



# WAYS TO ENGAGE!

Great Ideas for San Diego County Older Adults to  
Get Involved while staying Home

COVID-19 EDITION



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## Recreational Opportunities at Home:

**San Diego County Libraries:** During this time, all physical library operations have been suspended including curbside service. Patrons can still access the library's e-resources around the clock – 24 hours a day, seven days a week: <https://www.sdcl.org/refdb2.html>

**San Diego City Libraries:** All 36 City libraries are currently closed to the public. Online library services remain available to the public: <https://www.sandiego.gov/public-library/elibrary>

**AIS Health Promotion Programs:** The County of San Diego continues to offer online videos of the Feeling Fit Club during the COVID-19 response. In-person classes are currently canceled. Visit [www.HealthierLivingSD.org](http://www.HealthierLivingSD.org) to link to the online videos and keep fit from home. Feeling Fit Club episodes are also aired on public access television. Visit the website for the current television schedule. Additionally, if a resident would like a stretch band to exercise with, e-mail [HealthierLiving.HHSA@sdcounty.ca.gov](mailto:HealthierLiving.HHSA@sdcounty.ca.gov) or call 858-495-5500.

**San Diego Oasis:** San Diego Oasis is shifting many Oasis classes online. Review the catalog for classes that were previously held at locations far from your home, and now will be conveniently located at your own desk (laptop, computer) or from your armchair (tablet or smart phone): <https://san-diego.oasisnet.org/>. East County: (619) 881-6262 / North County: (760) 796-6020

**Selfhelp VSC (Virtual Senior Center):** Where Seniors Connect, Learn & Play Online. VSC is a community where you can securely talk with other seniors, make friends, and learn new skills – like how to use Skype and email: <http://vscm.selfhelp.net/>. To volunteer, go to: <http://vscm.selfhelp.net/volunteering>)

**Live Broadcasting from the San Diego Zoo:** Twelve live camera feeds from the San Diego Zoo show animals like tigers, penguins, and elephants: <https://zoo.sandiegozoo.org/live-cams>

**UCSD TV:** This online resource offers a library of lectures on scientific topics including healthy aging. Go to the "Watch" tab and click videos and podcasts to choose a topic:

<https://ucsd.tv>

**The Metropolitan Opera:** Every day while the Met is closed, a different encore presentation from the company's Live in HD series will be made available for free streaming on the Met website, with each performance available for a period of 20 hours, from 7:30 pm EDT until 3:30 pm the following day: <https://www.metopera.org>

### [In-Home Volunteering:](#)

**VolunteerMatch:** Search for volunteer opportunities based on your interests. For volunteer options that can be done at home, select "Virtual": [www.VolunteerMatch.org](http://www.VolunteerMatch.org)

**RARE Bear Program (Rare Science):** Sewing volunteers help make one of a kind bears for special one of a kind kids: <https://www.rarescience.org/rare-bear-program/>  
How to get started: <https://www.rarescience.org/getting-started/>

**Covia Well Connected:** Well Connected is a community made up of participants, staff, facilitators, presenters, and volunteers who care about each other and who value being connected. Choose a topic of interest and join a conversation. All groups are accessible by phone at no cost: <https://covia.org/services/well-connected/>  
English: 877-797-7299/Español: 877-400-5867

**Call friends and neighbors:** Call friends and neighbors who live alone and would appreciate the opportunity to chat. If you have a loved one in a facility, be sure to call frequently.

### [Daily/Regular Check-Ins for Homebound:](#)

**You Are Not Alone:** Weekly volunteer visits have been suspended, but daily phone calls to check in are still available. Call your local law enforcement agency, or 858-495-5039.

**ElderHelp – RUOK?:** This program will continue to provide Friendly Visits via telephone to seniors who are matched with a volunteer. Call (619) 284-9281 or contact [CMcClellan@elderhelpofsandiego.org](mailto:CMcClellan@elderhelpofsandiego.org) for more information.

**Always in Touch:** Sponsored by Always Best Care. Daily check-ins and weekly socialization calls: [www.always-in-touch.com](http://www.always-in-touch.com). Contact [info@abc-seniors.com](mailto:info@abc-seniors.com) or 855-710-2255 for more information.

## [Mental Health Services:](#)

**The 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. <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>. Call 800-971-0016 for the Friendship Line.

**NAMI (National Alliance on Mental Illness):** You can connect with a trained crisis counselor to receive free crisis support 24/7 by texting NAMI to 741-741.

**San Diego Access and Crisis Line:** Experienced counselors are available 24/7 to provide you with a referral to meet your needs and determine eligibility. Call (888) 724-7240 for the Access and Crisis Line.

## [Meals for Pick-up and Home Delivery:](#)

**Aging & Independence Services** contracts with community partners to provide meals at various locations throughout the County. Nutrition sites have temporarily closed all congregate indoor dining. Instead, nutrition sites now offer meal pick-up and many offer home delivery. For more information and to find your nearest meal site, visit <https://211sandiego.org/> or dial 2-1-1. The AIS Call Center also has information on food resources. Call AIS at 800-339-4661 or visit <https://www.aging.sandiegocounty.gov> and click on "Community Resources for Older Adults During COVID-19."

## [Caregiver Resources:](#)

**Southern Caregiver Resource Center:** Free services such as respite care, education & training, support groups for caregivers and more: <https://www.caregivercenter.org/> Call 858-268-4432.

## [Transportation:](#)

**FACT** (Facilitating Access to Coordinated Transportation): FACT is operating as normal and is updating its page with COVID19 related changes as often as possible. Call 888-924-3228 or visit [Factsd.org](https://factsd.org) for more information.

**MTS** (Metropolitan Transit System): MTS is continuing service, but there are some changes to schedules. Call 619-233-3004 or visit [sdmts.com](https://sdmts.com) for more information.

*This list is a sampling of the many ways to get involved in San Diego County during COVID19 .  
For more ideas, call 2-1-1 or visit [211.org](https://211.org)*