



An Update from Senior Concerns May 1, 2020

As the COVID-19 pandemic continues and our senior population remains sheltered at home, the need support and services from Senior Concerns continues to grow. We are truly the resource for seniors and family caregivers in the community, as well as the point of contact for county and local agencies. Below is an update on our work this past month, made possible by the generosity of our funders and donors who have stepped forward during this challenging time to support our mission.

Meals on Wheels/Home Delivered Meals

In the past five weeks, we have seen a 69% increase in our home delivered meals as existing clients increase the number of days they receive meals, and new clients sign on. We have reached capacity at our main meal preparation location at Los Robles Hospital East Campus, and we are now preparing over 50 meals a day with our restaurant partner, Country Harvest in Newbury Park. Many thanks Chris at Country Harvest for his amazing meals, and to our new volunteer Meal Coordinator, Nancy Luder, who is working five days a week to coordinate deliveries to our community's seniors.



About 10 days ago we placed our second call for volunteer drivers for Meals On Wheels and we are now preparing to send out our third call for help. A special shout out to the Many Mansions volunteers and staff who are delivering Senior Concerns' Meals On Wheels to their residents.

We also are offering a great opportunity to support the Meals On Wheels program and promote a local business at the same time. To learn more about how to become at Meals On Wheels Sponsor of the Day please visit <https://www.seniorconcerns.org/product/meals-on-wheels-sponsor-of-the-day/> or reach out to Janet Young at jyoung@seniorconcerns.org or 805-217-9069.

NEW Great Plates Meal Program

You may have heard Governor Newsom speak of a program that provides delivery of breakfast, lunch and dinner from a local restaurant to low income seniors. This program is intended to bolster local restaurant sales so they can bring back staff and, at the same time, feed Stay at Home seniors. If you visit <https://www.vcemergency.com/> you can scroll down and read the qualifications for both restaurants and seniors on this program.



Senior Concerns has applied with Ventura County Area Agency on Aging (VCAAA) to manage this program for the Thousand Oaks/Newbury Park area. We are partnering with Country Harvest in Newbury Park and Brent's Deli in Westlake Village to make the meals. Senior Concerns' staff will be signing seniors up, and our volunteer drivers will be delivering the meals. As of April 30, the VCAAA has a list of 300 seniors who

qualify for the program in our area. Our partner restaurants will be receiving \$66/senior/day for the three meals, \$16 of which will come back to Senior Concerns to perform the tasks noted above.

Free Food and Supplies Delivered from our Pantry

Community members have donated shelf stable food, paper products and toiletries for our food pantry designated for low income seniors. A shout out to National Charity League and the Simi Valley Rotary for all their amazing donations to the pantry.

Our volunteers have made over 150 deliveries thus far. We have one amazing senior hero who, at age 89, is going around to her low-income housing complex neighbors to sign up people she feels need extra help, such as her neighbor who does not speak English and another neighbor who is blind. It's truly touching to see the community come together during this time.



A shout out to Proctor and Gamble who will be donating cases of Bounty Paper Towels, Charmin Toilet Paper and Puffs tissues to our pantry. We are sending a 16' and 20' truck up to their Oxnard warehouse next week to pick them up. And, we are sharing our gift with Manna as part of our community partnership.

Free Grocery Shopping with No Contact Delivery

This program is going strong, but we could help many more seniors by keeping them safe at home. Please help us to get the word out to your senior neighbors that we can do their grocery shopping. It does concern us when we see very frail elders out in the community. We have amazing volunteers who front the money for the groceries and make no contact deliveries. They are true angels. We do not charge for the delivery service. The senior only pays the exact cost of the

groceries, making this a much better option than many shopping services. Our shopping service is available in Thousand Oaks, Newbury Park, Westlake Village, Agoura Hills, Simi Valley and Moorpark.

Many thanks to the City of Thousand Oaks for advertising our services on TOTV. In addition, you may have seen our large ad in the Acorn newspapers on April 30 promoting our services, as well as asking for monetary donations.

Caregiver Services, Case Management and Senior Advocacy

These programs continue to be critical to the special needs of family caregivers who are caring for a loved one with dementia. Caregivers are now home with their loved one 24/7. The family caregivers are seeing their loved ones' cognition decreasing and their agitation increasing. We hear frequently they are exhausted because their loved one is not sleeping at night. Many of the calls we receive are about looking for placement because the family caregiver is no longer able to cope.

Zoom Activity



Like the rest of the world, we are using Zoom to continue some of the programs that are vital to our community. We offer weekly Zoom interactive sessions for our Adult Day families. We are learning that our Adult Day participants love the interface and the chance to see their friends on the computer. Many thanks to Cici from Family Harmony Yoga for leading chair yoga classes. And, many thanks to

Hannah Hoffman, one of our furloughed program assistants, who is donating her time to lead two activities per week.

Carie Salas, our LCSW Care Manager runs a weekly Caregiver Support Group that is an essential lifeline to homebound family caregivers caring for a loved one. She has had double digit numbers each week on the Zoom call, illustrating how vital these support groups are during this challenging time.

Raising Funds

As you know we had to cancel several in person fundraisers we had planned due to the pandemic. However, we are all about creativity here at Senior Concerns. Soon you will see an announcement for our online horse derby - The Stakes are High Online Derby to Benefit Meals On Wheels.

Participants can buy a horse and publicize their horse to friends, family, colleagues, service groups and neighbors via social media. The Virtual Derby winner will be the horse with the most lengths achieved based upon a combination of donations and social media votes. Keep checking back to the Senior Concerns website or check our Facebook for the announcement of its

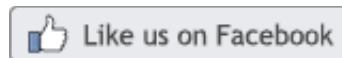
premiere in the month of May. The derby will run for 4 weeks. A special thank you to Mastros who has graciously donated the grand prize.

If you have any questions, idea, concerns, please feel free to contact me. Thank you for your continued support of Senior Concerns.

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Stay connected for all of the latest updates!



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