



**GUIDE TO RESOURCES  
FOR  
SENIORS**

*In Monterey County, California  
June 2007*

**Senior Helpline 1-800-510-2020**



# INTRODUCTION

The Alliance on Aging is pleased to present the 2007 Guide to Services for Seniors. For the professional, the guide will serve as a handy and reliable reference tool. For the consumer seeking general information or a particular resource, it can help in identifying the type of service needed and in offering descriptive information about that service.

**The information in this guide does not represent a recommendation or endorsement of any resource listed; it is offered simply as an overview of the resources available to seniors in Monterey County.**

While we have made every effort to make this guide as complete and accurate as possible, we know that directory information changes constantly and that new resources emerge regularly. If you are aware of changes or additions to be made in future editions, please use the form at the back of this book to notify us of the new information. You may send it to: Alliance on Aging, 280 Dickman Avenue, Monterey, California 93940 (831) 646-1458.

If you need information on resources for seniors in other areas throughout the county, you may call the:

**Alliance on Aging  
Information and Assistance Program  
1-800-510-2020**

or visit their website at [www.allianceonaging.org](http://www.allianceonaging.org).

In addition, Monterey County provides a resource web site for seniors and people with disabilities: [www.networkofcare.org](http://www.networkofcare.org).

You may also call the national **Eldercare Locator at 1-800-677-1116**.

*Special acknowledgement to our local **Area Agency on Aging** and **Sam Trevino** for their support of this Senior Resource Guide.*



## EMERGENCY TELEPHONE NUMBERS

**911—any emergency, any time, from any phone—**please stay on the line long enough to tell the location you are calling from and the nature of the emergency. If you are hearing impaired, emergency TDD service is available—dial 911 and press the space bar until someone answers. For non-emergency, dial (831) 647-7900.

### Emergency Medical Services (EMS): 911

#### Hospitals

**Community Hospital of the Monterey Peninsula, Monterey**  
(831) 625-4900 (Emergency), 624-5311 (General)

**Mee Memorial Hospital, King City**  
(831) 385-6000

**Natividad Medical Center, Salinas**  
(831) 755-4220 (Emergency) 755-4111 (General)

**Salinas Valley Memorial Hospital, Salinas**  
1-888-755-7864 (Toll Free), (831) 755-0700 (Emergency), 755-4111 (General)

#### Police Departments

**Carmel**  
(831) 624-6403

**Monterey County Sheriffs' Office**  
(831) 755-3700

**Del Rey Oaks**  
(831) 375-8525

**Pacific Grove**  
(831) 647-7900, 648-3143

**Gonzales**  
(831) 755-5111

**Presidio of Monterey**  
(831) 242-7851

**Greenfield**  
(831) 385-8311

**Salinas**  
(831) 758-7090

**King City**  
(831) 385-8311

**Sand City**  
(831) 394-6811

**Marina**  
(831) 384-7575

**Seaside**  
(831) 394-6811

**Monterey (City)**  
(831) 646-3914

**Soledad**  
(831) 755-5111



## HOW TO USE THIS BOOK

**The Table of Contents** is arranged by subject category so that you may refer to only those resources of interest. Within each category, agencies are arranged alphabetically followed by the program name(s) (e.g., City of Monterey / Housing Programs).

**The body of the resource guide** is arranged alphabetically with each agency listed by its full name and providing the address(es), telephone number(s), and a brief description of the services. Websites (indicated by "www.agency.org") are provided whenever possible.

**There are eight Appendices.** Note that agencies listed in the appendices are not listed in the body of the resource guide.

**The Index** at the back of the book lists programs first and then agencies, again in alphabetical order (e.g. Housing Programs, City of Monterey). An agency without a specific program is listed by itself, e.g. Food Bank for Monterey County.

**Correction Form.** At the back of the book there is a form to use for updates or additions to the resources listed.

**Notes.** On the very last page there is space for you to make "notes."

**Identifying the Services Needed:** Please refer to the guide on the following pages. This simple but comprehensive guide, using a point system, helps establish the types of care and services needed based on the individual's level of need. Note that this is a guide only and is not intended to replace a formal assessment.

**Key to Finding Services** can be used once the need for services or care has been established. Look at the Key to Finding Services which will help you identify the category/agency/program where appropriate resources are listed. Remember, most older people experience an increasing need for assistance and care as time goes by. It is useful, therefore, to become aware of services available to meet higher levels of need, so that you can plan for the future as well as for the present.

# ASSESSMENT GUIDE

## IDENTIFYING THE SERVICES NEEDED

**TO FIND THE SERVICES YOU OR A FRIEND OR FAMILY MEMBER MAY NEED, USE THIS SIMPLE GUIDE:**

Directions for Use: Pick one response in each of the following six areas. Note the appropriate number of points for that response. Add up the points for all areas and see what the total score tells you.

<p><b>1. Mobility</b> A. Can walk unassisted from room to room and up and down stairs; could leave building without help in case of fire or other emergency.....0 points</p>	<p><b>2. Eating/Medication</b> A. Needs no help shopping, cooking, eating or cleaning up after meals. Safely takes correct dosages of own medications at the correct time. .....0 points</p>	<p><b>3. Bathing/Dressing/Grooming</b> A. Keeps clean, bathed and shampooed. Needs no help getting dressed, choosing appropriate clothes or keeping clothes and general appearance clean and neat. .....0 points</p>
<p>B. Uses a walker, wheelchair, or cane; may occasionally need help getting to meals or the bathroom. .....8 points</p>	<p>B. Needs assistance with grocery shopping, regular reminders to eat or help preparing meals. Needs some supervision to take medication safely; may tend toward confusion. .....10 points</p>	<p>B. Needs help getting in and out of bath or shower. Needs help washing or needs reminders about bathing and personal hygiene. Needs help with shoes, buttons or zippers and/or other aspects of dressing and grooming. .....10 points</p>
<p>C. Is confined to a bed or wheelchair; non-mobile. .....20 points</p>	<p>C. Needs to be fed by someone, refuses to eat, or is nourished through a tube or IV line. Unable or unwilling to take own medications safely; may be dependent on or abusing medications. .....10 points</p>	<p>C. Is not able or willing to take care of personal hygiene. Does not dress self or may take clothes off during the day. .....15 points</p>

<p><b>4. Memory Problems/ Safety/Psychological Health</b>  A. Memory problems, confusion, worry, or sadness do not threaten personal safety, safety of others, or the general ability to function on a day-to-day basis. Willing and able to attend to personal care, nutrition, medication, and activities of the daily routine without help.  .....0 points</p>	<p><b>5. Hearing, Vision and Speech</b>  A. Can hear normal-to-loud speech, use the phone in an emergency, respond to a fire alarm or other warning signal. Can read instructions and safety warnings; can use phone book or call out clearly in an emergency.  .....0 points</p>	<p><b>6. Using the Bathroom</b>  A. Needs no help using the toilet; controls or self-manages incontinence; can manage ostomy.  .....0 points</p>
<p>B. Has trouble managing personal care. Needs reminders that stove is on or water is running. May forget or need encouragement to eat, bathe, or take medications. May need help handling personal financial matters.  .....10 points</p>	<p>B. Has trouble hearing warning alarms; unable or unwilling to use the telephone in emergencies. May not recognize faces or other objects more than a few feet away; can't read instructions; has trouble speaking clearly; may not be able to manage hearing devices.  .....10 points</p>	<p>B. May need occasional help getting to the toilet; may have some problems with incontinence.  ..... 5 points</p>
<p>C. Assistance with personal care in the home or assisted living facility is no longer enough. May wander in neighborhood and get lost. Disorientation or behavior may threaten own or others' safety.  .....15 points</p>	<p>C. Is unable to hear and/or understand what others are saying; cannot respond to safety alarm. May appear unwilling to communicate, possibly as a result of hearing or speech problems. Impaired vision or speech endangers personal safety; cannot summon help. ....10 points</p>	<p>C. Cannot control bladder or bowel function; soils or wets while awake or asleep; regularly uses bedpan or diapers.  .....10 points</p> <hr/> <p><b>The total is _____ points.  See the next page for interpretation of results.</b></p>



## KEY TO FINDING SERVICES

**THE FOLLOWING INFORMATION WILL TELL YOU WHERE IN THIS BOOK TO FIND THE SERVICES INDICATED BY THE SCORE FROM THE ASSESSMENT GUIDE.**

**If the score from the Assessment Guide is 0-17 points:** This person should be able to live independently without assistance or care. You may wish to consider other programs and services or identify forms of housing specifically for seniors, as listed in this book. Keep in mind that this person may benefit greatly from remaining active and involved; see especially **Table of Contents** sections about **Education**, and **Social and Social Service Agencies**.

**If the score is 18-28 points:** This person needs assistance with personal care and/or daily routine. Such assistance may be found in the following sections: **Appendix D. Assisted Living and Residential Care Facilities**, and **Appendix F. Adult Day Care and Activities Programs**. You may also want to check the **Table of Contents** section about **Legal and Governmental Services** and specifically look up Monterey County Health Department / Public Guardian / Conservator.

**If your score is 26-34 points:** This person is in need of 24-hour supervision for his/her safety and well-being in addition to assistance with personal care and daily activities. These forms of assistance may be provided in **Appendix D. Assisted Living and Residential Care Facilities** or with round-the-clock in-home assistance and care. Such care may be provided by a family member or a home-care provider or a combination of both.

**If the score is 35 or more points:** The person you are assessing is in need of skilled nursing care in addition to 24-hour supervision and assistance. You will find a description of skilled nursing care and a list of facilities in **Appendix E. Skilled Nursing Facilities**. Depending on the types of health conditions the person is experiencing, you may be able to find additional assistance and services in the **Table of Contents** under **Health, Exercise, and Rehabilitation**.



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**Senior Helpline 1-800-510-2020**

## ALPHABETICAL LISTING OF NON-PROFIT AND PUBLIC AGENCIES/PROGRAMS

### **Alcoholics Anonymous**

1015 Cass St., Ste. 4  
Monterey, CA 93940

**(831) 373-3713**

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

9 W. Gabilan St., Ste. 11  
Salinas, CA 93901

**(831) 424-9874**

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

131 E. Alisal St.  
Salinas, CA 93901

**(831) 757-8518**

(Spanish Speaking)

Fellowship of men and women who share experiences, strength, and hope in an effort to solve their common problems and help each other recover from alcoholism. Information and support groups available.

### **Alliance on Aging**

2200 Garden Road (Main Office)  
Monterey, CA 93940

**(831) 655-1334**

**1-800-510-2020 (Information)**

36 Quail Run Circle, Ste. 100P  
Salinas, CA 93907

**(831) 758-2811**

280 Dickman Ave.  
Monterey, CA 93940

**(831) 646-1458**

415 Queen St.  
King City, CA 93930

**(831) 385-0557**

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

This countywide non-profit agency offers programs that together form a critical network of support for older adults, their families, and their caregivers. Services are free of charge and information is also available in Spanish. Call 1-800-510-2020 for program information.

**Information, Referral and Assistance:** I & A program offers a central telephone number, 1-800-510-2020, whenever you need quick and direct access to community services for seniors. The program also offers assessment and problem-solving of individual situations, linkage to nationwide programs, assistance with forms completion, and more.

**Health Insurance Counseling and Advocacy Program (HICAP):** Call (831) 655-4245 for information and assistance with Medicare issues including: health insurance evaluation, prescription drug plans, supplemental insurance, long-term care insurance and Medicare claims/appeals.

**Senior Employment Training Program (SET/SCSEP):** This program offers training and skill building opportunities for qualified, low income seniors, age 55+ through assignments to non-profit organizations. SET enables organizations to staff community programs with older workers who are paid with federal grant money. SET participants work in libraries, county offices, shelters and parks and recreation centers, and organizations providing direct services to communities. Organizations in need of extra help can benefit from SET.

**Caregiver Training:** This class provides basic caregiver training and equips caregivers with the information, skills, and confidence to safely provide in-home care.

**Senior Luncheon Program:** This program sponsors a weekly luncheon at St. Ansgar's Lutheran Church in Salinas (831) 758-2811 and a monthly luncheon at Sally J. Griffin Active Living Center in Pacific Grove (831) 646-1458.

(Continued on next page)

## **Alliance on Aging (Continued)**

**Senior Peer Counseling:** Trained peer volunteers provide confidential, no-cost counseling to seniors with problems that accompany the aging process, such as loss, illness, isolation and transition. Individual counseling (at our office or client's home) and support groups are both offered.

**Senior HomeShare:** Connects senior homeowners with an extra room and bath with compatible individuals who provide non-personal care services such as cooking, companionship, or driving in exchange for rent.

**Tax Counseling for the Elderly Program (TCE):** provides free assistance in preparing state and federal tax forms to low income Monterey County residents 60 years of age or older, blind, or disabled. This seasonal program begins on February 1 of each year and runs through April 15<sup>th</sup>.

**Ombudsman:** Is dedicated to enhancing the quality of life for senior citizens in long-term care facilities and preserving the civil and human rights of residents in these facilities. See "**Ombudsman**" in this resource guide.

### **Alternative Education Center / Soledad Adult School**

690 Main St.

Soledad, CA 93960

**(831) 678-1279**

[www.missiontrailsrop.org/AdultSchool/Soledad/sdad.html](http://www.missiontrailsrop.org/AdultSchool/Soledad/sdad.html)

Offers high school diploma, GED, Office Careers, ESL, Citizenship classes.

### **Alzheimer's Association / Northern California**

182 El Dorado St.

Monterey, CA 93940

**1-800-272-3900 (Helpline), (831) 647-9890**

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

Provides local support groups, helpline referrals, newsletters, health professionals' education and training, family education, respite program, advocacy, and research for families and health professionals dealing with Alzheimer's disease and related disorders.

### **American Association of Retired Persons (AARP)**

1415 "L" Street, #960

Sacramento, CA 95814

**1-866-448-3614**

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

AARP is an organization that provides information on various services, legislation, and consumer education. Membership is open to anyone age 50 and older.

### **American Cancer Society**

945 S. Main St., Ste. 201

Salinas, CA 93901

**(831) 442-2992, ext. 3**

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

Provides information to the general public as well as services to cancer patients and their families, including education, awareness, support groups, some transportation. Cancer resource network (866) 444-7672.

**American Civil Liberties Union / Monterey County Chapter**

P.O. Box 1112

Pacific Grove, CA 93950

**(831) 622-9894** (Answering service, no office)

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

Advocates for civil rights. Please leave message.

**American Council of the Blind**

1155-15th St., NW., Ste. 1004

Washington, DC 20005

**1-800 424-8666 Ext. 10**

**1-800-221-6359 (California Hotline)**

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

Services include information, publications, scholarships and legal advice. Free brochure.

**American Diabetes Association / Monterey County Chapter**

4040 Moorpark Ave., Ste. 105

San Jose, CA 95117

**(408) 241-1922**

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

Provide education and support for diabetics and general public.

**American Heart Association**

1514 Moffett St., Ste. A

Salinas, CA 93905

**(831) 757-6221**

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

Goal is to reduce disability and death from cardiovascular disease and stroke by 25% by the year 2010. Provides information and CPR training to the general public and resources for financial help with medication for eligible individuals. Provides many awareness programs and events for the public.

**American Lung Association of California / Greater Bay Area**

1900 Powell St., Ste. 800

Emeryville, CA 94608

**(510) 893-5474**

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

Provides awareness, education, advocacy and resources for tobacco cessation, asthma and C.O.P.D.

**American Red Cross / Monterey / San Benito County Chapter**

550 Lighthouse Ave. (Satellite) 942 Lupin Drive (Main)

Monterey, CA 93940

Salinas, CA 93906

**(831) 375-5730**

**(831) 424-4824**

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

A humanitarian organization led by volunteers who help people prevent, prepare for and respond to emergencies. Volunteer opportunities.

**American Red Cross / Carmel Area Chapter**

P.O. Box A.R.  
8<sup>th</sup> Avenue at Dolores St.  
Carmel, CA 93921

**(831) 624-6921**

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

Serving the communities of Big Sur, Cachagua, Carmel, Carmel Valley, and Pebble Beach. Provides relief to victims of disasters and helps people prevent, prepare for and respond to emergencies. Volunteer opportunities.

**Arthritis Foundation / Northern California Chapter**

657 Mission St., Ste. 603  
San Francisco, CA 94105

**1-800-464-6240, (415) 356-1230**

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

Provides research programs, patient services, education; also information for brochures, self-management and exercise classes, support groups, and rheumatologist referrals.

**Beacon House**

468 Pine Ave.  
Pacific Grove, CA 93950

**(831) 372-2334**

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

A recovery facility for adults with alcoholism and/or other drug addictions. Service includes residential, full-day, and half-day treatment programs, as well as a relapse-prevention track. Sliding-scale fee for family counseling available.

**Better Business Bureau**

700 Empey Way, Ste. 110  
San Jose, CA 95128

**(408) 278-7400**

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

Reliability reports on local and national businesses, professional firms and charitable organizations. Handles complaints; provides mediation/arbitration/consumer information. Brochures and literature are available.

**Blind and Visually Impaired Center of Monterey County**

**McNeely Low Vision Clinic**

225 Laurel Ave.  
Pacific Grove, CA 93950

**(831) 649-3505**

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

Center services may enhance quality of life to blind and visually impaired adults in Monterey County with resources, training, and assistive devices. Services include daily living skills training, orientation mobility instruction, assistive technology, and a low vision support group. All services are by appointment only. McNeely Low Vision Clinic provides services and optical aids that are fee-based.

**California Relay Service**

DDTP/CTAP Administrative Office  
505 14th St., Ste. 400  
Oakland, CA 94612

**TTY: 1-800-806-4474 TAP**

Spanish TTY: 1-800-896-7670

Spanish Voice: 1-800-949-5650

CTAP Call Center

81 W. March Lane

Stockton, CA 95207

**Call Center: 1-800-806-1191 (voice)**

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

A service of the California Public Utilities Commission. Provides a relay telephone operator service that allows hearing impaired users to communicate via the telephone with those not hearing impaired.

**California State Department of Fair Employment and Housing**

2570 N. First St., Ste. 480

San Jose, CA 95131

**(408) 277-1264, (866)-460-4357, 800-233-3212 (Housing)** [www.dfeh.ca.gov](http://www.dfeh.ca.gov)

Accepts complaints of discrimination in housing (1-800-233-3212), employment, public accommodations, and hate crimes.

**California State Department of Rehabilitation / Monterey County**

288 Pearl St.

Monterey, CA 93940

**(831) 649-2969**

1000 S. Main St., Ste. 205

Salinas, CA 93901

**(831) 769-8066**

[www.dor.ca.gov](http://www.dor.ca.gov)

Works in partnership with consumers and other stakeholders to provide services and advocacy resulting in employment, independent living and equality for individuals with disabilities.

**California State Employment Development Department**

730 LaGuardia

Salinas, CA 93905

**(831) 796-3636**

480 Webster

Monterey, CA 93940

**(831) 649-2925**

[www.edd.ca.gov](http://www.edd.ca.gov)

Job services and programs to assist people looking for work. Includes Senior Workers Program, Veterans Services Program and Farm Workers Program. For Disability Insurance call 1-899-300-5616 (1-800-326-8937 for Spanish).

**California State University, Monterey Bay (CSUMB)**

100 Campus Center

Seaside, CA 93955

**(831) 582-3330**

[www.csumb.edu](http://www.csumb.edu)

Four-year college; also offers distance learning program and on-line classes.

**Cancer Detection Program / Every Woman Counts**

100 N. Winchester Blvd., Ste. 250

Santa Clara, CA 95050

**(408) 556-6605, ext. 206, 1-800-511-2300** [www.dhs.ca.gov/cancerdetection](http://www.dhs.ca.gov/cancerdetection)

FREE breast/cervical exams, pap tests, diagnostic services for eligible women.

**Carmel Adult School**

P.O. Box 222700  
Carmel, CA 93922  
**(831) 624-1714**

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

Offers various-length weekly sessions and short summer sessions in a variety of enrichment courses such as computers, Spanish. Italian, art, ceramics, and wood carving with nominal fees for materials.

**Carmel Foundation**

Lincoln and 8th Ave.  
Carmel, CA 93921  
**(831) 624-1588**

P.O. Box 1050  
Carmel, CA 93921

Monterey Peninsula membership organization for seniors age 55 or older. Offers hot lunches, home-delivered meals, transportation (for groceries, doctor appointments, errands), activities (wood-carving, bingo, a library, exercise, watercolor, movies, bridge, and more). Provides low-income housing, and information and referrals to services available from the Foundation and the local community. Support groups available for seniors and caregivers. Many volunteer opportunities.

**Casa San Miguel**

P.O. Box 479  
San Miguel, CA 93451  
**(805) 467-2606**

Outreach center, center for homeless, services for migrant families, English as a Second Language; also provides social services programs.

**Catholic Charities**

**Counseling**

922 Hilby Ave., Ste. C  
Seaside, CA 93955  
**(831) 393-3110,**

**Support Services**

1702—2<sup>nd</sup> Ave.  
Salinas, CA 93905  
**(831) 422-0602**

[www.dioceseofmonterey.org/ministries](http://www.dioceseofmonterey.org/ministries)

Provides information/referral, counseling, immigration services, and family support services to residents of Monterey County.

**Center for Community Advocacy (CCA)**

9 W. Gabilan St., Ste. 12  
Salinas, CA 93901  
**(831) 753-2324**

Dedicated to improving housing conditions and opportunities for farm-workers and other low-income families in Monterey County. Conducts outreach/educational programs at labor camps and other housing sites.

**Central Coast Alliance for Health**

1600 Greenhill Rd., Ste. 101 (Main)  
Scotts Valley, CA 95066  
**1-800-700-3874**

1000 S. Main St., Ste. 313  
Salinas, CA 93905  
**(831) 755-8220**

[www.ccah-alliance.org](http://www.ccah-alliance.org)

Publicly financed health care for low-income residents using cost-effective, non-profit health plan. Programs include, but are not limited to, Medi-Cal, Healthy Families, Healthy Kids, and Alliance Care IHSS.

**Central Coast Center for Independent Living (CCCIL)**

234 Capitol St., Suites A & B  
Salinas, CA 93901

**(831) 757-2968 (831) 757-3949 (TDD line)**

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

Promotes independence for people with disabilities. Provides advocacy, information education and support to the disabled, their families and the community. Also provides personal assistant services, peer counseling, and independent living skills training. Services offered in English, Spanish and American Sign Language.

**Central Coast Energy Service / Home Energy Assistance Program (HEAP)**

P.O. Box 2707  
Watsonville, CA 95077

**1-888-728-3637 (Leave message)**

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

Energy bill payment assistance for low-income residents in both Monterey and Santa Cruz Counties. Free home weatherization services including replacement of some appliances. Call toll-free number, leave message.

**City of Marina / Recreation and Cultural Services Department**

211 Hillcrest Ave.  
Marina, CA 93933

**(831) 884-1253, 884-1247 (Community Center)**

[www.ci.marina.ca.us](http://www.ci.marina.ca.us)

Conducts daily drop-in programs for Senior Citizens (age 55+). Senior weekly agenda features ballroom dancing, flower making, bingo, and travel days for shopping and sightseeing throughout the Central Coast. Senior special events include the Halloween Costume Ball; Winter Wonder Land holiday celebration.

**City of Monterey / The Housing and Property Management Division**

669 Van Buren  
Monterey, CA 93940

**(831) 646-3995 (831) 646-3721 (TDD line)**

[www.monterey.org/housing](http://www.monterey.org/housing)

**Emergency Home Repairs Loan Program, Mr. Fixit Grants, and Winter Home Safety Program** provide loans and grants for seniors, handicapped and special needs households. Programs promote health, safety and handicapped access for homeowners occupying their residences in Monterey.

**Tenant-Based Rental Subsidy** program for low-income renters, and a purchase and resale program for specific income levels.

**Down Payment Assistance Loan** program. Contact the office for all applications.

**City of Monterey / Recreation and Community Services Department**

546 Dutra St.

Monterey, CA 93940

**(831) 646-3866**

[www.monterey.org/rec](http://www.monterey.org/rec)

Recreational and leisure activities for community residents of different ages. Taxi Scrip: 50% discount on cab fare for eligible seniors. Also the "Golden 55 Travelers" program is available through the Monterey Senior Center at 646-3878.

**City of Monterey / Volunteer Services**

City Hall

Monterey, CA 93940

**(831) 646-3719**

[www.monterey.org/volunteer](http://www.monterey.org/volunteer)

Volunteers work with various city departments.

**City of Salinas / Recreation and Parks Department**

**Community Center and Sherwood Hall**

940 N. Main St.

Salinas, CA 93901

**(831) 758-7351**

[www.cityofsalinas.org/RecParks](http://www.cityofsalinas.org/RecParks)

Sherwood Hall has meeting rooms, special programs/events, classes for all ages. The hall is available for banquets, exhibitions, theater productions and concerts.

**City of Salinas / Housing and Community Development**

65 W. Alisal St., Ste. 220

Salinas, CA 93901

**(831) 758-7334, 1-800-342-5966 (TDD/CRS line)**

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

Provides financial and technical assistance for repair of residential property. Low interest loans are available to qualified applicants. Handicap Accessibility Assistance Program: Grants are available to assist qualified applicants in order to remove architectural barriers restricting access and/or impeding mobility.

**City of Seaside / Community Services / Oldemeyer Center**

986 Hilby Ave.

Seaside, CA 93955

**(831) 899-6339**

[www.ci.seaside.ca.us](http://www.ci.seaside.ca.us)

Programs for seniors: nutrition site lunch program, classes such as dancing, yoga, sewing; special events and activities, information and referral services. Taxi Scrip: Residents of Seaside, 60 years old or older can receive \$20.00 worth of scrips for Yellow Cab for \$10.00.

## **City of Seaside / Housing Programs**

440 Harcourt Ave.  
Seaside, CA 93955  
**(831) 899-6729**

[www.ci.seaside.ca.us](http://www.ci.seaside.ca.us)

Emergency Home Repairs Loan and Grant Program: Low interest loans provided to eligible homeowners; grants also available. Housing Rehabilitation Program: Major rehabilitation loans offered to qualified low-income homeowners. Emergency repair loans and/or grants also available.

Redevelopment Agency: Redevelopment and housing programs in accordance with California State Law. First-time homebuyer loans, grants for Operation Paintbrush and reimbursement for exterior paint. All programs are for Seaside residents only.

## **Clinica de Salud del Valle de Salinas / Health Care Clinics**

### **Administration Office**

440 Airport Blvd.  
Salinas, CA 93905  
**(831) 757-8689**

### **Alvin Dental Clinic**

620 E. Alvin Dr.  
Salinas, CA 93906  
**(831) 444-9722**

### **Circle Medical / Mental Health**

950 Circle Drive  
Salinas, CA 93905  
**(831) 757-6237**

### **Sanborn Medical / Dental**

219 N. Sanborn Road  
Salinas, CA 93905  
**(831) 757-1365**

### **Castroville Medical / Dental**

10521 Merritt St.  
Castroville, CA 95012  
**(831) 633-1514**

### **Greenfield Medical / Dental**

808 Oak Ave.  
Greenfield, CA 93927  
**(831) 674-5344**

### **Chualar Medical**

24285 Lincoln St.  
Chualar, CA 93925  
**(831) 679-2504**

### **King City Medical**

223 Bassett St.  
King City, CA 93930  
**(831) 385-5944**

### **Soledad Medical / Dental**

799 Front St.  
Soledad, CA 93960  
**(831) 678-0881**

### **King City Dental**

223 Bassett St.  
King City, CA 93930  
**(831) 385-5945**

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

Community clinics offering primary health care services to men, women and children on a sliding fee scale, with an emphasis on serving farm worker families and the agricultural community. A mobile unit provides health care for the homeless.

**Community Hospital of the Monterey Peninsula (CHOMP)**

23625 Holman Highway

P.O. Box HH

Monterey, CA 93940

**(831) 624-5311**

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

A nonprofit healthcare provider with 205 staffed acute-care hospital beds and 28 skilled-nursing beds, delivering a continuum of care from birth to the end of life, and every stage in between. It serves the Monterey Peninsula and surrounding communities through 15 locations, including the main hospital, outpatient facilities, satellite laboratories, a mental health clinic, a short-term skilled nursing facility, Hospice of the Central Coast, and business offices. Volunteer opportunities.

**Lifeline Service (625-4516):** Designed especially for homebound seniors and the disabled, this service provides an alert system, so that people can immediately contact the hospital for help and emergencies.

**Community Housing Improvement System and Planning Association, Inc. (CHISPA)**

295 South Main Street, Ste. 100

Salinas, CA 93901

**(831) 757-6251**

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

A nonprofit housing developer providing affordable housing for working individuals, families, and seniors who do not have sufficient resources for home-ownership or the high cost of market rate rental housing. Operates senior rental housing complexes throughout Monterey County for low and very-low income seniors. Accepts Section 8 vouchers.

**Community Human Services (CHS)**

Administration

2560 Garden Rd., Ste., 201-B

Monterey, CA 93940

P.O. Box 3076

Monterey, CA 93942

**(831) 658-3811**

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

**1-800-696-0610 or (831) 373-4773 (Both 24-hour Crisis Lines)**

Provides professional, affordable mental health counseling and substance abuse recovery services to Monterey County residents. Services focus on the entire family with many programs for all ages, including parent education, supervised visitation, domestic violence intervention, anger and stress management education, runaway and homeless youth services, foster family support services and residential drug treatment and narcotic replacement therapy. Several clinics throughout the County.

**Compassionate Care Alliance**

P.O. Box 1785

Monterey, CA 93942

**(831) 655-9506**

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

A centralized source of local information about life threatening illness, death and dying, this collaborative organization includes members who represent hospices, home health and long-term care providers, senior and social services agencies, legal advisers, therapists, spiritual leaders, physician groups and hospitals. Call for referrals, information, and links to services.

**Conflict Resolution and Mediation Center**

1900 Garden Road, Ste. 110

Monterey, CA 93940

**(831) 649-6219/424-4694** (Salinas)

Conflict resolution, mediation, arbitration, facilitation and conciliation for low and moderate income individuals. Offers training in these skills to help resolve disputes, such as landlord/tenant, consumer/merchant, neighborhood, employer/employee, domestic, divorce, credit and others. Volunteer opportunities.

**Consumer Credit Counseling Service**

80 N. Wood Road, Ste. 312

Camarillo, CA 93010

**1-800-540-2227**

900 S. Main St.

Salinas, CA 93901

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

Non-lending, nonprofit organization that helps people find financial solutions that address their financial needs through debt counseling, credit report analysis, advice to home buyers, bankruptcy education, and more.

**Cystic Fibrosis Research, Inc.**

2672 Bayshore Parkway, Ste. 520

Mountain View, CA 94043

**(650) 404-9975**

[www.cfri.org/home.htm](http://www.cfri.org/home.htm)

This nonprofit organization works to fund research projects, publish a newsletter and educational brochures, sponsor educational conferences, and provide a summer retreat.

**Deaf and Hard of Hearing Services Center, Inc.**

339 Pajaro St., Ste. B

Salinas, CA 93901

**(831) 753-6540 753-6541 (TDD Line)**

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

Services include communication assistance (including sign language interpretation and document assistance), telephone assistance, advocacy, independent living assistance, information and referrals, community education and outreach, a bookstore, and an equipment loan program. There is also a hard of hearing social and support group, and a free-phone equipment display (to help deaf and hard of hearing select a free telephone through California Telephone Access Program (CTAP)).

**Diabetes Health Center****Centro de Diabetes**

85 Nielson St., Ste. 201

Watsonville, CA 95076

**(831) 763-6445**

[www.pvhealthtrust.org/html/dhc.html](http://www.pvhealthtrust.org/html/dhc.html)

Provides a multi-disciplinary program, designed to meet local diverse needs, by offering bilingual diabetes prevention, self-management education, and medical nutrition therapy in group or individual settings to the residents of the greater Pajaro Valley area.

**Door to Hope**

130 Church Street  
Salinas, CA 93901

**(831) 758-0181**

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

Substance abuse long-term residential treatment facility for women and women with children that provides many services including counseling and referrals. Bilingual.

**Dorothy's Place – Kitchen and Hospitality Center**

30 Soledad St.  
Salinas, CA 93901

**(831) 424-1102 (831) 757-3838 (Administration)** [www.dorothysplace.org](http://www.dorothysplace.org)

Serves breakfast and lunch daily. Provides showers, laundry facilities, a message telephone, mail service, computer lab, activities, health clinic, information, referrals.

**Easter Seals Central California**

9010 Soquel Drive  
Aptos, CA 95003

**(831) 684-2166 (831) 443-3800 (Salinas) (831) 242-2110 (Monterey)**

[www.centralcal.easterseals.com](http://www.centralcal.easterseals.com)

Provides services and programs for adults and children, with disabilities or other special needs, and their families. Volunteer opportunities.

**Eldercare Locator**

1730 Rhode Island Ave., NW, Ste. 1200  
Washington, DC 20036

**1-800-677-1116 (Toll free)**

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

Referrals to local community agencies for seniors and their caregivers. Multilingual.

**Eyecare America / The Foundation of the American Academy of****Ophthalmology**

P.O. Box 429098  
San Francisco, CA 94142

**1-800-222-3937**

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

Public service program to reduce avoidable blindness and visual impairment by raising awareness, providing information, and facilitating access to medical eye care. Ophthalmic pharmaceutical assistance programs available. Referrals to specialists.

**Food Bank for Monterey County**

815 W. Market St., #5  
Salinas, CA 93901

**(831) 758-1523 1-800-870-3663 (Monterey)**

[www.food4hungry.org](http://www.food4hungry.org)

The largest supplier of emergency food with pantries throughout the county. Works with agencies serving the elderly, chronically ill, homeless, unemployed, and working poor. Makes monthly food drops at various locations throughout Monterey County. Seniors may sign up for USDA monthly food program.

**Foster Grandparent Program**

234 Santa Cruz Ave.

Aptos, CA 95003

**(831) 475-0816, Ext. 12**     **1-800-945-0099, Ext. 12**     [www.unitedwaysc.org](http://www.unitedwaysc.org)

Seeks low-income seniors to volunteer to serve 20 hours per week with children with special needs. This service is provided in settings such as schools and day care centers. Volunteers receive a meal at their site, transportation reimbursement, and a tax-free stipend. Income does not affect eligibility for or amounts received from Social Security and other federal and state entitlement programs. Senior Companion program helps frail peers.

**Franciscan Workers of Junipero Serra**

30 Soledad St.

Salinas, CA 93901

**(831) 757-3838**

Provides food, clothes and furniture to the community. Manages Dorothy's Place.

**Gateway Center of Monterey County**

850 Congress Ave.

Pacific Grove, CA 93950

**(831) 372-8002**

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

Comprehensive residential and day programs and services for developmentally disabled adults and seniors.

**Goodwill Industries****Shoreline Workforce Development Services**

1252 N. Main St.

Salinas, CA 93901

**(831) 443-1283**

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

Assists area residents to identify, obtain, and maintain jobs that promote self sufficiency and career advancement, starting with on-the-job training opportunities.

**Greenfield Adult School**

2015 El Camino Real

Greenfield, CA 93927

**(831) 674-3275**

Classes in English as a second language, citizenship, adult basic education, GED classes and independent studies.

**Habitat for Humanity of Monterey County**

P.O. Box 742

Seaside, CA 93955

**(831) 422-4828**

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

A non-denominational community service organization that renovates and builds homes for low-income people. Opportunities are available to serve in various volunteer capacities including: office, publication, fund raising, volunteer coordination and many more.

**Hartnell College**

156 Homestead Ave.

Salinas, CA 93901

**(831) 755-6700**[www.hartnell.edu](http://www.hartnell.edu)

Prepares students for employment with a background of both technical and general education. Assists persons seeking career change or advancement, or re-entry into a career field. Provides leisure and arts appreciation educational opportunities.

**Health Projects Center / Del Mar Caregiver Resource Center**

5 E. Gabilan St., Ste. 218

Salinas, CA 93901

**1-888-499-4156 (831) 424-4359** [www.delmarcaregiver.org](http://www.delmarcaregiver.org) , [www.hpcn.org](http://www.hpcn.org)

Provides resources for caregivers of family members with brain impairments due to Alzheimer's, dementia, Parkinson's, traumatic brain injury or any condition that results in memory loss, confusion or inability to care for themselves. Services include information/referrals, family consultations, legal/financial counseling, respite care, personal counseling, and community education/training.

**Hope Services**

546 Brunken Ave.

Salinas, CA 93901

**(831) 758-0973**

1663 Catalina St.

Sand City, CA 93955

**(831) 393-1575**

65 San Miguel Ave.

Salinas, CA 93901

**(831) 422-0208**[www.hopeservices.org](http://www.hopeservices.org)

Assists adults with developmental disabilities to live and participate in their communities. Provides work activity programs, community employment, government janitorial contracts (372-7341), day activity programs, a community based program, and independent living services.

**Hospice of the Central Coast**

2 Upper Ragsdale Dr, Ste. D-210

Monterey, CA 93940

**(831) 649-7750**[www.chomp.org/volunteer\\_opportunities/index.aspx](http://www.chomp.org/volunteer_opportunities/index.aspx)

Provides a comprehensive healthcare program for people facing a life-threatening illness, combining pain and symptom management with highly sensitive emotional support. A specialized healthcare team, including trained volunteers, addresses the patient's and family's physical, social, emotional, spiritual, and financial needs; and honors the patient's choices for care. Provides hospice volunteer opportunities.

**Housing Authority of the County of Monterey**

123 Rico St.

Salinas, CA 93907

**(831) 775-5000****754-2951 (TDD line)****649-1541 (Monterey)****424-2892 (Salinas)**[www.hamonterey.org](http://www.hamonterey.org)

A public agency that provides rental assistance and manages affordable housing throughout the County through Public Housing, Housing Choice Vouchers (Section 8), Family Self-Sufficiency Program, Migrant and Permanent Farm Worker Housing, transitional housing, and other affordable housing opportunities. Includes senior housing, disabled and wheel chair accessible housing.

**Interim, Inc.**

P.O. Box 3222  
Monterey, CA 93942

**(831) 649-4522**

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

A nonprofit public benefit corporation that works in partnership with Monterey County Behavioral Health to provide a continuum of care from homelessness or institutionalization to independent living for adults with serious mental illness.

Services include residential treatment, transitional housing, permanent affordable housing, supported employment and education services, outreach, social support groups and case management.

**John XXIII AIDS Ministry**

1121 Baldwin St.  
Salinas, CA 93906

P.O. Box 1931  
Monterey, CA 93942

**(831) 442-3959**

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

Services include spiritual/emotional counseling, workshops, support groups, referrals, housing, and newsletter. There is a support group for mothers of persons with HIV. Confidential HIV testing is available at no charge.

**Josephine Kernes Memorial Pool**

15 Portola Ave.  
Monterey, CA 93940

P.O. Box 2261  
Monterey, CA 93942

**(831) 372-1240**

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

Warm water pool with individualized exercise/swim instruction for physically, mentally and emotionally disabled children/adults. Arthritis exercise classes given. A lift is available to help non-ambulatory people in and out of the pool.

**King City Recreation Department**

212 S. Vanderhurst  
King City, CA 93930

**(831) 385-6748**

[www.kingcity.com](http://www.kingcity.com)

Recreation programs including adult sports, pool, dive tank, arts and crafts, and cooking.

**Kinship Center**

124 River Road  
Salinas, CA 93908

**1-800-454-7447**

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

Licensed child placement agency provides adoption, foster and relative caregiver programs (that include grandparents caring for grandchildren), as well as outpatient mental health services. Relative caregiver services include support groups, counseling, recreational events, in-home assessment, legal assistance referrals.

**Legal Services for Seniors**

21 Laurel Drive, Ste. 83  
Salinas, CA 93906  
**(831) 442-7700**

915 Hilby Ave. Ste. 2  
Seaside, CA 93955  
**(831) 899-0492**

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

Free legal consultation and representation for residents age 60 or older. Agency can help with: Social Security, SSI and private pension issues; healthcare, Medicare, Medi-Cal and private health insurance questions; elder abuse (financial and physical); housing rights and landlord/tenant disputes; Advanced Health Care Directives and long-term care problems; simple wills; consumer and debt collection problems; and grandparent/relative and non-relative guardianships. Bilingual.

**Loaves and Fishes**

68 River Dr. P.O. Box 1667  
King City, CA 93930 King City, CA 93930  
**(831) 385-5231**

Emergency food supplies for families who find themselves in a temporary crisis situation; families can only receive help four times a year.

**Meals on Wheels of the Monterey Peninsula, Inc.**

Sally Griffin Active Living Center  
700 Jewell Ave.  
Pacific Grove, CA 93950  
**(831) 375-4454**

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

Home delivered meals to senior/disabled residents of the Peninsula; noon meal served at Sally Griffin Active Living Center. Meal deliveries to Oldemeyer Center, VNA and SHARE, Marina Community Center, and the Monterey Senior Center. Enrichment and educational classes in the Sally Griffin Active Living Center include computer classes, writing workshops, movies, exercise, and support and special interest groups.

**Meals on Wheels of the Salinas Valley, Inc.**

40 Clark Street, Suite C  
Salinas, CA 93901  
**(831) 758-6325 758-6518 (Fax)**

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

Delivers meals to the homes of seniors and disabled adults in Salinas, rural areas and small towns of the Salinas Valley, including North and South Monterey County.

**Medical Board of California**

1426 Howe Ave., Ste. 54  
Sacramento, CA 95825  
**(916) 263-2382 (916)263-2687 (TDD)**

[www.mbc.ca.gov](http://www.mbc.ca.gov)

Licenses medical doctors, investigates complaints, disciplines those who violate law, and conducts physician evaluations. Performs similar functions for affiliated healing arts, including dispensing opticians. Provides information to the public.

**Mee Memorial Hospital**

300 Canal St.

King City, CA 93930

**(831) 385-6000**

[www.meemorial.com](http://www.meemorial.com)

A 123-bed, full-service, nonprofit hospital serving Southern Monterey County. Health facilities include the hospital, cancer center, clinics, family health centers, Centro Rural Espanol, Women's Health Center, and the Mee Mobile Health Unit that travels to San Lucas, Lockwood, San Ardo, and San Miguel. Health facilities are located in Greenfield, King City, Paso Robles, and Soledad.

**Mid-Bay Emergency Food and Referral Center, Inc. / Salvation Army**

10351 Merritt St., Ste. 6

Castroville, CA 95012

**(831) 633-3866**

Provides boxes of food for families in need. North County extension of Salvation Army. **FEMA Program** aids people with rental assistance. Help with PG & E bills is through the **REACH program**.

**Monterey Adult School**

222 Casa Verde Way

Monterey, CA 93940

**(831) 373-4600**

[www.mpusd.k12.ca.us/adultschool/index.html](http://www.mpusd.k12.ca.us/adultschool/index.html)

Special programs geared to adults 55 years and older. On-going programs are offered throughout the Monterey Peninsula. Credentialed instructors teach a variety of classes offering opportunities for personal growth, recreation, and community involvement.

**Monterey Bay Dental Society**

8 Harris Court, Ste. A-2

Monterey, CA 93940

**(831) 658-0168**

[www.mbd dentists.com](http://www.mbd dentists.com)

Referrals to dentists who offer senior discounts and help with patient-dentist conflict.

**Monterey County AIDS Project (MCAP)**

780 Hamilton Ave.

Seaside, CA 93955

**1-800-300-4740 (831) 394-4747**

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

The mission of the Monterey County AIDS project is to improve the quality of life of people living with HIV/AIDS; prevent HIV and AIDS related discrimination through advocacy and community education. Provides information, referral, a food program, transportation, counseling and emotional support, emergency assistance, and support groups.

**Monterey County Assessor's Office**

Administration Office  
168 W. Alisal St., First Floor  
P.O. Box 570  
Salinas, CA 93902

**(831) 755-5035      647-7719 (Monterey Peninsula)**

[www.co.monterey.ca.us/assessor](http://www.co.monterey.ca.us/assessor)

Determines the value of taxable property in the County. Contact this office when you have a question about property taxes in Monterey County.

**Monterey County Association of Families Caring for Children**

P.O. Box 1865  
Salinas, CA 93902

**(831) 755-8466**

[www.co.monterey.ca.us/fosterparents](http://www.co.monterey.ca.us/fosterparents)

Foster parents and community members collaborate with Family and Children's Services to share practical support for caregivers of foster and adopted children.

**Monterey County Bar Association / Lawyer Referral Service**

P.O. Box 1371  
Salinas, CA 93902

**(831) 663-6955**

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

For \$35.00, clients receive a 30-minute consultation with an attorney specialized in the area of law pertaining to their needs.

**Monterey County Department of Social and Employment Services /  
Office for Aging and Adult Services Division**

Admin. & Salinas District Ofc.  
1000 S. Main St.  
Salinas, CA 93901

**(831) 755-4400**

Aging and Adult Services Office (APS)  
713 LaGuardia  
Salinas, CA 93905

**(831) 755-3403**

Seaside District Office  
2620 First Ave.  
Seaside, CA 93955  
**(831) 883-7565**

King City District Office  
116 Broadway  
King City, CA 93930  
**(831) 385-7400**

[www.co.monterey.ca.us/departments.htm](http://www.co.monterey.ca.us/departments.htm)

Administers many programs that serve county residents, including programs for disabled adults and older individuals.

**Area Agency on Aging (AAA)** is the lead organization for planning, development, and coordination of a system of care for seniors in the County. Services funded by AAA include Adult Day Care, Legal Services, Rehab. Services, Peer Counseling, Nutrition Services, Family Caregiver Support, Elder and Dependent Adult Abuse Prevention, Health Insurance Counseling, and Information and Assistance Services.

**Adult Protective Services (APS)** assess, investigate and seek positive outcomes for elderly and dependent adults at risk of physical or financial abuse, neglect, self-neglect, exploitation; or lacking adequate food, shelter or clothing. Responds to reports of suspected elder abuse and/or self-neglect.

(Continued on next page)

**Monterey County Department of Social and Employment Services /  
Office for Aging and Adult Services Division**  
(Continued)

**Multipurpose Senior Services Program (MSSP):** case management of social and health care services as a cost-effective alternative to institutionalization of the frail elderly, age 65 or older; arranging for and monitoring use of community services.

**AIDS Case Management** is a Medicaid waiver program that provides resource and benefits information and assistance for those infected with HIV.

**In-Home Supportive Services (IHSS)** assists low-income elderly and disabled adults and children to remain safely in their homes with care providers.

**Linkages:** case management program providing assistance, coordination of home-care services for frail elderly and other adults with disabilities regardless of income.

**Supplemental Security Income (SSI) Advocacy Program** helps low-income persons who may qualify for SSI because of disability but need assistance with the application process.

**Monterey County District Attorney**

230 Church St., Bldg. 2 & 3  
Salinas, CA 93901

**(831) 755-5070**

250 Franciscan Way  
King City, CA 93930

**(831) 385-8325**

1200 Aguajito Rd., Rm. 301  
Monterey, CA 93940

**(831) 647-7770**

[www.co.monterey.ca.us/da](http://www.co.monterey.ca.us/da)

The District Attorney represents the People of the State of California in all criminal prosecutions in Monterey County. Assistant District Attorney on staff specializing in financial elder abuse.

**Civil Prosecution - Consumer and Environmental Protection and Welfare:**

Investigates/ prosecutes criminal and civil cases involving fraud, deception and illegal business activity that victimizes County residents and businesses, threatens public safety, or endangers our local environment and natural resources.

**Bad Check Restitution:** Assists citizens and businesses in recovering losses due to NSF checks, and to rehabilitate offenders.

**Victim Restitution:** When a victim of a crime files a claim, the criminal offender must reimburse the victim for crime-related expenses.

**Victim Witness Assistance:** Provides services to victims/witnesses of all types of crime through crisis intervention and related support services. Offices in Salinas and King City. Telephone the Victim/Witness Program Coordinator at (831) 755-5072.

**Domestic Violence Coordinating Council:** Coordinates services; promotes prevention, intervention, treatment; and works to improve response to domestic violence, abuse and related issues.

**Monterey County Free Libraries**

26 Central Ave.  
Salinas, CA 93901

**(831) 755-5838**

[www.co.monterey.ca.us/library/hours.html](http://www.co.monterey.ca.us/library/hours.html)

For listing of specific libraries: **See Appendix G.**

(Continued on next page)

## **Monterey County Free Libraries (Continued)**

**Adult Literacy Program (899-0417):** Free one-to-one tutoring in English literacy for adults 18 and older.

**Books by Mail (1-800-322-6884):** Free two-way postage-paid loan of library material to physically or geographically isolated persons in the County.

**Bookmobile (N. County – 663-2292; S. County – 385-3677):** Travels in north and south county. Call for schedule.

**Homework Center Program (796-6020):** Call for information and hours.

## **Monterey County Health Department**

1270 Natividad Road

Salinas, CA 93906

**(831) 755-4500      647-7650 (Monterey)**

[www.co.monterey.ca.us/health/divisions.htm](http://www.co.monterey.ca.us/health/divisions.htm)

Provides and assures access to a variety of health-related services to County residents; prevents and reduces environmental risks; and prepares and responds to health emergencies and disasters.

**Animal Services:** Manages Monterey County animal and rabies control.

**Behavioral Health:** Offers a variety of mental health services.

**Clinic Services Division:** Provides efficient and cost effective primary care to the community.

**Community Health Division:** Helps people stay healthy for as long as possible.

**Emergency Medical Services (EMS):** Administers emergency services, ambulance, training/certification, and medical disaster planning.

**Environmental Health:** Protects public and resources from environmental hazards.

**Office of Health Officer:** Provides access to needed services and protection from threats to public health.

**Public Guardian / Conservator:** Manages personal/financial affairs of those who cannot manage for themselves due to medical and or mental disability.

**Influenza Hotline: (831) 796-1280**

## **Monterey County Medical Society**

19065 Portola Drive, Ste. M

Salinas, CA 93908

**(831) 455-1008**

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

The mission of the Monterey County Medical Society is to promote and protect the public health, preserve the highest professional standards of quality medical care, and to serve as an advocate for physician members, who collectively address the health care needs of our community. Over 400 physicians dedicated to supplying quality local health care. Services include Physician Referral Service, Physician-Patient Mediation.

**Senior Helpline 1-800-510-2020**

## **Monterey County Military and Veterans Affairs**

1200 Aguajito Road, Room #003

Monterey, CA 93940

**(831) 647-7612**

3401 Engineer Lane (VA Clinic)

Seaside, CA 93955

**(831) 883-3811**

1000 S. Main St., Room 107

Salinas, CA 93901

**(831) 796-3585**

[www.co.monterey.ca.us/va](http://www.co.monterey.ca.us/va)

Provides advocacy, assistance and services designed to enhance the lives of the County's veterans, their families, and their survivors. Assists in obtaining services from governmental and local programs for eligible veterans and their families.

**Benefits Claims Assistance:** Claims advocacy for veterans, their survivors or dependents.

**Telephonic Claims Assistance:** Provides over-the-phone assistance to veterans.

**Special Outreach Services:** Provides services to severely disabled, socially disadvantaged, and senior citizen veterans whose needs would otherwise go unmet.

**County Veterans' Van Program (647-7614):** Free van transportation from Monterey County to out-of-county services.

**Special Liaison Service:** Local branch offices provide assistance in transferring from a local health care facility to a VA Hospital.

**Notary Public Services:** Available at main office at no cost to veterans.

**Survivors Assistance:** Provides claims assistance to all veterans' survivors, including casualty reporting, SBP, CIC, burial and VA death insurance claims.

## **Monterey County Public Defender**

111 W. Alisal St.

Salinas, CA 93901

**(831) 755-5058**

[www.co.monterey.ca.us/pubdef](http://www.co.monterey.ca.us/pubdef)

Every person accused of committing a crime has a constitutional right to the effective assistance of counsel. This office furnishes legal representation to indigent people charged with committing crimes in the County, ranging from simple misdemeanor to complex capital cases.

## **Monterey County Sheriff's Office**

1414 Natividad Road

Salinas, CA 93906

**(831) 755-3700**

[www.joinmcsso.com](http://www.joinmcsso.com)

Priorities are homeland security, gang suppression, school violence, domestic violence, and illegal drugs.

**Civil Division** processes evictions, subpoenas, and orders for attachments to paychecks for debts owed.

**Patrol Division** provides Search and Rescue among other services.

**Vehicle Abatement Program** removes inoperative vehicles causing a nuisance.

**Crime Prevention Unit** assists communities to establish Neighborhood Watch programs among other services.

### **Monterey Peninsula College**

980 Fremont St.  
Monterey, CA 93940  
**(831) 646-4000**

[www.mpc.edu](http://www.mpc.edu)

Two-year community college offering AA degrees, vocational education programs and a transfer program for students wishing to attend four-year colleges.

**Adapted Physical Education:** specially designed physical activities and exercise for those with disabilities.

**Gentrain Program:** An ongoing class on western civilization for older adults, designed in two-week modules.

**Gentrain Society:** is a self-governing group conducting lectures covering a wide array of cultural/educational topics.

**Health Services:** Health counseling/education and referrals; women's programs and supportive services for students with disabilities.

**Older Adult Program:** Offers free non-credit special interest classes to older adults at various locations on the Peninsula.

### **Monterey Rape Crisis Center**

P.O. Box 2630  
Monterey, CA 93942

**(831) 373-3955 (Office)**

**(831) 633-5900 (Crisis line)**

**(831) 375-4357 (Hot line)**

**1-800-656-HOPE (National hot line)**

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

Provides support services to victims of sexual assault and their family/friends, including a 24-hour crisis line, individual/group counseling, accompaniment through the system from hospital to court; information/referral services. Focus on safety and sexual assault prevention.

### **Monterey—Salinas Transit (MST)**

One Ryan Ranch Road  
Monterey, CA 93940

**1-888-678-2871 (831) 899-2555 (Monterey) 424-7695 (Salinas)** [www.mst.org](http://www.mst.org)

Fixed-route bus service within the County. Discount fares are available to seniors over 65 and people with disabilities. Call for route / schedule / fare information.

**MST RIDES ADA Program:** Paratransit service available for disabled and eligible seniors, includes curb-to-curb transportation service, reimbursed taxi services.

Application and registration required.

**Trip Planning:** Call **1-888-678-2871** to customize your bus trip.

### **Multiple Sclerosis Community Services (MSCS)**

546 Abbott St., Unit A  
Salinas, CA 93901

**(831) 758-1663**

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

Provides a point of contact for those newly diagnosed with MS and their families. Fundraising for research and local programs and services to Monterey, Santa Cruz, and San Benito Counties. Programs and services: information / referrals, peer counseling and telephone networking, in-home service program, support groups, public education, financial support and equipment loans, in-service training for professionals, lending library, quarterly newsletter, and resource directory.

**Narcotics Anonymous**

P.O. Box 381

Monterey, CA 93942

**(831) 624-2055      758-1630 (Salinas)**

[www.monterey-sbna.org](http://www.monterey-sbna.org)

A fellowship of recovering addicts using a 12-step program to improve their quality of life.

**Natividad Medical Center**

1441 Constitution Blvd.

Salinas, Ca 93906

**(831) 755-4111**

[www.natividad.com](http://www.natividad.com)

A public community hospital, 172-bed acute care medical center owned and operated by Monterey County. Services include medical surgical unit, intensive care unit, mental health unit, rehabilitation center and outpatient services, occupational medicine, cardiopulmonary neuro-diagnostic services, laboratory and pharmacy services, and a diabetes support group. Translation services available. On-site social service provides benefits counseling and advocacy for low income individuals. Monterey County Health Department's Laurel Health Clinics are located on site and provide primary and specialty care. Volunteer opportunities available.

**North County Recreation and Park District**

11261 Crane St.

Castroville, CA 95012

**(831) 633-3084**

Provides recreational opportunities for all ages. Hosts the Castroville Senior Center daily lunch and nutrition program for seniors. Also provides outreach, speakers, events, and daily activities such as bingo.

**One Stop Career Center**

**Calworks Employment Services**

**Office of Employment and Training**

730 LaGuardia

Salinas, CA 93905

**(831) 755-4452**

1760 Fremont Blvd., Ste. D-2

Seaside, CA 93955

**(831) 899-8236**

200 Broadway, Ste. 62

King City, CA 93930

**(831) 386-6801**

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

Integrates and improves employment and training services in Monterey County. Assists with career change and resume writing as well as finding a job.

**Pacific Grove Adult School**

1025 Lighthouse Ave.

Pacific Grove, CA 93950

**(831) 646-6580**

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

Variety of classes offered including: computers, exercise, foreign language, GED, ESL.

**Pajaro Rescue Mission**

111 Railroad Ave.

Watsonville, CA 95076

**(831) 724-9576**

Community food pantry, meals, emergency shelter for men, clothing, showers.

**Partnership for Prescription Assistance**

**1-888 477-2669**

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

**RxHelpForCalifornians**

**1-877-777-7815**

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

Provides referrals to for reduced-price medications, which are applicable to individual caller's situation. Program brings together pharmaceutical companies, doctors, health care providers, patient advocacy organizations and community groups to help qualifying patients get the medicines they need through the public or private program that's right for them. Many will get them free or nearly free. Many benefits are available directly at the website.

**Rebuilding Together (with Christmas in April)**

P.O. Box 3323

Monterey, CA 93942

**(831) 644-0473**

[www.rebuildingtogether-ms.org](http://www.rebuildingtogether-ms.org)

Provides assistance to people who own their home, but because of physical or financial limitation, are not able to afford home repair. Typically, these individuals are disabled, elderly, or low income. Accepts applications from September through January for homes to be considered for April Rebuilding Day (last weekend in April). Special projects occur year round. Volunteer opportunities available.

**Retired Senior Volunteer Program, Monterey Bay (RSVP)**

Santa Cruz Volunteer Center

1010 Emeline Ave., Bldg. C

Santa Cruz, CA 95060

**(831) 427-5070**

**1-800-408-9191**

[www.scvolunteercenter.com](http://www.scvolunteercenter.com)

The Monterey Bay Retired Senior Volunteer Program is administered by the Volunteer Centers of Santa Cruz County and places volunteers 55 years of age and older in volunteer positions in Santa Cruz, Monterey, and San Benito Counties. The benefits of RSVP membership include mileage reimbursement, free on-the-job supplemental insurance, a quarterly newsletter, and an annual recognition luncheon.

**Rota Care Monterey Peninsula**

1150 Fremont St.

Seaside, CA 93955

**(831) 659-8037**

[www.rotacarebayarea.org/monterey.html](http://www.rotacarebayarea.org/monterey.html)

Provides free medical services to those who have the least access to medical service (e.g., not eligible for MediCal, Medicare, or underinsured, working poor). Not for on-going medical care needs.

### **Salinas Adult School**

20 Sherwood Place

Salinas, CA 93906

**(831) 796-6900**

[www.salinasadultschool.com](http://www.salinasadultschool.com),

**Creative Living Program (CLP): 796-6920.** An educational process for adults of any age with special emphasis on older adult programs and services. Classes designed for adults are offered as open entry-open exit (start anytime).

Opportunities for frail or disabled adults.

**Education and Skills Program (ESP): 796-6970.** GED, adult basic skills and vocational certificates available.

**English as a Second Language (ESL): 796-6950.** ESL and Citizenship classes available.

**Health and Safety: 796-6970.** Continuing education hours available for nurses.

**Parent Education Program: 796-6970.** Classes and support groups for parents, (grandparents), and families.

**Support Groups:** Areas of concern include caregiving (Stroke Support, Parkinson's Support, Caregiver University Day of Learning and Sharing), parenting, wheelchair users, and Mature Driver Improvement Course.

**Rejuvenation Education Assistance Program (REAP): 796-6920.** Helps adults with physical disabilities learn and practice basic skills to maintain independence. Also extracurricular activities such as computer use, senior computer lab and digital art, quilting, watercolor, knitting; Life Enrichment, and more.

**Adults with Disabilities Program: 45 Plaza Circle, Salinas, CA, 424-7930.**

Mental Fitness/Physical Fitness Adult Day Program: For adults with dementia and/or physical disabilities; class provided jointly with Visiting Nurse Association.

### **Salinas Valley Memorial Hospital**

450 E. Romie Lane

Salinas, CA 93901

**(831) 757-4333**

[www.svmh.com](http://www.svmh.com)

269-bed acute care hospital with several distinct specializations and programs, including an **Emergency Department**, and a **Sleep Disorders Center**.

**Regional Heart Center, Regional Spine Center, Comprehensive Cancer Center,** and **Joint Replacement Center** on site.

**Lifeline Program:** 24-hour emergency response service provides reassurance that help is never out of reach. (831) 755-0788. Service League offers **Telecare**

**Program**, a friendly visitor call daily between 7:00 and 9:00 am (831) 755-0788.

### **Salvation Army**

#### **Salinas Corps Community Center**

2460 Main St.

Salinas, CA 93906

**(831) 443-9655**

P.O. Box 1570

Salinas, CA 93902

[www.salvationarmy.org/usw/www\\_usw\\_gstate.nsf](http://www.salvationarmy.org/usw/www_usw_gstate.nsf)

Provides food and activities for seniors. A lunchtime meal is available on Monday and Wednesday; a hot meal on Friday. Activities include arts and crafts, computer training classes, bingo, line dancing and sing-alongs. The Corps is equipped to provide emergency/disaster relief to residents in the Salinas Valley and San Benito County. Volunteer opportunities are also available.

(Continued on the next page)

**Salvation Army (Continued)**

**Monterey Peninsula Corps Community Center**

1491 Contra Costa Street  
Seaside, CA 93955

P.O. Box 1884  
Monterey, CA 93942

**(831) 899-4911**

Community services are available to help people in need; child and youth services.

**Monterey Peninsula Good Samaritan Center**

800 Scott Street  
Sand City, CA 93955

P.O. Box 1884  
Monterey, CA 93942

**(831) 899-4911**

Provides counseling, job placement and social services for those in need. Provides showers, laundry facilities, meals, lockers, transitional housing assistance, and addiction rehabilitation for the homeless.

**San Andreas Regional Center for the Developmentally Disabled**

344 Salinas St., Ste. 207  
Salinas, CA 93901

**(831) 759-7500**

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

Provides case management services to developmentally disabled persons living in Monterey, San Benito, Santa Clara and Santa Cruz Counties.

**SCORE, Counselors to America's Small Business**

Monterey Peninsula Chamber of Commerce  
380 Alvarado St.  
Monterey, CA 93940

Salinas Chamber of Commerce  
119 Alisal  
Salinas, CA

**(831) 648-5360**

**(831) 424-7611**

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

Provides free individual counseling, seminar/workshops for small businesses and startups in the Monterey Bay area. Volunteer opportunities available.

**Second Harvest Food Bank**

800 Ohlone Parkway  
Watsonville, CA 95076

**(831) 722-7110**

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

Distributes food to 160 member agencies for low-income people throughout Santa Cruz and San Benito Counties and the Pajaro Valley.

**Shelter Outreach Plus**

Main Office  
P.O. Box 1340  
Marina, CA 93933

**(831) 384-3388 1-800-339-8228 (Family Helpline)** [www.shelteroutreachplus.org](http://www.shelteroutreachplus.org)

A primary provider of supportive housing and services directed toward the homeless and victims of domestic violence within the County of Monterey. Current programs focus on outreach, emergency shelter, and transitional housing.

(Continued on next page)

## **Shelter Outreach Plus** (Continued)

**Family Helpline: 1-800-339-8228** is a toll-free 24-hour bilingual telephone information and referral service that assists families in crisis in gaining access to agencies and programs that best suit their pressing needs. Services include shelter, food, counseling, substance use programs, legal services, employment, citizenship, welfare, immigration services, senior services, and parenting resources.

**Homeward Bound:** Offers transitional housing program for women and children.

**Interfaith Homeless Emergency Lodging Program (I-HELP):** Offers single men shelter, food, and support through local religious communities.

**Mobile Outreach Services Team (MOST):** A team who works with the County's street homeless in an effort to help them gain access to services.

### **Social Security Administration**

24 E. Alvin Drive  
Salinas, CA 93906

**1-800-772-1213**      **(831) 757-8250**      **(831) 757-8276 (TTY)**

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

Services allow you to: change your address or telephone number; obtain a replacement Medicare Card; request a Proof of Income letter; get forms; apply for Social Security benefits; apply for extra help with Medicare prescription drug costs; find out if you qualify for Social Security Supplemental Income or other benefits; check your information and benefits; start or change direct deposit; apply for Social Security Retirement, Spouse's, or Disability benefits; and obtain statements.

### **Social Vocational Services, Inc.**

335 Abbott Street, Ste A  
Salinas, CA 93901

**(831) 751-9145**

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

Provides services to people with developmental disabilities, including Adult Day Programs, Independent and Supported Living Services, Licensed Residential Facilities, and Supported Employment.

### **Soledad Adult School**

#### **Community Education Center**

690 Main St.  
Soledad, CA 93960

**(831) 678-6300**

[www.missiontrailsrop.org/AdultSchool/Soledad/sdad.html](http://www.missiontrailsrop.org/AdultSchool/Soledad/sdad.html)

Classes in GED preparation, English as a second language, adult basic education, citizenship, and computer operations.

### **South County Cities Transportation**

212 S. Vanderhurst Ave.  
King City, CA 93930

**674-5438 (Greenfield)**

Public dial-a-ride transportation services within each city, fee for service.

### **Suicide Prevention Service of the Central Coast**

P.O. Box 52078

Pacific Grove, CA 93950

**(831) 375-6966      1-877-663-5433      649-8008 (Crisis lines)**

Provides grief support through a 24-hour crisis line. Offers support group and outreach for survivors of suicide.

### **Sun Street Centers**

P.O. Box 4007

11 Peach Drive

Salinas, CA 93912

**(831) 753-5135**

1760 Fremont St.

Seaside, CA 93955

**(831) 899-6577**

[www.sunstreetcenters.com](http://www.sunstreetcenters.com)

Goal is to prevent (re)occurrence of problems related to drug/alcohol use, and to address community health issues. Welcomes very-low income participants.

Bilingual.

**Driving Under the Influence Program** is a state licensed program, 753-5140.

**Men's Residential Program** is a 54-bed recovery center for men, 753-5145.

**Community Recovery and Resource Centers** is a drug/alcohol treatment program for families; various services available, 753-5135.

**Pueblo Del Mar Recovery Community (PDM)** is a transitional living program, with 54 units for homeless families committed to recovery and self-sufficiency, 753-6009.

**Outpatient Recovery Services** is a program for men and women to stop the cycle of addiction, 753-6001.

**Seven Suns Men's Transitional Housing** has facilities to house 56 men committed to recovery and who will support the facility, 753-5145

**Employee Assistance Program** works in partnership with employers to provide recovery services to their workers, 753-5135.

### **Sunrise House**

106 Lincoln Ave.

Salinas, CA 93901

**(831) 758-3302 (Crisis Hotline)**

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

Individual and Family Services: Counseling, crisis intervention, drop in center, drug and alcohol information, premarital counseling for minors, help reuniting runaways and their families. Community Services: Training and workshops, literature, referral service, speakers bureau, Drug Diversion for juveniles, Drug Resource Specialist for school anti-drug programs, Youth Alternative to Violence (YATV), activities.

### **Trucha, Inc.**

725 E. Market St.

Salinas, CA 93905

**(831) 424-0521**

Community services include assistance with issues such as: immigration, uncontested divorces, income/expense reports, income taxes, translations, interpreter services, counseling and more. Bilingual.

**United States Citizenship and Immigration Services (USCIS)  
Application Support Center**

1954 N. Main St.  
Santa Rita Plaza  
Salinas, CA 93906

**1-800-375-5283**

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

Support center for persons needing help with Application for Naturalization or Application to Register Permanent Residence or Adjust Status, and for scheduled appointments for required background checks.

**Valley Health Associates**

338 Monterey St.  
Salinas, CA 93901

**(831) 424-6655**

[www.valleyhealthassociates.com](http://www.valleyhealthassociates.com)

Non-profit corporation offering prevention, intervention, and treatment services for alcoholism, alcohol abuse, and drug dependency.

**Veterans Administration, Monterey Clinic**

3401 Engineer Lane  
Seaside, CA 93955

**(831) 883-3811      1-800-455-0057 (Health Advice)**

[www.monterey.networkofcare.org](http://www.monterey.networkofcare.org)

Outpatient health/pharmacy services for veterans. Coordinates inpatient care with Veterans Administration Medical Center in Palo Alto.

**Veterans Transition Center of Monterey County**

220 12th St.  
Marina, CA 93933

**(831) 883-8387**

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

Provides support services/housing to homeless veterans and their families. Also provides emergency services and case management programs. Strives to better the lives of homeless veterans by giving them tools to help themselves.

**Victims of Corporate Fraud Compensation Fund**

1500 11th St., 3rd floor  
Sacramento, CA 95814

**(916) 653-3984**

[www.ss.ca.gov/vcfcf](http://www.ss.ca.gov/vcfcf)

State program helps victims unable to collect on corporate fraud judgments from the state or federal court.

**Senior Helpline 1-800-510-2020**

### **Victims of Crime Resource Center**

McGeorge School of Law  
3200 Fifth Ave.  
Sacramento, CA 95817

**1-800-842-8467**

[www.1800victims.org](http://www.1800victims.org)

Provides information to victims regarding compensation, restitution, their role and rights in the criminal justice system, counseling/referrals. Referrals made to special programs, e.g., those dealing with sexual assault and domestic violence victims.

### **Victory Mission**

43 Soledad St. P.O. Box 995  
Salinas, CA 93901 Salinas, CA 93902

**(831) 424-5688**

[www.monterey.networkofcare.org](http://www.monterey.networkofcare.org)

Non-profit Christian organization providing over 50 beds for homeless men. Breakfast and dinner are available for men, women and children who attend services.

### **Visiting Nurse Association (VNA) and Hospice, Inc. (Central Coast VNA and Hospice, Inc.)**

P.O. Box 2480  
Monterey, CA 93942

**(831) 372-6668**

[www.ccvna.com](http://www.ccvna.com)

A nonprofit organization that provides a full range of home care, hospice, adult day care and community services to residents of Monterey and San Benito Counties and the Central Coast region.

**Home Care:** Provides home care for those recovering from surgery or who have a major illness and require skilled in-home nursing care. After an assessment of needs, a personalized plan of care is developed for the patient. Services cover a broad range of needs including rehabilitation.

**Hospice:** Provides compassionate, skilled care and support for patients with a terminal illness and their families, in the home, nursing homes, and residential care facilities. Also provides end-of-life symptom and pain management, comfort, and support to families. The program is Medicare and Medi-Cal Certified and also is covered under other private policies. Private fees are based on the family's ability to pay. Respite services are also provided for responsible family members and caregivers. Bereavement Groups also available.

**Pediatrics/Obstetrics:** Specialized home care services for new mothers and babies.

**Cardiac Care:** Call VNA Patient Care Planning at **758-8302**.

**Adult Day Centers:** **SHARE** (Stroke, Handicapped Adult Rehabilitation and Education) is offered Tuesday and Thursday from 9 a.m. to 2 p.m. at the Seaside Adult Day Center, located at 200 Coe Avenue. **ADCRC** (Alzheimer's Day Care Resource Center) is offered Monday, Wednesday, and Friday from 9 a.m. to 2 p.m. at the same location. Both programs offer a snack and a nutritious lunch, and transportation is available through the MST/RIDES program on a space-available basis. The monthly fee is based on a sliding scale. Call **899-7178**.

(Continued on next page)

## **Visiting Nurse Association (VNA) and Hospice, Inc. (Continued)**

**Hilltop Park Adult Day Care Center:** For frail elderly and adults with early memory loss; activity center is located in Monterey. Daily fee; sliding scale. Call **643-0278**.

**Adult Day Services Center:** Specifically to provide respite for caregivers, this activity center operates five days a week for a daily fee based on a sliding scale. Located in Salinas, call: **424-7930**.

**Community Services/Immunizations: 758-8302.** Cholesterol and diabetes testing, immunization clinics including flu vaccines, and travel consultation. Also administers the Sexual Assault Response Team (SART) program for Monterey County.

**Volunteer Programs:** Many opportunities to volunteer for Adult Day Center, Hospice, and other programs, **648-3702**.

### **Volunteer Center of Monterey County**

901 Padre Drive  
Salinas, CA 93901

**(831) 757-3206**

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

Refers volunteers to non-profit organizations in meaningful volunteer jobs suited to enrollees.

### **Widowed Persons Association of California**

P.O. Box 223686  
Carmel, CA 93922

**(831) 373-7069, 422-5529**

[www.widowedcal.com](http://www.widowedcal.com)

Nonprofit organization; members socialize, share interests/hobbies/activities.

### **Women's Crisis Center**

P.O. Box 1805  
Salinas, CA 93902

**(831) 757-1002, 1-888-757-1001 (Crisis Line)**

[www.mcwcc.net](http://www.mcwcc.net)

Dedicated to ending the cycle of violence: providing 24-hour crisis response, counseling, education, temporary restraining orders, community outreach, support groups, parenting classes, information and referrals. All services Bilingual.

### **YMCA**

600 Camino El Estero  
Monterey, CA 93940

**(831) 373-4167**

Programs for entire family. Sports, activities, recreation.

### **YMCA**

117 Clay St.  
Salinas, CA 93901

**(831) 758-3811**

Heated therapeutic indoor/outdoor pool; senior athletic programs. Seniors have a special limited hours rate that includes whirlpool, steam room and sauna.

**YMCA**

560 Walker Dr.  
Soledad, CA 93960

**(831) 678-1239**

Senior aerobics, use of facility and gyms. Bingo from 11 am to 2 pm. Youth and adult programs; afterschool and summer day camps.

**YWCA / The Lawson House**

1976 Fremont Blvd.  
Seaside, CA 93955

**1-800-992-2151/(831) 583-1025/(831) 372-6300 (Crisis Line)** [www.safenetwork.net](http://www.safenetwork.net)

Helps domestic violence victims with shelter, Temporary Restraining Orders and counseling.

**YWCA of Watsonville**

340 E. Beach St.  
Watsonville, CA 95076

**(831) 724-6078**

Goals are to empower women and eliminate racism. Transitional housing for single women, seminars and a thrift shop.

# APPENDICES



## APPENDIX A

### SENIOR CENTERS AND DINING PROGRAMS

Each may offer a variety of social, recreational, educational, and dining programs, so please call for program information. All sites are in the (831) area code.

**Active Seniors, Inc.**

100 Harvest St.  
Salinas, CA 93901  
**424-5066**

**Oldemeyer Center**

986 Hilby Ave.  
Seaside, CA 93955  
**899-6339**

**Community Center, Castroville**

11261 Crane St.  
Castroville, CA 95012  
**646-3878**

**Porter Vallejo Center**

29-A Bishop  
Pajaro, CA 95076  
**724-1929**

**Gonzales Community Center**

117 Fourth St.  
Gonzales, CA 93926  
**675-9057**

**Prunedale Senior Center**

8300 Prunedale Road North  
Salinas, CA 93907

**Leo Myer Senior Center**

415 Queen St.  
King City, CA 93930  
**385-4562**

**Salinas Adult School**

**Creative Living Center School**  
20 Sherwood Place  
Salinas, CA 93906  
**796-6900**

**Los Ositos Community Center**

1083 Elm Ave.  
Greenfield, CA 93927  
**674-5100**

**Sally J. Griffin Active Living Ctr.**

700 Jewell Ave.  
Pacific Grove, CA 93950  
**375-4454**

**LUPE Firehouse Community Center**

1330 E. Alisal St.  
Salinas, CA 93905  
**758-7900**

**Salvation Army**

2460 Main Street  
Salinas, CA 93906  
**443-9655**

**Marina Community Center**

211 Hillcrest Ave.  
Marina, CA 93933  
**384-6009**

**Alliance on Aging Luncheon**

**@ St. Ansgar's Lutheran Church**  
72 E. San Joaquin  
Salinas, CA 93901  
**758-2811**

**Monterey Senior Center**

280 Dickman Ave.  
Monterey, CA 93940  
**646-3878**



## APPENDIX B

### SENIOR APARTMENTS

#### **Canterbury Woods**

651 Sinex Ave.  
Pacific Grove, CA 93950

**(831) 657-4193**

150 independent apartments and cottages in a life care retirement community. Meals, weekly housekeeping and social activities are included.

#### **Carmel Valley Manor**

8545 Carmel Valley Road  
Carmel, CA 93923

**(831) 624-1281**

A lifecare retirement community offering assisted living and skilled nursing. Applicants for residency must meet strict health and financial criterion. (There is no direct admission to assisted living or skilled nursing facilities.)

#### **Del Mesa Carmel**

500 Del Mesa Drive  
Carmel, CA 93923

**(831) 624-1853**

Active senior community for older adults (55+) who are ambulatory and self sufficient. Homes available in different sizes; recreational amenities and dining facility. Association fees for maintenance, utilities, property insurance.

#### **Forest Hill Manor**

551 Gibson Ave.  
Pacific Grove, CA 93950

**(831) 657-5200**

Life care and continuing care retirement community providing a comprehensive health care program for seniors over age 62.

#### **Hacienda Carmel**

Carmel Valley Road and Via Mallorca  
Carmel, CA 93923

**(831) 624-8261**

Senior condominium community with units available in four sizes with no long-term care facilities. Association fees cover maintenance and utilities. Recreational amenities, dining facility and assisted living facility on the property.

#### **Pacific Meadows**

5315 Carmel Valley Road  
Carmel, CA 93923

**(831) 624-9355**

Senior apartment complex offering low/moderate income and market rate units. Accepts Section 8. Apply directly.

**The Park Lane/Classic Residence by Hyatt**

200 Glenwood Circle

Monterey, CA 93940

**800-782-5730/(831) 373-6126**

Full-service rental retirement community with activities, amenities and an Assisted Living Center.

**Avalon Villa Serra**

1320 Padre Drive

Salinas, CA 93901

**(831) 754-5532**

Retirement and assisted living community. Basic service rent includes meals, utilities, laundry, activities, transportation, and other amenities.

## APPENDIX C

### AFFORDABLE RENTAL HOUSING

"Affordable" refers to rentals below market rates or rent determined by income. Such rentals are often subsidized by government programs. All rental complexes listed are for seniors and/or disabled, but availability and age requirements should be obtained. Please contact the Housing Authority of the County of Monterey at (831) 775-5000 or [www.hamonterey.org](http://www.hamonterey.org) and Community Housing Improvement System and Planning Association (CHISPA), (831) 757-6251 or [www.chispahousing.org](http://www.chispahousing.org) for the most recent information available. All phone numbers are in the (831) area code. Other facilities may also be available, but are not included in this list.

#### MONTEREY PENINSULA

##### Carmel Valley

###### **Rippling River**

53 E. Carmel Valley Rd.  
Carmel Valley, CA 93924  
**649-1541**

##### Marina

###### **Cypress Gardens**

3135 Sea Crest  
Marina, CA 93933  
**384-0366**

###### **Marina Manor**

3082 Sunset Ave.  
Marina, CA 93933  
**384-6087**

##### Monterey

###### **Casanova Plaza**

800 Casanova Ave.  
Monterey, CA 93940  
**649-1541**

###### **Portola Vista**

20 Del Monte Ave.  
Monterey, CA 93940  
**649-1541**

###### **El Estero**

151 Park  
Monterey, CA 93940  
**655-0924**

##### Pacific Grove

###### **Vista Point**

650 Jewel  
Pacific Grove, CA 93950  
Contact South County Property Management for information  
**(408) 842-5484**

**AFFORDABLE RENTAL HOUSING (continued)**

**Seaside**

**Villa Del Monte**  
1670 Broadway  
Seaside, CA 93955  
**394-0669**

**SALINAS**

**Bonnie Doon Apartments**  
991 N. Madeira Ave.  
Salinas, CA 93905  
**758-4528**

**Regency Court**  
200 Regency Circle  
Salinas, CA 93906  
**442-2442**

**Parkside Manor**  
1112-1114 Parkside  
Salinas, CA 93906  
**649-1541 (Monterey)**

**Steinbeck Commons**  
10 Lincoln Ave.  
Salinas, CA 93905  
**754-1918 (Monterey)**

**Los Arbuelitos**  
528 E. Market St.  
Salinas, CA 93905  
**757-1283**

**SOUTH COUNTY**

**Gonzales**

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

**Greenfield**

**Los Ositos**  
1083 Elm Ave.  
Greenfield, CA 93927  
**674-2974**

**King City**

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

## APPENDIX D

### ASSISTED LIVING AND RESIDENTIAL CARE FACILITIES

Provides 24-hour supervision and assistance with activities of daily living (ADLs) in a residential environment. Facility may have apartments, rooms or shared accommodations, meals are usually served in a common area and there is often space for activities. It is recommended that several facilities be visited before a decision is made. All phone numbers are 831 area code. Call OMBUDSMAN (831) 655-1334 for additional information.

	<u>Beds</u>	<u>Non-Ambulatory</u>	<u>SSI</u>	<u>Comments</u>
<b>Agape of Carmel</b> 25527 Flanders Drive Carmel, CA 93923 <b>626-1032</b>	6	3	no	
<b>Almost Home</b> 818 Riker Street Salinas, CA 93906 <b>771-1602</b>	6	6	no	
<b>Angelicas</b> 555 Francis Seaside, CA 93955 <b>899-2644</b>	40	40	no	
<b>Aninzo Care Home</b> 1571 Atherton Way Salinas, CA 93609 <b>444-9537</b>	6	0	yes	
<b>Baltazar Care Home</b> 226 Clinton Court Salinas, CA 93906 <b>449-2359</b>	2	0	no	
<b>Batwals Home Service</b> 416 Windsor Court Marina, CA 93933 <b>384-2027</b>	6	6	no	
<b>Bethany's Place of Care</b> 1961 Gladstone Way Salinas, CA 93906 <b>442-2602</b>	6	6	no	

	<u>Beds</u>	<u>Non-Ambulatory</u>	<u>SSI</u>	<u>Comments</u>
<b>Brookdale Manor</b> 6385 Brookdale Drive Carmel, CA 93923 <b>622-9698</b>	6	6	no	
<b>Canterbury Woods</b> 651 Sinex Pacific Grove, CA 93950 <b>373-3111</b>	190	34	no	Life care facility
<b>Carmel Life Manor</b> 26580 Bonito Way Carmel Valley, CA 93920 <b>620-1804</b>	10	0	no	
<b>Carmel Terrace</b> 25193 Hatton Road Carmel, CA 93921 <b>622-0871</b>	6	6	no	
<b>Carmel Valley Guest Home</b> 200 W. Carmel Valley Road Carmel Valley, CA 93924 <b>659-2077</b>	12	12	no	Specializes in serving residents with Alzheimer's & related dementias
<b>Carmel Valley Manor</b> 8545 Carmel Valley Road Carmel, CA 93923 <b>624-1281</b>	258	24	no	Life care facility
<b>Carmel Villa</b> 26635 Pancho Way Carmel, CA 93923 <b>625-9394</b>	6	6	no	Most pets accepted
<b>Carmelo Park</b> 966 Carmelo St. Monterey, CA 93940 <b>375-0665</b>	40	6	no	Off Cass Street

	<u>Beds</u>	<u>Non-Ambulatory</u>	<u>SSI</u>	<u>Comments</u>
<b>Christians Home Care</b> 12895 Via Linda Castroville, CA 93906 <b>261-3503</b>	4	4	yes	
<b>Christine's Guest Home</b> 458 Ranier Drive Salinas, CA 93906 <b>443-4038</b>	6	2	yes	
<b>Christine's Guest Home II</b> 694 Los Coches Salinas, CA 93906 <b>443-1714</b>	6	0	yes	
<b>Christine's Guest Home III</b> 1602 Marsfield Court Salinas, CA 93906 <b>444-6869</b>	6	0	yes	
<b>Colonial Manor</b> 645 Williams Road Salinas, CA 93905 <b>758-3525</b>	40	16	yes	
<b>Cozy Home</b> 97 Springfield Moss Landing, CA 95039 <b>728-7751</b>	6	6	no	
<b>Del Monte Residential Care</b> 1229 David Avenue Pacific Grove, CA 93950 <b>375-2206</b>	49	23	no	
<b>Drake House</b> 399 Drake Avenue Monterey, CA 93940 <b>643-9069</b>	49	49	yes	Specializes in serving residents with mental illness

	<u>Beds</u>	<u>Non-Ambulatory</u>	<u>SSI</u>	<u>Comments</u>
<b>El Camino Real Manor</b> 3250 Vista El Camino Marino, CA 93933 <b>444-0211</b>	6	6	no	
<b>Faithful Home Care II</b> 489 W. Alisal Salinas, CA 93901 <b>422-3288</b>	6	6	yes	
<b>Feel At Home</b> 1546 Madrone Road Salinas, CA 93905 <b>753-2567</b>	6	0	yes	
<b>Flanders Court</b> 25661 Morse Drive Carmel, CA 93923 <b>626-0824</b>	6	6	no	
<b>Forest Hill Manor</b> 551 Gibson St. Pacific Grove, CA 93950 <b>657-5200</b>	130	12	no	Life care facility
<b>Geriliz Residential Care</b> 1864 Stratford Court Salinas, CA 93906 <b>442-1817</b>	6	6	no	
<b>Green Pines Residential Care</b> 11 Saguaro Circle Salinas, CA 93901 <b>776-3167</b>	6	6	yes	
<b>Home Away From Home #1</b> 941 Los Palos Drive Salinas, CA 93901 <b>757-6782</b>	8	5	no	
<b>Home Away From Home #2</b> 737 San Vicente Avenue Salinas, CA 93901 <b>422-1072</b>	6	2	no	

	<u>Beds</u>	<u>Non-Ambulatory</u>	<u>SSI</u>	<u>Comments</u>
<b>Huckleberry House</b> 1222 Josselyn Canyon Monterey, CA 93940 <b>643-2525</b>	6	6	no	
<b>M &amp; M Residential Care</b> 1533 Cougar Avenue Salinas, CA 93905 <b>769-0957</b>	5	3	yes	
<b>Mabuhay Residential</b> 704 North Madiera Salinas, CA 93905 <b>754-2080</b>	6	6	yes	
<b>Madonna Drive Care Home</b> 14 Madonna Drive Salinas, CA 93906 <b>757-4247</b>	6	6	no	
<b>Madonna Manor</b> 1335 Byron Salinas, CA 93901 <b>758-0931</b>	26	0	no	For women only
<b>Magallanes Rest Home</b> 193 Lillian Place Marina, CA 93933 <b>384-2891</b>	6	0	no	
<b>Magallanes Rest Home #2</b> 3271 Marina Drive Marina, CA 93933 <b>883-8252</b>	2	0	no	
<b>Magnolia Manor</b> 26695 Pancho Way Carmel, CA 93923 <b>625-9488</b>	6	6	no	
<b>Mante Board &amp; Care Home II</b> 1557 Cupertino Way Salinas, CA 93905 <b>442-3350</b>	6	2	no	

	<u>Beds</u>	<u>Non-Ambulatory</u>	<u>SSI</u>	<u>Comments</u>
<b>Mary Lord Residential Care</b> 1522 Cotton Wood Drive Salinas, CA 93905 <b>769-0713</b>	6	6	no	
<b>Pacific Rest</b> 1100 Pacific St. Monterey, CA 93940 <b>372-5670</b>	6	6	no	
<b>Providence</b> 711 St. Regis Way Salinas, CA 93901 <b>794-1249</b>	5	0	no	
<b>Queen of Angels</b> 745 Carmelita Drive Salinas, CA 93901 <b>758-8121</b>	10	4	no	
<b>R &amp; Q Residential Care</b> 735 St. Charles Way Salinas, CA 93905 <b>422-6564</b>	6	0	yes	
<b>Ronas Tender Care Home</b> 1939 Chelssea Court Salinas, CA 93905 <b>442-3893</b>	4	4	no	
<b>Santo Nino Residential Care</b> 965 Hancock Street Salinas, CA 93906 <b>443-9573</b>	6	2	no	
<b>Serra Village Inn</b> 20290 Anza Drive Salinas, CA 93908 <b>455-2635</b>	7	6	no	
<b>Shepherds Inn</b> 11899 Cypress Circle Castroville, CA 95012 <b>632-2200</b>	6	1	no	

	<u>Beds</u>	<u>Non-Ambulatory</u>	<u>SSI</u>	<u>Comments</u>
<b>Southside RCFE</b> 283 Reata Street Salinas, CA 93906 <b>443-1969</b>	8	6	yes	
<b>St. Augustine Home Care</b> 695 St. Augustine Drive Salinas, CA 93905 <b>422-8159</b>	6	2	no	
<b>St. Charles Guest Home</b> 707 St. Charles Way Salinas, CA 93905 <b>758-5145</b>	6	1	yes	
<b>Summerville</b> 290 Regency Circle Salinas, CA 93906 <b>443-6467</b>	75	75	no	39 Alzheimer units available
<b>Touch of Grace</b> 706 Elm Street Greenfield, CA 93927 <b>674-3717</b>	26	26	yes	
<b>Town &amp; Country Residential Care</b> 27917 Berwick Carmel, CA 93923 <b>624-4068</b>	6	6	no	
<b>Valley Rest Residence</b> 25017 Valley Place Carmel, CA 93923 <b>372-5670</b>	6	6	no	
<b>Victorian Carmel-by the-Sea</b> P.O. Box U Carmel, CA 93921 <b>624-1003</b>	9	9	no	At Lincoln & 7th

	<u>Beds</u>	<u>Non-Ambulatory</u>	<u>SSI</u>	<u>Comments</u>
<b>Victorian Hacienda</b> 1000 Hacienda Carmel Carmel, CA 93923 <b>655-1935</b>	6	0	no	Open to Hacienda residents only.
<b>Villa Mirage of Carmel</b> 101 Village Lane Carmel Valley, CA 93924 <b>659-5689</b>	6	0	no	
<b>Villa Serra</b> 1320 Padre Drive Salinas, CA 93901 <b>754-5532</b>	225	75	no	
<b>Young At Heart</b> 18 Orange Drive Salinas, CA 93901 <b>594-1537</b>	6	6	no	

## APPENDIX E

### SKILLED NURSING FACILITIES

Provide 24-hour licensed, professional skilled nursing for convalescence and other medical conditions and custodial care for those who are very frail physically or who have advanced dementia. Medicare pays a limited amount under certain conditions. Coverage under a Long Term Care Insurance policy varies, check with your carrier. All facilities are in the (831) area code. Call OMBUDSMAN (831) 655-1334 for additional information.

	<u>Beds</u>	<u>Medicare/MediCal</u>	<u>Comments</u>
<b>Ave Maria Convalescent</b> 1249 Josselyn Canyon Rd. Monterey, CA 93940 <b>373-1216</b>	30	Private Pay Only	
<b>Carmel Hills Care Center</b> 23795 Holman Highway Monterey, CA 93940 <b>624-1875</b>	99	Both	
<b>Canterbury Woods</b> 651 Sinex Pacific Grove, CA 93950 <b>373-3111</b>	24	Medicare/Private	Life care
<b>Carmel Valley Manor</b> 8545 Carmel Valley Road Carmel Valley, CA 93923 <b>624-1281</b>	28	None	Life care
<b>Eden Valley Health Care</b> 612 Main St. Soledad, CA 93960 <b>678-2462</b>	59	Both	
<b>Katherine Healthcare</b> 315 Alameda St. Salinas, CA 93901 <b>424-1878</b>	48	Both	
<b>Mee Memorial Hospital</b> 300 Canal St. King City, CA 93930 <b>385-6000</b>	12	Both	

	<u>Beds</u>	<u>Medicare/MediCal</u>	<u>Comments</u>
<b>Monterey Care Center</b> 1575 Skyline Drive Monterey, CA 93940 <b>373-2731</b>	77	Both	
<b>Monterey Pines</b> 1501 Skyline Drive Monterey, CA 93940 <b>373-3716</b>	99	Both	
<b>Pacific Coast</b> 720 E. Romie Lane Salinas, CA 93901 <b>424-8072</b>	149	Both	Alzheimer's unit: 32 beds
<b>Pacific Grove Convalescent</b> 200 Lighthouse Pacific Grove, CA 93950 <b>375-2695</b>	51	Both	
<b>Skyline Care Center</b> 348 Iris Drive Salinas, CA 93906 <b>449-5496</b>	80	Both	
<b>The Ridge Rehab. Center</b> 350 Iris Drive Salinas, CA 93906 <b>449-1515</b>	99	Both	
<b>Westland House, Hospice</b> 100 Barnet Segal Lane Monterey, CA 93940 <b>658-3737</b>	28	Medicare/Private	
<b>Windsor Garden of Salinas</b> 637 E. Romie Lane Salinas, CA 93901 <b>424-0687</b>	99	Both	

## APPENDIX F

### ADULT DAY CARE AND ACTIVITIES PROGRAMS

**Visiting Nurse Association and Hospice, Inc.  
(Central Coast VNA and Hospice, Inc.)**

P.O. Box 2480  
Monterey, CA 93942

**(831) 372-6668**

[www.ccvna.com](http://www.ccvna.com)

A nonprofit organization that provides a full range of home care, hospice, adult day care and community services to residents of Monterey and San Benito Counties and the Central Coast region.

**Adult Day Centers: SHARE** (Stroke, Handicapped Adult Rehabilitation and Education) is offered Tuesday and Thursday from 9 a.m. to 2 p.m. at the Seaside Adult Day Center, located at 200 Coe Avenue. **ADCRC** (Alzheimer's Day Care Resource Center) is offered Monday, Wednesday, and Friday from 9 a.m. to 2 p.m. at the same location. Both programs offer a snack and a nutritious lunch, and transportation is available through the MST/RIDES program on a space-available basis. The monthly fee is based on a sliding scale. Call **899-7178**.

**Hilltop Park Adult Day Care Center:** For frail elderly and adults with early memory loss; activity center is located in Monterey. Daily fee; sliding scale. Call **643-0278**.

**Adult Day Services Center:** Specifically to provide respite for caregivers, this activity center operates five days a week for a daily fee based on a sliding scale. Located in Salinas, call: **424-7930**.

**(Volunteer Programs:** Many opportunities to volunteer for Adult Day Center, Hospice, and other programs, **648-3702**.)

**Salinas Adult School**

20 Sherwood Place  
Salinas, CA 93906

**(831) 796-6900**

[www.salinasadultschool.com](http://www.salinasadultschool.com),

**Creative Living Program (CLP): 796-6920.** An educational process for adults of any age with special emphasis on older adult programs and services. Classes designed for adults are offered as open entry-open exit (start anytime). Opportunities for frail or disabled adults.

**Rejuvenation Education Assistance Program (REAP): 796-6920.** Helps adults with physical disabilities learn and practice basic skills to maintain independence. Also extracurricular activities such as computer use, senior computer lab and digital art, quilting, watercolor, knitting; life enrichment, and more.

**Adults with Disabilities Program: 45 Plaza Circle, Salinas, CA, 424-7930.** Mental Fitness/Physical Fitness Adult Day Program: For adults with dementia and/or physical disabilities; class provided jointly with Visiting Nurse Association.



## APPENDIX G

### HOME CARE/ HOME HEALTH CARE/ HOSPICE PROVIDERS

This list includes local providers of home care, home health care and hospice services. These companies are not included in the alphabetical listing of non-profit and public agency providers.

#### **Home Care/Home Health Care**

##### **Alliance Home Care**

19045 Portola Drive  
Salinas, CA 93908  
**(831) 455-8901**

##### **Care Solutions/Choice/Community Care**

1900 Garden Rd.  
Monterey, CA 93940  
**(831) 657-1999**

##### **Central Coast Services for Seniors**

207 16<sup>th</sup> St., Suite 300  
Pacific Grove, CA 93950  
**(831) 649-3363**

##### **Country Home Care**

995 Cass St.  
Monterey, CA 93940  
**(831) 333-2070**

##### **Loving Home Care**

243 El Dorado St. #100  
Monterey, CA 93940  
**(831) 643-2500**

##### **Victorian Home Care**

833 Cass St.  
Monterey, CA 93940  
**(831) 655-1935**

#### **Hospice Care/Home Health Care**

##### **Heartland Hospice**

2511 Garden Rd., Ste. B-200  
Monterey, CA 93940  
**(831) 373-8442**



## APPENDIX H

### LIBRARIES

**Carmel-by-the-Sea (Main)**  
624-4629

**Pacific Grove**  
648-5760

**Monterey (City)**  
646-3932

**Salinas (Administration)**  
758-7314

### MONTEREY COUNTY FREE LIBRARIES

**Administration**  
758-5838

**King City**  
385-3677

**Branches Bookmobiles**  
663-2292 (N. County)  
385-3677 (S. County)

**Marina**  
384-6971

**Aromas**  
726-3240

**Pajaro**  
761-2545

**Big Sur**  
667-2537

**Parkfield**  
(805) 463-2347

**Bradley**  
(805) 472-9407

**Prunedale**  
663-2292

**Buena Vista**  
455-9699

**San Ardo**  
627-2503

**Carmel Valley**  
659-2377

**San Lucas**  
382-4382

**Castroville**  
769-8724

**Seaside**  
899-2055

**Gonzales**  
675-2209

**Soledad**  
678-2430

**Greenfield**  
674-2614

**NOTE:** All phone numbers are in area code 831. Please call for location and hours of operation.



**APPENDIX I  
ELECTED OFFICIALS**

**Senate**

**Barbara Boxer**  
Hart Bldg., #112  
Washington, DC 20510  
**(202) 224-3553**  
[www.boxer.senate.gov/](http://www.boxer.senate.gov/)

**Dianne Feinstein**  
Hart Bldg., #331  
Washington, DC 20510  
**(202) 224-3841**  
[www.feinstein.senate.gov/](http://www.feinstein.senate.gov/)

**House of Representatives**

**Sam Farr - District 17**  
Longworth Bldg., #1221  
Washington, DC 20515  
**(202) 225-2861**  
**1-800-340-FARR**  
**(Monterey County)**  
[www.farr.house.gov](http://www.farr.house.gov)

**California State Senate**

**Jeff Denham (District 12)**  
Capital Bldg., #3076  
Sacramento, CA 95814  
**(916) 651-4012**  
[www.republican.sen.ca.gov/web/12](http://www.republican.sen.ca.gov/web/12)

**Abel Maldonado (District 15)**  
Capitol Bldg., #4082  
Sacramento, CA 95814  
**(916) 651-4015**  
[www.republican.sen.ca.gov/web/15](http://www.republican.sen.ca.gov/web/15)

**California State Assembly**

**John Laird (District 27)**  
Capitol Office, State Capitol  
P.O. Box 942849  
Sacramento, CA 94249  
**(916) 319-2027**  
[democrats.assembly.ca.gov.members/a27](http://democrats.assembly.ca.gov.members/a27)

**Anna Caballero (District 28)**  
Capitol Office, State Capitol  
P.O. Box 942849  
Sacramento, CA 94249  
**(916) 319-2028**  
[democrats.assembly.ca.gov.members/a28](http://democrats.assembly.ca.gov.members/a28)

**Board of Supervisors**

**Fernando Armenta (District 1)**  
60 W. Market St., Ste. 110  
Salinas, CA 93901  
**(831) 755-5011**

**Simon Salinas (District 3)**  
168 W. Alisal, 3<sup>rd</sup> Floor  
Salinas, CA 93901  
**(831) 755-5033      385-8333**

**Louis R. Calcagno (District 2)**  
11140 Speegle St., P.O. Box 787  
Castroville, CA 95012  
**(831) 755-5022**

**Jerry Smith (District 4)**  
2616 First Ave.  
Marina, CA 93933  
**(831) 883-7570**

**Dave Potter (District 5)**  
1200 Aguajito Rd., Ste. 001  
Monterey, CA 93940  
**(831) 647-7755      755-5055**



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**CORRECTION FORM**

**Please use the following form to send any updates on or additions to your organization to the Alliance on Aging.**

Please print and complete all items on this form:

Name of Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City, Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Website: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Message: \_\_\_\_\_

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**Mail or fax completed form to:**

**ATTN: Alliance on Aging  
Information and Assistance  
280 Dickman Avenue  
Monterey, CA 93940  
(831) 646-1458**

# NOTES