

Health & Human  
Services Department

•  
Division on Aging

# **BERKELEY OLDER ADULT RESOURCE GUIDE**

**August 2007**

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# ADVOCACY

## Also see LEGAL

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### DISPUTE RESOLUTION

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Department of Consumer Affairs                      1-800-952-5210  
[www.dca.ca.gov](http://www.dca.ca.gov)

East Bay Community Mediation      548-2377  
 Berkeley Dispute Resolution Service  
 1968 San Pablo Ave.

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### GENERAL ADVOCACY

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Alameda County Veterans Service                      1-800-827-1000  
[www.va.gov](http://www.va.gov)

Alliance for California Seniors      799-5060

American Association of Retired Persons – AARP      1-888-687-2277

Berkeley Commission on Aging      981-5200

Berkeley Gray Panthers                      548-9696  
 1403 Addison St.

California Senior Legislature – Area Agency on Aging      577-3530

Deaf Counseling Advocacy and Referral Agency                      483-0753  
[www.dcara.org](http://www.dcara.org)

Disability Rights                      644-2555

Lavender Seniors of the East Bay, Lesbian, Gay, Bi & Transgender                      667-9655

Older Women’s League                      1-916-444-2526

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### HEALTH/INSURANCE ADVOCACY

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AIDS Project East Bay                      663-7979  
 499 5<sup>th</sup> St., #306, Oakland

California Consumer Health Care Council      1-888-225-2686  
[www.justhealthnow.org](http://www.justhealthnow.org)

California Partnership for Long-Term Care      1-800-227-3445  
[www.dhs.ca.gov/cpltc](http://www.dhs.ca.gov/cpltc)

Health Insurance Counseling and Advocacy                      839-0393  
 464 7<sup>th</sup> St., Oakland

LUMETRA, formerly California Medical Review (Medicare, Patient Rights)      1-800-841-1602  
[www.Lumetra.com](http://www.Lumetra.com)  
 1 Sansome St, #600  
 San Francisco

Medicare, Part B                      1-800-633-4227

Medigap                      1-800-434-0222  
[www.calmedicare.org](http://www.calmedicare.org)

➤ Private insurance policy supplementing Medicare

Mental Health Assn. of Alameda County                      954 60<sup>th</sup> St, #10, Oakland

- Administration                      835-5010
- Mental Health Advocates                      835-5532
- Patient’s Rights                      835-2505

# ADVOCACY

Also see LEGAL

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## HOUSING ADVOCACY

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California Advocates for Nursing Home Reform 1-800-474-1116

Housing and Urban Development (HUD) 1-800-347-3739  
 TTY 1-415-489-6564  
 Compliance and Enforcement

Housing Rights, Inc. 548-8776  
 1966 San Pablo Ave.

Ombudsman, Inc. 638-6878  
 (convalescent hospital, board and care)

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## PROTECTIVE SERVICES

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Alameda County Adult Protective Services 577-1900

Contra Costa County Adult Protective Services 1-925-646-2854

Elder Abuse Victim Witness Assistance 272-6180

# COUNSELING/ SUPPORT GROUPS

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## COUNSELING

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Asian Community Mental Health Services and Domestic Violence 451-6729  
 310 8<sup>th</sup> St., #201, Oakland

Berkeley Mental Health Dept. Crisis Officer of the day 981-5290  
 2640 M L King Jr. Way

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## COUNSELING (continued)

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Casa del Sol 535-4170  
 1501 Fruitvale Ave., Oakland

Catholic Charities of the East Bay - Family/Individual Counseling 768-3100

City of Berkeley 981-5290

Mobile Crisis Team - 10:30 AM-11 PM  
 Message/Response 981-5254

- Non-emergency well-being checks 981-5900
- Emergencies 911 or 981-5911

Crisis Support Services - 24 hours 1-800-309-2131

Deaf Counseling Advocacy Referral Agency 483-0753  
 FAX 351-5906

In-Home Counseling 1-800-260-0094

Family Caregiver Alliance Support Group 1-800-445-8106

Jewish Family & Childrens Services of the East Bay, [www.jfcs-eastbay.org](http://www.jfcs-eastbay.org)  
 Suse Moyal Center for Older Adults  
 828 San Pablo Ave., #104, Albany 558-7800

Over 60 Health Center Counseling Services 601-6060  
 3260 Sacramento St. (at Alcatraz Ave)  
 ➤ Drop-In Clinic, Thursday 2-5 p.m.

Police non-emergency 981-5900

Veterans Counseling Oakland 1-800-827-1000  
[www.va.gov](http://www.va.gov)

Women's Therapy Center 524-8288

Wright Institute Clinic (low rates) 548-9716

# COUNSELING/ SUPPORT GROUPS

## SELF HELP

California Dept. of Rehabilitation 883-6000  
1936 University Ave., #150

East Bay Center for the Blind 843-6935  
2928 Adeline Street

Lions Center for the Blind 450-1580  
Rehabilitation  
3834 Opal Street, Oakland

## SUPPORT GROUPS

Alanon 528-4379

Alanon Español 1-650-794-9654

Alcoholics Anonymous 839-8900

Alzheimer's Disease 444-0243  
644-8292

Arthritis (Alta Bates) 204-4503

Cancer 204-4785  
832-7012

Caregiver Family Support 234-4100  
981-5173  
1-415-434-3388

Diabetes (Alta Bates) 204-1081

Fibromyalgia 204-4503, ext. 3

Gamblers Anonymous 1-800-287-8670

Grandparents as Parents 845-7189

## SUPPORT GROUPS (continued)

Grief Support 869-6778  
Alameda County 1-800-260-0094

Grief Recovery Group 450-8596  
Sutter VNA and Hospice

Pathways Hospice 632-4390

Hearing Impaired 981-5190  
644-2003

Lavender Seniors 667-9655

Low Vision Support 981-5190

Low Vision Clinic (UC) 642-5726

Men's Prostate Cancer Support 869-8833

Parkinson's 981-5190

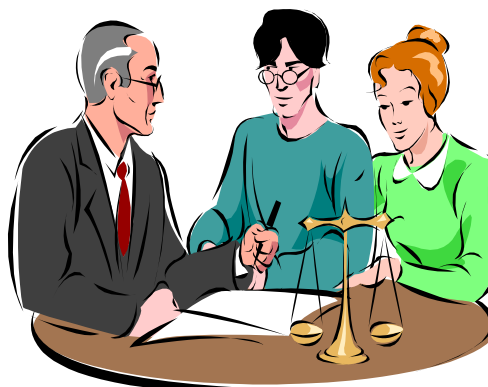
Smoking Cessation 981-5300  
752-6150

Stroke 204-4503

Tinnitus Association 1-800-634-8978

Weight Management 752-6150

Women's Support Group 667-9655



# EMPLOYMENT/ VOLUNTEER OPPORTUNITIES

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## EMPLOYMENT

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Asians for Job Opportunities      548-6700  
in the Bay Area      [www.ajob.org](http://www.ajob.org)  
1911 Addison Street

Assets Senior Employment      238-3535  
150 Frank H. Ogawa Plaza, Oakland

The Bread Project      644-4575  
Job Training and Placement

Center for Independent Living      841-4776  
2539 Telegraph Avenue      TDD 848-3101

City of Berkeley First Source      981-7550  
1947 Center Street  
➤ Job-ready referrals

Inter-City Services      655-3552  
Vocational Training  
3269 Adeline Street

One Stop Career Center      982-7128  
1918 Bonita Avenue  
operated by Rubicon

State of California      563-5200  
Employment Development Dept.  
675 Hegenberger Rd., Oakland

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## VOLUNTEER OPPORTUNITIES

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Meal on Wheels      981-5250

North Berkeley Senior Center      981-5290

South Berkeley Senior Center      981-5170

West Berkeley Senior Center      981-5180

Retired Senior Volunteer Program      452-0868

## FOOD

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### DELIVERED

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Berkeley Meals on Wheels      981-5250

Done in Love Catering      776-6893  
➤ Lunch delivery service

Home on the Range      251-8030  
[www.homeontherangemeals.com](http://www.homeontherangemeals.com)

Japanese American Services      848-3560  
of the East Bay

Project Open Hand (under 60)      622-0221  
➤ HIV, homebound critically ill,  
Berkeley-Emeryville-Albany  
Meals on Wheels

Safeway Grocery Delivery      [www.safeway.com](http://www.safeway.com)

Telephone book yellow pages  
Go to the Restaurants section



# FOOD

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## DINING SITES

Reservations may be needed

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Berkeley/Richmond 848-0237  
 Jewish Community Center  
 1414 Walnut Street  
 ➤ Monday and Thursday, 12:15 p.m.

Chinese Community Church 548-5259  
 2117 Acton Street  
 ➤ Senior Day, Tuesday

Emeryville Senior Center 596-3730  
 4321 Salem, Emeryville  
 ➤ Monday-Friday, 11:45 a.m.

Japanese Senior Center 883-1106  
 1710 Carleton Street  
 ➤ Monday-Thursday, 11:30 a.m.

Quarter Meal 649-4976  
 2362 Bancroft Way  
 ➤ Monday-Friday, 3:30-4:15 p.m.

North Berkeley Senior Center 981-5190  
 1901 Hearst Avenue  
 ➤ Monday-Friday, 12 noontime

St. Vincent de Paul 451-7676  
 675 23<sup>rd</sup> Street, Oakland  
 ➤ Sunday-Saturday, 10:45 a.m. - 12:45 p.m.

St. John's Presbyterian Church 845-6830  
 2727 College Avenue  
 ➤ First Tuesday, Senior Day, lunch

South Berkeley Senior Center 981-5170  
 2939 Ellis Street  
 ➤ Monday-Friday, 12 noontime

West Berkeley Senior Center 981-5280  
 1900 6<sup>th</sup> Street  
 ➤ Monday-Friday, 12 noontime

Women's Daytime Drop-in Center 548-2884  
 2218 Acton Street  
 ➤ Breakfast and Lunch  
 for the homeless or at-risk

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## RESOURCES - Food Bag

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Alameda County 1-800-870-3663  
 Community Food Help Line

Berkeley Food Pantry 525-2280  
 1600 Sacramento Street  
 ➤ Referral necessary  
 ➤ Berkeley/Albany residents only  
 ➤ Monday/Wednesday/Friday, 2-4 p.m.

Mercy Brown Bag  
 (low income grocery bag, twice a month)

➤ Albany Senior Center 524-9122

➤ Emeryville Senior Center 596-3730

➤ North Berkeley Senior Center 981-5190

➤ South Berkeley Senior Center 981-5170

➤ West Berkeley Senior Center 981-5180

Salvation Army 437-9437  
 2794 Garden St., Oakland  
 ➤ By appointment, 8:30 a.m. to 1 p.m.

Senior Resources 444-0243  
 St. Paul's Church  
 Food Shopping Co-Op  
 116 Montecito, Oakland  
 ➤ Thursday, 10-11 a.m.

# HEALTH

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## BLOOD PRESSURE/HEALTH ADVICE

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### Blood pressure checks

City of Berkeley Health Dept. 981-5300  
1947 Center Street

- Monday-Friday
- 8 a.m. to 12 noon, 1-5 p.m.

North Berkeley Senior Center 981-5190

South Berkeley Senior Center 981-5170

West Berkeley Senior Center 981-5180

### Health advice for seniors

City of Berkeley Health Dept. 981-5300  
1947 Center Street

- Nurse of the Day

City of Berkeley 981-5201

- Nutrition counseling



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## DENTAL

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Berkeley Dental Society 865-6334  
➤ Referral service, dentists

Berkeley Free Clinic 548-2570  
Health Project  
2339 Durant Avenue

Buchanan Dental Clinic 1-415-476-5608  
UCSF  
100 Buchanan St., San Francisco

Denti-Cal Referrals 1-800-322-6384  
➤ Referral service, dentists

Highland Hospital 437-4473  
Emergency Dental Clinic  
1411 East 31<sup>st</sup>, Oakland

Lifelong Dental Clinic 280-6080  
Over 60 Health Center  
1860 Alcatraz Avenue

National Foundation 1-877-357-8660  
of Dentistry for the Handicap

Native American Health Center 437-9024  
3124 International Blvd., Oakland

Suitcase Clinic – Dental 643-6786  
➤ 3<sup>rd</sup> Tuesday, 6-9 p.m.

UCFS Dental School 1-415-476-1891  
707 Parnassus, San Francisco

University of the Pacific 1-415-929-6501  
Dental School  
2155 Webster, San Francisco

# HEALTH

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## MEDICAL CLINICS

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**Alameda County Medical Center**  
 1411 East 31<sup>st</sup> St., Oakland  
 ➤ Information 437-4800  
 ➤ Geriatric Evaluation 437-4402

**Berkeley Community Health Project/Free Clinic** 548-2570  
 2339 Durant Avenue

**Berkeley Health Center For Men and Women** 843-6194  
 2908 Ellsworth Street

**Berkeley Primary Care-Lifelong Care Clinic** 204-4666  
 Herrick Campus  
 2001 Dwight Way

**Center for Elders Independence** 433-1150  
 ➤ 1955 San Pablo Ave., Oakland  
 ➤ 1497 Alcatraz Ave., Berkeley  
 ➤ 7200 Bancroft Way, Berkeley

**Charlotte Maxwell Complementary Clinic** 601-7660  
 5691 Telegraph Ave., Oakland  
 ➤ Friday/Saturday/Sunday, 10 a.m. - 5 p.m.  
 ➤ Alternative medicine for women cancer patients

**City of Berkeley Health Clinic** 981-5350  
 830 University Avenue  
 ➤ Flu and Tetanus shots

**Clinica de la Raza** 535-3500  
 3451 E. 12<sup>th</sup> St., Oakland

**Lifelong Clinic (at Alta Bates)** 204-4666  
 2001 Dwight Way

**Native American Clinic** 437-9024  
 3124 International Blvd., Oakland

**Over 60/Lifelong Health Center** 601-6060  
 3260 Sacramento Street  
 ➤ includes Hypertension Clinic  
 ➤ Thursday only, 2-5 p.m.

**Rumford Medical Center** 549-3166  
 2960 Sacramento Street

**Suitcase Clinic** 643-6786  
 ➤ held at First Presbyterian Church  
 2407 Dana Street (at Haste)  
 ➤ Tuesday, 6-9 p.m.

**UCB Eye Center** 642-2020  
 Minor Hall

**UC Davis Alzheimer's Disease Center/Diagnostic** 1-925-372-2485  
 150 Muir Rd., Martinez

**VA Outpatient Clinic** 267-7805  
 2221 M L King Jr. Way, Oakland

**West Berkeley Family Practice/Lifelong** 704-6000  
 2031 6<sup>th</sup> Street  
 Sliding fee



# HEALTH

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## MEDICAL EQUIPMENT

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### Emergency response ID/phone equipment

Bay Area Vital Link 644-2779

Medic Alert ID Bracelet 1-800-432-5378

Safe Return ID 1-888-572-8566

Summit/Alta Bates Lifeline 869-8992

### Glasses - Lions Club/Suitcase Clinic

Dr. Fujikawa 843-1228  
2414 Shattuck Ave.

### Hearing aids for those who meet financial criteria

Hear Now Program 1-800-648-4327  
Call for an application.

### Hearing equipment

DCARA Store 351-3938  
1550 San Leandro Blvd., San Leandro  
TTY 351-3937

### Hearing problems

Hearing & Speech Center 1-415-921-7658  
of Northern California

1234 Divisadero St., San Francisco

- Hearing aids, audiology, advocacy
- Counseling (sliding scale)
- Accepts donated hearing aids

### Medical equipment - donate or obtain recycled

Home CARES 251-2273

- held at First Presbyterian Church  
2619 Broadway, Oakland  
Thursday, 1-4 p.m.

### Mobility aids - ramps, grab bars

Center for Independent Living 841-4776  
TTY 848-3101

### Phones

California Telephone Access 1-800-806-1191  
TTY 1-800-806-4474

### Visual aids

Lighthouse for the Blind 1-415-431-1481  
and Visually Impaired  
San Francisco

### Low vision reading machines for use at

- Berkeley libraries
- North Berkeley Senior Center
- West Berkeley Senior Center

### Telephone book yellow pages

Go to Medical Equipment and Supplies

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## PHARMACY AND HMO INFORMATION

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Canadameds.com 1-877-542-3330  
[www.pharmacists@canadameds.com](mailto:www.pharmacists@canadameds.com)  
FAX 1-877-994-2121

Canadian Drugstore 1-888-372-2252  
TCDS.com

Center for Medicare and 1-415-744-3617  
Medicaid Services

Free Medicine Foundation 1-573-996-3333

Health Insurance 839-0393  
Counseling Program [www.lashicap.org](http://www.lashicap.org)

Medi-Cal [www.needvmeds.com](http://www.needvmeds.com)  
➤ Full prescription drug  
coverage for covered drugs

## HEALTH

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### PHARMACY AND HMO INFORMATION (continued)

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RX Help for Californians 1-877-777-7815  
➤ For those uninsured [www.rxhelpforca.org](http://www.rxhelpforca.org)  
or low income. Free  
and reduced-priced medication.

Veteran Benefits 1-877-222-8387  
[www.va.gov](http://www.va.gov)

[www.benefitscheckup.org](http://www.benefitscheckup.org)

[www.calmedicare.org](http://www.calmedicare.org)

[www.medicare.gov](http://www.medicare.gov)

➤ supplemental insurance

Pharmacy delivery

Telephone book yellow pages

Go to Pharmacies

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### PHYSICIAN REFERRALS

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Alameda-Contra Costa Counties 654-5383  
Medical Association

Eye Care America, 1-800-222-3937  
Senior Eye Care  
➤ Free exams

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### POWER OF ATTORNEY – Advance Directives

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California Medical Assn. [www.cma.net.org](http://www.cma.net.org)  
➤ Publications 1-415-882-5175  
➤ Order forms 1-800-882-1262

Nolo Books 549-1976  
➤ Forms

## HELP FOR STAY AT HOME

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### ATTENDANT CARE, LIVE IN, AND NURSES

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Accent Care Services 1-800-834-3059

Albany Senior Center 524-9122  
➤ Caregiver list

Area Agency 577-3530  
Senior Information Line  
➤ List of home health agencies  
and companies

Bay Area Community 271-6078  
Services Registry  
➤ Home care

Center for Independent Living 841-4776

Easy Does It Emergency Services 704-2111  
➤ Attendants and transportation 845-5513  
➤ Berkeley residents only TDD 464-8583

Emergency IHSS 357-4222  
➤ Worker replacement service  
➤ 24-hour nightingale nursing

Family Bridges 839-2022  
➤ Cantonese and Mandarin

Home Instead Senior Care 663-3652  
➤ In-home workers

In-Home Supportive Services 577-1800  
➤ County program for  
income eligible

Manos Home Care 336-2900  
➤ Yard care, Janitorial 482-4651

# HELP FOR STAY AT HOME

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## CASE MANAGEMENT/SOCIAL WORKERS

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Alameda County Public Guardian 577-1900

Area Agency on Aging 1-800-510-2020  
➤ Senior information line

Case Manager's List [www.casemanager.org](http://www.casemanager.org)

Center for Elders Independence 433-1150

City of Berkeley - Case Management  
North Berkeley Senior Center 981-5190  
South Berkeley Senior Center 981-5170  
West Berkeley Senior Center 981-5180

Japanese-American Services 848-3560  
of the East Bay

Jewish Family & Childrens 558-7800  
Services of the East Bay, [www.jfcs-eastbay.org](http://www.jfcs-eastbay.org)  
Suse Moyal Center for Older Adults  
828 San Pablo Ave., #104, Albany

Over 60 Health Center 601-6060

Senior Resources 444-0243  
St. Paul's Episcopal Church  
➤ Assessments

Telephone book yellow pages  
Go to Social workers, geriatric care

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## DAY CARE/HOSPICE/SOCIAL DAY CARE/PARTIAL HOSPITALIZATION FOR MENTAL HEALTH/RESPIRE

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Alta Bates Summit 204-4447  
Geropsychiatric Unit,  
Herrick Campus

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## DAY CARE/HOSPICE/SOCIAL DAY CARE/PARTIAL HOSPITALIZATION FOR MENTAL HEALTH/RESPIRE (continued)

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Alzheimer's Service 644-8292  
of the East Bay  
2320 Channing Way

Bay Area Community Services 601-1074  
Adult Day Care  
5714 M L King Jr. Way  
➤ Alzheimer's and frail clients

Berkeley 601-0167  
Adult Day Health Care Center  
1890 Alcatraz Avenue

Center for Elders Independence 433-1150  
Adult Day Program  
1497 Alcatraz Avenue

Family Caregiver Alliance 1-415-434-3388  
➤ Respite help [www.caregiver.org](http://www.caregiver.org)

LaCheim Adult Behavioral Health 486-8744  
Outpatient, 9:30 a.m. to 2:15 p.m.  
1 Bolivar Dr.

➤ Dr. David Beckerman 649-1432

Open House Senior Center 215-4342  
And Respite Program  
6500 Stockton Ave., El Cerrito

Pathways Hospice 632-4390  
and Home Health [www.pathwayshealth.org](http://www.pathwayshealth.org)

South Berkeley Senior Center 981-5170  
Senior Companion  
Caregiver Program

Sutter Visiting Nurse 450-8596  
Association and  
Hospice of Northern California  
1900 Powell St., #300, Emeryville

# HELP FOR STAY AT HOME

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## EMERGENCY PHONE RESPONSE

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Bay Area Vital Link 644-2779  
➤ Financial assistance for low income

Summit/Alta Bates 869-8992  
Lifeline Personal Response

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## PHONE REASSURANCE

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Alta Bates Tele-Care 204-4487

# HOMELESS SERVICES

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## DROP-IN CENTERS

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Berkeley Drop-In Center 653-3808  
3234 Adeline

Berkeley Food and Housing Project 649-4976  
Address: Trinity United Methodist Church  
2362 Bancroft Way

Multi-Agency Center – Drop-in 843-3700  
1931 Center Street

Women’s Daytime Drop-in Center 549-4392  
2218 Acton Street

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## FOOD

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Go to FOOD section, pages 4-5

# HOMELESS SERVICES

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## OUTREACH

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City of Berkeley 981-7704  
Homeless Outreach

City of Berkeley 981-5418  
Shelter Plus Care  
➤ Housing subsidies

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## EMERGENCY HOUSING, AND SHOWERS

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A Safe Place 536-7233  
➤ Domestic violence victims

Berkeley Food/Housing Project 649-4976  
➤ Apply at: 2362 Bancroft Way  
➤ Men’s shelter, Veterans Building  
1931 Center Street  
➤ Women’s Shelter & Transitional Housing  
2140 Dwight Way

BOSS Emergency Housing 843-3700  
711 Harrison Street  
➤ Apply at 1931 Center Street

Eden I and R – Shelter Update 537-2552

Operation Dignity 287-8465  
1504 Franklin St., #102, Oakland  
➤ Transitional housing for veterans

St. Mary’s Center 923-9600  
923 Brockhurst, Oakland FAX 923-9606

Salvation Army Family Shelter 437-9437  
2794 Gardner, Oakland  
➤ Families only

# HOMELESS SERVICES

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## EMERGENCY HOUSING, AND SHOWERS (continued)

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### Rental Assistance

Catholic Charities 768-3100  
➤ Behind in rent - one time only

### Showers

Multi-Agency Service Center 843-3700  
Veterans Building  
1931 Center Street  
➤ Men and Women  
➤ Call for hours

Willard Pool 644-8519  
2701 Telegraph Avenue

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## MULTI-SERVICE CENTERS

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BOSS 843-3700  
1931 Center Street  
➤ Food and housing

Homeless Action Center 540-0878  
2500 M L King Jr. Way, #1  
➤ SSI and Medi-Cal help

Multi-Agency Service 649-4976  
2362 Bancroft Way  
➤ Food/Housing Project

Protection and Advocacy 267-1200  
➤ Homeless and disability issues

# HOUSING

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## HOME REPAIR

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Berkeley-Albany Weatherization 981-7770  
➤ PG&E Help (HEAP)

Center for Independent Living 841-4776  
➤ Residential access, ramps,  
grab bars, showerheads.  
➤ Berkeley residents only.

City of Berkeley 981-7764  
Community Energy Services  
Home Safety Repair Program  
➤ Low-income homeowners and  
renters, free.

De-Clutter Project 981-5190

Rebuilding Together 644-8979  
3318 Adeline Street  
➤ Repairs and renovation  
for low-income elders.



# HOUSING

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## INDEPENDENT LIVING – Renting Resources

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Alameda County 577-3530

Area Agency on Aging

- Housing guide and residence hotel list

California Registry 1-800-451-2273

- Elderly housing referral

Center for Independent Living 841-4776

2539 Telegraph Ave.

- Disabled

City of Berkeley 981-5470

Housing – Section 8

1901 Fairview Street

City of Berkeley 981-5444

Housing Code Enforcement

- Rental Housing Safety Program

City of Berkeley 644-6128

Rent Stabilization Board

2125 Milvia St.

Housing Rights 1-800-806-8111

- Renters self-help [www.rentersright.info](http://www.rentersright.info) for getting landlord to make repairs

U.S. Department of 1-415-489-6400

Housing and Urban Development

600 Harrison St., San Francisco



The following provide low-income, Section 8, and some market-rate housing:

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Affordable Housing Associates 649-8500

- Apply at 1250 Addison, #G
- Closed on Fridays

Shattuck Senior Homes, 2425 Shattuck Ave.  
Sacramento Senior Homes, 2517 Sacramento

Amistad House 548-5189

2050 Delaware Street

Dwight Way Apartments 665-8436

1518 Dwight Way

- Disabled only

El Cerrito Royal 234-5200

6510 Gladys Avenue

- Assisted living also

Emery Villa 601-8235

4320 San Pablo Ave., Emeryville

Ema P. Harris Court Apartments 841-0664

1330 University Avenue

Harriet Tubman Terrace 843-0134

2870 Adeline

Lawrence Moore Manor 704-8557

1909 Cedar Street

Mabel Howard Apartments 658-7492

1499 Alcatraz Avenue

Margaret Breland Home 841-4410

2577 San Pablo Avenue

Moraga Royale 1-925-376-8900

1600 Canyon Rd., Moraga

- Assisted living also

# HOUSING

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## INDEPENDENT LIVING – Renting Resources (continued)

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Ocean View Apartments                      981-1182  
819 Hearst Avenue

Oregon Park Apartments                      848-8554  
1425 Oregon Street

Piedmont Gardens                              596-2600  
110 41<sup>st</sup> St., Oakland  
➤ Independent and assisted living units

Satellite Senior Homes                      647-0700  
1521 University Ave.

Savo Island Co-Op Homes                      841-4595  
2017 Stuart Street

Sister Thea Bowman Manor                      420-8802  
6400 San Pablo Ave., Oakland

Sojourner Truth                                  655-4413  
6015 M L King Jr. Way, Oakland

South Lake Tower                                465-0481  
1501 Alice Street, Oakland

Strawberry Creek Lodge                      841-8330  
1320 Addison Street

Stuart Pratt Manor                              704-9886  
2020 Durant Avenue

UA Co-Op Homes                                843-5937  
➤ Multi-family

UA Housing, Inc.                                649-6635  
1040 University Avenue

University Ave. Senior Housing              647-0700  
1535 University Avenue

University Neighborhood Apts.              649-9683  
1721 University Avenue

Valdez Plaza                                      268-0153  
280 28<sup>th</sup> St., Oakland

Veterans Home                                  1-707-944-4600  
of California  
➤ Assisted living also

Westlake Christian Terrace                      893-2998  
275 28<sup>th</sup> Street, Oakland  
251 28<sup>th</sup> Street, Oakland  
East and West, 400 units

William Byron Rumford Plaza                  841-5292  
3017 Stanton Street  
➤ No age limit; all incomes

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## ASSISTED LIVING, BOARD AND CARE, SKILLED NURSING

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Avalon The Berkshire                          841-4844  
2235 Sacramento Street  
➤ Assisted living community

Board and care  
Reference the telephone book yellow pages  
Go to Nursing Homes

California Health                                [www.cainhs.org](http://www.cainhs.org)  
Care Foundation  
➤ Nursing home search

California Registry                              1-800-777-7575  
➤ Helps in finding  
residential care homes

## HOUSING

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### ASSISTED LIVING, BOARD AND CARE, SKILLED NURSING (continued)

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Chaparral House 848-8774

1309 Allston Way

➤ Skilled nursing care

Claremont House 658-9266

4500 Gilbert St., Oakland

Eldercare Locator 1-800-677-1116

➤ for out-of-state help

Grapevine Senior Services 338-0957

➤ Residential care [gvserve@aol.com](mailto:gvserve@aol.com)  
placement

New Lifestyles 1-800-869-9549

➤ Guidebook [www.newlifestyles.com](http://www.newlifestyles.com)

Ombudsman, Inc. 638-6878

Alameda County

Lists of: Licensed residential facilities

Retirement residence

Life care contract

Licensed nursing facilities,  
including skilled nursing and  
intermediate care

Real Care Facility Placements 581-1111



## INFORMATION AND REFERRAL

Alameda County 577-3530

Area Agency on Aging

➤ Senior information

Alzheimer's Resource 1-800-272-3900

Center

➤ Information, support, advocacy

Berkeley Library - Info Network 981-6166

Library - Reference 981-6148

Library - Outreach Services 981-6123

Berkeley Senior Centers

➤ North Berkeley 981-5190

➤ South Berkeley 981-5170

➤ West Berkeley 981-5180

## LEGAL

Alameda County Bar Assn.

302-2222

➤ Lawyer referrals

Alameda County 451-9261

Law Center for Families

510 16<sup>th</sup> St., #300, Oakland

➤ Housing, Consumer, Lending laws

Alameda County 577-1900

Public Guardian/Conservator

P. O. Box 2071, Oakland

6955 Foothill Blvd., #300, Oakland

Alameda County Superior Court 268-7737

Wiley W. Manuel Self-Help Center

## LEGAL (continued)

Asian Law Caucus 1-415-896-1701  
➤ Low income

Asian Pacific Islander 251-2846  
Legal Outreach  
1212 Broadway, #400, Oakland

Bay Area Legal Aid 663-4744

Berkeley Rent Stabilization 644-6128  
➤ Counseling

California Advocates for 1-415-974-5171  
Nursing Home Reform

Catholic Charities 768-3100  
Immigration Project  
433 Jefferson St., Oakland

Centro Legal de la Raza 437-1554  
Oakland

East Bay Community Law Center 548-4040  
2921 Adeline [www.ebclc.org](http://www.ebclc.org)

Elder Law Clinic 1-925-969-3341  
John F. Kennedy University

Eviction Defense Center 452-4541  
1611 Telegraph Ave., Room 726

Family Caregivers Alliance 1-415-434-3388  
180 Montgomery St., #1100  
San Francisco [www.caregivers.org](http://www.caregivers.org)  
➤ Brain impaired

Housing Economic 271-8443  
Rights Advocates

International Institute 451-2846  
of the East Bay  
449 15<sup>th</sup> St., Oakland  
➤ Immigration clinics

Lawyers in the Berkeley Libraries 981-6166  
➤ Free consultation

Legal Assistance for Seniors 832-3040  
464 7<sup>th</sup> St., Oakland

Nolo Press 549-1976  
950 Parker Street 704-2248  
➤ Self-help legal books

## MONEY MATTERS

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### BENEFIT PAYMENTS

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Alameda County 577-1900  
Social Services Agency  
➤ Qualified Medicare Beneficiary Program  
➤ Specified Low Income Medicare  
Beneficiary Program

Cash Assistance Program 268-2332  
for Immigrants – CAPI-HCAP  
2000 San Pablo Ave., Oakland  
➤ Legal non-citizens, age 65,  
blind, or disabled.  
➤ State SSI program.  
➤ No more than \$2,000 (single) or  
\$3,000 (married) liquid resources.  
➤ Low income.  
➤ May also qualify for Food Stamps.

Food Stamps/Welfare to Work  
Alameda County 268-2002  
Social Services Agency  
2000 San Pablo Ave., Oakland

# MONEY MATTERS

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## BENEFIT PAYMENTS (continued)

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### General Assistance

Alameda County 268-2003

Social Services Agency  
2000 San Pablo Ave., Oakland

- Adults under the age of 65, with little or no income or personal assets

### In-Home Support Service

Alameda County 577-1800

In-Home Support Service  
6955 Foothill Blvd., Oakland

[www.alamedasocialservices.org](http://www.alamedasocialservices.org)

Medi-Cal 1-800-698-1118

Alameda County Social Services 777-2300  
8477 Enterprise Way, Oakland

- Health Benefit Plan for those 65 years and older and/or legally blind and/or totally disabled, and low income.
- Also, Medi-Cal Share of Cost Plan.
- To apply, bring: Social Security card, birth certificate or proof of age, proof of citizenship/alien status.
- Lost cards 1-888-999-4772 or 670-8560

Medicare 1-800-633-4227

Social Security office [www.ssa.gov](http://www.ssa.gov)  
2045 Allston Way

- Persons 65 years and older, unless disabled for 24 consecutive months, who have worked and are covered under Social Security, are eligible for Medicare.
- Persons 65 years and older who are not covered under Social Security may purchase Medicare coverage.

Social Security 1-800-772-1213

[www.ssa.gov](http://www.ssa.gov)

- local office: 2045 Allston Way 486-3122

➤ Social Security 1-800-269-0271  
Fraud Hotline

### Spousal Impoverishment Law

Advocates for 1-800-4741116

Nursing Home Reform

- Information on dividing property when entering nursing home

Supplemental 1-800-772-1213

Security Income (SSI) Program [www.ssa.gov](http://www.ssa.gov)

- Persons age 65 or older, blind, or disabled.
- Personal asset limitations are \$2,000 in cash, savings, stocks/bonds, etc. for one; \$3,000 for two. \$1,500 may be set aside for burial of each person. Exempt: home/primary residence, auto, furniture, and burial plot.
- Recipients automatically receive Medi-Cal.
- Income eligibility is subject to change yearly, in January.
- Legally admitted aliens may be eligible, depending on status.



# MONEY MATTERS

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## CLAIM AND FORM ASSISTANCE

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AARP – Income tax assistance  
Call libraries and senior centers

International Institute of the East Bay 451-2846  
449 15<sup>th</sup> St., Oakland  
➤ Immigration, legal, social services

Mental Health Association 835-5010  
954 60<sup>th</sup> St., #10, Oakland

Senior Medi Benefits 420-0550  
3195 Adeline  
➤ Sliding fee.  
➤ Medi-Cal eligibility for long-term care  
➤ Financial consultations

Veteran Benefits 1-800-827-1000  
1301 Clay St.  
North Tower, 12<sup>th</sup> Floor, Oakland

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## FINANCIAL HELP

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Alameda County Assessor 272-3770  
➤ Homeowner Tax Exemption  
Request a claim form.

California Low Cost Automobile Insurance Program 1-866-602-8861  
[www.aipso.com/lc/program.asp](http://www.aipso.com/lc/program.asp)

City of Berkeley Energy Office 981-5433  
➤ Low-income assistance  
Call for eligibility criteria.  
Minor home repairs and weatherization

City of Berkeley, Finance 981-7242  
1947 Center St.

➤ Rebates: Sewer, clean storm, library, Berkeley Unified School District, cable utility, landscape/park, Mello-Roos

City of Berkeley Housing – Section 8 981-5470  
1901 Fairview Street

East Bay Municipal Utility District – application for 1-866-403-2683  
➤ Customer Assistance Program  
Income for 1-2, \$19,800  
Authorization approval from EBMUD and Salvation Army

ECHO Housing 581-9380  
➤ Reverse mortgage and home equity conversions.  
➤ 62+. Counseling only.

Franchise Tax Board Homeowners and Renters Assistance 1-800-338-0505

PG&E - Energy bill assistance  
➤ Salvation Army 437-9437  
➤ LIHEAP 1-866-675-6623  
➤ City of Berkeley 981-7770

PG&E 1-800-743-5000  
➤ Low income assistance:  
CARE; REACH-Plus (one time assistance)  
Application forms: [www.pge.com](http://www.pge.com)

➤ Medical Baseline and Life Support Program  
Additional quantities of energy provided to residential customers with certain medical conditions/life support, verified by licensed physician.

# MONEY MATTERS

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## FINANCIAL HELP (continued)

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### Property tax postponement

Franchise Tax Board 1-800-952-5661

P. O. Box 942850, Sacramento

- Age 62, blind or disabled,  
20% equity in property,  
\$31,500 yearly/2007 income

Salvation Army 437-9437

Universal Lifeline 1-800-310-2355

Phones [www.att.com](http://www.att.com)

- 1 or 2 persons, \$21,300

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## MONEY MANAGEMENT

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Bay Area Community Services 271-6075

2147 Broadway, Oakland

- Representative payees,  
\$2,024/month income.  
\$35,000 assets.

Money Management 1-800-308-2227

International [www.moneymanagement.org](http://www.moneymanagement.org)

2140 Shattuck Ave., #1208

- Consumer credit counseling

# RECREATION/EDUCATION AND EXERCISE

AARP (California office) 1-866-448-3614

- Monday-Friday, 9 a.m. to 5 p.m.

Active Adult Exercise 869-6737

# RECREATION/EDUCATION AND EXERCISE (continued)

Asians for Job Opportunities 548-6700

1911 Addison Street [www.ajob.org](http://www.ajob.org)

- ESL

Bay Area Outreach 849-4663

and Recreation Program (BORP)

600 Bancroft Way

- Monday-Friday, 10 a.m. to 5 p.m.

- For disabled

Berkeley Adult School 644-6130

1701 San Pablo Avenue [bas.berkeley.net](http://bas.berkeley.net)

Berkeley City College 981-2813

2050 Center Street

Berkeley Lawn Bowling Club 841-2174

2270 Acton Street

Berkeley Public Library 981-6100

- Berkeley Reads (Literacy) 981-6299

- Outreach Program 981-6160

Home delivered books

Large print book collections, and

computer for visually impaired

- Reference Desk 981-6148

Berkeley-Albany YMCA 848-9622

2001 Allston Way

- Cardiac rehabilitation, aerobics,  
senior swim, lectures

City of Berkeley Active Choices 981-5332

- Diabetes Prevention

- Live Well-Be Well Program

- One-to-one support for exercise

## RECREATION/EDUCATION AND EXERCISE (continued)

Elderhostel 1-877-426-8056  
 ➤ Classes catalog [www.elderhostel.org](http://www.elderhostel.org)

Fall Prevention Exercise Guide and Video  
 National Institute of Aging 1-800-222-2225  
 P. O. Box 8057  
 Gaithersburg, MD 20898-8057

50+ Driver Safety Education 1-888-227-7669  
 and AARP Tax Aid Program

UCB Center on Aging 643-6427  
 ➤ Electronic newsletter

UCB - audit classes 642-5612  
 /info@mail  
 Summer.berkeley.edu

## BLIND & LOW VISION SERVICES

Braille and Talking Book Library  
 California State Library 1-800-952-5666  
 ➤ Free book loans

East Bay Center for the Blind 843-6935  
 2928 Adeline Street

Lighthouse for the 1-415-431-1481  
 Blind and Visually Impaired  
 ➤ Recording services

Prevent Blindness 1-800-338-3041  
 Resource Directory

Recording for the 1-800-221-4792  
 Blind and Dyslexic (RFBD)

## SENIOR CENTERS

Albany Senior Center 524-9122  
 846 Masonic Ave., Albany

Chinese Senior Center 548-5259  
 2117 Acton Street

Fruitvale Senior Center 535-6123  
 3301 E. 12<sup>th</sup> St., 2<sup>nd</sup> Floor, Oakland  
 ➤ Spanish speaking

Japanese-American Services 883-1106  
 of the East Bay Senior Center  
 1710 Carleton Street

Jewish Community Center 848-0237  
 1414 Walnut Street  
 ➤ Berkeley / Richmond

Korean Community Center 547-2662  
 4390 Telegraph Ave., Oakland

Lavender Seniors of the East Bay 667-9655  
 ➤ Gay and lesbian, bisexual  
 and transgender seniors

North Berkeley Senior Center 981-5190  
 1901 Hearst Avenue

St. John's Senior Center 845-6830  
 2727 College Avenue

Senior Center without Walls 444-0243  
 ➤ Classes, bingo, support group

South Berkeley Senior Center 981-5170  
 2939 Ellis Street

West Berkeley Senior Center 981-5180  
 1900 6<sup>th</sup> Street

## SWIMMING POOLS

Albany Swim Center	559-6640
Berkeley High School	644-6843
King Middle School	644-8518
YMCA	848-9622
UCB Clark Kerr Campus	642-9821
Willard Middle School	644-8519

## TRANSPORTATION

AC Transit	891-4706
1600 Franklin St., Oakland	TDD 428-2266

- Application for Regional Transit Discount ID card
- Problems with RTD ID card 208-0200
- Bus discount tickets and stickers:
  - ◆ by mail, or
  - ◆ online [www.actransit.org](http://www.actransit.org)
  - ◆ or at
    - Albertson's
    - Andronico's
    - Berkeley Bowl
    - Berkeley Mailroom
    - Check Center
    - Ecology Center
    - Elephant Pharmacy
    - Long's
    - No Hassle Check Cash
    - Safeway
- Accessible Services 891-4853



## TRANSPORTATION

(continued)



BART 464-7136  
 800 Madison St., Oakland  
 (Lake Merritt BART Station)

- BART discount tickets available at:
  - Albertson's
  - Berkeley Bowl
  - Center for Independent Living
  - Ecology Center
  - Elephant Pharmacy
  - Long's
  - No Hassle Check Cash
  - Safeway

### CITY OF BERKELEY SENIOR CENTER MINI-BUS GROCERY SHOPPING FOR BERKELEY RESIDENTS

North Berkeley Senior Center	981-5190
West Berkeley Senior Center	981-5180

### CITY OF BERKELEY SENIOR CENTER VAN SERVICE FOR BERKELEY RESIDENTS

North Berkeley Senior Center	981-5190
South Berkeley Senior Center	981-5170
West Berkeley Senior Center	981-5180

City of Berkeley 981-7269  
 Paratransit Services (Taxi Scrip)  
 2180 Milvia Street/City Hall

- Applications for transportation are available at the senior centers.
- Discounted van and free taxi vouchers for those who qualify.

# TRANSPORTATION

(continued)

City of Berkeley 981-5290  
Social Service Transport  
➤ Homeless services

East Bay Paratransit 287-5040  
1720 Broadway, #310, Oakland  
➤ Applications and reservation

Easy Does It 704-2111  
1636 University Ave.  
➤ Berkeley only.  
➤ Emergency van  
➤ Wheelchair repair (after hours)  
➤ Attendant services

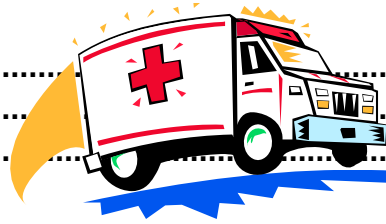
Travel Planning 511



# FREQUENTLY USED NUMBERS

AARP – Tax aid .....	1-888-227-7669
Driver education – AARP 55-Alive .....	1-888-227-7669
Alameda County Adult Protective Services .....	577-1900
FAX .....	577-5615
Area Agency on Aging (information and referral) .....	577-3530
Berkeley Food Pantry .....	525-2280
Center for Independent Living .....	841-4776
City of Berkeley phone directory/City Center .....	981-CITY or 981-2489
City of Berkeley Health Dept. – Nurse of the Day .....	981-5300
East Bay Paratransit .....	287-5040
Health Insurance and Counseling (HICAP) .....	839-0393
HEAP (PG&E) .....	1-800-649-7570
Homeless Outreach Team (City of Berkeley Mental Health Dept.) .....	981-5290
Help for seniors who are homeless.....	981-7704
Homeowners and Renters Assistance (Franchise Tax Board) .....	1-800-852-5711
In-Home Supportive Services (IHSS, Alameda County) .....	577-1800
Legal Assistance for Seniors .....	832-3040
Library, Berkeley – Main .....	981-6100
Meals on Wheels, Berkeley .....	981-5250
Medi-Cal .....	383-8523
Medicare .....	1-800-772-1213
Minor home repair (Rebuilding Together) .....	644-8979
Weatherization (PG&E) .....	981-7760
Mobile Crisis Team, City of Berkeley .....	981-5290
Multi-Agency Service Center (homeless services) .....	843-3700
North Berkeley Senior Center .....	981-5190
Over 60 Health Center .....	601-6060
Police, Non-emergency .....	981-5900
Property tax – Postponement, Franchise Tax Board .....	1-800-952-5661
Exemption, Alameda County .....	272-3770
Satellite Senior Homes .....	647-0700
Section 8 subsidized housing .....	981-5470
Social Security .....	1-800-772-1213
Berkeley office .....	486-3122
South Berkeley Senior Center .....	981-5170
Supplemental Security Income .....	1-800-772-1213 or 486-3122
Taxi/Van scrip .....	981-7269
West Berkeley Senior Center .....	981-5180

# INFORMATION



EMERGENCY – Police/Fire ..... 911  
    Ambulance ..... 911  
    Hazardous materials ..... 911

    Emergency calls placed by cell phones ..... 510-981-5911

Police/Fire non-emergency ..... 981-5900

Mental Health Crisis Intervention ..... 981-5290

AT&T – phone repair..... 611

    Widespread service outage status recording ..... 1-888-723-2624

East Bay Municipal Utility District (EBMUD) – water – emergency ..1-866-403-2683

Pacific Gas and Electric (PG&E) – gas/electric – emergency.....1-800-743-5000

    Information on electric outages ..... 1-800-743-5002

Alta Bates Summit Medical Center – EMERGENCY DEPT.

    2450 Ashby Ave, Berkeley ..... 204-1303

    350 Hawthorne Ave., Oakland ..... 869-6600

Doctor (Family/Primary Care)

    Name \_\_\_\_\_ Phone \_\_\_\_\_

Dentist

    Name \_\_\_\_\_ Phone \_\_\_\_\_

Pharmacy

    Name \_\_\_\_\_ Phone \_\_\_\_\_

In case of emergency,

Contact Person/s (relative/friend/neighbor)

    Name \_\_\_\_\_ Phone \_\_\_\_\_

    Address \_\_\_\_\_

    Name \_\_\_\_\_ Phone \_\_\_\_\_

    Address \_\_\_\_\_

**The Berkeley Older Adult Resource Guide**

**Available at North Berkeley Senior Center**

**1901 Hearst Ave., Berkeley, CA 94709**

**(510) 981-5190**

**Also available on the WEB**

<http://www.ci.berkeley.ca.us/seniors/resourceguide2007.pdf>

**Many thanks to the North Berkeley Senior Center Coffee Bar for a grant to print the guides.**

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