

Resources available as of 3/26/20

PETS

There is an organization called Halter Project that can assist with food and supplies and veterinarian visits. They serve Mendocino and Sonoma Counties.

HALTER

12099 Sonoma Hwy, Glen Ellen, CA 95442

(707) 318-7526

rescue@HALTERfund.org

FOOD – Grocery Cards

FB page for No Pay Cafe/Cafe Gratis <https://www.facebook.com/No-Pay-CafeCaf%C3%A9-Gratis-1808179912556419/>

PEP Housing has a limited number of grocery cards for any residents that feels they need food. Please contact your Resident Service Coordinator. Cards distributed on a first come first serve basis.

Food Connections Hotline: Call Redwood Empire Food Bank hotline at 707-523-7903 to find services nearby.

Grocery Shopping

Vintage House has launched Vintage House Delivers to support vulnerable seniors by doing their **grocery shopping and picking up prescriptions or other medicines**. They are also using technology to offer “Friendly Visits” for those who would like to connect safely. Sign up for Vintage House Delivers online or call (707) 996-0311.

FOOD – Retail Stores

Grocery Stores Offering Delivery, Pickup or Senior Hours

Albertsons – www.albertsons.com

- Online shopping with curbside pick-up or delivery
- Senior hours 7-9 a.m., Tuesday and Thursday

Arena Market & Cafe

- 185 Main Street, Point Arena (707) 882-3663
- Senior hours 8-10 a.m., daily

Costco – www.Costco.com

- 5901 Redwood Drive, Rohnert Park (707) 540-9113
- 1900 Santa Rosa Avenue, Santa Rosa (707) 578-3775
- Senior hours 8 – 9 a.m., Tuesday and Thursday.

Gualala Supermarket,

- 39225 S Highway 1, Gualala (707) 884-1205
- Senior hours 9-11 a.m., daily.

Molsberry Market – www.molsberrymarket.com/

- 522 Larkfield Center, Santa Rosa
Shop online with in-store pickup

Oliver's Market – oliversmarket.com

- 546 East Cotati Ave., Cotati (707)795-9501
- 560 Montecito Center, Santa Rosa, (707) 537-7123
- 461 Stony Point Road, Santa Rosa, (707) 284-3530
- 9230 Old Redwood Highway, Windsor, (707) 687-2050
- Senior hour 6 – 7 a.m., 7 days a week. Senior Discount certain days. Store hours 7 a.m. to 8 p.m.

Pacific Market

- 550 Gravenstein Hwy. North, Sebastopol
- 1465 Town & Country Drive, Santa Rosa
Senior hour (pregnant women, too), 7 – 8 a.m.

Petaluma Market

- 210 Western Avenue, Petaluma
- Senior and immune compromised shopping hour daily, 6 – 7 a.m.

Penngrove Market

- 10070 Main St, Penngrove
- Senior hour 8-9 a.m.

Raley's – www.raleys.com/senior-essentials-bag/ Senior Essentials Bag pick-up program offering \$20 bag of fresh items and pantry staples and \$35 bag of ready-to-eat meals. First come, first-served. One bag per family, per day.

- 1407 Fulton Road, Santa Rosa (707) 546-3435
- 100 Raley's Town Center, Rohnert Park (707) 585-3222
- 157 N. McDowell Blvd. Petaluma (707) 766-6700

Safeway – www.safeway.com

- Online shopping with curbside pick-up or delivery
- Senior and immune compromised hours, 6-9 a.m., Tuesday and Thursday

Sonoma County Farm Trails, <https://www.farmtrails.org/shelter-in-place-food-resources/>

- Food producers' subscriptions
- Local Delivery & Drop-Points
- Takeout & Onsite Sales
- Online Orders

Sonoma Market

- 500 W. Napa Street, Sonoma
- Senior hours 6-8 a.m., Tuesdays and Thursdays, for age 65+ or with a medical condition

Target

- 475 Rohnert Park Expy. West, Rohnert Park
- 950 Coddington Center, Santa Rosa
- 401 Kenilworth Drive, Petaluma
- Senior and immuno-compromised only during the first hour of shopping, 8 – 9 a.m., Wednesday

Vintage House Delivers, Sonoma area, <https://vintagehouse.org/vintage-house-delivers>

- Complete online application for grocery and prescription delivery.

Walmart – www.walmart.com/ The first hour of shopping each Tuesdays through April 28.

- 4625 Redwood Drive, Rohnert Park, (707) 540-9303

- 6650 Hembree Lane, Windsor, (707) 836-7200

Senior Dining Sites and Nutrition Programs

Coastal Seniors (707) 882-2137, www.coastalseniors.org

Gualala Community Center Closed. No dining.

Point Arena Site Meal pick-up only Mon. Tues. and Wed. Home delivery available for seniors and adults with disabilities who cannot get to pick up site. Must call by 4:00 pm the day before to order a meal. Home Delivered Meals are on Mondays (hot meal and frozen for Tues.) and Wednesdays (hot meal and 4 frozen meals). Food bank is open the 2nd Tuesday of each month from 8:30 to 10:30am).

Deliveries on Tuesday and Thursday. Preparing to change to offering five-day frozen pack

Council on Aging, (707) 525-0143 All Dining Sites are closed. Clients have the option of 5-day meal pick-ups at locations on dates below. The senior must call by 10 a.m. the day before pick up in order to receive a meal pack. Clients must be age 60+. Those who are NOT a current lunch program clients must complete an intake form. Anyone 60 and older can pick up a 5-day frozen meal pack on the following dates:

- **Cloverdale Senior Center** Tuesday, March 31, 10:30 am – 12:30 pm
- **Rohnert Park Senior Center** Wednesday, April 1, 10:30 am – 12:30 pm
- **Santa Rosa – Council on Aging (Pick up/Drive through)** Thursday, March 26, 10:30 am – 12:30 pm
Thursday, April 2, 10:30 am – 12:30 pm
- **Sebastopol Senior Center** Wednesday, April 1, 11:00 am – 12:30 pm
- **Silvercrest (Current clients only)** Thursday, March 26 | will be delivered to Silvercrest residents by Salvation Army volunteers
- **Healdsburg** takeaway meals only
- **West County Community Center** Frozen food packs to go only

Petaluma People Services Center (707) 765-8488, www.petalumapeople.org

RSVP to pick up a meal and/or let staff know when meal is picked up that another meal will be needed the next day. Meal pick up between 12:30-1:30 PM at 211 Novak Street, Petaluma. Call if unable to pick up meal.

Meals on Wheels Home Delivery

Daily deliveries Monday through Friday and frozen meals available for the weekends. May reduce the number of meal deliveries and provide frozen and shelf-stable pack-ups if drivers become unavailable. **Coastal Seniors**, (707) 882-2137, www.coastalseniors.org

Council on Aging, (707) 525-0143, www.councilonaging.com Clients outside Santa Rosa receive a 5-day meal pack and one delivery per week. No change for Santa Rosa clients: daily deliveries Monday – Friday, and frozen meals available for weekends. Will transition to one weekly delivery with multiple meals to reduce the risk of transmission.

Petaluma People Services Center, (707) 765-8488, www.petalumapeople.org

Pharmacy Drive-up Windows and Delivery

Cloverdale Pharmacy – Deliveries

790 S. Cloverdale Blvd., Cloverdale, (707) 894-4414

CVS Pharmacy, (707) 545-7500, Home deliveries from most locations

Forestville Pharmacy, 6652 Front Street, Forestville, (707) 887-2268

Mail in your prescriptions for later delivery to your car in the parking lot.

Kaiser Permanente, (888) 218-6245

Prescriptions can be ordered by phone and offers mail delivery for RX

Lark Rexall Drugs, 16251 Main Street, Guerneville, (707) 869-9055, larkdrugs.com

Mail in your prescriptions for later delivery to your car in the parking lot.

Sebastopol Family Pharmacy, 652 Petaluma Ave., #11, Sebastopol, (707) 824-1876, sebastopolpharmacy.com

Mail in your prescriptions for later delivery to your car in the parking lot

Tuttle's Pharmacy – Deliveries

- 4731 Hoen Avenue, Santa Rosa, (707) 528-4511
- 1220 Doyle Park, Santa Rosa, (707) 546-9090

Walgreen's Drive-Thru Windows www.walgreens.com

- 3093 Marlow Road, Santa Rosa (707) 569-8504

- 610 Sonoma Hwy, Santa Rosa (707) 538-9275
- 7800 Old Redwood Hwy, Cotati (707) 795-6014

RX Pick-up

Petaluma People Services Center, (707) 765-8488

RX delivery in partnership with Petaluma Health Center and CVS. Can help residents sign up for RX services.

Vintage House has launched Vintage House Delivers to support vulnerable seniors by doing their **grocery shopping and picking up prescriptions or other medicines**. They are also using technology to offer “Friendly Visits” for those who would like to connect safely. Sign up for Vintage House Delivers online or call (707) 996-0311.

Well-being, mental health

Catholic Charities – I’m Home Alone Program, (707) 528-8712 Seniors can stay in touch with daily phone calls by trained volunteers.

Cloverdale Senior Center Connect Program (707) 894-4826 Staff are available 8:30-4 p.m. to talk and provide support to seniors. Volunteers are available to deliver groceries and prescriptions. Food distribution is offered for seniors 60+ 2nd and 4th Thursday 12:30-1:30pm (stay in your car and staff delivers food).

Council on Aging, (707) 525-0143 <https://www.councilonaging.com/in-the-news>

Services available by phone:

- Case Management: phone for new clients; check-ins for existing clients
- Mental Health Services
- Elder Advocacy at the Family Justice Center
- Adult Day Programs are closed
- Senior Care Coordination – Home visits limited to emergencies only

Petaluma People Services Center, (707) 765-8488 You Are Not Alone, weekly check-in calls for those age 60 and older or with a compromised immune system.

Offered countywide. Call (707) 765-8488 or submit a referral to

notalone@petalumapeople.org.

- Adult Day Program (Currently Closed)
- Case Management (Accepting Referrals)
- Family Caregiver Support Program (Exploring Online Resource)

Rohnert Park Senior Center Offering wellness phone checks to any senior who would like to be called during the shelter-in-place order. Contact Cindy Bagley, (707) 588-3452 or cbagley@rpcity.org,

<https://cityofrohnertpark.hosted.civillive.com/cms/One.aspx?portalId=3037873&pageID=16542692> **Institute on Aging Friendship Line**, (800) 971-0016

- <https://www.ioaging.org/services> 24-hour toll-free hotline for ages 60+ and adults living with disabilities.
Can arrange on-going outreach calls to lonely older adults.

National Disaster Distress Helpline

- Toll-Free: 1-800-985-5990 (English and español)
- SMS: Text TalkWithUs to 66746
- SMS (español): “Hablanos” al 66746
- TTY: 1-800-846-8517

Mental Health Association of San Francisco – (855) 845-7415

www.mentalhealthsf.org

A California Peer-Run warmline 24/7

Peer-Support Specialist. Our Facebook Page: "Russian River Empowerment Center" providing engagement and connection to community members who are having mental health challenges through social media.

rena.morabe@westcountyservices.org

Transportation – Volunteer Driver Programs

Most programs suspended. Travel vouchers only to riders with urgent medical appointments or critical medical needs, such as dialysis or chemotherapy, through these providers:

Sonoma Senior ACCESS, <https://www.sonomasenioraccess.org> Bringing together public, private and non-profit transportation options to get you where you need to go.

Catholic Charities, (707) 528-2063, <https://www.srcharities.org/get-help/>

Cloverdale Senior Center Connect Program, (707) 894-4826 Volunteers are available to deliver groceries and prescriptions.

Coastal seniors, (707) 882-2137 two buses are providing local transportation for medical appointments and essential errands as well as transportation to Santa Rosa, Fort Bragg and Ukiah for medical appointments.

Healdsburg DASH, (707) 431-3159 operating with city staff drivers only. Essential medical appointments only. Will not transport actively ill people.

iRIDE – Petaluma People Services Center, (707) 765-

8488, petalumapeople.org/seniors/transportation Essential medical appointments, grocery store and bank rides only. Drivers can pick up pre-paid grocery orders and deliver to seniors. PPSC also has partnerships with health centers to pick up prescriptions and deliver to senior clients.

Sebastopol Area Senior Center, (707) 829-

2440, sebastopolseniorcenter.org/transportation Providing transportation to medical appointments.

Vintage House Senior Center, (707) 996-0311 Providing vouchers to pay for Uber to provide transport to urgent medical appointments as needed.

Vintage House Delivers, Sonoma area, <https://vintagehouse.org/vintage-house-delivers> Complete online application for grocery and prescription delivery.

West County Community Center, (707) 823-

1640, www.westcountyservices.org/need-a-ride/ Russian River Feeder Shuttle. Rides to medical appointments only.

Windsor Wheels, (860) 285-1992