

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

NUMBER	ORGANIZATION	TELEPHONE NUMBER
1.	A Lelaind Community (Affordable Housing)	510-331-4900
2.	AAA Emergency Road Service	1-800-222-4357
3.	AARP	1-888-687-2277
4.	AC Transit	510-891-4700
5.	Adult Protective Service	510-577-3500
6.	Alameda Adult School	510-522-3858
7.	Alameda County Area Agency on Aging	510-577-1900
8.	Alameda County Industries (ACI) (Garbage and Recycling Services)	510-483-1400
9.	Alameda County In-Home Support Services	510-577-1800
10.	Alameda County Information & Referral	211
11.	Alameda Food Bank	510-523-5850
12.	Alameda Free Library	510-747-7777
13.	Alameda Friendly Visitor	510-748-0342
14.	Alameda Hospital	510-522-3700
15.	Alameda Housing Authority	510-747-4300
16.	Alameda Meals on Wheels	510-865-6131
17.	Alameda Municipal Power	510-748-3900
18.	Alameda One-Stop Career Center	510-748-2208/510-814-8302
19.	Alameda Police (Non-emergency number)	510-337-8340
20.	Alameda Red Cross	510-814-4200
21.	Alzheimer's Association	1-800-272-3900
22.	American Cancer Society	1-800-227-2345
23.	American Diabetes Association	1-800-342-2383
24.	American Heart Association	1-800-242-8721
25.	American Lung Association	1-800-548-8252
26.	Assets Senior Employment	510-238-3535
27.	AT&T	1-800-310-2355
28.	Avalon Village	510-769-1312
29.	Bay Area Community Services (BACS)	510-613-0330
30.	BACS Care Management	510-272-4797
31.	Brown Bag Program (Nutrition)	510-534-8540
32.	California Advocacy for Nursing Home Reform (CANHR)	415-974-5171 1-800-474-1116
33.	Center for Independent Living	510-763-9999
34.	DMV	1-800-777-0133
35.	East Bay Center for Older Adult Services	510-558-7800
36.	East Bay Paratransit	510-287-5000
37.	EBMUD	1-866-403-2683
38.	ECHO Housing	510-496-0496
39.	Employment Development Department (EDD)	1-800-300-5616
40.	Family Caregiver Alliance	1-800-445-8106
41.	Flu Shot <i>Hotline</i>	1-800-500-2400

NUMBER	ORGANIZATION	TELEPHONE NUMBER
42.	Four Bridges, BACS Program	510-750-8810
43.	Friendly Transportation	510-536-3000
44.	Health Insurance Counseling & Advocacy Program (HICAP)	510-839-0393
45.	HICAP (Appointments at Mastick)	510-747-7506
	Homeless Prevention Resources - Midway Shelter	1-866-292-9688
46.	Information & Referral Assistance	211
47.	Lavender Seniors of the East Bay	510-667-9655
48.	Lawyers in the Library (1 st Wednesday of the month)	510-747-7777
49.	Legal Assistance for Seniors	510-832-3040
50.	Legal Assistance Hotline	1-800-222-1753
51.	Locator Service for Wanders (Safe Return ID Bracelets)	1-888-572-8566
52.	Mastick Senior Center	510-747-7500
53.	Medi-Cal Center	1-800-698-1118
54.	Medi-Care	1-800-633-4227
55.	Minor Home Repair Program (City of Alameda)	510-747-6897
56.	Monitoring System/ <i>Bay Area Vital Link</i>	510-644-2779
57.	Monitoring System/ <i>Lifeline</i>	510-869-8992
58.	Non-Emergency Wheelchair Transportation Program	1-877-509-4335
59.	Parkinson's Disease Information & Referral	1-866-250-2414
60.	Parkinson's Support Group-Oakland	510-763-4492
61.	Parkinson's Support Group-San Lorenzo	510-351-3224/276-3119
62.	Parkinson's Support Group-Berkeley	radmila@raikow.com
63.	PG&E (Energy Assistance Programs)	1-800-743-5000
64.	Regional Center of the East Bay	510-383-1200
65.	Road to Recovery (Cancer Society Transportation Program)	510-832-7012
66.	SEEDS (Mediation Service)	510-548-2377
67.	Senior Center Without Walls	510-444-5974
68.	Senior Injury Prevention Program	510-577-3535
69.	Social Security Administration	1-800-772-1213
70.	Supplemental Security Income (SSI)	1-800-772-1213
71.	Spectrum Community Services Inc. Senior Employment Program & Energy Assistance Program (HEAP)	510-881-0300
72.	Suicide Prevention	1-800-309-2131
73.	Sutter VNA & Hospice	510-450-8596/510-450-8867
74.	Telephone Reassurance Program (Alta Bates Telecare Program)	510-204-4487
75.	Transportation Information	511
76.	US Postmaster	1-800-275-8777
77.	Veterans Services	510-577-3546
78.	Welcome Transportation	510-522-8911