

## SENIOR RESOURCES DURING COVID-19

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SOLANO PUBLIC HEALTH | Updated 3/28/2020

[Providers: This handout may change often. [Click here](#) to open the latest handout before printing.]

### Special Grocery Store Hours for Seniors

- **Costco:** For members 60 and older. Tuesdays and Thursdays from 8 am to 9 am.
- **CVS:** No special hours for seniors. Currently, waive the delivery fee for pharmacy items (temporarily). Sign up for free delivery at the website or call a pharmacy. Fairfield and Vallejo CVS have a drive thru pharmacy.
- **Dollar General:** Seniors only. Every day for the first hour after opening. Fairfield and Vallejo.
- **Food Maxx:** Individuals 60 and older. Tuesdays and Thursdays from 6am to 9am.
- **Lucky's:** Seniors. Tuesdays and Thursdays from 6am to 9 am. Availability to Doordash some grocery/food items.
- **Nugget:** Individuals 60 and older. Tuesdays and Thursdays from 6am to 8am.
- **Raley's:** Senior essential bags, first come first serve. \$20 for fruits/\$35 for Deli, in-store or curbside (call to arrange curbside).
- **Safeway:** Seniors only. Tuesdays and Thursdays from opening (6 am or 7 am depending on the store) to 9 am. Free delivery service available online.
- **Save Mart:** Individuals 60 and older. Tuesdays and Thursdays from 6am to 9am.
- **Smart & Final:** Individuals 60 and older. Every day from 7:30am to 8am.
  - Superstores and Neighborhood stores
- **Target:** Seniors only. Every Wednesday stores open 1-hour earlier (8am-9am). Curbside pickup is available.
- **Walgreens:** No special hours for seniors. Curbside pickup available if not too busy, the pharmacy can mail items if medical insurance allows. The Vallejo Walgreens has a drive-thru pharmacy.
- **Walmart:** Individuals 60 and older. Opens 1 hour early every Tuesday (6 am-7 am), fee delivery service available (800) 273-3455.
- **WinCo:** Individuals 60 and older. Tuesdays and Thursdays from (6 am-7:30 am)
- **99 Cent Store:** Special hours for seniors 65 and older, and vulnerable populations (+1 adult companion) on Tuesdays and Thursdays (7am-8am)

## Senior Food Programs

### Food Bank Contra Costa & Solano Senior Distribution Sites

Program Qualifications:

- Are 55+
- Present government-issued ID and can provide proof of residency in Solano (e.g. a utility bill)
- Meet the income guidelines
- Bring 2 reusable bags

**Fairfield:** St. Mark's Lutheran Church (also has a family food program)

Location: 1600 Union Avenue. Dates: 1st & 3rd Wednesday (9:30-10:30am)

**Vacaville:** Epiphany Episcopal Church (also has family food program)

Location: 300 West Street. Dates: 1st & 3rd Wednesday (10:30-11:30am)

**Vallejo:** Norman King Community Center

Location: 545 Magazine Street. Dates: 2nd & 4th Wednesday (10:00-11:00am)

**Vallejo:** Vallejo Community Center

Location: 225 Amador Street. Dates: 2nd & 4th Wednesday (10:30-11:30am)

**Dixon:** Cornerstone

Location: 185 West Cherry Street. Dates: 2nd & 4th Wednesday (10:00-11:00am)

**Rio Vista:** Rio Vista Food Pantry

Location: 1105-A Airport Road. Dates: 1<sup>st</sup> and 3<sup>rd</sup> Sundays (12:30-3PM)

### Meals on Wheels Solano County

Meal deliveries and pick-up meals for seniors ages 60 and older.

Extending their services to home delivery for seniors who drive but are sheltering in place, including seniors who normally attend a senior center for lunch.

**Phone:** (707) 425-0638

### Salvation Army Center Emergency Food Distribution

**Vallejo:** 630 Tuolumne St, Mon-Tues 9am-12pm and Thurs 9am-12pm, 1pm-3pm

**Fairfield:** 1216 Missouri St, Mon-Wed 9am-12pm

### Community Action North Bay (CANB)

Food distribution (Boxed Essentials, Hot/Cold Meals, etc.). Bags of food for those who can cook/cannot cook. Delivery Method: (pickup/deliver, etc.).

**Phone:** (707) 427-1148

**Days of Distribution:** M-F

**Hours of Distribution:** 10 am to 2 pm. Drive up or walk up.

**Location:** 416 Union Ave., Fairfield, CA

### CalFresh

CalFresh is for people with low-income who meet federal income eligibility rules and want to add to their budget to put food on the table. To apply, call the office or go to [MyBenefitsCalWIN.org](https://www.mybenefitscalwin.org)

**Phone:** (707) 553-5000

## Shelter

### **Resource Connect Solano**

Provides assistance in finding housing and shelter. Using the Coordinated Entry System, they facilitate the most appropriate response to each individual's immediate and long-term housing needs.

**Phone:** (707) 652-7311

### **Community Action North Bay (CANB)**

Housing and safety net services serving veterans, physically and mentally disabled, seniors and vulnerable persons in Solano County.

**Phone:** (707) 427-1148

## Staying Connected

### **Phone Buddies**

Telephone reassurance for seniors 60 and older who would like to have someone to talk to with regards to this coronavirus situation, mental health distress, and anxiety as well as other topics.

**Phone:** (707) 469-6675

### **Senior Voices (Teleconferencing)**

Group counseling is provided via conference call. The dates and times are Tuesdays at 1pm and Thursdays at 11am.

**Phone:** (707) 469-6675

### **Covia Connection Programs (Teleconferencing)**

Well Connected, Well Connected Español, and Social Call.

Social connections for older adults and community members to engage in new social connections and reduce loneliness and isolation.

**Phone:** (877) 797-7299

**Email:** [cviaconnections@covia.org](mailto:cviaconnections@covia.org)

### **Institute on Aging Friendship Line**

24-hour emotional support line.

**Phone:** (800) 971-0016

### **Solano Pride Center**

LGBTQI seniors needing support

**Phone:** (707) 207-3430

### **Alzheimer's Association**

Caregiver support groups and education programs provided online and by phone. Go to [www.alz.org/crf](http://www.alz.org/crf) for list of programs.

**Phone:** (925) 284-7942

## Senior Help Lines by City

### **City of Benicia Community Services Phone Line | (707) 746-4285**

This phone line provides resources to seniors and community members. For seniors, staff are available to make referrals to recognized local and Solano County non-profit organizations that have set up special services for seniors during the COVID-19 emergency.

**Hours:** Mon-Fri, 8:30am-5pm

**Email:** [pcs@ci.benicia.ca.us](mailto:pcs@ci.benicia.ca.us)

### **City of Fairfield Adult & Senior Services Hotline | (707) 428-7740**

The City of Fairfield Parks and Recreation Department's Adult Recreation Team is here to serve adults and seniors and to assist with questions about needs and resources.

**Hours:** Mon-Fri, 8am-6pm (Closed 1<sup>st</sup> and 3<sup>rd</sup> Fridays)

### **City of Suisun Senior Help Line | (707) 438-1714**

Suisun City has partnered with several churches and nonprofit organizations to provide help to seniors who live in the city. The service is available to seniors who are 65 or older and live within the city limits of Suisun City.

**Email:** [seniors@suisun.com](mailto:seniors@suisun.com)

### **City of Vacaville Senior Help Line | (707) 449-5100 (press 0)**

City of Vacaville established a Senior Helpline to connect seniors to staff and volunteers. Services being offered include home check-ups, pick-up and drop-off of essential supplies, transportation for essential services.

**Hours:** Mon-Fri 8am-6pm, Sat from 9am-2pm

### **City of Vallejo COVID-19 Hotline | (707) 648-8605**

City of Vallejo has established a hotline to help the community find resources. If you are a senior who needs essentials, a concerned citizen with questions, or a local business please feel free to call or email the city with questions and concerns.

**Hours:** Mon-Fri, 8:30am-5:15pm

**Email:** [covid19@cityofvallejo.net](mailto:covid19@cityofvallejo.net)

## Transportation

### **Solano Mobility Call Center**

Provides transportation assistance

**Phone:** (800) 535-6883

## Mental Health Resources

### **SAMHSA Disaster Distress Helpline**

Provides 24/7 365-day-a-year crisis counseling to people experiencing emotional distress.

**Phone:** (800) 985-5990 or text TalkWithUs to 66746

### **Peer-Run Warmline**

Provides peer-run non-emergency emotional support.

**Phone:** (855) 845-7415

### **Crisis Text Line**

Provides free and confidential emotional support to people in emotional distress.

**Phone:** Text HOME to 741741 (24 hours a day, 7 days a week)

### **NAMI Virtual Connection Group** (For additional resources, contact NAMI Solano: 707-422-7792)

Provides a free and confidential virtual support group for adults living with mental health challenges

**Phone:** 917-224-6594, Conference Code 925065

**Hours:** Mondays at 10am-11am

### **National Suicide Prevention Lifeline**

Provides 24/7, free and confidential support for people in distress.

**Phone:** (800) 273-8255

## Additional Resources

### **Area Agency on Aging**

Senior information and assistance.

**Phone:** (707) 784-8792

### **In Home Supportive Services (IHSS)**

Qualified recipients may be provided in-home care services to maintain low-income elderly and disabled individuals into their homes.

**Phone:** (707) 784-8259

### **Solano County Office of Veteran Affairs**

Assists with obtaining benefits from federal, state or local agencies administering programs for veterans.

**Phone:** (707) 784-6590

### **Solano Ombudsman Program**

Investigate and resolve complaints of long-term care facilities.

**Phone:** (707) 644-4194

### **Senior Legal Hotline**

Legal assistance on any topic for individuals 60 & over (also bilingual).

**Phone:** (800) 222-1753

For additional resources on housing, transportation and more, visit [www.SolanoCares.org](http://www.SolanoCares.org)