

Please keep yourself and others safe!

*Wash your hands often and at least for 20 seconds each time.

*Cough/sneeze into your elbow. *Don't touch your face.

*Stay more than 6 ft apart and practice social distancing at all times.

*If you feel sick, stay home. *Limit all travel to the extent practical.

*If you are older than 65 or have a chronic condition, isolate at home.

Moving ahead in a new direction means creating some new virtual programs for our seniors to enjoy. Please keep an eye out for some exciting upcoming announcements including a Senior Book Club, partnerships and more!

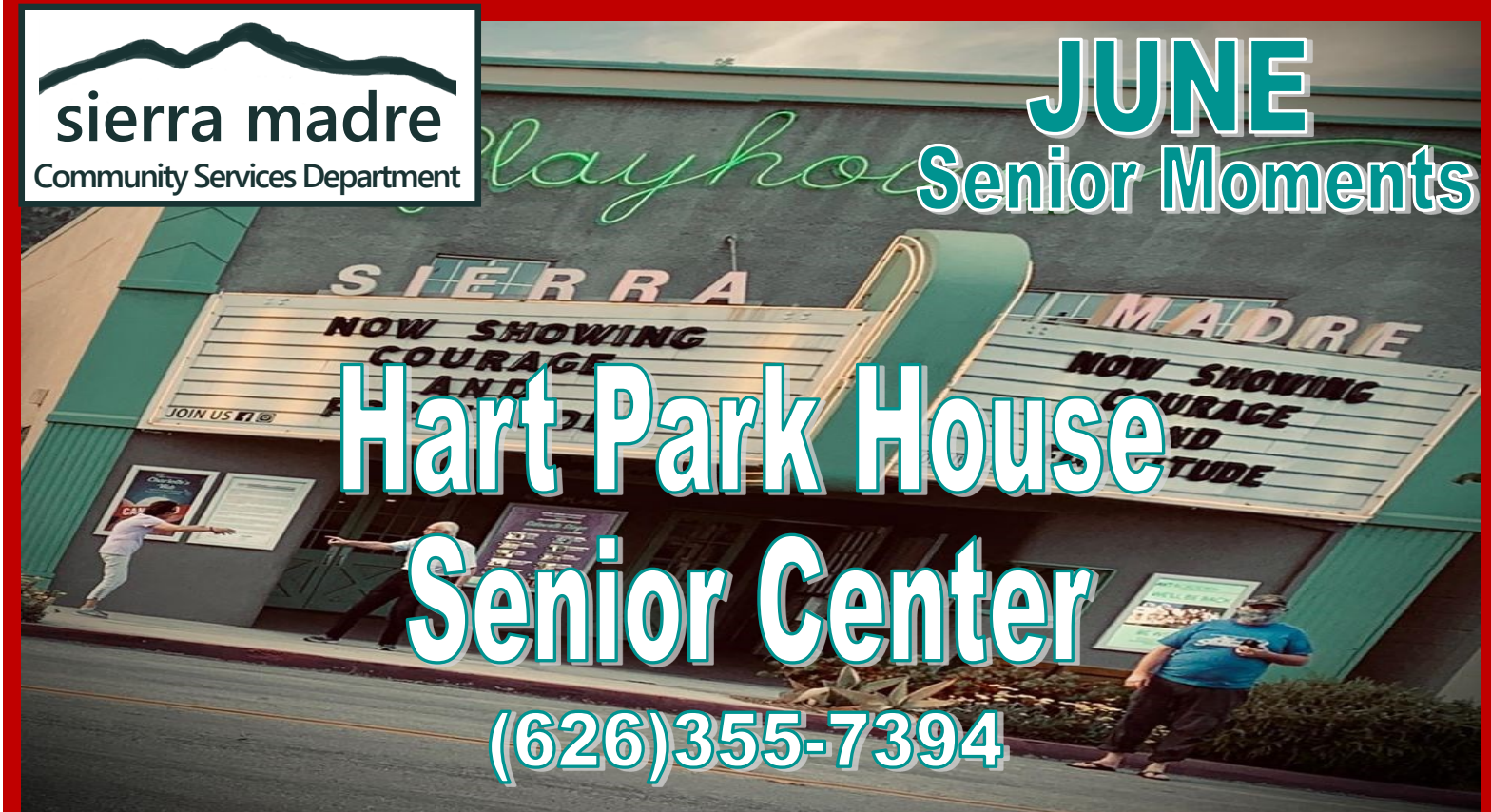
We will also be transitioning out of the hardcopy newsletter and moving towards electronic only. Please call me at 626-355-5278 x 704 if you **DO NOT** have internet access and will continue to need a hardcopy. This transition is still a few months out.

City staff are monitoring email communication daily, and although employees are minimizing direct engagement and interfacing less with the community, please note that voice messages, emails, and social media responses are being addressed in the most efficient and timely manner.

If at any time additional information is needed, please contact City Hall Administrative Services at (626) 355-7135, Monday-Thursday from 7:30a – 5:30p, as they are taking messages and e-mailing the appropriate person.

For messages that may trickle in otherwise, please note our team is remotely checking voicemail daily at the Community Services Department, 355-5278 x702.

City of Sierra Madre
232 W. Sierra Madre Blvd.
Sierra Madre, CA 91024



Sierra Madre Nutrition Program

Sierra Madre Nutrition Program provides seniors in need with 5 frozen meals, soup and crackers, salad, a fruit cup, a fresh fruit, a dinner roll and orange juice.

Meals must be reserved the Friday prior to Thursday pick-up at Hart Park House.

Please call 626-355-7394 to make a reservation.

Pick-up is Thursdays from 12:00 —1:00 p.m.

We encourage you to share this information with any senior you may know in need who may not have access to the Senior Moments Newsletter or the internet.

Sierra Madre Thrives

Please help our local restaurants and some of our community members by ordering a meal through Sierra Madre Thrives. You can order a meal for yourself, a friend or simply donate a meal to another who may be in need. A different restaurant is selected every week and meals are picked up on Wednesday evenings between 4:30 pm-6:00 pm. Meals can also be delivered.

Please check the website for more information at SMThrives.com

For any other questions that you may have please make sure to visit us on the City website through CityofSierraMadre.com, Facebook at Sierra Madre Community Services or call us at 626-355-5278.



Seniors Communications Plan

The City of Sierra Madre is following these procedures to provide current communication in light of COVID-19 and keep the Senior Community and families informed of essential information and resources. City staff are monitoring email communication daily, and although employees are minimizing direct engagement and practicing social distancing in the community, please note that voice messages, emails, and social media responses are being addressed in the most efficient and timely manner.

If at any moment additional information is needed, please contact City Hall Administrative Services at (626) 355-7135, Monday-Thursday from 7:30a – 5:30p, as they are taking messages and e-mailing the appropriate person.

For messages that may trickle in otherwise, please note our team is remotely checking voicemail daily at the Community Services Department, (626) 355-5278 x702.

Community Services Department will continue email communication with Senior residents and aging community members.

- If you know of family members or neighbors who may benefit from accessing information electronically, and to receive the department's Seniors Newsletter via email but may not otherwise have been included on an email group list, please send your request with email address to the following team members:

• **Lawren Heinz** Lhein@cityofsierramadre.com and **Clarissa Lowe** Clowe@cityofsierramadre.com.

- Community Services Department will continue Electronic Seniors Newsletter on a weekly-basis distribution.
- Community Services Department will continue with mail drop-off of newsletters at the Sierra Madre U.S. Post Office Box (unless otherwise advised).
- City Social Media will continue via Facebook as well as Instagram, and information sharing will include updates as details becomes available.
- **Mater Dolorosa - Sierra Madre Meal Pick-Up Program** provides seal-packaged frozen meals, 5-per person every Thursday, 12:00 – 1:00 p.m. at Hart Park House Senior Center 222 W. Sierra Madre Blvd. Donations are accepted. Call (626) 355-5278; x702 or 704.
- **YWCA Intervale Meal Program - Effective Wednesday, April 1, 2020**

YWCA has transitioned their distribution of take home meals at the Sierra Madre Hart Park House Senior Center to a home-delivery meal program. Participants previously reserved for meal pick-up as of Wednesday, 3/25/20 were informed that they would begin to have their meals delivered to their homes, beginning Wednesday, April 1, 2020 until further notice.

For any additional participants calling in that are at a high risk and need meals delivered to, please provide us their name, date of birth (they must be 60+), address and phone number and Community Services Department will forward this information to our County Contact.

- **Food Banks Support**

Seniors & Families:

If someone is outside of our local area and in need of a food bank, they can find one nearest them by going to www.lafoodbank.org and typing in their zip code; or call from the list here:

First Church of the Nazarene-Pasadena

3700 E. Sierra Madre Blvd.

626-351-9631

Wednesday 10:30 am-12 pm

Pasadena Senior Center

85 E. Holly St. Pasadena

626-685-6732

April 3rd 8 am-10:30 am

Foothill Unity Center

415 W. Chestnut Ave. Monrovia

626-358-3486

Monday 1 pm-3:30 pm, Wednesday & Friday 9 am-11:30 am

Morning Star Outreach Ministry

1416 N. Mentor Ave. Pasadena

626-794-4875

2nd & 4th Saturday 11 am-1 pm

Lifeline Community Services & Economic Development

2556 N. Lake Ave Altadena

626-797-3585

2nd and 4th Wednesday 12 pm-2 pm, 8:15 pm-9



Thank you to the hard working
Mater Dolorosa Crew who provide our
delicious meals.
We appreciate you!

