



## Connection Resources

### **Counseling and Grief Support**

<https://seniorsathome.ifcs.org/services/counseling/>

### **HOPE AND SENIOR PEER COUNSELING - (415) 473-4306**

<https://www.marinhhs.org/service/hope-senior-peer-counseling>

### **Warmline – Peer to Peer Support Phone Support (Mental Health) – (415) 459-6330**

*7 days per week from 1:00 p.m. to 9:00 p.m.*

### **Institute on Aging – The Friendship Line - (800) 971-0016**

<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line/about-the-friendship-line>

### **Covia - Register for *Social Call* or *Well Connected* online or call (877) 797-7299**

<https://esc.quickbase.com/db/bqerb8m5p?a=nwr>

**Social Call:** <https://covia.org/services/social-call/>

**Well Connected:** <https://covia.org/services/well-connected/>

**Well Connected Espanol :** <https://covia.org/services/well-connected/bien-conectado/>

**Ruth's Table** – collaborate on an art project and submit to our virtual gallery!

[www.ruthstable.org](http://www.ruthstable.org).

### **Vivalon (formerly Whistlestop) <https://vivalon.org/>**

**Vivalon CaringCalls:** call our Front Desk on 415-456-9062 to find out more and sign up for weekly social phone calls with a student or peer.

**Vivalon and LITA Caring Connection:** in-home friendly visiting program:

<https://whistlestop.org/caring-connections/>

**Vivalon Check-in Calls:** call our Front Desk on 415-456-9062 if you or someone you know would like a friendly, caring check-in call.

**Vivalon Classes & Social Groups:** including free music, exercise classes and social activities such as weekly Bingo: <https://whistlestop.org/whistlestop-virtual-classes/>



## Connection Resources

### **Safe at Home Calls** – Seniors at Home - (844) 222-3212

“For seniors who live alone and seek reassurance or companionship, our Safe At Home volunteers can call daily to check in and make sure that all is well.”

The **California Friendship Line** serves isolated and lonely seniors throughout all of California. The Friendship Line provides a warm voice, a listening ear, and a human connection to those feeling lonely during the shelter-in-place. If you, or a senior you know needs emotional support please call 24/7: (888) 670-1360.

**AARP Friendly Voices** – (888) 281-0145 (English) or (888) 497-4108 (Spanish)

### **Without Walls Network**

**Well Connected** – Activities, education, support groups, and friendly conversation over the phone or online. If you’re ready to register, please contact us at (877) 797-7299 or email [coviaconnections@covia.org](mailto:coviaconnections@covia.org). <https://covia.org/services/well-connected/>

### **DOROT University:**

[http://www.dorotusa.org/site/PageServer?pagename=seniors\\_programs\\_on\\_phone\\_D#.XCV0-02Wzcs](http://www.dorotusa.org/site/PageServer?pagename=seniors_programs_on_phone_D#.XCV0-02Wzcs)

**Lifetime Connections:** <https://www.familyeldercare.org/programs/lifetime-connections-without-walls/>

**Telephone Topics:** <https://www.matherlifeways.com/neighborhood-programs/telephone-topics>

### **Stuck at Home Guide: How to Get Online**

<https://seniorplanet.org/stuck-at-home-guide-get-online/>

### **Online Activities List – Seniors at Home**

*Online activities, museum tours, music, exercise and more!*

[https://seniorsathome.jfcs.org/app/uploads/2020/04/SAH-Activities-Digital-Flyer\\_v8.pdf](https://seniorsathome.jfcs.org/app/uploads/2020/04/SAH-Activities-Digital-Flyer_v8.pdf)



## Connection Resources

### **STAYING CONNECTED AT HOME DURING COVID-19**

[https://eldercare.acl.gov/Public/Resources/covid\\_19.aspx](https://eldercare.acl.gov/Public/Resources/covid_19.aspx)[https://eldercare.acl.gov/Public/Reso  
urces/Covid19/EL-stayengAGED\\_Stay%20Home\\_Final-508.pdf](https://eldercare.acl.gov/Public/Resources/Covid19/EL-stayengAGED_Stay%20Home_Final-508.pdf)

[https://eldercare.acl.gov/Public/Resources/Covid19/EL-stayengAGED\\_Stay%20Home\\_Spanish-508.pdf](https://eldercare.acl.gov/Public/Resources/Covid19/EL-stayengAGED_Stay%20Home_Spanish-508.pdf)

### **VIRTUAL EXERCISE CLASSES**

YMCA ([www.ymca360.org](http://www.ymca360.org)) provides many prerecorded and live fitness classes that allow you to take things at your own pace.

### **Older Adult FREE Virtual Exercise Classes**

<https://www.ymcasf.org/senior-classes-schedule>

### **Volunteer Visitors - Seniors at Home – (415) 449-3777**

<https://seniorsathome.jfcs.org/services/volunteer-visitors/>

- Palliative Care Volunteers
- Senior Companions
- Canine Corps
- Holiday Outreach and Food Delivery (for Jewish Holiday)
- Safe at Home Calls

### **Marin County Free Library (MCFL)**

**Library Beyond Walls** (LBW) is a free service of the Marin County Free Library offering library services to county residents who are unable to visit our various locations in person. While the service traditionally has relied upon our trained volunteers delivering library materials directly to our patrons at their homes, during the current Coronavirus environment we are mailing library materials to our patrons. For questions, call 415-233-1498.

**MCFL library services & featured offerings** - <https://marinlibrary.org/> (including access to eBooks & eAudio, Ancestry.com, the *New York Times*, Mango Languages, Marin local history, 'Adults & Seniors' Library Blogs, etc.)

- MCFL Library Reference assistance – **415-473-2272, Monday – Friday, 9am-6pm** - for help downloading and/or streaming ebooks, e-audiobooks, magazines, movies, and music. For assistance via email or chat, visit <https://marinlibrary.org/contact/>.
- Online library card application for new patrons - <https://marinet.librarymarket.com/>



## Connection Resources

- Library locations & hours - <https://marinlibrary.org/locations/>
- Current MCFL curbside service & updates - <https://marinlibrary.org/coronavirus/>

**Volunteer Friends for Long-Term Care Residents – LITA** – (415) 472-5482 or online at <https://litamarin.org/contact>

LITA One-to-One Friends  
<https://litamarin.org/onetoone>

LITA Pet Connections  
<https://litamarin.org/petconnections>

LITA Family Connections  
<https://litamarin.org/familyconnections>

LITA Bridging Generations  
<https://litamarin.org/bridginggenerations>

LITA Bridging through Music  
<https://litamarin.org/bridgingmusic>

Marin Interfaith Council (MIC)  
<https://www.marinifc.org/>

MIC - Community Resources for Those in Need  
<https://www.marinifc.org/community-resources-those-need>

MIC - Marin County Faith Community Notifications  
<https://www.marinifc.org/faith-community-notifications>

MIC - Spiritual Gatherings/Worship Offered Online  
<https://www.marinifc.org/spiritual-gatheringsworship-offered-online>

MIC - COVID-19 Resource Page  
<https://www.marinifc.org/covid-19-resource-page>