



	Telephone	Website or Address
Caregiving		
Alzheimer's Association (24hr helpline)	800-272-3900	alznorcal.org
Del Mar Caregiver Resource Ctr	831-424-4359	delmarcaregiver.org
Visiting Nurse Association (VNA)	831-643-0278	ccvna.com
Crisis Intervention		
AoA Ombudsman (in long-term care setting)	831-646-1458	AllianceOnAging.org
Adult Protective Service (APS)	831-883-7565	mcdses.co.monterey.ca.us/aging/
Suicide Prevention Service of the Central Coast	877-663-5433	suicide.org
YWCA / Domestic Violence	831-757-1001	
EMERGENCY: 911		
Disabilities		
Blind and Visually Impaired Center (BVIC)	800-404-3505	blindandlowvision.org
California Telephone Access Program (CTAP)	800-806-1191	ddtp.org
Central Coast Center for Independent Living (CCCIL)	831-757-2968	cccil.org
Deaf and Hard of Hearing Service Center (DHHSC)	831-753-6540	dhsc.org
Valley Hearing Center	831-422-4427	920 Park Row, Salinas
Employment		
Shoreline Workforce Development Services	831-287-2350	shorelineworks.org
One Stop Career Center	831-899-8236 Seaside 831-796-3635 Salinas	onestopmonterey.org
Financial Assistance		
AoA Tax Counseling Program	831-655-1334	AllianceOnAging.org
Consumer Credit Counseling Service		
U.S. Department of Housing and Urban Development (HUD)	800-225-5342	hud.gov
Housing Resource Center	800-946-1911	hrcmc.org
Monterey County Dept of Social Services - Cash Aid	866-323-1953 877-410-8823	mcdss.co.monterey.ca.us
Catholic Charities - rental, food, utility assistance	831-393-3110 Seaside	dioceseofmonterey.org/ministries
Salvation Army	831-443-9655 Salinas 831-394-6507 Seaside	tsamonterey.com
Food/Home Delivered Meals		
Episcopal Senior Communities (wholesale produce markets)	831-424-0911	egray@jtm-esc.org
Food Bank for Monterey County	831-758-1523	food4hungry.org
Meals on Wheels of the Monterey Peninsula	831-375-4454	mowmp.org
Meals on Wheels of the Salinas Valley	831-758-6325	mealsonwheelsofsalinas.org
Monterey Cty Social & Employment Services - Food Stamps	831-755-4400 Salinas 831-899-8001 Seaside	co.monterey.ca.us/departments.htm
Government		
Social Security Administration (SSA)	877-600-2857	ssa.gov/reach.htm
Health (Mental)		
AoA Senior Peer Counseling	831-646-1458	AllianceOnAging.org

Revised 05-01-15



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Health (Physical)		
Alisal Health Center	831-769-8800	559 E. Alisal, #201, Salinas
American Cancer Society	831-442-2992	cancer.org
Clinica de Salud - Administration	831-757-8689	csvs.org
- Dental	831-444-9722	
- Optometry	831-757-1264	
- Mobile Clinic (Medical & Dental)	831-970-1972	
Monterey County Health Clinic at Marina	831-384-1445	3155 De Forest Road, Marina, 93933
Cancer Detection Program	800-511-2300	
Rota Care Monterey Peninsula (free medical clinic)	831-659-8037	
Seaside Family Health Center	831-899-8100	1150 Fremont Blvd., Seaside
Hospitals		
Community Hospital of the Monterey Peninsula (CHOMP)	831-624-5311	chomp.org
Mee Memorial Hospital	831-385-6000	meememorial.com
Natividad Medical Center	831-755-4111	natividad.com
Salinas Valley Memorial Healthcare System (SVMH)	831-757-4333	svmh.com
Housing/Homeless		
Community Housing Improvement Systems & Planning Assoc (CHISPA)	831-757-6251	chispahousing.org
Housing Alliance for People with Disabilities (HAPD)		hapd-ca.org
Housing Authority of the County of Monterey	831-775-5000	hamonterey.org
Housing Resource Center	800-946-1911	hrcmc.org
Shelter Outreach Plus (24 Hour Family Helpline & Shelters)	831-384-3388	shelteroutreachplus.org
MCHOME - Interim, Inc.(Homeless adults w/mental illness)	831-649-4522	interiminc.org
Good Samaritan Center / Salvation Army	831-443-9655 Salinas	tsamonterey.com
Landlord/Tenant Information	831-424-4694	
Hospice		
Visiting Nurse Association (VNA) Hospice Office	731-751-5500	ccvna.com
Hospice of the Central Coast	831-649-7750	
Heartland Hospice Services of Monterey	831-373-8442	heartlandhospice.com
In Home Care		
In Home Support Services (IHSS) - non-medical	831-755-4466 Salinas 831-883-7565 Monterey	mcdss.ca.monterey.ca.us/aging/
Visiting Nurse Association (VNA)	831-372-6668	ccvna.com
Legal		
California Rural Legal Assistance	831-757-5221 Salinas 831-375-0505 Monterey	
Legal Services for Seniors	831-442-7700 Salinas 831-899-0492 Seaside	legalservicesforseniors.org
Conflict Resolution and Mediation Center	831-582-5234	1900 Garden Rd. Monterey 93940
Monterey County Bar Association - Lawyer Referral Service	831-582-3600	montereycountybar.org
Monterey County District Attorney	831-755-5070 Salinas	co.monterey.ca.us/da
U.S. Citizenship and Immigration Services	800-375-5283	uscis.gov
Catholic Charities - Immigration Services	831-422-0602 Salinas	dioceseofmonterey.org/ministries
Medicare/Medi-Cal		
AoA HICAP Program - Medicare Counseling	831-655-1334	AllianceOnAging.org
Central California Alliance for Health - Medi-Cal	800-700-3874	ccah-alliance.org
Monterey Cty Dept. of Social Services - Medi-Cal	866-323-1953 877-410-8823	mcdss.co.monterey.ca.us

Revised 05-01-15



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Nursing Homes/Assisted Living Facilities		
AoA Ombudsman Program	831-655-7565	AllianceOnAging.org
Safety		
Community Hospital Lifeline	800-380-3111	chomp.org
Salinas Valley Memorial Healthcare Lifeline	831-755-0788	svmh.com
Senior Centers (Activities & Lunch)		
AoA Senior Outreach Luncheon-First Tues of every month	831-758-4011	AllianceOnAging.org
Active Seniors, Inc. (membership)	831-424-5066	100 Harvest St., Salinas 93901
Carmel Foundation (membership)	831-624-1588	carmelfoundation.org
Castroville Community Center	831-633-3084	11261 Crane St., Castroville 95012
Episcopal Senior Communities (monthly senior luncheons)	831-424-0911	egray@jtm-esc.org
Episcopal Senior Communities (Senior Center Without Walls)	831-424-0911	egray@jtm-esc.org
Leo Meyer Senior Center	831-385-4562	415 Queen St., King City 93930
Los Ositos Community Center	831-674-5100	1083 Elm Ave., Greenfield 93927
Marina Community Center	831-384-6009	211 Hillcrest Ave., Marina 93933
Scholze Park Center (Monterey Senior Center)	831-646-3878	280 Dickman, Monterey 93940
Oldemeyer Center	831-899-6800	986 Hilby Ave., Seaside 93955
Prunedale Senior Center	831-663-5023	8300 Prunedale Rd N., Prunedale
Salinas Firehouse Recreation Center	831-775-4288	1330 E. Alisal St., Salinas 93905
Salinas Senior Center	831-757-6030	
Sally Griffin Active Living Center	831-375-4454	700 Jewel Ave., Pacific Grove 93950
Salvation Army	831-443-9655	2460 Main St., Salinas 93906
Social Services		
Catholic Charities	831-393-3110	dioceseofmonterey.org
Dorothy's Place - Salinas	831-757-3838	dorothysplace.org
Salvation Army - Salinas	831-443-9655	salvationarmy.org
Salvation Army - Monterey Peninsula	831-899-4911	tsamonterey.com
Monterey Cty Dept. of Social Services (MCDSS)	866-323-1953	mcdses.ca.monterey.ca.us
Community Benefits	877-410-8823	
Food Stamps	Current Recipients	
Cash Aid	866-323-1953	
Medi-Cal	New Applications	
Family & Children's Services	831-755-4475	mcdss.co.monterey.ca.us/families/
CaWORKs Employment Services	831-755-4452	mcdss.co.monterey.ca.us/careers
Aging & Adult Services	831-755-4466	mcdss.co.monterey.ca.us/aging/
Transportation		
Coastal Yellow Cab, Inc.	831-333-0533	cyctaxi.com
iTN Monterey County (transportation for seniors)	831-240-0850 Salinas 831-233-3447 Monterey	ITNMontereyCounty.org
Monterey Salinas Transit / Rides Program (MST)	888-678-2871	mst.org
Utility Assistance		
AoA Benefits Checkup Program	831-646-4922	AllianceOnAging.org
Central Coast Energy Services (CCES)	888-728-3637	energyservices.org
PG&E Care Program	866-743-2273	pge.com/care
Veterans		
Military and Veterans Affairs Office (VA)	831-647-7613	co.monterey.ca.us/va
Veterans Transition Center	831-883-8387	vtcmonterey.org

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