

COVID-19 Community Resource Directory**Services for Seniors & Disabled Individuals****TOPICS**[Social Services & Benefits Programs](#)[Stay Active & Connected](#)[Shopping](#)[Food & Grocery Assistance](#) - [Food Access Directories](#), [Food Bank & Pantries](#)**Social Services & Benefits Programs****Contra Costa County**

- [In-Home Supportive Services](#): Home caregiver program for elderly, blind, and people with disabilities.
 - Learn more: Visit ehsd.org, Call (925) 229-8434
 - To apply: Call (925) 229-8434
- [Contra Costa County Directory: Senior Resources/Information & Assistance](#)
- [Elder Abuse Prevention Project](#) - a public/private partnership between Contra Costa County and nonprofit organizations to focus on the areas where direct service is most required: financial abuse, case management, and counseling
 - Learn more: cocoelderjustice.org
 - Get help: Call (925) 521-6366 or (510) 974-7200

City of Richmond

- [Adopt-A-Senior](#): For Richmond residents, 55+ who would like to receive FREE maintenance services for your property. Services may include: cleaning up debris and litter; removing weeds and tall grass; trimming and pruning plant; painting; and more.
 - Apply to be adopted: tinyurl.com/SeniorAdoptionRequest
 - More info: Contact Community Services Department, (510) 620-6793
- [R-Transit](#): Low-cost transportation services to seniors (55 and older) and persons with disabilities who reside in the City of Richmond and the unincorporated areas of East Richmond Heights, El Sobrante, Kensington, North Richmond, Hasford Heights, and Rollingwood.
 - Learn more: Visit www.ci.richmond.ca.us/2880/R-Transit-Paratransit, Call (510) 307-8026
- [Virtual Recreation Center](#) - Links to Information & Resources, Indoor Activities, Outdoor Activities, Senior Resources

State of California

- [CA COVID Information Hotline](#): Call (833) 544-2374, 7 days a week, 8am-5pm
 - Guidance and information about coronavirus and the state's response
- [CA Department on Aging](#)
 - [Coronavirus Information webpage](#) - Links to resources, directory of hotlines for a variety of services and programs
- [CA Aging & Adults Information Line](#): Call 1 (800) 510-2020
 - More info & links to programs, resources, services, and more at, www.aging.ca.gov
- [Friendship Line California](#) - Call 1 (888) 670-1360
 - Helping older adults stay connected. A free, 24/7 crisis intervention hotline and a warmline for non-emergency emotional support calls.
- [CAPI](#): Cash assistance for elderly, blind, and disabled non-citizens.

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Services for Seniors & Disabled Individuals

- Learn more: www.cdss.ca.gov/capi.
- To Apply: Visit www.benefitscal.org or Contact [Contra Costa County Employment & Human Services](#)

Nonprofit Organizations & Other Service Providers

Covia - covia.org/services

More info: Visit covia.org/services, Call (925) 956-7400, [COVID-19 Response & Resources](#)

- **Well Connected:** Free enrichment program brings people together to explore, learn, and share experiences to engage minds and build connections, accessible via phone, computer, or mobile device. [LEARN MORE](#)
- **Market Day:** Senior produce markets *temporarily suspended* [LEARN MORE](#)
- **Social Call:** One-on-one visits with a friendly and compassionate volunteer, offering friendship and conversation [LEARN MORE](#)

Stay Active & Connected

[Staying Connected during COVID-19](#)

[AARP 15 Minute Workout](#)

[National Institute on Aging Go4Life Workout Videos](#)

Shopping

Many retailers have started designated shopping hours for seniors. Below is a list of some local retailers and the information available on their sites as of December 16, 2020. For the most up to date information, please visit the web links below.

Store	Special Shopping Hours	More Info
Safeway	Many stores have now set up "Seniors Only" shopping times on Tuesdays and Thursdays from 7am-9am.	Store Locator
Target	The first hour that stores are open on Tuesdays are reserved for those over 65 years old, pregnant women and those defined by the CDC as vulnerable or at-risk.	Store Locator
FoodsCo	Exclusive Early Shopping for Seniors 60 & older: 7am-7:30am Monday, Wednesday, Friday. Most locations open 7am-10pm. Select locations open later.	Store Locator
Trader Joe's	First hour of operation Wednesdays & Sundays (in general, between 8AM and 9AM) dedicated to serving senior customers over the age of 60 and customers with disabilities who may need additional assistance while shopping.	Store Locator
Grocery Outlet	Stores are independently operated. Shoppers advised to contact their local store for information.	Store Locator

COVID-19 Community Resource Directory

Services for Seniors & Disabled Individuals

<u>Walmart</u>	Starting November 14, store hours will be 7am-11pm, unless otherwise mandated by a government agency. Additionally, stores will continue to host a <u>senior shopping hour</u> every Tuesday for customers age 60 and older who may be more vulnerable. This will start one hour before the store opens. Pharmacies and vision centers will also be open during this time.	<u>Store Locator</u>
<u>Walgreens</u>	Most stores are open 9am–9pm weekdays. Seniors-only (55+) hour varies by location.	<u>Store Locator</u>
<u>Costco</u>	Senior Shopping Hours at the RICHMOND location are 8am-9am, Monday-Friday.	<u>Store Locator</u>
<u>Lucky</u>	Special hours on Tuesdays & Thursdays for Seniors and guests with Compromised Health: Shopping Opening-9am, Pharmacy 7am-9am.	<u>Store Locator</u>
<u>Berkeley Bowl</u>	Senior Hour: First hour of operations on Sundays, at both locations: 2020 Oregon St. Berkeley & 920 Heinz Ave., Berkeley.	<u>Store Locator</u>
<u>Smart & Final</u>	Tuesdays & Thursdays, 6am-8am is reserved for shoppers 60 years and older, expectant mothers, those with disabilities, and first responders in the medical field.	<u>Store Locator</u>
<u>Whole Foods</u>	Most Bay Area locations: Guests 60+, at high risk or with disabilities can shop in-store or with Prime on Amazon.com for pickup from 7am-8am on Fridays. Face coverings required.	<u>Store Locator</u>
<u>Ranch 99</u>	First business hour on weekdays dedicated to serving the elderly 60+, expectant mothers & persons with disabilities. Same day delivery with Shipt.	<u>Store Locator</u>

Food & Grocery Assistance

If you are hungry and need food call 211 or 1 (855) 309-FOOD (3663)

Food Access Directories

- [Food Distribution Map for Seniors, Students & Low Income Residents](#)
- [Contra Costa County's Nutrition Assistance Directory](#)

Food Bank & Pantries

[Food Bank of Contra Costa & Solano](#) - info@foodbankccs.org, 1 (855) 309-FOOD (3663)

- [Find Food In My City directory](#)
- [Get help with applying to CalFresh](#): For questions, or to learn if you are eligible to receive CalFresh benefits, please contact the Food Bank by [filling out this short form](#), emailing calfresh@foodbankccs.org, or calling (925) 603-3316.

Great Plates Program

- **What:** Meals prepared by local restaurants are delivered to seniors, reducing essential outings and slowing the spread of COVID-19

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- **Eligibility:**
 - Ages 65 and older, or
 - Ages 60-64 who are at high-risk from COVID-19 due to underlying health conditions or who have been exposed to or contracted COVID-19 but do not need hospitalization
 - Not receiving benefits from other federal or state programs like CalFresh and have difficulty preparing their own meals
- **More Info & Sign-up:** Call Contra Costa's Senior Information and Assistance Helpline at (925) 229-8434.

Richmond Emergency Food Pantry- info@refp.org, (510) 235-9732, 2369 Barrett Avenue

Meals on Wheels Contra Costa Region - wccmow@att.net, (510) 412-0166

Richmond Senior Center - 2525 Macdonald Ave, Richmond

- **Senior Nutrition Program**
 - **What:** Low-cost weekly meal program for seniors
 - **How to enroll:** Complete Contra Costa County meal program application
 - **How it works:** Call Richmond Senior Center on Fridays to request a 5 meal weekly order that participants can pick-up from the center on the following Tuesday, 11:15am-12:15pm.
 - **Cost:** \$15, or what participants can afford
 - **More Info:** [Senior Nutrition Program flyer](#), call (510) 307-8085

Richmond Annex Senior Center: 5801 Huntington Avenue, Richmond

For more info: Call (510) 620-6812

Imperfect Produce - www.imperfectfoods.com

- [COVID-19 FAQs webpage](#)
- **Reduced Cost Box Program for Low-Income Seniors** - For a limited time, Imperfect Foods is offering free delivery for low-income seniors who qualify.
 - To Apply: [Complete this form](#)
- **Discounted Boxes for CalFresh/SNAP Beneficiaries** - Anyone who qualifies for SNAP/Food Stamps can take part in this program
 - To Apply: [Complete this form](#)

More resources: [Visit our Food Access Resources section](#)