

A D S N

Aging & Disability Services Network Monterey County

2015 Resource Guide



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.

TABLE OF CONTENTS

Advocacy & Protection.....	3
Counseling Services.....	6
Education & Social Services.....	11
Employment Services.....	19
Family Caregiver Support Services.....	21
Food & Nutrition Services.....	23
Health Care Services.....	26
Home Care Services.....	33
Housing Services.....	37
Financial Assistance & Taxes.....	41
Outreach & Information.....	46
Pet Care Services.....	47
Transportation Services.....	48
Veterans Services.....	51
Correction Form.....	53

2-1-1 MONTEREY COUNTY UNITED WAY

TTY - 1 (877) 211-3233 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://mcdss.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/norca

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.msqlip.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>

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

Service provided in English and Spanish

Days/Hours: Mon-Fri 9:00am-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

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

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.salinass.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

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

Health Projects Center/Del Mar Caregiver Resource Center

Phone: (831) 424-4359 - 1-800-624-8304

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

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-4:00pm

Employment and job training; Adult day program

Interim, Inc.

Phone: (831) 649-4522

Web: 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

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

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

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

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

Membership based services to enable seniors to remain in their homes; Referrals to screened services providers offering discounted services; Access to volunteers who provide transportation, technical assistance, handyman services, and more

Monterey County Department of Social Services

Phone: (831) 755-4400 Salinas

(831) 899-8001 Seaside

(831) 385-7400 King City

Web: www.mcdss.co.monterey.ca.us

Performs eligibility determination for 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.msqlip.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.oli.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

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

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

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

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

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

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

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

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

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

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 to 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

Franciscan 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.itm-esc.org/senior_resources.html

Service provided in English

Days/Hours: Mon-Fri 900am-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.mdaua.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.mbdssdentists.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

Resource for physician referrals

Multiple Sclerosis Quality of Life Project (MSQLP)

Phone: (831) 333-9091 Monterey

Web: www.msqlip.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

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

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

Rota Care Monterey Peninsula

Phone: (831) 659-8037

Web: 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

Service provided in English and Spanish

Day/Hours: 7day/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?

HOME HEALTH CARE AGENCIES

Adobe Home Health

(831) 424-1311

www.Adobehomehealthca.com

Alliance Home Health

(831) 455-8901

www.Alliancehome-health.com

Central Coast Visiting Nurses Associations Home Health Care

(831) 375-9882 Monterey

(831) 758-8302 Salinas

(831) 637-6724 Hollister

(831) 385-8405 King City

www.ccvna.com

Good life Home Care

(831) 646-2046

www.goodlifehomecare.com

Heartland Hospice

(831) 373-8442

www.hcr-manorcare.com

Hospice of the Central Coast

(831) 649-7750 – 1 (800) 364-7001

www.chomp.org

Maxim Healthcare Services

(831)-641-9565

www.maximhomecare.com

Monterey Bay Elder Carey Services

306 Capitol St. #102

Salinas, CA 93901

(831) 676-0389 – (831) 676-3411 fax

Multiple Sclerosis Foundation

1 (888) 673-6287

www.msfocus.org

VNA Hospice

(831) 758-4200

www.ccvna.com

HOME CARE AGENCIES

Abundant Personal Care Services

(831) 444-9500 Salinas

(831) 626-9500 Monterey

www.abundantpersonalcare.com

Always Best Care Senior Services

(831) 809-0288

www.alwaysbestcarecentralcoast.com

Ambassadors Home Care

(831) 917-4191

www.ambassadorshomecare.org

Central Coast Senior Services

(831) 649-3363

www.centralcoastseniorservices.com

Community Caregivers

(831) 645-1440

www.caremonterey.com

Family In Home Caregiving

(831) 275-0103

www.familyinhomecaregiving.com

Reach Out of Home Care

(831) 293-8447

www.reachoutcare.com

ResCare HomeCare

(831) 644-0289

www.rescare.com

Seniors Helping Seniors

(831)-402-2854

www.seniorshelpingseniors.com

Victorian Home Care

(831) 655-1935 – 1 (877) 902-9958

1 (800) 735-2922 TDD/

www.victorianhomecare.com

Visiting Angels

(831) 392-0876

www.angelcareforseniors.com

PRIVATE GERIATRIC CARE MANAGERS

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

www.caremanager.org

Meredith Adams, R. N.

Phone: (831) 915-9141
Meadamsrn@gmail.com

Shirley Kiatta

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

Monique Snyder

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

Jacque 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

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

HOUSING SERVICES

Housing Options

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

Affordable Senior Housing

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

Assisted Living Facilities

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

Licensed Residential Care Homes for the Elderly

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

Skilled Nursing Facilities

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

CALIFORNIA DIVISION OF ASSETS LAWS

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

Legal Services for Seniors (831) 442-7700 or (831) 899-0492

California Advocates for Nursing Home Reform www.canhr.org

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. Dining – 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

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

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

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

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

Parkside Manor

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

Los Abuelitos

528 E. Market St.
Salinas, CA 93905
(831) 757-1283

Regency Court

200 Regency Circle
Salinas, CA 93906
(831) 442-2442

Salinas Gateway Senior Apartments

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

Montecito at Williams Ranch

1598 Mesquite Dr.
Salinas, CA 93905
(831) 751-3208

Sherwood Village

808 North Main Street
Salinas, CA 93906
(831) 783-1485

La Gloria Apartments

539 East Market Street
Salinas, CA 93905
(831) 424-3630

Steinbeck Commons

10 Lincoln Ave.
Salinas, CA 93905
(831) 754-1918 (Monterey)

SOUTH COUNTY

Gonzales

Casa De Oro

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

Greenfield

Los Ositos

1083 Elm Ave.
Greenfield, CA 93927
(831) 674-2974

King City

Leo A. Meyer Sr. Plaza Apts

425 Queen St.
King City, CA 93930
(831) 649-1541 (Monterey)

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.msqjp.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 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

1002 Monterey-Salinas Highway
Salinas, CA 93908
Phone: (831) 373-2631 - (831) 422-4721 Local
1 (877) 477-2262 National

www.spcamc.org

Days/Hours: Open most holidays

Adoption Center: Mon-Fri 11:00am-5:00pm
Sat-Sun 11:00am-4:00pm

Animal Shelter: 7 Days - Year-Round 8:00am-5:00pm

Mailing Address

PO Box 3058
Monterey, CA 93942-3058

Veterinary Clinic

Surgery: Mon-Fri 8:00am-4:00pm

Vaccine & Microchips: Mon-Fri 9:30am-11:30am
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
1 (800) 227-2345 National

Web: www.cancer.org

Services in English and Spanish

Days/Hours: Mon-Fri 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

Service	Description
Free Travel Training	A. Learn to ride all MST buses from San Jose to King City to Big Sur and beyond B. Special training for those with mobility devices and/or cognitive impairments
ADA Para-transit Service (RIDES)	A. Low-cost, shared ride, curbside transportation service B. Reservations required C. In-person interview determines qualification
Senior Shuttle Program	A. Operating on Monterey Peninsula in 2012+ B. Operating in Salinas in 2013+ C. Senior discount rates apply
Taxi Voucher Program	A. Available in participating cities B. \$3.00 co-pay and covers all trips under \$17.00 <ul style="list-style-type: none">• Customer pays amount over \$17.00
Special Medical Trips Program	A. Once a month trips to San Jose Area medical facilities B. Once a month trips to San Francisco Area medical facilities C. Reservations required

Other Transportation Services

Service	Description
Independent Transportation Network, Monterey County (ITN) Monterey: (831) 233-3447 Salinas: (831)-240-0850 www.itnmontereycounty.org	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
Monterey County Military & Veterans Affairs Office Monterey 831-647-7610 Salinas 831-796-3585 www.co.monterey.ca.us/va/	Transportation for veterans to the VA Medical Clinic in Palo Alto and San Jose VA Outpatient Clinic
American Cancer Society Road to Recovery – Patient Transportation 1-800-227-2345 www.cancer.org	Provides transportation to and from treatment. Volunteer drivers donate their time and use of their cars
City of Greenfield Dial a Ride Program 831-674-5438 www.ci.greenfield.ca.us	Service runs M-F 9:30 AM – 4:00 PM, no reservations taken, fee for service.

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

Disables 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