



## COVID-19 Update and Resources

Dear ADRC participants, friends, and community,

During the COVID-19 pandemic, Stanford University, the National Institutes of Health, Santa Clara County, and the state of California have issued guidelines and have mandated certain procedures that affect the Stanford ADRC. For the moment, we have been asked to Shelter in Place. We have temporarily suspended all in-person ADRC visits until we receive assurance that these can be safely resumed. Our top priority is your health and safety. We remain deeply committed to extending and expanding research and knowledge in the field of Alzheimer's disease, Lewy body disease, cognitive aging, and related disorders. We will reach out to many of you in the coming weeks and months to schedule telephone follow-ups or videoconference visits in place of visits that would have otherwise taken place here at Stanford.

We have been able to maintain the ADRC brain donation program, but on a case-by-case basis. Our Neuropathology Core faculty and staff follow safety guidelines established by the Stanford Hospital in response to the COVID-19 pandemic, and we will let you know if ADRC procedures should change in the future.

We wish all of you the very best of health and well-being. As always we are very grateful to our wonderful participants for your support of the Stanford ADRC. Remember to practice social distancing, masking, hand washing hygiene, and self-care. Try to remain active, engaged and connected with friends, family, and neighbors during these challenging times. As the opportunity arises, please thank those engaged in essential frontline activities and assist those with health and financial needs.

Please do not hesitate to call or reach out to us if we can be of help:  
[adrcstanford@stanford.edu](mailto:adrcstanford@stanford.edu), 650-721-2409.

We have provided some resources below that you may find helpful. We wish you all the best of health and safe well-being!

*The Stanford ADRC Team*

**Resources:**

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

<https://covid19healthliteracyproject.com/>

<https://wwwn.cdc.gov/pubs/other-languages>

<https://www.healthwise.org/specialpages/covid-19-resources.aspx>

<https://www.cdc.gov/aging/caregiving/pdf/Complete-Care-Plan-Form-508.pdf>

***National Institutes of Health:***

<https://www.nih.gov/health-information/coronavirus>

<https://www.nih.gov/news-events>

<https://www.nia.nih.gov/health>

<https://www.fic.nih.gov/ResearchTopics/Pages/infectiousdiseases-coronavirus-cov.aspx>

<https://newsinhealth.nih.gov/2018/03/creating-healthy-habits>

<https://www.nia.nih.gov/research/alzheimers-dementia-outreach-recruitment-engagement-resources/term/covid-19>

***State of California:***

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

<https://covid19.ca.gov/>

***Stanford University and Healthcare:***

<https://med.stanford.edu/covid19.html>

<https://fsi.stanford.edu/covid-19-resources>

<https://scopeblog.stanford.edu/2020/03/16/feeling-anxious-about-the-coronavirus-a-stanford-psychiatrist-offers-tips/>

<https://scopeblog.stanford.edu/2020/03/13/even-if-you-are-virus-free-covid-19-is-affecting-your-health-heres-what-to-do/>

***Bay Area:***

<https://ca.cair.com/sfba/updates/bay-area-resources-amid-covid-19-pandemic/>

<https://www.healthwise.org/specialpages/covid-19-resources.aspx>

Santa Clara County:

<https://www.sccgov.org/sites/covid19/Pages/home.aspx>

<https://www.santaclaraca.gov/i-want-to/stay-informed/current-topics/coronavirus-updates>

<https://namisantaclaraca.org/2020/03/covid-19-coronavirus-information-and-resources/>

<https://namisantaclaraca.org/covid-19-support-resources/>

<https://www.sccoe.org/news/featured/Pages/Novel-Coronavirus-Information.aspx>

<https://www.santaclaraca.gov/i-want-to/stay-informed/newsroom/coronavirus-updates/community-covid-19-resources>

<https://www.mercurynews.com/2020/04/03/coronavirus-heres-where-you-can-pick-up-free-meals-in-santa-clara-county/>

San Mateo County:

<https://www.smchealth.org/coronavirus>

<https://smcl.org/blogs/post/coronavirus-resources/>

<https://www.cityofsanmateo.org/4223/Novel-Coronavirus-COVID-19-Updates>

<https://www.samceda.org/COVID-19-Resource-Links>

<https://hsa.smcgov.org/local-food-and-shelter-resources>

<https://www.smchealth.org/crisis-services>

<https://www.smchealth.org/suicide-prevention>

***Silicon Valley Strong Resources and Services during the Shelter in Place:***

<https://siliconvalleystrong.org/>

**The Senior Nutrition Program** has 38 out of the 40 congregate meals sites serving meals to go. [Click here](#) for a map of locations and hours of operation.

SNP is concentrating on serving existing congregate clients, their Meals on Wheels clients, and those who have been previously ineligible for their services but need support due the shelter in place. For more information visit the [SNP website](#) or call 408-755-7680.

**Free Pet Food Delivery Program**

SNP is partnering with the Santa Clara County Animal Shelter to offer free pet food delivery for SNP and Meals on Wheels clients that are having difficulty accessing pet food on their own. Refer to [this flyer](#) for more information on temporary this service. This program is subject to funding availability and will end on June 30, 2020, or the end of the shelter in place ordinance (whichever comes first).

**Adult Protective Services** APS 24/7 hotline remains operational to accept reports of suspected or known abuse and neglect to Elders and Dependent Adults. Call the APS Hotline: 408-975-4900 or 1-800-414-2002.

**In Home Support Services** continues to accept applications and respond to calls. IHSS can be reached at 408-792-1600.

**Public Administrator, Guardian and Conservator** continues to take referrals and provide services for over 800 court appointed clients who are at risk.

**Silicon Valley Strong's New Website for Volunteer Sign ups and Resources**

Santa Clara County residents are encouraged to go visit [Silicon Valley Strong](#) to locate resources, request resources not yet available, and to find volunteer opportunities throughout Santa Clara County.

**Friendship Line Expands During Shelter at Home**

The Institute of Aging's 24-hour toll-free [Friendship Line](#) is an accredited crisis line for older adults and adults living with disabilities. Specialists at the Friendship Line offer the following services: emotional support, elder abuse reporting, well-being checks, grief support, active suicide prevention, and info and referrals for isolated individuals. They have expanded to offer support during the COVID-19 shelter at home order. Call the Friendship Line at 800-971-0016.

**Helping Hands – Free Delivery Service**

Santa Clara County Helping Hands is a grassroots initiative to help elderly and/or immunocompromised individuals in Santa Clara County who are at higher risk for COVID-19. The team has been matching higher-risk individuals to local low-risk volunteers who can help deliver groceries and prescriptions and provide virtual companionship.

**AARP Community Connections**

AARP has developed an online platform called AARP Community Connections to help address social isolation. It captures contact information from people who would like to receive a friendly check-in call from an AARP volunteer. All volunteers undergo online training before being matched with someone to call.

To request a friendly caller, call 1-888-281-0145.

### **Working Partnerships USA Hotline**

Working Partnerships USA has launched a hotline to help people find and apply for COVID-19 resources for income loss, access to food, and other services. Start by calling the Santa Clara County COVID-19 Assistance Navigation (CAN) hotline at 408-809-2124. You can also visit their [website](#) for more information.

### **Rebuilding Together Silicon Valley Emergency Repairs**

Rebuilding Together will continue to provide emergency repairs, specifically for those impacted by the coronavirus who have no hot water or heat, and other emergencies. The repairs will be made through their vetted contractors. Call their main number at 408-578-9519.

### **County of Santa Clara Mediation and Ombuds Services**

[The County of Santa Clara Office of Mediation and Ombuds Services](#) is conducting all business operations remotely via email, phone, and video conferencing during shelter-in-place. Contact the Probate and Seniors, Special Needs and Family mediators directly for confidential mediation services. For probate matters, call 408-993-4123. For seniors, special needs, and their family matters, call 408-993-4124.

OMOS has also been identified as the County's provider of mediation services for people affected by the Covid pandemic and the Eviction Moratorium. For mediation services related to housing, repayment of rent, unlawful detainer and eviction, pre-day-day-of-court small claims and civil matters, and other Covid-related concerns, call the County Community Mediation line at 408-993-4130 or email at [opencase@ceo.sccgov.org](mailto:opencase@ceo.sccgov.org).

### **Lives Well Lived Goes Virtual**

Looking for some great online programming for your community or organization? We are doing virtual screenings of Lives Well Lived including a Q&A with filmmaker, Sky Bergman. For more information about virtual community or educational screening, please contact Sky at [lives.well.lived@gmail.com](mailto:lives.well.lived@gmail.com).