



WAYS TO ENGAGE!

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

COVID-19 EDITION



LIVE WELL
SAN DIEGO
LIVEWELLSD.ORG

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 will be closed to the public until Monday, April 6, 2020 unless an extension is warranted. Online library services remain available to the public: <https://www.sandiego.gov/public-library/elibrary>

AIS Health Promotion Programs The County of San Diego offers online videos of our Feeling Fit Club during the COVID-19 response. Visit our county news website during their regularly scheduled class times and work out from home. Videos can be accessed on public access television at www.HealthierLivingSD.org. Additionally, if you would like a stretch band to exercise with, e-mail us at HealthierLiving.HHSA@sdcounty.ca.gov or call 858-495-5500.

San Diego Oasis San Diego Oasis is shifting many Oasis classes online. Review the catalogue 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 12 live camera feeds from the San Diego Zoo showing 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": [VolunteerMatch.org](https://www.volunteer.org)

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

Always in Touch Sponsored by Always Best Care. Daily check-ins and weekly socialization calls: www.always-in-touch.com. Contact 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 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 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 211sandiego.org or dial 2-1-1, or call the AIS Call Center at 800-339-4661 or visit aging.sandiegocounty.gov and select "Food Resources."

Outdoor Recreational Opportunities:

San Diego County Parks and Recreation Outdoor activities where social distancing can be maintained have not been canceled and will continue as planned. Parks remain open, though facilities may be closed: <http://www.sdparcs.org/>

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 for more information.

MTS (Metropolitan Transit System) MTS plans to continue with regular service and will post updates on their website as warranted. Call 619-233-3004 or visit 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*