



**2019 CONDADO DE MONTEREY
RECURSOS PARA PERSONAS DE LA
TERCERA EDAD**

**Número de
teléfono**

**sitio web o
dirección**

Recursos para Cuidadores

Alzheimer's Association	Local	(831) 647-9890	alznorcal.org
	Toll Free 24 Hour Helpline	(800) 272-3900	
Del Mar Caregiver Resource Center		(831) 424-4359	delmarcaregiver.org
Elder Care Locator		(800) 677-1116	eldercare.gov
Visiting Nurse Association-Home Health Care		(831) 372-6668	ccvna.com

Tiendas de Segunda Mano

American Cancer Society Discovery Shop		(831) 443-8879	1534 N. Main St, Salinas
Church Mouse Thrift Shop		(831) 375-0838	204 17th St. Pacific Grove
Goodwill Industries - Marina		(831) 233-7767	266 Reservation Rd.. Marina
Goodwill Industries - Monterey		(831) 649-6056	571 Lighthouse Ave., Monterey
Goodwill Industries - Salinas		(831) 755-8668	1325 N. Main St., Salinas
Goodwill Industries -Salinas		(831) 424-5346	708 E. Alisal St., Salinas
Goodwill Industries - Seaside		(831) 394-1212	729 Broadway Ave., Seaside
Joining Hands Benefit Shop		(831) 293-8140	26358 Carmel Rancho Ln, Carmel
Monterey Peninsula Volunteer Services Thrift Shop		(831) 394-5028	655 Broadway Ave., Seaside
St. Vincent de Paul Thrift Store		(831) 899-2211	1269 Fremont Blvd., Seaside
Salvation Army Thrift Store		(831) 443-9655	2460 Main St., Salinas
SPCA Benefit Shop		(831) 624-4211	26364 Carmel Rancho Ln, Carmel
Spirals Benefit Shop		(831) 383-5030	570 Lighthouse Ave, Pacific Grove
Yellow Brick Road Benefit Shop		(831) 626-8480	26388 Carmel Rancho Ln, Carmel

Computadora para la Venta y Clases de Computación

Loaves, Fishes & Computers (en venta)		(831) 393-9260	loavesfishescomputers.org
Monterey Adult School		(831) 392-3565	1295 La Salle Ave., Seaside
Marina Library		(831) 883-7507	190 Seaside Cr., Marina
Marina Senior Center		(831) 384-6009	cityofmarina.org/305/Senior-Center
Salinas Adult School		(831) 796-6900	20 Sherwood Place, Salinas

Intervención de Crisis

AoA Ombudsman (in long-term care setting)		(831) 646-1458	alliance on aging.org
Adult Protective Services		(800) 510-2020	mcdss.co.monterey.ca.us/aging/
	Salinas	(831) 755-4466	
	Peninsula	(831) 883-7565	
Monterey County Rape Crisis Center 24 hour		(831) 375-4357	mtryrapecrisis.org
	Salinas	(831) 771-0411	
	Monterey	(831) 373-3955	

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Intervención de Crisis		
Ombudsman State Crisis Line	(800) 231-4024	aging.ca.gov/programs/lcpcop/
Suicide Prevention Services of the YWCA (Domestic Violence)	(877) 663-5433 Monterey (831) 372-6300 Salinas (831) 422-8602	fsa-cc.org/suicide-prevention-services ywcamc.org
EMERGENCY: 911		
Tecnologías de Adaptación y Discapacidad		
Blind and Visually Impaired Center	(800) 404-3505 (831) 649-3505	blindandlowvision.org 225 Laurel Avenue, Pacific Grove
California Telephone Access Program -CTAP	(800) 806-1191	californiaphones.org
Central Coast Center for Independent Living-CCCIL	(831) 757-2968	cccil.org
Deaf and Hard of Hearing Center	Voice/TTY: (831) 753-6540 VP: (831) 240-4020	dhhsc.org 36 Quail Run Cir., Ste.100-T Salinas
Valley Hearing Center	(831) 240-4162	920 Park Row, Salinas
Empleo		
National Association for Hispanic Elderly	(831) 287-2350	
Senior Community Services Employment Program	(831) 287-2350	
One Stop Career Center	Salinas (831) 755-4452 King City (831) 386-6801	mcoss.co.monterey.ca.us/careers/ 730 La Guardia St. Salinas 200 Broadway Ste. 62 King City
Asistencia Financiera		
AoA Benefits Check-up	(831) 655-1334	allianceonaging.org
AoA Tax Counseling Program	(831) 655-1334	allianceonaging.org
Central Coast Energy Services-CCES	(888) 728-3637	energyservices.org
Catholic Charities	Monterey (831) 393-3110 Salinas (831) 422-0602 South County (831) 525-6546	dioceseofmonterey.org
Consumer Credit Counseling Services	(800) 431-8157 Salinas (831) 424-0606	credit.org/cccs/
Hands to Help Seniors (one time grant)	(831) 204-0402	h2hs.org
Monterey County Department of Social Services	(866) 323-1953 Cash Aid (831) 755-8500	mcoss.co.monterey.ca.us
Salvation Army	Salinas (831) 443-9655 Seaside (831) 899-4911 Good Samaritan Sand City (831) 899-4988	tsamonterey.com 2460 N. Main St., Salinas 1491 Contra Costa Seaside 800 Scott St., Sand City

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Alimentación		
AoA lista de depensa de alimentos-disponible a pedido	(831) 655-1334	allianceonaging.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 County Social Services - Food Stamps	(866) 323-1953 (831) 755-8500	co.monterey.ca.us/departments.htm
Gobierno		
California Department of Consumer Affairs	(800) 952-5210	dca.ca.gov
California Department of Public Health	(916) 558-1784	cdph.gov
U.S. Administration of Community Living	(415) 437-8780	hhs.gov (San Francisco)
California Department of Health and Human Serives	(916) 654-3454	chhs.ca.gov
Monterey Department of Public Health	(831) 755-4500	mt yhd.org
Social Security Administation - Field Office	(800) 772-1213	928 E. Blanco Rd., Salinas
Sevicios para Salud Emocional		
AoA Senior Peer Counseling	(831) 655-1334	allianceonaging.org
Salinas	(831) 758-4011	
Monterey County Behaviorial Health	(831) 784-2150	951 Blanco Rd Ste B, Salinas
	(831) 796-1700	1441 Constitution Blvd #202, Salinas
Monterey	(831) 647-7650	1200 Aguajito Rd #003, Monterey
Interim, Inc.	(831) 649-4522	interiminc.org
Servicios para Salud Fisico		
Alisal Health Center	(831) 769-8800	559 E. Alisal #201, Salinas
American Cancer Society	(831) 442-2992	cancer.org
Cancer Detection Program		dhcs.ca.gov
Every Woman Counts		
Breast Cancer Screening Info.	(800) 511-2300	
Prostate Cancer Screening Info.	(800) 409-8252	
Clinica de Salud		csvs.org
Admisnistración	(831) 757-8689	
Optometría	(831) 757-1264	
Dental	(831) 444-9722	
Clínica Movil (medico y dental)	(831) 970-1972	
Monterey County Health Clinic at Marina	(831) 384-1445	3155 De Forest Rd., Marina
Rota Care Monterey Peninsula-clínica méduca gratutia	(831) 333-6495	1156 Fremont Blvd., Seaside
Seaside Family Health Center	(831) 899-8100	1156 Fremont Blvd., Seaside
Hospitales		
Community Hospital of the Monterey Peninsula	(831) 624-5311	chomp.org

*Número de teléfono de ayuda para personas mayores: 1-800-510-2020

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Hospitales		
Mee Memorial Hospital	(831) 385-6000	meememorial.com
Greenfield Clínica	(831) 674-0112	
Natividad Medical Center	(831) 755-4111	natividad.com
Salinas Valley Memorial Healthcare System (SVMH)	(831) 757-4333	svmh.com
Viviendas y Personas sin Hogar		
Coalition of Homeless Service Providers	(831) 883-3080	chspmontereycounty.org
Community Housing Improvement Systems & Planning Association (CHISPSA)	(831) 757-6251	chispahousing.org
Gathering for Women	(831) 241-6154	gatheringforwomen.org
Good Samaritan Center/Salvation Army		tsamonterey.com
Salinas	(831) 443-9655	
Sand City	(831) 899-4988	
Housing Authority of the County of Monterey	(831) 775-5000	hamonterey.org
Housing Resource Center	(831) 424-9186	hrcmc.org
MCHOME - Interim, Inc. (Salud emocional)	(831) 649-4522	interiminc.org
Shelter Outreach Plus (24 Hour Helpline & Shelters)	(831) 384-3388	shelteroutreachplus.org
Servicios de Hospicios		
Heartland Hospice Services of Monterey	(831) 373-8442	heartlandhospice.com
Hospice of the Central Coast	(831) 649-7750	chomp.org/what-we-do/hospice/#.V9Qk0rKUK
Visiting Nurse Association (VNA) Hospice Care	(831) 375-9882	ccvna.com
Servicio en el Hogar		
In Home Supportive Services (IHSS)		mcdss.ca.monterey.ca.us/aging
Salinas	(831) 755-4466	
Monterey	(831) 883-7565	
Visiting Nurse Association (VNA)	(831) 372-6668	ccvna.com
Servicios Legales y de Inmigración		
Catholic Charities - Immigration Services	(831) 422-0602	dioceseofmonterey.org/ministries
Legal Services for Seniors (age 60+)		legalservicesforseniors.org
Salinas	(831) 442-7700	
Seaside	(831) 899-0492	
Monterey County District Attorney	(831) 755-5070	co.monterey.ca.us/da
Mandell Gisnet Center for Conflict Management	(831) 582-5234	mandellgisnetcenter.org
U.S. Citizenship and Immigration Services	(800) 375-5283	uscis.gov
Medicare/Medi-Cal		
AoA HICAP Program - Medicare Counseling	(831) 655-1334	allianceonaging.org
Central Coast Alliance for Health - Medi-Cal	(831) 755-6000	

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Medicare/Medi-Cal		
Central Coast Alliance for Health - Medi-Cal	(831) 755-6000	
	(800) 700-3874	ccah-alliance.org
Monterey Cty Dept. of Social Services - Medi-Cal	(866) 323-1953	950 E. Blanco St. Suite 101, Salinas
	(877) 410-8823	mcdss.co.monterey.ca.us
Centros de Convalencia/Instalaciones de Asistencia di Vida - Información y Apoyo		
AoA Ombusdman Program		allianceonaging.org
	Monterey (831) 655-1334	
	Salinas (831) 758-4011	
Lifeline		
Salinas Valley Memorial Healthcare Lifeline	(831) 755-0788	svmh.com
Centro para Personas de la Tercera Edad (Actividades y Almuerzo)		
AoA Senior Outreach Luncheon - First Tues. of every	(831) 758-4011	allianceonaging.org
Active Seniors, Inc. (membership)	(831) 424-5066	100 Harvest St., Salinas
Carmel Foundation (membership required)	(831) 624-1588	carmelfoundation.org
Episcopal Senior Communities (senior luncheons)	(831) 424-0911	301 Corral de Tierra, Salinas
La Casa Adult Day Health Center	(831) 222-6122	909 Blanco Cir., Salinas
Leo Meyer Senior Center	(831) 385-4562	415 Queen St., King City
Los Ositos Community Center	(831) 674-5100	1083 Elm Ave., Greenfield
Marina Community Center	(831) 384-6009	211 Hillcrest Ave., Marina
Scholze Park Center (Monterey Senior Center)	(831) 646-3878	280 Dickman, Monterey
Oldemeyer Center	(831) 899-6800	986 Hilby Ave., Seaside, CA
Prunedale Senior Center	(831) 663-5023	8300 Prunedale Rd. N., Prunedale
Salinas Firehouse Recreation Center	(831) 775-4288	1330 E. Alisal, Salinas
Salinas Senior Center	(831) 757-6030	salinasseniorcenter.org
Sally Griffin Active Living Center	(831) 375-4454	700 Jewel Ave., Pacific Grove
Salvation Army	(831) 443-9655	2460 Main St., Salinas
Senior Center Without Walls (teleconferencia)	(877) 797-7299	scww@jtm-esc.org
Servicios Sociales e Intervención de Crisis		
Alisal Family Resource Center	(831) 775-4500	alisalfrc.org
Catholic Charities		
Dorothy's Place - Salinas		
Salvation Army		tsamonterey.com
	Salinas (831) 443-9655	
	Monterey Peninsula (831) 899-4911	
Montrey Cty Dept. of Social Services (MCDSS)		mcdss.co.monterey.ca.us
	Community Benefits (866) 323-1953	
	CalFresh (Food Stamps) (866) 323-1953	

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Servicios Sociales e Intervención de Crisis		
Montrey Cty Dept. of Social Services (MCDSS)		
Cash Aid	(866) 323-1953	
Family & Children's Services	(866) 323-1953	mcdss.co.monterey.ca.us/families
CalWORKS Employment Services	(831) 755-4475	mcdss.co.monterey.ca.us/careers
Aging & Adult Services	(831) 755-4452	mcdss.co.monterey.ca.us/aging
Salinas	(831) 755-4466	
King City	(831) 385-7400	
Marina	(831) 883-7565	
Fraud Prevention Hotline	(831) 755-3224	
Tratamiento para Manejar la Adicción		
Community Human Services	(831) 658-3811	chservices.org/substance-abuse
Door to Hope	(831) 758-0181	doortohope.org
Interim, Inc. (Dual Recovery Services)	(831) 649-4522	interiminc.org
Sunset Street Centers	(831) 753-5135	sunstreetcenters.org
Transportación		
Central Coast Cab	(831) 626-3333	centralcoastcab.com
Coastal Yellow Cab, Inc	(831) 333-0533	cyc taxi.com
ITN Monterey County		itnmontereycounty.org
Monterey	(831) 233-3447	
Salinas	(831) 240-0850	
Kevin Allhouse (appt. for taxi vouchers/MSTRides)	(831) 241-9994	
Monterey Salinas Transit/Rides Program (MST)	(888) 678-2871	mst.org
Serra Cab	(831) 216-2010	serrayellowcab.com
Ayuda con Pagos de Utilidades		
AoA Benefits Checkup Program	(831) 655-1334	allianceonaging.org
Central Coast Energy Services (CCES)	(888) 728-3637	energyservices.org
PG&E Care Program	(866) 743-2273	pge.com/care
Veteranos		
Military and Veterans Affairs Office (VA)		co.monterey.ca.us/va
Monterey (Main Office)	(831) 647-7613	1200 Aguajito Rd., Ste. 003
Salinas	(831) 796-3585	1000 S. Main St., Ste. 209
Seaside	(831) 883-3811	3401 Engineer Ln., Seaside
King City	(831) 386-6801	200 Broadway, Ste. 62
Monterey VA Clinic	(800) 455-0057	3401 Engineer Ln., Seaside
VA Palo Alto Health Care System	(650) 493-5000	paloalto.va.gov
Veterans Benefits Administration (Regional Office - Oakland)	(800) 827-1000	benefits.va.gov/oakland/

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Veteranos		
Veterans Suicide Prevention Hotline	(800) 273-8255	
Veterans Transition Center	(831) 883-8387	vtcmonterey.org
Para ayuda general	211	unitedwaymcca.org/2-1-1-search