

# Senior Resource Guide for South County

Nonprofit and Public Agencies Serving  
Fremont ● Newark ● Union City

Alameda County Area Agency on Aging  
6955 Foothill Boulevard, 3rd Floor, Oakland CA 94605, 1-800-510-2020  
<http://alamedasocialservices.org> (Revised 12/2009)

## ADULT DAY CARE/RESPITE (useful web site: [www.adsnac.org](http://www.adsnac.org))

Adult Day Services Network of Alameda County (personalized referrals & community education).....	510-883-0874
Alzheimer's Services of the East Bay Adult Day Health Care, Hayward .....	510-888-1411
Bay Area Community Services Adult Day Care, Fremont.....	510-656-7742
OnLok SeniorHealth (PACE—Program of All Inclusive Care for the Elderly), Fremont .....	1-888-886-6565

## ALCOHOLISM & DRUG ABUSE PREVENTION PROGRAMS

Alameda County Health Care ACCESS (referrals to substance abuse services in Alameda County) .....	1-800-491-9099
Alcoholics Anonymous Central Office, Oakland.....	510-839-8900

## ALZHEIMER'S SERVICES

Alzheimer's Association Helpline .....	1-800-272-3900
Alzheimer's Services of the East Bay, Berkeley .....	510-644-8292
Ethnic Elders Care .....	<a href="http://www.ethnicelderscare.net">www.ethnicelderscare.net</a>
Family Caregiver Alliance (caregiver respite), San Francisco .....	1-800-445-8106
U.C Davis Alzheimer's Disease Center, Martinez.....	1-925-372-2485

## CAREGIVER SUPPORT PROGRAMS

Adult Day Services Network of Alameda County, Berkeley .....	510-883-0874
Alzheimer's Association of Northern California .....	1-800-272-3900
City of Fremont Caregiver Support Program (serves Fremont, Union City, Newark) .....	510-574-2035
Family Caregiver Alliance.....	1-800-445-8106
Lincoln Child Center Kinship Support Services Program (grandparent & relative caregivers).....	510-583-8026

## CASE MANAGEMENT/COORDINATION OF SERVICES FOR HOMEBOUND SENIORS

Alzheimer's Services of the East Bay .....	510-644-8292
City of Fremont Senior Help Line (Fremont, Union City) .....	510-574-2041
City of Newark (Newark seniors only) .....	510 742-4840
MSSP (Medi-Cal; serves Hayward, Fremont, Newark, Union City) .....	510-574-2041

## DISABLED ADULTS SERVICES/ PROGRAMS

Alameda County Public Health Department Diabetes Program (for County residents with Type 2 Diabetes available to participate in 7 class series).....	510-383-5185
American Cancer Society .....	1-800-227-2345
American Diabetes Association .....	510-654-4499
American Heart Association / American Stroke Association .....	510-904-4000
Americans with Disabilities Act (ADA), General Information .....	1-800-949-4232
Aphasia Center of California (services for persons who have had strokes) .....	510-336-0112
Arthritis Foundation .....	1-800-464-6240

## DISABLED ADULTS SERVICES/ PROGRAMS (continued)

Braille & Talking Book Library .....	1-800-952-5666
California Telephone Access Program (CTAP) (accessible phone products/services) .....	1-800-806-1191
.....	TTY 1-800-806-4474
Community Resources for Independent Living (CRIL).....	510-881-5743
DCARA (Deaf Counseling, Advocacy and Referral Agency).....	1-866-680-0515
.....	TTY 1-877-322-7288
Hearing and Speech Center of Northern California, San Francisco .....	1-415-921-7658
Lighthouse for the Blind (consumer products), San Francisco.....	1-415-431-1481
Lions Center for the Blind, Oakland.....	510-450-1580
National Multiple Sclerosis Society .....	1-800-344-4867
Parkinson's Institute .....	1-800-786-2958
Protection & Advocacy, Inc. (disability rights advocacy).....	510-267-1200
.....	TTY 1-800-649-0154
Wheelchair Breakdown Service (emergency wheelchair transportation and breakdown assistance).....	1-877-509-4335
Women's Cancer Resource Center, Oakland.....	510-420-7900

## EDUCATION (See also *Senior Centers*)

**(Note: Adult Schools may also offer classes for home care providers)**

Fremont Adult School.....	510-793-6465
New Haven Adult School, Union City .....	510-489-2185,ext. 200
Newark Adult Education .....	510-818-3700
U.C. Berkeley (Osher Lifelong Learning Institute - OLLI).....	510-642-9934

## ELDER ABUSE PREVENTION PROGRAMS

Alameda County Adult Protective Services, Oakland .....	1-866-225-5277
District Attorney Consumer and Environmental Protection Division – Elder Abuse Unit.....	510-569-9281
District Attorney Victim/Witness Assistance Division .....	510-272-6180
Legal Assistance for Seniors (services for persons 60 years and older), Oakland .....	1-800-393-0363

## EMERGENCY PREPAREDNESS PROGRAMS

**(Note: Contact your local Fire Departments and Offices of Emergency Services)**

American Red Cross (preparedness training for groups).....	510-595-4459
CARD (Collaborating Agencies Responding to Disasters) (preparedness training for nonprofit/community agencies) .....	510-451-3140
Senior Injury Prevention Partnership (discussion groups for older adults) .....	510-577-3535

## EMPLOYMENT PROGRAMS

ASSETS Senior Employment Program (for persons 55 and older) .....	510-238-3535
Eastbay Works One-Stop Business and Career Centers: Tri-Cities, Fremont (39155 Liberty St., Suite B200, Fremont, 94538).....	510-794-3669
Tri-Cities, Newark (39399 Cherry St., Newark, 94560) .....	510-742-2323
Forty Plus of Northern California (for 40+ professionals, executives in transition; program fee).....	510-568-7587
SCORE—Service Corps of Retired Employees (provides free business counseling) .....	510-273-6611

## ETHNIC / CULTURALLY SPECIFIC SENIOR PROGRAMS

Afghan Elderly Association.....	510-574-2059
Catholic Charities of the East Bay, Oakland (Immigration and Naturalization Services, Refugee Resettlement Program, Southeast Asian Senior Services).....	510-768-3100
City of Fremont Senior Center.....	510-790-6600
Ethnic Elders Care .....	<a href="http://www.ethnicelderscare.net">www.ethnicelderscare.net</a>
Filipinos for Affirmative Action (free naturalization assistance), Union City.....	510-487-8552
Jewish Family & Children's Services of the East Bay – Older Adult Services .....	510-558-7800
Indian Community Center, Milpitas (serves South Alameda County residents) .....	408-934-1130, ext.15
International Institute of the East Bay (immigration legal services).....	510-451-2846
Lavender Seniors (support services for LGBT—lesbian/gay/bisexual/transgendered—elders) .....	510-667-9655

## FINANCIAL ASSISTANCE (useful websites: [www.benefitscheckup.org](http://www.benefitscheckup.org) and [www.govbenefits.gov](http://www.govbenefits.gov))

Alameda County Social Services Agency: Fremont Outstation (39155 Liberty St., Ste. C330, Fremont, 94536) .....	510-795-2428
CANHR (California Advocates for Nursing Home Reform), San Francisco (estate planning for long term care) .....	1-415-974-5171, 1-800-474-1116
CAPI (Cash Assistance Program for Immigrants) .....	510-268-2332, 1-800-648-0954
ECHO Housing (rental assistance) .....	510-581-9380
Property Tax Postponement.....	1-800-952-5661
Renter/Homeowner Assistance (yearly) .....	1-800-868-4171
Social Security /SSI.....	1-800-772-1213
Veterans Assistance Benefits Counseling (Fremont, Tuesday/Thursday) .....	510-795-2686

## FOOD AND NUTRITION

### **Home Delivered Meals**

Life Elder Care Meals on Wheels (Fremont, Newark, Union City) .....	510-574-2092
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### **Senior Group Dining (congregate meals)**

Afghan Meal Program (Wednesdays only), Fremont.....	510-574-2059
Fremont Multi-Service Senior Center (meals prepared on site) .....	510-790-6605
Newark Senior Center .....	510-742-4840
Ralph and Mary Ruggieri Senior Center .....	510-675-5497
Spectrum Community Services.....	510-881-0300
Alameda County Community Food Bank.....	510-635-3663, 1-800-870-3663
Brown Bag Program.....	510-742-4840
Food Stamps.....	510-795-2428
Tri-City Volunteers (emergency food).....	510-793-4583

## FRIENDLY VISITORS/TELEPHONE REASSURANCE PROGRAMS

Lavender Seniors (support services for LGBT—lesbian/gay/bisexual/transgendered—elders) .....	510-667-9655
LIFE Elder Care (friendly visitors, home helpers) .....	510-574-2097
Senior Center Without Walls (group activities for homebound seniors thru FREE phone conference calls) ...	1-877-797-7299
Tele-Care (daily phone calls to people who are homebound or isolated), Alta Bates Medical Center .....	510-204-4487

## HEALTH INSURANCE PROGRAMS (useful website : [www.cahealthadvocates.org](http://www.cahealthadvocates.org))

HICAP (Health Insurance Counseling and Advocacy Program).....	1-800-393-0363
Medi-Cal (Alameda County Social Services Agency): Fremont Outstation (39155 Liberty St., Ste. C330, Fremont, 94536) .....	510-795-2428
.....	1-800-698-1118
Medicare .....	1-800-633-4227

**HEALTH INSURANCE PROGRAMS (continued) (useful website : [www.cahealthadvocates.org](http://www.cahealthadvocates.org))**

**Alameda County Adult and Aging Services Department:**

Medi-Cal Long Term Care (new applicants contact County Medi-Cal Center) .....	510-777-2300, 1-800-698-1118
Medi-Cal Long Term Care (ongoing cases only).....	510-577-1900
Medicare Savings Programs (QMB, SLMB, QI-1) .....	510-577-1900
(QMB—Qualified Medicare Beneficiary Program, SLMB—Specified Low-Income Medicare Beneficiary, QI—Qualified Individual)	
Uninsured Help Line .....	1-800-234-1317
Washington Hospital Health Insurance Information Service .....	1-800-770-9447

**HOME IMPROVEMENT PROGRAMS FOR LOW TO MODERATE INCOME HOUSEHOLDS**

Alameda County Housing & Community Development .....	510-670-5398
City of Fremont Housing Rehabilitation Program (Fremont residents only).....	510-494-4500
City of Newark Senior Property Maintenance Program (yard work or small outside maint.).....	510-793-1400,ext.727

**HOSPICE PROGRAMS**

Crisis Support Services of Alameda County (Grief Counseling Project) .....	1-800-260-0094
Kaiser Hayward Hospice (and bereavement services) .....	510-675-5777
Pathways Hospice (and grief counseling), Oakland .....	510-632-4390
Sutter VNA & Hospice (and grief support), Emeryville .....	1-800-698-1273
VITAS Innovative Hospice Care of the East Bay (bereavement and grief support) .....	1-866-548-4827

**HOUSING ASSISTANCE PROGRAMS**

Alameda County Housing Authority .....	510-538-8876
ACORN (foreclosure counseling) .....	510-434-3110
City of Fremont Office of Housing & Redevelopment.....	510-494-4500
Community Resources for Independent Living (CRIL) (disabled housing assistance).....	510-881-5743
HERA—Housing and Economic Rights Advocates (mortgage counseling) .....	510-271-8443
ECHO Housing (home seeking, rental assistance) .....	510-581-9380
ECHO Housing (reverse mortgage counseling) .....	510-271-7931
Eden Information & Referral (rental housing information and emergency shelter referrals) .....	2-1-1
Fremont Fair Housing and Landlord/Tenant Program (Family Resource Center) .....	510-574-2270
Fremont Office of Housing and Redevelopment (information about affordable housing in Fremont area) ..	510-494-4500
Tri-City Volunteers (emergency housing) .....	510-793-4583

**IN-HOME SERVICES**

Alameda County In- Home Supportive Services (IHSS Intake & Client Information Services) ....	510-577-1800
Alameda County In-Home Supportive Services (IHSS Payroll) .....	510-577-1877
Community Resources for Independent Living (CRIL) (private pay referrals) .....	510-881-5743
.....	TTY— 510-881-0218
Public Authority (IHSS Registry Referral) .....	510-577-1980
Rapid Response (emergency worker replacement for IHSS consumers).....	1-866-397-3689

**INJURY PREVENTION**

Life Elder Care (exercise, medication review, home safety check program for frail, homebound seniors over 60).	510-574-2088
Senior Injury Prevention Partnership (falls prevention and older driver safety discussion groups) .....	510-577-3535



## SENIOR CENTERS See also: Ethnic/Culturally Specific Senior Programs

Fremont (40086 Paseo Padre Parkway, Fremont, 94538).....	510-790-6600
Newark (7401 Enterprise Drive, Newark, 94560).....	510-742-4840
Senior Center Without Walls (group activities for homebound seniors thru FREE phone conference calls) ...	1-877-797-7299
Union City (33997 Alvarado-Niles Road, Union City, 94587) .....	510-489-6629

## TRANSPORTATION PROGRAMS & SERVICES

AC Transit Senior Discount .....	510-891-4706
American Cancer Society (program for cancer patients), Oakland.....	510-832-7012
BART Senior Discount .....	510-464-7133
DMV Parking Placards for Disabled Drivers .....	1-800-777-0133
East Bay Paratransit Service (for those who meet ADA criteria) .....	510-287-5040
Fremont Paratransit.....	510-574-2053
Newark Paratransit.....	510-791-7879
Travel Information (public transportation information for Bay Area, dial 511).....	510-817-1717
Union City Paratransit .....	510-675-5373

## UTILITIES ASSISTANCE

California Lifeline (telephone service discounts) .....	1-866-272-0349
California Telephone Access Program (CTAP) (accessible phone products/services) .....	1-800-806-1191
.....	TTY 1-800-806-4474
HEAP (energy Assistance for low-income households) .....	510-889-0921
PG&E CARE (discount on gas/electric bills for qualified low-income households).....	1-866-743-2273
PG&E Customer Service—Energy Assistance Programs (medical care baseline service, multi-lingual) .....	1-800-743-5000
PG&E Energy Partners (weatherization measures, energy-efficient appliances for qualified low-income PG&E customers) .....	1-800-989-9744
PG&E REACH, Salvation Army (emergency energy assistance for low-income households).....	510-793-6319
Weatherization .....	510-889-0921

## VETERANS SERVICES

Veterans Assistance Benefits Counseling (Adult & Aging Services) .....	510-577-3547
Veterans Assistance, Fremont Office .....	510-795-2686
U.S. Department of Veteran's Affairs Counseling .....	1-800-827-1000

## VOLUNTEER OPPORTUNITIES

**(See also *Friendly Visitor/Telephone Reassurance & Food and Nutrition categories, etc.*)**

Alameda County Library Homeward Bound Program (home delivery of library materials) .....	510-745-1491
Tri-Cities League of Volunteers .....	510-793-5683
Ombudsman, Inc. (volunteer advocates for persons in long term care facilities).....	510-638-6878
Retired Senior Volunteer Program (RSVP), Oakland.....	510-452-0868
Stagebridge (senior actors and storytellers), Oakland.....	510-444-4755
Volunteer Center of the East Bay .....	510-232-0163

## IMPORTANT PHONE NUMBERS : Other Programs & Services

<b>Alameda County Area Agency on Aging Senior Information</b> .....	<b>510-577-3530 / 1-800-510-2020</b>
Alameda-Contra Costa County Medical Association (to locate doctors who accept Medi-Cal) .....	510-654-5383
Alameda County Library Services to Older Adults (Homeward Bound, Programs for Older Adults, Library Computer Training and more) .....	510-745-1499
Alameda County Social Services Agency (Self-Sufficiency Center / Food Stamps) .....	510-795-2428
Contra Costa County Senior Information .....	1-925-229-8434
Eden Information & Referral .....	2-1-1
Eldercare Locator (information on services outside Alameda County/California) .....	1-800-677-1116
55 Alive Driving Classes: check <a href="http://www.aarp.org/families/driver_safety/">www.aarp.org/families/driver_safety/</a> for a class near you .....	1-888-227-7669
Immigration Questions: International Institute of the East Bay .....	510-451-2846
MedicAlert Service (for persons with special medical needs; call for information) .....	1-800-432-5378
Public Authority (IHSS Registry Referral) .....	510-577-1980
Public Authority (Centralized Registry Information Line—for worker application and orientation) .....	510-577-5694
Public Authority (IHSS Worker Health Benefits Hotline) .....	510-777-4201
Public Authority (IHSS Worker and Consumer Training) .....	510-577-3554
Senior Injury Prevention Partnership .....	510-577-3535
Social Security /SSI.....	1-800-772-1213

Other guides available from the Area Agency on Aging upon request:

- Senior Housing Guide
- A Listing of Retirement Residences and Continuing Care Retirement Communities
- Emergency Response Programs
- Employment Assistance and Resources for Older Persons
- Food & Nutrition Resources
- Home Health Care and Home Care Agencies
- Mental Health/Geriatric Care Agencies & Geriatric Care Consultants
- Senior Centers
- SSI/CAPI
- Utilities Assistance