



2012 MONTEREY COUNTY
SENIOR RESOURCES

	Telephone	Website or Address
Adult Day Centers Visiting Nurse Assoc. & Hospice - Adult Day Service Center	831-643-0278	ccvna.com
Alcohol and Drug Abuse Sun Street Center	831-753-5144	sunstreetcenter.org
Caregiver Alzheimer's Association Health Projects Ctr. - Del Mar Caregiver Resource Ctr	800-272-3900 831-424-4359	alznorcal.org delmarcaregiver.org
Consumer Protection California Department of Consumer Affairs	800-952-5210	www.dca.ca.gov
Disabilities/Adaptive Technologies Blind and Visually Impaired Center California Telephone Access Program Central Coast Center for Independent Living Deaf and Hard of Hearing Service Center	800-404-3505 800-806-1191 831-757-2968 831-753-6540	blindandlowvision.org ddtp.org cccil.org dhhs.org
Employment Alliance on Aging Senior Employment Training Program One Stop Career Center	831-655-1334 Monterey 831-758-4011 Salinas 831-899-8236 Seaside 831-796-3635 Salinas	AllianceOnAging.org onestopmonterey.org
Financial Assistance/Literacy Alliance on Aging Tax Counseling Program U.S. Department of Housing and Urban Development Monterey Cty Social & Employment Services - Cash Aid Catholic Charities - rental, food, utility assistance Salvation Army Senior Episcopal Communities	831-655-1334 800-225-5342 831-755-4400 Salinas 831-899-8001 Seaside 831-393-3110 Seaside 831-443-9655 Salinas 831-394-6507 Seaside 831-424-0911	AllianceOnAging.org hud.gov co.monterey.ca.us/departments.htm dioceseofmonterey.org/ministries tsamonterey.com 1solutions@sbcglobal.net
Food/Home Delivered Meals Food Bank for Monterey County Meals on Wheels of the Monterey Peninsula Meals on Wheels - Salinas Valley Monterey Cty Social & Employment Services - Food Stamps	831-758-1523 831-375-4454 831-758-6325 831-755-4400 Salinas 831-899-8001 Seaside	food4hungry.org mowmp.org mealsonwheelsofsalinas.org co.monterey.ca.us/departments.htm
Health Alisal Health Center American Cancer Society Clinica de Salud - Administration - Dental - Optometry - Mobile Clinic (Medical & Dental) Monterey County Health Clinic at Marina Cancer Detection Program Rota Care Monterey Peninsula (free medical clinic) Seaside Family Health Center	831-769-8800 831-442-2992 831-757-8689 831-444-9722 831-757-1264 831-970-1972 831-384-1445 800-511-2300 831-659-8037 831-899-8100	559 E. Alisal, #201, Salinas cancer.org csvs.org 3155 De Forest Road, Marina, 93933 1150 Fremont Blvd., Seaside



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Housing/Homeless		
CHISPA	831-757-6251	chispahousing.org
Housing Authority of the County of Monterey	831-775-5000	hamonterey.org
Housing Resource Center	800-946-1911	hrcmc.org
Shelter Outreach Plus	831-384-3388	shelteroutreachplus.org
MCHOME - Interim, Inc.(Homeless adults w/mental illness)	831-649-4522	interiminc.org
Hospice/End of Life Resources		
Compassionate Care Alliance (CCA)	831-655-9506	comcarealliance.org
Visiting Nurse Association & Hospice	831-751-5500	ccvna.com
Hospice of the Central Coast	831-649-7750	chomp.org
Heartland Hospice	831-373-8442	heartlandhospice.com
Hospitals		
Community Hospital of the Monterey Peninsula	831-624-5311	chomp.org
George L. Mee Memorial Hospital	831-385-6000	meememorial.com
Natividad Medical Center	831-755-4111	natividad.com
Salinas Valley Memorial Healthcare System	831-757-4333	svmh.com
In Home Care		
In Home Support Services (IHSS) - non-medical	831-755-3403 Salinas 831-883-7565 Monterey	co.monterey.ca.us/aaa/
Visiting Nurse Association (VNA)	831-372-6668	ccvna.com
Legal/Governmental		
American Civil Liberties Union (ACLU)	831-622-9894	acluMontereyCounty.org
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
Monterey County Bar Association	831-663-6955	montereycountybar.org
Monterey County District Attorney	831-755-5070 Salinas	co.monterey.ca.us/da
Social Security Administration	877-600-2857	ssa.gov/reach.htm
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		
Alliance on Aging, HICAP Program n	831-655-1334	AllianceOnAging.org
Central California Alliance for Health - Medi-Cal	800-700-3874	ccah-alliance.org
Monterey County Social & Employment Services - Medi-Cal	831-755-4400	co.monterey.ca.us/departments.html
Mental Health Services/Emotional Support		
Alliance on Aging, Senior Peer Counseling	831-646-4636	AllianceOnAging.org
Interim, Inc.	831-649-4522	interiminc.org
Monterey County Behavioral Health	831-755-4400	co.monterey.ca.us/departments.html
Nursing Homes/Assisted Living Facilities		
Alliance on Aging, Ombudsman Program	831-655-7560	AllianceOnAging.org
Safety		
Community Hospital Lifeline	831-625-4516	chomp.org
Salinas Valley Memorial Healthcare Lifeline	831-755-0788	svmh.com
Senior Helpline	800-510-2020	



	Telephone	Website or Address
Senior Centers (Activities & Lunch)		
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., King City 93930
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
Sally Griffin Active Living Center	831-375-4454	700 Jewel Ave., Pacific Grove 93950
Salvation Army	831-443-9655	2460 Main St., Salinas 93906
Alliance on Aging Senior Outreach Luncheon	831-758-4011	AllianceOnAging.org
Senior Outreach	831-236-6135	gjimenez@AllianceOnAging.org
Senior Counseling		
Alliance on Aging Senior Peer Counseling	831-646-1458	szika@AllianceOnAging.org
Social Service/Crisis Intervention		
Adult Protective Service (APS)	831-883-7565	mcdses.co.monterey.ca.us
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
Suicide Prevention Service of the Central Coast	877-663-5433	suicide.org
YWCA/Domestic Violence	831-757-1001	
Support Groups		
Alliance on Aging Senior Peer Counseling	831-655-1456	szika@AllianceOnAging.org
Community Hospital of the Monterey Peninsula	888-452-4667	chomp.org
Salinas Valley Memorial Healthcare System	831-757-4333	svmh.com
VNA & Hospice (Grief & Loss Support Group)	831-758-4200	ccvna.com
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 (MST)/Rides Program	888-678-2871	mst.org
Utility/Energy Benefit Program		
Central Coast Energy Services	888-728-3637	energyservices.org
PG&E Care Program	866-743-2273	pge.com/care
Veterans		
Military and Veterans Affairs Office	831-647-7610	co.monterey.ca.us/va