

## Senior Resource Guide & Services

### Meal Services



A member of Meals on Wheels America, Foodmobile delivers nutritious, home-style meals to adults ages 60 and older.

(858) 637-3210



Senior services organization providing nutritious meals to disabled and homebound individuals in La Jolla and University City.

(858) 452-0391



Offering pre-packaged to-go meals daily for seniors to pick-up at the Gary and Mary West Senior Wellness Center Mon. – Sat.

(619) 235-6572



If you are in need of food assistance, please call 2-1-1 from your phone or call the Food Bank's toll-free number:  
1 (866) 350-FOOD (3663)



Rides limited to non-emergency medical appointments and grocery shopping only. We are no longer providing rides for social appointments.

(858) 337-0275



## Meal Services (continued)

### **Great Plates Delivered: Home Meals for Seniors**

This temporary program delivers meals to older adults who meet age and other eligibility criteria. There are two ways to apply: Call the Aging & Independence Services Call Center or apply online.

**Phone:** 1-800-339-4661 select option 7. (Mon - Fri 8AM - 5PM)

**Web:** [www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/sdgreatplatesdelivered.html](http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/sdgreatplatesdelivered.html)

---

## Shopping Hours for At-Risk Individuals

**Albertsons:** 7 - 9 am. Tuesdays & Thursdays

**Barons Market:** 9 - 10 am. Every day

**Costco:** 8 - 9 am. Monday - Friday

**Gelson's:** 7 - 8 am. Every day

**Jimbo's:** 8 - 8:45am. Every day

**Northgate Market:** 7 - 8 am. Every day

**Smart & Final:** 7:30 - 8 am. Every day

**Target:** 8 - 9 am. Wednesdays only

**Trader Joe's:** 9 - 10am. Every day

**Vallarta:** 7 - 8 am. Every day

**Vons:** 7 - 9 am. Tuesdays & Thursdays

**Walmart:** Tuesdays, 1 hour before store opens

**Whole Foods:** 7 - 8 am. Every day

---

## Restaurant Services Available for Delivery & Pick up

### **Pizza Prado**

Free delivery with Uber Eats & pick up

Phone: 858-459-9000

[pizzaprntolj.com](http://pizzaprntolj.com)

### **Candor by Giuseppe**

Delivery, \$30 delivery minimum & pick up

**Special Offer** — Add a bottle of wine to your order, 30% off list price.

Phone: 858-246-7818

[dinecandor.com](http://dinecandor.com)



## Restaurant Services Available for Delivery & Pick up (continued)

### **Market Place Grill**

Free delivery within 2 miles & pick up

Phone: 858-456-9576

[marketplacegrille.com](http://marketplacegrille.com)

### **Urban Plates**

Free delivery with DoorDash, express pick up when ordered and paid online, & pick up. Phone: 858-263-0818

[urbanplates.com](http://urbanplates.com)

### **Burger Lounge**

Free delivery with Uber Eats & pick up

Phone: 858-456-0196

[burgerlounge.com](http://burgerlounge.com)

### **Don Carlos Taco Shop**

Free delivery with Uber Eats & pick up

Phone: 858-456-0462

[eataburrito.com](http://eataburrito.com)

### **China Chef**

Delivery Fee: \$1.00 (tiered), \$20 delivery minimum, & pick up

Phone: 858-454-1368

[lajollachinachefs.com](http://lajollachinachefs.com)

### **Café Milano**

Free delivery with GrubHub & pick up

Phone: 858-454-3806

[cafemilanolajolla.com](http://cafemilanolajolla.com)

### **Small Goods**

American Cheeses and provisions offering fresh farmers market produce at 7524 La Jolla Blvd.

Phone: 858-886-7217

[smallgoodsusa.com](http://smallgoodsusa.com)

### **Girard Gourmet**

Free delivery in La Jolla Village, \$30 delivery minimum, & pick up

Current hours: 7am – 6pm

Phone: 858-454-3321

[girardgourmet.com](http://girardgourmet.com)



## Restaurant Services Available for Delivery & Pick up (continued)

### **Verdes El Ranchero**

Pick up only. Current hours: 4 – 8pm

Phone: 858-459-5877

[verdeselranchero.com](http://verdeselranchero.com)

### **Juice Kaboose**

Free delivery with Uber Eats & pick up

Phone: 858-456-9300

[juicekaboose.com](http://juicekaboose.com)

### **Trilogy Café**

Organic plant-based food. Free delivery with Uber Eats & pick up

Phone: 858-633-3893

[trilogysanctuary.com](http://trilogysanctuary.com)

### **Bistro Du Marché**

Free delivery & pick up

Phone: 858-551-7500

[bistrodumarche.net](http://bistrodumarche.net)

### **The Fishery**

Limited menu for pick up only. Current hours: 11am – 5pm

Chef Crafted Cook The Fishery at Home Box: \$50 for 2 people

Phone: 858-272-9985

[thefishery.com](http://thefishery.com)

### **Eddie V's Prime Seafood**

Free delivery & pick up. Current hours: 12 – 8pm

Phone: 858-459-5500

[eddiev.com](http://eddiev.com)

### **Sammy's Woodfired Pizza & Grill**

Free delivery with DoorDash & pick up.

Phone: 858-456-5222

[sammyspizza.com](http://sammyspizza.com)

### **Delivery Services**

Food delivery services such as [Uber Eats](#), [GrubHub](#), & [Post Mates](#) are offering price reductions or free delivery from local restaurants.

---



## Transportation Services

### **LJ Senior Express**

Rides limited to non-emergency medical appointments and grocery shopping only. We are no longer providing rides for social appointments.

Book a ride: 858-337-0275

[ljcommunitycenter.org](http://ljcommunitycenter.org)

### **JFS On the Go Program**

Rides limited to medical rides/grocery shopping only. We are no longer providing rides for social appointments.

Enroll: 858-637-3210

[jfssd.org](http://jfssd.org)

### **La Jolla Golf Carts**

Offering free pickup and delivery of any items in the Village area of La Jolla to help businesses or residents in need of assistance due to the Coronavirus (COVID-19).

Restrictions may apply due to health and safety restrictions.

Call: 858-401-6307 to learn more.

---

## Psychological Support

### **San Diego Access & Crisis Line (ACL)**

Offers immediate support and resources from an experienced counselor 24 hours a day, 7 days a week on all behavioral health topics. Language interpreter services enable the ACL to assist in 150 languages within seconds.

Call: 888-724-7240

### **Warmline Network Services**

Open 3:30 PM to 11:00 PM 7 days a week.

Anyone who is lonely, sad, perhaps recovering from a mental illness, wishing for someone to talk to, or someone to listen, can call the Warm Line.

Call: 619-295-1055

---

## COVID-19 Health Resources

### **Scripps Healthcare COVID-19 Nurse Line**

Connects patients to a team of nurses dedicated to screening people with symptoms associated with the COVID-19 virus. Patients with fever and/or respiratory symptoms should call the dedicated phone line first before coming to any Scripps facility. They should not just walk in and should not use the Scripps online scheduling system for appointments.

Phone: 888-261-8431

[scripps.org](http://scripps.org)



## COVID-19 Health Resources (continued)

### UCSD COVID-19 Nurse Line

UC San Diego Health has set up a dedicated COVID-19 nurse line for their patients. This phone line is staffed 7 days a week from 8 a.m. to 5 p.m. If you think you might have COVID-19, call the nurse line to discuss your symptoms **BEFORE** coming to any hospital or clinic. Do not walk in without an appointment or use online appointment scheduling.

Phone: 800-926-8273

[health.ucsd.edu](http://health.ucsd.edu)

### Urgent Care La Jolla

Open 7 days a week. Extended hours: 9 am - 10 pm. Offering video consultations at no extra charge.

Phone: 858-255-8325

[urgentcarelajolla.com](http://urgentcarelajolla.com)

### UC San Diego Geriatric Emergency Services

The geriatric emergency department at UC San Diego Health focuses on delivering high-quality senior care to patients 65 up.

Phone: 858-657-7600

[health.ucsd.edu](http://health.ucsd.edu)

### Dr. Huy T. Ho, MD

Dr. Ho, MD is a practicing Internist in San Diego, CA. Takes Medicare, makes house calls accompanied by a nurse, & fills prescriptions.

H Squared Health

Phone: 917-771-5441

### Jane Reldan, MD

Dr. Jane Reldan is a La Jolla family doctor with over 40 years of experience treating patients of all ages. Affectionately known as Dr. Jane to her beloved patients, she is renowned for giving everyone as much time and attention as their individual needs require. She is a Voluntary Assistant Clinical Professor with the UCSD School of Medicine.

Phone: 858-459-6600

### Centers for Disease Control and Prevention (CDC)

The US agency charged with tracking and investigating public health trends.

[cdc.gov](http://cdc.gov)

### California Department of Public Health

The California Department of Public Health (CDPH) works to protect the public's health in the Golden State and helps shape positive health outcomes for individuals, families and communities.

[cdph.ca.gov](http://cdph.ca.gov)



## COVID-19 Health Resources (continued)

### **COVID-19 Text Message Alert System**

The system allows County health officials to send real-time information about COVID-19 in the region. To sign up to receive the messages, text COSD COVID19 to 468-311.

### **CVS Rx Delivery**

Refills & Free 1-2 day delivery on prescriptions. Sign up through the app or call and sign up over the phone.

Phone: 858-551-8698 Web: [cvs.com](https://www.cvs.com)

### **2-1-1 San Diego**

2-1-1 *San Diego* is a resource and information hub that connects people with community, health and disaster services.

[211sandiego.org](https://www.211sandiego.org)

### **La Jolla Link**

A digital resource for the La Jolla community of businesses and residents to more effectively disseminate information.

[www.lajollalink.com](http://www.lajollalink.com)

### **La Jolla Village Merchants Association**

Restaurant and merchant lists of current openings

[www.lajollabythesea.com/eat-well-la-jolla-restaurant-update](http://www.lajollabythesea.com/eat-well-la-jolla-restaurant-update)

### **La Jolla Veterinary Hospital**

*La Jolla Veterinary Hospital* is a full-service *veterinary* medical facility. Please call to make an appointment.

Phone: 858-454-6155

[lajollavet.com](http://lajollavet.com)

### **Animal Center**

Offering Animeals Relief Program for individuals who are struggling to feed their pets due to the COVID-19 outbreak.

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

---

For more information about the La Jolla Community Center and our current “Virtual” Programming, please visit [www.ljcommunitycenter.org](http://www.ljcommunitycenter.org) or call (858) 459-0831.

Stay well!

-LJCC Team