

SPECIAL COMMUNITY RESOURCES, updated 5/14/21 (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 February, 2021. All telephone numbers listed are 1 + 415 unless otherwise noted. Please note that some days & times have changed.

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

Rapid Response Services/layoff assistance: business.services@sfgov.org

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

COVID-19 Vaccine, Signup: <https://myturn.ca.gov>

COVID-19 Vaccine, Info for Kaiser Permanente Members: kp.org/covidvaccine

Kaiser hotline(updated recorded message): 1-855-5500951

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

Family Wealth Forum: 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

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

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

Community Connectors:

Laura Atkins: laura@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

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

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

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

Students: Community Learning Hubs (limited space) contact: 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

Gas/electric, PG&E: pge.com/myrateplanoptions

Telephone payment options, AT&T: att.com/CAinfo

Water/sewer, community assistance program, SFPUC: sfwater.org/CAP,

Also at: sfwateroutreach.org

Food and grocery information:

Most senior hours have been eliminated as of March, 2021 at many supermarkets.

Check with each market to see their revised store hours.

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

Food Delivery:

Home delivery, from selected restaurants;

Dispatch Goods, go to: 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, most were in operation as of March, 2021).

@ A. Lincoln High School, 2165 – 24th 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. 20th 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. Tues. 12:00-12:30pm

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

SFUSD School meals, sites at: www.sfusd.edu/schoolfood (some or all sites may not in operation, check at website listed).

Free grab & go meals, for SFUSD students only, apply at: sfusd.edu/MFIF

Closest sites to the MET: Tuesdays, 2:00pm-3:30pm

A.P. Giannini MS, 3151 Ortega St.

James Denman MS, 241 Oneida Ave.

Abraham Lincoln HS, 2162 – 24th 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

Hmart Supermarket opened at OVV as of April 21st. Store hours are daily,

8:00am to 9:00pm. K-Town food court is inside Hmart. Hours may vary.

Love Baked In (full bakery, soon to become Paris Baguette Boulangerie) is located inside Hmart), all at 3995 Alemany Blvd.

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 or 1-800-755-6776

Coronavirus information: aarp.org/coronavirus

Healthy (food) savings (small fee): healthysavings.aarpfoundation.org

Legal protection: aarpfoundation.org/advocacy

Social isolation: aarpcommunityconnections.org or connect2affect.org

Volunteer opportunities: 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

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

Volunteers needed at Food Banks and Services; Contact:

Community Living Campaign: www.SFcommunityliving.org
District 7 – Senior Outreach Society (SOS): Erica.Maybaum@sfgov.org
Essential Delivery: <https://bit.ly/essentialdeliveries>
Food Runners: www.foodrunners.org
Hands on Bay Area: www.handsonbayarea.org
Holy Trinity Church: communications@holytrinitysf.org
Institute on Aging: www.ioaging.org
Project Open Hand: www.openhand.org
San Francisco-Marin Food Bank: www.sfmfoodbank.org
San Francisco Unified School District: SchoolLunch@sfusd.edu
St. Antony Foundation: www.stanthonysf.org
Supply Bank: www.supplybank.org

Donations needed at the following organizations:

American Red Cross-blood donations: www.redcross.org
Catholic Charities of SF: www.catholiccharitiessf.org
Coalition of Homelessness: www.cohsf.org
Community Living Campaign: www.SFcommunityliving.org
Glide Memorial Church: www.glide.org
Holy Trinity Church: communications@holytrinitysf.org
Meals On Wheels: www.mowsf.org
Pomeroy Recreation & Rehabilitation Center: www.prrcsf.org
Project Open Hand: www.openhand.org
San Francisco-Marin Food Bank: www.sfmfoodbank.org
St. Anthony Foundation: www.stanthonysf.org
Supply Bank: www.supplybank.org
UCSF Coronavirus Fund: <https://giving.ucsf.edu/coronavirus>

