

# SUISUN CITY SENIOR CENTER NEWSLETTER

318 MERGANSER DRIVE, SUISUN CITY • (707) 421-7203

Hello Suisun City!

I hope this message finds you well considering the challenges we are all facing right now. The Recreation, Parks, and Marina Department staff misses providing you valuable services and resources that make Suisun City a special community. To assist you during this difficult time, we have produced a Senior Center Newsletter with a number of resources, including pertinent phone numbers so you can get answers to questions that you may have. We have also included a few items to keep you entertained while you stay at home. We look forward to seeing all of you at the Senior Center and at our special events, but in the meantime, stay safe and be well.

Kris Lofthus

Recreation, Parks, and Marina Director



## In this issue...

- **Senior Shopping Hours:** Many stores are providing special shopping hours for seniors in an attempt to provide a safe experience in getting your shopping done. This list is updated as of April 1 via Solano County.
- **Food Programs:** There are a number of food programs available for seniors and/or low income individuals and families. Please call the numbers listed with each program for more information on qualifications.
- **Transportation:** Available transportation programs during this time. (Please remember that the recommendation is to shelter-in-place at home in an effort to minimize the risk of infection and community spread of disease.)
- **Telephone and Other Resources:** There are a number of resources available in an effort to keep you connected or up to date on any information regarding COVID-19. Local information regarding COVID-19 is also available at [solanocounty.com](http://solanocounty.com)



RECREATION, PARKS, & MARINA DEPARTMENT  
SUISUN CITY, CA

## IMPORTANT CONTACTS

- **Suisun City Senior Center:** (707) 421-7203
- **Recreation, Parks, & Marina Department main phone:** (707) 421-7203
- **Suisun City Senior Help Line:** (707) 438-1714
- **Suisun City Police Department:** (707) 421-7373
- **Suisun City Fire Department:** (707) 425-9133
- **California Senior Hotline:** 1-833-544-2374

**\*\*In case of an emergency, call 911\*\***

## SUDOKU

1		8			6	4		
		6		9		8		7
5								
2	6	9	5					8
			4		9			
	8				2	7	9	1
								5
6		4		7		2		
		1	2			9		3

The object of Sudoku is to place numbers 1 through 9 in each Quadrant (large square), Row, and Column **without any number being repeated.**

# SENIOR SHOPPING HOURS

This is a list of stores within the Suisun City and Fairfield area that are offering special hours for seniors to shop in order to maintain proper social distancing and a safe experience. For more information or details, call the locations directly. Additionally, here are 10 tips from the California Growers Association to help ensure a safe grocery shopping experience.

## Costco

**5101 Business Center Dr., Fairfield (707) 864-3816**

For members 60 and older. Tuesdays and Thursdays from 8am to 9am

## CVS

**3340 N. Texas St. (707) 423-9463**

**300 Travis Blvd. (707) 422-3460**

Delivery fee for pharmacy items is temporarily waived and drive thru pharmacy is available at both locations in Fairfield

## Food Maxx

**1833 N. Texas St., Fairfield (707) 434-9895**

**1955 W. Texas St., Fairfield (707) 428-1585**

Individuals 60 and older, every Tuesday and Thursday from 6am to 9am

## Raley's

**270 Sunset Ave., Suisun City (707) 426-1023**

Senior essential bags, first come first serve. \$20 for fruits/\$35 for Deli. In-store pickup or pre-arranged curbside pickup

## Safeway

**5051 Business Center Dr., Fairfield (707) 863-4160**

**2401 Waterman Blvd., Fairfield (707) 427-5640**

Seniors only, Tuesdays and Thursdays from opening to 9am. Free delivery service available online at safeway.com.

## Smart & Final

**2525 N. Texas St., Fairfield (707) 421-2414**

Individuals 60 and older, every day from 6am to 9am

## Walmart

**350 Walters Rd. Suisun City (707) 639-4980**

Individuals 60 and older, every Tuesday 6am-7am. Fee delivery service available.

## 10 Tips for a Safe Grocery Shopping Experience

1. Only visit the grocery store when it's essential and only buy what you need for one week (or a little more)
2. Wash or disinfect your re-usable grocery bags after each use.
3. Help reduce store crowding; if at all possible, don't bring extra people with you.
4. Practice social distancing within the store. The CDC guideline is to maintain a 6-foot distance between you and anyone else.
5. Inspect produce with your eyes, not your hands. To avoid unnecessary handling of fruits and vegetables use a produce bag to make your selection.
6. Avoid unnecessary handling of all items in the store. Try not to pick up products unless you plan to buy. Let your eyes guide you.
7. Don't crowd the checkstand. Keep your distance from the person in front of you and wait until the customer in front of you has collected their groceries before unloading yours.
8. Treat grocery employees with kindness.
9. Be aware of your store's special hours and procedures. Call in advance for more information
10. Allow for extra time. Some stores have lines outside and only allow a certain number of people into the store to reduce crowding.

# FOOD PROGRAMS

The following organizations are offering food delivery services for those that are in need. Some of these programs may have income requirements so please contact them for more information.

## Community Action North Bay

(707) 427-1148

Food distribution (boxed essentials, hot/cold meals, etc.) and bags of food for those who can/cannot cook.

Distribution: 416 Union Ave., Fairfield

Monday-Friday, 10am-2pm, Drive up or walkup

## CalFresh

(707) 553-5000

Individuals with low-income who meet federal income eligibility and want to add to their food budget. To apply at call their office at the number listed above or visit

MyBenefitsCalWIN.org

## Meals on Wheels Solano County

(707) 425-0638

Meal deliveries and pick-up meals for seniors ages 60 and older. Home delivery service extended for seniors who drive but are currently sheltering in place

## Food Bank of Contra Costa & Solano

855-309-FOOD (3663)

### Community Produce Program

15-20 pounds of FREE fresh produce for low-income families and individuals twice a month. Please bring two bags with handles to ONE of the following distribution sites:

Dan O. Root Elementary

820 Harrier Way, Suisun City

1st & 3rd Wednesday, 4-5pm

Salvation Army-KROC Center

586 E. Wigeon Way, Suisun City

1st & 3rd Friday, 12-1pm

### Senior Food Program

Free groceries twice a month to low-income individuals 55 and older. Only one senior per household can receive food. Income requirement must be met. Bring a picture ID and proof of address (ex. PG&E or other utility bill)

St. Mark's Lutheran Church

1600 Union Ave., Fairfield

1st & 3rd Wednesday, 9:30-10:30am

### Additional program information available through the Food Bank:

- CalFresh (to help with application process)
- Partner pantries and soup kitchen (for emergency food)



## Easy Weather Word Search

rain  
snow  
sun  
warm  
cold  
wind  
frost  
cloud

X	S	O	M	C	L	O	U	D	R
V	I	A	S	C	W	O	K	S	R
D	U	Y	J	A	E	P	N	E	E
S	P	B	R	T	W	O	W	R	U
U	W	M	P	J	W	C	I	W	G
N	U	E	A	V	H	A	N	O	F
R	I	O	C	B	D	S	D	R	H
M	A	H	E	O	M	O	O	I	P
Y	G	I	I	L	L	S	W	E	Q
R	Z	R	N	F	T	D	C	M	F

# TRANSPORTATION AND OTHER RESOURCES

These are other resources available for you. Please take advantage of them if you are in need of them. While many non-essential businesses are closed, there are businesses and organizations that are ready to provide you with any assistance you may need.

## **Transportation** **Solano Mobility Center** **(800) 535-6883**

Provide transportation assistance

## **FAST** **(707) 434-3800**

Free local taxi rides during the shelter-in-place orders

## **Staying Connected**

### **Phone Buddies** **(707) 469-6675**

Reassurance via telephone for seniors 60 and older who need someone to talk to in regards to the current situation surrounding this pandemic

### **Senior Voices** **(707) 469-6675**

Group counseling on Tuesdays at 1pm and Thursdays at 11am provided through conference call

### **Covia Connection Programs** **(877) 797-7299**

Social connections for older adults in the community to help with socialization and reduce loneliness and isolation.

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

24-hour emotional support line

### **Legal Assistance** **Legal Services of Northern California** **(707) 643-0054**

Phone appointments and consultations available for assistance with legal issues including renters' rights during this time

## **Virutal Fitness & Movement** **Online Tai Chi Classes**

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

(If you are interested in joining this course, please contact the Senior Center so we can get you in contact with the organization who provides these classes)

## **Online Resources and Education** **Alzheimer's Association**

**800-272-3900**  
**ALZ.ORG/CRF**

Provides online education sessions and classes in a multitude of topics surrounding Alzheimer's, Dementia, and overall brain health. To register, visit their website or call.

## **Online Grocery Service**

**Instacart:** [www.instacart.com](http://www.instacart.com)

The following stores also have delivery services: Walmart, Safeway, Smart & Final, & Raley's. For more options, visit [aginginplace.org/best-grocery-delivery-plans-for-seniors](http://aginginplace.org/best-grocery-delivery-plans-for-seniors)

## **Food Delivery Services**

**DoorDash:** [www.doordash.com](http://www.doordash.com)

**Grubhub:** [www.grubhub.com](http://www.grubhub.com)

**Postmates:** [www.postmates.com](http://www.postmates.com)

**Uber Eats:** [www.ubereats.com](http://www.ubereats.com)

For current COVID-19 statistics within Solano County, please visit [www.solanocounty.com/depts/ph/ncov.asp](http://www.solanocounty.com/depts/ph/ncov.asp)

For more resources within Solano County, please visit [www.solanocounty.com/depts/ph/coronavirus\\_links/resources.asp](http://www.solanocounty.com/depts/ph/coronavirus_links/resources.asp)

For more local information and updates within Suisun City, please visit [www.suisun.com](http://www.suisun.com)