

# Pangangalaga sa mga Matatanda



**Ang mga immigrant seniors ay isang madelikadong populasyon. Ang kailangan nila ay isang center na may mga tauhang marunong makipagusap sa kanila sa lengwaheng kanilang maiintindihan.**



## **Anu-ano ang mga programa para sa mga matatanda na?**

Ang mga sumusunod ay ang mga senior centers na nagaalay ng mga serbisyong naaayon sa pangangailangan ng mga senior immigrants:

- Mag aktibidad pangpa-ligaya
- Tamang pagkain at nutrisyon
- Pangkalusugan at pagdinig sa karaingan

## **Ang aking matatanda ng magulang ay kailangan ng pagkain. Anong programa ang para sa kanila?**

Halos lahat ng mga senior centers ay may nutritional services at nagsisilbi ng mga pagkaing ayon sa kultura ng isang nilalang, subalit ang mga transportasyon patungo sa mga centers na ito ay limitado. Maaring makipagugnayan sa mga organisasyong naka-lista sa ibabang pahina upang malaman ang mga nasa inyong kapaligirang comunidad.

Gayun din, ang Santa Clara County Food Bank ay may espesyal na programa para sa mga seniors. Basahin ang Food Section sa pg. 27 para sa dagdag impormasyon sa Food & Nutrition for Seniors.

## **Nagbibigay din ba ang Senior Centers ng Pangkalusugang serbisyo?**

Mayroong ibang senior centers na nagbibigay ng serbisyong pangkalusugan. Subalit kinakailangan ng isang matandang imigrante ng bago at tamang impormasyon tungkol sa kanyang pagkatao upang maging eligible siya at makamit niya ang serbisyo ng senior centers. Basahin din ang Health Care Section sa pg. 9 para sa dagdag impormasyon os tamang serbisyong pangkalusugan ng seniors.

## **Anong uri ng serbisyo ang kailangan para sa isang senior na hindi na nakakaalis ng bahay?**

Ang mga Immigrant Seniors na hindi na nakakaalis ng bahay ay kinakailangan tumawag sa In Home Supportive Services (IHSS) tungkol sa mga serbisyong dapat nilang matamo. Basahin ang Health Care section sa pg. 9 para sa dagdag impormasyon.

## **Mayroon din bang serbisyo para sa mga seniors na nais magtrabaho?**

Ang mga senior immigrants na naghahanap ng trabaho ay maaring tumawag sa National Council on Aging sa kanilang opisina sa San Jose (408) 280-7791.

## **Anong uri ng serbisyo ang ibinibigay ng Council on Aging?**

Ang mga sumusunod ang ipinagkakaloob na serbisyo ng Council on Aging:

- Suportang pangkalusugan sa lugar ng health insurance counseling,
- Emergency home response, /madaliang pagtulong sa mga nasa tahanan.



**Karagdagang pang impormasyon?** Tumawag sa SIREN's Immigrant Assistance & Information Line para sa karagdagang programa at impormasyon. Bukas ang linya Lunes-Biyernes, 10am - 4pm, sa bilingual English at iba pang linguahe:  
Spanish- (408) 286-1698 Vietnamese- (408) 286-1448 Farsi- (408) 286-5680 x108 Chinese- (408) 286-5680 x109

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- Employment, /pagbibigay ng trabaho
- Visiting advocates, /pagbisita sa bahay
- Information and assistance,
- Meals on wheels and
- Case management services.

## Nalilito ako sa pagbabayad na aking medical bills. Sino ang maaring tumulong sa akin?

Ang Council on Aging ay nagaalay ng programang Health Insurance and Counseling Advocacy Program (HICAP) upang tulungan ang mga seniors sa pagbabayad ng kanilang bills. Tumawag sa (408) para sa dagdag impormasyon.

## Akong nagaalaga sa aking ina ay mayroon ding kaba at takot. Sino ang makakatulong sa akin?

Ang mga tagapagalaga ng mga seniors (tulad ng asawa, may edad ng anak, o kaibigan) ay malimit ding nangangailangan ng suporta upang maipagpatuloy ang pangangalaga sa isang senior. May mga programang akma para sa mga tagapagalaga upang makamit nila ang tamang suporta kanilang kailangan. Narito ang listahan ng mga ahensiyang makakatulong sa inyo:



### Senior Information Assistance Line

Tel:(408) 296-8290

Toll Free: 1(800) 510-2020

### Council on Aging Offices

2115 The Alameda, San Jose CA 95126

Tel: (408) 296-8290

In County only: 1(800) 510-2020

Website: [www.scccoa.org](http://www.scccoa.org)



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Language(s): Spanish, Vietnamese and English.

Services: Assist seniors in obtaining services, Many available services including adult day care and health care centers, emergency shelter, delivered meals, health insurance counseling and advocacy, transportation and respite care services.

### John XXIII Neighborhood Center

194 E. San Fernando St., San Jose, CA 95112

Tel: (408) 282-8608

Services: Respite services, senior programs and nutrition.

### Day Break – St. Francis of Assisi Pastoral Care Center

5111 San Felipe Rd., San Jose, CA 95135

Tel: (408) 270-4900

Services: Senior and Nutrition program, respite services. Mental and health services provided for seniors.

### Foster Grandparent Program – Catholic Charities

2625 Zanker Rd., Ste. 200, San Jose, Ca 95134

Tel: (408) 944-0665

Services: Provides activities for seniors to become foster grandparents.

### Health Insurance Counseling and Advocacy Program (HICAP)

Tel: (408) 296-8290

Language(s): Cantonese, Mandarin, Japanese, Vietnamese

Services: Counsels seniors on Medicare, supplemental, long-term care and managed care

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## **Catholic Charities of Santa Clara County**

2625 Zanker Road, San Jose, CA 95134-2107

Tel: (408) 468-0100

Language(s): Cantonese and Vietnamese. Access to many languages from other services

Services: Mental health, elder care including nutrition, foster grandparent, kinship care support and independent aging program.

## **Department of Aging and Adult Services**

### **Adult Protective Services**

591 North King Road, San Jose, CA 95113

Tel: (408) 928-3860

Hotline: 1-800-414-2002

Services: Comprehensive social services to elders and dependent adults in the community.

### **In Home Supportive Services**

591 North King Road, San Jose, CA 95133

Tel: (408) 928-3737

Services: Domestic services, including but not limited to cleaning and meal preparation. Activity of daily living assistance such as feeding, bathing and oral hygiene are also based on need.

### **Senior Nutrition Program**

591 North King Road. San Jose, CA 95113

Tel: (408) 928-3800

Services: Multiple sites and people's homes, serving a variety of ethnic meals.

### **Independent Aging Program**

195 East San Fernando Street, San Jose, CA 95112

Tel: (408) 282-8606

Language(s): Spanish

Services: Respite care to periodically relieve a full-time elderly caregiver or disabled senior. Counseling regarding shared housing.

## **Multipurpose Senior Services Program Council on Aging of Santa Clara County**

2115 The Alameda, San Jose, CA 95126

Tel: (408) 296-8290

Language(s): Spanish, Mandarin, and Vietnamese

Services: Provides home assessment and case management services to frail elderly. Must be Medi-Cal and over 65.

### **National Council on Aging**

691 S. Second Street, Ste. 10, San Jose, CA 95112

Tel: (408) 280-7791

Services: Adult day services and senior community service jobs program. NCOA's workforce development division helps mature workers aged 55 and older to find gainful employment, increase their incomes, and learn new skills. The Senior Community Service Employment Program (SCSEP) authorized under Title V of the Older Americans Act enables NCOA to provide these jobs, skills, and paths to independence for mature men and women.

## **Second Harvest Food Bank – Operation Brown Bag**

750 Curtner Ave., San Jose, CA 95125-2118

Tel: (408) 266-8866

Hotline: 1-800-984-3663

Web Site: <http://www.2ndharvest.net>

Language(s): Spanish and Vietnamese

Services: Food distribution center. Weekly supplemental bag of groceries to seniors age 60+ and disabled persons age 55+ who meet eligibility guidelines. Hours: M-F 8a.m.-5p.m.

## **VNA Meals on Wheels, The Health Trust**

2025 Gateway Place, Suite #200, San Jose, CA 95110

Tel: (408) 452-1134



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Language(s): French, German, Mandarin, Spanish and Vietnamese.

Services: Delivers hot noon meals Mondays to Friday and cold lunches during weekends to homebound disabled persons.

## **Via Rehabilitation Services**

2851 Park Avenue, Santa Clara, CA 95050  
Tel: (408) 243-7861

Language(s): Spanish

Services: Emergency equipment loan services available with prescription, including wheelchairs, walkers and canes.

## **Gardner Family Care Corporation**

160 E. Virginia St., Ste. 280, San Jose, CA 95112  
Tel: (408) 287-6200

Language(s): Spanish and Vietnamese.

Services: Mental and health services provided for seniors.

## **Outreach and Escort**

97 East Brokaw Rd. #140, San Jose, CA 95112  
Tel: (408) 436-2865

Language(s): Vietnamese, Spanish, English and Chinese

Services: County-wide transportation services for medical appointments, shopping and limited day care to seniors and disabled persons.

## **Long-term Care Ombudsman**

### **Catholic Charities**

2625 Zanker Rd., San Jose, CA 95134  
Tel: (408) 944-0567

Language(s): Access to Language Bank.

Services: Provides residents of nursing and residential care homes with an independent source of help in resolving problems within the facilities, as well as legal referrals and information. Services available to

family members, friends and persons representing community organizations.

## **Adult Health Care Services**

### **Avenidas**

450 Bryant Street, Palo Alto, Ca 94301  
Tel: (650) 326-5362

Language(s): Spanish, Chinese, English and Vietnamese

Services: Assist seniors in obtaining services, lunch daily, recreational activities. Areas served: Palo Alto.

### **Mexican American Community Services Agency (MASCA)**

130 N. Jackson Avenue, San Jose, CA 95116  
Tel: (408) 928-1155

Language(s): Spanish, Mandarin, Cantonese, Vietnamese and Tagalog

Services: Senior health programs and nutrition site.

### **Alzheimer's Activity Center**

2380 Enborg Lane, San Jose, CA 95128  
Tel: (408) 279-7515

Services: Provides rehabilitative services, nutrition and care for seniors with physical, mental or social issues. Helps seniors maintain independence. Respite and counseling to families and caregivers also available.

### **Cupertino Senior Day Services**

20920 McClellan Rd., Cupertino, CA 95015  
Tel: (408) 973-0905

Services: Provides rehabilitative services, nutrition and care for seniors with physical, mental or social issues. Helps seniors maintain independence. Respite and counseling to families and caregivers also available



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## **Live Oak Adult Day Services**

Willow Glen - Administrative Office and Center  
1147 Minnesota Avenue, San Jose, CA 95125  
Tel: (408) 971-9363

Services: Provides rehabilitative services, nutrition and care for seniors with physical, mental or social issues. Helps seniors maintain independence. Respite and counseling to families and caregivers also available

## **Live Oak Adult Services- Los Gatos**

111 Church Street, Los Gatos, CA 95030  
Tel: (408) 354-0707

Services: Provides rehabilitative services, nutrition and care for seniors with physical, mental or social issues. Helps seniors maintain independence. Respite and counseling to families and caregivers also available

## **Live Oak Adult Services- Downtown San Jose**

49 N. Fourth St., San Jose, CA 95112  
Tel:(408) 292-1392

Services: Provides rehabilitative services, nutrition and care for seniors with physical, mental or social issues. Helps seniors maintain independence. Respite and counseling to families and caregivers also available

## **Live Oak Adult Services- Gilroy**

651 West 6<sup>th</sup> Street, Gilroy, CA 95020  
Tel: (408) 847-5491

Services: Provides rehabilitative services, nutrition and care for seniors with physical, mental or social issues. Helps seniors maintain independence. Respite and counseling to families and caregivers also available

## **Saratoga Adult Care Center**

19655 Allendale Ave., Saratoga, CA 95070

Tel: (408) 868-1262

Language(s): Spanish and English

Services: Senior and Nutrition program.

## **Sunnyvale Senior Day Services**

1025 The Dallas Ave., Sunnyvale, CA 94087  
Tel: (408) 246-8790

Language(s): Spanish and Chinese

Services: Senior and Nutrition program.

## **Community Centers & Nutrition Sites**

### **Alma Community Center**

136 Alma Avenue, San Jose, CA 95125  
Tel: (408) 288-8758

*(continued...)*

Languages: Spanish

Services: Nutrition and activities

### **Asian Americans for Community Involvement**

2400 Moorpark Ave. #300, San Jose, CA 95128  
Phone: (408) 975-2730

Language(s): Cantonese, Mandarin, Chui-Chow, Laotian, Cambodian, Vietnamese, Thai, Korean, Tagalog, Ilocano, Lao-Mein, Farsi and Japanese

Services: General support services, senior programs and nutrition site.

### **Afro-American Community Services Agency**

304 N. Sixth St. (Julian), San Jose, CA 95112  
Tel: (408) 292-3157

Language(s): Spanish and Ethiopian

Services: Senior programs and Brown Bag food program.



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## **Berryessa Community Center**

3050 Berryessa Rd., San Jose, CA 95132

Tel: (408) 251-6392

Services: Senior programs and nutrition.

## **Campbell Nutrition Site**

1 West Campbell Ave., Campbell, CA 95008

Tel: (408) 866-2764

Services: Senior and Nutrition program.

## **Casa del Pueblo**

200 S. Market St., San Jose, CA 95113

Tel: (408) 294-5308

Services: Senior and Nutrition program.

## **Community Services Agency of Mountain View and Los Altos**

204 Stierlin Road, Mountain View, CA 94043

Tel: (650)968-0836

Languages: Spanish and English

Services: Assist seniors in obtaining services, lunch daily and variety of other programs. Areas served: Mt. View, Los Altos and Los Altos Hills

## **Cupertino Senior Center**

21251 Stevens Creek Blvd, Cupertino, CA 95014

Tel: (408) 777-3150

Language(s): Mandarin, Spanish and English

Services: Assist seniors in obtaining services, classes, exercise, recreational activities. Wed. lunch.

## **Cubberley Nutrition Site**

4000 Middlefield Rd., Palo Alto, CA 94303

Tel: (650) 329-2418

Services: Senior and Nutrition program.

## **Cypress Senior Center**

403 S. Cypress Ave., San Jose, CA 95117

Tel: (408) 244-1353

Services: Senior programs and nutrition

## **Eastside Neighborhood Center**

2150 Alum Rock Avenue, San Jose, CA 95116

Tel: (408) 251-0215

Language(s): Spanish and Tagalog

Services: Nutrition program and senior programs.

Eastern European Services Agency

2400 Moorpark Ave. #200, San Jose, CA 95128

Tel: (408) 297-7348

Language(s): Bosnian, Croatian, Serbian, Albanian

Services: Senior program, ESL classes

## **Evergreen Community Program**

4860 Felipe Rd., San Jose, CA 95135

Tel: (408) 270-2220

Services: Nutrition and senior programs.

## **Gilroy Senior Center**

7371 Hanna Street, Gilroy, CA 95020

Tel: (408) 848-0465

Nutrition Site: (408) 842-4200

Language(s): Spanish, Tagalog and Chinese

Services: Senior center and nutrition site.

## **Hank Lopez Senior Program**

1694 Adrian Way, San Jose, CA 95122

Tel: (408) 926-3895



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Language(s): Spanish

Services: Senior Recreational Activities, Food, groceries and social services information.

## **Hope Rehabilitation Services**

1555 Parkmoor Ave., San Jose, CA 95128  
Tel: 282-0449

Services: Senior and Nutrition program.

## **Iola Williams Community Center**

2072 Lucretia Ave., San Jose, CA 95122  
Tel: (408) 292-6592

Services: Senior and Nutrition program.

## **IRCC, Inc.**

399 West San Carlos Street, San Jose, CA 95110-2629  
Tel (408) 971-7861

Language(s): Vietnamese

Services: Programs for elderly people from Cambodia, Laos and Vietnam.

## **Indo-American Community Service Center**

3065 Democracy Way, Santa Clara, CA 95054  
Tel: (408) 748-1771  
Website: [www.indo-american-org](http://www.indo-american-org)

Language(s): Hindi, Punjabi, Marath, Gujarati, Urdu, Telusu, Tamil, Kannapa.

Services: Cultural and language-sensitive human care center providing health referrals and educational, social, occupational, cultural, and recreational services for seniors, youth and adults. Senior nutrition program.

## **Japanese American Senior Center (YU-AI-KAI)**

588 N. 4<sup>th</sup> St., San Jose, CA 95112  
Tel: (408)294-2505

Services: Senior and Nutrition program.

## **Jewish Family Services**

14855 Oka Rd., Los Gatos, CA 95020  
Tel: (408) 358-3636

Services: Senior and Nutrition program.

## **Korean-American Community Services**

1800 B Fruitdale Ave., San Jose, CA 95128  
Tel: (408) 920-9733

Language(s): Korean

Services: Senior programs and nutrition site.

## **La Comida of Palo Alto**

450 Bryant St., Palo Alto, CA 94303  
Tel: (650) 327-2811

Services: Senior and Nutrition program.

## **Milpitas Senior Center**

160 N. Main St., Milpitas, CA 95035  
Tel: (408) 942-2476

Nutrition Program: (408) 942-2477

Language(s): Mandarin, Cantonese, Japanese, Vietnamese and Spanish

Services: Senior services and nutrition site.

## **Mountain View Nutrition Site**

266 Escuela Ave., Mountain View, CA 94040  
Tel: (650) 903-6330

Services: Senior and Nutrition program.

## **Mt Madonna YMCA Senior Citizen Center**

17666 Crest Avenue, Morgan Hill, CA 95037  
Tel: (408) 776-0111  
Nutrition Program: (408) 779-1413

Language(s): Cantonese, Filipino, Italian, Japanese and Spanish.



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Services: Senior services and nutrition site.

## **North Side Community Center**

488 N. Sixth Street, San Jose, CA 95122

Tel: (408) 271-7315

Language(s): Taglog

Services: Nutrition Program ad senior activities.

## **Older Women's League of Santa Clara County Inc.**

### **National Office**

666 11th Street, NW, Suite 700, Washington, DC 20001

Tel: 1-800-825-3695

Santa Clara

Tel: (408) 270-4525

Services: Provides advocacy to mid-life and older women to improve later life with economic security, health care, ending discrimination and abuse, and improving their image. Holds discussion groups, meetings, workshops and social activities.

## **Portuguese Community Center (POSSO)**

1115 East Santa Clara Street Suite #A, San Jose, CA 95116

Tel: (408) 923-0877

Website: [www.service.com/posso](http://www.service.com/posso)

Language(s): Portuguese

Services: Nutrition Program and senior services.

## **Santa Clara Senior Center**

1303 Fremont St., Santa Clara, CA 95050

Tel: (408) 615-3170

Services: Senior and Nutrition program.

## **Saint James Senior Center**



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199 3<sup>rd</sup> St., San Jose, CA 95112

Tel: (408) 297-3338

Services: Senior and Nutrition program.

## **Salvation Army**

359 N. 4<sup>th</sup> St., San Jose, CA 95112

Tel: (408) 282-1165

Services: Senior and Nutrition program.

## **Santa Clara Senior Center**

1303 Fremont Street, Santa Clara, CA 95050

Tel: (408) 615-3170

Language(s): English

Services: Assist seniors in obtaining services, nutrition Mon-Friday, resources for homecare workers, adult education classes and recreational activities and on-site Case Manager.

## **Self-Help for the Elderly**

1818 Scott Boulevard, Santa Clara, CA 95050

Tel: (408) 246-8790

Language(s): Mandarin and Cantonese

Services: Senior programs and nutrition site.

## **Self-help for the Elderly- Campbell**

940 South Valley Rd., Cupertino, CA 95014

Tel: (408) 873-4200

Services: Senior and Nutrition program.

## **Southside Community Center**

5585 Cottle Rd., San Jose, CA 95123

Tel: (408) 629-9606

Services: Senior and Nutrition program.

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## **Sunnyvale Community Services**

810 W. McKinley Ave., Sunnyvale, CA 94086

Tel: (408) 738-4321

Language(s): Language bank available.

Services: Assist seniors in obtaining services , montly food program, food for homeless, rental assistance, utility assistance, fee waivers for recreational department for City of Sunnyvale, information and referral, on-site Case Manager. Areas served: County-wide, Sunnyvale.

## **Sunnyvale Nutrition Site**

535 Old San Francisco Rd., Sunnyvale, CA 94086

Tel: (408) 739-0833

Services: Senior and Nutrition program.

## **Vietnamese American Cultural and Social Council**

611 North 13th Street, San Jose, CA 95112

Tel: (408) 971-8280 Fax: (408) 971-8285

Website: [www.vietnam.org](http://www.vietnam.org)

Language: Vietnamese

Services: ESL, Citizenship classes for seniors.

## **Vietnamese Voluntary Foundation (VIVO)**

2260 Quimby Rd., San Jose, CA 95122

Tel: (408) 532-7755

Language(s): Vietnamese

Services: Senior program, ESL and citizenship classes for seniors.

## **West Valley Japanese-American Senior Center**

1545 Teresita Dr., San Jose, CA 95129

Tel: (408) 253-0458

Language(s): Japanese

Services: Senior programs for Japanese only.

## **West Valley Nutrition Site**

6191 Bollinger Rd., Cupertino CA 95014

Tel: (408) 996-7210

Services: Senior and Nutrition program.

## **Willow Senior Center**

2175 Lincoln Ave., San Jose, CA 95125

Tel: (408) 978-8029

Services: Senior and Nutrition program.

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