



Resources for Older Adults during the Coronavirus Pandemic

Colorado Springs, CO Area

Help Colorado Now

<https://sites.google.com/state.co.us/helpcoloradonow/home?authuser=0>

Users can list volunteer needs, sign up to volunteer, and donate to the COVID-19 Relief Fund.

Colorado Springs Senior Center

Starting Tuesday, March 17, Silver Key will be offering a "drive-through" option for lunch from 11:30 a.m. - 12:30 p.m. on weekdays through Friday, March 27. You may drive to the Senior Center to pick up your meal, where Silver Key will have a table in the entryway. When you reach the table, they will place your meal on the table and step back six feet, allowing you to pick up your meal. Please be careful to maintain six feet of space between yourself and anyone else in line.

Although the building will be closed, our phone line (719-955-3400) will be staffed from 8 a.m. - 5 p.m. each weekday for anyone who is feeling isolated or afraid, or just needs to talk to someone. We understand that the Senior Center is a community hub, and we remain dedicated to providing community in any way we are able.

Grocery Store Hours for People 60+

Whole Foods – Open 7-8 am for shoppers 60+

Dollar General – First hour of each shopping day dedicated to seniors

Target - Wednesdays, first hour dedicated to aging Coloradans and vulnerable shoppers

Walmart – Hour-long "senior shopping event" every Tuesday for customers aged 60 and older from March 24 to April 28

King Soopers - Monday, Wednesday, Friday, 7-8 am for senior citizens

Safeway – Tuesdays and Thursdays 7-9 am for aging Coloradans and vulnerable shoppers

Silver Key Senior Services- Social Calls and Safety Checks

Seniors who self-enroll can be called weekly (1-3 times) to talk with a Silver Key volunteer. We currently offer two types of helpful calls:

Social Calls: for seniors who wish to have a weekly, bright, and supportive connection with a well-trained V.I.P. volunteer.

Safety Checks: similar to Social Calls in terms of conversation but have an emergency component. If the senior does not answer after three calls, emergency contacts (maintained on file) will be contacted. If the emergency contacts cannot be reached, Silver Key will request for police to make a welfare check at the senior's on-file address.

FOR ANY SENIOR IN NEED CALL: 719-884-2300

Congregate meals PICK UP OPTION- learn more here:

<https://www.silverkey.org/services/connections-cafe/>

Colorado Springs Food Rescue No Cost Grocery Program

Starting Tuesday, March 17th, groceries will be re-routed to our Helen Hunt space (917 E. Moreno Avenue) for distribution. The weekly schedule for no-cost grocery distribution is as follows: Tues. - Fri. - 3PM, Sat. 12PM

CSFR Comprehensive list of resources: <http://www.coloradospringsfoodrescue.org/resources-covid19?eType=EmailBlastContent&eld=bd72a532-9edf-4202-a5c4-90b6ee7d350e>

Pikes Peak United Way 2-1-1

Pikes Peak United Way 2-1-1 provides referrals for: food, housing, utilities, home repair, emergency shelter, clothing, transportation, military assistance, taxes, mental health, senior issues, substance abuse, medical care and more! CALL 2-1-1 FOR ASSISTANCE

Alzheimer's Association

No one should face Alzheimer's or any dementia alone, especially in a time like this. The Alzheimer's Association is here 24/7. Let us know how we can help. If you, a loved one or anyone you know needs to talk, do not hesitate to reach out. Our professional staff provides reliable information and support to all those who need assistance. 800-272-3900

YMCA Virtual Workouts

Stay fit while you stay home. Learn more here: <https://ppymca.org/about/virtual-workouts>

Community member willing to help, Caroline Li

Those who need help or wish to help can contact Li at (858) 257-9083 or caroline1998@gmail.com.

Gazette article: https://gazette.com/news/on-extended-break-due-to-coronavirus-colorado-college-senior-uses/article_c06cda74-67b2-11ea-956c-c7380da85e12.html?fbclid=IwAR1k7hqn1T3xsU3Qc84bLsWKzLz2hP1r4cxqnbhYmvqPoFubEpiOCl-n4S8

Hunger Free Colorado

FOOD RESOURCE HOTLINE

Anyone who might need help locating food can call our **Food Resource Hotline (855-855-4626), M – F (8 am – 4:30 pm)**. The Food Resource Hotline keeps all information confidential and has bilingual staff ready to help Coloradans find food and nutrition resources in their community, as well as provide assistance for applying to federal nutrition programs such as SNAP.

HOW TO HELP:

Emergency Relief Fund -Pikes Peak Region

The Emergency Relief Fund for El Paso and Teller Counties provides grants to nonprofit organizations serving those affected by a natural disaster or crisis. The Funds accept contributions on a continual basis. A committee of local stakeholders will review requests for funding that are submitted from nonprofit organizations and will award funds based on need and available funding.

Donate Here: https://www.ppcf.org/relief/?fbclid=IwAR15UG0wpgga0UINRDvp6KQy-QKF-2G1rPJ5ESgtAd6nsTi7x44_1ceDIX4

Non- Profits apply for assistance here:

https://www.ppcf.org/relief/?fbclid=IwAR15UG0wpgga0UINRDvp6KQy-QKF-2G1rPJ5ESgtAd6nsTi7x44_1ceDIX4

Colorado Springs Food Rescue: Mutual Aid Hunger Response Team

In times like these, we need to lean on each other to create a healthier, stronger community. CSFR is actively working to identify the needs of community members, build out the infrastructure to meet the

challenges presented through this pandemic, and create opportunities for individuals to assist in meeting those needs. Join the Mutual Aid Hunger Response Team to keep up-to-date on next steps and how you can give/receive assistance.

<https://www.coloradospringsfoodrescue.org/pandemic-preparation>

Soco Heating and Cooling

Donate to help provide groceries to low income seniors and high-risk community members here:

<https://my.cheddarup.com/c/doingmypartco>

Volunteer with the Salvation Army

Looking to get involved and help out our neighbors during this pandemic?

Come and support the Salvation Army RJ Montgomery Center Shelter & Services and help keep it open for our community's most vulnerable.

Activities include: cleaning, disinfecting/sanitizing all of the bed frames and mattresses, floors, walls, bathrooms, doors, kitchen area and chapel; laundry.

Sign up for a shift

here: https://pikespeakuw.galaxydigital.com/need/detail/?need_id=508123&fbclid=IwAR3ufdrVDuX5L2vKZ1JArhCVIIAa8iaB5nkAcmchs8iLu7x0KeJi6Rf3Cao

Volunteer with Silver Key Senior Services

Silver Key volunteers provide meals, rides, client support, office support, pantry and thrift store support, and veterans support. Whether you're interested in working directly with seniors or offering behind-the-scenes assistance, we have the right volunteer opportunity for your schedule and interests. Learn more here: <https://silverkey.org/volunteer/>

COSILOVEYOU Compiled list of Non-Profits That Need Your Support:

https://cosiloveyou.com/how-to-help-during-covid-19/?fbclid=IwAR0I3DiESB-IU8O_82GKPN3qxjR1odmPSHBrdBZM477T7GLOGk8tF-DqSPU

Experience the Arts at Home with Colorado Springs Fine Arts Center at Colorado College

<https://fac.coloradocollege.edu/community-care-resources-support/>

Cheyenne Mountain Zoo Giraffe Cam

Innovations in Aging Collaborative

info@innovationsinaging.org

www.innovationsinaging.org

<https://www.cmzoo.org/animals/a-z/giraffe-cams/>

The Metropolitan Opera - Nightly Opera Stream

<https://www.metopera.org/>

National Parks Virtual Tours

https://crafty.diply.com/121060/you-can-virtually-tour-a-whole-bunch-of-national-parks-from-your?utm_source=facebook&utm_medium=mnv&utm_content=mnv003228&fbclid=IwAR1ZqAH7ZoGHMi3VBKiupJ23FzjdJSUmljEwXYF3q_MCZisiJ5ST_JRXbQ

Live Animal Cams

https://www.adventure-journal.com/2020/03/if-youre-stuck-inside-might-as-well-enjoy-this-list-of-animal-cams/?fbclid=IwAR1dNpLLa6_VMvDzEzgSGgPxxl-AMBovTnEjkOzg7cMhzM2Q1VW5gHklGE