

Issue 4: COVID-19 eNews & Resources

brought to you by the Council on Aging - Southern California

This is a special edition eNewsletter connecting you to information and resources during the COVID-19 pandemic.

FOOD RESOURCES

[Age Well](#)

949-855-8033

[Meals on Wheels](#)

714-823-3294

[Orange County](#)

2-1-1

[Riverside](#)

800-510-2020

[San Bernardino](#)

909-388-5650

STAYING CONNECTED

[Friendship Line California](#)

888-670-1360

[IOA's National Friendship Line](#)

800-971-0016

[Orange County Warm Line](#)

714-991-6412

877-910-WARM

VOLUNTEER TODAY

[COVID-19 Volunteer Opportunities](#)

949-855-8033

[Volunteer Match](#)



Does Medicare Cover COVID-19?

Medicare is responsible for developing and enforcing the essential health and safety requirements that health care providers must meet, including taking additional steps in response to the Coronavirus.

- Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs.
- Medicare covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine.

COVID-19 RESOURCES

[OC COVID-19 Testing Network](#)
[Economic Stimulus Check Guide](#)
[COVID-19 Guidance for Older Adults](#)
[Resources for Older Adults & Caregivers](#)

READ MORE

Stay Home. Save Lives. Check In.



Coping with COVID-19

During the COVID-19 crisis, we are faced with disruption in our lives, including disappointments, uncertainty, financial worries, concern for our health and our loved ones. This can impact individuals of all ages, particularly isolated older adults.

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Be Well OC - Help Happens Here

The COVID-19 public health crisis is increasingly challenging to the mental and emotional health of our community. In response to growing community need, the public, private, academic and faith-based partners of [Be Well OC](#) rallied to create a new support site: [“Help Happens Here.”](#)

[Watch Dr. Michelle Jo Park of Council on Aging](#) talk about anxiety in older adults and offer coping strategies to help them amidst COVID-19.

Watch Video

**BE THE
CHANGE**
VOLUNTEER &
MAKE THE DIFFERENCE



Volunteering During the Pandemic

Life is filled with daily challenges during this crisis. Yet across our community people are stepping up to volunteer. When considering volunteering opportunities, look for those that hold meaning for you.

[READ MORE](#)

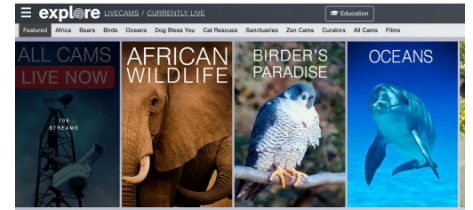
Ways to Help You Cope



[Tips for Dementia Caregivers
& Families](#)



[Stay Active with Virtual
Classrooms](#)



[Fun Webcams for the Family](#)

Visit our [ANSWERS Resource Guide](#) for more ideas



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