

OLDER ADULT RESOURCE GUIDE

**AGING SERVICES DIVISION
CITY OF BERKELEY**

EMERGENCY INFORMATION



Police/Fire..... 911
Ambulance..... 911
Hazardous materials..... 911
Public Transportation..... 511
City of Berkeley Customer Service..... 311
Alameda County Social services (Eden I &R)..... 211

Emergency calls placed by cell phones..... 981-5911

Police/Fire non-emergency 981-5900

Mental Health Crisis Intervention 981-5290

Crisis Support Services1-800-309-2131

AT&T - phone repair 611

Promotion Center1-800-288-0202

East Bay Municipal Utility District (EBMUD) - water - emergency
1-866-403-2683

Pacific Gas and Electric (PG&E) - gas/electric - emergency.....
1-800-743-5000

Information on electric outages 1-800-743-5002

Alta Bates Summit Medical Center - EMERGENCY DEPT.
2450 Ashby Ave, Berkeley 204-1303
350 Hawthorne Ave., Oakland 869-6600

Doctor (Family/Primary Care):

Name _____ Phone _____

Dentist:

Name _____ Phone _____

Pharmacy

Name _____ Phone _____

Address _____

In case of emergency,
Contact Person/s (relative/friend/neighbor)

Name _____ Phone _____

Address _____

Name _____ Phone _____

Address _____

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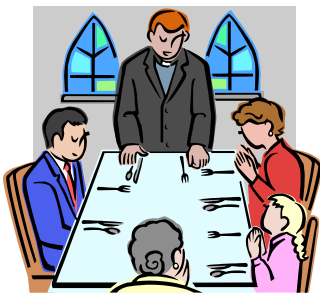
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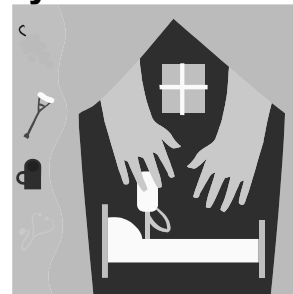
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**Frequently Used Telephone Numbers
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To report changes in this guide phone
North Berkeley Senior Center
510.981.5190

ADVOCACY

Also see LEGAL



DISPUTE RESOLUTION

Dept. of Consumer Affairs 1-800-952-5210
www.dca.ca.gov

Seeds Community Resolution
Center (Berkeley Dispute) 548-2377
Resolution Service -Mediation
1968 San Pablo Avenue, 94702

GENERAL ADVOCACY

Alameda County 1-800-827-1000
Veteran's Services www.va.gov

California Alliance of
Retired Americans 663-4086

American Association of Retired
Persons—AARP 1-888-687-2277

Berkeley Commission on Aging 981-5200
Admin. Office - City of Berkeley
Division on Aging

Berkeley Gray Panthers 548-9696
1403 Addison St. 94702
graypanthersberk@aol.com

California Senior Legislature 577-3530
(Area Agency on Aging)

Deaf Counseling Advocacy 483-0753
and Referral Agency www.dcara.org

Disability Rights 644-2555

Lavender Seniors of the 667-9655
East Bay: Lesbian, Gay,
Bi & Transgender *lavenderseniors.org*

Older Women's League 1-916-444-2526

HEALTH/INSURANCE ADVOCACY

AIDS Project East Bay 663-7979
1320 Webster St.,
Oakland, 94612

American Cancer Society 1-800-227-2345

Berkeley Primary 204-4666

California Consumer 1-800-225-2686
Health Care Council www.justhealth.org

California Partnership for 1-800-227-3445
Long-Term Care www.dhs.ca.gov/cpltc

Health Insurance 839-0393
Counseling & Advocacy (HICAP)
464 7th St., Oakland, 94607

LUMETRA, formerly 1-800-841-1602
CA Medical Review www.lumetra.com
(Medicare, Patient Rights)
1 Sansome St., # 600,
San Francisco, CA, 94104

Medicare Part B 1-800-633-4227

Medigap 1-800-434-0222
www.calmedicare.org

Private insurance policy
supplementing Medicare

Mental Health Assoc, of 835-5010
Alameda County
954 60th St, #10, Oakland

Administration 835-5010

Mental Health 835-5532

Patient's Rights 835-2505

Project Open Hand 622-0221
Breast cancer (any age)
HIV Homebound &
Critically ill (under 60)

Over 60's Health Center 601-6000

West Berkeley Family Practice 981-4200

ADVOCACY

HOUSING ADVOCACY

Berkeley Rent Stabilization Board
2125 Milvia Street, Berkeley 94704
981-7368

California Advocates for Nursing Home Reform
1-800-474-1116

Housing and Urban Development (HUD) Compliance & Enforcement
1-800-347-3739

Housing Rights, Inc.
1966 San Pablo, Berkeley 94702
548-8776

Ombudsman, Alameda County Long Term Care (Convalescent Hospital, Board and Care)
638-6878

Salvation Army
437-9437

PROTECTIVE SERVICES

Alameda County Adult Protective Services
577-1900

Contra Costa County Adult Protective Services
1-925-646-2854

Elder Abuse Victim Witness Assistance
569-8296

COUNSELING / SUPPORT GROUPS

COUNSELING

Asian Community Mental Health
310 8th Street, #2001
Oakland 94607
451-6729

Berkeley Mental Health Dept.
2640 Martin Luther King Jr.
Berkeley 94704
981-5290

Berkeley Free Clinic
2339 Durant Street
Berkeley 94704
548-2570

Casa del Sol
1501 Fruitvale Avenue,
Oakland 94601
535-4170

Catholic Charities of the East Bay
Family/Individual Counsel
768-3100

City of Berkeley Mobile Crisis Team
Message / Response
11:00 am -11:00pm
Except Wednesday: 4-11pm
Non-emergency well-being checks
81-5900
Emergencies
911 or 981-5911

Crisis Support Services of Alameda County
Support Group for:
Single Men & Women 55+
Women in Transition 55+
Grief Group for Men & Women age 55+
420-2475

Deaf Counseling Advocacy Referral Agency
483-0753
FAX 351-5906

In-Home Counseling
1-800-260-0094

Family Caregiver Alliance
1-800-445-8106

Jewish Family & Children Services of the East Bay
www.jfcs-eastbay.org
Suse Moyal Center for Older Adults
828 San Pablo Ave., #104,
Albany
558-7800

Over 60 Health Center Counseling Services
3280 Sacramento (at Alcatraz Ave.)
Drop-in Clinic, Thursday 2-5 pm
601-6060

COUNSELING / SUPPORT GROUPS

Police non-emergency 981-5900
 Veterans Counseling 1-800-827-1000
 Oakland *www.va.gov*
 Women's Therapy Center 524-8288
 Wright Institute Clinic 548-9716
 (Low rates)

SELF-HELP

East Bay Center for the Blind 843-6935
 2928 Adeline St., Berkeley
 Lions Center for The Blind 450-1580
 3834 Opal Street
 Oakland, CA
 OWL-California Older 1-415-989-4422
 Women's League *www.owlca.org*
 CA Dept, of Rehabilitation 883-6000
 3075 Adeline St., Ste. 170
 Berkeley, CA 94703

SUPPORT GROUPS

ALANON 528-4379
 ALANON Spanish 1-650-794-9654
 Alcoholics Anonymous 839-8900
 295 27th Street
 Oakland, CA 94612
 Alzheimer's Services 644-8292
 of the East Bay
 2320 Channing Way
 Berkeley, CA 94704
 Alameda County 1-800-260-0094
 Face-to-Face Grief Counseling

Alta Bates Medical Association
 Arthritis 204-4503
 Cancer 204-4785
 832-7012
 Diabetes 204-1081
 Fibromyalgia 204-4503 (Ext. 3)
 Stroke 204-4503

American Cancer Society 832-7012
 Caregiver Fam. Support 1-415-434-3388
 BACS Care Program 601-1074
 5714 MLK Jr. Way
 Oakland, CA 94609

Gamblers Anonymous 1-800-287-8670
 Grandparents as Parents 845-7189
 Grief Support 869-6778
 Grief Recovery Group 450-8596
 Sutter VNA and Hospice

JC Robinson, MD Regional 970-5332
 Cancer Center Support Groups
 Doctor's Medical Center
 2000 Vale Road, San Pablo

Hearing Impaired 644-2003
 Deaf Hearing Project
 Berkeley Place

Lavender Seniors of the East Bay 667-9655

Low Vision Support Group 981-5190
 North Berkely Senior Center

Low Vision Clinic (UC) 642-5726

Man-to-Man Prostate Cancer 869-8833
 Support

Parkinson's Support Group 981-5190
 and Exercise
 (at North Berkeley Senior Center)

Pathways Hospice 632-4390

SUPPORT GROUPS (con't)

Smoking Cessation 981-5300
752-6150

Suicide Prevention/Crisis Support 1-800-309-2131

Stroke 204-4503

Tinnitus Assoc. 1-800-634-8978

EMERGENCY RESPONSES FOR SENIORS

ADT-Personal Emergency Response Companion Service 1-800-595-8342
www.securitychoice.com/Specials

E.F.R. Oakland Emergency Response System 1-888-790-0283
www.oaklandmedicalalertsystems.com

Lifeline 1-800-566-6218

Medical Alert for Seniors 1-877-484-8619
www.medicalhomealert.com

National Alert — Medical Alarm Emergency System for Seniors —SF 1-800-668-9200
www.medicalguardian.com

Vital Links Emergency Response System 1-800-752-5522
www.vital-link.com

EMPLOYMENT/VOLUNTEER OPPORTUNITIES

EMPLOYMENT

Assets Senior Employment Program For Seniors age 55+ 238-3535

The Bread Project 644-4575
BAS Job training & placement

Center for Independent Living 841-4776
3075 Adeline St., Ste. 100
Berkeley, CA 94703

East Bay Works 768-4400
E.D.D.
1212 Broadway, Oakland, CA

Inter-City Services 655-3552

Laney College Self-study Prog. 464-3179

Workforce Training Institute 655-3552
3269 Adeline Street
Berkeley, CA 94703

One Stop Career Center 982-7128
1918 Bonita Avenue
Berkeley, CA 94704

State of California 563-5200
675 Hegenberger Road
Oakland, CA 94621

FOOD

DELIVERED

Berkeley Meals on Wheels 981-5250
West Berkeley Senior Center

Done in Love Catering 776-6893
Lunch Delivery Service

Home on the Range 251-8030
Homeontherangemeals.com

Japanese American Services 848-3560
J-Sei

Project Open Hand (under 60) 622-0221
HIV, homebound critically ill

Berkeley, Emeryville, Albany 891-5250
Meals on Wheels

Safeway 526-3086
Safeway Grocery Delivery
www.Safeway.com

Salvation Army 437-9437

FOOD

Meals served:

DINING SITES

(Reservations may be needed)

Berkeley/Richmond 848-0237
Jewish Community Center
Meals for Older Adult Fitness
& Jewish Holidays
1414 Walnut St., Berkeley

Chinese Community Church 548-5259
Meals served only on
Tues. 12:15
2117 Acton St., Berkeley

Emeryville Senior Center 596-3730
Mon.-Fri. 11:45
4321 Salem
Emeryville, CA 94608

Japanese Senior Center 883-1106
Mon.-Thurs. 11:30 a.m
1710 Carleton Street
Berkeley 94703

Quarter Meal 649-4976
Berkeley Food and Housing
2362 Bancroft Way
Monday - Friday 3:30-4:15 pm

North Berkeley Senior Center 981-5190
1901 Hearst,
Berkeley 94709
Monday - Friday 12:00 pm

South Berkeley Senior Center 981-5170
2939 Ellis Street
Berkeley, CA 94703
Monday - Friday 12:00 pm

St. Vincent de Paul 451-7676
2675 23rd St. Oakland
Mon.- Sun. 10:45 a.m.-12:45
Except First Wednesday of Month
Daily services: 8-3pm

St. John's Presbyterian Church 845-6830
2727 College Avenue
Berkeley, CA 94705
First Tuesday of the Month:
Senior Day, Lunch

Women's Daytime Drop in Center 548-2884
2218 Acton, Berkeley.
Breakfast and lunch for
homeless or at risk

RESOURCES –FOOD BAG

Alameda County 1-800-870-3663
Community Food Bank

Berkeley Food Pantry 525-2280
1600 Sacramento Street
Berkeley
Referral necessary
Berkeley, Albany, Residents Only
Monday, Wednesday, and
Friday, 2-4 p.m.

Mercy Brown Bag
Low income Grocery Bag,
twice a month
Call any of the following
Senior Centers:

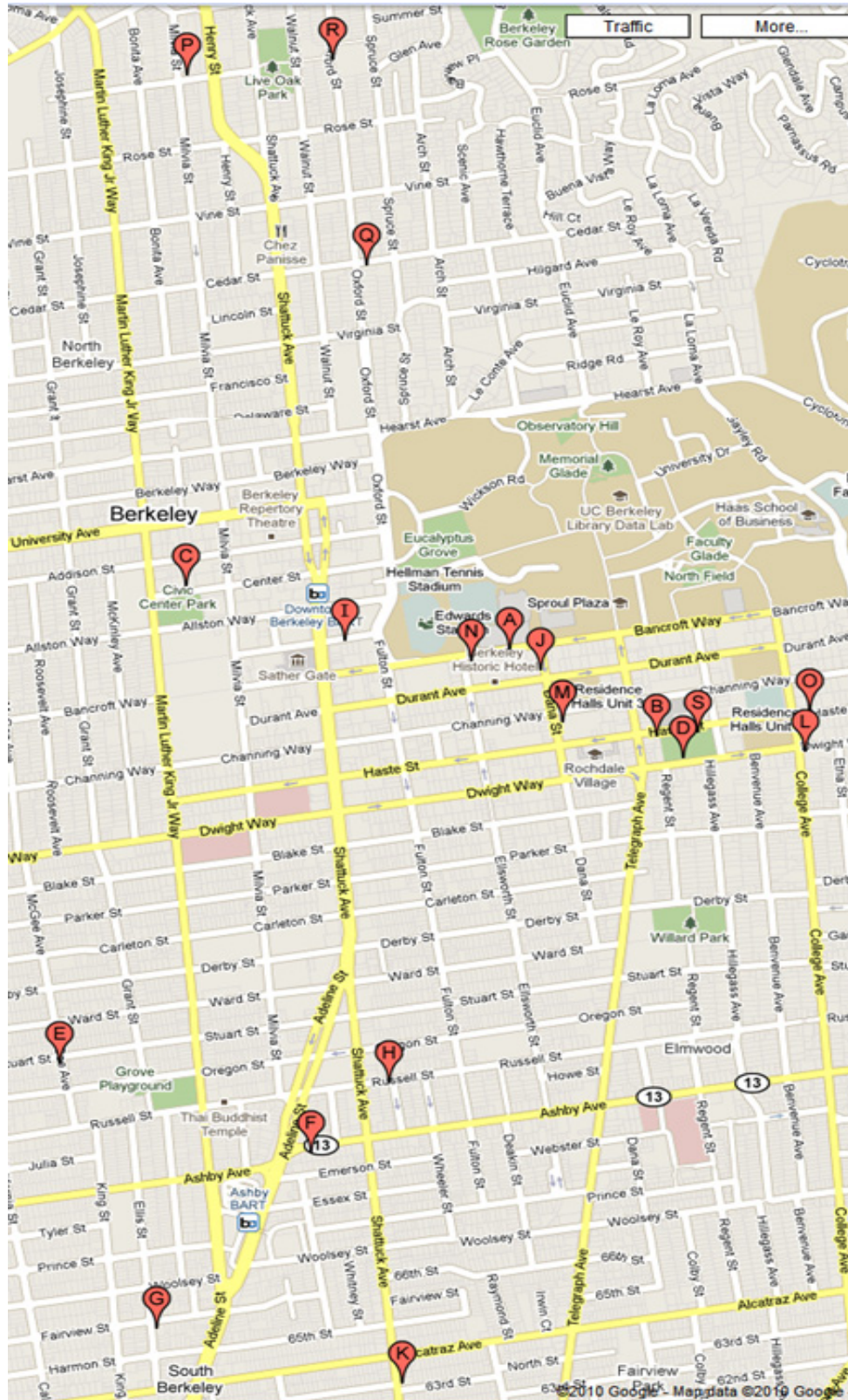
Albany Senior Ctr. 524-9122
Emeryville Senior Ctr. 596-3730
North Berkeley Senior Ctr. 981-5190
South Berkeley Senior Ctr. 981-5170

Salvation Army 437-9437
2794 Garden St., Oakland

Salvation Army—Food & Utility Bill Assistance 645-9710 ext 201
397 12th st. Oakland




Senior Resources:
St. Paul's Church Food Shopping Co-op 444-0243
116 Montecito, Oakland 94610
Thursday 10:00 -11 a.m.

Free Food Services in Berkeley






Free Food Services in Berkeley

Breakfast


-  Dorothy Day, 1391 Center St.,
MASC Men's Shelter
*Breakfast Monday through
Saturday 8am*
-  Night on the Streets, at Peoples'
Park
Breakfast Sunday morning 7:30a
-  Night on the Streets, in front of
MASC men's shelter
Breakfast Sunday morning 8:15a

Midday Meals

-  Food Not Bombs, at Peoples' Park
Vegetarian lunch, Mon-Fri 2:30pm
-  McGee Ave Baptist Church,
at 1640 Stuart
Lunch Mon, Wed, Fri 12p-1p
-  St Paul AME Church,
at 2024 Ashby
Lunch Tuesday 11:30a-12:30p
-  South Berkeley Community
Church, at 1802 Fairview at Ellis
Lunch Thursday 12p-1p
-  Church by the side of the Road,
2108 Russell
Lunch 2nd Sunday 1p-3p
-  Richmond Baptist Church,
2124 Kittredge
Bag lunch Saturday 12p

Weekday Dinners

-  Berkeley Food and Housing,
2362 Bancroft Trinity Methodist
Church
*Hot meal Mon-Wed 4:15p-5p,
Bag meal Thu-Fri 3:30p-4:15p*

-  Shattuck Ave Methodist Church,
at 6300 Shattuck
Hot dinner Monday 4p-6p

Saturday Dinners

-  Newman Hall Loaves & Fishes,
at 2700 Dwight
*Dinner 1st Saturday 4:30p,
tickets at 2p, to-go meal at 4:45p*
-  First Presbyterian Church,
at 2407 Dana
*Dinner 2nd and last Saturday 5p,
tickets at 4p*
-  St Marks, at 2300 Bancroft
*Dinner 3rd Saturday 5p,
tickets at 4p*
-  University Lutheran Chapel,
at 2425 Haste
*Dinner 4th Saturday (March, May,
Aug, Sept) 4:30p*

Sunday Dinners

-  St Mary Magdalen Church,
at 2005 Berryman
Dinner 1st and 4th Sunday 3p
-  All Souls Episcopal Church,
2220 Cedar
Dinner 2nd Sunday 4p (Jambalaya)
-  Congregation Beth-El,
1301 Oxford
*Dinner 3rd Sunday 5p, Tickets 4p
(Chicken dinner)*
-  Night on the Streets,
at Peoples Park
*Dinner 5th Sunday 4p
(March, May, August, Sept)*

Free Food Services in Berkeley

Oakland Meals

Breakfast

City Team Ministries,
722 Washington St., Oakland
6a meal Mon-Sat, sign up thru Food Bank

Open Door Mission,
92 7th St, Oakland
7a meal Sat-Fri after service

Midday Meals

St Vincent de Paul,
675 23rd St, Oakland
10:45a-12:45p meal, Mon-Sun
(except 1st Wed)

St Andrew Soup Kitchen,
3320 San Pablo, OAKLAND
1p meal Mon-Fri

Covenant House Service Center, 2781
Telegraph, Oakland
12p-1p lunch Mon-Fri for 13-22 y/o Dinners

City Team Ministries,
722 Washington st, Oakland
7p service then meal, Mon-Sun, sign-up @
Food Bank

College Ave Presbyterian,
5951 College,
Oakland
6p meal Fri

Dreamcatcher Youth Drop-in, 422
Jefferson Oakland
5:30p meal Mon-Thu, youth 13-19

Open Door Mission,
92 7th st, Oakland 6:25p meal after service
Mon-Fri, 3p Sun

Berkeley Meals For Women & Children

Breakfast

Women's Daytime Drop-in
2218 Acton, Berkeley
9a meal Mon-Fri (Closed 1st Friday)

Midday Meals

Berkeley Food and Housing
2140 Dwight, Berkeley
12p meal Sun-Thu

Women's Daytime Drop-in
2218 Acton, Berkeley
12p meal Mon-Fri (Closed 1st Fri)

Dinners

Suitcase Youth Clinic,
2300 Bancroft, Berkeley
6p-9p Mon dinner, Youth

LONG TERM FOOD

County Food Agencies

Alameda County Food Bank, 1-800-870-3663
7900 Edgewater Dr, Oakland
9a-4p Mon-Fri

Alameda County WIC, 981-5360
830 University Ave, Berkeley,
8a-12p and 1p-4:30p Mon-Fri

Community Agencies
Berkeley Food Pantry, 525-2280
1600 Sacramento, Berkeley,
M,W,F 2p-4p (Referral required)

Emeryville Com. Action Program 652-8422
3610 San Pablo, Emeryville
8a-5p Mon-Fri, Sat 8-4

Harbor House, 534-0165
181111th Ave, Oakland

Salvation Army 437-9437
2794 Gorden St, Oakland

HEALTH

Blood pressure

City of Berkeley Health Dept. 981-5300
1947 Center Street
Monday - Friday
8 a.m. -12 pm, 1p.m. - 5 p.m.

Health Advice

City of Berkeley Health Dept. 981-5300
1947 Center Street
Nurse of the day

City of Berkeley 981-5201
Nutrition Counseling—Natalie

Dental

Berkeley Dental Society 865-6334
Referral service, Dentist

Berkeley Free Clinic 548-2570
Health Project
2339 Durant Avenue

Buchanan Dental Clinic 1-415-476-5608
UCSF (Dental School)
100 Buchanan St. San Francisco

Denti-Cal Referrals 1-800-322-6384

Highland Hospital 437-4473
Emergency Dental Clinic
1411 East 31st Oakland, CA 94602

La Clinica 535-3502
3451 E. 12th Street
Oakland, CA 94601

Lifelong Dental Clinic 280-6080
Over 60 Health Center
1860 Alcatraz, Berk, CA 94703

National Foundation 1-877-5357-8660
of Dentistry for the handicap

Native American Health Center 535-4460
3124 International Bl.,
Oakland

Suitcase Clinic - Dental 643-6786
3rd Tuesday, 6-9 p.m.

UCSF Dental School 1 -415-476-1891
707 Parnassus, San Francisco

University of the Pacific 1 -415-929-6501
Dental School
2155 Webster, San Francisco

Hospitals

Alameda County Medical Center
Highland Hospital
1411 East 31st Street, Oakland 94602
www.acmedctr.org 437-4800

Alta Bates Summit Medical Ctr
350 Hawthorne Ave., Oakland, CA 94609
www.altabatesummit.org
655-4000

Alameda Hospital
2070 Clinton Ave, Alameda, CA 94501
www.alamedahospital.org
522-3700

Alta Bates Summit Medical Center
2450 ASHBY AVE, Oakland, CA 94609
www.altabatesummit.org
204-4444

Kaiser Permanente Oakland, Oakland, CA
280 West Macarthur Blvd, Oakland 94611
Oakland.kaiser.org
987-1000

Chinese Hospital
845 Jackson Street
San Francisco, CA 94133
www.chinesehospital-sf.org
1-415-982-2400

HEALTH

Hospitals (con't)

Doctors Medical Center
2000 Vale Rd, San Pablo, CA 94806
www.doctorsmedicalcenter.org
970-5000

UCSF Medical Center &
UCSF Children's Hospital
1600 Divisadero St,
San Francisco, CA 94115
www.ucsfhealth.org 1-415-885-3868

San Francisco VA Medical Center
4150 Clement St, S
an Francisco, CA 94121
www.sanfrancisco.va.gov/contact
1-415-221-4810

Veterans Affairs Hospital
150 Muir Rd, Martinez, CA 94553
www.northerncalifornia.va.gov
1-925-372-2059

Medical Clinics

Alameda Co. Highland Medical Center
E. 31st St., Oakland
Information 437-4800

Berkeley Community 548-2570
Health Project / Free Clinic
2339 Durant Ave. Berkeley

Berkeley Primary 204-4666
Care/Lifelong Care Clinic
Herrick Campus
2001 Dwight Way,
Berkeley, CA 94704

Berkeley Health Center 843-6194
for Men And Women
2908 Ellsworth St.
Berkeley, CA 94705

Center for Elders 433-1150
Independence
1955 San Pablo Ave. Oakland
1497 Alcatraz, Berkeley
7200 Bancroft, Berkeley

Clínica de la Raza 535-3500
3451 E. 12th St., Oakland

City of Berkeley Public 981-5350
Health Center
Flu Shots, Tetanus shots
830 University Ave. 94710

Charlotte Maxwell 601-7660
Complementary Clinic
5691 Telegraph Ave., Oakland
Friday / Saturday / Sunday
10 a.m. - 5 p.m.
Alternative Medicine for women
cancer patients

Lifelong Clinic @ Alta Bates 204-4666
2001 Dwight Way, Berkeley

Over 60/Lifelong Health Center 601-6060
3260 Sacramento, Berkeley

Native American Clinic 535-4060
3124 International Bl., Oakland

Rumford Medical Ctr. 549-3166
2960 Sacramento St., Berkeley

Suitcase Clinic 643-6786
Held at First Presbyterian Church
2407 Dana St. at Haste, Berk. 94704
Tuesday 6:30 to 9:30 p.m.

UCB Eye Center
Minor Hall, Berkeley, CA 94720

UC Davis 1-925-372-2485
Alzheimer's Disease Center
(Diagnostic)
150 Muir Rd., Martinez

V.A. Outpatient Clinic 267-7805
2221 Martin L. K. Jr. Way, Oakland

HEALTH

Pharmacy/HMO Information (con't)

Pharmacy Delivery-
Call 411 for the pharmacy located
nearest to you.

Physician Referrals

Alameda/Contra Costa Counties 654-5383
Medical Association

Eye Care America 1-800-222-3937
Senior Eye Care
Free exams

Power of Attorney (Advance Directives)

California Medical Association
Publications 1-415-882-5175
Order forms 1-800-882-1262
www.cma.net.org

Nolo Books & Forms 549-1976

HELP TO STAY AT HOME

Attendant Care, Live-In, Nurses

Accent Care Services 1-800-834-3059

Albany Senior Center 524-9122
846 Masonic, Albany
Caregiver list

Area Agency 577-3530
Senior Info Line
List of home health
agencies/companies

Ashby Village 204-9200
Membership organization
for 50+

Bay Area Community Services 271-6078
Registry Home Care

Berkeley Property Management 524-6007
Senior Helper in home
Support Care Provider

Center for Independent Living 841-4776
3075 Adeline, Suite 100
Berkeley, CA

Easy Does It
Emergency Services 704-2111
Attendants & transportation
845-5513
Office 845-5513
Berkeley residents only
TDD 464-8583

Emergency IHSS 357-4222
Worker Replacement Service
24 hours Nightingale Nursing
357-4222

Family Bridges
Cantonese and Mandarin 839-2022

Home Instead Senior Care 663-3652
In home workers

In Home Supportive Services 577-1800
County program for
income Eligible

Manos Home Care 336-2900
Yard Care, Janitorial 482 4651



HELP TO STAY AT HOME

Case Management Social Workers

Alameda County Adult & Aging Services (Public Guardian) 577-1900

Albany Senior Center 524-9122

Area Agency on Aging Senior Information Line 1-800-510-2020

Case Manager's List
www.casemanager.org

Center for Elders Independence 433-1150

City of Berkeley Case Management
North Berkeley Senior Ctr. 981-5190
South Berkeley Senior Ctr. 981-5170

J-sei (Japanese-American Services of the East Bay) 848-3560

Jewish Family and Children Services of the East Bay 704-7475
www.jfcs-eastbay.org
Suse Moyal Center for Older Adults 704-7475
828 San Pablo Ave., 104, Albany

Over 60 Health Center 601 -6060

Senior Resources 444-0243
St. Paul's Episcopal Church Assessments

Daycare, Hospice, Social Day Care, Partial Hospitalization For Mental Health, Respite

Alta Bates Summit Geropsychiatric Unit Herrick Campus 204-4447

Alzheimer's Service of the East Bay 644-8292
2320 Channing Way
Berkeley, CA 94704

Bay Area Community Services Adult Day Care. Mental Health care Management 601-1074 272-4797

Berkeley Adult Day Health Care Center 1890 Alcatraz, Berkeley 601-0167

Center For Elders Independence Human Resource Center Adult Day Program 1497 Alcatraz, Berkeley 433-1150

Family Caregiver Alliance Respite help (San Francisco only) www.caregiver.org 1-415-434-3388

La Cheim Adult Behavioral Health Bolivar Dr., Berkeley Outpatient 9:30 am -2:15 pm Dr. David Beckerman 486-8744 649-1432

Open House Senior Center and Respite Program 6500 Stockton Ave, El Cerrito 215-4342

Pathways Hospice & Home Health www.pathwayshealth.org 632-4390

Senior Companion Caregiver Program South Berkeley Senior Center 981-5170

Sutter Visiting Nurse Association & Hospice of Northern California 1900 Powell Street, Suite 300 Emeryville, CA 94608 450-8596

Visiting Nurses Association 450-8596

Vitas Innovative Hospice Care www.vitas.com 1-866-548-4827

HELP TO STAY AT HOME

Emergency Phone Response

Bay Area Vital Link 644-2779
Financial assistance for low income

Summit/Alta Bates 869-8992
Lifeline Personal Response

Phone Reassurance

Alta Bates Tele-Care 204-4487

HOMELESS SERVICES

Drop-In Centers

Berkeley Drop-In Center 653-3808
3234 Adeline, Berkeley

Berkeley Food and Housing 649-4976
Project
Trinity United Methodist Church
2362 Bancroft, Berkeley

Multi-Agency Center Drop-In 843-3700
1931 Center St., Berkeley

Women's Daytime Drop In Center 549-4392
2218 Acton St., Berkeley

Outreach Services

City of Berkeley
Homeless Outreach 981-5290

City of Berkeley 981-5418
Housing & Community Services
Shelter Plus Care
City of Berkeley Housing Subsidies

Emergency Housing/Showers

Safe Place 536-7233
Domestic Violence Victims

Berkeley Food/Housing Project 649-4976
Apply at 2362 Bancroft Way

Men's Shelter at the Veterans Bldg.
1931 Center St.

Women's Shelter &
Transitional Housing
2140 Dwight Way

BOSS Emergency Housing 843-3700
Harrison House
711 Harrison
Apply at 1931 Center St.

Eden I and R -Shelter Update 537-2552

Operation Dignity 287-8465
160 Franklin St. #103
Oakland, CA
Transitional Housing for Veterans

St. Mary's Center 893-4723
635 22nd St., Oakland

Salvation Army Family Shelter 437-9437
2794 Garden Street
Oakland, CA 94601
(Families only)

Rental Assistance

Catholic Charities 768-3100
Behind in rent. One time only

Showers:

Multi-agency Service Center 843-3700
Veterans Building,
1931 Center Street
Men / Women Call for hours

City of Berkeley
Willard Pool 644-8519
2701 Telegraph
(Closed during summer)
Recreation Dept. 981-5150

HOMELESS SERVICES

Multi-Service Centers

- Boss** 843-3700
1931 Center Street
Food and Housing
- Homeless Action Ctr.** 540-0878
3121 Shattuck Avenue
Berkeley
SSI & Medi-Cal help
- Multi-agency Service** 649-4976
2362 Bancroft Way,
Berkeley
Food/Housing Project
- Protection and Advocacy** 267-1200
Homeless- Disability Issues



HOUSING

Home Repair

- Center for Independent Living** 841-4776
3075 Adeline Street
Berkeley, CA 94703
Residential access, ramps,
grab bars, shower heads,
Berkeley Residents only
- Rebuilding Together** 644-8979
3318 Adeline Street,
Berkeley, CA 94703
Repairs & renovation for
low-income elders-No Charge
- Berkeley - Albany Weatherization** 981-7770
PG&E Help (HEAP)

Independent Living

Renting Resources

- Alameda County Area Agency** 577-3530
on Aging
Housing Guide & Residence
Hotel List
- Calif. Registry** 1-800-451 -2273
Elderly Housing Referral
- Center For Independent Living** 841-4776
3075 Adeline Street
Berkeley, CA 94703
Disabled
- City of Berkeley** 981 -5470
Housing Authority Sec. 8
1901 Fairview St., Berkeley
- City of Berkeley** 981 -5445
Housing Code Enforcement
- City of Berkeley** 981-7368
Rent Stabilization Board
- Gateway Housing** 1-800-806-8111
Opportunities
Housing Rights
Renters self-help for getting
landlord to make repairs
- U.S. Department of** 1-415-489-6400
Housing and Urban Dev. (HUD)
600 Harrison St., S.F. 94102

Independent Living Units

Following buildings provide low-income,
Section 8 and some market rate housing

- Affordable Housing Associates** 649-8500
Apply at 1250 Addison
- Shattuck Senior Homes**
2425 Shattuck Ave., Berkeley
- Sacramento Senior Homes**
2517 Sacramento St., Berkeley

Independent Living (con't)

Age Song Lake Merritt 1800 Madison St. Oakland, CA 94610 www.agesonglm.com	903-3600	Salvation Army 2794 Garden St., Oakland	437-9437
Amistad House 2050 Delaware Street, Berkeley	548-5189	Satellite Senior Homes 2526 Martin Luther King, Jr. Way 1521 University Avenue, Berkeley	647-0700
Dwight Way Apts. 1518 Dwight Way, Berkeley Disabled only	665-8436	Savo Is. Co-op Homes 2017 Stuart St., Berkeley 94703	841-4595
El Cerrito Royal 6510 Gladys Ave. Assisted living also	234-5200	Sister Thea Bowman Manor 6400 San Pablo Ave., Oakland	420-8802
Emery Villa 4320 Pablo Ave., Emeryville	601-8235	Sojourner Truth 6015 Martin Luther King, Jr. Way, Oakland	655-4413
Erna P. Harris Court Apts. 1330 University Avenue	841-0664	South lake Tower 1501 Alice Street, Oakland	465-0481
Harriet Tubman Terrace 2870 Adeline, Berkeley	843-0134	Strawberry Creek Lodge 1320 Addison, Berkeley	841-8330
Lawrence Moore Manor 1909 Cedar, Berkeley	704-8557	Stuart Pratt Manor 2020 Durant, Berkeley	704-9886
Mable Howard Apts. 499 Alcatraz, Berkeley	658-7492	UA COOP Homes Multi-family	843-5937
Resources for Community Development 2220 Oxford St. Berkeley, CA 94704 Margaret Breland Home 2577 San Pablo Ave., Berkeley	841-4410	UA Homes 1040 University Ave., Berkeley	649-6635
Moraga Royale 1600 Canyon Road, Moraga Assisted living also	1-925-376-8900	University Neighborhood Apartments 1721 University Ave., Berkeley	649-9683
Ocean View Garden Apts. 819 Hearst Ave., Berkeley	981-1182	University Avenue Senior Housing 1535 University Ave., Berkeley	981-9802
Oregon Park Apts. 1425 Oregon, Berkeley	848-8554	Valdez Plaza 280 28th St., Oakland	268-0153
Piedmont Gardens 110-41 st. St., Oakland Independent and Assisted living	596-2600	Veterans Home of California Assisted Living also	1-707-944-4600
Redwood Gardens 2951 Derby, Berkeley	549-2210	Westlake Christian Terrace (2 sites) 275 28th St., Oakland & 251 28th St., Oakland East and West 400 Units	893-2998
		William Byron Rumford Plaza 3017 Stanton St. Berkeley, CA No age limit, all incomes	841 -5292

HOUSING

Assisted Living, Board and Care, Skilled Nursing

The Berkshire, 841 -4844
Assisted Living Community
2235 Sacramento St. Berkeley

Berkeley Senior Care 1-800-991-9257
Complete directory of
Berkeley senior care
www.seniorhomes.com/Berkeley

CA Health Care www.calnhs.org
Foundation. CA
Nursing Home Search:

California Registry 1-800-777-7575
Helps in finding residential
care homes

Chaparral House 848-8774
1309 Allston Way, Berkeley
Skilled nursing care

Eldercare Locator 1-800-677-1116
(for Out of State Help)

Grapevine Senior Services
Residential Care Placement
gvserves@aol.com

Monarch Place 658-9266
4500 Gilbert St., Oakland

New Lifestyles Guide Book 1-800- 869-954
www.newlifestyles.com

Ombudsman Intake, Inc. 638-6878
Alameda County
Lists of licensed residential
facilities, retirement resident,
life care contract and licensed
nursing facilities including skilled
nursing & intermediate care

Apex Care 581-1111
In-house care
San Leandro

Age Song Lakeside Park 444-4684

468 Perkins Street
Oakland, CA 94610
Assisted Living,
Forgetfulness Care
(Alzheimer, dementia)

www.agesong.com

Housing, LGBT Friendly

Age Song Independent 903-3600

Senior Living
at Lake Merritt
1800 Madison Street
Oakland, CA

www.agesonglm.com



INFORMATION & REFERRAL

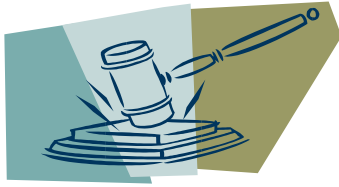
Alameda County Area 577-3530
Agency on Aging
Senior Information

Alzheimer's Association 1 -800-660-1993
Resource Center
Information, Support,
Advocacy

Berkeley Info Network 981-6166
Library Reference 981-6148
Outreach Services 981-6123

Berkeley Senior Centers
North Berkeley 981-5190
South Berkeley 981-5170

UC Davis Alzheimer's 1-925-372-2485
Disease Center
www.alzheimer.ucdavis.edu



LEGAL

Alameda County 302-2222
Bar Assoc. Lawyer Referrals

Alameda County Public 577-1900
Guardian/Conservator
Foothill Blvd. Ste. 300
Oakland, CA 94605
P.O. Box 2071,
Oakland, 94604-6955

Asian Law Caucus 1-415-896-1701
for low income

Asian Pacific Islander 251-2846
Legal Out-Reach
1305 Franklin, Ste. 400,
Oakland, CA

Bay Area Legal Aide 663-4744

Berkeley Information Network 981-6166
Free consultations

City of Berkeley 981-7368
Rent Stabilization
Program Counseling

California Advocates for 1-415-974-5171
Nursing Home Reform

Catholic Charities 768-3100
Immigration Project
433 Jefferson St., Oakland, CA

Centro Legal de la Raza 437-1554
Oakland

East Bay Community 548-4040
Law Center www.ebclc.org
3130 Shattuck Ave.
Berkeley

Elder Law Clinic 1-866-543-8017
John F. Kennedy University

Eviction Defense Center 452-4541
1611 Telegraph Ave. Rm. 726

Family Caregivers Alliance 1-415-434-3388
180 Montgomery St. Ste 1100,
San Francisco
Brain impaired

www.caregivers.org

International Institute of 451 -2846
the East Bay
449 15th Street, Oakland
Immigration clinics

Legal Assistance For Seniors 832-3040
464 7th Street, Oakland

Nolo Press 549-1976
950 Parker, Berkeley 704-2248
Self Help Legal Books



MONEY MATTERS

Benefit Payments

Alameda County 577-1900
Social Services Agency
 2000 San Pablo, Oakland
 Qualified Medicare Beneficiary
 Program; QMB Specified Low Income
 Medicare Beneficiary Program

Cash Assistance Program 268-2332
 for Immigrants -CAPI-HCAP
 2921 Adeline Street, Oakland
 Legal non-citizens age 65 or
 blind or disabled
 State SSI program
 No more than \$2,000 (single),
 \$3,000 married liquid resources
 Low income
 May also qualify for Food Stamps

CalFresh (food stamps) 1-916-654-1896
www.calfresh.ca.gov

General Assistance
Alameda County
Social Services Agency
 2000 San Pablo, Oakland
 Adults under age 65, little or no
 income or personal assets

In Home Support Service
Alameda County
 6955 Foothill Blvd., Oakland
www.alamedasocialservices.org

Medi Cal 1-800-698-1118

Alameda County Social Services 777-2300
 8477 Enterprise Way, Oakland
 Health Benefit Plan for those 65
 years and older and / or legally
 blind and / or totally disabled and
 low income IHSS, QMB, SLMB

Also Medi-Cal Share of Cost plan

To apply, bring: Social security
 card, birth certificate or proof of
 age, proof of citizenship / alien
 status

Medicare 1-800-633-4227
Social Security office www.ssa.gov
 Persons 65 and older unless
 disabled for 24 consecutive
 months who have worked and are
 covered under Social Security are
 eligible for Medicare

Persons 65 and over who are not
 covered under Social Security may
 purchase Medicare coverage

Alameda County Social Services
Lost cards 263-2420
 1-888-999-4772

Social Security 1-800-772-1213
Local Berkeley Office 486-3122
 2045 Allston Way, www.ssa.gov
 Berkeley
Fraud hot line: 1-800-269-0271

California Advocates 1-800-474-1116
 Advocates for Nursing
 Home Reform
 Info on dividing property when
 entering nursing home

Social Security, 1-800-772-1213
Supplemental

Security Income (SSI) Program www.ssa.gov
 Age 65 or older, blind, disabled
 Personal asset limitations are
 \$2,000 in cash, savings,
 stocks/bonds, etc. for one, \$3,000
 for two, \$1,500 may be set aside for
 burial of each person
 Exempt items: home (if primary
 residence), auto, furniture, and
 burial plot
 Recipients automatically receive
 Medi-Cal.
 Income eligibility is subject to
 change yearly, in January
 Legally admitted aliens may be
 eligible depending on the status

California Low Cost 1-866-602-8861
 Automobile Insurance Program
www.aipso.com/lc/program.asp

City of Berkeley, Energy Office 981 -7439
 Low Income assistance
 Call for eligibility criteria
 Minor home repair and
 weatherization

City of Berkeley, Finance 981-7251
 1947 Center Street
 Rebates: sewer, library, clean
 storm, Berkeley Unified School
 District, cable utility, landscape/
 park, Mello-Roos.

East Bay Municipal 1-866-403-2683
 Utility District - application
 Customer Assistance Program
 Income for 1-2, \$19,800
 Authorization approval from
 EBMUD and Salvation Army

Echo Housing 581-9380
 Reverse mortgage & home
 equity conversions 62+
 Counseling only

Franchise Tax Board 1-800-338-0505
 Homeowners & Renters Assistance

PG & E Energy Bill Assistance
 Salvation Army 645-9710 ext 201
 LIHEAP 1-866-675-6623
 City of Berkeley 981-2489

PG&E 1-800-743-5000
 Low Income assistance
 CARE; REACH-Plus (one time
 assistance)
 Application Forms www.PGE.COM

Medical Baseline and Life
 Support Program
 Additional quantities of energy
 provided to residential customers
 with certain medical conditions/life
 support, verified by licenced
 physician

MONEY MATTERS (con't)

Claim And Form Assistance

AARP Income Tax Assistance
 call libraries and senior centers

International Institute 451 -2846
 of the East Bay
 449 15th Street, Oakland
 Immigration, Legal, Social Svcs.

Mental Health Association 835-5010
 954 60th St. #10, Oakland

Senior Medi Benefits 420-0550
 3195 Adeline, Berkeley
 Sliding fee. Medi-cal eligibility for
 long term care, financial
 consultations

Veteran Benefits 1-800-827-1000
 1301 Clay St.
 North Tower 12th. Fl., Oakland

Financial Help

Alameda County Assessor 272-3770
 Exemption Department
 Homeowner tax exemption
 Request a claim

State Comptrollers Office www.sco.ca.gov

Property Tax 1-800-952-5661
Postponement
Franchise Tax Board
P.O. Box 942850, Sacramento
Age 62, or blind or disabled.
20% equity in property.
\$31,500 yearly income

Salvation Army
Shelter & Childcare 437-9437
2794 Garden St. Oakland, CA
Assistance with 648-9710 ext 201
Utility bills & Food
379 12th St., Oakland
Tue., Wed, & Thur. 8am-1pm
Universal Lifeline 1-800-310-2355
\$21,300 for 1 or 2 pers.
www.att.com

MONEY MANAGEMENT

Bay Area Community Services 271-4149
2147 Broadway, Oakland
Representative payees, \$2,024/mo.
Income. \$35,000 assets

Money Management 1-800-308-2227
International
2140 Shattuck Ave., #1208,
Berkeley



EDUCATION RESOURCES

AARP (California office) 1-866-448-3614
Monday-Friday 9am-5pm

Asians for Job Opportunities 548-6700
1911 Addison St., Berkeley 94704
www.aiob.org

Berkeley Adult School 644-6130
1701 San Pablo Ave.
Berkeley CA 94702
bas.berkeley.net

Berkeley City College 981 -2813
2050 Center St.

Berkeley Public Library 981-6100

Berkeley Reads (Liter.) 981-6299

Outreach Program 981-6160
Large Print book collections
Computer for visually impaired

City of Berkeley Active Choices 981-5332
Diabetic Prevention
Live Well-Be Well Program
One-to-one support for exercise

Fall Prevention Exercise 1-800-222-2225
Video and Guide National
Institute of Aging
P.O. Box 8057,
Gaithersburg, MD 20898-8057

50+ Driver Safety 1-888-227-7669
Education and AARP
Tax Aide Program

UCB Center on Aging 643-6427
UCB Electronic Newsletter

UCB Summer Session 642-5612
info@mail or summer.berkeley.edu

Libraries

Albany Library 526-3720
1247 Marin Avenue,
Albany, CA 94706

www.aclibrary.org

BERKELEY

Central Library 981-6100
2090 Kittredge at Shattuck
Berkeley 94704

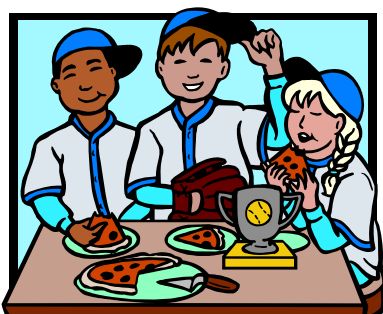
www.berkeleypubliclibrary.org

Claremont Branch 981-6280
2940 Benvenue Ave. at Ashby
Berkeley 94705

www.berkeleypubliclibrary.org

Tool Lending Library 981-6101
1901 Russell Street at MLK
Berkeley 94702

www.berkeleypubliclibrary.org



RECREATION

Exercise Programs for Seniors

Active Adult Exercise 869-6737

Bay Area Outreach 849-4663

& Recreation Program (BORP)

3075 Adeline St., Ste. 155

Berkeley, CA 94710

Monday- Friday 10am-5pm

For disabled

Berkeley Lawn Bowling Club 841-2174
2270 Acton Street, Berkeley

Road Scholar
Elderhostel 1-877-426-8056
Classes Catalog
www.elderhostel.org

North Berkeley Senior Center 981-5190
1901 Hearst Avenue
Berkeley 94709

South Berkeley Senior Center 981-5170
2939 Ellis Street
Berkeley 93703

Downtown Berkeley YMCA 848-9622
2001 Allston Way
Berkeley 94704

Downtown Oakland YMCA 451-9622
2350 Broadway
Oakland 94612

Downtown Oakland Senior Ctr. 238-3284
200 Grand Avenue
Oakland, CA 94610

Hilltop YMCA 222-9622
4300 Lakeside Drive
Richmond 94806

Jewish Community Center 548-0237
1414 Walnut Street
Berkeley 94709

“Keep Moving” Walking Group 479-6119
Yoga fir Oarjubsib’s
Paskinson Disease

Walk Berkeley for Seniors 548-9840
9:30 a.m. Wednesdays
Meet at Seabreeze Market

BLIND and LOW VISION SERVICES

Braille and Talking Book Library
California State 1-800-952-5666
Free Book loans

East Bay Center for the Blind 843-6935
2928 Adeline St., Berk. 94703

Lighthouse for the Blind & Visually Impaired (Recording Services) 1-415-431-148

Prevent Blindness (Resource Directory) 1-800-221-4792

Recording for the Blind and Dyslexic (RFBD) 1-800-338-3041

Lavender Seniors of the East Bay Gay and Lesbian, Bisexual and transgender seniors 547-2662

North Berkeley Senior Center 1901 Hearst Berkeley, CA 94709 981-5190

North Oakland Senior Center 5714 MLK St., Oakland, CA 94609 597-5085

SENIOR CENTERS

Afghan Elder Association 574-2059

Albany Senior Center 846 Masonic Ave. Albany, CA 94706 524-9122

Chinese Senior Center 2117 Acton, Berkeley, CA 94702 548-5259

El Cerrito Senior Center 780 Ashbury, El Cerrito

Emeryville Senior Center 4321 Salem St., Emeryville, CA 596-3730

Fruitvale San Antonio Senior Center 3301 E. 12th St., 2nd floor Oakland Spanish Speaking and English 535-6123

Japanese-American Services of the East Bay Senior Center 1710 Carlton St. Berkeley, CA 883-1106

Jewish Community Center 1414 Walnut St. Berkeley, CA 94709 848-0237

Korean Community Center 4390 Telegraph Ave., Ste. A Oakland Korean and English Speaking 547-2662

Oakland Senior Center Downtown, 200 Grand Ave, Oakland, CA 94610 238-3284

St. John's Church 2727 College Avenue Berkeley, Senior Day, Tuesday 845-6830

Senior Center W/O Walls Classes, bingo, support group 444-5974

South Berkeley Senior Center 2939 Ellis St., Berkeley, CA 94703 981 -5170

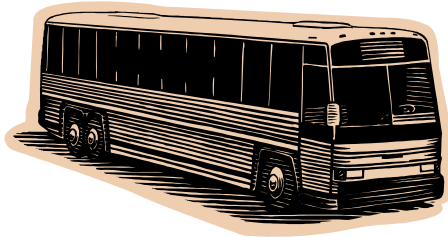
SWIMMING POOLS

Albany 559-6640

King 644-8518

YMCA 848-9622

UCB-Golden Bear Recreation Center 642-9821



TRANSPORTATION

AC Transit 891-4706
1600 Franklin, Oak.
Application for Regional
Discount ID Card (RTC) 208-0200
Problems with RTD
ID cards 208-0200

Bus Discount tickets / stickers:
By mail or on line:
www.clippercard.com/ClipperWeb/seniors.do

Accessible Services: 891-4853

BART 464-7136
BART discount ticket available at:
1600 Franklin, Oakland
Or
Lake Merritt BART station

Clipper Card 1-877-878-8883
www.clippercard.com/ClipperWeb/seniors.do

City of Berkeley Senior Center Mini-Bus Transportation Services for Berkeley Residents

North Berkeley Senior Center 981-5190
South Berkeley Senior Center 981-5170

City of Berkeley 981-7269
Paratransit Services (Taxi Scrip)
North Berkeley Senior Center
1901 Hearst Avenue, Berkeley

Applications for Transportation
are available at Berkeley
Senior Centers

Discounted Van and Free Taxi
vouchers to those who qualify

City of Berkeley 981-5290
Homeless Outreach Team
Homeless services

East Bay Paratransit 287-5040
1720 Broadway, Suite 310
Oakland
Applications and Reservations

Easy Does It 704-2111
1636 University Avenue,
Berkeley
Berkeley only
Emergency Van
Wheelchair Repair (after hours)
Attendant Services

Berkeley Senior Centers provide the following services:

INFORMATION AND ASSISTANCE

Seniors can receive the following information:

Food & Nutrition Program

In-Home Support Service

Home Care Service

Transportation Referrals

Medicare Part D

Adult Day Health Care

**Elder Care Consultation
and Care Giver Support**

**Mental Health Consultation &
Referrals**

Utilities Assistance

**Homeowners & Renter's
Assistance Program**

**Financial Services and Benefits
Information (Money Management,
SSI, Food Stamps, CAPI, etc..)**

Housing Referrals Legal Referrals

Homeless Services

FREQUENTLY ASKED QUESTIONS

What type of services does the center offer?

**Information and Assistance &
Referral Services**

Is there a cost for the services?

**All social services are FREE for
Berkeley Resident
Need to be at least 55 years of
age**

Do you have Bilingual staff?

**Yes, there are Spanish
speaking staff available**

How do I obtain assistance?

**Call either of the two senior
centers to make an
appointment with a
Case Manager or call
981-5180**

FREQUENTLY USED NUMBERS

AARP - Tax aid	1-888-227-7669
Driver Safety Program - AARP 55-Alive	1-888-227-7669
Alameda County Adult and Aging Services	577-1900
FAX	577-5615
Area Agency on Aging (information and referral)	577-3530
Berkeley Food Pantry	525-2280
Center for Independent Living	841-4776
City of Berkeley phone directory/City Center	981-CITY or 981-2489 or 311
City of Berkeley Public Health Division - Nurse of the Day	981-5300
City of Berkeley Rent Board	981-7368
EastBayParatransit	287-5040
Easy Does It Emergency Wheelchair Repair.....	704-2111
Health Insurance and Counseling (HICAP)	839-0393
HEAP (PG&E)	1-800-649-7570
Homeless Outreach Team (City of Berkeley Mental Health Dept)	981-5290
Help for seniors who are homeless	981-7704
Homeowners and Renters Assistance (Franchise Tax Board)	1-800-852-5711
In-Home Supportive Services (IHSS, Alameda County)	577-1800
Legal Assistance for Seniors	832-3040
Library, Berkeley - Main	981-6100
Meals on Wheels, Berkeley	981-5250
Medi-Cal	383-8523
Medicare	1-800-772-1213
Minor home repair (Rebuilding Together)	644-8979
Weatherization (PG&E)	981-7760
Mental Health Adult Services, City of Berkeley	981-5290
Multi-Agency Service Center (homeless services)	843-3700
North Berkeley Senior Center	981-5190
Over 60 Health Center	601-6060
Police, Non-emergency	981-5900
Property tax - Postponement, Franchise Tax Board	1-800-952-5661
Exemption, Alameda County	272-3770
Satellite Senior Homes	647-0700
Section 8 subsidized housing	981-5470
Social Security	1-800-772-1213
Berkeley office	486-3122
South Berkeley Senior Center	981-5170
Supplemental Security Income	1-800-772-1213 or 486-3122
Taxi/Van scrip	981-7269

The Berkeley Older Adult Resource Guide Available at Berkeley Senior Centers

Many thanks to the
North Berkeley Senior Center
Advisory Board and Coffee Bar
for a grant to print the guides

**Thanks to volunteers from
North Berkeley Senior Center
and the Berkeley Commission on Aging
for updating this guide.**