



An Update from Senior Concerns June 2, 2020

It is hard to believe we are closing in on four months since our world changed. We wanted to provide you a brief update on the work we are doing.

Adult Day Program

Our Adult Day program is closed indefinitely, until the County Health Officer says it is OK for older adults to be back out in the community. We do offer weekly Zoom activities for our participants, which includes music, activities, conversation, and connection. To learn more, call 805-497-0189.

Home Delivered Meals

We have significantly expanded our Home Delivered Meal Program as more seniors are unable to get out and need freshly prepared meals. Prior to COVID-19, we had delivered a total of 105 meals per day to homebound seniors in Thousand Oaks and Newbury Park. Beginning in mid-March, when state-wide Stay At Home orders were implemented, we reached capacity at our kitchen at Los Robles Hospital and began to partner with Country Harvest Restaurant to prepare an additional 140 meals per day. This represents growth of 233% for our Meals On Wheels Program.

We then became the coordinating agency in eastern Ventura County for the State's Great Plates Program, working in partnership with two local restaurants to deliver an additional 600 meals per day to homebound seniors (200 seniors at 3 meals per day). To both ensure every senior has meals, as well as to help local restaurants bring employees back to work, the Great Plates program provides three fresh meals daily to homebound seniors who meet specific requirements. Our staff are qualifying the seniors who apply and are managing the



delivery process with our team of volunteers.

Since the start of the pandemic and the Stay At Home orders in mid-March, we have seen a total increase of 800% over our traditional Meals On Wheels Program through all our Home Delivered Meals efforts.

The Great Plates program is currently scheduled to end June 10th. At this time we have not received word if it will be extended. However, we are working on plans to continue to meet the needs of seniors who are homebound and need prepared meals delivered to them when this program ends.

Other Services

- Our office is open Monday - Friday, 9 a.m. - 5:30 p.m. to receive phone calls and pantry donations.
- **Grocery shopping** and pharmacy pickup, free of charge, by an assigned volunteer who stays with that senior throughout the program.
- **Delivery of nonperishable items** from our pantry, free of charge, by an assigned volunteer who stays with that senior throughout the program.
- **Care Management** - information, consultations, and referrals for family caregivers via phone.
- **Assisted Living Consults** - The decision to move to an assisted living or a memory care facility often comes with worry, doubt, and fear. Our trained care coordinators understand these worries and are here to help. We will explain the choices available to help you understand how to make the best decision for you and your family. All services are free and confidential.
- **Senior Advocacy** and pro bono legal and financial consults via phone.
- **Zoom Family Caregiver Support Group** - every Friday at 9:30 am.
- **Zoom Workshops** - Our next is June 11th at 4 pm titled **What Older Adults Need to Know about COVID-19: A Conversation with Dr. Carlo Reyes**, Assistant Medical Director at Los Robles Medical Center. Join the workshop to:
 1. Discuss the current state of COVID-19 in Ventura County including incidence, ICU bed capacity, and the impact of delaying emergency care due to "fear of COVID-19."
 2. Emphasize importance of cloth and surgical masks, sanitizing hands, and understanding who should continue to "stay at home" despite the



reopening.

3. Discuss current clinical approaches to treatment of COVID-19, including hospital care, treatments, and vaccine status.
4. Understand the context of COVID-19 globally, including the need for continued surveillance, cooperation among states and countries, and adopting best practices identified by other countries throughout the world.

To sign up email mshapiro@seniorconcerns.org

- **Monthly Zoom Birthday Parties** for seniors age 65+, June 18th at 2 pm. -

Celebrating your birthday during quarantine doesn't have to be boring! Senior Concerns is hosting a monthly birthday Party over Zoom. If you are 65 or older and are having birthday or want to join while we celebrate the birthday of others, then come join us! RSVP so we know you are coming Please email:



info@seniorconcerns.org or call us at 805-497-0189. Be sure to let us know if your birthday in June! Everyone is invited to the party! Parties will be on the 3rd Thursday of the month at 2pm.

- **Free Coronavirus Toolkit** (coming soon) - Senior Concerns strives to ensure our most vulnerable seniors have the supplies and resources they need to stay safe during the COVID-19 pandemic. The goal of the COVID-19 Tool Kit is to empower, educate and provide the tools needed to the homebound seniors, so they can reduce their risk of contracting the virus. Kits Include:

1. Single-Use Temperature Strips/Thermometer
2. Pulse Oximeter with batteries
3. Hand Sanitizer
4. Antiseptic Wipes
5. Disposable Face Masks
6. Disposable Nitrile Gloves
7. File of Life to maintain important medical information
8. California Department of Aging *"Feeling Good & Staying Connected, An Activity Guide"*
9. COVID Toolkit Booklet

Toolkits will be reserved for local seniors who are:

1. Homebound
2. Age 75 or older
3. Live in their own home, or the home of a family member and not in a care or assisted living facility
4. Live in Newbury Park, Thousand Oaks, Simi Valley, Moorpark, Oak

- Park, Westlake Village or Agoura
5. Supplies are limited. Call Senior Concerns to apply for a COVID-19 Toolkit.

Bargain Boutique



We are planning a soft opening with online sales only and appointments for safe pickup starting in July. The store will remain "closed" to shoppers. No donations will be accepted at this time. However, if you have some jewelry, a high-end purse, or other items that would be great for online sales to donate, give us a call at 805-497-0189.

Events and Fundraisers

In person events are postponed at this time.

Our online fundraiser running right now is **The Stakes Are High Derby**. Your donation of \$250 gives you the opportunity to join the field of racing competitors. Each \$10 donated to Senior Concerns on behalf of your horse, wins ONE length advancement on the track. Every 50 votes for your horse wins ONE length advancement too. People can vote daily, one vote per person by going to the Senior Concerns Stakes Are High web page. Voting is free. The Derby Winner will be the horse with the highest combination of donations and votes. <https://www.seniorconcerns.org/the-stakes-are-high/>



Meals On Wheels Sponsor of the Day - Would you like to help us feed homebound seniors in Thousand Oaks and Newbury Park, while at the same time promoting your business or group under the umbrella of philanthropy? Senior Concerns is offering the opportunity to become a Meals On Wheels "Sponsor of the Day." <https://www.seniorconcerns.org/product/meals-on-wheels-sponsor-of-the-day/>

Last, but certainly not least, we want to thank the community for their continued support. Those who are donating their money or time are making the greatest difference to our community's seniors. You can be sure that we are committed to bringing new programs to meet the emerging needs seniors during this unprecedented time.

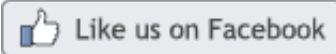
Wishing you good health and safety,

Andrea Gallagher, Certified Senior Advisor (CSA)

President, Senior Concerns

DONATE ***HERE!***

Stay connected for all of the latest updates!



Senior Concerns

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*Learn more about
Senior Concerns'
programs [here](#).*

Life with dignity for aging seniors

Senior Concerns, 401 Hodencamp, Thousand Oaks, CA 91360

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