



# 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: food items, paper goods, 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 7-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 7-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.*

## INTERESTED IN VOLUNTEERING TO HELP?

Visit <https://citylights.volunteerhub.com/> to sign up as a City Lights volunteer, and select the “Sign Up” button next to the COVID-19 Community Response program. As needs within our community are identified, volunteers will be notified of opportunities to help.

One opportunity to help would be to donate new and unopened goods for care packages that can be distributed to Seniors who cannot leave their homes at this time. Useful items may include toilet paper, disinfectant wipes, canned goods, pasta, etc—as requests come in through the Senior Hotline. Donations will be accepted at the Alcosta Senior and Community Center, Monday–Friday, 11 a.m.–2 p.m.

We also encourage those who are able, to reach out to Seniors in your own neighborhoods. A simple way to help would be to share the number of the Senior Hotline (925-973-3250) with them so they can request meal.

## 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://wwwSanRamon.ca.gov)      Fax (925) 830-5162