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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**2-1-1 MONTEREY COUNTY UNITED WAY**
TTY - 1 (877) 211-3233  [www.211mc.org](http://www.211mc.org)
Information line for referral to community services for all age groups

**Department of Social Services**
1 (800) 510-2020 Aging & Disability Services Information & Assistance
Information, Assistance and referral to aging and disability service organizations

**Advocacy & Protection**

**Elder & Dependent Adult Abuse Reporting/Department of Social Services**
1(800) 510-2020 after hours 9-1-1

**Ombudsman for Long Term Care/Alliance on Aging**
Reports of suspected abuse in licensed care facilities
(831) 655-1334 Monterey - (831) 758-4011 Salinas – 24HR Crisis Line 1 (800) 231-4024
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.

ADULT PROTECTIVE SERVICES
Adult Protective Services/Department of Social Services
Phone: 1 (800) 510-2020
Web: http://mcddss.co.monterey.ca.us/aging
Service provided in all languages
Days/Hours: Mon–Fri 8:00am - 5:00pm

Alliance on Aging
Phone: (831) 655-1334 Monterey
(831) 758-4011 Salinas
Web: www.allianceonaging.org
Service provided in English and Spanish
Days/Hours: Mon–Fri 9:00am - 5:00pm
Health Insurance Counseling and Advocacy (HICAP)
Ombudsman for Long Term Care
California Rural Legal Assistance (CRLA)
Phone: (831) 757-5221 Salinas  
(831) 724-2253 Watsonville
Web: www.crla.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 9:00am-5:00pm
Free legal assistance for low-income, rural Californians
Variety of community education and outreach services

Catholic Charities
Phone: (831) 393-3110 Seaside
(831) 753-5314 Salinas
(831) 422-0602 Immigration Services-Salinas
Web: www.dioceseofmonterey.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 9:00am-4:00pm
Counseling services
Immigration and citizenship assistance

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: Mon-Fri 8:30am-5:00pm
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: Mon-Fri 9:00am-5:00pm
Legal consultation/representation for older adult 60 years of age and older

Lifeline Medical Alert/Salinas Valley Memorial Hospital
Phone: (831) 755-0788 Lifeline
Web: www.svmh.com
Days/Hours: Mon-Fri 10:00am-4:30pm
* Home alert system for seniors

Military & Veterans Affairs Office (COUNTY OFFICE)
Phone: (831) 647-7610
Web: www.co.monterey.ca.us/va
Provides a range of services on behalf of Veterans and their family members including assistance with filing claims
Monterey County Bar Association
Phone: (831) 582-5400 or (831) 582-3600
Web: www.montereycountybar.org
(Website under construction)
Days/Hours: Mon-Thur 9:00am-3:00pm
Lawyer Referral Service

Partners for Transitions, LLC
Phone: (831) 626-1943
Web: www.partnersfortransitions.com
Provides personal attention and partnership for health, well being, and continuity of care

Public Guardian/Monterey County Health Department
Phone: (831) 784-5999
Web: www.mtyhd.org
Services provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm
Conservatorship services; Coordinates medical treatment; Applies for public benefits; Manages assets

U.S. Citizenship and Immigration Services
Phone: 1 (800) 375-5283
Web: www.uscis.gov
Service provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-8:00pm - Automated 24/7
Citizenship, immigration of family members, US employment, green cards; Humanitarian efforts, adoptions, civic integration, genealogy

YWCA Monterey County
Crisis Line: (831) 757-1001 - Salinas
(831) 372-6300 - Peninsula
1 (800) 992-2151
Phone: (831) 422-8602 - Salinas
Web: www.ywca.org
Services Provided in English and Spanish
Days/Hours: Mon-Fri 9:00am-5:00pm Extended hours -Salinas Office
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) 206-7292 Spanish Group
Web: www.aasalinas.org
Meetings for Salinas and Valley cities

Alliance on Aging
Phone: (831) 655-1334 Monterey
(831) 758-4011 Salinas
Web: www.allianceonaging.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 9:00am-5:00pm
Health Insurance Counseling and Advocacy (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: Mon-Fri 8:00am-4:30pm
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: Mon-Fri 9:00am-5:00pm
Emotional support services; Hair loss & mastectomy products; Rides to treatment;
Information and Education services

Beacon House
Phone: 1 (866) 333-5146
Web: www.beaconhouse.org
Drug and Alcohol prevention and treatment services

Blind & 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: Mon-Fri 8:30am-1:30pm & by appointment
Resources, training and adaptive devices

Catholic Charities
Phone: (831) 393-3110 Seaside
    (831) 753-5314 Salinas
    (831) 422-0602 Immigration Services-Salinas
Web: www.dioceseofmonterey.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 9:00am-4:00pm
Counseling services; Immigration and citizenship assistance

Central Coast HIV/AIDS Services (CCHAS)
Phone: (831) 442-3959 Salinas
    (831) 394-4747 Monterey
Web: www.cchas.org
Days/Hours: Mon-Fri 8:00am-5:00pm
Anonymous or confidential HIV testing; Emotional support services; Supportive housing
services

Community Human Services
Phone: (831) 658-3811 - Administration
Web: www.chservices.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm - Extended office hours
Substance abuse treatment and counseling services
Compassionate Care Alliance
Phone: (831) 655-9506
Web: www.comcarealliance.org
Service provided in English
Days/Hours: Mon-Fri 8:00am-5:00pm
Provides access to information on end-of-life care and planning “Caring Resources” Program; Advanced directives and other education opportunities

Door to Hope
Phone: (831) 758-0181 - Administration
Web: www.doortohope.org
Services Provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm - Extended hours
Women’s residential recovery program; Outpatient treatment program

Family ties Program/Kinship Center
Phone: (831) 443-0662 Salinas
(831) 674-9945 Greenfield
Web: www.kinshipcenter.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 9:00am-5:00pm
Support to relative caregivers; Support groups, social gatherings, resource library; Legal assistance – guardianship

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: Mon-Fri 8:00am-5:00pm
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: Mon-Fri 9:00am-5:00pm
Caregiver resources, respite, support groups
Multipurpose Senior Services Program (MSSP) provides assistance to low income senior 65+ with identification of home care needs and assists in coordinating services
Interim, Inc.
Phone: (831) 649-4522
Web: www.interiminc.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm
Affordable housing, residential treatment for those with serious mental illness and dual-diagnoses; Social support, employment training, homeless outreach, education and family support

Mental Health Crisis Line/Natividad Medical Center (NMC)
Phone: (831) 755-4111
Web: www.natividad.com
Service provided in English and Spanish
Days/Hours: 24 Hours/7 Days
Mental health crisis line

Monterey County Behavioral Health
Phone: (831) 755-4510
1 (888) 258-6029 - Access to Treatment line
Web: www.mtyhd.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm
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: Mon-Thur 10:00am-4:00pm
Free case management services to people with Multiple Sclerosis and Parkinson’s Disease; Water aerobics program; Support groups; Educational events

Suicide Prevention Services of The Central Coast
Phone: 1-877-663-5433
Web: www.suicide.org
Service provided in English
Days/Hours: 24/7
Crisis hotline available; Volunteer responders; Community outreach and education

Sun Street Centers
Phone: (831) 753-5135 - Administration
Web: www.sunstreetcenters.org
Services provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm - Extended hours
Residential and outpatient alcohol and drug treatment programs
Education and prevention services
The Recovery Center/Community Hospital of the Monterey Peninsula (CHOMP)
Phone: 1 (800) 528-8080
Web: www.chomp.org
Days/Hours: Mon-Fri 8:00am-8:00pm
Drug and Alcohol prevention and treatment services

Valley Health Associates
Phone: (831) 424-6655 Salinas
       (831) 372-8392 Monterey
       (831) 674-1795 Greenfield
Web: www.valleyhealthassociates.com
Services provided in English and Spanish
Days/Hours: Mon-Thur 6:30am -3:30pm
            Fri 6:30am-12pm
Substance abuse prevention; Outpatient treatment services

Veterans Center Santa Cruz County
Phone: (831) 464-4575
       1 (877) 927-8387
Days/Hours: Mon-Fri 8:00am-4:30pm
Multiservice and support center; Serving Veterans in the tri-county region

Veterans Transition Center
Phone: (831) 883-8387
Service in all languages
Days/Hours: Mon-Fri 9:00am-5:00pm
Web: www.vtcmonterey.org
Support services to homeless veterans; Emergency and case management programs

YWCA Monterey County
Crisis Line: (831) 757-1001 Salinas
       (831) 372-6300 Peninsula
       1 (800) 992-2151
Phone: (831) 422-8602 Salinas
Web: www.ywca.org
Services Provided in English and Spanish
Days/Hours: Mon-Fri 9:00am-5:00pm - Extended hours -Salinas office only
Domestic violence prevention; Emotional support services; Information and education; Advocacy
**EDUCATION & SOCIAL SERVICES**

**Active Seniors, Inc.**  
Phone: (831) 424-5066  
Days/Hours: Mon-Fri 9:30am-3:30pm  
A membership based senior center that offers a range of membership activities and events

**Aging & Adult 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: Mon-Fri 8:00am-5:00pm  
- Information, Referral & Assistance (IR&A)  
- Adult Protective Services (APS)  
- In-Home Supportive Services (IHSS)  
- Public Authority: IHSS Caregiver Registry and Training  
- Supplemental Security Insurance Advocacy (SSI Advocacy)

**Alliance on Aging**  
Phone: (831) 655-1334 Monterey  
(831) 758-4011 Salinas  
Web: [www.allianceonaging.org](http://www.allianceonaging.org)  
Service provided in English and Spanish  
Days/Hours: Mon-Fri 8:00am-5:00pm  
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 Employment Training; Senior Tax Assistance Program; Community outreach

**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: Mon-Fri 8:00am-4:30pm  
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 - 1 (800) 227-2345 National  
Web: [www.cancer.org](http://www.cancer.org)  
Services in English and Spanish  
Days/Hours: Mon-Fri 9:00am-5:00pm  
Emotional support services; Hair loss & mastectomy products; Rides to treatment; Information and Education services
American Red Cross Monterey Bay Area Chapter
Phone: (831) 424-4824 Salinas – By appointment only
(831) 624-6921 Carmel – 10:00am-2:00pm
Web: www.arcmontereybay.org
Days/Hours: Mon-Fri by appointment only - Carmel 10:00am-2:00pm
Emergency response volunteer service organization; Community services and education; Disaster preparedness information

Bind & 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: Mon-Fri 8:30am-1:30pm - 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: Mon-Fri 8:00am-5:00pm
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
Salinas Service Center at the office of Deaf & Hard of Hearing Service Center
Phone: (831) 753-6540
Provides a range of free, specialized phones that make it easier to hear, dial, and call;
Includes phones that are designed for individuals who have restricted mobility, speech impairments, or who are blind or deaf; Has no age or income requirements

Carmel Foundation
Phone: (831) 624-1588
Web: www.carmelfoundation.org
Days/Hours: Mon-Fri 9:00am-5:00pm
A membership based senior service organization offers a range of membership activities, services and events
Catholic Charities
Phone: (831) 393-3110 Seaside
(831) 753-5314 Salinas
(831) 422-0602 Immigration Services-Salinas
Web: www.dioceseofmonterey.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 9:00am-4:00pm
Counseling services; Immigration and citizenship assistance

Central Coast Center for Independent Living
Phone: (831) 757-2968 - (831) 757-3949 (TDD line)
Web: www.cccil.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 8:30am-5:00pm
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
Days/Hours: Mon-Fri 8:00am-5:00pm
Home weatherization services; Assistance with energy efficient appliances; Enrollment in PG & E CARES program; Home safety inspections

Central Coast HIV/AIDS Services (CCHAS)
Phone: (831) 442-3959 Salinas
(831) 394-4747 Monterey
Web: www.cchas.org
Days/Hours: Mon-Fri 9:00am-5:00pm
Anonymous or confidential HIV testing; Emotional support services; Supportive housing services

Deaf & Hard of Hearing Services Center
Phone: (831) 753-6540
Web: www.dhhsc.org
Service provided in English, Spanish, American Sign Language
Days/Hours: Mon-Fri 8:30am-12:00pm
1:00pm-5:00pm - Call for appointment
Information, assistive devices for deaf and hard of hearing individuals; Service center for the California Telephone Access Program; Advocacy Services; Independent Living Skills Instructions; Communications Assistance; Sign Language Interpreting Services; Peer Counseling; Information and Referral; Employment Development and Placement Community Education and Outreach; Bookstore & Equipment Display
Firehouse Recreation Center, Senior Program – City of Salinas
Phone: (831) 775-4286
Web: [www.ci.salinas.ca.us](http://www.ci.salinas.ca.us)
Service provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-12:30pm
  - **Senior lunch program**
    Days/Hours: Mon & Fr 8:00am-2:30pm
    Tues, Wed, Thur: 8:00am-12:30pm
Education classes; Arts and Crafts, dance classes and Senior trips

Gateway Center
Phone: (831) 372-8002 Pacific Grove – 8:00am-4:00pm
  (831) 422-3999 Salinas Senior Program – 8:00am-3:30pm
Web: [www.gatewaycenter.org](http://www.gatewaycenter.org)
Service provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm
Provides services to persons with developmental disabilities; Residential programs; Adult day programs

Hands to Help Seniors
(831) 204-0402
[www.h2hs.org](http://www.h2hs.org)

Health Projects Center/Del Mar Caregiver Resource Center
Phone: (831) 424-4359  -  1-800-624-8304
Web: [www.hpcn.org](http://www.hpcn.org)
Service provided in English and Spanish
Days/Hours: Mon-Fri 9:00am-5:00pm
Caregiver resources, respite, support groups; Multipurpose Senior Services Program (MSSP) provides assistance to low income senior 65+ with identification of home care needs and assists in coordinating services

HOPE Services
Phone: (831) 393-1575 Peninsula
  (831) 758-0973 Salinas
Web: [www.hopeservices.org](http://www.hopeservices.org)
Services in English and Spanish
Days/Hours: Mon-Fri 8:00am-4:00pm
Employment and job training; Adult day program

Interim, Inc.
Phone: (831) 649-4522
Web: [www.interiminc.org](http://www.interiminc.org)
Service provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm
**Kinship Center – Family Ties Program**  
Phone: (831) 443-0662 - Salinas  
Web: [www.kinshipcenter.org](http://www.kinshipcenter.org)  
Service provided in English and Spanish  
Days/Hours: Mon – Fri: 8:30-5:00pm  
Support to relative caregivers; Support groups, social gatherings, resource library

**Loaves, Fishes & Computers, Inc.**  
Phone: (831) 393-9260  
Web: [www.loavesfishescomputers.org](http://www.loavesfishescomputers.org)  
Service provided in English & Spanish  
Days/Hours: Tues-Fri 11:00am-5:00pm  
Sat 10:00am-3:00pm  
Low-cost computers to qualifying low-income families and individuals; Computers available in English and Spanish; Community resources and information

**Marina Senior Center**  
Phone: (831) 384-6009  
Web: [www.ci.marina.ca.us](http://www.ci.marina.ca.us)  
Days/Hours: Mon-Fri 9:00am-2:00pm  
Senior lunch program; Educational, recreational, fitness activities; Senior trips

**Military & Veterans Affairs Office (County Office)**  
Phone: (831) 647-7610  
Web: [www.co.monterey.ca.us/va](http://www.co.monterey.ca.us/va)  
Provides a range of services on behalf of Veterans and their family members including assistance with filing claims

**Monterey Bay Village/Carmel Foundation**  
Phone: (831) 620-8717  
Website: [www.montereybayvillage.org](http://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](http://www.mcdss.co.monterey.ca.us)  
Performs eligibility determination for temporary cash assistance, CalFresh (Food Stamps) and Medi-Cal health insurance
Monterey County Office Emergency Services
Phone: (831) 796-1900
Web: www.co.monterey.ca.us/oes/
Days/Hours: Mon-Fri 8:00am-5:00pm
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: Mon-Fri 9:00am-5:00pm
Adult service center; Senior lunch program; 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: Mon-Thur 10:00am-4:00pm
Free case management services to people with Multiple Sclerosis and Parkinson’s;
Disease; Water aerobics program; Support groups; Educational events

North County Recreation & Park District/Senior Program
Phone: (831) 633-3084
Web: www.ncrpd.org
Services in English and Spanish
Days/Hours: Mon-Fri 9:00am-1:30pm
Senior lunch program; Recreation activities; Senior trips

Osher Lifelong Learning Institute (OLLI)
Phone: (831) 582-5500
Web: www.olli.csumb.edu
Days/Hours: Mon-Fri 10:00am-3:00pm
Lifelong learning education courses to adults 50+

Paradigm Adult Services Inc.
Phone: (831) 622-7999 - (831) 444-6444
Service provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm
Services persons with disabilities
Prunedale Senior Center
Phone: (831) 663-5023
Web: www.nmchs.com/library/commserv/pdseniorcent99
Service provided in English
Days/Hours: Mon-Fri 9:00am-3:00pm
Senior lunch program; Education, recreation & fitness classes; Senior trips

Salinas Senior Center
Phone: (831) 757-6030
Web: www.salinasseniorcenter.org
This nonprofit organization is not an operating center but is working to raise funds to build a one-stop multi-service center for seniors and family caregivers in Salinas

Sally Griffin Active Living Center
Phone: (831) 375-4454 Pacific Grove
Web: www.mowmp.org
Service provided in English
Days/Hours: Mon-Fri 8:00am-5:00pm
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: Mon-Fri 8:30am-4:30pm

Good Samaritan Center
Day/Hours: Mon-Fri 8:30am-4:30pm - Closed for lunch 12:00pm-1:00pm
Services for homeless, low-income individuals; Family housing, social services

Salvation Army – Salinas
Phone: (831) 443-9655
Web: www.salvationarmy.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 9:00am-4:00pm – Closed for lunch 12:00pm-1:00pm
Various housing and employment opportunities; Community organizing and support; Senior Activity Programs

San Andreas Regional Center (SARC)
Phone: (831) 759-7500
Web: www.sarc.org
Services in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm
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](http://www.ci.seaside.ca.us)  
Service provided in English and Spanish  
Days/Hours: Mon-Fri Hours vary  
Senior lunch program; Educational, recreational & fitness activities; Senior trips

Episcopal Senior Communities  
Phone: (831) 424-0911  
Web: [http://www.jtm-esc.org/senior_resources.html](http://www.jtm-esc.org/senior_resources.html)  
Service provided in English  
Days/Hours: Mon-Fri 9:00am-5:00pm  
Provides a range of senior services including a free telephone program, at-cost produce markets, a medical equipment donation and loan closet, monthly senior luncheons and various health and wellness classes.

Share the Care  
*No Phone Contact*  
[www.sharethecare.org](http://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.

Shelter Outreach Plus  
Phone: 1 (877) 211-3233 - Can reach through 2-1-1 (TTY)  
Web: [www.shelteroutreachplus.org](http://www.shelteroutreachplus.org)  
Service provided in English and Spanish  
Days/Hours: Vary by location  
Homeless and domestic violence shelters; Emergency intervention and transitional support

Suicide Prevention Services of the Central Coast  
Phone: 1 (877) 663-5433  
Web: [www.suicide.org](http://www.suicide.org)  
Service provided in English  
Days/Hours: 7Days – 24Hours  
Crisis hotline available; Volunteer responders; Community outreach and education

VET Center Santa Cruz County  
Phone: (831) 464-4575 or 1 (877) 927-8387  
Days/Hours: Mon-Fri 8:00am-4:30pm  
Multiservice and support center
**Veterans Transition Center**
Phone: (831) 883-8387
Service in all languages
Days/Hours: Mon-Fri 9:00am-5:00pm
Web: [www.vtcmonterey.org](http://www.vtcmonterey.org)
Support services to homeless veterans; Emergency and case management programs

**YWCA Monterey County**
Crisis Line: (831) 757-1001 Salinas
(831) 372-6300 Peninsula
1 (800)-992-2151
Phone: (831) 422-8602 Salinas
(831) 655-9222 Monterey
Web: [www.ywca.org](http://www.ywca.org)
Services Provided in English and Spanish
Days/Hours: Mon-Fri 9:00am-5:00pm - Extended hours
Domestic violence prevention; Emotional support services; Information and education
Advocacy

**EMPLOYMENT SERVICES**

**Alliance on Aging**
Phone: (831) 646-1458 Monterey
(831) 758-4011 Salinas
(831) 655-1334 Salinas
Web: [www.allianceonaging.org](http://www.allianceonaging.org)
Service provided in English and Spanish
Days/Hours: Mon-Fri 9:00am-5:00pm
Senior Employment Training

**Goodwill Industries**
Phone: (831) 423-8611
Web: [www.scgoodwill.org](http://www.scgoodwill.org)
Service provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm
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
Web: [www.hopeservices.org](http://www.hopeservices.org)
Services in English and Spanish
Days/Hours: Mon-Fri 8:00am-4:00pm
Employment and job training; Adult day program
Monterey County ONE-STOP Career Centers
Phone: 1 (800) 870-4750
Web: www.onestopmonterey.org
Service provided in English, Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm
King City, Salinas, Seaside locations provides support services to job seekers and employers

CAREER LINKS FOR OLDER WORKERS

AARP
Real Relief a website on jobs and job training for older workers: www.aarp.org/realrelief
A page that links to job tips for older workers: www.aarp.org/money/work
A job search engine for older workers: jobs.aarp.org

Encore.org
Provides news, resources, and connections for individuals and organizations establishing "encore careers" combining social contribution, personal meaning and financial security. Many of the jobs posted are in education, healthcare and human services. www.encore.org

NCOA JobSource Define your skills, get training: http://ncoajobsource.org/

RetiredBrains.com
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. www.retiredbrains.com

RetirementJobs.com
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: www.retirementjobs.com

Senior Job Bank:
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: www.seniorjobbank.org
FAMILY CAREGIVER SUPPORT SERVICES

Aging & 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: Mon-Fri 8:00am-5:00pm
Information, Referral & Assistance (IR&A): 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
Service provided in all languages
Days/Hours: Mon-Fri 8:00am-4:30pm
Helpline 24/7 days/week
Support groups; Family and community education presentations

American Cancer Society
Phone: (831) 442-2992 Salinas
1 (800) 227-2345 National
Web: www.cancer.org
Services in English and Spanish
Days/Hours: Mon-Fri 9:00am-5:00pm
Emotional support services; Hair loss & mastectomy products; Rides to treatment; Information and Education services

Gateway Center
Phone: (831) 372-8002 Pacific Grove 8:00am – 4:00pm
(831) 422-3999 Salinas Senior Program 8:00am-3:30pm
Web: www.gatewaycenter.org
Service provided in English and Spanish
Days/Hours: Mon-Fri
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: Mon-Fri 9:00am-5:00pm
Caregiver resources, respite, support groups; Multipurpose Senior Services Program (MSSP) provides assistance to low income senior 65+ with identification of home care needs and assists in coordinating services
Kinship Center – Family Ties Program  
Phone: (831) 443-0662 Salinas  
Web: www.kinshipcenter.org  
Service provided in English and Spanish  
Days/Hours: Mon-Fri 8:30am-5:00pm  
Support to grandparents caring for relative minors; Support groups, social gatherings, resource library

Paradigm Adult Services Inc.  
Phone: (831) 622-7999 - (831) 444-6444  
Service provided in English and Spanish  
Days/Hours: Mon-Fri 8:00am-5:00pm  
Services persons with disabilities

San Andreas Regional Center (SARC)  
Phone: (831) 759-7500  
Web: www.sarc.org  
Services in English and Spanish  
Days/Hours: Mon-Fri 8:00am-5:00pm  
Services persons with developmental disabilities; Multiservice organization including assessment, service coordination, information & referral

Share the Care  
No Phone Contact  
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.

Visiting Nurse Association Adult Day Service Center  
Phone: (831) 643-0278  
Web: www.ccvna.com  
Service in English and Spanish  
Days/Hours: Mon-Fri 8:30am-4:30pm  
Socialization for seniors in a group setting; Wide variety of activities including daily exercise, music therapy, art/poetry. Breakfast snack and hot lunch is provided; Financial aid maybe available to veterans
FOOD & NUTRITION SERVICES

Alliance on Aging
Phone: (831) 655-1334 Salinas
       (831) 758-4011 Salinas
       (831) 646-1458 Monterey
Web: www.allianceonaging.org
Service provided in English and Spanish
Senior lunch program, first Tuesday of the month at St. Ansgar’s Lutheran Church,
Serving Time:  11:45am - Suggested donation: $7.00

Carmel Foundation
Phone: (831) 624-1588
Web: www.carmelfoundation.org
Days/Hours: Mon-Fri 9:00am-5:00pm
A membership based senior service organization offers a range of membership activities, services and events including a senior meals program

Carmel Valley Senior Lunch @ The Community Youth Center
25 Ford Road, Carmel Valley
First Monday of every month – noon
No reservations or charge

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 for the homeless and has a Hospitality Center

First United Methodist Church
Phone: (831) 424-0855
Web: http://salinasfirst.org/
Weekday Hot Lunch: Mon-Fri 11:30am-12:30pm

Food Bank for Monterey County
Phone: (831) 758-1523
Web: www.food4hungry.org
Service provided in English and Spanish
Days/Hours: Mon, Wed & Fri 1:00pm-3:00pm
Emergency food, family markets, food pantry

Franciscian Workers – Dorothy’s Kitchen
Phone: (831) 757-3838
Web: www.dorothysplace.org
Serves breakfast and lunch every day but Sunday to persons in need. Provides food boxes for individuals and families during the week.
Meals on Wheels of Monterey Peninsula
Phone: (831) 375-4454
Web: www.mowmp.org
Service provided in English, Spanish, Tagalog
Days/Hours: Mon-Fri 9:00am-5:00pm
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: Mon-Fri 8:00am-4:30pm
Home-delivered meals; Serving Salinas, North and South Monterey County

Pajaro Rescue Mission
111 Railroad Ave., Watsonville, CA 95076
Phone: (831) 724-9576
Services provided in English and Spanish
Food pantry

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
Days/Hours: Mon-Fri 8:30am-4:30pm - Closed: 12:00pm-1:00pm
Mon-Fri: Coffee & pastry breakfast 8:30am-10:30am
Hot lunch: 10:30-12pm.

Second Harvest Food Bank
800 Ohlone Parkway
Watsonville, CA 95076
Phone: (831) 722-7110
Web: www.thefoodbank.org
Distributes food for low income residents throughout Santa Cruz and San Benito counties and the Pajaro Valley

Episcopal Senior Communities
Phone: (831) 424-0911
Web: http://www.jtm-esc.org/senior_resources.html
Service provided in English
Days/Hours: Mon-Fri 9:00am-5:00pm
Provides a range of senior services including a free telephone program, at-cost produce markets, a medical equipment donation and loan closet, monthly senior luncheons and various health and wellness classes.
**COMMUNITY SENIOR LUNCH LOCATIONS**
Reservations required one day in advance
No cost lunch – donations appreciated

### North Monterey County

#### Castroville Senior Center Lunch 11:30
11261 Crane Street
Castroville, CA 95012
Reservations (831) 633-3084

#### Prunedale Senior Center Lunch 11:30
8300 Prunedale Road North
Salinas, CA 93907
Reservations (831) 663-5023

### Monterey Peninsula

#### Scholze Park Center Lunch
Days/Hrs: Mon, Tues, Thurs, Fri: 11:30am
280 Dickman Avenue
Monterey, CA 93940
Reservations (831) 646-3878

#### Sally Judd Griffin Active Living Center Lunch
Time: 11:30am
700 Jewell Avenue
Pacific Grove, CA 93950
Reservations (831) 375-4454

#### Oldemeyer Center – Lunch
Time: 11:20am
986 Hilby Avenue
Seaside, CA 93955
Reservations (831) 899-6809

### South Monterey County

#### Leo Meyer Senior Center – Lunch
Time: 11:30am
415 Queen Street
King City, CA 93930
Reservations (831) 385-4562

#### Los Ositos Community Center Lunch
Time: 11:30am
1083 Elm Ave
Greenfield, CA 93927
Reservations: (831) 385-7194

### Salinas

#### Firehouse Senior Center Lunch
Time: 11:30pm
1330 East Alisal Street
Salinas, CA 93905
Reservations (831) 775-4286

#### Los Abuelitos Lunch
Time: 11:30am – 1:00pm
528 E. Market Street
Salinas, CA 93905
Reservations (831) 757-1283
Call 8:00am-10:00am day prior to service

#### Sherwood Villages Lunch
Time: 12:00pm
808 North Main Street
Salinas, CA 93906
Reservations (831) 783-1485

#### Episcopal Church of the Good Shepherd
301 Corral de Tierra Road
Salinas, CA 93908
(831) 484-2153

### Home Delivered Meals

#### Meals on Wheels of the Monterey Peninsula
700 Jewell Avenue
Pacific Grove, CA 93950
(831) 375-4454

#### Meals on Wheels of the Salinas Valley
40 Clark Street, Suite C
Salinas, CA 93901-3432
(831) 758-6325
HEALTH CARE SERVICES

National Health Associations
Information, Education, & Advocacy

Alzheimer’s Association
1 (800) 272-3900
www.alz.org

American Cancer Society
1 (800) 227-2345
www.cancer.org

American Diabetes Association
1 (800) 342-2383
www.diabetes.org

American Heart Association
1 (800) 242-8721
www.heart.org

American Lung Association
1 (800) 586-4872
www.lung.org

Arthritis Foundation/Central Coast Branch
(831) 620-1699
www.arthritis.org/northern-california/central-coast.php

Eye Care America
1 (877) 887-6327
www.eyecareamerica.org

Health Resources & Services Administration
www.findahealthcenter.hrsa.gov

Muscular Dystrophy Association (MDA)
1 (800) 572-1717
www.mdausa.org

National Multiple Sclerosis Society
1 (800) 344-4867
www.nationalmssociety.org

National Institute of Dental & Craniofacial Research
1 (866) 232-4528
www.nidcr.nih.gov
Alliance on Aging/Health Insurance Counseling & Advocacy Program
Phone: (831) 655-1334 Monterey
(831) 758-4011 Salinas
Web: www.allianceonaging.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 9:00am-5:00pm
HICAP: Medicare insurance counseling and advising

Beacon House
Phone: 1 (866) 333-5146 – 1 (866) 372-0516
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: Mon-Fri 10:00am-1:00pm & 2:00pm-5:00pm
Provides outpatient ambulatory medical care to residents of and visitors to the Big Sur
Community. On Mondays there is a doctor on duty and on Wednesdays and Fridays
there is a physician assistant or nurse practitioner on duty. 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.cahwnet.gov
Services provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm
Vocational rehabilitation programs

Central California Alliance for Health
Phone: 1 (800) 700-3874
1 (877) 548-0857 (TTY)
(831) 755-6000
Web: www.ccah-alliance.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm
Medi-Cal managed care organization; Serves the counties of Santa Cruz, Monterey and
Merced

Central Coast HIV/AIDS Services (CCHAS)
Phone: (831) 442-3959 Salinas
(831) 394-4747 Seaside
Web: www.cchas.org
Days/Hours: Mon-Fri 9:00am-5:00pm
Anonymous or confidential HIV testing; Emotional support services; Supportive housing
services
Clinica de Salude Del Valley 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 9-4
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
Mobile clinic

Community Hospital of the Monterey Peninsula (CHOMP)
Phone: 1 (888)-45-CHOMP
   (831) 649-7750
   (831) 649-7755 Grief Support
   1 (800) 364-7001 Hospice
   1 (800) 528-8080 the Recovery Center
Web: www.chomp.org
Service provided in English and Spanish
Days/Hours: Mon-Sun 24 Hour
Medical facility

Community Human Services
Phone: (831) 658-3811 Administration
Web: www.chservices.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm - Extended hours
Substance abuse treatment and counseling services

Door to Hope
Phone: (831) 758-0181 Administration
Web: www.doortohope.org
Services Provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm - Extended hours
Women’s residential recovery program; Outpatient treatment program

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: Mon-Fri 9:00am-5:00pm
Caregiver resources, respite, support groups; Multipurpose Senior Services Program
(MSSP) provides assistance to low income senior 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
Days/Hours: Mon-Fri 8:00am-5:00pm
Hospice and home health 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
Days/Hours: Mon-Fri 8:00am-5:00pm
Care provided “wherever the person calls home; Resource library, transportation; program, bereavement services; Transitions and Grief-Buster Programs

Interim, Inc.
Phone: (831) 649-4522
Web: www.interiminc.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm
Affordable housing, residential treatment for those with serious mental illness and dual-diagnoses; Social support, employment training, homeless outreach, education and family support

Kerns Adaptive Aquatics
Josephine Kernes Memorial Pool
15 Portola Ave
Monterey, CA 93940
Phone: (831) 372-1240
Service provided in English and Spanish
Days/Hours:
Providing warm water exercise programs to help children and adults with physical, emotional, and/or developmental challenges to gain health, strength, and confidence

Mee Memorial Hospital
Phone: (831) 385-6000
Web: www.meememorial.com
Service provided in English and Spanish
Day/Hours: 7 day/24 Hour Medical Facility
Acute care hospital with community based clinics

Monterey Bay Dental Society
Phone: (831) 658-0168
Web: www.mbdsdentists.com
Days/Hours: Mon-Thurs 9:00am-5:00pm
Every other Fri 9:00am-5:00pm
Resource for Dental referrals
Monterey County Behavioral Health
Phone: (831) 755-4510 - 1 (888) 258-6029 Access to Treatment Line
Web: www.mtyhd.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm
(831) 755-4111 24 Hour Crisis Line
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 temporary Medi-Cal health insurance

MONTEREY COUNTY HEALTH DEPARTMENT - FAMILY CLINICS

Alisal Health Center
Phone: (831) 769-8800
Days/Hours: Mon, Wed, Fri 8:00am-5:00pm
Tues, Thurs 7:00am-7:00pm

Laurel Internal Medicine
Phone: (831) 769-8640
Days/Hours: Mon-Fri 7:30am-6:00pm

Laurel Family Practice
Phone: (831) 755-4123
Day/Hours: Mon-Thurs 8:00am-5:50pm
Fri 9:30am-5:30pm

Laurel Woman's Health Clinic
Phone: (831) 769-8660
Days/Hours: Mon-Fri 8:00am-5:00pm

Laurel Pediatrics
Phone: (831) 755-4124
Days/Hours: Mon-Fri 7:00am-6:00pm

Marina Office
Phone: (831) 384-1445
Days/Hours: Mon-Fri 7:00am-5:00pm

Seaside Office
Phone: (831) 899-8100
Days/Hours: Mon, Tues, Thurs 7:00am-7:00pm
Wed & Fri 8:00am-5:00pm
Web: www.mtyhd.org
Services provided in English and Spanish
Monterey County Medical Society  
Phone: (831) 455-1008  
Web: [www.sccma-mcms.org](http://www.sccma-mcms.org)  
Resource for physician referrals

Multiple Sclerosis Quality of Life Project (MSQLP)  
Phone: (831) 333-9091 Monterey  
Web: [www.msqlp.org](http://www.msqlp.org)  
Service provided in English and Spanish  
Days/Hours: Mon-Fri 10:00am-4:00pm  
Free case management services to people with Multiple Sclerosis and Parkinson’s Disease;  
Water aerobics program; Support groups; Educational events

Natividad Medical Center (NMC)  
Phone: (831) 755-4111  
Web: [www.natividad.com](http://www.natividad.com)  
Service provided in English and Spanish  
Days/Hours: 7 day/24 Hour Medical Facility  
Medical services; Access to healthcare regardless of income

National Alliance on Mental Illness (NAMI) - Monterey County  
Phone: (831) 375-6264 (831) 402-4940 Bilingual Line-Salinas  
Days/Hours: Mon-Fri 9:00am-4:00pm  
Web: [www.namimonterey.org](http://www.namimonterey.org)

Public Guardian/Monterey County Health Department  
Phone: (831)-784-5999  
Web: [www.mtyhd.org](http://www.mtyhd.org)  
Services provided in English and Spanish  
Days/Hours: Mon-Fri 8:00am-5:00pm  
Conservatorship services; Coordinates medical treatment; Applies for public benefits;  
Manages assets

Rota Care Monterey Peninsula  
Phone: (831) 659-8037  
Web: [www.rotacarebayarea.org](http://www.rotacarebayarea.org)  
Service provided in English  
Days/Hours: Wed only 5:00pm-9:00pm  
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 (SVMH)  
Phone: (831) 755-0788 Lifeline (831) 757-4333  
Web: [www.svmh.com](http://www.svmh.com)  
Service provided in English and Spanish  
Day/Hours: 7 day/24 Hour Medical Facility
San Andreas Regional Center (SARC)
Phone: (831) 759-7500
Web: www.sarc.org
Services in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm
Services persons with developmental disabilities; Multiservice organization including assessment, service coordination, information & referral

Sun Street Centers
Phone: (831) 753-5135 - Administration
(831) 753-5145 - Residential
(831) 753-6001 - Outpatient Services
Web: www.sunstreetcenters.com
Services provided in English and Spanish
Days/Hours: Mon-Fri 8:00am-5:00pm - Extended hours
Residential and outpatient alcohol and drug treatment programs; Education and prevention services

The Recovery Center/CHOMP
Phone: 1 (800) 528-8080
Web: www.chomp.org
Drug and Alcohol prevention and treatment services

Valley Health Associates
Phone: (831) 424-6655 Salinas
(831) 372-8392 Monterey
Web: www.valleyhealthassociates.com
Services provided in English and Spanish
Days/Hours: Mon-Thurs 6:30am-3:30pm
Fri 6:30am-12:00pm
Substance abuse prevention; Outpatient treatment services

VA Medical Clinic of Monterey
Phone: (831) 883-3800
Service in English and Spanish
Days/Hours: Mon-Fri 8:00am-4:00pm

VA Palo Alto Health Care System
Phone: 1 (650) 493-5000
Service in multiple languages
Days/Hours: 7 day/24 hour Acute Care Facility & Outpatient Clinics

Veteran’s Suicide Prevention Hotline
Phone: 1 (800) 273-TALK (8255)
Days/Hours: 7 day/24 Hours
(VNA) Central Coast Visiting Nurse Association Home Health & Hospice
Phone: (831) 375-9882 Monterey
(831) 758-8243 Salinas
(831) 636-2141 Hollister
(831-385-8405 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) 758-4200
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

LIFELINE: Help is just a button away
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.

Lifeline Salinas Valley Memorial Healthcare System:
Phone: (831) 755-0788

Tele-Care
Tele-Care is a FREE daily call service for individuals who live alone, especially for those with various medical conditions:
Tele-Care Salinas Valley Memorial Healthcare System
Phone: (831) 755-0772

Community Hospital of the Monterey Peninsula
Phone: (831) 625-4557
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?
<table>
<thead>
<tr>
<th>HOME HEALTH CARE AGENCIES</th>
<th>HOME CARE AGENCIES</th>
</tr>
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<tbody>
<tr>
<td>Adobe Home Health</td>
<td>Abundant Personal Care Services</td>
</tr>
<tr>
<td>(831) 424-1311</td>
<td>(831) 444-9500 Salinas</td>
</tr>
<tr>
<td><a href="http://www.Adobehomehealthca.com">www.Adobehomehealthca.com</a></td>
<td>(831) 626-9500 Monterey</td>
</tr>
<tr>
<td>Alliance Home Health</td>
<td><a href="http://www.abundantpersonalcare.com">www.abundantpersonalcare.com</a></td>
</tr>
<tr>
<td>(831) 455-8901</td>
<td>Always Best Care Senior Services</td>
</tr>
<tr>
<td><a href="http://www.Alliancehome-health.com">www.Alliancehome-health.com</a></td>
<td>(831) 809-0288</td>
</tr>
<tr>
<td>Central Coast Visiting Nurses Associations Home Health Care</td>
<td><a href="http://www.alwaysbestcarecentralcoast.com">www.alwaysbestcarecentralcoast.com</a></td>
</tr>
<tr>
<td>(831) 375-9882 Monterey</td>
<td>Ambassadors Home Care</td>
</tr>
<tr>
<td>(831) 758-8302 Salinas</td>
<td>(831) 917-4191</td>
</tr>
<tr>
<td>(831) 637-6724 Hollister</td>
<td><a href="http://www.ambassadorshomecare.org">www.ambassadorshomecare.org</a></td>
</tr>
<tr>
<td>(831) 385-8405 King City</td>
<td>Central Coast Senior Services</td>
</tr>
<tr>
<td><a href="http://www.ccvna.com">www.ccvna.com</a></td>
<td>(831) 649-3363</td>
</tr>
<tr>
<td>Good life Home Care</td>
<td><a href="http://www.centralcoastseniorservices.com">www.centralcoastseniorservices.com</a></td>
</tr>
<tr>
<td>(831) 646-2046</td>
<td>Community Caregivers</td>
</tr>
<tr>
<td><a href="http://www.goodlifehomecare.com">www.goodlifehomecare.com</a></td>
<td>(831) 645-1440</td>
</tr>
<tr>
<td>Heartland Hospice</td>
<td><a href="http://www.caremonterey.com">www.caremonterey.com</a></td>
</tr>
<tr>
<td>(831) 373-8442</td>
<td>Family In Home Caregiving</td>
</tr>
<tr>
<td><a href="http://www.hcr-manorcare.com">www.hcr-manorcare.com</a></td>
<td>(831) 275-0103</td>
</tr>
<tr>
<td>Hospice of the Central Coast</td>
<td><a href="http://www.familyinhomecaregiving.com">www.familyinhomecaregiving.com</a></td>
</tr>
<tr>
<td>(831) 649-7750 – 1 (800) 364-7001</td>
<td>Reach Out of Home Care</td>
</tr>
<tr>
<td><a href="http://www.chomp.org">www.chomp.org</a></td>
<td>(831) 293-8447</td>
</tr>
<tr>
<td>Maxim Healthcare Services</td>
<td><a href="http://www.reachoutcare.com">www.reachoutcare.com</a></td>
</tr>
<tr>
<td>(831)-641-9565</td>
<td>ResCare HomeCare</td>
</tr>
<tr>
<td><a href="http://www.maximhomecare.com">www.maximhomecare.com</a></td>
<td>(831) 644-0289</td>
</tr>
<tr>
<td>Monterey Bay Elder Carey Services</td>
<td><a href="http://www.rescare.com">www.rescare.com</a></td>
</tr>
<tr>
<td>306 Capitol St. #102</td>
<td>Seniors Helping Seniors</td>
</tr>
<tr>
<td>Salinas, CA 93901</td>
<td>(831)-402-2854</td>
</tr>
<tr>
<td>(831) 676-0389 – (831) 676-3411 fax</td>
<td><a href="http://www.seniorshelpingseniors.com">www.seniorshelpingseniors.com</a></td>
</tr>
<tr>
<td>Multiple Sclerosis Foundation</td>
<td>Victorian Home Care</td>
</tr>
<tr>
<td>1 (888) 673-6287</td>
<td>(831) 655-1935 – 1 (877) 902-9958</td>
</tr>
<tr>
<td><a href="http://www.msfocus.org">www.msfocus.org</a></td>
<td>1 (800) 735-2922 TDD/</td>
</tr>
<tr>
<td>VNA Hospice</td>
<td><a href="http://www.victorianhomecare.com">www.victorianhomecare.com</a></td>
</tr>
<tr>
<td>(831) 758-4200</td>
<td>Visiting Angels</td>
</tr>
<tr>
<td><a href="http://www.ccvna.com">www.ccvna.com</a></td>
<td>(831) 392-0876</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.angelcareforseniors.com">www.angelcareforseniors.com</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

Monique Snyder  
www.aboutmyparents.com  
8670 River Meadows Rd.  
Carmel, CA 93923  
Phone: (434) 466-1800  
moniquemsnyder@comcast.net

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

Jacquie DePetris  
www.elderfocus.com  
2100 Garden Rd., Ste. C  
Monterey, CA 93940  
Phone: (831) 643-2457  
Fax: (831) 643-2094  
info@eldercarefocus.com

Aging & 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: Mon-Fri 8:00am-5:00pm  
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  
1 (888) 258-6029 – Treatment Line  
Web: www.mtyhd.org  
Service provided in English and Spanish  
Days/Hours: Mon-Fri 8:00am-5:00pm  
(831) 755-4111 24 Hour Crisis Line  
Access to mental health services for Medi-Cal or Medi-Cal eligible individuals; Case management services

Health Projects Center/Del Mar Caregiver Resource Center  
Phone: (831) 424-4359  
Web: www.hpcn.org  
Service provided in English and Spanish  
Days/Hours: Mon-Fri 9:00am-5:00pm  
Case management services for low-income seniors 65+; Staffed by Registered Nurses and Social Workers
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 Salinas
(831) 758-4011 Salinas
(831) 646-1458 Monterey
24-hour Crisis Line: 1 (800) 231-4024
Web: 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 Salinas
(831) 758-4011 Salinas
(831) 646-1458 Monterey
24-Hour Crisis Line: 1 (800) 231-4024
Web: www.allianceonaging.org
Catholic Charities
Phone: (831) 753-5314 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.

Central Coast HIV/AIDS Services (CCHAS)
Phone: (831) 442-3959 Salinas
         (831) 394-4747 Monterey
Web: www.cchas.org
Days/Hours: Mon-Fri  8:00am-5:00pm
Anonymous or confidential HIV testing; Emotional support services; Supportive housing services

CHISPA – Affordable Housing
Phone: (831) 757-6251
Web: www.chispahousing.org
Service provided in English and Spanish
Days/Hours: Mon-Fri  8:00am-5:00pm
Operates several senior housing complexes in the county

Franciscian Workers – Women Alive!
Phone: (831) 757-3838
Web: www.dorothysplace.org
No-questions-asked emergency walk-in shelter for street women. Homeless women may enter from 7-8:30pm every night and can stay until 6:30am in the next morning. Capacity of 16 beds per night. (No children)

Gateway Center
Phone: (831) 372-8002 Pacific Grove  Mon-Fri:  8:00am – 4:00pm
         (831) 422-3999 Salinas Senior Program  Mon-Fri:  8:00am – 3:30pm
Web: www.gatewaycenter.org
Service provided in English and Spanish
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: Mon-Fri  8:00am-5:00pm
Operates several senior housing complexes in the county
**Housing Resource Center**  
201 John St. Ste-A  
Salinas, CA 93902  
Phone: (831) 424-9186  
1 (800) 946-1911  
Web: [www.hrcmc.org](http://www.hrcmc.org)  
Service provided in English and Spanish  
Days/Hours: Mon-Fri 8:00am-5:00pm  
Homeless prevention/low-income housing referrals; Financial literacy; Foreclosure prevention

**Pajaro Rescue Mission**  
111 Railroad Ave.  
Pajaro, CA 95076  
Phone: (831) 724-9576  
Services provided in English and Spanish  
Days/Hours: 7 days/24 Hours  
Shelter for men, clothing and showers

**Salvation Army**  
Administration Office & Child Development Center  
Phone: (831) 899-4911  
(831) 899-4988 Good Samaritan Homeless Shelter & Social Services  
Web: [www.tsamonterey.com](http://www.tsamonterey.com)  
Emergency shelter for men and women with children, well ventilated dorms. Faith-based organization provides food, support and substance use counseling.

**San Andreas Regional Center (SARC)**  
Phone: (831) 759-7500  
Web: [www.sarc.org](http://www.sarc.org)  
Services in English and Spanish  
Days/Hours: Mon-Fri 8:00am-5:00pm  
Out of home care residential care facilities

**Shelter Outreach Plus**  
Phone: Reached by calling 2-1-1/TTY – 1 (877) 211-3233  
Web: [www.shelteroutreachplus.org](http://www.shelteroutreachplus.org)  
Service provided in English and Spanish  
Days/Hours: Vary by location  
Homeless and domestic violence shelters; Emergency intervention and transitional support

**Victory Mission**  
43 Soledad St.  
Salinas, CA 93901  
Phone: (831) 424-5688  
* Homeless Shelter for single men, dinner and breakfast served  
Shelter opens: 6:50pm  
Doors Close: 7:15pm
AFFORDABLE SENIOR HOUSING
MONTEREY PENINSULA

Carmel Valley

Rippling River
53 E. Carmel Valley Rd.
Carmel Valley, CA 93924
(831) 649-1541
(Housing Authority)

Pacific Meadows
5315 Carmel Valley Rd.
Carmel, CA 93923
(831) 624-9355

Marina

Cypress Gardens
3135 Sea Crest
Marina, CA 93933
(831) 384-0366

Marina Manor
3082 Sunset Ave.
Marina, CA 93933
(831) 384-6087

Monterey

Casanova Plaza
800 Casanova Ave.
Monterey, CA 93940
(831) 649-1541
(Housing Authority)

Portola Vista
20 Del Monte Ave.
Monterey, CA 93940
(831) 649-1541
(Housing Authority)

El Estero
151 Park
Monterey, CA 93940
(831) 655-0924

Pacific Grove

Vista Point
650 Jewel
Pacific Grove, CA 93950
(408) 842-5484
For more information: South County Property Management

Seaside

Villa Del Monte
1670 Broadway
Seaside, CA 93955
(831) 394-0669
SALINAS VALLEY

City of Salinas

Bonnie Doon Apartments
991 N. Madeira Ave.
Salinas, CA 93905
(831) 758-4528

Montecito at Williams Ranch
1598 Mesquite Dr.
Salinas, CA 93905
(831) 751-3208

Parkside Manor
1112-1114 Parkside
Salinas, CA 93906
(831) 649-1541
(Housing Authority)

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 (Monterey)

Salinas Gateway Senior Apartments
25 Lincoln Ave
Salinas, CA 93901
(831) 754-8926

SOUTH COUNTY

Gonzales

Casa De Oro
48 "C" St.
Gonzales, CA 93926
(831) 649-1541 (Monterey)

King City

Leo A. Meyer Sr. Plaza Apts
425 Queen St.
King City, CA 93930
(831) 649-1541 (Monterey)

Greenfield

Los Ositos
1083 Elm Ave.
Greenfield, CA 93927
(831) 674-2974
FINANCIAL ASSISTANCE & TAXES
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.

Service Providers

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) 758-4011
www.allianceonaging.org
MEDICATION ASSISTANCE RESOURCES

Partnership for Prescription Assistance
www.pparx.org

Rx Assist
www.rxassist.org

United Way Monterey County
60 Garden Court Ste. 350
Monterey, CA 93940
Day/Hours: Mon-Fri 8:00am – 5:00pm
Phone: (831) 372-8026
www.unitedwaymcca.org

Free FamilyWize Prescription Discount Cards
www.FamilyWize.org
United Way distributes FamilyWize cards that can reduce prescription drug costs by an average of 35%. Cards are available to anyone who does not currently have health insurance, does not have prescription coverage, or anyone who is purchasing a medication not covered by their insurance.

Health Insurance Counseling & Advocacy Program (HICAP) - Alliance on Aging
Phone: (831) 655-1334 Monterey
(831) 758-4011 Salinas
Service provided in English and Spanish
Day/Hours: Mon-Fri 9:00am – 5:00pm
Closed for lunch: 12:00am – 1:00pm
Web: www.allianceonaging.org
Medicare Part D Prescription Plan; Low Income Subsidy Plan; Patient Assistance Program

Aging & 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: Mon-Fri 8:00am-5:00pm
Supplemental Security Income (SSI) Advocacy; assistance in the application of SSI benefits with the Social Security Administration

Alliance on Aging
Phone: (831) 655-1334 Monterey
(831) 758-4011 Salinas
Web: www.allianceonaging.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 9:00am-5:00pm
Closed for lunch: 12:00pm-1:00pm
Senior Employment Training; Senior Tax Assistance Program; Benefits Outreach Services
Central Coast Energy Services
Phone: 1 (888) 728-3637
Web: www.energyservices.org
Service provided in English and Spanish
Days/hours: Mon-Fri 8:00am-5:00pm
Home weatherization services; Assistance with energy efficient appliances; Enrollment in PG & E CARES program; Home safety inspections

Hope Services
Phone: (831) 393-1575 Peninsula
(831) 758-0973 Salinas
Web: www.hopeservices.org
Services in English and Spanish
Days/hours: Mon-Fri 8:00am-5:00pm
Employment and job training for people with developmental disabilities; Adult day program

Military & Veteran’s Affairs Office (County Office)
Phone: (831) 647-7610
Web: www.co.monterey.ca.us/va
Provides a range of services on behalf of Veterans and their family members including assistance with filing benefits 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 temporary cash assistance and CalFresh (Food Stamps)

National Multiple Sclerosis Society
Financial Assistance Program
Phone: 1 (800) 344-4867
Web: www.nationalmssociety.org
Assistance for home and automobile modifications; Purchase of wheelchairs and walkers; Assistance with urgent financial crises; Assistance varies depending on local resources

PG&E Care Program
Phone: 1 (866) 743-2273
Web: www.pge.com/care
Payment Utility Assistance Program

Social Security Administration
Phone: 1 (800) 772-1213
1 (877) 600-2857 Salinas
(831) 757-8276 (TTY)
Web: www.ssa.gov
Service provided in English and Spanish
Days/hours: Mon-Fri 9:00am-3:30pm
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 $50,000

OUTREACH & INFORMATION

Aging & 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: Mon-Fri 8:00am-5:00pm
Information and Assistance

Alliance on Aging
Phone: (831) 655-1334 Monterey
(831) 758-4011 Salinas
Web: www.allianceonaging.org
Service provided in English and Spanish
Days/Hours: Mon-Fri 9:00am-5:00pm
Senior Lunch Program: 1st Tues every month
Location: St. Ansgar’s Lutheran Church
Lunch served: 11:45am
Suggested donation: $7.00
- Community Outreach

Alzheimer’s Association
Phone: 1 (800) 272-3900
Web: www.alz.org/norcal
Service provided in all languages
Days/Hours: Mon-Fri 8:00am-4:30pm
Helpline: 7 Days/24 Hours
Information and support line; Physician Outreach

Carmel Foundation
Phone: (831) 624-1588
Web: www.carmelfoundation.org
Days/Hours: Mon-Fri 9:00am-5:00pm
A membership based senior service organization offers a range of membership activities, services and events

Central Coast Center for Independent Living
Phone: (831) 757-2968
(831) 757-3949 (TDD line)
Web: www.cccil.org
Service provided in English and Spanish
Days/hours: Mon-Fri 8:30am-5:00pm
Advocacy, service information, education and support to people with disabilities
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: Mon-Fri 9:00am-5:00pm
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.msqlp.org
Service provided in English and Spanish
Days/Hours: Mon-Thurs 10:00am-4:00pm
Free case management services to people with Multiple Sclerosis and Parkinson’s Disease; Water aerobics program; Support groups; Educational events

Sally Griffin Active Living Center
Phone: (831) 375-4454 Pacific Grove
Web: www.mowmp.org
Service provided in English
Days/hours: Mon-Fri 8:00am-5:00pm
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: Mon-Fri 8:00am-5:00pm
Services persons with developmental disabilities; Multiservice organization including assessment, service coordination, information & referral

PET CARE & SERVICES

Animal Friend’s Rescue
Phone: (831) 333-0722
www.animalfriendsrescue.org
Days/Hours: Open Daily 12:00pm-5:00pm
Closed for major holidays
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 (POMDR)
POMDR Patricia J. Bauer Center
615 Forest Ave
Pacific Grove, CA 93950
Phone: (831) 718-9122
www.peaceofminddogrescue.org
Days/Hours: Mon-Sat \hspace{1cm} 11:00am-4:00pm
If the door is locked, ring the bell: 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  \hspace{1cm} Mailing Address
1002 Monterey-Salinas Highway  \hspace{1cm} PO Box 3058
Salinas, CA 93908  \hspace{1cm} Monterey, CA 93942-3058
Phone: (831) 373-2631 - (831) 422-4721 Local
\hspace{1cm} 1 (877) 477-2262 National
www.spcamc.org
Days/Hours: Open most holidays
Adoption Center: Mon-Fri \hspace{1cm} 11:00am-5:00pm
\hspace{1cm} Sat-Sun \hspace{1cm} 11:00am-4:00pm
Animal Shelter: 7 Days - Year-Round \hspace{1cm} 8:00am-5:00pm

Veterinary Clinic
Surgery: Mon-Fri \hspace{1cm} 8:00am-4:00pm
Vaccine & Microchips: Mon-Fri \hspace{1cm} 9:30am-11:30am
\hspace{1cm} 1:00pm-3:00pm

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
945 S. Main St. Ste 201
Salinas, CA 93901
Phone: (831) 442-2992 Salinas
\hspace{1cm} 1 (800) 227-2345 National
Web: www.cancer.org
Services in English and Spanish
Days/Hours: Mon-Fri \hspace{1cm} 9:00am-5:00pm
Rides to treatment
Freedom Medical Transportation
1195 Trinity Ave.
Seaside, CA 93955
Non-emergency medical transportation
Phone: (831) 920-0687
Web: www.freedommedtrans.com
Days/Hours: 7 Days/24 Hours – 365 days a year
Non emergency medical transportation; One-way or round-trip transportation; Through the door wheelchair and gurney services; Reasonable rates; Same day service for last minute transportation; Wheelchair lifts; Drivers trained and certified in CPR and First-Aid

Independent Transportation Network (ITN) Monterey County
Phone: (831) 233-3447 Monterey
(831) 240-0850 Salinas
www.itnmontereycounty.org
Days/Hours: 7 Days/24 Hours
A volunteer based transportation service for older adults 60+ and adult with visual impairments. Application can be obtained online; there is an annual membership fee of $50.00 for individuals or $75.00 for a family membership; service available for any type of ride within the service area; Rides provided in private automobiles by trained drivers; Rides may be booked any time; Discounts are applied for shared rides and advance notice; Share a ride and receive a 20% discount

MONTEREY – SALINAS TRANSIT (MST)

Monterey Salinas Transit (MST) Administrative Office
1 Ryan Ranch Rd
Monterey, CA 93940
Phone: 1 (888) 678-2871
(831) 393-8111 (TDD)
www.mst.org - www.mstmobility.org
Service provided in English and Spanish
Days/hours: Mon-Fri  8:00am-5:00pm
Low-cost, shared-ride, curbside transportation service with approved application signed by medical professional; Reservations required; Senior Shuttle program; Taxi Voucher Program

MST on Call - Marina
Phone: 1 (866) 663-3278
Days/Hours: Mon-Fri  6:30am-8:00pm
Sat  8:00am-8:30pm
Sun  8:00am-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.
MST ON CALL SOUTH COUNTY
MST On Call offers services in South County; Schedule a pick-up time daily or weekly; Schedule varies for different cities

Gonzales, CA 93926
Phone: 1 (888) 663-3278
Days/Hours: Mon-Fri: 6:30am-6:30pm

Soledad, CA 93960
Phone: 1 (888) 663-3278
Days/Hours: Mon-Fri 8:00am-4:00pm

Greenfield, CA 93927
Phone: (831) 747-4683
Days/Hours: Mon-Fri 7:00am-5:30pm

King City, CA 93930
Phone: (831) 747-4687
Days/Hours: Mon-Fri 7:00am-4:00pm

MONTEREY – SALINAS TRANSIT (MST)
Services Provided

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free Travel</td>
<td>A. Learn to ride all MST buses from San Jose to King City to Big Sur and beyond</td>
</tr>
<tr>
<td>Training</td>
<td>B. Special training for those with mobility devices and/or cognitive impairments</td>
</tr>
<tr>
<td>ADA Para-transit Service (RIDES)</td>
<td>A. Low-cost, shared ride, curbside transportation service</td>
</tr>
<tr>
<td></td>
<td>B. Reservations required</td>
</tr>
<tr>
<td></td>
<td>C. In-person interview determines qualification</td>
</tr>
<tr>
<td>Senior Shuttle Program</td>
<td>A. Operating on Monterey Peninsula in 2012+</td>
</tr>
<tr>
<td></td>
<td>B. Operating in Salinas in 2013+</td>
</tr>
<tr>
<td></td>
<td>C. Senior discount rates apply</td>
</tr>
<tr>
<td>Taxi Voucher Program</td>
<td>A. Available in participating cities</td>
</tr>
<tr>
<td></td>
<td>B. $3.00 co-pay and covers all trips under $17.00</td>
</tr>
<tr>
<td></td>
<td>• Customer pays amount over $17.00</td>
</tr>
<tr>
<td>Special Medical Trips Program</td>
<td>A. Once a month trips to San Jose Area medical facilities</td>
</tr>
<tr>
<td></td>
<td>B. Once a month trips to San Francisco Area medical facilities</td>
</tr>
<tr>
<td></td>
<td>C. Reservations required</td>
</tr>
</tbody>
</table>
Other Transportation Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Independent Transportation Network, Monterey County (ITN) Monterey: (831) 233-3447 Salinas: (831)-240-0850 <a href="http://www.itnmontereycounty.org">www.itnmontereycounty.org</a></td>
<td>ITN Monterey County provides rides to seniors and people with visual impairments for medical appointments, social outings, shopping, hair appointments, etc. Membership fee with sliding scale. Serving the Peninsula, Castroville and Salinas</td>
</tr>
<tr>
<td>Monterey County Military &amp; Veterans Affairs Office Monterey 831-647-7610 Salinas 831-796-3585 <a href="http://www.co.monterey.ca.us/va/">www.co.monterey.ca.us/va/</a></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 Road to Recovery – Patient Transportation 1-800-227-2345 <a href="http://www.cancer.org">www.cancer.org</a></td>
<td>Provides transportation to and from treatment. Volunteer drivers donate their time and use of their cars</td>
</tr>
<tr>
<td>City of Greenfield Dial a Ride Program 831-674-5438 <a href="http://www.ci.greenfield.ca.us">www.ci.greenfield.ca.us</a></td>
<td>Service runs M-F 9:30 AM – 4:00 PM, no reservations taken, fee for service.</td>
</tr>
</tbody>
</table>

VETERANS SERVICES

Military & Veterans Affairs Office (County Office)
Phone: (831) 647-7610
Web: www.co.monterey.ca.us/va
Provides a range of services on behalf of Veterans and their family members including assistance with filing claims

VA Medical Clinic of Monterey
Phone: (831) 883-3800
Service in English and Spanish
Days/Hours: Mon-Fri 8:00am-4:00pm

VA Palo Alto Health Care System
Phone: 1 (650) 493-5000
Service in multiple languages
Days/Hours: 7 Days/24 Hour - Acute care facility and outpatient clinics

VET Center Santa Cruz County
Phone: (831) 464-4575 – 1 (877) 927-8387
Days/Hours: Mon-Fri 8:00am-4:30pm
Multiservice and support center
Veterans Benefits Administration
Oakland 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: 7 Days/24 Hours

Veterans Transition Center
Phone: (831) 883-8387
Service in all languages
Days/Hours: Mon-Fri 9:00am-5:00pm
Web: www.vtcmonterey.org
Support services to homeless veterans; Emergency and case management programs

Disabled Veterans
If you are a veteran who is rated 100% disabled, blind, or paraplegic due to a service connected disability (or if you are the surviving spouse of such a veteran), you may be eligible for an exemption of up to $150,000 of the assessed value of your home.
https://www.in.co.monterey.ca.us/assessor/exempt.htm#DISABLED VETERANS
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: _________________________________________________________________
Days/Hours of Operation: _______________________________________________
Services Offered: _______________________________________________________
Message: ______________________________________________________________

Email or Fax Completed Form
ATTN: trevinos@co.monterey.ca.us
(831) 755-8477