

PALOS VERDES PENINSULA

SENIOR RESOURCE GUIDE



Palos Verdes Peninsula Village

• Stay Settled • Stay Connected • Stay Engaged

H.E.L.P.

Empowering Seniors,
their families, and caregivers
to make better choices.



for our seniors



A MESSAGE TO THE COMMUNITY

In response to the Coronavirus Pandemic and the “Safer at Home” Health Order, the cities of the Palos Verdes Peninsula and community partners have come together to develop this resource guide for senior and disabled residents. This guide includes important information on COVID-19 testing, mental health support, meal and grocery delivery services, as

well as ways to stay active while safe at home.

With ongoing guidance from State and County officials, such as Los Angeles County Department of Public Health, Peninsula cities continue to assess the impact of COVID-19. It is important to stay connected to official government and public health agencies for accurate information.



TIPS TO STAYING HEALTHY

- Communicate with family, friends or neighbors concerning your needs.
- Only leave your home for essential activities.
- Try to schedule doctors' appointments over the phone.
- Use City recommended services for groceries and prescription deliveries.
- Have take-out delivered or ask family member or friend to pick up your meal.
- Stay home if possible.
- Wash your hands often.
- Avoid close contact (6 feet, which is about two arm's length) with people who are sick.
- If you need to go out for essential items wear a mask.
- Clean and disinfect frequently touched surfaces.
- Call your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick.

COVID-19 TESTING



Testing is available for people with COVID-19 symptoms, or people who have been prevented from working because of contact with a person with COVID-19.



Same or next day testing appointments are prioritized for individuals over 65, or who have underlying chronic health conditions.

**LA County –local site
South Bay Galleria**

to schedule visit:

<https://lacovidprod.service-now.com/rrs>

PV Medical Group

Drive-Up Testing

By Appointment Only

Phone: 310-544-6858

Hours: M-F 1pm-5pm

EXER Urgent Care

Phone: 424-323-3500

www.exerurgentcare.com

Torrance Memorial Hospital

310-517-1111 *nurse line*

Providence Little

Company of Mary

310-540-7676

9-1-1 Emergencies

**Frequently Asked Questions
about COVID-19 Testing**

For a list of frequently asked questions provided by the County of Los Angeles, including eligibility criteria, symptoms that would indicate necessity for testing, how testing works, etc. please visit:

<https://covid19.lacounty.gov/testing/>

COVID-19 RESOURCES & SUPPORT

Older adults, especially in isolation and those with cognitive decline/dementia, may become more anxious, angry, stressed, agitated and withdrawn during the outbreak or while in quarantine. Here are some helpful contacts to provide support, outside of your informal networks, such as family and health professionals.

STRESS & COPING TIPS

Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.

Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

*If you or someone you care about are feeling overwhelmed with emotion, or feel like you want to harm yourself or others: **Call 9-1-1***

MENTAL HEALTH RESOURCES

GoldenTALK

Phone: (888) 60-GOLDEN
(603-6533)

Website:

<http://www.ididsomethinggoodtoday.org/goldentalk/>

USC Age Friendly Student Senior Connect

Phone: 626-457-6614

Website:

bit.ly/SeniorConnectionRegistration

Email:

Kelly.Sadamitsu@med.usc.edu

Friendship Line (Institute on Aging)

Phone: 800-971-0016

Website:

<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

National Suicide Prevention Lifeline

Phone: 800-273-8255

Website:

<https://suicidepreventionlifeline.org/>

2-1-1 LA

The central source for providing information and referrals for all health and human services in LA County. Our 2-1-1 phone line is open 24 hours, 7 days a week, with trained Community Resource Advisors prepared to offer help with any situation, any time. Our community services go far beyond phone referrals – explore our website to learn more.

Website:

<https://www.211la.org/>

If you are feeling stressed, anxious, or depressed,



1-800-854-7771



"LA" to 741741

#SaferAtHome
covid19.lacounty.gov



LOCAL FOOD RESOURCES

The Los Angeles County Workforce Development, Aging and Community Services Department is providing free delivery service to older and dependent adults during COVID-19 crisis. They can deliver:

Groceries, Household Items, Vital Necessities -

Call 1-888-863-7411 between 8 am-5 pm, Monday-Friday to request services.

Emergency Assistance Food Program *(This program is by appointment only)*

Program type: Food Assistance

Address: 769 W. 3rd Street
San Pedro CA, 90731

Phone: (310) 519-6091

Hours: Monday – Friday between 8:00 a.m. – 5:00 p.m.

Crenshaw Baptist Church

Program type: Food pantry

Address: 18749 Crenshaw Blvd,
Torrance, CA 90504

Phone: 310-323-2115

Hours: 2nd Weds. 9 am - 11 am

Community's Child

Program type: Food pantry

Address: 18807 Crenshaw Pl.

Torrance, CA 90504

Phone: 310-534-4040

Hours: Tues. & Fri. 10 am - 1 pm.

St. Catherine Laboure Catholic Church

Program type: Food pantry

Address: 3846 Redondo Beach Blvd.

Torrance, CA 90504

Phone: 310-329-0993

Meals on Wheels

Meals are prepared at the Redondo Beach location and are picked up and delivered around lunch time by volunteers.

Hours: Monday-Friday

Fee: \$5.50 per meal

Contact:

athena.marano@usw.salvationarmy.org

YMCA-Torrance

Frozen meals provided consisting of a protein, a starch, a vegetable, a piece of fruit, a slice of whole wheat bread and low fat milk. Five meals would be delivered on Wednesdays. Contact Rolling Hills Estates City Hall (310) 377-1577 and provide name, address and phone number. *Donations to YMCA are accepted, but not required.*

Critical Delivery Service



Temporary delivery program for older and dependent adults

As a result of the COVID-19 pandemic and the California Safer at Home Initiative, our aging population has an increased need for timely delivery services. WDACS has launched a temporary delivery program called Critical Delivery Services (CDS) to deliver food and other vital items to individuals who are unable to leave their homes due to COVID-19.

Who qualifies for delivery services?

Delivery services are reserved for those who meet at least one of the following criteria:

- ➔ Aged 60 years and older
- ➔ Individual with a permanent or temporary disability
- ➔ Dependent Adults (aged 18-59 years)

Once items are ready for pick-up, call 888-863-7411. Deliveries can be made:

- 24 hours a day
- 7 days a week

What can be delivered?



Groceries



Household Items



Vital Necessities

Per month, individuals can receive up to:



Four (4) deliveries or



40 miles worth of deliveries

How can deliveries be scheduled?



Call 888-863-7411 to request delivery service



Order items for delivery via online/ phone and provide payment for items to the pick-up location



Critical Delivery Service Coordinator will schedule a taxi driver to deliver your items to you



Critical Delivery Service Coordinator will call you back to confirm the delivery has been scheduled



To schedule deliveries, call hotline M-F, 8:00am to 5:00pm. Same day deliveries are available only during schedule hours.

GROCERY STORE HOURS

Local Grocery Support Services:

PVE residents, PVE-CARES- Shopping Assistance, call
Phone: 310-378-4211
email smarchese@pvestates.org

RHE residents, call City Hall at
310-377-1577

Greater Peninsula, call Linda Reid 310-291-9205 or email
reidl@pvpusd.net

Other Delivery Resources:

Instacart- www.instacart.com
(Delivery Fee)

LA County
“Critical Delivery Service”
Phone: 1-888-863-7411
Hours: 8am-5pm Monday-Friday

Food Safety Tips During COVID-19

Grocery Shopping

- Use disinfectant to wipe down cart or basket
- Examine produce with your eyes, not hands. Wash before eating
- Wipe down reusable shopping bags before and after use



Takeout & Delivery

- Ask for no-contact delivery: pay ahead of time and have order left at the door
- Wash hands after removing food from packaging and after throwing packaging away



Meal Delivery Kits

- Wash hands before opening boxes and after emptying them
- Practice normal safe food handling procedures, like separating meat and poultry from other foods



Grocery Store Name/Location	Hours	Senior Hours?
CITY OF ROLLING HILLS ESTATES		
Pavilions (Peninsula Center)	7:00AM- 9:00PM	6:00AM-7:00AM Monday through Friday
Bristol Farms Café	7:00AM- 7:00PM	NO SENIOR HOURS
SAN PEDRO		
Ralph's, Tarragona Plaza, San Pedro (Western & Capitol)	8:00AM- 8:00PM	7:00AM- 7:30AM
Albertson's, Garden Village, San Pedro (Western & Westmont)	7:00AM- 9:00PM	NO SENIOR HOURS
Smart & Final Extra, San Pedro (25th & Western)	8:00AM- 8:00PM	7:30AM- 8:00AM
Sprouts, Park Western Plaza, San Pedro (Western & Crestwood)	7:00AM- 10:00PM	NO SENIOR HOURS
CITY OF RANCHO PALOS VERDES		
Ralph's, RPV (Hawthorne)	8:00AM- 8:00PM	NO SENIOR HOURS
Smart & Final Extra, Westmont Plaza, RPV (Western & Westmont)	8:00AM- 8:00PM	7:00AM- 8:00AM
Trader Joe's, The Terraces at South Bay	9:00AM- 7:00PM	SENIORS ALLOWED EARLY ENTRY
Trader Joe's, Golden Cove Shopping Center	9:00AM- 7:00PM	SENIORS ALLOWED EARLY ENTRY
Great American Seafood Market, Golden Cove Shopping Center	9:00AM- 8:00PM (6:00PM SUNDAYS)	8:00AM- 9:00AM (INCLUDES PREGNANT WOMAN, DISABLED PERSONS, ANYONE NEEDING ASSISTANCE)
CITY OF TORRANCE		
Trader Joe's, Rolling Hills Plaza	9:00AM- 7:00PM	SENIORS ALLOWED EARLY ENTRY
Smart & Final Extra, Torrance Town Center	8:00AM- 8:00PM	7:30AM- 8:00AM
Ralph's (Rolling Hills Rd.)	6:00AM- 10:00PM	6:00AM- 7:30AM
Whole Foods, Rolling Hills Plaza	8:00AM- 8:00PM	7:30AM- 8:00AM
CITY OF PALOS VERDES ESTATES		
Lunada Market & Deli	8:00AM- 7:00PM	6:30AM- 8:00AM

Scams Amid the Coronavirus

Coronavirus vaccine scams:

Fraudsters are calling seniors claiming to have a coronavirus vaccination or preventative medicine and seeking over-the-phone payment to reserve their dose.

Investments in research and development scams:

Seniors are also receiving phone calls regarding investment opportunities in companies that are purportedly researching and developing a vaccine.

**Seniors are encouraged to be mindful of fraudsters' efforts to exploit this situation.*

Government assistance scams:

The FTC is warning the public about potential issues regarding government payouts, including potential scams related to fees or other charges, attempts to get personal information and the fact that there are currently no monies being paid out.

Dangerous websites/email blasts:

Law enforcement has noted an uptick in fake websites and emails with malicious attachments claiming to sell products that combat coronavirus or that have preventive tips and fake information about confirmed cases. These fraudulent websites may promote links that claim to let the user donate to victims or to offer resources and advice but that lead to malicious websites.

Cybersecurity concerns/malware attacks:

Threats here include various coronavirus-themed domain names that infect visitor with malware, phishing emails form email addresses that mimic the CDC or WHO domains, and downloadable apps that purportedly offer coronavirus prevention content.

Sales pitches amid the stock market sell-off: And as with any significant decline in the markets, there are scammers seeking to take advantage of investors through promises of safety in precious metals or real estate, can't-miss investment opportunities.

JUST REMEMBER...

- Don't click on links from sources you do not know.
- Ignore online or telephone offers regarding vaccination. At this point in time, no vaccination for the coronavirus exists.
- Before donating, research charities that claim to aid those in need as a result of the coronavirus. The FTC warns people to avoid solicitations for donations made by cash, gift card, or money wire.
- Report suspected scams to authorities



Myth Busters

MYTH: Antibiotics are effective in preventing and treating the new coronavirus.

FACT: No, antibiotics do not work against viruses, only bacteria.

MYTH: The new coronavirus only affects older people.

FACT: People of all ages can be infected by the new coronavirus (nCoV-2019).

MYTH: There are medicines to prevent or treat the new coronavirus.

FACT: To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCov).

MYTH: Regularly rinsing your nose with saline helps to prevent infection with the new coronavirus.

FACT: No. There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus.

Local Restaurants

Online Ordering and Delivery Sites:

Grubhub – www.grubhub.com

Doordash – www.doordash.com

Postmates- www.postmates.com

Ubereats- www.ubereats.com



Restaurant Name	Takeout/Delivery	Delivery Service	Contact Number	Web Address	ng Essentials to Pub
CITY OF ROLLING HILLS ESTATES					
La Salsa	TEMPORARILY CLOSED	TEMPORARILY CLOSED	310-265-5570	WEBSITE	No
Tanta Wan	TAKEOUT & DELIVERY	POSTMATES	310-544-0265	WEBSITE	No
Giorgio's	TAKEOUT & DELIVERY	DOOR DASH, SELF DELIVERY	310-541-2600	WEBSITE	No
Jamba Juice	TAKEOUT & DELIVERY	DOORDASH, POSTMATES	310-265-7603	WEBSITE	No
Dragonfly Thai	TAKEOUT & DELIVERY	DOORDASH, GRUBHUB, POSTMATES, ONLINE ORDERS	310-265-8424	WEBSITE	Pending
Mayer's Bakery	TAKEOUT & DELIVERY	DOORDASH, POSTMATES	310-377-7846	WEBSITE	No
Baskin Robbin's	TAKEOUT & DELIVERY	DOORDASH, POSTMATES	310-544-5044	WEBSITE	No
Rubio's Fresh Mexican Grill	TAKEOUT & DELIVERY	DOORDASH, GRUBHUB, UBER EATS, SEAMLESS, ONLINE ORDERS	310-265-7718	WEBSITE	Only tortillas
Ruby's Diner	CLOSED TO PUBLIC	NO DELIVERY	310-544-7829	WEBSITE	No
Jack Kramer Club	CLOSED TO PUBLIC	NO DELIVERY	310-326-4404	WEBSITE	No
Fu Yuan Low	TAKEOUT & DELIVERY	GRUBHUB, DOORDASH, POSTMATES, SELF DELIVERY	310-541-0803	WEBSITE	Only eggs
Pizza Hut	TAKEOUT & DELIVERY	GRUBHUB, PIZZA HUT, ONLINE ORDERS	310-265-1714	WEBSITE	No
Good Stuff	TAKEOUT & DELIVERY	DOOR DASH, ONLINE ORDERS	310-544-8000	WEBSITE	No
Red Onion	TAKEOUT & DELIVERY	POSTMATES, ONLINE ORDERS	310-377-5660	WEBSITE	No
Bristol Farms Café	CLOSED	NO DELIVERY	N/A	N/A	N/A
Domino's Pizza	TAKEOUT & DELIVERY	SELF DELIVERY	310-544-1445	WEBSITE	No
Noah's Bagels	TAKEOUT & DELIVERY	CATERING	310-541-7824	WEBSITE	No
Chipotle	TAKEOUT & DELIVERY	POSTMATES, UBER EATS, DOORDASH	310-265-0031	WEBSITE	No
Chicken Maison	TAKEOUT & DELIVERY	UBER EATS, DOORDASH, POSTMATES, GRUBHUB, ONLINE ORDERS	310-541-8080	WEBSITE	Gloves
Inka Wasi	TAKEOUT & DELIVERY	UBER EATS, DOORDASH, POSTMATES, ONLINE ORDERS	310-541-6900	WEBSITE	No
Mama Terano	DELIVERY	DOOR DASH	310-377-5757	WEBSITE	No
The Appetizer	CLOSED		N/A	N/A	N/A
El Pollo Inka	TAKEOUT & DELIVERY	GRUBHUB, UBER EATS, POSTMATES, DOORDASH, ONLINE ORDERS	310-377-3477	WEBSITE	No
The Habit	TAKEOUT & DELIVERY	UBER EATS, POSTMATES, DOORDASH, ONLINE ORDERS, PHONE ORDERS	310-377-2044	WEBSITE	No
MOD Pizza	TAKEOUT	PHONE ORDERS, ONLINE ORDERS	310-265-0100	WEBSITE	No
San Pedro Fish Market	TEMPORARILY CLOSED	NO DELIVERY	310-265-2260	WEBSITE	N/A
Starbucks (Promenade)	TEMPORARILY CLOSED	NO DELIVERY	310-265-8071	WEBSITE	N/A
The Crepery	DELIVERY	GRUBHUB, DOOR DASH, POSTMATES	310-265-0460	WEBSITE	No
Starbucks (Peninsula Center)	DRIVE THRU ONLY	DRIVE THRU ONLY	310-544-3942	WEBSITE	No
Pho Hana	TAKEOUT & DELIVERY	DOORDASH, POSTMATES, SELF DELIVERY	310-541-1227	WEBSITE	No
Subway	TAKEOUT & DELIVERY	GRUBHUB, UBER EATS	310-544-4800	WEBSITE	No
Kelly's Korner	TAKEOUT & DELIVERY	DOORDASH	310-541-2234	WEBSITE	No
Rolling Hills Golf Club	TAKEOUT	NO DELIVERY	N/A	N/A	No
CITY OF RANCHO PALOS VERDES					
Domenick's Pizza House	TAKEOUT & DELIVERY (FREE Wed-Sun from 4 PM to 8 PM)	DOORDASH, POSTMATES	310-831-0881	WEBSITE	TBD
Saladish	TAKEOUT & DELIVERY	GRUBHUB	310-521-0300	WEBSITE	TBD
Kumano Sushiya	TAKEOUT & DELIVERY	GRUBHUB	310-547-3388	WEBSITE	TBD
Maria's Mexican Restaurant	TAKEOUT & DELIVERY	GRUBHUB	310-833-2687	WEBSITE	TBD
Stuft Pizza	TAKEOUT & DELIVERY	GRUBHUB, POSTMATES, DOORDASH, EAT STREET, SEAMLESS	310-519-1411	WEBSITE	TBD
Bird Talk Chicken	TAKEOUT & DELIVERY	GRUBHUB	310-935-7759	WEBSITE	TBD
Burrattino Brick Oven Pizza	TAKEOUT & DELIVERY	POSTMATES, GRUBHUB, DOORDASH	310-832-1200	WEBSITE	TBD

IHOP	TAKEOUT & DELIVERY	GRUBHUB, SEAMLESS, ONLINE ORDERS	310-832-7364	WEBSITE	TBD
Avenue Italy	TAKEOUT & DELIVERY	GRUBHUB, UBER EATS, POSTMATES, DOORDASH	310-377-3940	WEBSITE	TBD
Swan Thai	TAKEOUT & DELIVERY	GRUBHUB	310-377-7200	WEBSITE	TBD
Tomatillo Mexican Grill	TAKEOUT & DELIVERY	GRUBHUB	310-544-4600	WEBSITE	TBD
Asaka Sushi & Grill	TAKEOUT & DELIVERY	UBER EATS, DOORDASH, POSTMATES	310-377-5999	WEBSITE	TBD
Subway	TAKEOUT & DELIVERY	GRUBHUB, DOORDASH, UBER EATS, POSTMATES, SUBWAY APP	310-265-9800	WEBSITE	TBD
Great American Seafood Market	N/A	N/A	310-750-6074	WEBSITE	TBD
CITY OF PALOS VERDES ESTATES					
Lunada Bay Market and Deli	TAKEOUT & DELIVERY	NO ONLINE ORDERS	N/A	WEBSITE	TBD
The Cove Café	TAKEOUT & DELIVERY	UBER EATS, POSTMATES	310-375-6767	WEBSITE	TBD
CITY OF TORRANCE					
Gaetano's Restaurant	TAKEOUT & DELIVERY (FREE DELIVERY UP TO 6mi)	GRUBHUB, DOORDASH, SEAMLESS, CHOW NOW	310-326-3354	WEBSITE	Grocery Box
Tender Green	TAKEOUT & DELIVERY	DIRECT WEBSITE, \$15 MINIMUM	(424) 488-0639	WEBSITE	Grocery Box
Lisa's Café and Bakery	TAKEOUT & DELIVERY	GRUBHUB, SEAMLESS, CHOW NOW	310-784-1077	WEBSITE	TBD
SAN PEDRO					
Compagnon Wine Bistro	TAKEOUT ONLY	NO DELIVERY	424-342-9840	WEBSITE	TBD
Brouwerij West	TAKEOUT ONLY	NO DELIVERY	310-833-9330	WEBSITE	TBD

PHARMACY DELIVERY

CONTACT PHARMACY FOR SPECIFIC DETAILS

CVS

901 Silver Spur Rd, Palos Verdes Peninsula, CA 90274
Delivery Service: (310) 377-6728

Golden Cove

31238 Palos Verdes Dr W, Rancho Palos Verdes
Delivery Service: (310)750-6082

Pavilions

7 Peninsula Center, Rolling Hills Estates
Delivery Service: (310) 377-1994

PV Drug Store

2325 Palos Verdes Dr W Palos Verdes Estates
Delivery Service: (424) 327-2990

Skidders

905 Deep Valley Dr, Rolling Hills Estates
Delivery Service: (310) 377- 4871

Ralphs

30019 Hawthorne Blvd, Rancho Palos Verdes
Delivery Service: (310) 377- 6941

Rite Aid

23 Peninsula Center, Rolling Hills Estates
Delivery Service: (310) 377-4472



"HIGH-TOUCH" SURFACE SAFETY CLEAN & DISINFECT THOROUGHLY & FREQUENTLY:



For more information visit: publichealth.lacounty.gov

TELEMEDICINE

With the emergence of the virus causing the disease COVID-19, there is an urgency to expand the use of technology to help people who need routine care, and keep vulnerable beneficiaries and beneficiaries with mild symptoms in their homes while maintaining access to the care they need. Limiting community spread of the virus, as well as limiting the exposure to other patients and staff members will slow viral spread.

Call your healthcare provider to find out if these services are offered.

Local offices offering telemedicine services to new and existing patients:

<u>Exer Urgent Care Rolling Hills Estates</u>	(424) 323-3500
<u>Palos Verdes Medical Group</u>	(310) 544-6858.
<u>UCLA Palos Verdes- Primary and Specialty Care</u>	(310) 303-3953
<u>Providence Little Company of Mary</u>	(310) 540-7676
<u>Torrance Memorial Hospital</u>	(310) 517-1111

TRANSPORTATION RESOURCES



Palos Verdes Transit

Now offering a free taxi service for Peninsula residents to assist those in need of transportation. The service is extended to Peninsula seniors (62+) and/or disabled and are not members of the existing dial-a-ride program. Trips can be taken anywhere on the Peninsula for any trip purpose and to surrounding cities for medical trips only.

To schedule a taxi service ride at (310) 965-5831
Reference account number 12552.

GO GO Grandparent*

Utilizes Uber and Lyft platform without using a smart phone app. Available 24 hours a day/ 7 Days a week ***Fee per ride**

To schedule a ride: (855) 464 6872 or
www.gogograndparent.com

IMPORTANT COMMUNITY CONTACTS

FIRE STATION 106

Phone: (310) 377-9523
(non-emergency and reporting concerns)
9-1-1 for emergencies
27413 Indian Peak Road
Rolling Hills Estates

LOS ANGELES COUNTY SHERIFF'S DEPT. – LOMITA STATION

Phone: (310) 539-1661
(non-emergency and reporting concerns)
9-1-1 for emergencies

PALOS VERDES ESTATES POLICE DEPT.

Phone: 310-378-4211
(non-emergency and reporting concerns)
9-1-1 for emergencies

CITY OF PALOS VERDES ESTATES

Phone: 310-378-0383
Hours: Monday – Friday 8:00am -5:00pm
Website: www.pvestates.org

CITY OF RANCHO PALOS VERDES

Phone: 310-544-5200
Hours: Monday – Friday 7:30am -5:30pm
Website: www.rpvca.gov

CITY OF ROLLING HILLS

Phone: 310-377-1521
Hours: Monday – Friday 7:30am -5:00pm
Website: www.rolling-hills.org

CITY OF ROLLING HILLS ESTATES

Phone: 310-377-1577
Hours: Monday – Friday 7:30am -5:30pm
Website: www.rhe.city

PVE-CARES Senior Program

*A free program for PVE residents
65 and older through PVE PD*
Phone: 310-378-4211
mherrera@pvestates.org

H.E.L.P.

Healthcare and Elder Law Programs
Phone: 310-991-3324
Website: www.help4srs.org/

PENINSULA SENIORS

Phone: 310-377-3003
Website: www.pvseniors.org

PV PENINSULA VILLAGE

Phone: 310-991-3324
Website:
www.peninsulavillage.clubexpress.com

REC & TECH

PVLD Teen Tech for Seniors Program-

Hours: Monday - Friday 9am - 5pm, Sat. 10am - 5pm and Sunday 1-5pm, for over the phone assistance (leave a message) with any questions pertaining to technology and library services. (310) 377-9584

Cyber-Seniors

Cyber-Seniors is national organization offering training opportunities to help keep senior citizens socially connected while remaining safe in their homes during the COVID-19 outbreak. 1-844-217-3057

City of Rolling Hills Estates Rec

www.RHE.city/VirtualRec

Website offers a variety of fitness, and arts and craft activities for all ages.

Beach Cities Health District

www.bchd.org

Beach Cities Health District offers many tips and resources on staying healthy and provides expanded support for seniors if needed.

7 EASY EXERCISES
Try these exercises twice a week to build up your strength, balance and flexibility.

Warm-Up

1. Stationary March with Arm Swing/Seated March

Strength Exercises

2. Sit to Stand

3. Standing Hip Extension

Balance Exercises

4. Side Leg Raise

5. Single Leg Stand

Flexibility Exercise

6. Triceps Stretch

Cool Down

7. Standing Quadriceps Stretch

COVID-19: Be Smart. Do Your Part.

If you do go to our parks or trails to exercise, use extreme caution.



Do not participate in team or contact sports.



Respect the Radius:
Keep six feet or more between you and others at all times.



Do not touch any surfaces or playground equipment.



We discourage gathering in parks. It is illegal to gather in groups of ten or more.