

SUPPORT GROUPS

| | |
|--|---------------------|
| Alcoholics Anonymous North County..... | 760-758-2514 |
| Pulmonary Rehab..... | 760-940-3055 |
| Breast Cancer Support..... | 760-940-7007 |
| Camp Pendleton Support Svcs.... | 760-725-5361 |
| Cancer Support..... | 760-940-4149 |
| Grief Support..... | 760-940-5801 |
| Hospice of North Coast..... | 760-431-4100 |
| Parkinson's Support..... | 760-497-1200 |

TRANSPORTATION

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|---|---------------------|
| Lift Para Transit Services | 760-726-1111 |
| Oceanside Nutrition Program (Transportation to/from center for Meal Program only) | 760-435-5285 |
| Oceanside Volunteer Transportation Program | 760-435-5253 |
| Taxi Scrip..... | 760-435-5253 |
| Shuttle Program-American Logistics | 877-400-8294 |
| Tri-City Medical Center Patient Transport Express..... | 760-940-7433 |

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|-----------------|---------------------|
| CABS | |
| Yellow Cab..... | 760-444-4444 |
| 24-7 Cab..... | 888-247-8294 |

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|---------------------------------|---------------------|
| RAIL & BUS | |
| Amtrak..... | 760-722-4622 |
| Coaster..... | 800-262-7837 |
| Metro link | 800-371-5465 |
| North County Transit Dist. | 760-967-2828 |

VOLUNTEER OPPORTUNITIES

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|--|---------------------|
| California Welcome Center in Oceanside..... | 760-721-1101 |
| Country Club Senior Center | 760-435-5250 |
| El Corazon Senior Center | 760-435-5300 |
| N. Co. Lifeline Services | 760-757-0118 |
| Oceanside Nutrition Program..... | 760-435-5285 |
| Oceanside Police Dept. Senior Volunteer Patrol | 760-435-4763 |
| Tri-City Hospital Auxiliary | 760-940-3125 |



CITY OF
OCEANSIDE

**Neighborhood
Services
Department**

Sept. 2015

SENIOR SERVICES

A quick guide to
useful telephone numbers



Country Club Senior Center
455 Country Club Lane
Oceanside, CA 92054
(760) 435-5250

Monday - Thursday: 8am - 4pm
Fridays: 8am - 12:30pm

El Corazon Senior Center
3302 Senior Center Drive
Oceanside, CA 92056
(760) 435-5300

Monday - Thursday: 9am - 5pm
Fridays: 9am - 4pm

Recreation Administration Office
(760) 435-5041
www.oceansiderec.com

AGING AND INDEPENDENCE SERVICES

800-510-2020

ANIMAL SHELTERS

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|---|---------------------|
| Animal Control & Humane Society..... | 760-757-4357 |
| Canine Companions for Independence..... | 760-901-4300 |

CASE MANAGEMENT HOME CARE

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|--|---------------------|
| In-Home Support Services County of San Diego..... | 760-754-3515 |
| Interfaith Community Services (Help with Minor Home Repair) San Marcos | 760-489-6380 |
| Oceanside | 760-721-2117 |

CITY DEPARTMENTS

| | |
|----------------------------------|---------------------|
| All City Dept. Information | 760-435-3065 |
| Anti-Graffiti hotline | 760-435-4466 |
| Customer Care..... | 760-435-4500 |
| Fire Dept. (non emergency) | 760-435-4101 |
| after hours | 858-756-1126 |
| Housing | 760-435-3360 |
| Library-Main | 760-435-5600 |
| Mayor & City Council | 760-435-3029 |
| Parks & Recreation. | 760-435-5041 |
| Police (emergencies only)..... | 911 |
| Police (non-emergency)..... | 760-435-4900 |
| Street / Tree Maintenance..... | 760-435-4500 |
| Waste Disposal..... | 760-439-2824 |
| Waste Management | 760-754-4120 |
| Water Department..... | 760-435-3900 |



COMMUNITY SERVICES DIRECTORY

| | |
|---|---------------------|
| American Legion Post #146..... | 760-754-9633 |
| El Camino Rotary..... | 760-518-5076 |
| Elks Lodge | 760-433-1561 |
| Friends of Oceanside Parks..... | 760-435-5041 |
| Friends of Oceanside Public Library..... | 760-435-5560 |
| Kiwanis Club – Oceanside..... | 760-439-5354 |
| Oceanside Chamber of Commerce..... | 760-722-1534 |
| Oceanside Civitan..... | 760-433-8738 |
| Oceanside Masonic Lodge No. 381..... | 760-722-9363 |
| Oceanside Rotary..... | 760-631-6980 |
| San Luis Rey Rotary Club..... | 760-722-6763 |
| Soroptomist International of Oceanside..... | 760-722-2355 |
| Women's Club of Oceanside..... | 760-757-4593 |

COMPUTER ACCESS and ASSISTANCE FOR SENIORS

Call our Senior Centers and ask about their Computer Centers.

Free workshops are available at the Country Club Senior Center.

For Oceanside Public Library Computer Center call: 760-435-5660.

The San Diego Eldercare Directory is found at signonsandiego.com.

This site has information on a wide range of topics of interest to seniors.

CONSUMER INFORMATION

California Attorney General's Office
 Public Inquiry Line **800-952-5225**
 California Department of Consumer Affairs
 Information Center **800-952-5210**

DISABLED SERVICE ORGANIZATIONS

Alliance for the Mentally Ill **760-722-3754**
 Braille Institute - La Jolla **858-452-1111**
 Center for the Blind - Vista **760-758-5956**
 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**
 Radio Reading Service:
 KPBS Radio (read newspapers
 on radio) **888-399-5727**
 San Diego Brain Injury
 Foundation **619-294-6541**
 San Diego County Library
 Talking Book Service **858-694-2414**
 San Diego Regional Center for the
 Developmentally Disabled **760-736-1200**
 Toward Maximum
 Independence **760-839-5255**
 United Cerebral Palsy
 Association **760-743-1050**



CalTrans **800-427-7623**

EDUCATIONAL OPPORTUNITIES

Mira Costa College **760-757-2121**
 Community Learning Center **760-795-8710**
 Country Club Senior Center. **760-435-5250**
 El Corazon Senior Center **760-435-5300**

ELDER ABUSE & DOMESTIC VIOLENCE

Adult Protective Services **800-510-2020**
 Women's Resource Center **760-757-3500**

EMERGENCIES

AAA Roadside Service **800-400-4222**
 Police/Fire/Ambulance **911**
 Tri-City Hospital Emer.Room **888-222-8262**
 Tri-City Main Hospital **760-724-8411**

EMPLOYMENT OPPORTUNITIES

EDD (State of Calif. Employment
 Development Dept.) **760-631-6150**
 Senior Citizens Services
 Employment Program **619-266-4248**

GENERAL INFO #'s

AT&T **1-800-CALL-ATT**
 COX Communications **1-800-234-3993**
 SDGE **1-800-411-7343**
 Time Warner Cable **1-800-TWC-HELP**

GOVERNMENT AGENCIES

Cal-Fresh Food Stamp Program **877-847-3663**
 Consumer Affairs **800-952-5210**
 DMV, Dept. of Motor Vehicles **800-777-0133**
 I.R.S. **800-829-1040**
 State Franchise Tax Board **800-852-5711**
 U.S. Post Office **800-275-8777**
 Welfare Department **866-262-9881**
 (N. Coastal Family Resource Center)

HEALTH CARE

ADULT DAY CARE

Aging & Independence Services **800-510-2020**
 North County Adult Day
 Care Center (Vista) **760-758-2210**

CLINICS

North Coastal Public Health Center **760-967-4401**
 North County Health Services **760-757-4566**
 Vista Community Clinic **760-631-5250**

HOSPITALS

Tri-City Hospital **760-724-8411**
 Palomar Medical Center **760-739-3000**
 Tri-City Mental Health Services **760-940-7395**
 Scripps/Encinitas Hospital **760-753-6501**

DENTAL CARE

Denti-Cal Referral Services **800-322-6384**
A.D.A. (Able-Disabled Advocacy)
 "Lift" Para Transit Services **760-726-1111**
 North County Lifeline **760-726-4900**
 North County Center for the Blind and
 Vision Impaired (Vista) **760-758-5956**

HOSPICE

Elizabeth Hospice **760-737-2050**
 Hospice of North Coast **760-431-4100**
 Tri-City Home Care **760-940-5801**
 VITAS **800-938-4827**

PHYSICIAN REFERRAL

County Medical Society **858-565-8888**
 Scripps Hospital **760-806-5486**
 Tri-City Hospital **760-724-8411**

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 Counseling
 Hospice of the North Coast **760-431-4100**
 Lifeline Coastal
 Community Service **760-757-0118**
 No. Coastal Mental Health Center ... **760-967-4475**
 Senior Ombudsman **800-640-4661**
 St. Thomas Moor Bereavement Counseling for
 widows and widowers **760-758-4100**

HEALTH INSURANCE

Access (County of San Diego Family
 Resource Center) **866-262-9881**
 Death Records & Certificates **760-630-1219**
 HICAP Health Insurance Counseling
 Advocacy Program **858-565-8772**
 MEDICARE Appeals **800-841-1602**
 Social Security/SSI **800-772-1213**

HOUSING

Oceanside Housing and
 Neighborhood Services **760-435-3360**
 Senior Service Council **760-480-0611**

LEGAL SERVICES

Aging & Independence Svcs **800-510-2020**
 Attorney General of S.D. **619-645-2001**
 Country Club Senior Center **760-435-5250**
 Legal Aid Society **760-722-1935**
 Lifeline Coastal Community Svcs. **760-757-0118**
 North County Bar Assn. **760-758-4755**
 (Lawyer Referral Services)
 Senior Legal Services **760-439-2535**

NUTRITION

EMERGENCY FOOD

Country Club Senior Center **760-435-5250**
 Daily Senior Lunch Program **760-435-5285**
 Interfaith Coastal Services **760-721-2117**
 Salvation Army **760-631-8212**
 San Diego Food Bank **858-527-1419**
 St. Francis Center **760-631-2819**

HOME DELIVERED MEALS

Meals on Wheels **800-573-6467**
 Meals with Love (Vista & Oceanside) **760-726-1225**
 Oceanside Nutrition Program,
 "Lunch with Friends" **760-435-5285**

NUTRITION CENTERS

Oceanside Nutrition Program **760-435-5285**
 Salvation Army **760-631-4712**