



REFERRAL LIST

Mission Statement: Meals on Wheels West provides community based services that nourish and enrich the lives of our homebound neighbors of all ages by providing nutritious meals, an emergency preparedness program and referrals to other services that promote independent living and wellbeing.

MOW West does not deliver groceries, medication or case management. Please refer people to the resources below.

Free Prescription Delivery:

CVS

<u>Santa Monica</u>	<u>Venice</u>	<u>Pacific Palisades</u>	<u>Malibu</u>	<u>Marina Del Rey</u>
(310) 828-6456	(310) 399-2436	(310) 459-7581	(310) 456-9645	(310) 821-8908
(310) 319-1318	(310) 392-3983			
(310) 829-5523	(310) 390-6296			

Walgreens

<u>Santa Monica</u>	<u>Marina Del Rey</u>
(310) 526-4496	(310) 823-7152
(310) 829-9264	
(310) 481-7123	

Helpful Agencies

Case Management & Mental Health

Wise & Healthy Aging- (310 394-9871) A community-based nonprofit that provides case management, caregiver resources, peer counseling, transportation and other services. Helps with finding a case manager.

Didi Hirsch Mental Health Services- (310 390-6612) Clients can receive individual, group and family therapy, as well as medication management, health care and other case management services.

SCAN -(866 421 1964) No-cost telephonic or virtual therapy, care planning, comprehensive health assessment, short and long-term care management. Most services available in English, Spanish & Korean.

Disability Community Resource Center-(310 390-3611) The Disability Community Resource Center (DCRC) is a Center for Independent Living dedicated to supporting the equality of life for people with all kinds of disabilities. The goal of our peer-led programs and services is the elimination of economic, social, attitudinal and environmental barriers people with disabilities face in their daily lives.



Crisis Lines

California Elder Hotline - ([833-544-2374](tel:833-544-2374)) a one-stop shop to answer your questions and get assistance during this crisis.

LA Warmline - ([855-952-9276](tel:855-952-9276)) Confidential overnight telephone support service for loneliness, confusion, substance, mental health concerns

Friendship Line (Institute on Aging) - ([800-971-0016](tel:800-971-0016)) 24 hour toll-free crisis line for people who are aged 60yrs and older (or adults with disabilities), Can also make ongoing outreach calls to lonely older adults

COVID

LA County Vaccinations ([833-540-0473](tel:833-540-0473) or vaccinatelacounty.com) you can call this number or follow this link to get a COVID-19 vaccination if you are over 65. For those of you who would not be able to make it to a vaccination site, we are working on developing a system.

CV 19 (Department of Aging) - (<https://losangeles.cv19checkup.org/>) A free resource to help you be safer during COVID.

Financial Resources

California Alternate Rates for Energy- ([1-877-660-6789](tel:1-877-660-6789)) California Alternate Rates for Energy (CARE) reduces electrical bills for eligible customers by about 30% and gas bills by about 20%. Family Electric Rate Assistance (FERA) reduces electric bills for qualified households by 18%.

Fun Things To Do at Home

Senior Planet- ([920-666-1959](tel:920-666-1959)) Free technology hotline that can help you navigate any questions you may have about anything regarding technology.

Santa Monica Public Library- (https://smpl.org/Getting_a_Card.aspx) The Santa Monica Public Library has made temporary library cards available quickly, easily and for residents outside of Santa Monica. The Santa Monica Public Library has made a wide variety of books available as e-books.

The Moth- (<https://themoth.org/events>) Live virtual storytelling events. There is a ticket price of \$10 for each storytelling event. There are different themes and multiple storytelling events every month. The events take place on Zoom.

Something To Do on a Sunday Evening- (<https://vimeo.com/465280536>) A wonderful cost-free storytelling experience through Vimeo.



Providence St. John's Community Health Education Classes- (310- 829-8437) Providence is now offering their community health education classes remotely. They are offering a free series of classes centered around nutrition and another series around coping skills.

MealsTogether- (<https://mealstogether.org/#signUp>) MealsTogether arranges virtual dinner meetings via Zoom to connect younger generations with older adults. These phone and video call sessions aim to uplift the spirits of isolated seniors and create a platform of trust between generations. MealsTogether is also offering training on Zoom.

Chair Yoga- (<https://www.youtube.com/watch?v=-Ts01MC2mIo>) Yoga with Adriene has some great Youtube videos for chair yoga that are friendly for seniors and people using wheelchairs. Yoga has great stress-relieving qualities and can be a good way to spend some time at home.

Housing

Bet Tzedek-(323-939-0506) Legal services that can help you with housing protection, elder abuse prevention and public benefits. They can also provide advice in terms of maintaining housing during COVID.

Legal Aid Foundation of Los Angeles- (800-399-4529) Legal Aid Foundation of Los Angeles works toward systems change through litigation, policy, and education aimed at increasing and preserving housing. Our team also provides legal services to households facing homelessness, and upholds the civil rights of unhoused individuals.

LAHSA & St. Joseph's Center-(310-396-6468) If you are at imminent risk of homelessness or need help with housing LAHSA's Service Planning Area Provider, St. Joseph's Center can help with housing stabilization and financial assistance.

Santa Monica- Eviction moratorium extended from May 31 to September 30 and extends from six to twelve months the time for residential tenants to pay rents that were unpaid during the moratorium period due to financial impacts related to COVID-19. During this 12-month period, landlords may not evict tenants for nonpayment of the unpaid rent.

LA County- The temporary moratorium imposes a ban on evictions for all residential and commercial tenants in unincorporated Los Angeles County impacted by the COVID-19 crisis beginning March 4, 2020 through September 30, 2020. The Board will review and may extend the moratorium period on a month-to-month basis.

Medication/ Grocery Delivery & Food Assistance

All Together LA Hotline - ([323-310-0411](tel:323-310-0411)) A team of volunteers ready to help people get the groceries and medication they need in Santa Monica, Venice and Marina Del Rey.

Pacific Palisades Residence Association- ([310-454-8983](tel:310-454-8983)) Palisades residence that will help to run errands that you may need, including groceries and other supplies.

Malibu Foundation- ([833-407-0117](tel:833-407-0117)) Volunteers helping with door-to-door delivery in Malibu.

Providence St. John's CalFresh Program- ([310-829-8437](tel:310-829-8437)) Providence St. John's can help clients sign up for CalFresh remotely. CalFresh can help pay for additional food assistance.

Virginia Avenue Park Pantry-([424-410-1354](tel:424-410-1354)) Pre-assembled food bags, one per household. Open to Santa Monica residents and families with children enrolled in SMMUSD.

Transportation

ADA/Paratransit -(Apply: ([800](tel:800-827-0829)) 827-0829 Reservations: ([800](tel:800-883-1295)) 883-1295) ADA Complementary Paratransit service for functionally disabled individuals in Los Angeles County.

MODE-([310 394-9871](tel:310-394-9871) and ask for WISE Transportation & Mobility Program) WISE & Healthy Aging and Big Blue Bus partnered with Lyft to provide curb-to-curb, on-demand transportation for seniors and individuals with disabilities who live in the City of Santa Monica. MODE also offers transportation for members needing wheelchair and door-through-door assistance with a specially marked wheelchair van.

Tips Elders can do to support/cope with Stress:

- **Call your healthcare provider if stress gets in the way** of your daily activities for several days in a row.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Take breaks from watching, reading, or listening to news** stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **If you, or someone you care about, are feeling overwhelmed** with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call
 - Didi Hirsch Mental Health Services: ([310 390-6612](tel:310-390-6612)) Clients can receive individual, group and family therapy, as well as medication management, health care and other case management services.
 - Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)
 - In a mental health emergency call 911