

## **SPECIAL COMMUNITY RESOURCES, updated 10/15/20 (4 pages)**

*METNA is providing special community resources to help our neighborhood residents navigate the various agencies and providers during the COVID-19 pandemic. The resources listed were available as of September 25, 2020. All telephone numbers listed are 1 + 415 unless otherwise noted.*

### **Department of Emergency Management: COVID-19:**

Alerts: Text COVID19SF to 888-777

California State COVID-19 response resource website:

<https://covid19.ca.gov>.

San Francisco COVID-19 response resource website:

<https://sf.gov/topics/coronavirus-covid-19>

Business and Non-profit info:

SF Office of Economic and Workforce Development (OEWD)

554-6134; Worker information assistance: 701-4817

(8:am-6:pm, 7 days/wk.)

SF Hardship Emergency Loan Program (SF HELP): info/

apply at: <https://oewd.org/businesses-impacted-covid-19>

Business Support emails:

Info: <https://oewd.org/resources-businesses-and-employees-impacted-covid-19>

Questions: loans & grants: [sfosb@sfgov.org](mailto:sfosb@sfgov.org)

Rapid Response Services/layoff assistance: [business.services@sfgov.org](mailto:business.services@sfgov.org)

COVID-19 Testing Locations: <https://SF.gov/GetTestedSF> or call 311

Disaster Distress Helpline: 1-800-985-5990

Economic Relief Fund: 866-211-9966 (provide zip code for local agencies).

Essential Trip Card (for seniors/special needs persons): to apply

Call 311, or visit: [SFMTA.com/ETC](http://SFMTA.com/ETC)

Family Wealth Forum: [www.sfassor.org/familywealthforum](http://www.sfassor.org/familywealthforum)

Health Coverage: Covered California Service Center:

800-300-1506, or 833-295-2323

Housing cost help (rent, utilities, mortgage, HOA fees): <https://www.give2sfhousing.org>

Jobseeker Support email: [workforce.connedtion@sfgov.org](mailto:workforce.connedtion@sfgov.org)

Medical Hotline & Support (24/7) "Medi Nurse" – for patients without a health plan (fee for services): 877-409-9052

National Domestic Violence Hotline: 1-800-799-7233

National Suicide Prevention Lifeline: 1-800-273-8255

Older Adult 24-hour Crisis/friendship line: 800-971-0016

SF Department of Public Health, COVID19 Health orders/directives, updates: [www.sfdph.org/COVID19](http://www.sfdph.org/COVID19)

SF Disability & Aging Services, Benefits Resource Hub: 355-6700

Community Connectors:

Laura Atkins: [laura@sfcommunityliving.org](mailto:laura@sfcommunityliving.org)

Patti Spaniak: [patti@sfcommunityliving.org](mailto:patti@sfcommunityliving.org)

**SFMTA-Muni Contacts:**

Core Service: <https://sfmta.com/travel-updates/covid-19-muni-core-service-plan>

Muni changes: <https://sfmta.com/travel/transit/updates>

Paratransit: <https://sfmta.com/getting-around/accessibility/paratransit>

Shop-a-Round: <https://www.sfmta.com/getting-around/accessibility/shop-round>

Transportation service: [www.sfmta.com/projects/covid-19-developments/response](http://www.sfmta.com/projects/covid-19-developments/response)

Travel & Transit updates: <https://sfmta.com/travel-transit-updates>

**San Francisco Unified School District contacts:**

SFUSD, up to date info: <https://www.sfusd.edu/services/health-wellness/covid-19-coronavirus-resources-families-students>

SFUSD communications: [newsline@sfusd.edu](mailto:newsline@sfusd.edu)

SFUSD Family Distance Learning Guide: [sfusd.edu/family distance learning guide](http://sfusd.edu/family-distance-learning-guide)

SFUSD Family Portal (ParentVUE): [www.sfusd.edu/parentvue](http://www.sfusd.edu/parentvue)

SFUSD Tech volunteers (San Francisco Education Fund), 1 on 1 support to students: [sfusd.edu/family/technology](http://sfusd.edu/family/technology)

Students: Community Learning Hubs (limited space) contact: [dcyf.org/care](http://dcyf.org/care)

Social Service Referral Line: 211

Tenant & homeowners assistance:

Housing Rights Committee of SF: 703-8644

Landlord assistance: SF Apartment Assoc: 255-2288

SF Tenants Union: 282-6622

Utility payment assistance (possible options):

CleanPowerSF: [cleanpowersf.org/loweryourbill](http://cleanpowersf.org/loweryourbill)

Gas/electric, PG&E: [pge.com/myrateplanoptions](http://pge.com/myrateplanoptions)

Telephone payment options, AT&T: [att.com/CAinfo](http://att.com/CAinfo)

Water/sewer, community assistance program, SFPUC: [sfwater.org/CAP](http://sfwater.org/CAP),

Also at: [sfwateroutreach.org](http://sfwateroutreach.org)

**Food and grocery information:**

(Regular store hours have been reduced at certain locations)

Senior Only Hours at leading food outlets (**days/hours may change, check first**):

COSTCO: 8:am-9:am, daily

Lucky: 6:am-7:am, Tues. & Thurs.

Safeway: Opening-9:am, Tues. & Thurs.

Target: First hour of opening, Wednesdays

Trader Joe's: 8:am-9am, daily

Whole Foods: 8:am-9:am, daily

Park Plaza Fine Foods: No senior hours, Open: Mon-Sat 8:am-10pm,

Sun:8:00am-9:00pm (located at 11 Cambon Dr., in Parkmerced)

CalFresh (formerly Food Stamps): 558-4700 or [www.getcalfresh.com](http://www.getcalfresh.com) (to apply)

Food Delivery:

Home delivery, from selected restaurants;

Dispatch Goods, go to: [dispatchgoods.com](http://dispatchgoods.com)

Home delivery, from retail stores:

Safeway.com

Whole Foods: available through Amazon

Walgreens: for prescription drugs (request by text)

Meal delivery (for those who qualify)

Disability & Aging Services (DAS): 355-6700

Meals On Wheels: 920-1111

Project Open Hand: 447-2310, or 1-800551-6325

Food Pantries, citywide: <https://www.sfmfoodbank.org/find-food/>

Local Food Pantry (check to see if still operating, dates and times may change)

@ A. Lincoln High School, 2165 – 24<sup>th</sup> Avenue, Fri. 9:am-1:pm

@ AP Giannini Middle School, 3151 Ortega St. Fri., 9:am –1:pm

@ James Denman Middle School, 241 Oneida Ave.: Wed., 9:am-1:00pm

@ Stonestown YMCA, 333 Eucalyptus Dr., nr. 20<sup>th</sup> Ave: Wed. 12:noon-4:00p

@ Holy Trinity Church, 999 Brotherhood Way: Sat. 11:30am-12:30pm

I.T. Bookman Community Center, 446 Randolph St. @Arch:

Take out frozen lunch packs, avail. Thurs. 12:00-12:30pm

(Senior program, call 586-8020 for info. & registration)

SFUSD School meals, sites at: [www.sfusd.edu/schoolfood](http://www.sfusd.edu/schoolfood)

Free grab & go meals, for SFUSD students only, apply at: [sfusd.edu/MFIF](http://sfusd.edu/MFIF)

Closest sites to the MET:

A.P. Giannini MS, 3151 Ortega St.

James Denman MS, 241 Oneida Ave.

Abraham Lincoln HS, 2162 – 24<sup>th</sup> Avenue

Open for business in the MET @ OVV, 3911 Alemany Blvd. Call for open hours:

Extreme Pizza, Takeout & Delivery, 415-661-9300 or 650-992-9800

Subway, Take out, 650-757-6100, or download Subway app to pre-order;

Also Uber, DoorDash, GrubHub and PostMates third party delivery service

More food and grocery delivery (SF & Bay Area), go to

<https://www.sfchronicle.com/food-delivery>

<https://www.sfchronicle.com/grocery-delivery>

### **Senior services:**

**AARP Foundation** – provides information on a variety of services for seniors:

[aarpfoundation.org/findhelp](http://aarpfoundation.org/findhelp) or 1-800-755-6776

Coronavirus information: [aarp.org/coronavirus](http://aarp.org/coronavirus)

Healthy (food) savings (small fee): [healthysavings.aarpfoundation.org](http://healthysavings.aarpfoundation.org)

Legal protection: [aarpfoundation.org/advocacy](http://aarpfoundation.org/advocacy)

Social isolation: [aarpcommunityconnections.org](http://aarpcommunityconnections.org) or [connect2affect.org](http://connect2affect.org)

Volunteer opportunities: [aarp.org/aarp-foundation/get-involved](http://aarp.org/aarp-foundation/get-involved)

### **Community Connector Network, Daily Events-**

While METCC and other City-wide Community Connector programs for seniors are currently curtailed at sites, a full event calendar of daily and special event virtual classes are available either: Call in by phone 888-475-4499 or online. Go to: **[www.sfcommunityliving.org/events](http://www.sfcommunityliving.org/events)**

Daily/weekly classes include (but not limited to): Always Active exercise classes, Dance for Strength, Yoga, Healthy Aging, Cooking classes, Writing classes, Meditation & Movement, Qigong, and more....

Plus, Special classes include (but not limited to): Social Hour, Kitchen Wisdom, Writing classes, Pet Social Hour, Boomer Talks, and more....

Also, Free Tech Help, two virtual sessions held weekly (Tues. & Fri.), and,

Tutoring by Appointment in English, Chinese, and Spanish: call 415-821-1003, X109

\*\*\*Monthly calendars available by Postal Mail or Email, go to [info@sfcommunityliving.org](mailto:info@sfcommunityliving.org)\*\*\*

### **Volunteers needed at Food Banks and Services; Contact:**

Community Living Campaign: [www.SFcommunityliving.org](http://www.SFcommunityliving.org)

District 7 – Senior Outreach Society (SOS): [Erica.Maybaum@sfgov.org](mailto:Erica.Maybaum@sfgov.org)

Essential Delivery: <https://bit.ly/essentialdeliveries>

Food Runners: [www.foodrunners.org](http://www.foodrunners.org)

Hands on Bay Area: [www.handsonbayarea.org](http://www.handsonbayarea.org)

Holy Trinity Church: [communications@holytrinitysf.org](mailto:communications@holytrinitysf.org)

Institute on Aging: [www.ioaging.org](http://www.ioaging.org)

Project Open Hand: [www.openhand.org](http://www.openhand.org)

San Francisco-Marin Food Bank: [www.sfmfoodbank.org](http://www.sfmfoodbank.org)

San Francisco Unified School District: [SchoolLunch@sfusd.edu](mailto:SchoolLunch@sfusd.edu)

St. Antony Foundation: [www.stanthonysf.org](http://www.stanthonysf.org)

Supply Bank: [www.supplybank.org](http://www.supplybank.org)

### **Donations needed at the following organizations:**

American Red Cross-blood donations: [www.redcross.org](http://www.redcross.org)

Catholic Charities of SF: [www.catholiccharitiessf.org](http://www.catholiccharitiessf.org)

Coalition of Homelessness: [www.cohsf.org](http://www.cohsf.org)

Community Living Campaign: [www.SFcommunityliving.org](http://www.SFcommunityliving.org)

Glide Memorial Church: [www.glide.org](http://www.glide.org)

Holy Trinity Church: [communications@holytrinitysf.org](mailto:communications@holytrinitysf.org)

Meals On Wheels: [www.mowsf.org](http://www.mowsf.org)

Pomeroy Recreation & Rehabilitation Center: [www.prrcsf.org](http://www.prrcsf.org)

Project Open Hand: [www.openhand.org](http://www.openhand.org)

San Francisco-Marin Food Bank: [www.sfmfoodbank.org](http://www.sfmfoodbank.org)

St. Anthony Foundation: [www.stanthonysf.org](http://www.stanthonysf.org)

Supply Bank: [www.supplybank.org](http://www.supplybank.org)

UCSF Coronavirus Fund: <https://giving.ucsf.edu/coronavirus>

