

COVID-19 INFORMATION FOR SENIORS

There are a lot of questions and concerns regarding services and what can be done during this unprecedented time. Listed is some information that we hope will help. Earlier this month California Governor Gavin Newsom issued a statewide order for all Californians called “Safer at Home”. In addition, Los Angeles County issued a separate mandatory order to slow the spread of COVID-19 within the County. The County’s order limits the gathering of people and requires the closure of non-essential businesses and uses such as: shopping malls, shopping centers, parks, and non-essential retail businesses. The City of Rosemead’s residents and businesses are subject to the State and County Orders. In an effort to keep everyone safe, all City facilities will be closed until April 19, 2020. For assistance with any additional information please contact City Hall at (626) 569 - 2100.

What you can do

If you have a serious underlying medical condition:

- **Stay home** if possible.
- **Wash your hands** often.
- **Avoid close contact** (6 feet, which is about two arm lengths) with people who are sick.
- **Clean and disinfect** frequently touched surfaces.
- **Avoid all cruise travel** and non-essential air travel.
- Call your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick.

Stress and coping

- Older adults are at higher risk for severe illness from COVID-19 which may result in increased stress during a crisis.
- Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions.

Things you can do to support yourself

- **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.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Call your healthcare provider if stress gets in the way** of your daily activities for several days in a row.
- **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 911
- 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)



Senior Lunch Program

The lunch program will be a “to-go” service thru April 19,2020. Lunches must be picked up and taken home to eat. Lunches will be distributed on a first come first served basis. Meals will be distributed frozen beginning March 30, 2020. Food deliveries to the Garvey Community Center are limited to twice a week. Distribution dates and times are as follows:

- **Monday @ 11:30 am**
Distribution of food for Monday & Tuesday
- **Wednesday @ 11:30 am**
Distribution of food for Wednesday, Thursday & Friday
- In a partnership with the LA Food Bank , the Garvey Community Center receives food boxes for distribution to those 60 years of age and older on the 4th Monday of the Month. Next Distribution date is April 27, 2020.

Home Delivered Meal Services

Unfortunately, the City of Rosemead does not offer delivery for meals to residents. Here are some other resources if you or someone you know is in need of this service.

- **LA County – Workforce Development Aging & Community Services**

The Home-Delivered Meals Program is designed specifically for home-bound individuals. This valuable program not only delivers a nutritious meal on a daily basis, but also serves as a mechanism to check up on the client, thereby providing an additional safety inspection and furthering the ability for him or her to remain home. Although the Home-Delivered Meals Program does not require participants to pay for meals, a donation ranging between \$1.75 – \$3.00 per meal is appreciated. For more information and services, call (800) 510-2020

- **Intervale**

Intervale Senior Services, a Division of the San Gabriel Valley YWCA, provides a variety of services for older persons including: A broad range of social, recreational, and educational opportunities, and home-delivered meals. (626) 960-2995

- **Meals on Wheels**

Available for residents of the San Gabriel Valley. Meal options include lunch, dinner or both. Fees apply. For more information or to register for the service call Macy at (626) 256-8187 or visit vcsgv.org/meals-on-wheels.



For more information contact City Hall at (626) 569 - 2100

