

Health Programs & Information (continued)...

Health Services/ Blood Pressure Screening

The Fire Department provides Blood Pressure Screening on the **second** and **fourth** Wednesday of each month from 10:00 a.m. to Noon in the Music Room. **To obtain an accurate reading, refrain from exercise, caffeine, and nicotine 1½ hours prior to testing.**

Podiatry & Blood Pressure Screening

Dr. Dale Wright, DPM, provides Podiatry and Blood Pressure Screening on the **third** Tuesday of the month from 1:45 pm to 3:00 pm in the Music Room.

Dental Consultation

Dr. Alfred Chong provides free dental consultation on the third Thursday of the month from 10:00 am – 12:00 pm by appointment in the Mastick Office. This is an opportunity to have questions answered regarding your teeth, treatment options, and possible alternatives for pending dental procedures. To make an appointment, visit the Mastick Office or call (510) 747-7506.

Medi-Cal Assistance

The Medi-Cal Center is located at 8477 Enterprise Way, Oakland, CA 94621. Questions pertaining to Medi-Cal eligibility should be directed to 1-800-698-1118.

Employment & Financial Assistance...

Income Tax Preparation Assistance

From February through April 15, AARP Tax Assistance Program volunteers are available to provide **free** tax preparation services to low and middle income individuals with special attention to those 60 and older. Appointments fill quickly. Participants are encouraged to make appointments in February. ***This program is sponsored by AARP, IRS, and Mastick Senior Center.***

Social Security Administration

For questions regarding Social Security or Supplemental Security Income, call 1-800-772-1213, go to the Oakland office (1111 Jackson Street), or San Leandro office (320 Davis Street). Forms are available online at www.socialsecurity.gov (click on "Forms" on the right-hand side).

ASSETS - Senior Employment Opportunities Program

Are you 55 or older, low income and in need of employment? ASSETS Senior Employment Opportunities Program can assist with your employment needs. If you need training, their Career Resource Center is available for people 50+. For more information call (510) 238-3535.

Alameda One-Stop Career Center

The Alameda One-Stop Career Center is a self-directed career resource center. The Center provides resources and services that are focused on assisting any member of the community with job search, training information, and career assistance. Internet access to job listings and other information is provided with Resource Specialists on hand to provide technical assistance. For more information contact (510) 748-2208 or (510) 814-8302.

Employment Development Department

Employment Development Department (EDD) connects millions of job seekers and employers. For more information contact EDD at 1-800-300-5616 or visit their website at www.edd.ca.gov. Offices are located at 1212 Broadway, Oakland, or 675 Hegenberger, 3rd Floor, Oakland. For Disability Insurance Claims, contact the EDD at 1-800-480-3287 or visit their office located at 1600 Harbor Bay Parkway, Suite 120, Alameda.