

## Community Resources

<b>COVID Information</b>	CDC Call 800-232-4636 <a href="http://www.cdc.gov">www.cdc.gov</a>		
	<b>COVID 19 Testing Sites</b>		
	<b>Riverside County</b> <ul style="list-style-type: none"> <li>Online appointments: <a href="http://projectbaseline.com/covid-19">projectbaseline.com/covid-19</a></li> <li>Or call: <b>800-945-6171</b></li> </ul> <b>San Bernardino County: 909-387-3911</b> <b>San Diego County: 858-694-3900</b>		
<b>Medication Delivery</b>	<ul style="list-style-type: none"> <li>CVS – Contact Local pharmacy</li> <li>Walgreens – Contact Local pharmacy</li> <li>Amazon (Pill Pack) <b>855-745-5725</b></li> </ul>		
	<b>Riverside County</b>	<b>San Bernardino County</b>	<b>San Diego County</b>
<b>Transportation</b>	Dial-A- Ride <b>800-795-7887</b> <a href="https://riversidetransit.com/index.php/dial-a-ride/apply-for-dial-a-ride">https://riversidetransit.com/index.php/dial-a-ride/apply-for-dial-a-ride</a>	Omni Transportation <b>909-379-7100</b> <a href="https://omnitrans.org/getting-around/transit-services/access-ada-services/">https://omnitrans.org/getting-around/transit-services/access-ada-services/</a>	MTS Paratransit <b>844-299-6326</b> <a href="https://sdmts.com/rider-info-accessibility/mts-access">https://sdmts.com/rider-info-accessibility/mts-access</a>
<b>APS</b>	<b>800-491-7123</b>	<b>877-565-2020</b>	<b>800-339-4661</b>
<b>Crisis Hotlines</b>	Riverside Hotline <b>951-686-4357</b> Riverside Hotline/Rape <b>951-686-7273</b> <a href="https://connectriverside.org/coronavirus2019/">https://connectriverside.org/coronavirus2019/</a>	San Bernardino Hotline <b>877-727-4747</b> Domestic Violence/Abuse <b>800-656-4673</b>	San Diego Hotline <b>888-724-7240</b> Sexual Assault <b>888-385-4657</b>
<b>Senior Information &amp; Assistance</b>	Riverside County Office on Aging: <b>800-510-2020</b>	Dept. of Aging & Adult Services: <b>800-510-2020</b>	Aging & Independence Services: <b>800-339-4661</b>
<b>County Resource Information</b>	<b>211 Riverside County</b> <a href="https://connectriverside.org/">https://connectriverside.org/</a>	<b>211 San Bernardino County</b> <a href="https://211sb.org/">https://211sb.org/</a>	<b>211 San Diego County</b> <a href="https://211sandiego.org/">https://211sandiego.org/</a>
<b>Housing</b>	Housing Authority: <b>951-351-0700</b>	Housing Authority: <b>909-890-0644</b>	Housing Commission: <b>619-231-9400</b>
<b>Help with Utilities, Rent &amp; Food</b>	Community Action Partnership: <ul style="list-style-type: none"> <li>Riverside Co. <b>951- 955-4900</b></li> </ul>	Community Action Partnership <ul style="list-style-type: none"> <li>San Bernardino Co. <b>909-723-1500</b></li> </ul>	Community Action Partnership <ul style="list-style-type: none"> <li>San Diego Co. <b>619-338-2799</b></li> </ul>
	<b>California utilities suspended non-payment shutoffs due to Coronavirus (COVID-19)</b>		
	<b>United Way - Economic relief fund / Covid-19 to help pay bills, rent and food. Call 1-866-211-9966</b>		
	<b>CALFRESH</b> <b><a href="http://www.c4yourself.com">www.c4yourself.com</a></b> <b>877-847-3663</b>		

Grocery Stores  
Open Early for  
Seniors



**SOCAL GROCERY STORES OPEN EARLY FOR SENIORS**

Rev: 03/21/2

 <p><b>NORTHGATE MARKET</b></p> <p>7 DAYS A WEEK 7 AM - 8 AM</p> <p>SENIORS 65+ PREGNANT WOMEN DISABLED</p>	 <p><b>OVALLARTA SUPERMARKETS</b></p> <p>7 DAYS A WEEK 7 AM - 8 AM</p> <p>SENIORS 65+ PREGNANT WOMEN DISABLED</p>	 <p><b>SUPER A FOODS</b></p> <p>7 DAYS A WEEK 7 AM - 8 AM</p> <p>SENIORS 65+ DISABLED</p>	 <p><b>BIG SAVER FOODS</b></p> <p>7 DAYS A WEEK 7:30 AM - 8 AM</p> <p>SENIORS 65+</p>	 <p><b>CARDENA</b></p> <p>7 DAYS A WEEK 7 AM - 8 AM</p> <p>SENIORS 65+ DISABLED FIRST RESPONDE</p>
 <p><b>STATER BROS. markets</b></p> <p>7 DAYS A WEEK 7:45 AM - 8 AM</p> <p>SENIORS 65+ DISABLED</p>	 <p><b>Smart &amp; Final</b></p> <p>7 DAYS A WEEK 7:30 AM - 8 AM</p> <p>SENIORS 65+ DISABLED</p>	 <p><b>Albertsons Companies</b></p> <p><b>VONS PAVILIONS</b></p> <p>MONDAY - FRIDAY 7 AM - 9 AM</p> <p>SENIORS 65+</p>	 <p><b>TARGET</b></p> <p>WEDNESDAYS ONLY 8 AM - 9 AM</p> <p>SENIORS 65+ THOSE WITH MEDICAL CONDITIONS</p>	 <p><b>WHOLE FOODS MARKET</b></p> <p>7 DAYS A WEEK 7 AM - 8 AM</p> <p>SENIORS 60+</p>
 <p><b>Gelson's</b></p> <p>7 DAYS A WEEK 7 AM - 8 AM</p> <p>SENIORS 65+</p>	 <p><b>Food4Less</b></p> <p>MON / WED / FRI 7 AM - 7:30 AM SENIORS 65+</p>  <p><b>Ralphs</b></p> <p>7 DAYS A WEEK 7 AM - 7:30 AM SENIORS 65+</p>	 <p><b>SUPERIOR GROCERS</b></p> <p>7 DAYS A WEEK 7 AM - 8 AM</p> <p>SENIORS 65+ DISABLED</p>	 <p><b>EATALY</b></p> <p>7 DAYS A WEEK 8:30 AM - 9:30 AM</p> <p>SENIORS 65+</p>	 <p><b>MOTHER'S MARKET KITCHEN</b></p> <p>WEDNESDAYS ONLY 7 AM - 8 AM</p> <p>SENIORS 60+</p>
 <p><b>Farm Fresh RANCH MARKET</b></p> <p>7 DAYS A WEEK 6 AM - 7:30 AM</p> <p>SENIORS 65+ PREGNANT WOMEN DISABLED</p>	 <p><b>Walmart</b></p> <p>TUESDAYS ONLY MARCH 24 - APRIL 28 6 AM - 7 AM</p> <p>SENIORS 60+ PHARMACY &amp; VISION OPEN TOO</p>	 <p><b>NUMERO UNO MARKET</b></p> <p>7 DAYS A WEEK 9 AM - 10 AM</p> <p>SENIORS DISABLED</p>	 <p><b>99c only STORES</b></p> <p>TUESDAYS &amp; THURSDAYS 7 AM - 8 AM</p> <p>SENIORS 65+ PREGNANT WOMAN DISABLED W/COMPROMISED IMMUNE SYSTEMS</p>	 <p><b>COSTCO WHOLESALE</b></p> <p>TUESDAYS &amp; THURSDAYS 8 AM - 9 AM</p> <p>SENIORS 60+ *NO GUESTS ADMITT WITH SENIORS*</p>

ULISSE  
SANCHEZ

## Supplemental Health Plan Benefit Information

Health Plan	Product Name	County	Transportation
Alignment	My Choice <b>888-517-2247</b>	Riverside/San Bernardino	Transportation 22 one-way (25 Miles) <i>Full Risk</i> 866-327-2247
Alignment	Platinum <b>888-517-2247</b>	Riverside/San Bernardino	Transportation 22 one-way (25 Miles) 866-327-2247 Meals (after surgery only) \$0 copay 28 days/56 meals/Per eligibility & benefits
Anthem Blue Cross	Mediblu Select <b>855-558-1439</b>	Riverside	Transportation 12 one-way (60 miles) <i>Full Risk except CHI</i>
Anthem Blue Cross	Mediblu Select <b>855-558-1439</b>	San Bernardino	Transportation 30 one-way (60 miles) <i>Full Risk except for CHI</i>
Blue Shield Central Health (PC Chino only)	Medicare Plan <b>800-541-6652</b>	San Bernardino	Transportation 36 one-way (25 miles)
Heath Net	Gold Select <b>800-646-5614</b> <b>800-929-9224</b>	Riverside/San Bernardino	Transportation 20 one-way
Health Net	Seniority Plus Sapphire <b>800-646-5614</b> <b>800-929-9224</b>	Riverside/San Bernardino	Transportation 20 one-way Full Risk except for CHI <i>Check w/member if they have Medi-Cal</i>  Van/Car transportation (866) 779-5165 <b>Gurney</b> Transportation 877 440 7433
Health Net	Seniority Plus Amber 1 <b>800-646-5614</b> <b>800-929-9224</b>	Riverside/San Bernardino	Transportation \$50 (ground) 5% Air  Van/Car transportation (866) 779-5165 <b>Gurney</b> Transportation 877 440 7433
Health Net	Seniority Plus Amber 2 <b>800-646-5614</b> <b>800-929-9224</b>	Riverside/San Bernardino	Transportation 20%  Van/Car transportation (866) 779-5165 <b>Gurney</b> Transportation 877 440 7433
Humana	Community HMO <b>800-866-0581</b>	Riverside	Transportation 24 one-way (50 miles) 866-588-5123 Well Dine Meal Program
Humana	Gold Plus HMO <b>800-866-0581</b>	Riverside	Transportation 12 one-way (50 miles) 866-588-5123 Well Dine Meal Program
Humana	Gold Plus HMO <b>800-866-0581</b>	San Bernardino	Transportation 36 one-way (50 miles) 866-588-5123 Well Dine Meal Program

## Supplemental Health Plan Benefit Information

<b>Health Plan</b>	<b>Product Name</b>	<b>County</b>	<b>Transportation</b>
SCAN - MA	Classic <b>877-270-7226</b>	Riverside	Transportation 24 one-way (75 miles) 844-714-2218
SCAN - MA	Classic <b>877-270-7226</b>	San Bernardino	Transportation 24 one-way (75 miles) 844-714-2218
SCAN - MA	Prime <b>877-270-7226</b>	Riverside	Transportation 24 one-way (75 miles) 844-714-2218
SCAN - MA	Prime <b>877-270-7226</b>	San Bernardino	Transportation 24 one-way (75 miles) 844-714-2218
SCAN - DSNP	Healthy At Home <b>877-270-7226</b>	Riverside/San Bernardino	Transportation 8 one-way (75 miles) 844-714-2218
SCAN - DSNP	Connections <b>877-270-7226</b>	Riverside/San Bernardino	Transportation unlimited trips (75 miles) 844-714-2218