

SENIOR ASSISTANCE DIRECTORY
(A listing of commonly requested telephone numbers.)

NUMBER	ORGANIZATION	TELEPHONE NUMBER
1.	AAA Emergency Road Service	1-800-222-4357
2.	AARP	1-888-687-2277
3.	AC Transit	510-891-4700
4.	Adult Protective Service	510-577-1900
5.	Alameda Adult School	510-522-3858
6.	Alameda County Area Agency on Aging	510-577-1900
7.	Alameda County Industries (Garbage and Recycling Service)	510-483-1400
8.	Alameda County In-Home Support Services	510-577-1800
9.	Alameda Food Bank	510-523-5850
10.	Alameda Free Library	510-747-7777
11.	Alameda Friendly Visitor	510-748-0342
12.	Alameda Hospital	510-522-3700
13.	Alameda Housing Authority	510-747-4300
14.	Alameda Meals on Wheel	510-865-6131
15.	Alameda Municipal Power	510-748-3900
16.	Alameda Police (Non-emergency number)	510-337-8340
17.	Alameda Red Cross	510-814-4200
18.	Alzheimer's Association	1-800-272-3900
19.	American Cancer Society	1-800-227-2345
20.	American Diabetes Association	1-800-342-2383
21.	American Heart Association	1-800-242-8721
22.	American Lung Association	1-800-548-8252
23.	Assets Senior Employment	510-238-3535
24.	AT&T	1-800-310-2355
25.	Bay Area Community Services (BACS)	510-986-8909
26.	BACS Care Management	510-271-8843
27.	Brown Bag Program (Nutrition)	510-534-8540
28.	California Advocacy for Nursing Home Reform (CANHR)	415-974-5171
29.	California Advocacy for Nursing Home Reform (CANHR)	1-800-474-1116
30.	Center for Independent Living	510-763-9999
31.	DMV	1-800-777-0133
32.	East Bay Center for Older Adult Services	510-558-7800
33.	East Bay Paratransit	510-287-5000
34.	East Bay Paratransit (Late Ride Inquiries)	510-287-5035
35.	EBMUD	1-866-403-2683
36.	ECHO Housing	510-496-0496
37.	Family Caregiver Alliance	1-800-445-8106
38.	Flu Shot <i>Hotline</i>	1-800-500-2400
39.	Four Bridges, a Bay Area Community Services Program	925-461-3639

NUMBER	ORGANIZATION	TELEPHONE NUMBER
40.	Friendly Transportation	510-536-3000
41.	Health Insurance Counseling & Advocacy Program (HICAP)	510-839-0393
42.	HICAP (Appointments at Mastick)	510-747-7506
43.	Homeless Prevention Resources- Midway Shelter	1-866-292-9688
44.	Information & Referral Assistance	211
45.	Lawyers in the Library (1 st Wednesday of the month)	510-747-7777
46.	Legal Assistance for Seniors	510-832-3040
47.	Legal Assistance Hotline	1-800-222-1753
48.	Lifeline	510-869-8992
49.	Locator Service for Wanders (Safe Return ID Bracelets)	1-888-572-8566
50.	Mastick Senior Center	510-747-7500
51.	Medi-Cal Center	1-800-698-1118
52.	Medi-care	1-800-633-4227
53.	Minor Home Repair Program (City of Alameda)	510-749-5814
54.	Monitoring System/Bay Area Vital Link	510-644-2779
55.	Monitoring System/Lifeline	510-869-8992
56.	One Stop Career Center	510-748-2208
57.	Parkinson's Disease Information & Referral	1-866-250-2414
58.	Parkinson's Support Group—Oakland	510-763-4492
59.	Parkinson's Support Group—San Lorenzo	510-351-3224/276-3119
60.	Parkinson's Support Group—Berkeley	radmila@raikow.com
61.	PG&E (Energy Assistance Programs)	1-800-743-5000
62.	Regional Center of the East Bay	510-383-1200
63.	Road to Recovery (Cancer Society Transportation Program)	510-832-7012
64.	SEEDS (Mediation Service)	510-548-2377
65.	Senior Center Without Walls	510-444-5974
66.	Senior Injury Prevention Program	510-577-3535
67.	Social Security Administration	1-800-772-1213
68.	Supplemental Security Income (SSI)	1-800-772-1213
69.	Spectrum Community Services Inc Senior Employment Program & Energy Assistance Program (HEAP)	510-881-0300
70.	Suicide Prevention	1-800-309-2131
71.	Telephone Reassurance Program (Alta Bates Telecare Program)	510-204-4487
72.	Transportation Information	511
73.	US Postmaster	1-800-275-8777
74.	Veterans Services	510-577-3546
75.	Welcome Transportation	510-522-8911