

Information & Referral Assistance...

211—Information & Referral Hotline

Calling 211 provides free information (over the phone) about housing, health, and social services throughout Alameda County. Just dial 211 on your telephone and you will be connected to an operator who can assist you with your needs. This service is available in multiple languages, 24 hours a day, seven days a week. Sponsored by Eden I & R, Alameda County's Information and Referral line.

Alameda County Network of Care

The Alameda County Network of Care is a comprehensive, Internet-based resource for seniors and people with disabilities, as well as their caregivers and service providers. The website offers information on social service programs, including transportation. The website address is: www.alameda.networkofcare.org.

Federal and State Assistance for Older Americans

The National Council on Aging has created a website, www.BenefitsCheckUp.org, to assist those who wish to have information regarding available programs. Program information includes: housing, employment, prescription drug costs, and utility bills. The website lists more than 1,000 benefit programs and will walk you through the process. The website can be accessed at www.benefitscheckup.org.

Legal, Notary, & Mediation Services...

How to Plan Your Estate*

Mary Widenor, Attorney and Alameda Adult School Instructor, presents a six-week class on Will and Estate Planning during the spring quarter at Mastick Senior Center. This class will include information on Advance Health Care Directives and Conservatorship, as well as leaving charitable gifts for your favorite local charities and organizations. Classes are advertised in our newsletter (The Mastick Bee).

Legal Services

- The Alameda Main Library (1550 Oak Street) sponsors Lawyers in the Library on the **first** Wednesday of the month from 6:00 pm to 8:00 pm. Register at 5:30 pm. For more information, call 747-7777.
- Legal Assistance for Seniors (LAS) provides legal assistance to seniors 60 and older on the **third** Monday of the month from 1:00 pm to 3:00 p.m. in the Mastick office. For an appointment, please call the Mastick office at (510) 747-7506. For more information about LAS, please call (510) 832-3040.
- Legal Assistance Hotline for seniors 60 and older is available at 1-800-222-1753.
- Alameda County Bar Association can be reached at (510) 302-2222.

SEEDS Community Resolution Center

SEEDS has trained volunteers from East Bay communities representing a variety of ages, ethnic groups, religions, sexual orientation, occupations, life experiences, with the ability to speak several languages, available to provide mediation services to assist with conflict resolution. For more information, contact SEEDS at (510) 548-2377.

Adult Protective Services (APS)

Alameda County Social Services Agency/APS "*investigates and evaluates complaints of abuse or neglect.*" If you or someone you know is experiencing physical, emotional, or financial abuse, please call APS at (510) 577-1900 or (510) 577-3500. Calls are received by a confidential voicemail system. Leave your name, phone number and the nature of your call. An intake worker will promptly return your call.

Notary Service

Warren Brunetti, Volunteer Notary, is available to provide Notary services by **appointment** on Wednesdays from 1:30 pm to 3:15 pm. For an appointment, please visit the Mastick Office or call (510) 747-7506.