



**SERVING SENIORS EFFORTS IN RESPONSE TO COVID-19**  
**December 22, 2020**

**COVID-19 Vaccination Plans**

As the initial distribution of the first COVID-19 vaccine begins, older adults who have been disproportionately affected by the pandemic must receive priority. We must advocate for those in our most vulnerable population to be a top priority; their health and well-being depend on it. Learn more about our advocacy effort to prioritize homebound seniors [here](#).

**Nutrition**

**To-Go Meals:**

We continue to offer daily to-go meals to seniors at the Gary and Mary West Senior Wellness Center and at our Oceanside location. For hours of operation, [click here](#). On average we are serving between 200 – 250 meals a day through this program.

**Home-Delivered Meals (HDM):**

This program continues to deliver two, hot meals per day to approximately 1,500 seniors (90,000 meals monthly) throughout San Diego County. We continue to advocate for additional, permanent funding for senior nutrition programs at the local, state, and federal levels as demand for meals exceeded supply prior to the pandemic. We are encouraged by the federal stimulus and appropriations bills recently passed that bolster Older Americans Act funding, yet more can be done at other levels of government to reduce malnutrition among older adults.

**Shelf-Stable Meals:**

This meal program provides one meal per day to seniors 65+. Since the onset of COVID-19, this program has experienced substantial growth. Starting in April, we were delivering meals to 30 clients and, as of December 2020, we are serving nearly 1,200 seniors each month through these efforts. We have also been able to leverage this program to distribute face masks to seniors and information on staying healthy during the pandemic.

**Health + Wellness**

**Telephonic Support and Case Management:**

Our Health and Social Services Team continues to provide telephonic case management for our clients.

All in-person case management visits were suspended due to San Diego County's Purple Tier designation, including our temporary office at the emergency exit door at our downtown Gary and Mary

West Senior Wellness Center. However, our team continues to be on-site at each of our supportive housing communities to process Service Request Forms which include identifying needs for case management, nurse case management, household, and pet supplies. All other case management needs across other programs, including our Transitional Housing Program, continue to be facilitated telephonically.

### **Telehealth Screenings with West Health:**

Our RN Case Management team has officially kicked off outreach effort for our Telehealth services. We began advertising the availability of this critical service at both of our Potiker housing communities. Through the generosity of the West Health team, our RN Case Managers have been trained on how to access the virtual platforms for many of the local health systems. We have instructional information for both clients and team members and have access to needed equipment such as iPads and oximeters. We are piloting the program currently and plan to extend this service to clients at the downtown Wellness Center and our Ramona housing community as COVID restrictions begin to lift.

### **Combatting Social Isolation**

Serving Seniors' new [Connections Program](#) continues to see a steady increase in participation. Featured on [KPBS](#), the Connections Program is designed to connect seniors with friendly conversation and additional support should they need it. Sixty (60) seniors have signed up to receive regular calls so far. We continue to look for more Spanish and Mandarin speakers for both the client and volunteer components of the program.

If you know of a senior who would like to “get connected”, please refer them to Chania Mitchell at (619) 246-4461 or [chania.mitchell@servingseiors.org](mailto:chania.mitchell@servingseiors.org). If you know of someone who would like to volunteer, please contact Elle Leidy at [elle.leidy@servingseiors.org](mailto:elle.leidy@servingseiors.org).

### **Staff**

Our staff continues to follow all COVID-19 health and safety protocols recommended by leading Public Health Service agencies to ensure their safety, as well as our clients'. While all non-essential staff continue to work remotely, our team is working on a reopening plan to ensure we are prepared.

*If your office has questions about our services during COVID-19, please contact our Director of Community Engagement + Government Relations at [christina.selder@servingseiors.org](mailto:christina.selder@servingseiors.org) or (619) 487-0747.*