This list of community resources is not exhaustive. It should be emphasized that there are frequent changes in community resources. Details should be confirmed with individual agencies.
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Preventing Crime at Home
Don't let the fear of crime stop you from enjoying life but do be aware of your surroundings, even in your own home. These tips can help you prevent crime and stay safe.

In your home:
- Make sure locks, doors and windows are strong and secure. Keep them locked both when you are at home and away.
- Don't open your door before you know who's there. Ask strangers for proof of identity.
- Don't be afraid to hang up on telephone salespeople. You’re not being impolite, you’re being cautious. Don’t give personal information over the phone.
- Be careful when buying things online. Make sure the website you are ordering from has a secure server.
- Don’t keep large amounts of money at home.
- Consider using a home alarm system.

In your neighborhood:
- Get to know your neighbors and join a neighborhood watch program.
- Stay away from unsafe places like dark walkways, parks and alleys.
- Keep your car doors locked at all times.
- Carry your purse close to your body with the strap over your shoulder and across your chest.

Emergency Response Systems
These personal response systems allow a person with the touch of a button to call for help. The response system call centers operate 24 hours a day, seven days a week. These systems can give you and a loved one peace of mind.
Local Lifeline Response Systems  
Salinas Valley Memorial Health Care System 831-755-0788

Elder & Dependent Adult Abuse Prevention  
Any person who suspects that an elder or dependent adult (person with a disability that requires the assistance from another person for activities of daily living) is being abused, neglected, exploited or abandoned may file a report 24 hours a day. Reports may remain anonymous.

ADULT PROTECTIVE SERVICES/DEPARTMENT OF SOCIAL SERVICES  
Phone: 1-800-510-2020  
Web: [http://mcdss.co.monterey.ca.us/aging](http://mcdss.co.monterey.ca.us/aging)  
Service provided in all languages  
Days/Hours: M-F 8-5

ALLIANCE ON AGING  
Phone: 831-655-1334  
831-758-4011  
Web: [www.allianceonaging.org](http://www.allianceonaging.org)  
Service provided in English and Spanish  
Days/Hours: M-F 9-5  
• Health Insurance Counseling And Advocacy Program (HICAP)  
• Ombudsman for Long Term Care

CALIFORNIA RURAL LEGAL ASSISTANCE (CRLA)  
Phone: 831-757-5221 Salinas  
831-724-2253 Watsonville  
Web: [www.crla.org](http://www.crla.org)  
Service provided in English and Spanish  
Days/Hours: M-F 9-5  
• Free legal assistance for low-income, rural Californians under the age of 60 yrs  
• Variety of community education and outreach services

CATHOLIC CHARITIES  
Phone: 831-393-3110 Seaside  
831-422-0602 Salinas  
Web: [http://catholiccharitiescentralcoast.org](http://catholiccharitiescentralcoast.org)  
Service provided in English and Spanish  
Days/Hours: M-F 9-4  
• Counseling services  
• Immigration and citizenship assistance (Salinas office)
CENTRAL COAST CENTER FOR INDEPENDENT LIVING
Phone: 831-757-2968 or 831-757-3949 (TDD line)
Web: www.cccil.org
Service provided in English and Spanish
Days/Hours: M-F 8:30-5
• Advocacy, service information, education and support to people with disabilities

LEGAL SERVICES FOR SENIORS
Phone: 831-442-7700 Salinas 831-899-0492 Seaside
Web: www.legalservicesforseniors.org
Service Provided in English and Spanish
Days/Hours: M-F 9-5
• Legal consultation for Monterey County seniors 60 years of age and older
• Community outreach, please call for site information

LIFELINE MEDICAL ALERT/SALINAS VALLEY MEMORIAL HOSPITAL
Phone: 831-755-0788 Lifeline
Web: www.svmh.com
Days/Hours: M-F 10-4:30
• Personal emergency response system for seniors and disabled individuals

MILITARY & VETERANS AFFAIRS OFFICE (COUNTY OFFICE)
Phone: 831-647-7613
Web: www.co.monterey.ca.us/va
• Provides a range of services on behalf of Veterans and their dependents including assistance with filing benefit claims

MONTEREY COUNTY BAR ASSOCIATION
Phone: 831-582-3600
Web: www.montereycountybar.org
Days/Hours: M-Th 9-5, F 9-3
• Lawyer Referral Service, $50 consultation fee
• Workshops on topics such as restraining orders, small claims, and guardianship. Please call (831) 582-5235.

PARTNERS FOR TRANSITIONS, LLC
Phone: 831-626-1943
Web: www.partnersfortransitions.com
• Provides preparation and partnership for aging, illness and end of life.
PUBLIC GUARDIAN/MONTEREY COUNTY HEALTH DEPARTMENT
Phone: 831-883-7585
Web: www.mtyhd.org
Services provided in English and Spanish
Days/hours: M-F 8-5
- County agency managing: Decedent Estates; Probate Conservatorships; Mental Health Conservatorships; Public Representative Payee.

U.S. CITIZENSHIP AND IMMIGRATION SERVICES
Phone: 1-800-375-5283
Web: www.uscis.gov
Service provided in English and Spanish
Days/Hours: M-F 8-6 or automated 24/7
- Citizenship, immigration of family members, US employment, green cards
- Humanitarian efforts, adoptions, civic integration, genealogy

YWCA MONTEREY COUNTY
Crisis Line: 831-372-6300
Phone: 831-422-8602 Salinas
Web: www.ywca.org
Services Provided in English and Spanish
Days/Hours: M-F 9-5 with extended hours
- Domestic violence prevention
- Emotional support services
- Information and education
- Advocacy

Durable Power of Attorney (DPOA)
This written document authorized an agent to handle certain types of transaction. General Powers of attorney are broad and allow many types of transactions. Limited powers of attorney are for a specific task. A “durable” power of attorney remains valid even after the person no longer has legal capacity to handle transactions.

Medical Power of Attorney (Advanced Health Care Directive)
This legal document lets you appoint someone (usually called a healthcare agent or proxy) to make decisions about your medical care. An advance directive for health care can be written so as to accept or refuse life-sustaining treatment and under what circumstances. You can create an advance directive at any time and change it whenever you wish.

Conservatorship
To qualify for a conservatorship, a person must be impaired in such a way that he/she is unable to manage financial resources or meet essential physical health or safety requirements. A petition must be filed with the court when a conservatorship is necessary.
Counseling Services

ALCOHOLICS ANONYMOUS/MONTEREY PENINSULA
Phone: 831-373-3713
Web: www.aamonterey.org
• Meetings for the greater Monterey Peninsula area

ALCOHOLICS ANONYMOUS/SALINAS VALLEY
Phone: 831-424-9874
   831-757-8518 Spanish Group
Web: www.aasalinas.org
• Meetings for Salinas and Valley cities

ALLIANCE ON AGING
Phone: 831-655-1334
   831-758-4011
Web: www.allianceonaging.org
Service provided in English and Spanish
Days/Hours: M-F 9-5
• Health Insurance Counseling And Advocacy Program (HICAP)
• Senior Peer Counseling Program

ALZHEIMER’S ASSOCIATION
Phone: 1-800-272-3900
Web: www.alz.org/norcal
Service provided in all languages
Days/Hours: M-F 8-4:30
• Care Consultation

AMERICAN CANCER SOCIETY
Phone: 831-442-2992 Salinas   1-800-227-2345 National
Web: www.cancer.org
Services in English and Spanish
Days/Hours: M-F 9-5
• Emotional support services
• Hair loss & mastectomy products
• Rides to treatment
• Information and Education services

BEACON HOUSE
Phone: 1-800-215-4733
Web: www.beaconhouse.org
• Drug and Alcohol prevention and treatment services
BLIND AND VISUALLY IMPAIRED CENTER
Phone: 831-649-3505
1-800-404-3505 (Monterey County only)
Web: www.blindandlowvision.org
Service provided in English and Spanish (by arrangement)
Days/Hours: M-F 8:30-1:30 and by appointment
• Resources, training and adaptive devices

CATHOLIC CHARITIES
Phone: 831-393-3110 Seaside 831-422-0602 Salinas
Web: http://catholiccharitiescentralcoast.org
Service provided in English and Spanish
Days/Hours: M-F 9-4
• Counseling services
• Immigration and citizenship assistance (Salinas office)

COMMUNITY HUMAN SERVICES
Phone: 831-658-3811 (Administration)
Web: www.chservices.org
Service provided in English and Spanish
Days/Hours: M-F 8-5 with extended office hours
• Substance abuse treatment and counseling services

DOOR TO HOPE
Phone: 831-758-0181
Web: www.doortohope.org
Services Provided in English and Spanish
Days/hours: M-F 8-5
• Women’s residential recovery program
• Outpatient treatment program

GATEWAY CENTER
Phone: 831-372-8002 Pacific Grove
831-422-3999 Salinas Senior Program
Web: www.gatewaycenter.org
Service provided in English and Spanish
Days/Hours: Pacific Grove M-F 8-4, Salinas M-F 8:30-3
• Provides services to persons with developmental disabilities
• Residential programs
• Adult day programs
HEALTH PROJECTS CENTER DEL MAR CAREGIVER RESOURCE CENTER
Phone: 1-800-624-8304 or 831-424-4359
Web: www.hpcn.org
Service provided in English and Spanish
Days/Hours: M-F 9-5
- Caregiver resources, respite, support groups
- Multipurpose Senior Services Program (MSSP) provides assistance to low income seniors 65+ with identification of home care needs and assists in coordinating services

HOSPICE GIVING FOUNDATION
Phone: 831-333-9023
Web: www.hospicegiving.org
Service provided in English
Days/Hours: M-F 8-5
- Provides access to information on end-of-life care and planning
- Advanced directives and other education opportunities

INTERIM, INC
Phone: 831-649-4522
Web: www.interiminc.org
Service provided in English and Spanish
Days/Hours: M-F 8-5
- Affordable housing, residential treatment for those with serious mental illness and dual-diagnoses
- Social support, employment training, homeless outreach, education and family support

KINSHIP CENTER-FAMILY TIES PROGRAM
Phone: 831-443-0662
Web: www.kinshipcenter.org
Service provided in English and Spanish
Days/Hours: M-F 8:30-5
- Support to relative caregivers
- Support groups, social gatherings
- Legal assistance-guardianship support

MENTAL HEALTH CRISIS LINE/NATIVIDAD MEDICAL CENTER
Phone: 831-755-4111
Web: www.natividad.com
Service provided in English and Spanish
Days/Hours: 24/7
- Mental health crisis line
MONTEREY COUNTY BEHAVIORAL HEALTH
Phone: 831-755-4510 or 1-888-258-6029 (Access to Treatment line)
Web: www.mtyhd.org
Service provided in English and Spanish
Days/Hours: M-F 8-5 (24 hr. crisis line 831-755-4111)
• Access to mental health services for Medi-Cal or Medi-Cal eligible individuals

MULTIPLE SCLEROSIS QUALITY OF LIFE PROJECT (MSQLP)
Phone: 831-333-9091 Monterey
Web: www.msqlp.org
Service provided in English and Spanish
Days/Hours: M-F 10-4
• Free case management services to people with Multiple Sclerosis and Parkinson’s Disease
• Water aerobics program, Support groups, Educational events, Equipment reuse program

THE DIVERSITY CENTER OF SANTA CRUZ COUNTY
PHONE: 831-425-5422
WEB: www.diversitycenter.org
Days/Hours: MTThF 9-6, W 1-6
• Caregiver support groups, discussion groups, education, resource referral information, social and cultural programs

SUICIDE PREVENTION SERVICES OF THE CENTRAL COAST
Phone: 1-877-663-5433 (831) 458-5300
Web: www.suicidepreventionservice.org
Service provided in English
Days/Hours: 24/7
• Crisis hotline available
• Volunteer responders
• Community outreach and education please call (831) 459-9373

SUN STREET CENTERS
Phone: 831-753-5135 (Administration)
Web: http://sunstreetcenters.org/
Services provided in English and Spanish
Days/Hours: M-F 8-5
• Residential and outpatient alcohol and drug treatment programs
• Education and prevention services
• DUI program
THE RECOVERY CENTER/COMMUNITY HOSPITAL OF THE MONTEREY PENINSULA
Phone: 831-624-5311 x3269
Web: www.chomp.org
Days/hours: M-F 12:30pm-9pm
• Intensive Outpatient Drug and Alcohol Program for adults

VALLEY HEALTH ASSOCIATES
Phone: 831-424-6655
Web: www.valleyhealthassociates.com
Services provided in English and Spanish
Days/Hours: M-Th 6:30am -3:30pm F 6:30am-12pm
• Substance abuse prevention
• Outpatient treatment services

VETERANS TRANSITION CENTER
Phone: 831-883-8387
Service in all languages
Days/Hours: M-F 9-5
Web: www.vtcmonterey.org
• Support services to homeless veterans
• Emergency and case management programs

YWCA MONTEREY COUNTY
Crisis Line: 831-372-6300
Phone: 831-422-8602 Salinas
Web: www.ywca.org
Services Provided in English and Spanish
Days/Hours: M-F 9-5 with extended hours
• Domestic violence prevention
• Emotional support services
• Information and education
• Advocacy

Education & Social Services

ACTIVE SENIORS, INC
Phone: 831-424-5066
Days/Hours: M-F 9:30-3:30
• A membership based senior center that offers a range of membership activities and events
AGING AND ADULT SERVICES/DEPARTMENT OF SOCIAL SERVICES
Phone: 1-800-510-2020
Web: http://mcdss.co.monterey.ca.us/aging
Service provided in all languages
Days/Hours: M-F 8-5
• Information, Referral and Assistance (IR&A)
• Adult Protective Services (APS)
• In-Home Supportive Services (IHSS)
• Public Authority—IHSS caregiver registry and training

ALLIANCE ON AGING
Phone: 831-655-1334
     831-758-4011
Web: www.allianceonaging.org
Service provided in English and Spanish
Days/Hours: M-F 9-5
• Health Insurance Counseling and Advocacy Program (HICAP)—Medicare counseling and advising
• Ombudsman—Advocates for residents in nursing homes and Assisted Living Facilities
• Senior peer counseling
• Senior Tax Assistance Program
• Community outreach

ALZHEIMER’S ASSOCIATION
Phone: 1-800-272-3900
Web: www.alz.org/norcal
Service provided in all languages
Days/Hours: M-F 8-4:30
• Helpline 24/7 days/week - family, community and professional presentations
• Support groups for caregivers and early stage memory loss individuals

AMERICAN CANCER SOCIETY
Phone: 831-442-2992 Salinas 1800-227-2345 National
Web: www.cancer.org
Services in English and Spanish
Days/Hours: M-F 9-5
• Emotional support services
• Hair loss & mastectomy products
• Rides to treatment
• Information and Education services
AMERICAN RED CROSS CENTRAL COAST CHAPTER
Phone: 831-424-4824 Salinas  831-624-6921 Carmel
Web: www.arcmontereybay.org
Days/Hours: M-F 8:30-4:30 (Carmel office)
• Emergency response volunteer service organization
• Community services and education
• Disaster preparedness information

BLIND AND VISUALLY IMPAIRED CENTER
Phone: 831-649-3505
1-800-404-3505 (Monterey County only)
Web: www.blindandlowvision.org
Service provided in English and Spanish (by arrangement)
Days/Hours: M-F 8:30-1:30 and by appointment
• Resources, training and adaptive devices

CALIFORNIA STATE DEPARTMENT OF REHABILITATION
Phone: 831-769-8066
831-769-8070 (TTY)
Web: www.dor.ca.gov
Services provided in English and Spanish
Days/Hours: M-F 8-5
• Vocational rehabilitation programs

CALIFORNIA TELEPHONE ACCESS PROGRAM
Phone: 1-800-806-1191 English 1-800-949-5650 Spanish 1-800-806-4474 TTY
Web: www.CaliforniaPhones.org
• Free specialized phones that make it easier to hear, dial and call, application required

CARMEL FOUNDATION
Phone: 831-624-1588
Web: www.carmelfoundation.org
Days/Hours: M-F 9-5, Sat 9-4
• A membership based senior service organization offering a range of membership activities, services and events for individuals 55 and over

CATHOLIC CHARITIES
Phone: 831-393-3110 Seaside
831-422-0602 Salinas
Web: http://catholiccharitiescentralcoast.org
Service provided in English and Spanish
Days/Hours: M-F 9-4
• Counseling services
• Immigration and citizenship assistance (Salinas office)
CENTRAL COAST CENTER FOR INDEPENDENT LIVING
Phone: 831-757-2968 or 831-757-3949 (TDD line)
Web: www.cccil.org
Service provided in English and Spanish
Days/Hours: M-F 8:30-5
 ● Advocacy, service information, education and support to people with disabilities

CENTRAL COAST ENERGY SERVICES
Phone: 1-888-728-3637
Web: www.energyservices.org
Service provided in English and Spanish
 ● Home weatherization services– assistance with energy efficient appliances
 ● Enrollment in PG&E CARE and HEAP program
 ● Home safety inspections

COMMUNITY HOMELESS SOLUTIONS
Phone: 831-384-3388
Web: www.shelteroutreachplus.org
Service provided in English and Spanish
Days/hours: Vary by location
 ● Homeless and domestic violence shelters
 ● Emergency intervention and transitional support

DEAF AND HARD OF HEARING SERVICE CENTER
Phone: 831-753-6540
Web: www.dhhsc.org
Service provided in English, Spanish, American Sign Language
Days/Hours: M-F 8:30-12, 1-5
 ● Information, assistive devices for deaf and hard of hearing individuals
 ● Service center for the California Telephone Access Program-2nd Friday of each month 10-11:30 and 1-3
 ● Advocacy Services, Independent Living Skills Instructions, Communications Assistance including Sign Language Interpreting Services, Peer Counseling, Information and Referral, Employment Development and Placement, Community Education and Outreach for deaf and hard of hearing children and their families

EPISCOPAL SENIOR COMMUNITIES
Phone: 831-424-0911
Web: www.jtm-esc.org/senior
Service provided in English and Spanish
Days/Hours: M-F 9-5
 ● Provides varied services directly and/or through community partners including linkages to resources, durable medical equipment loans, senior produce markets, health and wellness activities, and socialization opportunities for active and homebound participants. Services are offered at low-cost or no-cost.
FIREHOUSE RECREATION CENTER/ SENIOR PROGRAM-CITY OF SALINAS
Phone: 831-775-4286
Web: www.ci.salinas.ca.us
Service provided in English and Spanish
Days/Hours: M-F 8am-12:30pm
• Senior lunch program-lunch served M-F at 11:30am (reservations required)
• Education classes
• Arts and Crafts, dance classes and Senior trips

GATEWAY CENTER
Phone: 831-372-8002 Pacific Grove
  831-422-3999 Salinas Senior Program
Web: www.gatewaycenter.org
Service provided in English and Spanish
Days/Hours: Pacific Grove M-F 8-4, Salinas M-F 8:30-3
• Provides services to persons with developmental disabilities
• Residential programs
• Adult day programs

HEALTH PROJECTS CENTER/DEL MAR CAREGIVER RESOURCE CENTER
Phone: 1-800-624-8304 831-424-4359
Web: www.hpcn.org
Service provided in English and Spanish
Days/Hours: M-F 9-5
• Caregiver resources, respite, support groups
• Multipurpose Senior Services Program (MSSP) provides assistance to low income seniors 65+ with identification of home care needs and assists in coordinating services

HOPE SERVICES
Phone: 831-393-1575 Peninsula
  831-758-0973 Salinas
  831-455-4940 Salinas
Web: www.hopeservices.org
Services in English and Spanish
Days/Hours: M-F 8-4
• Employment and job training for people with developmental disabilities
• Adult day program
• Independent living services
INTERIM, INC
Phone: 831-649-4522
Web: www.interiminc.org
Service provided in English and Spanish
Days/Hours: M-F 8-5
- Affordable housing, residential treatment for those with serious mental illness and dual-diagnoses
- Social support, employment training, homeless outreach, education and family support

KINSHIP CENTER – FAMILY TIES PROGRAM
Phone: 831-443-0662
Web: www.kinshipcenter.org
Service provided in English and Spanish
Days/Hours: M-F 8:30-5
- Support to relative caregivers
- Support groups, social gatherings

LOAVES, FISHES & COMPUTERS, INC.
Phone: 831-393-9260
Web: www.loavesfishescomputers.org
Service provided in English & Spanish
Days/Hours: Tues-Sat 11-5
- Low-cost computers to qualifying low-income families and individuals
- Computers available in English and Spanish
- Community resources and information
- Technology support and repair

MARINA SENIOR CENTER
Phone: 831-384-6009
Web: www.ci.marina.ca.us
Days/Hours: M-F 9-2
- Senior lunch program
- Educational, recreational, fitness activities
- Senior trips

MILITARY & VETERANS AFFAIRS OFFICE (COUNTY OFFICE)
Phone: 831-647-7613
Web: www.co.monterey.ca.us/va
- Provides a range of services on behalf of Veterans and their dependents including assistance with filing benefit claims
MONTEREY BAY VILLAGE/CARMEL FOUNDATION
Phone: 831-620-8717
Website: www.montereybayvillage.org
- Membership based services to enable seniors to remain in their homes
- Referrals to screened services providers offering discounted services
- Access to volunteers who provide transportation, technical assistance, handyman services, and more

MONTEREY COUNTY DEPARTMENT OF SOCIAL SERVICES
Phone: 831-755-4400 Salinas
- 831-899-8001 Seaside
- 831-385-7400 King City
Web: www.mcdss.co.monterey.ca.us
- Performs eligibility determination for Cash Aid, CalFresh (Food Stamps) and Medi-Cal health insurance

MONTEREY COUNTY OFFICE OF EMERGENCY SERVICES
Phone: 831-796-1900
Web: www.co.monterey.ca.us/oes/
Days/Hours: M-F 8-5
- County office responsible for regional disaster preparedness planning and response
- Disaster preparedness information

MONTEREY SENIOR CENTER/ SCHOLZE PARK CENTER
Phone: 831-646-3878
Web: www.monterey.org
Days/Hours: M-F 9-5
- Adult service center
- Senior lunch program: M-F (except Wednesdays) at 11:30am, reservation required
- Education, fitness, and recreation activities

MULTIPLE SCLEROSIS QUALITY OF LIFE PROJECT (MSQLP)
Phone: 831-333-9091 Monterey
Web: www.msqlp.org
Service provided in English and Spanish
Days/Hours: M-F 10-4
- Free case management services to people with Multiple Sclerosis and Parkinson’s Disease
- Water aerobics program, Support groups, Educational events, Equipment reuse program
NORTH COUNTY RECREATION AND PARK DISTRICT/SENIOR PROGRAM
Phone: 831-633-3084
Web: www.ncrpdp.org
Services in English and Spanish
Days/Hours: M-F 9-1:30
• Senior lunch program—M-F (except Wednesdays) at 11:30am, reservation required
• Recreation activities
• Senior trips

OSHER LIFELONG LEARNING INSTITUTE (OLLI)
Phone: 831-582-5500
Web: www.olli.csumb.edu
Days/Hours: M-F 10-3
• Life long learning education courses for adults 50+

PARADIGM ADULT SERVICES INC
Phone: 831-622-7999  831-444-6444
Service provided in English and Spanish
Days/Hours: M-F 8:30-2
• Services persons with disabilities

PRUNEDALE SENIOR CENTER
Phone: 831-663-5023
Web: www.nmchs.com/library/commserv/pdseniorcent99
Service provided in English
Days/Hours: M-F 9-3
• Senior lunch program
• Education, recreation & fitness classes

SALINAS SENIOR CENTER
Phone: 831-757-6030
Web: www.salinasseniorcenter.org
• This nonprofit organization is hoping to open a center for seniors and family caregivers in Salinas soon

SALLY GRIFFIN ACTIVE LIVING CENTER
Phone 831-375-4454 Pacific Grove
Web: www.mowmp.org
Service provided in English
Days/Hours: M-F 9-5
• Lunch program
• Fitness, health & nutrition classes
• Computer classes
• Information & Referral to community services
SALVATION ARMY – MONTEREY
Phone: 831-899-4988
Web: www.tsamonterey.com
Service provided in English and Spanish
Days/Hours: M-F 8:30-4:30
- Good Samaritan Center (8:30-4:30 and closed for lunch 12-1)- A day use only center providing essential services to homeless and low-income clients on the Monterey Peninsula. Offer supportive services ranging from basic daily needs to long-term case management.

SALVATION ARMY – SALINAS
Phone: 831-443-9655
Web: www.salvationarmy.org
Service provided in English and Spanish
Days/Hours: M-F 9-4 Closed for lunch 12:00pm-1:00pm
- Senior Program
- Emergency food boxes

SAN ANDREAS REGIONAL CENTER (SARC)
Phone: 831-759-7500
Web: www.sarc.org
Services in English and Spanish
Days/Hours: M-F 8-5
- Services persons with developmental disabilities
- Multiservice organization including assessment, service coordination, information & referral

SEASIDE SENIOR CENTER/OLDEMEYER CENTER
Phone: 831-899-6809
Web: www.ci.seaside.ca.us
Service provided in English and Spanish
Days/Hours: M-F Hours vary
- Senior lunch program
- Educational, recreational & fitness activities
- Senior trips
- Support Workshops

SHARE THE CARE
www.sharethecare.org
- Share The Care is model for bringing family, friends, and associates together in pooling resources and time to help ease the burden on family caregivers and help those without family nearby.
SUICIDE PREVENTION SERVICES OF THE CENTRAL COAST
Phone: 1-877-663-5433
Web: www.suicidepreventionservice.org
Service provided in English
Days/Hours: 24/7
• Crisis hotline available
• Volunteer responders
• Community outreach and education

THE DIVERSITY CENTER OF SANTA CRUZ COUNTY
PHONE: 831-425-5422
WEB: www.diversitycenter.org
Days/Hours: MTThF 9-6, W 1-6
• Caregiver support groups, discussion groups, education, resource referral information, social and cultural programs

VETERANS TRANSITION CENTER
Phone: 831-883-8387
Service in all languages
Days/Hours: M-F 9-5
Web: www.vtcmonterey.org
• Support services to homeless veterans
• Emergency and case management programs

YWCA MONTEREY COUNTY
Crisis Line: 831-372-6300
Phone: 831-422-8602 Salinas
Web: www.ywca.org
Services Provided in English and Spanish
Days/Hours: M-F 9-5 with extended hours
• Domestic violence prevention
• Emotional support services
• Information and education
• Advocacy

Employment Services

GOODWILL CAREER CENTER
Phone: 831-287-2350
Web: www.ccgoodwill.org
Service provided in English and Spanish
Days/Hours: M-F 9-5
• Assists people with barriers to employment through education and training
• Available in Monterey, Santa Cruz and San Luis Obispo counties
HOPE SERVICES
Phone: 831-393-1575 Peninsula
     831-758-0973 Salinas
     831-455-4940 Salinas
Web: www.hopeservices.org
Services in English and Spanish
Days/Hours: M-F 8-4
- Employment and job training for people with developmental disabilities
- Adult day program
- Independent living services

MONTEREY COUNTY ONE-STOP CAREER CENTERS
Phone: 1-800-870-4750
Web: www.onestopmonterey.org
Service provided in English, Spanish
Days/Hours: M-F 8-5
- King City, Salinas, Seaside locations
- Provides support services to job seekers and employers

<table>
<thead>
<tr>
<th>Career Links for Older Workers</th>
</tr>
</thead>
<tbody>
<tr>
<td>AARP</td>
</tr>
<tr>
<td>- Real Relief a website on jobs and job training for older workers [<a href="http://www.aarp.org/realrelief">www.aarp.org/realrelief</a>]</td>
</tr>
<tr>
<td>- A page that links to job tips for older workers [<a href="http://www.aarp.org/money/work">www.aarp.org/money/work</a>]</td>
</tr>
<tr>
<td>- A job search engine for older workers [jobs.aarp.org]</td>
</tr>
<tr>
<td>Encore.org</td>
</tr>
<tr>
<td>- [<a href="http://www.encore.org">www.encore.org</a>]</td>
</tr>
<tr>
<td>Provides news, resources, and connections for individuals and organizations establishing &quot;encore careers&quot; combining social contribut</td>
</tr>
<tr>
<td>ion, personal meaning and financial security. Many of the jobs posted are in education, healthcare and human services.</td>
</tr>
<tr>
<td>NCOA JobSource</td>
</tr>
<tr>
<td>Define your skills, get training [<a href="http://ncoajobsource.org/">http://ncoajobsource.org/</a>]</td>
</tr>
<tr>
<td>RetiredBrains.com</td>
</tr>
<tr>
<td>- [<a href="http://www.retiredbrains.com">www.retiredbrains.com</a>]</td>
</tr>
<tr>
<td>A Resource for older boomers, seniors, retirees and those about too retire who are looking to find jobs, volunteer opportunities, educational resources and retirement information.</td>
</tr>
<tr>
<td>RetirementJobs.com</td>
</tr>
<tr>
<td>- [<a href="http://www.retirementjobs.com">www.retirementjobs.com</a>]</td>
</tr>
<tr>
<td>Has tens of thousands of listings nationwide from companies specifically seeking candidates older than 50. A combination job board, adviser and coach for Boomers and seniors looking for work.</td>
</tr>
<tr>
<td>Senior Job Bank</td>
</tr>
<tr>
<td>- [<a href="http://www.seniorjobbank.org">www.seniorjobbank.org</a>]</td>
</tr>
<tr>
<td>A site where job seekers ages 50 and older can search for jobs by category, industry or location, post resumes and register for a job search agent.</td>
</tr>
</tbody>
</table>
**Family Caregiver Support Services**

**AGING AND ADULT SERVICES/DEPARTMENT OF SOCIAL SERVICES**
Phone: 1-800-510-2020  
Web: [http://mcgss.co.monterey.ca.us/aging](http://mcgss.co.monterey.ca.us/aging)  
Service provided in all languages  
Days/Hours: M-F 8-5  
- Information, Referral & Assistance —provides in-person or telephone assessments of aging/disabled individuals to connect them to community resources and benefits  
- In-Home Supportive Services (IHSS)—provides non-medical home care for low income seniors

**ALZHEIMER’S ASSOCIATION:**  
Phone: 1-800-272-3900  
Web: [www.alz.org/norcal](http://www.alz.org/norcal)  
Service provided in all languages  
Days/Hours: M-F 8-4:30  
- Support groups  
- Helpline 24/7 days/week  
- Family and community education presentations

**AMERICAN CANCER SOCIETY**  
Phone: 831-442-2992 Salinas  1800-227-2345 National  
Web: [www.cancer.org](http://www.cancer.org)  
Services in English and Spanish  
Days/Hours: M-F 9-5  
- Emotional support services  
- Hair loss & mastectomy products  
- Rides to treatment  
- Information and Education services

**GATEWAY CENTER**  
Phone: 831-372-8002 Pacific Grove  831-422-3999 Salinas Senior Program  
Web: [www.gatewaycenter.org](http://www.gatewaycenter.org)  
Service provided in English and Spanish  
Days/Hours: Pacific Grove M-F 8-4, Salinas M-F 8:30-3  
- Provides services to persons with developmental disabilities  
- Residential programs  
- Adult day programs
HEALTH PROJECTS CENTER/DEL MAR CAREGIVER RESOURCE CENTER
Phone: 1-800-624-8304 or 831-424-4359 Salinas
Web: www.hpcn.org
Service provided in English and Spanish
Days/Hours: M-F 9-5
- Caregiver resources, respite, support groups
- Multipurpose Senior Services Program (MSSP) provides assistance to low income seniors 65+ with identification of home care needs and assists in coordinating services

KINSHIP CENTER – FAMILY TIES PROGRAM
Phone: 831-443-0662
Web: www.kinshipcenter.org
Service provided in English and Spanish
Days/Hours: M-F 8:30-5
- Support to grandparents caring for relative minors
- Support groups, social gatherings

LA CASA ADULT DAY HEALTH CENTER, INC
Phone: 831-222-6122
Days/Hours: M-F 8-2
- A multiservice Adult Day Health and Activities Center serving adults and seniors with 2 or more chronic conditions

SAN ANDREAS REGIONAL CENTER (SARC)
Phone: 831-759-7500
Web: www.sarc.org
Services in English and Spanish
Days/Hours: M-F 8-5
- Services persons with developmental disabilities
- Multiservice organization including assessment, service coordination, information & referral

SHARE THE CARE
Web: www.sharethecare.org
- Share The Care is model for bringing family, friends, and associates together in pooling resources and time to help ease the burden on family caregivers and help those without family nearby.

THE DIVERSITY CENTER OF SANTA CRUZ COUNTY
PHONE: 831-425-5422
WEB: www.diversitycenter.org
Days/Hours: MTThF 9-6, W 1-6
- Caregiver support groups, discussion groups, education, resource referral information, social and cultural programs
VNA MONTEREY ADULT DAY SERVICE CENTER
Phone: 831-643-0278
Web: www.ccvna.com
Service in English and Spanish
Days/Hours: M-F 9:15-3:15
• Socialization for seniors in a group setting
• Wide variety of activities including daily exercise, music therapy, art/poetry, etc
• Breakfast snack and hot lunch
• Financial aid maybe available to veterans

Food & Nutrition Services

ALLIANCE ON AGING
Phone: 831-655-1334
  831-758-4011
Web: www.allianceonaging.org
Service provided in English and Spanish
• Senior lunch program, first Tuesday of the month at St. Ansgar’s Lutheran Church, served at 11:45, suggested donation of $7

CARMEL FOUNDATION
Phone: 831-624-1588
Web: www.carmelfoundation.org
Days/Hours: M-F 9-5, Sat 9-4
• A membership based senior service organization offering a range of membership activities, services and events including a senior meals program for individuals 55 and over

CARMEL VALLEY SENIOR LUNCH @ The Community Youth Center
25 Ford Road, Carmel Valley
• Lunch provided on the first Monday of every month for individuals over 55 at 11:30am. No reservation or donation required.

DOROTHY’S PLACE
30 Soledad Street, Salinas
Phone: 831-757-3838
Web: www.dorothysplace.org
Services provided in English and Spanish
• Dorothy’s Kitchen provides meals 7 days a week for those who are hungry
• Hospitality center
EPISCOPAL SENIOR COMMUNITIES
Phone: 831-424-0911
Web: www.jtm-esc.org/senior
Service provided in English and Spanish
Days/Hours: M-F 9-5
● Provides varied services directly and/or through community partners including linkages to resources, durable medical equipment loans, senior produce markets, health and wellness activities, and socialization opportunities for active and homebound participants. Services are offered at low-cost or no-cost.

FIRST UNITED METHODIST CHURCH
Phone: 831-424-0855
Web: http://salinasfirst.org/
Breakfast is served Sunday-Friday from 6:30am-8:30am and lunch is served Sunday-Friday 11:30am-12:30pm

FOOD BANK FOR MONTEREY COUNTY
Phone: 831-758-1523
Web: www.food4hungry.org
Service provided in English and Spanish
● Emergency food and family markets

MEALS ON WHEELS OF THE MONTEREY PENINSULA
Phone: 831-375-4454
Web: www.mowmp.org
Service provided in English, Spanish, Tagalog
Days/Hours: M- F 9-5
● Home-delivered meals
● Daily congregate meals
● Educational and enrichment classes
● Serving Peninsula Communities

MEALS ON WHEELS OF THE SALINAS VALLEY
Phone: 831-758-6325
Web: www.mowsalinas.org
Service provided in English, Spanish
Days/Hours: M-F 8-4:30
● Home-delivered meals
● Serving Salinas, North and South Monterey County

PAJARO RESCUE MISSION
111 Railroad Ave., Watsonville, CA 95076
Phone: 831-722-2074
Services provided in English and Spanish
● Food pantry every day after 5 pm
PAJARO RESCUE MISSION - PAJARO MEN’S CENTER
Phone: 831-722-2074
- Nourishing meals twice a day with access to showers and clothing. Daily Bible services and other supportive services provided daily.

SALVATION ARMY GOOD SAMARITAN CENTER - PENINSULA
Phone: 831-899-4988
Web: [www.tsamonterey.com](http://www.tsamonterey.com)  M-F 8:30-4:30 (closed 12-1)
- Monday through Friday, coffee and pastry breakfast is served 8:30-10:30am. A hot lunch is served 10:30-12pm.

Community Senior Lunch Locations
Reservations required one day in advance
No cost lunch – donations appreciated

<table>
<thead>
<tr>
<th>North Monterey County</th>
<th>South Monterey County</th>
</tr>
</thead>
</table>
| **Castroville Senior Center Lunch 11:30**  
11261 Crane Street  
Castroville, CA 95012  
Reservations (831) 633-3084 | **Leo Meyer Senior Center Lunch 12:30**  
415 Queen Street  
King City, CA 93930  
Reservations (831) 385-7151 |
| **Prunedale Senior Center Lunch 11:30**  
8300 A Prunedale Road North  
Salinas, CA 93907  
Reservations (831) 663-5023 | **Los Ositos Community Center Lunch 12:30**  
1083 Elm Ave  
Greenfield, CA 93927  
Reservations: (831) 385-7151 |
| **Monterey Peninsula** | **Salinas** |
| **Monterey Senior Center Lunch 11:30**  
280 Dickman Avenue  
Monterey, CA 93940  
Reservations (831) 646-3878 | **Firehouse Senior Center Lunch 11:30**  
1330 East Alisal Street  
Salinas, CA 93905  
Reservations (831) 775-4286 |
| **Sally Griffin Active Living Center register at 11:30, lunch served at 12**  
700 Jewell Avenue  
Pacific Grove, CA 93950  
(831) 375-4454 | **Los Abuelitos**  
528 E. Market Street  
Salinas, CA 93905  
Reservations (831) 757-1283  
between 8-10 a.m. day prior to service |
| **Oldemeyer Center - Lunch 11:20am**  
986 Hilby Avenue  
Seaside, CA 93955  
Reservations (831) 899-6809 | **Sherwood Villages Lunch 12**  
808 North Main Street  
Salinas, CA 93906  
(831) 783-1485, application required |
| | **Episcopal Church of the Good Shepherd**  
301 Corral de Tierra Road  
Salinas, CA 93908 (831) 484-2153  
2nd Wednesday of the month at noon |
# Home Delivered Meals

<table>
<thead>
<tr>
<th>Meals on Wheels of the Monterey Peninsula</th>
<th>Meals on Wheels of the Salinas Valley</th>
</tr>
</thead>
<tbody>
<tr>
<td>700 Jewell Avenue, Pacific Grove, CA 93950</td>
<td>40 Clark Street, Suite C, Salinas, CA 93901-3432</td>
</tr>
<tr>
<td>(831) 375-4454</td>
<td>(831) 758-6325</td>
</tr>
</tbody>
</table>

## Health Care Services

### National Health Associations

**Information, Education, & Advocacy**

<table>
<thead>
<tr>
<th>Association</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALZHEIMER’S ASSOCIATION</td>
<td>1-800-272-3900</td>
<td><a href="http://www.alz.org">www.alz.org</a></td>
</tr>
<tr>
<td>AMERICAN CANCER SOCIETY</td>
<td>1-800-227-2345</td>
<td><a href="http://www.cancer.org">www.cancer.org</a></td>
</tr>
<tr>
<td>AMERICAN DIABETES ASSOCIATION</td>
<td>1-800-342-2383</td>
<td><a href="http://www.diabetes.org">www.diabetes.org</a></td>
</tr>
<tr>
<td>AMERICAN HEART ASSOCIATION</td>
<td>1-800-242-8721</td>
<td><a href="http://www.heart.org">www.heart.org</a></td>
</tr>
<tr>
<td>AMERICAN LUNG ASSOCIATION</td>
<td>1-800-586-4872</td>
<td><a href="http://www.lung.org">www.lung.org</a></td>
</tr>
<tr>
<td>EYECARE AMERICA</td>
<td>1-877-887-6327</td>
<td><a href="http://www.eyecareamerica.org">www.eyecareamerica.org</a></td>
</tr>
<tr>
<td>HEALTH RESOURCES AND SERVICES ADMINISTRATION</td>
<td></td>
<td><a href="http://www.findahealthcenter.hrsa.gov">ww.findahealthcenter.hrsa.gov</a></td>
</tr>
<tr>
<td>MUSCULAR DYSTROPHY ASSOCIATION (MDA)</td>
<td>1-800-572-1717</td>
<td><a href="http://www.mdausa.org">www.mdausa.org</a></td>
</tr>
<tr>
<td>NATIONAL MULTIPLE SCLEROSIS SOCIETY</td>
<td>1-800-344-4867</td>
<td><a href="http://www.nationalmssociety.org">www.nationalmssociety.org</a></td>
</tr>
</tbody>
</table>
ALLIANCE ON AGING/Health Insurance Counseling & Advocacy Program
Phone: 831-655-1334 831-758-4011
Web: www.allianceonaging.org
Service provided in English and Spanish
Days/Hours: M-F 9-5
• HICAP—Medicare insurance counseling and advising

BEACON HOUSE
Phone: 1-800-215-4733 (24 hr line)
Web: www.beaconhouse.org
• A recovery facility for adults with alcoholism and/or other drug addictions

BIG SUR HEALTH CENTER
Phone: 831-667-2580
Web: www.bigsurhealthcenter.org
Days/Hours: M-F 10-1 & 2-5
• Provides outpatient ambulatory medical care to residents of the Big Sur Community. Patients are seen by appointment, although emergencies are accepted as needed.

CALIFORNIA STATE DEPARTMENT OF REHABILITATION
Phone: 831-769-8066 831-769-8070 (TTY)
Web: www.dor.ca.gov
Services provided in English and Spanish
Days/hours: M-F 8-5
• Vocational rehabilitation programs

CALQUALITYCARE.ORG
http://www.calqualitycare.org/
Information on California hospitals, medical groups, nursing homes, and other long-term care facilities

CENTRAL CALIFORNIA ALLIANCE FOR HEALTH
Phone: 1-800-700-3874 or 831-755-6000 TTY 1-877-548-0857
Web: www.ccah-alliance.org
Service provided in English and Spanish
Days/hours: M-F 8-5
• Medi-Cal managed care organization
• Serves the counties of Santa Cruz, Monterey and Merced
CLINICA DE SALUD DEL VALLE DE SALINAS
Phone: 831-757-8689 Administration
831-444-9722 Dental
831-757-1264 Optometry
831-970-1972 Mobile Clinic (Medical & Dental)
Web: www.csvs.org
Service provided in English and Spanish
Days/hours: M-F
• Medical services (also dental and optometry) for low-income individuals, with emphasis on farm worker families and agricultural communities
• Locations in Salinas, King City, Castroville, Chualar, Soledad, Greenfield and Pajaro
• Mobile clinic

COMMUNITY HOSPITAL OF THE MONTEREY PENINSULA
Phone: 1-888-45-CHOMP
831-649-7750 1800-364-7001 Hospice
831-622-2745 Grief Line
Web: www.chomp.org
Service provided in English and Spanish
Day/hours: 24 hour medical facility

COMMUNITY HUMAN SERVICES
Phone: 831-658-3811 (Administration)
Web: www.chservices.org
Service provided in English and Spanish
Days/hours: M-F 8-5 with extended office hours
• Substance abuse treatment and counseling services

DOOR TO HOPE
Phone: 831-758-0181
Web: www.doortohope.org
Services Provided in English and Spanish
Days/hours: M-F 8-5
• Women’s residential recovery program
• Outpatient treatment program

HEALTH PROJECTS CENTER DEL MAR CAREGIVER RESOURCE CENTER
Phone: 1-800-624-8304 or 831-424-4359
Web: www.hpcn.org
Service provided in English and Spanish
Days/hours: M-F 9-5
• Caregiver resources, respite, support groups
• Multipurpose Senior Services Program (MSSP) provides assistance to low income seniors 65+ with identification of home care needs and assists in coordinating services
HEARTLAND HOSPICE
Phone: 831-373-8442
Web: www.hcr-manorcare.com
Service provided in English and Spanish
• Hospice home care

HOSPICE OF THE CENTRAL COAST @ CHOMP
Phone: 831-649-7750 1-800-364-7001
Web: www.chomp.org
Service provided in English and Spanish
• Care provided “wherever the person calls home”
• Please call (831) 622-2746 for the following services: Resource library, Transportation program, Bereavement services, Transitions and Griefbusters Programs

INTERIM, INC
Phone: 831-649-4522
Web: www.interiminc.org
Service provided in English and Spanish
Days/hours: M-F 8-5
• Affordable housing, residential treatment for those with serious mental illness and dual-diagnoses
• Social support, employment training, homeless outreach, education and family support

KERNES ADAPTIVE AQUATICS
Josephine Kernes Memorial Pool
15 Portola Ave Monterey, CA 93940
Phone: (831) 372-1240
Web: www.kernespool.org
Service provided in English and Spanish
• Providing warm water exercise programs to help children and adults with physical, emotional, and/or developmental challenges to gain health, strength, and confidence

LA CASA ADULT DAY HEALTH CENTER, INC
Phone: 831-222-6122
Days/Hours: M-F 8-2
• A multiservice Adult Day Health and Activities Center serving adults and seniors with 2 or more chronic conditions.

MEE MEMORIAL HOSPITAL
Phone: 831-385-6000
Web: www.meememorial.com
Service provided in English and Spanish
Day/hours: 24 hour medical facility
• Acute care hospital with community based clinics
MONTEREY BAY DENTAL SOCIETY
Phone: 831-658-0168
Web: www.mbdsdentist.com
Days/Hours: M-Th 9-5 and every other Friday
- Resource for Dental referrals

MONTEREY COUNTY BEHAVIORAL HEALTH
Phone: 831-755-4510 or 1-888-258-6029 (Access to Treatment line)
Web: www.mthyhd.org
Service provided in English and Spanish
Days/hours: M-F 8-5 (24 hr. crisis line 831-755-4111)
- Access to mental health services for Medi-Cal or Medi-Cal eligible individuals

MONTEREY COUNTY DEPARTMENT OF SOCIAL SERVICES
Phone: 831-755-4400 Salinas
831-899-8001 Seaside
831-385-7400 King City
Web: www.mcdss.co.monterey.ca.us
- Performs eligibility determination for Medi-Cal health insurance

MONTEREY COUNTY HEALTH DEPARTMENT - FAMILY CLINICS
Phone: 831-769-8800 Alisal Health Center MWF 8-5, TTh 7-7
831-769-8640 Laurel Internal Medicine M-Th 7:30-6, F 7:30-5
831-755-4123 Laurel Family Practice M-F 8-5:30
831-755-4124 Laurel Pediatrics M-Th 7-6, F 7-5
831-384-1445 Marina M-F 7-6
831-899-8100 Seaside MTTh 7-6, WF 7-5
Web: www.mthyhd.org
Services provided in English and Spanish

MONTEREY COUNTY MEDICAL SOCIETY
Phone: 831-455-1008
Web: www.sccma-mcms.org
Days/Hours: M-Th 9-5, F 9-4:30
- Resource for physician referrals

MULTIPLE SCLEROSIS QUALITY OF LIFE PROJECT (MSQLP)
Phone: 831-333-9091 Monterey
Web: www.msqlp.org
Service provided in English and Spanish
Days/Hours: M-F 10-4
- Free case management services to people with Multiple Sclerosis and Parkinson’s Disease
- Water aerobics program, Support groups, Educational events, Equipment reuse program
NATIVIDAD MEDICAL CENTER (NMC)
Phone: 831-755-4111
Web: www.natividad.com
Service provided in English and Spanish
Days/hours: 24 hour medical facility
• Medical services
• Access to healthcare regardless of income

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI), MONTEREY COUNTY
Phone: 831-375-6264 Monterey, 831-402-4940 Salinas (Bilingual)
Web: www.namimonterey.org
• Offer a wide variety of programs and resources to support those who work, live, or care for someone with a mental illness.

PUBLIC GUARDIAN/MONTEREY COUNTY HEALTH DEPARTMENT
Phone: 831-883-7585
Web: www.mtyhd.org
Services provided in English and Spanish
Days/hours: M-F 8-5
• County agency managing: Decedent Estates; Probate Conservatorships; Mental Health Conservatorships; Public Representative Payee.

ROTACARE MONTEREY PENINSULA
Phone: 831-333-6495
Web: www.rotacarebayarea.org
Service provided in English
Days/hours: Wednesday only 5pm-9pm
• Free primary care staffed by volunteer physicians and other staff
• Acute care facility
• Agreement with Walgreens for prescribed and/or over-the-counter medications

SALINAS VALLEY MEMORIAL HOSPITAL
Phone: 831-755-0788 Lifeline
831-757-4333
Web: www.svmh.com
Service provided in English and Spanish
Day/hours: 24 hour medical facility

SAN ANDREAS REGIONAL CENTER (SARC)
Phone: 831-759-7500
Web: www.sarc.org
Services in English and Spanish
Days/hours: M-F 8-5
• Services persons with developmental disabilities
• Multiservice organization including assessment, service coordination, information & referral
SUN STREET CENTERS
Phone: 831-753-5135
Web: www.sunstreetcenters.org
Services provided in English and Spanish
Days/hours: M-F 8-5
• Residential and outpatient alcohol and drug treatment programs
• Education and prevention services

THE RECOVERY CENTER/COMMUNITY HOSPITAL OF THE MONTEREY PENINSULA
Phone: 831-624-5311 x3269
Web: www.chomp.org
Days/hours: M-F 12:30pm-9pm
• Intensive Outpatient Drug and Alcohol Program for adults

VALLEY HEALTH ASSOCIATES
Phone: 831-424-6655
Web: www.valleyhealthassociates.com
Services provided in English and Spanish
Days/hours: M-Th 6:30am-3:30pm Fri 6:30am-12pm
• Substance abuse prevention
• Outpatient treatment services

VA MEDICAL CLINIC OF MONTEREY
Phone: 831-883-3800
Service in English and Spanish
Days/hours: M-F 8-4:30

VA PALO ALTO HEALTH CARE SYSTEM
Phone: 1-650-493-5000
Service in multiple languages
Days/hours: 24 acute care facility and outpatient clinics

VETERANS SUICIDE PREVENTION HOTLINE
Phone: 1-800-273-TALK (8255)
Days/hours: 24 hours

VNA
(Central Coast Visiting Nurse Association Home Health & Hospice)
Phone: 831-375-9882 Monterey
831-637-6724 Hollister
831-385-1014 King City
Web: www.ccvna.com
• Comprehensive home health care services focusing on rehabilitation, management and stabilization of chronic disease, as well as restoration to independence in the home
VNA HOSPICE
Phone: 831-751-5500
Web: www.ccvna.com

- Extensive case management and individualized care for patients and families with advanced illness to maximize and promote well being

**Home Care Services**

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**LIFELINE - Help is just a button away**

**Salinas Valley Memorial Healthcare System 831-755-0788**

LIFELINE is a 24-hour emergency response program that gives you and your loved ones the reassurance that help is never out of reach. This service will give you the confidence and freedom to live on your own, knowing there is someone standing by 24-hours-a-day, 7-days-a-week, responding within seconds at the press of a button.

Give your family peace of mind.
With LIFELINE, your loved ones can rest assured that you're safe, secure and happy in your home. If you do need help, we'll call for you. It may mean dispatching an ambulance. Or simply asking your neighbor to look in on you. And you don't have to wait until you have an emergency to call LIFELINE. We encourage you to check in with us every month just so you know we're there.

**Your personal connection to people who care.**
While people choose LIFELINE for a number of reasons, they remain subscribers largely because of the caring response they get from LIFELINE monitors every time they push the help buttons. Your health and well-being is our only concern. We're always there when you need us.

---

**Tele-Care**

**Salinas Valley Memorial Healthcare System 831-755-0772**

Tele-Care is a FREE service for individuals who live alone, especially for those with various medical conditions. Each morning between the hours of 8:30 and 11:00 a.m., a Service League Volunteer phones the homes of Tele-Care members at the time requested by them. If there is no answer, a second call is made to alert someone who lives nearby (a neighbor, friend, or relative) to be sure that the Tele-Care member is all right. The Service League is pleased to provide this service to our community at no cost to you.
Home Care Service Options

Home care service options range from publicly financed programs for low-income persons to Medicare Certified Home Health Care Agencies and non-medical Home Care Agencies.

In Home Supportive Services (IHSS)
IHSS is a state funded in home care program run by the Monterey County Department of Social Services. Eligibility for IHSS is based upon low-income status.
The program authorizes hours for an in home care attendant to assist with non-medical personal care and homemaker chore services.

Home Health Care Agency
A Home Health Care Agency is a full service health care agency certified as a Medicare provider. Home Health Care Agency services include nursing, physical, occupational, and speech therapies, medical social work, and home health aides.

Home Care Agency
A Home Care Agency provides non-medical in home services and supports such as personal care, homemaker chore, transportation, respite, service monitoring and coordination.

Geriatric Care Managers
Geriatric Care Managers also known as case managers, service planners, care coordinators, elder care consultants, or service brokers, are private practitioners usually Nurses and Social Workers who provide assistance with assessment, identification of service needs, arranging services and service monitoring.
Home Care Agency Checklist

1. How long has the agency been serving the community?

2. Does the agency have printed brochures/website describing the services it offers, cost and insurance accepted?

3. Is the agency an approved Medicare provider?

4. Is the agency’s quality of care certified by a national accrediting body?

5. Does the agency offer customers a “patient bill of rights” that describes the rights and responsibilities of both the agency and the senior receiving services?

6. Does the agency write a plan of care with input from the patient?

7. Does the agency care plan outline the patient’s course of treatment, describing specific tasks to be performed by each caregiver from the agency?

8. How do agencies supervise and oversee the work of their staff?

9. Are agency staff members available 24/7?

10. Will agency caregivers keep family members informed about the kind of care their loved one is getting?

11. How are agency caregivers hired and trained?

12. What is the procedure for resolving problems when they occur, and who can I call with questions or complaints?

13. How does the agency handle billing?

14. What type of employee screening is done?

15. How does the agency respond when a worker cannot come when scheduled?
### Home Health Care Agencies

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Numbers</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adobe Home Health</td>
<td>831-424-1311</td>
<td><a href="http://www.Adobehomehealthca.com">www.Adobehomehealthca.com</a></td>
</tr>
<tr>
<td>Alliance Home Health</td>
<td>831-455-8901</td>
<td><a href="http://www.Alliancehome-health.com">www.Alliancehome-health.com</a></td>
</tr>
<tr>
<td>Central Coast Visiting Nurses Assn</td>
<td>831-375-9882 Monterey</td>
<td></td>
</tr>
<tr>
<td></td>
<td>831-637-6724 Hollister</td>
<td></td>
</tr>
<tr>
<td></td>
<td>831-385-1014 King City</td>
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<tr>
<td></td>
<td></td>
<td><a href="http://www.ccvna.com">www.ccvna.com</a></td>
</tr>
<tr>
<td>Good Life Home Care</td>
<td>831-646-2046</td>
<td><a href="http://www.goodlifehomecare.com">www.goodlifehomecare.com</a></td>
</tr>
<tr>
<td>Heartland Hospice</td>
<td>831-373-8442</td>
<td><a href="http://www.hcr-manorcare.com">www.hcr-manorcare.com</a></td>
</tr>
<tr>
<td>Hospice of the Central Coast</td>
<td>831-649-7750 1-800-364-7001</td>
<td><a href="http://www.chomp.org">www.chomp.org</a></td>
</tr>
<tr>
<td>Maxim Healthcare Services</td>
<td>831-641-9565</td>
<td><a href="http://www.maximhomecare.com">www.maximhomecare.com</a></td>
</tr>
<tr>
<td>Multiple Sclerosis Foundation</td>
<td>1-888-673-6287</td>
<td><a href="http://www.msfocus.org">www.msfocus.org</a></td>
</tr>
<tr>
<td>VNA Hospice</td>
<td>831-751-5500</td>
<td><a href="http://www.ccvna.com">www.ccvna.com</a></td>
</tr>
</tbody>
</table>

### Home Care Agencies

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Numbers</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abundant Personal Care Services</td>
<td>831– 444-9500</td>
<td><a href="http://www.abundantpersonalcare.com">www.abundantpersonalcare.com</a></td>
</tr>
<tr>
<td></td>
<td>831– 626-9500</td>
<td></td>
</tr>
<tr>
<td>Always Best Care Senior Services</td>
<td>831-975-4072</td>
<td><a href="http://www.alwaysbestcarecentralcoast.com">www.alwaysbestcarecentralcoast.com</a></td>
</tr>
<tr>
<td>Ambassadors Home Care</td>
<td>831-917-4191</td>
<td><a href="http://www.ambassadorshomecare.com">www.ambassadorshomecare.com</a></td>
</tr>
<tr>
<td>Central Coast Senior Services</td>
<td>831-649-3363</td>
<td><a href="http://www.centralcoastseniorservices.com">www.centralcoastseniorservices.com</a></td>
</tr>
<tr>
<td>Community Caregivers</td>
<td>831-645-1440</td>
<td><a href="http://www.caremonterey.com">www.caremonterey.com</a></td>
</tr>
<tr>
<td>Family In Home Caregiving</td>
<td>831-275-0103</td>
<td><a href="http://www.familyinhomecaregiving.com">www.familyinhomecaregiving.com</a></td>
</tr>
<tr>
<td>Reach Out Home Care</td>
<td>831-293-8447</td>
<td><a href="http://www.reachoutcare.com">www.reachoutcare.com</a></td>
</tr>
<tr>
<td>ResCare HomeCare</td>
<td>888-439-8800</td>
<td><a href="http://www.rescare.com">www.rescare.com</a></td>
</tr>
<tr>
<td>Seniors Helping Seniors</td>
<td>831-402-2854</td>
<td><a href="http://www.seniorshelpingseniors.com">www.seniorshelpingseniors.com</a></td>
</tr>
<tr>
<td>Victorian Home Care</td>
<td>831-655-1935</td>
<td><a href="http://www.victorianhomecare.com">www.victorianhomecare.com</a></td>
</tr>
<tr>
<td>Visiting Angels</td>
<td>831-392-0876</td>
<td><a href="http://www.visitingangels.com/monterey">www.visitingangels.com/monterey</a></td>
</tr>
</tbody>
</table>
Private Geriatric Care Managers

For listing of Geriatric Care Managers in Monterey County visit the website of the National Association of Professional Geriatric Care Managers. www.caremanager.org

**Meredith Adams, R. N.**  
Phone: (831) 915-9141  
Meadamsrn@gmail.com

**Shirley Kiatta**  
www.shirleykiatta.com  
479 Pacific St., Ste. 4  
Monterey, CA 93940  
Phone: (831) 645-9950  
Fax: (831) 333-0984  
skiatta@msn.com

**Monique Snyder**  
www.aboutmyparents.com  
316 Midvalley Ctr #110  
Carmel, CA 93923  
Phone: (434) 466-1800  
monique@comcast.net

**Jacquie DePetris**  
www.elderfocus.com  
2100 Garden Rd., Ste. C  
Monterey, CA 93940  
Phone: (831) 643-2457  
Fax: (831) 643-2094  
jkd@elderfocus.com
AGING AND ADULT SERVICES/DEPARTMENT OF SOCIAL SERVICES
Phone: 1-800-510-2020
Web: http://mcdss.co.monterey.ca.us/aging
Service provided in all languages
Days/Hours: M-F 8-5
  • In-Home Supportive Services (IHSS)—provides non-medical home care for low income seniors
  • Public Authority—IHSS caregiver registry and training

MONTEREY COUNTY BEHAVIORAL HEALTH
Phone: 831-755-4510 or 1-888-258-6029 (Access to Treatment line)
Web: www.mtyhd.org
Service provided in English and Spanish
Days/hours: M-F 8-5 (24 hr. crisis line 831-755-4111)
  • Access to mental health services for Medi-Cal or Medi-Cal eligible individuals
  • Case management services

MULTIPURPOSE SENIOR SERVICES PROGRAM (MSSP)
HEALTH PROJECTS CENTER/DEL MAR CAREGIVER RESOURCE CENTER
Phone: 831-424-4359
Web: www.hpcn.org
Service provided in English and Spanish
Days/hours: M-F 9-5
  • Case management services for low-income seniors 65+
  • Staffed by Registered Nurses and Social Workers

SAN ANDREAS REGIONAL CENTER (SARC)
Phone: 831-759-7500
Web: www.sarc.org
Services in English and Spanish
Days/hours: M-F 8-5
  • Services persons with developmental disabilities
  • Multiservice organization including assessment, service coordination, information & referral
Housing Services

Housing Options
Housing options for seniors range from independent living in affordable senior housing to skilled nursing facilities also known as nursing homes.

Affordable Senior Housing
These apartment complexes offer seniors independent living at an affordable rent as established through federal affordable housing programs.

Assisted Living Facilities
Assisted Living Facilities offer private housing arrangements that offer seniors a range of services and supports from independent living to assistance with activities of daily living. Residences are private pay and range in price.

Licensed Residential Care Homes for the Elderly
Licensed Residential Care Homes for the Elderly also known as Board and Care Homes are privately licensed homes in the community that care for seniors requiring assistance with activities of daily living and/or supervision. Homes are private pay and range in price.

Skilled Nursing Facilities
Skilled Nursing Facilities are licensed medical care facilities that provide 24-hour skilled nursing care. Residents may enter a skilled nursing facility for short term purposes, for rehabilitation therapy for instance, or as a long term resident. Medicare covers some short term stays. Long term stays are private pay or covered by Medi-Cal for low-income patients.

California Division of Assets Laws
California adopted laws protecting a couple’s assets when a spouse enters a skilled nursing facility. The law was enacted to prevent the spouse remaining at home from becoming impoverished. For details about the law contact

- Legal Services for Seniors 831-442-7700 or 831-899-0492
- California Advocates for Nursing Home Reform [www.canhr.org](http://www.canhr.org)

For a List of Licensed Senior Care Facilities contact the Ombudsman for Long Term Care at the Alliance on Aging:

OMBUDSMAN FOR LONG TERM CARE/ALLIANCE ON AGING
Phone: 831-655-1334 831-758-4011
24-hour Crisis Line: 1-800-231-4024
Web: [www.allianceonaging.org](http://www.allianceonaging.org)
Choosing a Residential Care Facility

1. Comfort – Is the home clean, well lit, odor free and at a comfortable temperature?

2. Safety – Does the facility have an emergency plan for residents in case of fire, flood, or other disaster?

3. Safety – Is it a safe environment with fire extinguishers, open pathways and smoke detectors?

4. Rooms – Are personal items displayed for each resident? Are call buttons within easy reach? How many residents are in a room?

5. Bathrooms – Are bathrooms clean and equipped with handrails and a call button that is easy to reach?

6. Dinning – Observe mealtimes. If meals for the month are not posted, request a copy. Does the food look and smell appetizing? Does staff spend time feeding residents and not rushing them through their meals?

7. Social activities – Is an activities calendar posted? Are there a variety of activities to meet the needs of the residents?

8. Staff – Is there enough staff to meet the resident’s needs? Are they visible and willing to talk with you? Does the staff get residents up and dressed each day? Are there a social worker and dietician on staff?

9. Residents and family members - Ask residents and their family members what they like most and least about the facility. Do residents appear to be content?

10. Consult an Ombudsman – Ombudsman are advocates for residents of licensed care facilities. They are an excellent resource for obtaining information.

11. Documents – Request from the administrator a copy of the state facility inspection report, and ask to see their current license.

Assisted Living & Residential Care Facilities
For a list of facilities contact:
Ombudsman for Long Term Care/Alliance on Aging
Phone: 831-655-1334     831-758-4011
24-hour Crisis Line: 1-800-231-4024
Web: www.allianceonaging.org
CATHOLIC CHARITIES
Phone: 831-422-0602 Salinas 831-393-3110 Seaside
Web: http://catholiccharitiescentralcoast.org
Catholic Charities family supportive services program provides direct financial aid with rental, move-in, and utility assistance as well as assistance with the CalFresh application process for eligible families and individuals.

CHISPA – AFFORDABLE HOUSING
Phone: 831-757-6251
Web: www.chispahousing.org
Service provided in English and Spanish
Days/hours: M-F 8-5
• Operates several senior housing complexes in the county

COMMUNITY HOMELESS SOLUTIONS
Phone: 831-384-3388
Web: www.shelteroutreachplus.org
Service provided in English and Spanish
Days/hours: Vary by location
• Homeless and domestic violence shelters
• Emergency intervention and transitional support

GATEWAY CENTER
Phone: 831-372-8002 Pacific Grove 831-422-3999 Salinas Senior Program
Web: www.gatewaycenter.org
Service provided in English and Spanish
Days/hours: Pacific Grove M-F 8-4, Salinas M-F 8:30-3
• Provides services to persons with developmental disabilities
• Residential programs
• Adult day programs

HOUSING AUTHORITY MONTEREY COUNTY
Phone: 831-775-5000
Web: www.hamonterey.org
Service provided in English and Spanish
Days/hours: M-F 8-5
• Operates several senior housing complexes in the county
Affordable Senior Housing

<table>
<thead>
<tr>
<th>MONTEREY PENINSULA</th>
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<tbody>
<tr>
<td><strong>Carmel Valley</strong></td>
</tr>
<tr>
<td>Rippling River</td>
</tr>
<tr>
<td>53 E. Carmel Valley Rd.</td>
</tr>
<tr>
<td>Carmel Valley, CA 93924</td>
</tr>
<tr>
<td><strong>Marina</strong></td>
</tr>
<tr>
<td>Cypress Gardens</td>
</tr>
<tr>
<td>3135 Seacrest Avenue</td>
</tr>
<tr>
<td>Marina, CA 93933</td>
</tr>
<tr>
<td><strong>Monterey</strong></td>
</tr>
<tr>
<td>Casanova Plaza*</td>
</tr>
<tr>
<td>800 Casanova Ave.</td>
</tr>
<tr>
<td>Monterey, CA 93940</td>
</tr>
<tr>
<td>831-375-0373</td>
</tr>
<tr>
<td><strong>Pacific Grove</strong></td>
</tr>
<tr>
<td>Vista Point</td>
</tr>
<tr>
<td>650 Jewel</td>
</tr>
<tr>
<td>Pacific Grove, CA 93950</td>
</tr>
<tr>
<td><strong>Seaside</strong></td>
</tr>
<tr>
<td>Villa Del Monte</td>
</tr>
<tr>
<td>1670 Broadway</td>
</tr>
<tr>
<td>Seaside, CA 93955</td>
</tr>
<tr>
<td>831-394-0669</td>
</tr>
</tbody>
</table>

*For an application please visit [http://www.hamonterey.org/](http://www.hamonterey.org/) or contact the Housing Authority of Monterey County (831) 775-5000
<table>
<thead>
<tr>
<th>SALINAS VALLEY</th>
<th>South County</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>City of Salinas</strong></td>
<td><strong>Gonzales</strong></td>
</tr>
</tbody>
</table>
| **Bonnie Doon Apartments**  
991 N. Madeira Ave.  
Salinas, CA 93905  
831-758-4528 | **Casa De Oro***  
48 "C" St.  
Gonzales, CA 93926  
831-675-3307 |
| **Montecito at Williams Ranch**  
1598 Mesquite Dr.  
Salinas, CA 93905  
831-751-3208 | **Leo A. Meyer Sr. Plaza Apartments***  
425 Queen St.  
King City, CA 93930  
831-385-1381 |
| **Parkside Manor***  
1112-1114 Parkside  
Salinas, CA 93906  
831-449-7268 | **Los Ositos***  
1083 Elm Ave.  
Greenfield, CA 93927  
831-674-2974 |
| **Sherwood Village**  
808 North Main Street  
Salinas, CA 93906  
(831) 783-1485 | |
| **Los Abuelitos**  
528 E. Market St.  
Salinas, CA 93905  
831-757-1283 | **La Gloria Apartments**  
539 East Market Street  
Salinas, CA 93905  
831-424-3630 |
| **Regency Court**  
200 Regency Circle  
Salinas, CA 93906  
831-442-2442 | **Steinbeck Commons**  
10 Lincoln Ave.  
Salinas, CA 93905  
831-754-1918 |
| **Salinas Gateway Senior Apartments**  
25 Lincoln Ave  
Salinas, CA 93901  
831-754-8926 | |

*For an application please visit [http://www.hamonterey.org/](http://www.hamonterey.org/) or contact the Housing Authority of Monterey County (831) 775-5000*
TELEPHONE SERVICE DISCOUNTS

The government program is called “Federal Lifeline Assistance” and can obtain more information by visiting the California Public Utilities Commission webpage at www.cpuc.ca.gov/PUC/Telco/Public+Programs/fedlifelinewireless.htm or by calling any one of four service providers. The providers are:

Cricket Communications, Inc. 1-800-975-3708
Nexus Communications, Inc. (ReachOut Wireless) 1-877-777-1914
Virgin Mobile, USA, LP. (Assurance Wireless) 1-888-898-4888
Telscape Communications, Inc. 1-800-835-7227

Services through this program vary and may include a free cell phone and/or a discounted monthly service. A comparison chart of cell phone plans is available online at the website above.

Enrollment is available through any of the four companies to individuals who qualify based on federal or state specific eligibility criteria. A customer may also qualify if he/she is on certain public assistance programs, like Medi-Cal or CalFresh. Customers may also qualify based on their household income.

Additional Information:

Only one discount per household for each residential address is allowed. Each household must choose to get the discount either on a home phone or on a cell phone, but not on both.

Households cannot get the discount from multiple phone companies.

Households that do not follow the one discount per household rule will lose their discounts.
Income security is becoming a growing concern for seniors. The National Council on Aging (NCOA) offers an internet based Benefits Check Up service to help seniors identify benefits that could save money or cover costs of some everyday expenses like food and medication.

Benefits Check Up
www.benefitscheckup.org

Alliance on Aging-Benefits Outreach Services
831-655-1331  831-758-4011
www.allianceonaging.org

Medication Assistance Resources
Partnership for Prescription Assistance www.pparx.org
Rx Assist www.rxassist.org

United Way Monterey County
Phone: 831-372-8026
Web: www.unitedwaymcca.org

FamilyWize cards can reduce prescription drug costs by an average of 35%
Cards are available to:
• Anyone who does not currently have health insurance
• Anyone who does not have prescription coverage
• Anyone who is purchasing a medication not covered by their insurance

Health Insurance Counseling & Advocacy Program (HICAP)/Alliance on Aging
Phone: 831-655-1334  831-758-4011
Web: www.allianceonaging.org
• Medicare Part D Information and Cost Comparison
• Medicare Benefits Explanation, Medicare Seminars
CENTRAL COAST ENERGY SERVICES
Phone: 1-888-728-3637
Web: www.energyservices.org
Service provided in English and Spanish
• Home weatherization services – assistance with energy efficient appliances
• Enrollment in PG&E CARE and HEAP program
• Home safety inspections

HANDS TO HELP SENIORS
Phone: 831-204-0402
Web: www.h2hs.org
• Provides financial assistance to the disabled and to individuals 65 years and older. Please call for an application.

MILITARY & VETERANS AFFAIRS OFFICE (COUNTY OFFICE)
Phone: 831-647-7613
Web: www.co.monterey.ca.us/va
• Provides a range of services on behalf of Veterans and their dependents including assistance with filing benefit claims

MONTEREY COUNTY DEPARTMENT OF SOCIAL SERVICES
Phone: 1-866-323-1953
Web: www.mcdss.co.monterey.ca.us
Web applications: www.c4yourself.com
• Performs eligibility determination for Cash Aid and CalFresh (Food Stamps)

NATIONAL MULTIPLE SCLEROSIS SOCIETY
Financial Assistance Program 1-800-344-4867
Web: www.nationalmssociety.org
• Financial assistance for individuals diagnosed with MS. Assistance for home and automobile modifications, purchase of durable medical equipment and assistance with urgent financial crisis. Funding is limited. Application is required.

PG&E CARE PROGRAM
Phone: 1-866-743-2273
Web: www.pge.com/care
• Payment Utility Assistance Program

REBUILDING TOGETHER
Phone: 831-296-0473
Web: www.RebuildingTogether-MS.org
• Provides assistance to people who own their own home, but who, because of physical or financial limitation, are not able to cover the costs of home repair. Application required.
SOCIAL SECURITY ADMINISTRATION
Phone: 1-800-772-1213 or 1-877-600-2857 (Salinas) or 831-757-8276 (TTY)
Web: www.ssa.gov
Service provided in English and Spanish
Days/hours: M-F 9:30
• Retirement, disability, Supplemental Security Income, and Medicare

UNITED WAY OF MONTEREY COUNTY
VITA – Volunteer Income Tax Assistance Program
Phone: 831-372-8026
Web: www.unitedwaymcca.org
• Free tax preparation for households with annual income under $54,000

Outreach & Information

AGING AND ADULT SERVICES/DEPARTMENT OF SOCIAL SERVICES
Phone: 1-800-510-2020
Web: http://mcdss.co.monterey.ca.us/aging
Service provided in all languages
Days/Hours: M-F 8-5
• Information and Assistance

ALLIANCE ON AGING
Phone: 831-655-1334
831-758-4011
Web: www.allianceonaging.org
Service provided in English and Spanish
Days/Hours: M-F 9-5
• Senior lunch program, first Tuesday of the month at St. Ansgar’s Lutheran Church, served at 11:45, suggested donation of $7
• Community Outreach

ALZHEIMER’S ASSOCIATION
Phone: 1-800-272-3900
Web: www.alz.org/norcal
Service provided in all languages
Days/Hours: M-F 8-4:30
• Helpline - 24 hour 7 days a week information and support line
• Physician Outreach

CARMEL FOUNDATION
Phone: 831-624-1588
Web: www.carmelfoundation.org
Days/Hours: M-F 9-5, Sat 9-4
• A membership based senior service organization offers a range of membership activities, services and events for individuals 55 and over
CENTRAL COAST CENTER FOR INDEPENDENT LIVING
Phone: 831-757-2968 or 831-757-3949 (TDD line)
Web: www.cccil.org
Service provided in English and Spanish
Days/hours: M-F 8:30-5
  • Advocacy, service information, education and support to people with disabilities

HEALTH PROJECTS CENTER/ DEL MAR CAREGIVER RESOURCE CENTER
Phone: 1-800-624-8304 or 831-424-4359
Web: www.hpcn.org
Service provided in English and Spanish
Days/hours: M-F 9-5
  • Caregiver resources, respite, support groups
  • Multipurpose Senior Services Program (MSSP) service coordination for low-income seniors 65+

MULTIPLE SCLEROSIS QUALITY OF LIFE PROJECT (MSQLP)
Phone: 831-333-9091 Monterey
Web: www.mssqlp.org
Service provided in English and Spanish
Days/Hours: M-F 10-4
  • Free case management services to people with Multiple Sclerosis and Parkinson’s Disease
  • Water aerobics program, Support groups, Educational events, Equipment reuse program

SALLY GRIFFIN ACTIVE LIVING CENTER
Phone 831-375-4454 Pacific Grove
Web: www.mowmp.org
Service provided in English
Days/hours: M-F 9-5
  • Lunch program
  • Fitness, health & nutrition classes
  • Computer classes
  • Information & Referral to community services
  • Coordinating services

SAN ANDREAS REGIONAL CENTER (SARC)
Phone: 831-759-7500
Web: www.sarc.org
Services in English and Spanish
Days/hours: M-F 8-5
  • Services persons with developmental disabilities
  • Multiservice organization including assessment, service coordination, information & referral
Pet Care & Services

Animal Friends Rescue
560 Lighthouse Ave Pacific Grove, CA 93950
Phone: 831-333-0722
Hours: 12-5
www.animalfriendsrescue.org
Animal Friends Rescue Project (AFRP) is a nonprofit organization based in Pacific Grove, California. We were founded in June 1998 by four individuals who were passionate about making a difference to companion animal overpopulation. We are dedicated to finding good permanent homes for abandoned, stray, and abused companion animals and ending the pet overpopulation crisis through focused spay/neuter programs.

Peace of Mind Dog Rescue
615 Forest Ave Pacific Grove, CA 93950
Phone: 831-718-9122
Days/Hours: Mon-Sat 11:00am-4:00pm
www.peaceofminddogrescue.org
Peace of Mind Dog Rescue (POMDR) is a nonprofit organization founded in October 2009. POMDR is dedicated to finding new loving homes for dogs whose senior guardians can no longer care for them due to illness, death, or other challenging circumstances, and to finding homes for senior dogs in animal shelters.

SPCA for Monterey County
1002 Monterey-Salinas Highway Salinas, CA 93908
Phone: 831-373-2631 831-422-4721 National: 1-877-477-2262
www.spcamc.org
Hours: Adoption Center: M-F 11-5, Sat & Sun 11-4
       Animal Shelter: Sun-Sat 8-5
       Veterinary Clinic-Please call for hours
The Society for the Prevention of Cruelty to Animals (SPCA) for Monterey County is a nonprofit that has been serving the animals and people of Monterey County since 1905. Services range from pet adoptions, sheltering, pet owner services, and educational services. The SPCA, in collaboration with local Meals on Wheels organizations, provides a pet meal program for recipients of home delivered meals. Meals On Wheels volunteers now deliver pet food provided by The SPCA and our generous supporters.
Transportation Services

AMERICAN CANCER SOCIETY
Phone: 831-442-2992 Salinas  1800-227-2345 National
Web: www.cancer.org
Services in English and Spanish
Days/hours: M-F 9-5
• Rides to treatment

FREEDOM MEDICAL TRANSPORTATION
Phone: 831-920-0687
Web: www.freedommedicaltransportation.com
Days/hours: 24/7
• Non-emergency medical transportation
• Gurney & wheelchair access, through the door service

ITN MONTEREY COUNTY
Independent Transportation Network
Phone: 831-233-3447 Monterey
        831-240-0850 Salinas
Web: www.itnmontereycounty.org
• A volunteer based transportation service for seniors and people with visual impairments for medical appointments, social outings, shopping, hair appointments, etc.
Serving the Peninsula, Castroville and Salinas. Please call for membership fee information.

MONTEREY – SALINAS TRANSIT (MST) RIDES PROGRAM
Phone: 831-373-1393 Monterey 831-754-2804 Salinas
Web: www.mst.org
Service provided in English and Spanish
• Low-cost, shared-ride, door to door transportation service with approved application signed by medical professional
• Reservations required
• Taxi Vouchers available for RIDES clients

MST ON CALL MARINA
Phone: 1-866-663-3278
Days/Hours: M-F 6:30am-8pm Saturday 8am-8:30pm Sunday 8am-6:30pm
MST On Call offers convenient mini-bus service throughout most of Marina outside our standard service area. MST On Call is custom-fit to your schedule and your neighborhood. It will take you anywhere in the MST On Call zone or to a timed transfer with one of MST’s nearby bus routes at the Marina Transit Exchange.
## Monterey-Salinas Transit (MST)

Transportation Services  
1-888-678-2871  
www.mst.org

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
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</table>
| Free Travel Training         | A. Learn to ride all MST buses from San Jose to King City to Big Sur and beyond  
B. Special training for those with mobility devices and/or cognitive impairments                                                                 |
| ADA Paratransit Service (RIDES) | A. Low-cost, shared ride, door to door transportation service  
B. Reservations required  
C. In-person interview determines qualification                                           |
| Senior Shuttle Program       | A. Operating in Salinas and the Monterey Peninsula  
B. Senior discount rates apply                                                                                                                   |
| Taxi Voucher Program         | A. Available in participating cities for seniors 65 and older  
B. $3.00 co-pay and covers all trips under $17.00  
I. Customer pays amount over $17.00                                                      |
| Special Medical Trips Program | A. Once a month trips to San Jose Area medical facilities  
B. Once a month trips to San Francisco Area medical facilities  
C. Reservations required                                                                     |

## Other Transportation Services

<table>
<thead>
<tr>
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<th>Description</th>
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<tbody>
<tr>
<td>ITN Monterey County</td>
<td>ITN Monterey County provides rides to seniors and people with visual impairments for medical appointments, social outings, shopping, hair appointments, etc. Serving the Peninsula, Castroville and Salinas. Please call for membership fee information.</td>
</tr>
<tr>
<td>Monterey County Military &amp; Veterans Affairs Office</td>
<td>Transportation for veterans to the VA Medical Clinic in Palo Alto and San Jose VA Outpatient Clinic</td>
</tr>
<tr>
<td>American Cancer Society</td>
<td>Provides transportation to and from treatment. Volunteer drivers donate their time and use of their cars</td>
</tr>
</tbody>
</table>
MST ON CALL SOUTH COUNTY
Phone: 1-866-663-3278 Gonzales  831-747-4683 Greenfield  831-747-4687 King City
MST On Call offers convenient mini-bus service throughout the cities of Gonzales, Greenfield, King and Soledad outside our fixed route service area. MST On Call is custom-fit to your schedule and your neighborhood. It will take you anywhere in the MST On Call zone or to a timed transfer with line 23.

Veterans Services

MILITARY & VETERANS AFFAIRS OFFICE (COUNTY OFFICE)
Phone: 831-647-7613
Web: www.co.monterey.ca.us/va
• Provides a range of services on behalf of Veterans and their dependents including assistance with filing benefit claims

VA MEDICAL CLINIC OF MONTEREY
Phone: 831-883-3800
Service in English and Spanish
Days/hours: M-F 8-4:30

VA PALO ALTO HEALTH CARE SYSTEM
Phone: 1-650-493-5000
Service in multiple languages
Days/hours: 24/7 acute care facility and outpatient clinics

VETERANS BENEFITS ADMINISTRATION
Oakland Benefit Regional Office
Service in multiple languages
Phone: 1-800-827-1000
• Benefits application and eligibility determination

VETERANS SUICIDE PREVENTION HOTLINE
Phone: 1-800-273-TALK (8255)
Days/hours: 24 hours

VETERANS TRANSITION CENTER
Phone: 831-883-8387
Service in all languages
Days/hours: M-F 9-5
Web: www.vtcmonterey.org
• Support services to homeless veterans
• Emergency and case management programs
CORRECTION FORM

Please use the following form for any updates or additions to your organization.

Please print and complete all items in this form:

Name of Organization:__________________________________________

Address:______________________________________________________

City, Zip Code: ________________________________________________

Telephone:____________________________________________________

Website:______________________________________________________

Contact Person:________________________________________________

Email:_______________________________________________________

Message:_______________________________________________________

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Email or fax completed form to:

ATTN: ramirez-alcazarj@co.monterey.ca.us
      831-883-7563