

社區服務諮詢中心

Physical and Mental Health
Services

身體及精神健康服務

Medicare

聯邦醫療保險

Home and Community
Support Services

家庭及社區協助服務

〈食、住、行〉

Legal and Immigration
Services

法律及移民服務

台灣社區協助會

TCHelpA

Social, Leisure,
Recreational
Services

休閒旅遊服務

〈樂〉

Financial Assistance
Services

財務幫助服務

Community
Businesses

社區商業

CAPS

老人社區大使服務計劃

〈育〉

Spiritual Care
精神關懷

Fremont HSD Case Mgr

佛利蒙市人事部個案經理

Home and Community Support Services

家庭及社區協助服務

- ◆ Senior Information Referral Line (510) 574-2041
- ◆ Area Agency on Aging (510) 577-1900
- ◆ In-Home Supportive Services (510) 577-1900
- ◆ Spectrum Community Services (510) 881-0300
- ◆ Bay Area Community Services (510) 613-0330
- ◆ ECHO Housing (510) 581-9380
- ◆ Family Caregiver Alliance 1-800-445-8106
- ◆ Community Resources for Independent Living (510)881-5743
- ◆ HOPE Van (Homeless) (510) 267-3250
- ◆ Alameda County Aging Website <http://alameda.networkofcare.org>
- ◆ AC Transit (510) 871-1717
- ◆ City of Fremont (510) 574-2041
Care Management
MSSP
- ◆ Alzheimer's Association
1-800-660-1993
- ◆ Alzheimer's Assoc. of the East Bay (510) 644-8292
- ◆ AC Transit (510) 871-1717
- ◆ LIFE Elder Care (510) 574-2090
Meals-on-Wheels
Travel Escort
- ◆ Para transit Services
East Bay 1-800-555-8085
Fremont (510) 574-2054
Newark (510) 791-5249
Union City (510) 675-5373
- ◆ BART(510) 464-6000
- ◆ American Assoc. for Retired Persons
Fremont (510) 656-3892
Newark (510) 742-4840

Social, Leisure, Recreational Services

休閒旅遊服務

- ◆ Senior Centers
Fremont (510) 790-6600
Newark (510) 791-5249
Union City (510) 489-6629
- ◆ Alameda County Library (510) 745-1499
- ◆ Bookmobile
- ◆ Homeward Bound
- ◆ Recreation Programs
Fremont (510) 494-4600
Newark (510) 742-4400
Union City (510) 675-5353
- ◆ LIFE Elder Care Friendly Visitor (510) 574-2097
- ◆ Lavender Seniors of the East Bay (510) 667-9655
- ◆ Taiwanese Evergreen Academy (510) 784-7341
- ◆ India Community Center (408) 934-1130
- ◆ Afghan Elderly Assoc. (510) 574-2059
- ◆ Ohlone College (510) 659-6000

Community Business

社區商業

- ◆ Fremont Chamber of Commerce
510-795-2244
- ◆ Newark Chamber of Commerce
510-744-1000
- ◆ Union City Chamber of Commerce
510-471-3115
- ◆ Hayward Chamber of Commerce
510-538-2424

Fremont HSD Case Manager

佛利蒙市人事部個案經理

- ◆ Senior Help Line 510-574-2041
- ◆ Aging and Family Services Division
3300 Capitol Ave
PO Box 5006, Fremont CA 94537
- ◆ <http://www.fremont.gov>
- ◆ <http://www.tceconline.org>

Spiritual Care

精神關懷

- ◆ Immanuel Presbyterian Church
510-494-8020
- ◆ Centerville Presbyterian Church
510-793-3575
- ◆ Purple Lotus Society – 510-429-8808
- ◆ Southern Alameda County Buddhist Church
510-471-2581
- ◆ American Buddhist Cultural Society
510-818-0077

CAPS

老人社區大使服務計劃

- ◆ CPC - Centerville Presbyterian Church
Dave Loria – 510-487-2256
- ◆ ICC - India Community Center
Pragna Dadbhawala – 408-376-0927
- ◆ MSN - Muslim Support Network
Moina Shaiq – 510-574-2082
- ◆ OLOGCC - Our Lady of Guadalupe Catholic Church
Gloria Bauchou – 510-657-4043
- ◆ SEIVA - Sikhs Engaged in Volunteer Activities
Jagmeet Kaur – 510-657-8705
- ◆ TCHelpA - Taiwanese Community Help Association
John Hsieh – 510-784-7341

Financial Assistance Services

財務幫助服務

- ◆ Health Insurance Counseling & Advocacy
(510) 832-3040
- ◆ Housing Assistance (Sec 8) Program
(510) 7474-4300
- ◆ Social Security Administration
(510) 797-7183
- ◆ Washington Hospital Health Insurance
Counseling Program 1-800-770-9447
- ◆ Cash Assistance Program for Immigrants
(510)-670-6000, 510-795-2428

Legal and Immigration Services

法律及移民服務

- ◆ Adult Protective Services & FAS Teams
Financial Abuse (510) 577-1900
- ◆ District Attorney's Office (510) 272-6180
- ◆ Guardian Office (510) 577-1900
- ◆ Legal Assistance for Seniors 老人法律協助
(510) 832-3040 las@lashicap.org
- ◆ Dept. of Naturalization and Immigration
Services (415) 705-4411

Physical and Mental Health Services

身體及精神健康服務

- ◆ Washington Hospital (510) 797-1111
Washington Hospital on Wheels
In Health Channel 78
- ◆ Kaiser Permanente (510) 784-4000
- ◆ Palo Alto Medical Foundation (510) 490-1212
- ◆ Alameda County Public Health 1-888-604-4636
- ◆ Tri-City Health Center (510) 770-8133
- ◆ Tiburcio Health Center (510) 471-5907
- ◆ City of Fremont (510) 574-2041
Senior Peer Counseling
Caregiver Program
- ◆ On Lok Sr. Health Services 1-888-6565
- ◆ Pathways Home Health Hospice 1-800-900-0811
- ◆ Vita Hospice Health Services 1-866-268-4827
- ◆ Cal. Advocates for Nursing Reform (415) 974-5171
- ◆ Ombudsman (510) 638-6878

Medicare

聯邦醫療保險

- ◆ 美國衛生部 1-877-696-6775 <http://www.hhs.gov>
Department of Health & Human Services, USA
- ◆ 聯邦醫療及醫助服務中心 1-410-786-3000
<http://cms.hhs.gov>
Centers for Medicare & Medicaid Services
- ◆ 聯邦醫療保險局 1-800-633-4227
<http://www.medicare.gov>
Medicare
- ◆ (Agent)
- ◆ 社會安全局 1-800-772-1213 <http://www.ssa.gov>
Social Security Administration
- ◆ 健康保險諮詢宣傳計劃 510-839-0393; 800-434-0222
hicap@lashicap.org
Health Insurance Counseling & Advocacy Program

Please Join CAPS

請您加入義工行列

- ◆ 義工是社區橋樑
- ◆ 將政府社團資源
- ◆ 介紹給老人移民
- ◆ 老吾老及人之老