) 973-3250

The City of San Ramon has set up a hotline, which Seniors can call Monday–Friday, 8:30 a.m.–5 p.m. to:

- Sign up for meal delivery through the Senior Nutrition Program
- Let us know what else you need (ex: non-perishable food items, paper goods, reusable fabric masks, prescription pick-up, etc.) so that we can figure out how to help

SENIOR HOTLINE (MANDARIN): (925) 973-3277

This voicemail line for Mandarin speakers will be checked between 11 a.m. and 2 p.m., Monday–Friday. San Ramon Seniors who speak Mandarin are encouraged to leave a message if they are in need of a meal or goods.

SENIOR NUTRITION PROGRAM

The Senior Nutrition Program will continue, but in an altered manner. Each Tuesday, a 5-day meal pack will be available to individuals ages 60+. These packaged meals come in the home-delivered format, which includes a 3-compartment tray for the entrée with side dishes as well as bread/milk, fruit, and other cold-packed items.

To place orders: Meal orders should be called into the Senior Center by no later than Monday at noon for the 5-day meal pack. If meals are needed after the City has placed the order for Meals to the County on Monday, special arrangements can be made to get participants a meal pack by calling the Senior Center. Please leave your name and phone number (if requesting delivery, please provide address).

During the “shelter at home” order, meal deliveries will be made by a local agency staff member, who will be wearing clearly displayed agency attire. To qualify for lunches, residents will need to fill out a NAPIS form certifying they are over 60.

Meals on Wheels will be delivered daily per their regular schedule and routes.

FREE DELIVERIES FROM A SAN RAMON NEIGHBOR VOLUNTEER

Need help during COVID-19? Are you over 60 years of age or have a compromised immune system? Our volunteers are here to help and will deliver groceries, prescription drugs, activity packets, and more directly to your doorstep. It's free and safe! Let us know more about you and your need by filling out the form online at www.sanramon.neighborexpress.org or call the Alcosta Senior and Community Center at 925-973-3250 to make a request by phone.

WILLING TO HELP VOLUNTEER IN SAN RAMON?

Let us know more about you and your ability by filling out the form online at www.sanramon.neighborexpress.org or call the Alcosta Senior and Community Center at 925-973-3250. Complete the form and a staff member will be in touch within 5 business days with more information about how you can help.

OTHER RESOURCES

All individuals can order items online for delivery, pending availability. Services range from grocery delivery to takeout from local restaurants. Some examples of these companies include:



Safeway | Costco | Doordash | GrubHub | Uber Eats | Postmates

Please note: Some stores may have limited stock for a short time due to delivery capacity. Check your local store hours for possible Senior Shopping hours.



SAN RAMON PARKS & COMMUNITY SERVICES

Creating Community through People, Parks, Partnerships & Programs

(925) 973-3250

[wwwSanRamon.ca.gov](http://www.SanRamon.ca.gov)

Fax (925) 830-5162