

Issue 1: COVID-19 eNews & Resources

brought to you by the Council on Aging - Southern California

This is a special edition eNewsletter connecting you to information and resources during the COVID-19 pandemic.

FOOD RESOURCES

[Meals on Wheels OC](#)

714-823-3294

[Orange County Food Bank](#)

714-897-6670

[Age Well](#)

949-855-8033

[Office on Aging Orange County](#)

800-510-2020

[Office on Aging Riverside](#)

951-867-3800

[San Bernardino Department of Aging and](#)

[Adult Services \(DAAS\)](#)

909-891-3900

MENTAL HEALTH

[ReConnect EISOA Program](#)

714-352-8822

[OC Links Referral Line](#)

855-OC-LINKS

[National Alliance of Mental Illness \(NAMI\)](#)

714-991-6412

[Mental Health America](#)

800-273-8255

[American Foundation for Suicide](#)

[Prevention](#) **800-273-TALK**

COVID-19 HEALTH UPDATES

[OC Healthcare Agency](#)

833-426-6411

[San Bernardino Public Health](#)

909-387-3911

[Riverside Public Health](#)

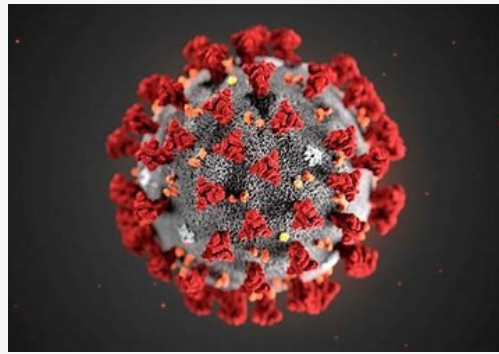
800-945-6171

[California COVID-19 Updates](#)

833-544-2374

[Information about COVID-19 in the United States](#)

[Coronavirus Self Checker](#)



COVID-19: Anatomy of a Scam

We've all seen it. The image of COVID-19 looks somewhat like a newly discovered planet or like something out of Star Wars with its rather beautiful but potentially deadly anatomy. But COVID-19 isn't the only danger lurking in our communities.

The criminal element has seized the opportunity to cash in on our fears over COVID-19 and new scams are springing up every day. While the specifics of each scam may vary, the anatomy is the same. All the scams are built around some extraordinary offer, just for you, to allay your fears.

Most commonly, the COVID-19 scams include what appear to be legitimate offers: promises of a cure or access to limited testing or other medical resources, up-to-date tracking tools to keep you informed of COVID-19's progress, or special offers to defer payments on everything from taxes to utility bills.

However, the goal is not to provide us with anything of value, but to take what is valuable to us: our money, our confidence, and our self-worth.

[READ MORE](#)

Protect Yourself from Scams!



Medicare and Coronavirus: What You Need To Know

Since older Americans are particularly vulnerable to coronavirus (COVID-19), we are warning Medicare beneficiaries that scammers may try to use this emergency to steal their Medicare number, banking information, or other personal data.

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Council on Aging
Southern California

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