

COVID-19: Seniors Staying Connected

<p>SF Department of Disability and Aging Services (DAS) 415-355-6700</p> <p>Website: https://www.sfhhsa.org/services/access-empowerment/das-benefits-and-resources-hub</p>	<p>General resource.</p> <p>Service centers are closed.</p> <p>Call for assistance.</p> <p>Resource Guide (SF): Seniors and Adults with Disabilities: file:///C:/Users/User/Downloads/Resource%20Guide%20201701.pdf</p>
<p>Covia – Well Connected</p> <p>877-797-7299 Espanol (877) 400-5867 Email: coviaconnections@covia.org Website: https://covia.org/services/well-connected/</p> <p>Registration Form: https://covia.org/wp-content/uploads/2020/03/WC-SC-Registration-Form-UPDATED-Fillable-Form-1.pdf</p>	<p>Activities, education, support groups, and friendly conversation over the phone or online</p> <p>Registration over the phone.</p> <p>Accepting new referrals: Yes.</p>
<p>Covia - Social Call Program</p> <p>877-797-7299 Espanol (877) 400-5867 Email: coviaconnections@covia.org Website: https://covia.org/services/social-call/</p> <p>Registration Form: https://covia.org/wp-content/uploads/2020/03/WC-SC-Registration-Form-UPDATED-Fillable-Form-1.pdf</p>	<p>Matching fully vetted, trained volunteers with people over the age of 60 in need of companionship or just conversation</p> <p>Registration over the phone.</p> <p>In-person activities: Suspended</p> <p>Accepting new referrals: Yes (phone connection)</p>
<p>DOROT – University Without Walls</p> <p>877- 819-9147 Email: info@dorotusa.org</p> <p>https://www.dorotusa.org/our-programs/at-home/university-without-walls</p>	<p>DOROT's University Without Walls (UWW) program offers hundreds of classes, appealing to a wide range of interests – all available over the telephone. English-speaking participants from New York and across the country can choose from ever-changing topics and such perennial favorites as Museum Talks, Literature and Arts,</p>

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<p>Online registration form: https://form.jotform.com/92925604466161</p> <p>Chinese language flyer: https://sfcommunityliving.org/wp-content/uploads/2020/03/Phone-class-flyer-CHI.pdf</p>	<p>In the News, Understanding Your Rights, Jewish Interests, and Health and Wellness. Support groups enable older adults to connect with peers over common experiences such as vision loss, aging as an LGBT community member, caregiving and coping with the loss of a loved one. Class size is limited, to encourage discussion.</p> <p>A selection of classes is also offered in Spanish and Chinese.</p>
<p>Friendship Line - Institute on Aging SF 800-971-0016 415-750-4111 https://www.ioaging.org/services/all-inclusive-health-care/friendship-line</p>	<p>24-hour crisis line for people over 60 or those living with a disability</p> <p>Outreach calling program is operating <i>Accepting new referrals: Response pending</i></p>
<p>LGBT National Help Center 888-843-4564 Monday – Friday, 1:00 pm – 9:00 pm Saturday, 9:00 am – 2:00 pm Email: help@LGBTHotline.org Website: https://www.glbthotline.org/national-hotline.html</p>	<p>The Lesbian, Gay, Bisexual and Transgender (LGBT) National Hotline provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.</p>
<p>Little Brothers Friends of the Elderly 415-771-7957 Email: info@littlebrotherssf.org http://littlebrotherssf.org/</p>	<p>In-person programs suspended Friendly caller program open for current clients</p> <p><i>Accepting new referrals: response pending</i></p>

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<p>Mather Telephone Topics 888-600-2560</p> <p>https://www.mather.com/neighborhood-programs/telephone-topics</p>	<p>With Telephone Topics, you simply call a toll-free number to listen to a wide range of interesting discussions and programs:</p> <ul style="list-style-type: none"> - Wellness programs Participate in live, guided chair yoga or meditation sessions to stretch your body or mind. - Education programs Learn about history, healthy habits, architecture, and more—it's easy to learn something new! - Discussion topics Share a piece of your mind when you join a lively discussion on sports, movies, and other topics. - Music reviews Listen and learn about opera, early rock 'n' roll, and other musical genres that get your toes tapping. - Live performances Enjoy a live vocal performance or master storytelling session in the comfort of your own chair—with no cover charge!
<p>NEXT Village 415-387-1375 Email: info@sfvillage.org Website: https://www.sfvillage.org/</p>	<p>In-person activities: Suspended.</p> <p>If you have neighbors who are elderly, have no support system, or cannot afford the minimum \$120 fee to join NEXT, please let them know that we are willing to support them temporarily at no cost.</p> <p>They can apply online as a subsidized member and we will enroll them while the crisis is in play.</p> <p>If they wish to pay to join, that is fine, as well, but our goal is to be as helpful as possible to as many as possible.</p> <p>Neighborhood Circles:</p> <ul style="list-style-type: none"> • 94102/94103 – SOMA, Hayes Valley, Opera Plaza • 94117 – Cole Valley, Haight Ashbury • 94118/94129 – Inner Richmond • 94127/94132 – West of Twin Peaks

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	<ul style="list-style-type: none">• 94123/94115 – Marina, Cow Hollow, Pacific Heights, Western Addition• 94105/94108/94111/94104 – Nob Hill, Financial Dist., Embarcadero• 94109/94133 – North Beach, Telegraph Hill, Chinatown, Russian Hill• 94121 – Outer Richmond• 94116/94122 – Sunset• 94131/94122 – Diamond Hts., Glen Park, Twin Peaks, Excelsior, Ingleside• 94110/94107/94134 – Potrero Hill, Bernal Heights, Mission, Bayview• 94114 – Castro/Noe Valley• Solo Agers' Circle – all are welcome• LGBT Circle – all are welcome
Open House for LGBTQ Seniors 415-296-8995 https://openhouse-sf.org/	In-person activities: Suspended Contact agency for phone assistance re: housing or services information; or request phone support call program