BERKELEY OLDER ADULT RESOURCE GUIDE

August 2007
# Contents of the 2007 Older Adult Resource Guide for Berkeley

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To report changes in this guide phone North Berkeley Senior Center 510.981.5190
# ADVOCACY
Also see LEGAL

## DISPUTE RESOLUTION

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Department of Consumer Affairs</td>
<td>1-800-952-5210</td>
<td><a href="http://www.dca.ca.gov">www.dca.ca.gov</a></td>
</tr>
<tr>
<td>East Bay Community Mediation</td>
<td>548-2377</td>
<td></td>
</tr>
<tr>
<td>Berkeley Dispute Resolution Service</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1968 San Pablo Ave.</td>
<td></td>
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</tr>
</tbody>
</table>

## GENERAL ADVOCACY

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Alameda County Veterans Service</td>
<td>1-800-827-1000</td>
<td><a href="http://www.va.gov">www.va.gov</a></td>
</tr>
<tr>
<td>Alliance for California Seniors</td>
<td>799-5060</td>
<td></td>
</tr>
<tr>
<td>American Association of Retired Persons – AARP</td>
<td>1-888-687-2277</td>
<td></td>
</tr>
<tr>
<td>Berkeley Commission on Aging</td>
<td>981-5200</td>
<td></td>
</tr>
<tr>
<td>Berkeley Gray Panthers</td>
<td>548-9696</td>
<td></td>
</tr>
<tr>
<td>1403 Addison St.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>California Senior Legislature – Area Agency on Aging</td>
<td>577-3530</td>
<td></td>
</tr>
<tr>
<td>Deaf Counseling Advocacy and Referral Agency</td>
<td>483-0753</td>
<td><a href="http://www.dcara.org">www.dcara.org</a></td>
</tr>
<tr>
<td>Disability Rights</td>
<td>644-2555</td>
<td></td>
</tr>
<tr>
<td>Lavender Seniors of the East Bay, Lesbian, Gay, Bi &amp; Transgender</td>
<td>667-9655</td>
<td></td>
</tr>
<tr>
<td>Older Women’s League</td>
<td>1-916-444-2526</td>
<td></td>
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## HEALTH/INSURANCE ADVOCACY

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>AIDS Project East Bay</td>
<td>663-7979</td>
<td>499 5th St., #306, Oakland</td>
</tr>
<tr>
<td>California Consumer Health Care Council</td>
<td>1-888-225-2686</td>
<td><a href="http://www.justhealthnow.org">www.justhealthnow.org</a></td>
</tr>
<tr>
<td>California Partnership for Long-Term Care</td>
<td>1-800-227-3445</td>
<td><a href="http://www.dhs.ca.gov/cpltc">www.dhs.ca.gov/cpltc</a></td>
</tr>
<tr>
<td>Health Insurance Counseling and Advocacy</td>
<td>839-0393</td>
<td>464 7th St., Oakland</td>
</tr>
<tr>
<td>LUMETRA, formerly California Medical Review</td>
<td>1-800-841-1602</td>
<td><a href="http://www.Lumetra.com">www.Lumetra.com</a></td>
</tr>
<tr>
<td>(Medicare, Patient Rights)</td>
<td></td>
<td>1 Sansome St, #600 San Francisco</td>
</tr>
<tr>
<td>Medicare, Part B</td>
<td>1-800-633-4227</td>
<td></td>
</tr>
<tr>
<td>Medigap</td>
<td>1-800-434-0222</td>
<td><a href="http://www.calmedicare.org">www.calmedicare.org</a></td>
</tr>
<tr>
<td>Private insurance policy supplementing Medicare</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental Health Assn. of Alameda County</td>
<td>835-5010</td>
<td>954 60th St, #10, Oakland</td>
</tr>
<tr>
<td>Administration</td>
<td>835-5532</td>
<td></td>
</tr>
<tr>
<td>Mental Health Advocates</td>
<td>835-2505</td>
<td></td>
</tr>
<tr>
<td>Patient’s Rights</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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## ADVOCACY

Also see LEGAL

### HOUSING ADVOCACY

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

- **Housing and Urban Development (HUD)**
  
  1-800-347-3739

- **Housing Rights, Inc.**
  
  1966 San Pablo Ave.

  548-8776

- **Ombudsman, Inc.**
  
  (convalescent hospital, board and care)

  638-6878

### PROTECTIVE SERVICES

- **Alameda County Adult Protective Services**
  
  577-1900

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

- **Elder Abuse Victim Witness Assistance**
  
  272-6180

### COUNSELING

#### COUNSELING (continued)

- **Casa del Sol**
  
  1501 Fruitvale Ave., Oakland

  535-4170

- **Catholic Charities of the East Bay – Family/Individual Counseling**
  
  768-3100

- **City of Berkeley Mobile Crisis Team**
  
  – 10:30 AM-11 PM

  Message/Response 981-5254

  - Non-emergency well-being checks 981-5900
  - Emergencies 911 or 981-5911

- **Crisis Support Services**
  
  1-800-309-2131

- **Deaf Counseling Advocacy Referral Agency**
  
  483-0753

  FAX 351-5906

- **In-Home Counseling**
  
  1-800-260-0094

- **Family Caregiver Alliance Support Group**
  
  1-800-445-8106

- **Jewish Family & Childrens Services of the East Bay, [www.jfcs-eastbay.org](http://www.jfcs-eastbay.org)**

- **Suse Moyal Center for Older Adults**
  
  828 San Pablo Ave., #104, Albany

  768-3100

- **Over 60 Health Center Counseling Services**
  
  3260 Sacramento St. (at Alcatraz Ave)

    - Drop-In Clinic, Thursday 2-5 p.m.

- **Police non-emergency**
  
  981-5900

- **Veterans Counseling**
  
  Oakland

  1-800-827-1000

  [www.va.gov](http://www.va.gov)

- **Women’s Therapy Center**
  
  524-8288

- **Wright Institute Clinic**
  
  (low rates)

  548-9716
## COUNSELING/ SUPPORT GROUPS

### SELF HELP

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>California Dept. of Rehabilitation</td>
<td>883-6000</td>
</tr>
<tr>
<td>1936 University Ave., #150</td>
<td></td>
</tr>
<tr>
<td>East Bay Center for the Blind</td>
<td>843-6935</td>
</tr>
<tr>
<td>2928 Adeline Street</td>
<td></td>
</tr>
<tr>
<td>Lions Center for the Blind Rehabilitation</td>
<td>450-1580</td>
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<tr>
<td>3834 Opal Street, Oakland</td>
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### SUPPORT GROUPS

<table>
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<tr>
<th>SUPPORT GROUPS</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Alanon</td>
<td>528-4379</td>
</tr>
<tr>
<td>Alanon Español</td>
<td>1-650-794-9654</td>
</tr>
<tr>
<td>Alcoholics Anonymous</td>
<td>839-8900</td>
</tr>
<tr>
<td>Alzheimer's Disease</td>
<td>444-0243</td>
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<tr>
<td></td>
<td>644-8292</td>
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<tr>
<td>Arthritis (Alta Bates)</td>
<td>204-4503</td>
</tr>
<tr>
<td>Cancer</td>
<td>204-4785</td>
</tr>
<tr>
<td></td>
<td>832-7012</td>
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<tr>
<td>Caregiver Family Support</td>
<td>234-4100</td>
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<tr>
<td></td>
<td>981-5173</td>
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<tr>
<td></td>
<td>1-415-434-3388</td>
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<tr>
<td>Diabetes (Alta Bates)</td>
<td>204-1081</td>
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<tr>
<td>Fibromyalgia</td>
<td>204-4503, ext. 3</td>
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<tr>
<td>Gamblers Anonymous</td>
<td>1-800-287-8670</td>
</tr>
<tr>
<td>Grandparents as Parents</td>
<td>845-7189</td>
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### SUPPORT GROUPS (continued)

<table>
<thead>
<tr>
<th>SUPPORT GROUPS</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Grief Support</td>
<td>869-6778</td>
</tr>
<tr>
<td>Alameda County</td>
<td>1-800-260-0094</td>
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<tr>
<td>Grief Recovery Group</td>
<td>450-8596</td>
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<tr>
<td>Sutter VNA and Hospice</td>
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<tr>
<td>Pathways Hospice</td>
<td>632-4390</td>
</tr>
<tr>
<td>Hearing Impaired</td>
<td>981-5190</td>
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<tr>
<td></td>
<td>644-2003</td>
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<tr>
<td>Lavender Seniors</td>
<td>667-9655</td>
</tr>
<tr>
<td>Low Vision Support</td>
<td>981-5190</td>
</tr>
<tr>
<td>Low Vision Clinic (UC)</td>
<td>642-5726</td>
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<tr>
<td>Men’s Prostate Cancer Support</td>
<td>869-8833</td>
</tr>
<tr>
<td>Parkinson’s</td>
<td>981-5190</td>
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<tr>
<td>Smoking Cessation</td>
<td>981-5300</td>
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<tr>
<td></td>
<td>752-6150</td>
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<tr>
<td>Stroke</td>
<td>204-4503</td>
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<tr>
<td>Tinnitus Association</td>
<td>1-800-634-8978</td>
</tr>
<tr>
<td>Weight Management</td>
<td>752-6150</td>
</tr>
<tr>
<td>Women’s Support Group</td>
<td>667-9655</td>
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</table>
EMPLOYMENT

Asians for Job Opportunities  548-6700
in the Bay Area  www.ajob.org
1911 Addison Street

Assets Senior Employment  238-3535
150 Frank H. Ogawa Plaza, Oakland

The Bread Project  644-4575
Job Training and Placement

Center for Independent Living  841-4776
2539 Telegraph Avenue  TDD 848-3101

City of Berkeley First Source  981-7550
1947 Center Street
➢ Job-ready referrals

Inter-City Services  655-3552
Vocational Training
3269 Adeline Street

One Stop Career Center  982-7128
1918 Bonita Avenue
operated by Rubicon

State of California  563-5200
Employment Development Dept.
675 Hegenberger Rd., Oakland

VOLUNTEER OPPORTUNITIES

Meal on Wheels  981-5250
North Berkeley Senior Center  981-5290
South Berkeley Senior Center  981-5170
West Berkeley Senior Center  981-5180
Retired Senior Volunteer Program  452-0868

FOOD

Berkeley Meals on Wheels  981-5250
Done in Love Catering  776-6893
➢ Lunch delivery service

Home on the Range  251-8030
  www.homeontherangemeals.com

Japanese American Services  848-3560
of the East Bay

Project Open Hand (under 60)  622-0221
➢ HIV, homebound critically ill,
  Berkeley-Emeryville-Albany
  Meals on Wheels

Safeway Grocery Delivery  www.safeway.com

Telephone book yellow pages
Go to the Restaurants section
FOOD

DINING SITES
Reservations may be needed

Berkeley/Richmond  848-0237
Jewish Community Center
1414 Walnut Street
➢ Monday and Thursday, 12:15 p.m.

Chinese Community Church  548-5259
2117 Acton Street
➢ Senior Day, Tuesday

Emeryville Senior Center  596-3730
4321 Salem, Emeryville
➢ Monday-Friday, 11:45 a.m.

Japanese Senior Center  883-1106
1710 Carleton Street
➢ Monday-Thursday, 11:30 a.m.

Quarter Meal  649-4976
2362 Bancroft Way
➢ Monday-Friday, 3:30-4:15 p.m.

North Berkeley Senior Center  981-5190
1901 Hearst Avenue
➢ Monday-Friday, 12 noontime

St. Vincent de Paul  451-7676
675 23rd Street, Oakland
➢ Sunday-Saturday, 10:45 a.m. - 12:45 p.m.

St. John’s Presbyterian Church  845-6830
2727 College Avenue
➢ First Tuesday, Senior Day, lunch

South Berkeley Senior Center  981-5170
2939 Ellis Street
➢ Monday-Friday, 12 noontime

West Berkeley Senior Center  981-5280
1900 6th Street
➢ Monday-Friday, 12 noontime

Women’s Daytime Drop-in Center  548-2884
2218 Acton Street
➢ Breakfast and Lunch
  for the homeless or at-risk

RESOURCES - Food Bag

Alameda County  1-800-870-3663
Community Food Help Line

Berkeley Food Pantry  525-2280
1600 Sacramento Street
➢ Referral necessary
➢ Berkeley/Albany residents only
➢ Monday/Wednesday/Friday, 2-4 p.m.

Mercy Brown Bag
(low income grocery bag, twice a month)
➢ Albany Senior Center  524-9122
➢ Emeryville Senior Center  596-3730
➢ North Berkeley Senior Center  981-5190
➢ South Berkeley Senior Center  981-5170
➢ West Berkeley Senior Center  981-5180

Salvation Army  437-9437
2794 Garden St., Oakland
➢ By appointment, 8:30 a.m. to 1 p.m.

Senior Resources  444-0243
St. Paul’s Church
Food Shopping Co-Op
116 Montecito, Oakland
➢ Thursday, 10-11 a.m.
HEALTH

BLOOD PRESSURE/HEALTH ADVICE

Blood pressure checks

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

North Berkeley Senior Center 981-5190

South Berkeley Senior Center 981-5170

West Berkeley Senior Center 981-5180

Health advice for seniors

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

City of Berkeley 981-5201
➢ Nutrition counseling

DENTAL

Berkeley Dental Society 865-6334
➢ Referral service, dentists

Berkeley Free Clinic 548-2570
Health Project
2339 Durant Avenue

Buchanan Dental Clinic 1-415-476-5608
UCSF
100 Buchanan St., San Francisco

Denti-Cal Referrals 1-800-322-6384
➢ Referral service, dentists

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

Lifelong Dental Clinic 280-6080
Over 60 Health Center
1860 Alcatraz Avenue

National Foundation 1-877-357-8660
of Dentistry for the Handicap

Native American Health Center 437-9024
3124 International Blvd., Oakland

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

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

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

### MEDICAL CLINICS

<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alameda County Medical Center</td>
<td>1411 East 31st St., Oakland</td>
<td>437-4800</td>
</tr>
<tr>
<td></td>
<td></td>
<td>437-4402</td>
</tr>
<tr>
<td>Berkeley Community Health Project/Free Clinic</td>
<td>2339 Durant Avenue</td>
<td>548-2570</td>
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<tr>
<td>Berkeley Health Center</td>
<td>For Men and Women</td>
<td>843-6194</td>
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<tr>
<td></td>
<td>2908 Ellsworth Street</td>
<td></td>
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<tr>
<td>Berkeley Primary Care-Lifelong Care Clinic</td>
<td>2001 Dwight Way</td>
<td>204-4666</td>
</tr>
<tr>
<td>Center for Elders Independence</td>
<td>1955 San Pablo Ave., Oakland</td>
<td>433-1150</td>
</tr>
<tr>
<td></td>
<td>1497 Alcatraz Ave., Berkeley</td>
<td></td>
</tr>
<tr>
<td></td>
<td>7200 Bancroft Way, Berkeley</td>
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<tr>
<td>Charlotte Maxwell Complementary Clinic</td>
<td>5691 Telegraph Ave., Oakland</td>
<td>601-7660</td>
</tr>
<tr>
<td></td>
<td>Friday/Saturday/Sunday, 10 a.m. - 5 p.m.</td>
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<tr>
<td></td>
<td>Alternative medicine for women cancer patients</td>
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<tr>
<td>City of Berkeley Health Clinic</td>
<td>830 University Avenue</td>
<td>981-5350</td>
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<tr>
<td></td>
<td>Flu and Tetanus shots</td>
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<tr>
<td>Clinica de la Raza</td>
<td>3451 E. 12th St., Oakland</td>
<td>535-3500</td>
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<tr>
<td>Lifelong Clinic (at Alta Bates)</td>
<td>2001 Dwight Way</td>
<td>204-4666</td>
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<tr>
<td>Native American Clinic</td>
<td>3124 International Blvd., Oakland</td>
<td>437-9024</td>
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<tr>
<td>Over 60/Lifelong Health Center</td>
<td>3260 Sacramento Street</td>
<td>601-6060</td>
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<tr>
<td></td>
<td>includes Hypertension Clinic</td>
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<td></td>
<td>Thursday only, 2-5 p.m.</td>
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<tr>
<td>Rumford Medical Center</td>
<td>2960 Sacramento Street</td>
<td>549-3166</td>
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<tr>
<td>Suitcase Clinic</td>
<td>643-6786</td>
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<tr>
<td></td>
<td>held at First Presbyterian Church</td>
<td>2407 Dana Street (at Haste)</td>
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<tr>
<td></td>
<td>Tuesday, 6-9 p.m.</td>
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<tr>
<td>UCB Eye Center</td>
<td>642-2020</td>
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</tr>
<tr>
<td>UC Davis</td>
<td>1-925-372-2485</td>
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<tr>
<td>Alzheimer’s Disease Center/ Diagnostic</td>
<td>150 Muir Rd., Martinez</td>
<td></td>
</tr>
<tr>
<td>VA Outpatient Clinic</td>
<td>267-7805</td>
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<tr>
<td>West Berkeley</td>
<td>704-6000</td>
<td></td>
</tr>
<tr>
<td>Family Practice/Lifelong</td>
<td>2031 6th Street</td>
<td></td>
</tr>
<tr>
<td>Sliding fee</td>
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</tbody>
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**HEALTH**

**MEDICAL EQUIPMENT**

**Emergency response ID/phone equipment**
- Bay Area Vital Link 644-2779
- Medic Alert ID Bracelet 1-800-432-5378
- Safe Return ID 1-888-572-8566
- Summit/Alta Bates Lifeline 869-8992

**Glasses – Lions Club/Suitcase Clinic**
Dr. Fujikawa 843-1228
2414 Shattuck Ave.

**Hearing aids for those who meet financial criteria**
- Hear Now Program 1-800-648-4327
  Call for an application.

**Hearing equipment**
DCARA Store 351-3938
1550 San Leandro Blvd., San Leandro
TTY 351-3937

**Hearing problems**
Hearing & Speech Center 1-415-921-7658
of Northern California
1234 Divisadero St., San Francisco
- Hearing aids, audiology, advocacy
- Counseling (sliding scale)
- Accepts donated hearing aids

**Medical equipment - donate or obtain recycled**
Home CARES 251-2273
- held at First Presbyterian Church
  2619 Broadway, Oakland
  Thursday, 1-4 p.m.

**Mobility aids - ramps, grab bars**
Center for Independent Living 841-4776
TTY 848-3101

**Phones**
California Telephone Access 1-800-806-1191
TTY 1-800-806-4474

**Visual aids**
Lighthouse for the Blind 1-415-431-1481
and Visually Impaired
San Francisco

**Low vision reading machines for use at**
- Berkeley libraries
- North Berkeley Senior Center
- West Berkeley Senior Center

**Telephone book yellow pages**
Go to Medical Equipment and Supplies

**PHARMACY AND HMO INFORMATION**

Canadameds.com 1-877-542-3330
www.pharmacists@canadameds.com
FAX 1-877-994-2121

Canadian Drugstore 1-888-372-2252
TCDS.com

Center for Medicare and Medicaid Services 1-415-744-3617

Free Medicine Foundation 1-573-996-3333

Health Insurance 839-0393
Counseling Program www.lashicap.org

Medi-Cal www.needvmeds.com
- Full prescription drug coverage for covered drugs
### HEALTH

#### PHARMACY AND HMO INFORMATION (continued)

<table>
<thead>
<tr>
<th>RX Help for Californians</th>
<th>1-877-777-7815</th>
</tr>
</thead>
<tbody>
<tr>
<td>For those uninsured</td>
<td><a href="http://www.rxhelpforca.org">www.rxhelpforca.org</a></td>
</tr>
<tr>
<td>or low income. Free</td>
<td></td>
</tr>
<tr>
<td>and reduced-priced medication.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Veteran Benefits</th>
<th>1-877-222-8387</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.calmedicare.org">www.calmedicare.org</a></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.medicare.gov">www.medicare.gov</a></td>
<td></td>
</tr>
<tr>
<td>➢ supplemental insurance</td>
<td></td>
</tr>
</tbody>
</table>

**Pharmacy delivery**

<table>
<thead>
<tr>
<th>Telephone book yellow pages</th>
<th>Go to Pharmacies</th>
</tr>
</thead>
</table>

#### PHYSICIAN REFERRALS

<table>
<thead>
<tr>
<th>Alameda-Contra Costa Counties</th>
<th>654-5383</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Association</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Eye Care America, Senior Eye Care</th>
<th>1-800-222-3937</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ Free exams</td>
<td></td>
</tr>
</tbody>
</table>

#### POWER OF ATTORNEY – Advance Directives

<table>
<thead>
<tr>
<th>California Medical Assn.</th>
<th><a href="http://www.cma.net.org">www.cma.net.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ Publications</td>
<td>1-415-882-5175</td>
</tr>
<tr>
<td>➢ Order forms</td>
<td>1-800-882-1262</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nolo Books</th>
<th>549-1976</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ Forms</td>
<td></td>
</tr>
</tbody>
</table>

### HELP FOR STAY AT HOME

#### ATTENDANT CARE, LIVE IN, AND NURSES

<table>
<thead>
<tr>
<th>Accent Care Services</th>
<th>1-800-834-3059</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albany Senior Center</td>
<td>524-9122</td>
</tr>
<tr>
<td>➢ Caregiver list</td>
<td></td>
</tr>
</tbody>
</table>

| Area Agency               | 577-3530       |
| Senior Information Line   |                |
| ➢ List of home health agencies and companies | |

<table>
<thead>
<tr>
<th>Bay Area Community Services Registry</th>
<th>271-6078</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ Home care</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Center for Independent Living</th>
<th>841-4776</th>
</tr>
</thead>
</table>

| Easy Does It Emergency Services     | 704-2111 |
| Attendants and transportation       | 845-5513 |
| ☏ Berkeley residents only TDD 464-8583 |  |

| Emergency IHSS                      | 357-4222 |
| Worker replacement service         |         |
| 24-hour nightingale nursing        |         |

| Family Bridges                     | 839-2022 |
| Cantonese and Mandarin             |         |

| 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 |

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**Page 9**
HELP FOR STAY AT HOME

CASE MANAGEMENT/SOCIAL WORKERS

Alameda County Public Guardian 577-1900
Area Agency on Aging 1-800-510-2020
✓ Senior information line
Case Manager’s List www.casemanager.org
Center for Elders Independence 433-1150
City of Berkeley - Case Management
North Berkeley Senior Center 981-5190
South Berkeley Senior Center 981-5170
West Berkeley Senior Center 981-5180
Japanese-American Services of the East Bay 848-3560
Jewish Family & Children's Services of the East Bay, www.jfcs-eastbay.org
Suse Moyal Center for Older Adults 828 San Pablo Ave., #104, Albany
Over 60 Health Center 601-6060
Senior Resources 444-0243
St. Paul’s Episcopal Church
✓ Assessments
Telephone book yellow pages
Go to Social workers, geriatric care

DAY CARE/HOSPICE/SOCIAL DAY CARE/PARTIAL HOSPITALIZATION FOR MENTAL HEALTH/RESPITE

Alzheimer’s Service of the East Bay 644-8292
2320 Channing Way
Bay Area Community Services 601-1074
Adult Day Care
5714 M L King Jr. Way
✓ Alzheimer’s and frail clients
Berkeley 601-0167
Adult Day Health Care Center
1890 Alcatraz Avenue
Center for Elders Independence 433-1150
Adult Day Program
1497 Alcatraz Avenue
Family Caregiver Alliance 1-415-434-3388
✓ Respite help www.caregiver.org
LaCheim Adult Behavioral Health 486-8744
Outpatient, 9:30 a.m. to 2:15 p.m.
1 Bolivar Dr.
✓ Dr. David Beckerman 649-1432
Open House Senior Center 215-4342
And Respite Program
6500 Stockton Ave., El Cerrito
Pathways Hospice and Home Health 632-4390
www.pathwayshealth.org
South Berkeley Senior Center 981-5170
Senior Companion Caregiver Program
Sutter Visiting Nurse 450-8596
Association and Hospice of Northern California
1900 Powell St., #300, Emeryville
**HELP FOR STAY AT HOME**

### EMERGENCY PHONE RESPONSE

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bay Area Vital Link</td>
<td>644-2779</td>
</tr>
<tr>
<td>➢ Financial assistance for low income</td>
<td></td>
</tr>
<tr>
<td>Summit/Alta Bates</td>
<td>869-8992</td>
</tr>
<tr>
<td>Lifeline Personal Response</td>
<td></td>
</tr>
</tbody>
</table>

### PHONE REASSURANCE

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alta Bates Tele-Care</td>
<td>204-4487</td>
</tr>
</tbody>
</table>

**HOMELESS SERVICES**

### DROP-IN CENTERS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berkeley Drop-In Center</td>
<td>653-3808</td>
</tr>
<tr>
<td>3234 Adeline</td>
<td></td>
</tr>
<tr>
<td>Berkeley Food and Housing Project</td>
<td>649-4976</td>
</tr>
<tr>
<td>Address: Trinity United Methodist Church</td>
<td></td>
</tr>
<tr>
<td>2362 Bancroft Way</td>
<td></td>
</tr>
<tr>
<td>Multi-Agency Center – Drop-in</td>
<td>843-3700</td>
</tr>
<tr>
<td>1931 Center Street</td>
<td></td>
</tr>
<tr>
<td>Women’s Daytime Drop-in Center</td>
<td>549-4392</td>
</tr>
<tr>
<td>2218 Acton Street</td>
<td></td>
</tr>
</tbody>
</table>

### FOOD

Go to FOOD section, pages 4-5

**HOMELESS SERVICES**

### OUTREACH

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>City of Berkeley Homeless Outreach</td>
<td>981-7704</td>
</tr>
<tr>
<td>City of Berkeley Shelter Plus Care</td>
<td>981-5418</td>
</tr>
<tr>
<td>➢ Housing subsidies</td>
<td></td>
</tr>
</tbody>
</table>

### EMERGENCY HOUSING, AND SHOWERS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Safe Place</td>
<td>536-7233</td>
</tr>
<tr>
<td>➢ Domestic violence victims</td>
<td></td>
</tr>
<tr>
<td>Berkeley Food/Housing Project</td>
<td>649-4976</td>
</tr>
<tr>
<td>➢ Apply at: 2362 Bancroft Way</td>
<td></td>
</tr>
<tr>
<td>Men’s shelter, Veterans Building</td>
<td>1931 Center Street</td>
</tr>
<tr>
<td>➢ Women’s Shelter &amp; Transitional Housing</td>
<td>2140 Dwight Way</td>
</tr>
<tr>
<td>BOSS Emergency Housing</td>
<td>843-3700</td>
</tr>
<tr>
<td>711 Harrison Street</td>
<td></td>
</tr>
<tr>
<td>➢ Apply at 1931 Center Street</td>
<td></td>
</tr>
<tr>
<td>Eden I and R – Shelter Update</td>
<td>537-2552</td>
</tr>
<tr>
<td>Operation Dignity</td>
<td>287-8465</td>
</tr>
<tr>
<td>1504 Franklin St., #102, Oakland</td>
<td></td>
</tr>
<tr>
<td>➢ Transitional housing for veterans</td>
<td></td>
</tr>
<tr>
<td>St. Mary’s Center</td>
<td>923-9600</td>
</tr>
<tr>
<td>923 Brockhurst, Oakland</td>
<td>FAX 923-9606</td>
</tr>
<tr>
<td>Salvation Army Family Shelter</td>
<td>437-9437</td>
</tr>
<tr>
<td>2794 Gardner, Oakland</td>
<td></td>
</tr>
<tr>
<td>➢ Families only</td>
<td></td>
</tr>
</tbody>
</table>
## HOMELESS SERVICES

### EMERGENCY HOUSING, AND SHOWERS (continued)

**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 and Women  
- Call for hours

Willard Pool  644-8519  
2701 Telegraph Avenue

### MULTI-SERVICE CENTERS

**BOSS**  843-3700  
1931 Center Street  
- Food and housing

Homeless Action Center  540-0878  
2500 M L King Jr. Way, #1  
- SSI and Medi-Cal help

Multi-Agency Service  649-4976  
2362 Bancroft Way  
- Food/Housing Project

Protection and Advocacy  267-1200  
- Homeless and disability issues

## HOUSING

### HOME REPAIR

- Berkeley-Albany Weatherization  981-7770
  - PG&E Help (HEAP)

- Center for Independent Living  841-4776
  - Residential access, ramps, grab bars, showerheads.  
  - Berkeley residents only.

- City of Berkeley  981-7764
  - Community Energy Services  
    Home Safety Repair Program  
    - Low-income homeowners and renters, free.

- De-Clutter Project  981-5190

- Rebuilding Together  644-8979  
  - 3318 Adeline Street  
  - Repairs and renovation for low-income elders.
HOUSING

INDEPENDENT LIVING – Renting Resources

Alameda County 577-3530
Area Agency on Aging
➤ Housing guide and residence hotel list

California Registry 1-800-451-2273
➤ Elderly housing referral

Center for Independent Living 841-4776
2539 Telegraph Ave.
➤ Disabled

City of Berkeley 981-5470
Housing – Section 8
1901 Fairview Street

City of Berkeley 981-5444
Housing Code Enforcement
➤ Rental Housing Safety Program

City of Berkeley 644-6128
Rent Stabilization Board
2125 Milvia St.

Housing Rights 1-800-806-8111
➤ Renters self-help www.rentersright.info
for getting landlord to make repairs

U.S. Department of 1-415-489-6400
Housing and Urban Development
600 Harrison St., San Francisco

The following provide low-income, Section 8, and some market-rate housing:

Affordable Housing Associates 649-8500
➤ Apply at 1250 Addison, #G
➤ Closed on Fridays

Shattuck Senior Homes, 2425 Shattuck Ave.
Sacramento Senior Homes, 2517 Sacramento

Amistad House 548-5189
2050 Delaware Street

Dwight Way Apartments 665-8436
1518 Dwight Way
➤ Disabled only

El Cerrito Royal 234-5200
6510 Gladys Avenue
➤ Assisted living also

Emery Villa 601-8235
4320 San Pablo Ave., Emeryville

Ema P. Harris Court Apartments 841-0664
1330 University Avenue

Harriet Tubman Terrace 843-0134
2870 Adeline

Lawrence Moore Manor 704-8557
1909 Cedar Street

Mabel Howard Apartments 658-7492
1499 Alcatraz Avenue

Margaret Breland Home 841-4410
2577 San Pablo Avenue

Moraga Royale 1-925-376-8900
1600 Canyon Rd., Moraga
➤ Assisted living also
<table>
<thead>
<tr>
<th>INDEPENDENT LIVING – Renting Resources (continued)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ocean View Apartments</td>
</tr>
<tr>
<td>819 Hearst Avenue</td>
</tr>
<tr>
<td>Oregon Park Apartments</td>
</tr>
<tr>
<td>1425 Oregon Street</td>
</tr>
<tr>
<td>Piedmont Gardens</td>
</tr>
<tr>
<td>110 41st St., Oakland</td>
</tr>
<tr>
<td>➢ Independent and assisted living units</td>
</tr>
<tr>
<td>Satellite Senior Homes</td>
</tr>
<tr>
<td>1521 University Ave.</td>
</tr>
<tr>
<td>Savo Island Co-Op Homes</td>
</tr>
<tr>
<td>2017 Stuart Street</td>
</tr>
<tr>
<td>Sister Thea Bowman Manor</td>
</tr>
<tr>
<td>6400 San Pablo Ave., Oakland</td>
</tr>
<tr>
<td>Sojourner Truth</td>
</tr>
<tr>
<td>6015 M L King Jr. Way, Oakland</td>
</tr>
<tr>
<td>South Lake Tower</td>
</tr>
<tr>
<td>1501 Alice Street, Oakland</td>
</tr>
<tr>
<td>Strawberry Creek Lodge</td>
</tr>
<tr>
<td>1320 Addison Street</td>
</tr>
<tr>
<td>Stuart Pratt Manor</td>
</tr>
<tr>
<td>2020 Durant Avenue</td>
</tr>
<tr>
<td>UA Co-Op Homes</td>
</tr>
<tr>
<td>➢ Multi-family</td>
</tr>
<tr>
<td>UA Housing, Inc.</td>
</tr>
<tr>
<td>1040 University Avenue</td>
</tr>
<tr>
<td>University Ave. Senior Housing</td>
</tr>
<tr>
<td>1535 University Avenue</td>
</tr>
<tr>
<td>University Neighborhood Apts.</td>
</tr>
<tr>
<td>1721 University Avenue</td>
</tr>
<tr>
<td>Valdez Plaza</td>
</tr>
<tr>
<td>280 28th St., Oakland</td>
</tr>
<tr>
<td>Veterans Home</td>
</tr>
<tr>
<td>of California</td>
</tr>
<tr>
<td>➢ Assisted living also</td>
</tr>
<tr>
<td>Westlake Christian Terrace</td>
</tr>
<tr>
<td>275 28th Street, Oakland</td>
</tr>
<tr>
<td>251 28th Street, Oakland East and West, 400 units</td>
</tr>
<tr>
<td>William Byron Rumford Plaza</td>
</tr>
<tr>
<td>3017 Stanton Street</td>
</tr>
<tr>
<td>➢ No age limit; all incomes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ASSISTED LIVING, BOARD AND CARE, SKILLED NURSING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avalon The Berkshire</td>
</tr>
<tr>
<td>2235 Sacramento Street</td>
</tr>
<tr>
<td>➢ Assisted living community</td>
</tr>
<tr>
<td>Board and care</td>
</tr>
<tr>
<td>Reference the telephone book yellow pages</td>
</tr>
<tr>
<td>Go to Nursing Homes</td>
</tr>
<tr>
<td>California Health Care Foundation</td>
</tr>
<tr>
<td>➢ Nursing home search</td>
</tr>
<tr>
<td>California Registry</td>
</tr>
<tr>
<td>➢ Helps in finding residential care homes</td>
</tr>
</tbody>
</table>
HOUSING

ASSISTED LIVING, BOARD AND CARE, SKILLED NURSING (continued)

Chaparral House 848-8774
1309 Allston Way
➤ Skilled nursing care

Claremont House 658-9266
4500 Gilbert St., Oakland

Eldercare Locator 1-800-677-1116
➤ for out-of-state help

Grapevine Senior Services 338-0957
➤ Residential care placement
gvserves@aol.com

New Lifestyles 1-800-869-9549
➤ Guidebook www.newlifestyles.com

Ombudsman, Inc. 638-6878
Alameda County
Lists of:
Licensed residential facilities
Retirement residence
Life care contract
Licensed nursing facilities, including skilled nursing and intermediate care

Real Care Facility Placements 581-1111

INFORMATION AND REFERRAL

Alameda County 577-3530
Area Agency on Aging
➤ Senior information

Alzheimer's Resource 1-800-272-3900
Center
➤ Information, support, advocacy

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

Berkeley Senior Centers
➤ North Berkeley 981-5190
➤ South Berkeley 981-5170
➤ West Berkeley 981-5180

LEGAL

Alameda County Bar Assn. 302-2222
➤ Lawyer referrals

Alameda County 451-9261
Law Center for Families
510 16th St., #300, Oakland
➤ Housing, Consumer, Lending laws

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

Alameda County Superior Court 268-7737
Wiley W. Manuel Self-Help Center
LEGAL (continued)

Asian Law Caucus 1-415-896-1701
➤ Low income

Asian Pacific Islander Legal Outreach 251-2846
1212 Broadway, #400, Oakland

Bay Area Legal Aid 663-4744

Berkeley Rent Stabilization 644-6128
➤ Counseling

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

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

Centro Legal de la Raza 437-1554
Oakland

East Bay Community Law Center 548-4040
2921 Adeline www.ebclc.org

Elder Law Clinic 1-925-969-3341
John F. Kennedy University

Eviction Defense Center 452-4541
1611 Telegraph Ave., Room 726

Family Caregivers Alliance 1-415-434-3388
180 Montgomery St., #1100
San Francisco www.caregivers.org
➤ Brain impaired

Housing Economic Rights Advocates 271-8443

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

Lawyers in the Berkeley Libraries 981-6166
➤ Free consultation

Legal Assistance for Seniors 832-3040
464 7th St., Oakland

Nolo Press 549-1976
950 Parker Street 704-2248
➤ Self-help legal books

MONEY MATTERS

BENEFIT PAYMENTS

Alameda County 577-1900
Social Services Agency
➤ Qualified Medicare Beneficiary Program
➤ Specified Low Income Medicare Beneficiary Program

Cash Assistance Program 268-2332
for Immigrants – CAPI-HCAP
2000 San Pablo Ave., Oakland
➤ Legal non-citizens, age 65, blind, or disabled.
➤ State SSI program.
➤ No more than $2,000 (single) or $3,000 (married) liquid resources.
➤ Low income.
➤ May also qualify for Food Stamps.

Food Stamps/Welfare to Work 268-2002
Alameda County Social Services Agency
2000 San Pablo Ave., Oakland
MONEY MATTERS

BENEFIT PAYMENTS (continued)

General Assistance
Alameda County 268-2003
Social Services Agency
2000 San Pablo Ave., Oakland
➤ Adults under the age of 65, with little or no income or personal assets

In-Home Support Service
Alameda County 577-1800
In-Home Support Service
6955 Foothill Blvd., Oakland
➤ Health Benefit Plan for those
65 years and older and/or
legally blind and/or totally disabled,
and low income.
➤ Also, Medi-Cal Share of Cost Plan.

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

➤ Lost cards 1-888-999-4772 or 670-8560

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.
➤ Also, Medi-Cal Share of Cost Plan.

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

➤ Lost cards 1-888-999-4772 or 670-8560

Medicare 1-800-633-4227
Social Security office www.ssa.gov
2045 Allston Way
➤ Persons 65 years and older,
unless disabled for 24 consecutive
months, who have worked and are
covered under Social Security,
are eligible for Medicare.

➤ Persons 65 years and older
who are not covered under
Social Security may purchase
Medicare coverage.

Social Security 1-800-772-1213
➤ local office: 2045 Allston Way 486-3122

➤ Social Security Fraud Hotline 1-800-269-0271

Spousal Impoverishment Law
Advocates for 1-800-4741116

Nursing Home Reform
➤ Information on dividing property
when entering nursing home

Supplemental Security Income (SSI) Program 1-800-772-1213
www.ssa.gov
➤ Persons age 65 or older,
blind, or 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: home/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 status.
MONEY MATTERS

CLAIM AND FORM ASSISTANCE

AARP – Income tax assistance
Call libraries and senior centers

International Institute of the East Bay
449 15th St., Oakland
- Immigration, legal, social services

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

Senior Medi Benefits 420-0550
3195 Adeline
- Sliding fee.
- Medi-Cal eligibility for long-term care
- Financial consultations

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

FINANCIAL HELP

Alameda County Assessor 272-3770
- Homeowner Tax Exemption
  Request a claim form.

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

City of Berkeley, Finance 981-7242
1947 Center St.
- Rebates: Sewer, clean storm, library, Berkeley Unified School District, cable utility, landscape/park, Mello-Roos

City of Berkeley Housing – Section 8
981-5470
1901 Fairview Street

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

ECHO Housing 581-9380
- Reverse mortgage and home equity conversions.
- 62+. Counseling only.

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

PG&E - Energy bill assistance
- Salvation Army 437-9437
- LIHEAP 1-866-675-6623
- City of Berkeley 981-7770

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 licensed physician.
MONEY MATTERS

FINANCIAL HELP (continued)

Property tax postponement
Franchise Tax Board 1-800-952-5661
P. O. Box 942850, Sacramento
➢ Age 62, blind or disabled,
  20% equity in property,
  $31,500 yearly/2007 income

Salvation Army 437-9437

Universal Lifeline 1-800-310-2355
Phones www.att.com
➢ 1 or 2 persons, $21,300

MONEY MANAGEMENT

Bay Area Community Services 271-6075
2147 Broadway, Oakland
➢ Representative payees,
  $2,024/month income.
  $35,000 assets.

Money Management 1-800-308-2227
International www.moneymanagement.org
2140 Shattuck Ave., #1208
➢ Consumer credit counseling

RECREATION/EDUCATION AND EXERCISE (continued)

Asians for Job Opportunities 548-6700
1911 Addison Street www.ajob.org
➢ ESL

Bay Area Outreach 849-4663
and Recreation Program (BROP)
600 Bancroft Way
➢ Monday-Friday, 10 a.m. to 5 p.m.
➢ For disabled

Berkeley Adult School 644-6130
1701 San Pablo Avenue bas.berkeley.net

Berkeley City College 981-2813
2050 Center Street

Berkeley Lawn Bowling Club 841-2174
2270 Acton Street

Berkeley Public Library 981-6100
➢ Berkeley Reads (Literacy) 981-6299
➢ Outreach Program 981-6160
  Home delivered books
  Large print book collections, and
  computer for visually impaired
  ➢ Reference Desk 981-6148

Berkeley-Albany YMCA 848-9622
2001 Allston Way
➢ Cardiac rehabilitation, aerobics,
  senior swim, lectures

City of Berkeley Active Choices 981-5332
➢ Diabetes Prevention
➢ Live Well-Be Well Program
➢ One-to-one support for exercise
RECREATION/EDUCATION AND EXERCISE (continued)

Elderhostel 1-877-426-8056
➢ Classes catalog www.elderhostel.org

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

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

UCB Center on Aging 643-6427
➢ Electronic newsletter

UCB – audit classes 642-5612
/info@mail
Summer.berkeley.edu

SENIOR CENTERS

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

Chinese Senior Center 548-5259
2117 Acton Street

Fruitvale Senior Center 535-6123
3301 E. 12th St., 2nd Floor, Oakland
➢ Spanish speaking

Japanese-American Services of the East Bay Senior Center 883-1106
1710 Carleton Street

Jewish Community Center 848-0237
1414 Walnut Street
➢ Berkeley / Richmond

Korean Community Center 547-2662
4390 Telegraph Ave., Oakland

Lavender Seniors of the East Bay 667-9655
➢ Gay and lesbian, bisexual and transgender seniors

North Berkeley Senior Center 981-5190
1901 Hearst Avenue

St. John’s Senior Center 845-6830
2727 College Avenue

Senior Center without Walls 444-0243
➢ Classes, bingo, support group

South Berkeley Senior Center 981-5170
2939 Ellis Street

West Berkeley Senior Center 981-5180
1900 6th Street

BLIND & LOW VISION SERVICES

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

East Bay Center for the Blind 843-6935
2928 Adeline Street

Lighthouse for the Blind and Visually Impaired 1-415-431-1481
➢ Recording services

Prevent Blindness Resource Directory 1-800-338-3041

Recording for the Blind and Dyslexic (RFBD) 1-800-221-4792
SWIMMING POOLS

Albany Swim Center 559-6640
Berkeley High School 644-6843
King Middle School 644-8518
YMCA 848-9622
UCB Clark Kerr Campus 642-9821
Willard Middle School 644-8519

TRANSPORTATION

AC Transit 891-4706
1600 Franklin St., Oakland TDD 428-2266

➤ Application for Regional Transit Discount ID card
➤ Problems with RTD ID card 208-0200
➤ Bus discount tickets and stickers:
  ➤ by mail, or
  ➤ online www.actransit.org
  ➤ or at Albertson’s
    Andronico’s
    Berkeley Bowl
    Berkeley Mailroom
    Check Center
    Ecology Center
    Elephant Pharmacy
    Long’s
    No Hassle Check Cash
    Safeway

➤ Accessible Services 891-4853

BART 464-7136
800 Madison St., Oakland (Lake Merritt BART Station)

➤ BART discount tickets available at:
  Alberton’s
  Berkeley Bowl
  Center for Independent Living
  Ecology Center
  Elephant Pharmacy
  Long’s
  No Hassle Check Cash
  Safeway

CITY OF BERKELEY SENIOR CENTER MINI-BUS GROCERY SHOPPING FOR BERKELEY RESIDENTS

North Berkeley Senior Center 981-5190
West Berkeley Senior Center 981-5180

CITY OF BERKELEY SENIOR CENTER VAN SERVICE FOR BERKELEY RESIDENTS

North Berkeley Senior Center 981-5190
South Berkeley Senior Center 981-5170
West Berkeley Senior Center 981-5180

City of Berkeley 981-7269
Paratransit Services (Taxi Scrip)
2180 Milvia Street/City Hall

➤ Applications for transportation are available at the senior centers.

➤ Discounted van and free taxi vouchers for those who qualify.
TRANSPORTATION
(continued)

City of Berkeley  981-5290
Social Service Transport
➢ Homeless services

East Bay Paratransit  287-5040
1720 Broadway, #310, Oakland
➢ Applications and reservation

Easy Does It  704-2111
1636 University Ave.
➢ Berkeley only.
➢ Emergency van
➢ Wheelchair repair (after hours)
➢ Attendant services

Travel Planning  511
<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>AARP – Tax aid</td>
<td>1-888-227-7669</td>
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<tr>
<td>Driver education – AARP 55-Alive</td>
<td>1-888-227-7669</td>
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<tr>
<td>Alameda County Adult Protective Services</td>
<td>577-1900</td>
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<tr>
<td>FAX</td>
<td>577-5615</td>
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<tr>
<td>Area Agency on Aging (information and referral)</td>
<td>577-3530</td>
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<tr>
<td>Berkeley Food Pantry</td>
<td>525-2280</td>
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<tr>
<td>Center for Independent Living</td>
<td>841-4776</td>
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<tr>
<td>City of Berkeley phone directory/City Center</td>
<td>981-CITY or 981-2489</td>
</tr>
<tr>
<td>City of Berkeley Health Dept. – Nurse of the Day</td>
<td>981-5300</td>
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<tr>
<td>East Bay Paratransit</td>
<td>287-5040</td>
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<tr>
<td>Health Insurance and Counseling (HICAP)</td>
<td>839-0393</td>
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<tr>
<td>HEAP (PG&amp;E)</td>
<td>1-800-649-7570</td>
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<tr>
<td>Homeless Outreach Team (City of Berkeley Mental Health Dept.)</td>
<td>981-5290</td>
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<tr>
<td>Help for seniors who are homeless</td>
<td>981-7704</td>
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<tr>
<td>Homeowners and Renters Assistance (Franchise Tax Board)</td>
<td>1-800-852-5711</td>
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<tr>
<td>In-Home Supportive Services (IHSS, Alameda County)</td>
<td>577-1800</td>
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<tr>
<td>Legal Assistance for Seniors</td>
<td>832-3040</td>
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<tr>
<td>Library, Berkeley – Main</td>
<td>981-6100</td>
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<tr>
<td>Meals on Wheels, Berkeley</td>
<td>981-5250</td>
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<tr>
<td>Medi-Cal</td>
<td>383-8523</td>
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<tr>
<td>Medicare</td>
<td>1-800-772-1213</td>
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<tr>
<td>Minor home repair (Rebuilding Together)</td>
<td>644-8979</td>
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<tr>
<td>Weatherization (PG&amp;E)</td>
<td>981-7760</td>
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<tr>
<td>Mobile Crisis Team, City of Berkeley</td>
<td>981-5290</td>
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<tr>
<td>Multi-Agency Service Center (homeless services)</td>
<td>843-3700</td>
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<tr>
<td>North Berkeley Senior Center</td>
<td>981-5190</td>
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<tr>
<td>Over 60 Health Center</td>
<td>601-6060</td>
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<tr>
<td>Police, Non-emergency</td>
<td>981-5900</td>
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<tr>
<td>Property tax – Postponement, Franchise Tax Board</td>
<td>1-800-952-5661</td>
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<tr>
<td>Exemption, Alameda County</td>
<td>272-3770</td>
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<tr>
<td>Satellite Senior Homes</td>
<td>647-0700</td>
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<tr>
<td>Section 8 subsidized housing</td>
<td>981-5470</td>
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<tr>
<td>Social Security</td>
<td>1-800-772-1213</td>
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<tr>
<td>Berkeley office</td>
<td>486-3122</td>
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<tr>
<td>South Berkeley Senior Center</td>
<td>981-5170</td>
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<tr>
<td>Supplemental Security Income</td>
<td>1-800-772-1213 or 486-3122</td>
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<tr>
<td>Taxi/Van scrip</td>
<td>981-7269</td>
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<tr>
<td>West Berkeley Senior Center</td>
<td>981-5180</td>
</tr>
</tbody>
</table>
INFORMATION

EMERGENCY – Police/Fire ................................................................. 911
Ambulance .................................................................................. 911
Hazardous materials ..................................................................... 911

Emergency calls placed by cell phones ....................................... 510-981-5911

Police/Fire non-emergency .......................................................... 981-5900

Mental Health Crisis Intervention ............................................... 981-5290

AT&T – phone repair.......................................................................................... 611
Widespread service outage status recording ....................... 1-888-723-2624

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 ___________________

In case of emergency,
Contact Person/s (relative/friend/neighbor)
   Name ___________________________ ________ Phone ___________________
   Address _______________________________________________________

   Name ___________________________ ________ Phone ___________________
   Address _______________________________________________________

   Name ___________________________ ________ Phone ___________________
   Address _______________________________________________________
The Berkeley Older Adult Resource Guide
Available at North Berkeley Senior Center
1901 Hearst Ave., Berkeley, CA 94709
(510) 981-5190

Also available on the WEB

Many thanks to the North Berkeley Senior Center Coffee Bar for a grant to print the guides.

Also, thanks to volunteers from North Berkeley Senior Center and the Berkeley Commission on Aging for updating this guide.