

Issue 6: 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.

COVID-19 HEALTH UPDATES

[OC Healthcare Agency](#)

833-426-6411

[San Bernardino Public Health](#)

909-387-3911

[Riverside COVID-19 Senior Resources](#)

800-945-6171

[California COVID-19 Updates](#)

833-544-2374

MENTAL HEALTH RESOURCES

[ReConnect EISOA Program](#)

714-352-8820

[OC Links Referral Line](#)

855-OC-LINKS

[Age Wise - San Bernardino](#)

800-451-5633

[American Foundation for Suicide](#)

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

[Orange County Warm Line](#)

714-991-6412

877-910-WARM

FOOD RESOURCES



LTC Ombudsman Services During COVID-19

COVID-19 has produced very serious challenges for residents in long-term care including feeling of isolation. *All long-term care facilities have restricted visitation to everyone except essential health care workers and facility staff.*

While Ombudsmen cannot enter any facility, they are working hard to ensure that residents know they are special and not forgotten.

Long-term Care Ombudsmen resolve complaints, protect rights, and promote access to services for residents before, during and after emergencies such as COVID-19.

In this difficult time, the Council on

[Age Well](#)

949-855-8033

[Meals on Wheels](#)

714-823-3294

[Orange County](#)

2-1-1

[Riverside Food Programs](#)

800-510-2020

[San Bernardino Food Pantry](#)

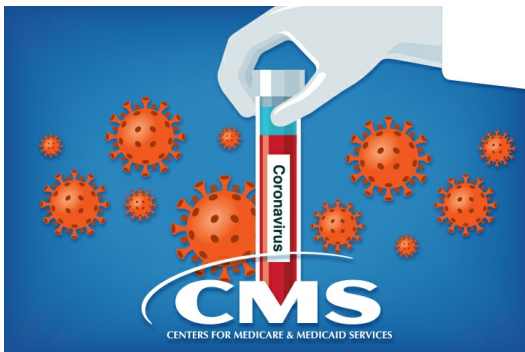
800-510-2020

Aging - Southern California's [Long - Term Care Ombudsmen](#) are available to advocate for residents in several ways. They are making regular check-in calls to facilities asking a variety of questions.

[READ MORE](#)

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Stay Home. Save Lives. Check In.



New COVID-19 Medicare Related Enrollment Flexibility

The Centers for Medicare & Medicaid Services (CMS) is taking further action to ensure beneficiaries have access to the critical healthcare coverage they need in the wake of the COVID-19 outbreak.

[READ MORE](#)

GREAT PLATES DELIVERED

The County launched Great Plates Delivered, a meal delivery program, to support seniors and local businesses needing assistance during the COVID-19 crisis.

SENIORS interested in enrolling should call the Information & Assistance Call Center at (714) 480-6450

RESTAURANTS interested in participating can fill out an Interest Form at <https://bit.ly/gpd-interest-form>



Great Plates Delivered!

Governor Newsom announced Friday, April 24 the launch of a first-in-the-nation ["Great Plates Delivered: Home Meals for Seniors"](#) partnership with counties, cities, and Tribes. The program was recently extended through June 10, 2020.

Older adults interested in enrolling should call the Information & Assistance Call Center at

the Information & Assistance Call Center at
(714) 480-6450.

Read More

May is Older Americans and Mental Health Month



The [Heritage Clinic](#) in Los Angeles County has created the [COVID-19 Anxiety Workbook: A tool to help build resilience during difficult times.](#)



The [National Coalition on Mental Health and Aging's resource](#) page offers a wealth of information on general mental health, caregiving, cognitive aging, depression, substance use, and more.



The National Council on Aging is offering the following webinar on May 20th: [Social Isolation and Loneliness Among Older Americans during COVID-19: Evidence, Policy, and Advocacy](#)

Visit our [ANSWERS Resource Guide](#) for more ideas

Donate to our COVID-19 Response Fund



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Southern California

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