

COMMUNITY SERVICES
DIRECTORY

American Legion Post #146.....**754-9633**
Boys & Girls Club.....**433-8920**
El Camino
Rotary...**(W) 822-6239.....(H) 434-5551**

Elks Lodge**433-1561**
Friends of Heritage Park.....**433-8297**
(Tours, Picnics, Weddings)
Friends of Oceanside
Public Library..... **435-5560**

Kiwanis Club – Oceanside.....**439-5354**

Kiwanis Club of
Oceanside Pacific...(Sectry)..... **435-2510**

Oceanside Civitan..... **433-2406**

Oceanside Masonic
Lodge No. 381 **722-9363**

Oceanside Odd Fellows
Lodge No.346 **757-5496**

Oceanside Rotary **631-6980**

Oceanside Sea Lions..... **500-6104**

San Luis Rey
Rotary Club..... **722-6763**

Soroptimist International
of Oceanside..... **722-2355**

Women's Club of
Oceanside..... **757-0619**



**CITY OF
OCEANSIDE
SENIOR
CITIZENS
COMMISSION**

January 2010

***SENIOR
SERVICES***

A quick guide to
useful telephone numbers



**Oceanside Senior Citizens
Commission meets the
second Tuesday of each month
at 9:30 a.m. in the City Hall
Council Chambers
300 N. Coast Highway
Oceanside, California 92054**

**For More information call
760-435-5250**

SUPPORT GROUPS

Alcoholics Anonymous North
County..... **758-2514**
Alzheimer's Support Group....**480-1030**
Better Breathers **940-3055**
Answering Machine **940-3070**
Breast Cancer Support **940-3229**
Cancer Support..... **940-4149**
Co-Dependents Anonymous.. **433-3638**
Grief Support..... **940-5801**
(Hospice of the North Coast)
Grief Support Hope Center ... **431-4100**
Hearing Loss Assoc. **747-3813**
Parkinson's Exercise **940-7272**
Stroke (exercise therapy) **940-7272**



**ANIMAL
SHELTERS**



Humane Society and
Animal Control..... **757-4357**
Canine Companions for
Independence..... **901-4300**

CAMP PENDLETON

Camp Pendleton Naval Hosp....**725-1288**
Community Support Services...**725-5361**
Family Advocacy Team:
Housing Office**725-6246**
Legal Assistance**725-6172**
Navy/Marine Relief Services....**725-5337**

**GOVERNMENT AGENCIES
and ELECTED OFFICIALS**

Consumer Affairs..... **800-952-5210**
I.R.S. **800-829-1040**
Motor Vehicle Depart..... **800-777-0133**
State Franchise Tax Bd. **800-852-5711**
State Senator Mark Wyland.. **916-445-3731**
U.S. Post Office **800-275-8777**
U.S. Congressman Darrell Issa ... **599-5000**
Welfare Department..... **754-5757**
(N. Coastal Family Resource Center)

**LEGAL
SERVICES**

Aging & Independence
Services..... **800-510-2020**
Attorney General of SD..... **619-645-2001**
Legal Aid Society **722-1935**
Lifeline Coastal Community Svcs.... **757-0118**
North County Bar Assn. **758-4755**
(Lawyer Referral Services)
Oceanside Senior Center..... **435-5250**
Senior Legal Services..... **439-2535**

HEALTH INSURANCE

Death Records &
Certificates (County) **630-1219**
HICAP Health Insurance Counseling
Advocacy Program **858-565-8772**
MEDI-CAL **754-5757**
MEDICARE problems **800-841-1602**
Social Security/SSI **800-772-1213**

HEALTH CARE

ADULT DAY CARE

Aging & Independence
Services.....**800-510-2020**
North County Adult Day
Care Center (Vista)**758-2210**

CLINICS

North Coastal
Public Health Center.....**967-4401**
North County
Health Services.....**757-4566**
Vista Community Clinic.....**631-5250**

HOSPITALS

Tri-City Hospital**724-8411**
Palomar Medical Center.....**739-3000**
Tri-City Mental Health Svcs.....**940-7395**
Scripps/Encinitas Hospital..... **753-6501**

DENTAL CARE

Denti-Cal Referral Svcs....**800-322-6384**

A.D.A. (Able-Disabled Advocacy)

“Lift” Para Transit Svcs.....**726-1111**
N. County Lifeline**726-4900**
North County Center
for the Blind and
Vision Impaired (Vista)**758-5956**

HOSPICE

Elizabeth Hospice.....**737-2050**
Hospice of North Coast.....**431-4100**
VITAS.....**1-800-938-4827**
Tri-City Hospice**940-5801**

PHYSICIAN REFERRAL

Tri-City Hospital**724-8411**
County Medical Society.....**858-565-8888**

DISABLED SERVICE ORGANIZATIONS

Access Center **591-9156**
Alliance for the Mentally Ill..... **722-3754**
ARC of San Diego
(for mentally challenged)..... **726-2250**
Braille Institute..... **858-452-1111**
Deaf and Disabled Telecommunications
A T & T Main No. **800-772-3140**
Deaf Relay Service:
Voice **800-735-2922**
TDD **800-735-2929**
TTY **800-867-4323**
Dept. of Rehabilitation **480-9692**
*Teaches daily living skills and Braille to
the blind and visually impaired, and other
services*
Oceanside Braille Info:..... **434-5484**
Radio Reading Service:
KPBS Radio (read newspapers
on radio)..... **888-399-5727**
San Diego County Library
Talking Book Service **858-694-2414**
San Diego Braille Club **560-6982**
San Diego Center for the
Blind and Vision Impaired **758-5956**
San Diego Regional Center for the
Developmentally Disabled..... **736-1200**
San Diego Brain Injury
Foundation **619-294-6541**
Toward Maximum
Independence..... **839-5255**
United Cerebral Palsy
Association **743-1050**

This handy guide lists telephone numbers to help Oceanside's senior residents quickly locate resources available to them. **All numbers are in the 760 area code, except where noted.**

For general information and assistance, call Aging and Independence Services:
800-510-2020

EMERGENCIES

AAA Roadside Service ...**800-400-4222**
Police/Fire/Ambulance **911**
Tri-City Hospital Emer.Room. **940-3517**
Tri-City Main Hospital..... **724-8411**

ELDER ABUSE AND DOMESTIC VIOLENCE

Adult Protective Services.. **800-510-2020**
Domestic Violence Hotline.....**757-3500**
Oceanside Elder Abuse..... **435-4631**

CITY DEPARTMENTS

All City Dept. Information..... **435-3065**
Anti-Graffiti hotline.....**435-4466**
Fire Depart. (non emergency) ..**435-4101**
after hours **858-756-1126**
Housing **435-3360**
Library-Main **435-5600**
Mission Branch **435-5630**
Mayor & City Council..... **435-3029**
Parks & Recreation Dept.....**435-5041**
Police (non-emergency) **435-4900**
Senior Citizens Commission..... **435-5049**
Senior Citizens Center **435-5250**
Street / Tree Maintenance.....**435-4500**
Waste Disposal..... **439-2824**
Water Department..... **435-3900**
Waste Management..... **754-4120**

EDUCATIONAL OPPORTUNITIES

Mira Costa College **757-2121**
Community Learning Center... **795-8710**
Oceanside Senior Center **435-5250**



COMPUTER ACCESS and ASSISTANCE FOR SENIORS

Call the Country Club Senior Center and ask about their Computer Center. Free classes are available to teach you how to use the computer and the Internet.

The San Diego Eldercare Directory is found at signonsandiego.com. This site has information on a wide range of topics of interest to seniors.

For Oceanside Public Library Computer Center: call 435-5660.

Oceanside Senior Services

Country Club Senior Center.... 435-5250
455 Country Club Lane, Oceanside, CA 92054

El Corazon Senior Center..... 435-5300
3302 Senior Center Drive, Oceanside, CA 92056

Detailed information on a variety of senior programs and activities can be found in the Senior Citizens section of the Oceanside Magazine delivered 2 times a year to every household in Oceanside.

CONSUMER INFORMATION

California Attorney General's Office -
Public Inquiry Line.....**800-952-5225**

California Department of Consumer Affairs
Information Center**800-952-5210**



VOLUNTEER OPPORTUNITIES

Oceanside Senior Center**435-5250**
Oceanside Nutrition Prog.....**435-5285**
Tri-City Hospital Auxiliary.....**940-3125**
California Welcome Center
in Oceanside.....**721-1101**
Oceanside Police Dept.
Senior Volunteer Patrol**435-4763**
N. Co. Lifeline Services**757-0118**
Retired Seniors Volunteer
Program (RSVP)**800-510-2020**

EMPLOYMENT OPPORTUNITIES

SCSEP (Sr. Community Employment
Placement)**951-369-8581**
Senior Citizens Services
Employment Program**619-266-4246**
National Indian Council on Aging –
Senior Employment.....**951-369-8581**
EDD (State of Calif. Employment
Development Dept.....**760-631-6150**

CASE MANAGEMENT HOME CARE

Aging & Independence
Services **800-510-2020**
In-Home Support Services
County of San Diego..... **754-3515**
Project CARE - Reassurance Phone call
"Are You O.K.?" **435-5250**

Interfaith Community Svcs.....**489-6380**
(Help with Minor Home Repair)

Senior Companion Prog **858-483-4007**

HEALTH COUNSELING GROUPS



AARP Member Services **800-424-3410**
Aging & Independence
Services **800-510-2020**
Alzheimer's Association **800-272-3900**
American Cancer Society.. **800-227-2345**
American Heart Assn. **888-MY-HEART**
Arthritis Foundation **800-422-8885**
Bereavement Counselling Hospice of the
North Coast.....**431-4100**
No. Coastal Mental Health Ctr...**967-4475**
Lifeline Coastal
Community Service..... **757-0118**
Senior Ombudsman **800-640-4661**
St. Thomas Moor Bereavement
Counseling for widows
and widowers **758-4100**



NUTRITION



EMERGENCY FOOD

Daily Senior Lunch Program...**435-5285**
San Diego Food Bank... **619-946-1045**
or call.....**858-527-1419**

Interfaith Coastal Services.....**721-2117**
Oceanside Senior Center **435-5250**

Food distribution:

Every 3rd Wed., 8-9:30 am

Every 2nd Mon., 9-10:30am

Every 3rd Monday 9-10:30am–

Angel Depot

Salvation Army**631-8212**

St. Francis Center**631-4792**

HOME DELIVERED MEALS

Oceanside Nutrition Program,
"Lunch with Friends"**435-5285**

Meals on Wheels**726-1225**

(Meals w/Love – Vista & Oceanside)

NUTRITION CENTERS

Oceanside Nutrition Prog.**435-5285**

Salvation Army**631-4712**

NUTRITION COUNSELING

Food & Nutrition Service

(Tri-City Med. Ctr.)**940-7226**

HOUSING

Oceanside Housing and
Neighborhood Services.**435-3360**

Senior Service Council.....**480-0611**



TRANSPORTATION

Lift Para Transit Services..... **726-1111**

Oceanside Nutrition Program –
Transportation to and from center for
Meal Program only **435-5285**

Taxi Scrip..... **435-5250**

Taxi Scrip by mail **435-5250**

Shuttle Program -- American
Logistics.....**1-877-400-8294**

Tri-City Medical Center
Patient Transport Express..... **940-7433**

Oceanside Volunteer Transp. ... **435-5250**



CABS

Yellow Cab..... **760-722-4214**

24-7 Cab..... **888-247-8294**

RAIL & BUS

Amtrak **722-4622**

Coaster **800-262-7837**

Metro link to Los Angeles .**800-371-5465**

North County Transit Dist. **967-2828**

GOOD TO KNOW

U. S. Post Office 800-275-8777

Highway Conditions 800-427-7623