

Living Well~

Food Resources~

Need a little help in the kitchen or hoping to supplement your pantry? If so, consider one or more of the following services:

- To register or learn more about Alameda Meals on Wheels, please call (510) 865-6131 or [click here](#).
- The Mercy Brown Bag Program provides a bag of groceries to low-income seniors, age 60 and better. For more information, please call (510) 534-8540 or visit <https://mercybrownbag.org/>.
- The Alameda Food Bank is distributing from their warehouse located at 650 West Ranger Avenue, Alameda (Bus Line 96) on Monday, Wednesday, Friday, 12:00 - 4:00 p.m. For more information, visit <https://www.alamedafoodbank.org/>
- If you need food or groceries, call 211.

Transportation~

Alameda Loop Shuttle

The Alameda Loop Shuttle, ADA accessible, equipped with a bicycle rack, and linked to AC Transit transfer stops, is free and operating on its regular schedule. For more information about the shuttle, schedule, and transportation programs, call (510) 747-7513, email vwilliams@alamedaca.gov, or [click here](#).

Technology Assistance~

- If you are new to technology or stumped by a program, please leave a message at (510) 747-7500, and we will arrange for a volunteer to assist you by phone.
- To explore resources created by the State of California, "Resources to Bridge the Digital Divide among Older Adults", [click here](#).
- Mastick Senior Center's Wi-Fi can be accessed from your vehicle while parked in our lot! If you don't have a car or prefer to travel by bicycle, please use social distancing when sitting on a bench. Masks are required. The Wi-Fi password is coffee!! The parking lot is open Monday - Friday from 7:30 a.m. - 4:00 p.m.
- To explore affordable computer, telephone, and Internet resources, [click here](#).
- Twitch ~ a subsidiary of Amazon featuring live videos on an array of topics including cross-stitch groups, quilting, cooking, etc. To participate, go to search Twitch.tv on your computer web browser or download the app.

Legal Assistance, Health Insurance/Medical Bills, Abuse~

- For legal assistance, contact **Legal Assistance for Seniors (LAS)** at (510) 832-3040 or **Lawyers in the Library** at (510) 747-7740 or [click here](#).
- For health insurance counseling or assistance with Medicare, contact the **Health Insurance Counseling & Advocacy Program (HICAP)** at (510) 839-0393.
- For assistance with tenant/landlord issues, please call **Centro Legal de La Raza** at (510) 437-1554. For text alerts pertaining to housing issues in Alameda County, text (510) 738-3906.

- If you need protection from abuse, call the 24 Hour **Elder Abuse Hotline** 1-866-225-5277 or (510) 638-6878 during working hours; and 1-800-231-4024 after hours.

Personal Protection Gear

Free Personal Protection Gear!

The CIL and the State Council on Developmental Disabilities are giving away personal protective equipment, such as reusable cloth masks, limited disposable masks, hand sanitizers, and face shields, while supplies last for people with disabilities and at-risk older adults. For additional information, call (510) 841-4776, email info@thecil.org, or [click here](#).