Serving Seniors is the leading non-profit in San Diego providing a network of comprehensive, integrated programs and services to support low-income older adults aged 60 and above. Services include:

**Meals:**
We serve breakfast and lunch daily at multiple sites across San Diego County and via home-delivery to homebound seniors. Our nutritious meals help reduce food insecurity, improve health, and provide opportunities for life-affirming socialization.

**Housing:**
We provide transitional housing for homeless seniors and over 400 units of permanent affordable housing with on-site meals and supportive services to help older adults thrive in independent living.

**Health & Social Services:**
Our integrated team of nurses, social service case managers, and care navigators provides over 15,000 direct service visits a year, including assessments, care coordination, health education, and referrals to address our seniors’ wraparound wellness needs through the Gary and Mary West Wellness Center.

**Enrichment and Activities:**
We provide daily activities including fitness classes, arts and crafts, culture and travel classes, talent competitions, social events, and more. Our activities keep seniors active and engaged and provide isolated seniors an opportunity to build social connections that promote wellness and enrich their lives.
COVID-19 Response Updates as of Friday, April 17th

Nutrition Services

To-Go Meals:
We continue to offer daily to-go meals (breakfast, lunch and dinner Monday – Saturday and breakfast and lunch on Sundays) to hundreds of seniors at the Gary and Mary West Senior Wellness Center.

Home-Delivered Meals:
We are providing two meals per day to over 1,500 seniors (21,000+ meals weekly). Our logistics team continues to adapt operations to accommodate the supply chain and capacity challenges presented by this pandemic. As a result, we remain on target to expand our meal service to an additional 500 seniors (7,000 meals weekly) in the coming weeks.

Shelf-Stable Meals:
This week we focused on perfecting our assembly and distribution plan for the anticipated 21,000 shelf-stable meals we will be delivering weekly to additional seniors (65+) and others who are quarantined in hotels/motels. This meal program will be providing a week’s supply of food (breakfast, lunch and dinner). We will begin piloting this operation starting April 20th.

Food Bank Partnership:
The San Diego Food Bank continues to serve clients at our housing sites. Each participant receives one 30-pound box of food every month filled with a variety of nutritious food items.

Health + Wellness

Telephonic Support and Case Management:
We are offering telephonic case management with our health and social services team for all nutrition clients.

The team has also implemented a Service Request Form (translated into three languages) which is being distributed to all units in each of our three housing sites. Requests are coming in for basic supplies foremost, as well as RN Services and General Case Management. Our logistics team will be setting up an operations plan the week of April 20th to address the growing need for these basic supplies. We anticipate its rollout in the coming weeks.
Telehealth Screenings with West Health:

We are looking to begin our telehealth project with West Health the week of April 20th to provide real time access to emergency room physicians to assess and guide clients currently experiencing COVID-19 symptoms.

Combatting Social Isolation:

Serving Seniors is set to implement our new Connections Program the week of April 20th. In partnership with Serving Seniors’ Civic Engagement Group, UCSD Life Scholars Program, and community volunteers, we will be instituting weekly phone calls between our volunteers and socially isolated older adults.

The goal of the program is to connect our seniors with friendly conversation and additional support through our Health and Social Services team should they need it.

Staff

Our staff continues to follow all COVID-19 health and safety protocols recommended by leading Public Health Service agencies to ensure their safety, as well as our clients'.

If you have questions about our services during COVID-19, please contact our Government and Community Relations Manager at christina.selder@servingseniors.org or (619) 838-9133.