

Housing Supportive Services (continued)...**Alameda Friendly Visitors (AFV)**

AFV provides companionship to seniors and homebound Alameda residents. AFV volunteers are matched with homebound neighbors to provide friendship, exchange stories, share common interests/hobbies, a few laughs, and offer telephone reassurance while bringing joy and satisfaction to both parties. To learn more about this program call (510) 748-0342.

Alta Bates Tele-Care Program

The Alta Bates Tele-Care Program offers a daily reassurance telephone call to individuals living alone, homebound, disabled or convalescing from an illness. This **free** program is a source of comfort 365 days per year. For more information about this program, call (510) 204-4487 from 8:30 am to 11:00 am or leave a message.

Fire and Fall Prevention

The Alameda Fire Department is committed to helping the community reduce fire and fall injuries and deaths among older adults. This comprehensive service provides: educational courses in Fire and Fall Prevention, home inspections to identify fire and fall hazards, installation and testing of smoke detectors, assisting with battery replacements, and installing safety night lights. Best of all, these services are FREE to Alameda senior residents! To sign up for a free home inspection, contact Erin Christ at Alameda Fire Department: 510-337-2133 or email: echrist@alamedafire.org.

Utility Assistance...**Low-Income Home Energy Assistance Program (HEAP)**

HEAP is a federally funded program that assists low-income households with energy bills. HEAP provides direct payment to the utility company on behalf of an eligible applicant. Eligibility is based on the household's total monthly income. For more information, visit the Mastick Office.

Electric Bill Assistance

The Red Cross administers two programs to assist low-income Alameda households with their electric bills. The EASE Program assists low-income Alameda residents with current or overdue Alameda Municipal Power (AMP) bills. The Energy Assistance Program assists Alameda households by having an AMP representative perform an energy audit. Qualifying households may receive free energy-efficient light bulbs and other energy conservation assistance. For more information, contact Jim Franz at the Red Cross, (510) 814-4200.

Food Programs...**Alameda Food Bank**

The Alameda Food Bank is a private non-profit organization providing nutritious food at no cost to low-income residents of the City of Alameda. Clients are able to receive up to six free food packages each month which include a healthy mix of produce, meat, breads, and non-perishable food items. For more information about the program or to donate food, please contact the Alameda Food Bank at 1900 Thau Way (between Buena Vista and Constitution Way) or by phone at (510) 523-5850.

**Enjoy Lunch @ Mastick Senior Center—
Monday thru Friday!!**

Why cook for one when you can enjoy the delicious meal prepared by Bay Area Community Services (BACS) served at Mastick Senior Center Monday through Friday. Enjoy a nutritious meal in a friendly and welcoming environment. Volunteers will gladly serve you and staff will do the dishes! Individuals 60-plus are encouraged to make a **voluntary** contribution of \$2.25 per meal, per person. Members, guests, or companions under age 60 are required to pay \$4.25 per meal. Advanced reservations are required and are taken Monday through Friday, from 9:00 am to 11:30 a.m. For additional information about this program, call (510) 747-7506.

Mastick Social Hall Rental

The Mastick Social Hall is available to individuals and organizations for private parties, wedding receptions, lectures, educational presentations, and community events.

The Hall is available for rental as follows:

Monday to Thursday: 5:00 pm to 11:00 pm

Saturday: 6:00 pm to 12:00 am

(No loud music after 11:00 p.m.)

Sunday: 11:00 am to 6:00 pm

Hourly Rate: \$115 Alameda Resident*

\$140 Non-Resident*

\$300 Deposit

*Rentals are subject to a 2-hour minimum. Mastick staff is available to assist with rental inquiries, Monday through Friday between 9:00 am and 4:00 pm or by calling 747-7500. ***Alcoholic beverages are not permitted in this facility.***