

*The Age Forward Coalition of San Mateo County  
& The SCAN Foundation Proudly Present*

# AGE WELL, SAN MATEO



LOCAL RESOURCES FOR  
**OLDER & DISABLED ADULTS**  
IN SAN MATEO COUNTY



November 9, 2023, 2:00 - 3:30 PM



## ABOUT US:

The **Age Forward Coalition** is a broad **consortium** of San Mateo County (SMC) nonprofit and community organizations and advocates who have been serving **older adults and adults with disabilities** (herein, target population) in SMC for many years.

### Our Coalition

- Engages in **advocacy** & acts as a catalyst for community partners
- Strives to ensure the highest possible attainment of **independence, health, and well-being** for this target population
- Provides a means for **collaboration** among the members to **network** and address **goals** for improving the lives for this target population



The **Age Forward Coalition** is a member of the **California Collaborative for Long-Term Services & Supports**

We are supported by a **grant** from the **SCAN FOUNDATION**, focused on advancing a coordinated & easily navigated **system** of high-quality **services** for older adults that **preserves dignity & independence**.



For more information, visit [www.TheSCANFoundation.org](http://www.TheSCANFoundation.org)

# MASTER PLAN ON AGING



## GOAL 1: Housing for All Stages & Ages

We will live where we choose as we age in communities that are age-, disability-, and dementia-friendly and climate- and disaster-ready.

**Target: Millions of New Housing Options to Age Well**



## GOAL 2: Health Reimagined

We will have access to the services we need to live at home in our communities and to optimize our health and quality of life.

**Target: Close the Equity Gap in and Increase Life Expectancy**



## GOAL 3: Inclusion & Equity, Not Isolation

We will have lifelong opportunities for work, volunteering, engagement, and leadership and will be protected from isolation, discrimination, abuse, neglect, and exploitation.

**Target: Keep Increasing Life Satisfaction as We Age**



## GOAL 4: Caregiving That Works

We will be prepared for and supported through the rewards and challenges of caring for aging loved ones.

**Target: One Million High-Quality Caregiving Jobs**



## GOAL 5: Affording Aging

We will have economic security for as long as we live.

**Target: Close the Equity Gap in and Increase Elder Economic Sufficiency**



abilitypath

INSPIRING INCLUSION

**ABILITYPATH**



# ABILITYPATH

## LOCATION

**6 Locations in San Mateo County:** Redwood City, Redwood Shores, Burlingame (2), Daly City, San Mateo.

## SERVICE AREA

### **San Mateo County Based Adult Services:**

Serving adults with **developmental disabilities** in community & site-based programs, employment programs, independent living support services, and cooperative living homes.

## WEBSITE

[www.abilitypath.org](http://www.abilitypath.org)

## CONTACT INFO

**Brandon Allen** (*He/Him/His*)

Adult Services Programs Manager

Cell: (650)683-0080

Office: (650)259-0169

350 Twin Dolphin Dr., Suite 123

Redwood Shores, CA 94065

# ABILITYPATH

## SERVICES:

- Site based day programs
- Community-based programs
- Job coaching and training programs
- Independent living support services
- Housing in two cooperative living homes.
- **New services** focused on *Aging Well*:
  - **Support services: Housing** for individuals with developmental disabilities experiencing memory loss related health issues



## Master Plan on Aging

### Goal 1: Housing for All Stages and Ages



# ALZHEIMER'S ASSOCIATION





# ALZHEIMER'S ASSOCIATION

## LOCATION

2290 N. 1<sup>st</sup> St, Ste 212  
San Jose, CA 95131

## SERVICE AREA

Serving **Northern California**  
(Fresno to Oregon border) & Northern Nevada

## WEBSITE

[www.alz.org](http://www.alz.org)

## CONTACT INFO

(800)272-3900

# ALZHEIMER'S ASSOCIATION

## SERVICES:

- Care **Consultation**
- Information & **Referral**
- Caregiver **Support Groups**
- Caregiver **Education**,
- Respite Care **Grants**
- **Support Groups** for People with Early Stage Dementia
- **Volunteer** Opportunities,
- Online **Information** Repository

Master Plan on  
Aging Goals





**CALIFORNIA  
CONNECT**

# **CALIFORNIA CONNECT**



# CALIFORNIA CONNECT

California Connect **Service Centers** in Berkeley, Fresno, Glendale, Orange, Riverside, Sacramento, and San Diego  
Open Mon. – Fri., 8:00 AM – 5:00 PM (except holidays)

## LOCATION

## SERVICE AREA

Available to all **Californians: San Mateo County**

## WEBSITE

[www.californiaconnect.org](http://www.californiaconnect.org)

## CONTACT INFO

**Pa Kou Cha**, Outreach Specialist  
(559)477-4674 or [pcha@ccaf.us](mailto:pcha@ccaf.us)  
(800)806-1191

\*For part time centers in Marina, SF, San Jose, Santa Barbara, West Covina & Redding: Please call the Contact Center at 1-800-806-1191 to confirm hours of operation.



# CALIFORNIA CONNECT

## SERVICES:

- **Communication access** for Californians with hearing, vision, cognitive, mobility and speech-related **disabilities**
- **Specialized equipment** that works with your home and/or cellular service
- NO income and NO age requirements. Free program to Californians. Apply at [www.CaliforniaConnect.org](http://www.CaliforniaConnect.org)



Master Plan on Aging

Goal 2: Health Reimagined



# CATHOLIC CHARITIES ADULT DAY SERVICES



# CATHOLIC CHARITIES ADULT DAY SERVICES

**LOCATION** ————— 787 Walnut Street, San Carlos, CA 94070

**SERVICE AREA** ————— Adult Day Care Services

**WEBSITE** ————— [www.CatholicCharities.org](http://www.CatholicCharities.org)

**CONTACT INFO** ————— Carmen Santoni, Program Director

# CATHOLIC CHARITIES ADULT DAY SERVICES

## SERVICES:

### **Promotes Aging-in-Place:**

- Offers a safe, therapeutic environment to prevent premature placement in a residential facility
- Older adults who may be suffering from memory impairments and/or physical disabilities attend 2-5 days a week while their family caregivers receive supportive services and respite

### **Enhances Quality of Life and Increases Independence:**

- Participants enjoy a safe, fun and stimulating environment while families are eased of their constant responsibility of providing care.



Master Plan on Aging

Goal 4: Caregiving That Works





# COASTSIDE ADULT DAY HEALTH CENTER



# COASTSIDE ADULT DAY HEALTH CENTER

## LOCATION

Coastside Senior Housing Adult Community Center,  
925 Main St, **Half Moon Bay**, CA 94019

## SERVICE AREA

Adult Day Health Services  
Community-Based Adult Services

## WEBSITE

[www.coastsideadulthoodhealth.org](http://www.coastsideadulthoodhealth.org)

## CONTACT INFO

**Natalya Alazraie**, MSW, Program Director  
[cadhcpd@gmail.com](mailto:cadhcpd@gmail.com)  
(650) 726-5067 ext. 103



# COASTSIDE ADULT DAY HEALTH CENTER

## SERVICES:

- **Nursing** and Personal Care
- **Physical** Therapy
- **Occupational** Therapy
- **Speech** Therapy
- **Nutrition** Education & Counseling
- **Alzheimer's** Program
- **Pet** Therapy
- Stimulating **Group** Activities
- Door-to-Door, **Wheelchair Accessible Transport**
- Special Events
- Caregiver Support Group

Master Plan on Aging Goals



2 Health Reimagined



3 Inclusion & Equity, Not Isolation



# CORA

## COMMUNITIES OVERCOMING RELATIONSHIP ABUSE



# COMMUNITY OVERCOMING RELATIONSHIP ABUSE (CORA)

**LOCATION** \_\_\_\_\_ 2211 Palm Avenue,  
San Mateo, CA 94403

**SERVICE AREA** \_\_\_\_\_ San Mateo County

**WEBSITE** \_\_\_\_\_ [www.corasupport.org](http://www.corasupport.org)

**CONTACT INFO** \_\_\_\_\_ (800)300-1080



# COMMUNITY OVERCOMING RELATIONSHIP ABUSE (CORA)

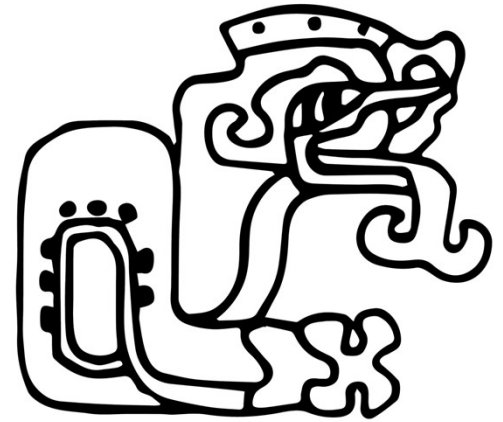
## SERVICES:

- 24-Hour **Crisis Hotline**
- ERP Program
- Safehouse and Supportive **Housing** program
- Family-Centered **Mental Health** Services
- **Children's** Program
- **Legal** Services
- Community **Advocacy**
- Community **Education**
- **TDAH**
- **SPEAK UP**



Master Plan on Aging

Goal 3: Inclusion & Equity, Not Isolation



EL CONCILIO  
OF SAN MATEO COUNTY

# EL CONCILIO



# EL CONCILIO OF SAN MATEO COUNTY

**LOCATION** ————— 3180 Middlefield Road  
Redwood City, CA 94063

**SERVICE AREA** ————— San Mateo County

**WEBSITE** ————— <https://www.elconcilio.org>

**CONTACT INFO** ————— Aurelio Huizar  
aurelio@el-concilio.org



# EL CONCILIO OF SAN MATEO COUNTY

## SERVICES:

- **Low Income Home Energy Assistance Program (LIHEAP)**
  - Government Aid to help low-income families pay the cost of home utilities
  - One-time-payment to help you:
    - Pay your heating or cooling bills
    - In an emergency or energy crisis, such as disconnection.
- **Peninsula Clean Energy**



Master Plan on Aging  
Goal 5: Affording Aging





Family  
Caregiver  
Alliance®

# FAMILY CAREGIVER ALLIANCE



# FAMILY CAREGIVER ALLIANCE

## LOCATION

Office: 235 Montgomery St, Suite 930  
San Francisco 94104

## SERVICE AREA

All of San Mateo County

Also: San Francisco, Marin, Alameda,  
Contra Costa, Santa Clara Counties

## WEBSITE

[www.caregiver.org](http://www.caregiver.org)

## CONTACT INFO

800.445.8106

415.434.3388

info@caregiver.org

# FAMILY CAREGIVER ALLIANCE

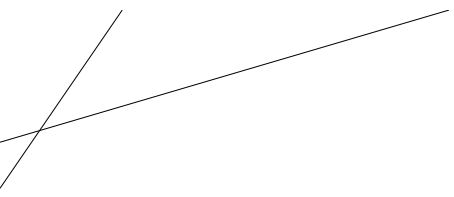
## SERVICES:

- Supportive services for family caregivers of those over 60 with **chronic health issues** or those with **dementia**
- Free **Assessment** and care **planning** for family caregivers
- Education, respite, ongoing support



Master Plan on Aging

Goal 4: Caregiving That Works



# FALL PREVENTION COALITION



# FALL PREVENTION COALITION OF SAN MATEO COUNTY



## LOCATION

San Mateo County

## SERVICE AREA

San Mateo County

## WEBSITE

[www.SMCFallPrevention.org](http://www.SMCFallPrevention.org)

## CONTACT INFO

**1-844-NoFalls**

No2Falling@gmail.com



# FALL PREVENTION COALITION OF SAN MATEO COUNTY



**Mission: To prevent falls among older adults in our community through collaboration, education, resource development and advocacy.**

**Fall Prevention Helpline 1-844-NoFalls**

Line is answered by a licensed Occupational Therapist who provides 1:1 fall risk analysis, recommendations & resources.

Master Plan on  
Aging Goals



2  
Health  
Reimagined



3  
Inclusion & Equity,  
Not Isolation



# DALY CITY PARTNERSHIP





# DALY CITY PARTNERSHIP

## LOCATION

Healthy Aging Response Team – HART  
101 Lake Merced Blvd. Rm. 13  
Daly City, CA 94015

## SERVICE AREA

San Mateo County,  
Daly City, Colma, Broadmoor

## WEBSITE

[HART@dcpartnership.org](mailto:HART@dcpartnership.org)

## CONTACT INFO

[Janet@dcpartnership.org](mailto:Janet@dcpartnership.org)

(650)991-5558

(650)550-0671



# DALY CITY PARTNERSHIP

## SERVICES:

- **Information/Referral**
- **Transportation Referrals**
- **Technology** classes and Connectivity Support
- **Food, Shelter and housing** search support or referrals
- **Care Navigator** and **in-home assessments**
- Senior Peer Volunteer
- **Phone support** & referrals
- **Health and Wellness** clinics & referrals
- Brain Health
  - **Therapy** sessions: individual & family
- **Recreation** activities, and much more

## Master Plan on Aging Goals



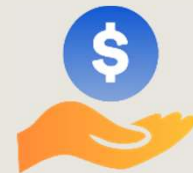
1  
Housing for All Stages & Ages



2  
Health Reimagined



3  
Inclusion & Equity, Not Isolation



5  
Affording Aging



# HICAP

## HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM



# HICAP OF SAN MATEO COUNTY

1710 S. Amphlett Blvd. Suite 100,  
**San Mateo, CA 94402**

## LOCATION

Medicare beneficiaries and their families

## SERVICE AREA

\*Also: those **eligible** for Medicare, medical/social work professionals and healthcare **advocates** working on behalf of Medicare beneficiaries **living in San Mateo County**

## WEBSITE

<https://www.hicapsanmateocounty.org>

## CONTACT INFO

Email: [info@hicapsm.org](mailto:info@hicapsm.org)

T: 650-627-9350; 1-800-434-0222



# HICAP OF SAN MATEO COUNTY

## SERVICES:

HICAP provides **free, unbiased and confidential counseling and community education** on Medicare & related **health insurance issues**.

- HICAP does not sell, endorse or recommend any specific health insurance

Our counselors are registered by the California Department of Aging and **provide information for beneficiaries** to make informed decisions about their healthcare coverage.



Master Plan on Aging

Goal 2: Health Reimagined



# HIP HOUSING



# HIP HOUSING

## LOCATION

800 S Claremont St #210,  
San Mateo, CA 94402

## SERVICE AREA

All of San Mateo County

## WEBSITE

[www.hiphousing.org](http://www.hiphousing.org)

## CONTACT INFO

(650)348-6660

mailbox@hiphousing.org

# HIP HOUSING

## SERVICES:

- Home Sharing
- Housing Readiness
- Self-Sufficiency Programs



In addition to the programs offered, HIP Housing **owns or manages** over 20 **low-income properties** all throughout San Mateo County.

Master Plan on Aging Goals



1  
Housing for All Stages & Ages



3  
Inclusion & Equity, Not Isolation



5  
Affording Aging





# **INSTITUTE ON AGING**



# INSTITUTE ON AGING

## LOCATION

Teams: Based in San Mateo County  
Headquarters: San Francisco

## SERVICE AREA

San Mateo County

## WEBSITE

[www.ioaging.org](http://www.ioaging.org)

## CONTACT INFO

**Jenna LaPlante**  
Senior Director of  
Care Management Programs

[jlaplante@ioaging.org](mailto:jlaplante@ioaging.org)

# INSTITUTE ON AGING

## SERVICES:

- CalAIM ECM and Community Supports
- Homecare
- Dementia programs
- HomeSafe



AgeOn.  Institute on Aging

## Master Plan on Aging Goals



1  
Housing for All  
Stages & Ages



2  
Health  
Reimagined



3  
Inclusion & Equity,  
Not Isolation



# LEGAL AID SOCIETY



# LEGAL AID SOCIETY OF SAN MATEO COUNTY

## LOCATION

Redwood Shores

## SERVICE AREA

All of San Mateo County

## WEBSITE

[www.legalaidsmc.org](http://www.legalaidsmc.org)

## CONTACT INFO

Jacqueline Bates, Project Coordinator

[jbates@legalaidsmc.org](mailto:jbates@legalaidsmc.org)

# LEGAL AID SOCIETY OF SAN MATEO COUNTY

## SERVICES:

- Government Benefits
  - Social Security, SSI, MediCal, CalFresh, & Cash Assistance Program for Immigrants (CAPI)
- Elder Abuse Protection for 65+ (or 60+ with Disability)
- Consumer Law and Debt Protection
- Simple Will
- Guardianships for Seniors Caring for Young Children
- Advance Health Care Directives and Power of Attorney
- Community Education About Scams & Fraud

Master Plan on  
Aging Goals



3  
Inclusion & Equity,  
Not Isolation



5  
Affording Aging

**Medical Equipment  
LOAN PROGRAM**



# **MELP**

**MEDICAL EQUIPMENT  
LENDING PROGRAM**



# MEDICAL EQUIPMENT LENDING PROGRAM (MELP)

**LOCATION** \_\_\_\_\_ 1063 East San Carlos Ave  
**San Carlos** (distribution center)

**SERVICE AREA** \_\_\_\_\_ San Mateo County, northern Santa Clara County,  
occasional other Bay Area locations

**WEBSITE** \_\_\_\_\_ [www.freemedequip.org](http://www.freemedequip.org)

**CONTACT INFO** \_\_\_\_\_ Bill Dawson  
[billdaws@comcast.net](mailto:billdaws@comcast.net)  
(650)533-5669





# MEDICAL EQUIPMENT LENDING PROGRAM (MELP)

## SERVICES:

Medical Equipment Loan Program  
("MELP")/AbleCloset  
(Belmont-Redwood  
Shores Rotary)



Master Plan on Aging  
Goal 2: Health Reimagined



# **OMBUDSMAN SERVICES SMC**



# OMBUDSMAN SERVICES OF SAN MATEO COUNTY

## LOCATION

Veterans Memorial Senior Center  
1455 Madison Avenue,  
**Redwood City, CA 94061**

## SERVICE AREA

San Mateo County

## WEBSITE

<https://ossmc.org>

## CONTACT INFO

Elyse Brummer, MPA  
Executive Director  
1(650)780-5702

# OMBUDSMAN SERVICES OF SAN MATEO COUNTY

## SERVICES:

- Long-Term Care Ombudsman Program:
  - **Visits** to long-term care facilities 1-2x per week
  - Listen to resident concerns and problems
  - Ensure that residents' rights to **self-determination** are always respected
  - **Resident Empowerment:** Help residents clarify their needs and learn to advocate for themselves
  - Connect residents and staff to **resources** to solve issues
  - Report **violations** to government authorities (elder abuse)



Master Plan on Aging

Goal 2: Health Reimagined



Peninsula  
Family Service

# PENINSULA FAMILY SERVICE



# PENINSULA FAMILY SERVICE

## LOCATION

24 Second Avenue  
San Mateo, CA, 94401

## SERVICE AREA

Residents of **San Mateo County**:

Daly City, Colma, Brisbane, South San Francisco, San Bruno, Millbrae, Burlingame, Hillsborough, Half Moon Bay, Montara, Moss Beach, El Granada

## WEBSITE

[www.pfso.org](http://www.pfso.org)

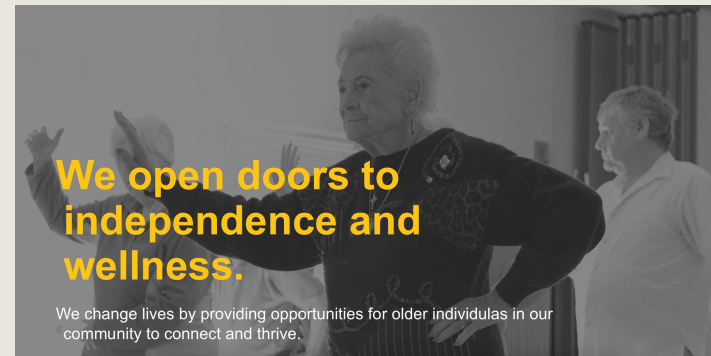
## CONTACT INFO

**Charles Hansen**  
Chief Programs Officer  
650.403.4300 ext.4403

# PENINSULA FAMILY SERVICE

## SERVICES:

- Older Adult **Resource** Line
- Peer **Counseling**
- You Talk, We Listen
- Got **Wheels**
- Help@Hand
- Fair Oaks Adult **Activity** Center



Master Plan on Aging

Goal 3: Inclusion & Equity, Not Isolation



**PVI**

**PENINSULA VOLUNTEERS, INC.**





# PENINSULA VOLUNTEERS INC (PVI)

## LOCATION

800 Middle Avenue,  
Menlo Park, CA

## SERVICE AREA

San Mateo &  
Santa Clara Counties

## WEBSITE

[www.1pvi.org](http://www.1pvi.org)

## CONTACT INFO

Kamilah Najieb-Wachob  
650-272-5006  
[knwachob@1pvi.org](mailto:knwachob@1pvi.org)



# PENINSULA VOLUNTEERS INC (PVI)

## SERVICES:

- **Meals on Wheels:**
  - Nutritious meals delivered to homebound seniors & disabled
- **Rosener House:**
  - **Therapeutic activities** for seniors with cognitive or physical impairments
- **RIDE PVI:** Affordable, on-demand transportation
- **Little House:** Center for seniors to engage in social, physical, and culturally enriching **programs**



Master Plan on Aging Goals:  
Goal 2: Health Reimagined



**PUENTE**

**PUENTE**

**LA COSTA SUR**



# PUENTE DE LA COSTA SUR

## LOCATION

Pescadero and La Honda

## SERVICE AREA

Pescadero, La Honda, Loma Mar and San Gregorio

## WEBSITE

<https://mypuente.org/>

## CONTACT INFO

Ophélie Vico

[ovico@mypuente.org](mailto:ovico@mypuente.org)

650-262-5989

# PUENTE DE LA COSTA SUR

## SERVICES:

- **60+ Connection and Wellbeing Program:**
  - \$100 weekly Safeway gift cards
  - Monthly fields trips
  - Home visits
  - Rides & companionship to medical appointments



Master Plan on  
Aging Goals:



2:  
Health  
Reimagined



3  
Inclusion & Equity,  
Not Isolation



5:  
Affording  
Aging



# REBUILDING TOGETHER PENINSULA



# REBUILDING TOGETHER PENINSULA

## LOCATION

841 Kaynyne St,  
Redwood City, CA 94063

## SERVICE AREA

San Mateo County and the San  
Francisco Peninsula region

## WEBSITE

[www.rtpeninsula.org](http://www.rtpeninsula.org)

## CONTACT INFO

[info@rtpeninsula.org](mailto:info@rtpeninsula.org)

(650) 366-6597

Robert Skelton

[robert@rtpeninsula.org](mailto:robert@rtpeninsula.org)



# REBUILDING TOGETHER PENINSULA

## SERVICES:

Safe and healthy **housing-related repairs** for homeowners in-need; we ensure our neighbors live in safe and healthy homes and communities.



Master Plan on Aging

Goal 1: Housing for All Stages & Ages





# **SAN MATEO JAPANESE-AMERICAN COMMUNITY CENTER**

# SAN MATEO JAPANESE-AMERICAN COMMUNITY CENTER

## LOCATION

415 South Claremont Street  
San Mateo, CA 94401

## SERVICE AREA

San Mateo County

## WEBSITE

[www.smjacc.org](http://www.smjacc.org)

## CONTACT INFO

sanmateojacc@gmail.com

650-343-2793



# SAN MATEO JAPANESE-AMERICAN COMMUNITY CENTER

## SERVICES:

- Referral services
- Bilingual assistance
- Japanese cultural classes and clubs
  - Bonsai & ikebana flower arranging
- Activities and Resources
  - Karaoke
  - Ping pong
  - Japanese books & DVDs



Master Plan on Aging

Goal 3: Inclusion & Equity, Not Isolation



**SECOND HARVEST**  
*of* SILICON VALLEY

# **SECOND HARVEST OF SILICON VALLEY**



# SECOND HARVEST OF SILICON VALLEY

**LOCATION** ————— 900+ grocery sites,  
including more than 130 drive-thru sites

**SERVICE AREA** ————— Santa Clara and San Mateo Counties

**WEBSITE** ————— <https://www.shfb.org/>

**CONTACT INFO** ————— Hotline (M-F, 8AM-5PM)  
T: (800)984-3663  
Patricia Cervantes [pcervantes@shfb.org](mailto:pcervantes@shfb.org)



# SECOND HARVEST OF SILICON VALLEY

## SERVICES:

- **Free Groceries**
- Free grocery programs include Drive-Thru, Farmers' Market, & Pantry options
  - Home Delivery (eligibility required)
- Prepared Meal **Referrals**
- CalFresh **Application Assistance**



Master Plan on Aging  
Goal 2: Health Reimagined



**Self-Help for  
the Elderly**  
安老自助處

# SELF-HELP FOR THE ELDERLY



# SELF-HELP FOR THE ELDERLY

## LOCATION

San Mateo Activity Center (聖馬刁康樂中心)  
50 East Fifth Avenue,  
San Mateo, CA 94401

## SERVICE AREA

San Mateo and San Francisco Counties

## WEBSITE

<https://www.selfhelpelderly.org/>

<https://www.hicapsanmateocounty.org/>

## CONTACT INFO

Activity Center/Stop the Hate Program  
(650)342-0822

Medicare Counseling Program **HICAP**  
(650)627-9350



# SELF-HELP FOR THE ELDERLY

## SERVICES:

(in San Mateo)

- **Lunch** Program (Chinese food)
- Senior **Activities**
- **Medicare Counseling** Services



Master Plan on Aging

Goal 2: Health Reimagined



STAR VISTA

**STARVISTA**



STAR VISTA

# STARVISTA

**LOCATION** ————— San Mateo County, CA

**SERVICE AREA** ————— **Mental Health** Counseling, Case Management,  
Skill Development, & Crisis Prevention Programs

**WEBSITE** ————— [www.star-vista.org](http://www.star-vista.org)

**CONTACT INFO** ————— [hello@star-vista.org](mailto:hello@star-vista.org): General program questions  
Audrey Bockholt [Audrey.bockholt@star-vista.org](mailto:Audrey.bockholt@star-vista.org)  
**StarVista 24/7 Crisis Hotline (all ages):**  
(650) 579-0350  
**StarVista Resource Line (all ages):**  
(650) 489-2097



STAR VISTA

# STARVISTA

## SERVICES



### Wellness and Recovery Services

Range of **substance use and mental health programs** for youth and adults. Treatment is individualized and client centered as clients are empowered to take responsibility for their choices, get connected with tools to address their challenges, build support networks, and create positive life changes.



### Early Childhood and School-Based Services

Provides San Mateo County children, youth, families and farmworkers with comprehensive **mental health services** that build resilience, strengthen mental health, and cultivate community wellness.



### Youth and Community Empowerment Services

Ensuring that San Mateo County youth feel supported as they encounter life's challenges like unstable **housing, mental health issues**, navigating the **foster care system**, or accessing **LGBTQ-centered care**, empowering them to build the lives they envision.



### Crisis Services

Delivers extensive **mental health support** to children, youth, adults, and families facing mental health crises or requiring assistance through **crisis intervention, suicide prevention**, compassionate understanding, and connection to vital resources.

Master Plan on Aging Goals



GOAL 2: Health Reimagined



# VILLAGES OF SAN MATEO COUNTY

# VILLAGES OF SAN MATEO COUNTY

Community of **3 Villages** (+ independent villages in Foster City & Brisbane)

## LOCATION

### Sequoia Village:

Redwood City, Redwood Shores, San Carlos, & Belmont

### Mid-Peninsula Village:

San Mateo, Burlingame, Hillsborough, Millbrae, & San Bruno

### Village of the Coastsides:

Half Moon Bay, north to Montara

<https://www.villagesofsmc.org/>

[info@villagesofsmc.org](mailto:info@villagesofsmc.org)

(650) 260-4569

## WEBSITE

## CONTACT INFO



# VILLAGES OF SAN MATEO COUNTY

## SERVICES:

A **membership organization** with strong relationships and mutual support that allow our older adult members to embrace aging with confidence and continue to live independently in their own homes and the communities they love.

## *Social Events that Build Community and Combat Social Isolation:*

- Speaker events
- Excursions, social hours,

## *Volunteer Led Services for Members:*

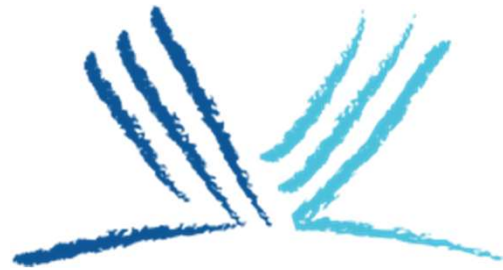
- Transportation to doctors, groceries, and errands
- Home safety evaluation and simple home repairs
- Home and yard chores, technology assistance, friendly visits and calls

## Master Plan on Aging



### Goal 3: **Inclusion & Equity, Not Isolation**

Objective #90: Promote and adapt village models of volunteerism and services to reflect the strengths of California's diverse communities



VISTA  
CENTER

# VISTA CENTER

FOR THE  
BLIND AND VISUALLY IMPAIRED





# VISTA CENTER FOR THE BLIND & VISUALLY IMPAIRED

**LOCATION** \_\_\_\_\_ 2500 El Camino Real, Suite 100 Palo Alto, CA 94036  
Headquarters: Palo Alto, branches in San Jose & Santa Cruz

**SERVICE AREA** \_\_\_\_\_ Over 3,700 blind and low vision youth/adult clients annually, throughout San Mateo, Santa Clara, Santa Cruz, & San Benito Counties

**WEBSITE** \_\_\_\_\_ [www.vistacenter.org](http://www.vistacenter.org)

**CONTACT INFO** \_\_\_\_\_ Neeraj Gupta  
Community Relations and Operations Associate  
(650)858-0202



# VISTA CENTER FOR THE BLIND & VISUALLY IMPAIRED

## SERVICES:

Our programs include:

- **Daily living skills**
- **Orientation & mobility**
- **Assistive technology**
- **Peer mentoring**
- **Low vision clinics**

- **Health library**
- **Counseling**
- **Trips** (hiking, youth kayaking)
- **Classes/Activities** (book clubs, teatime, sewing, ceramics, yoga, Tai Chi, etc)

Clients can be **referred** by Ophthalmologist and we **create personalized plans** (Never **refuse service** if a client cannot pay)



Master Plan on Aging

Goal 2: Health Reimagined

# MASTER PLAN ON AGING



## GOAL 1: Housing for All Stages & Ages

Target: Millions of New Housing Options to Age Well



## GOAL 2: Health Reimagined

Target: Close the Equity Gap in and Increase Life Expectancy



## GOAL 3: Inclusion & Equity, Not Isolation

Target: Keep Increasing Life Satisfaction as We Age



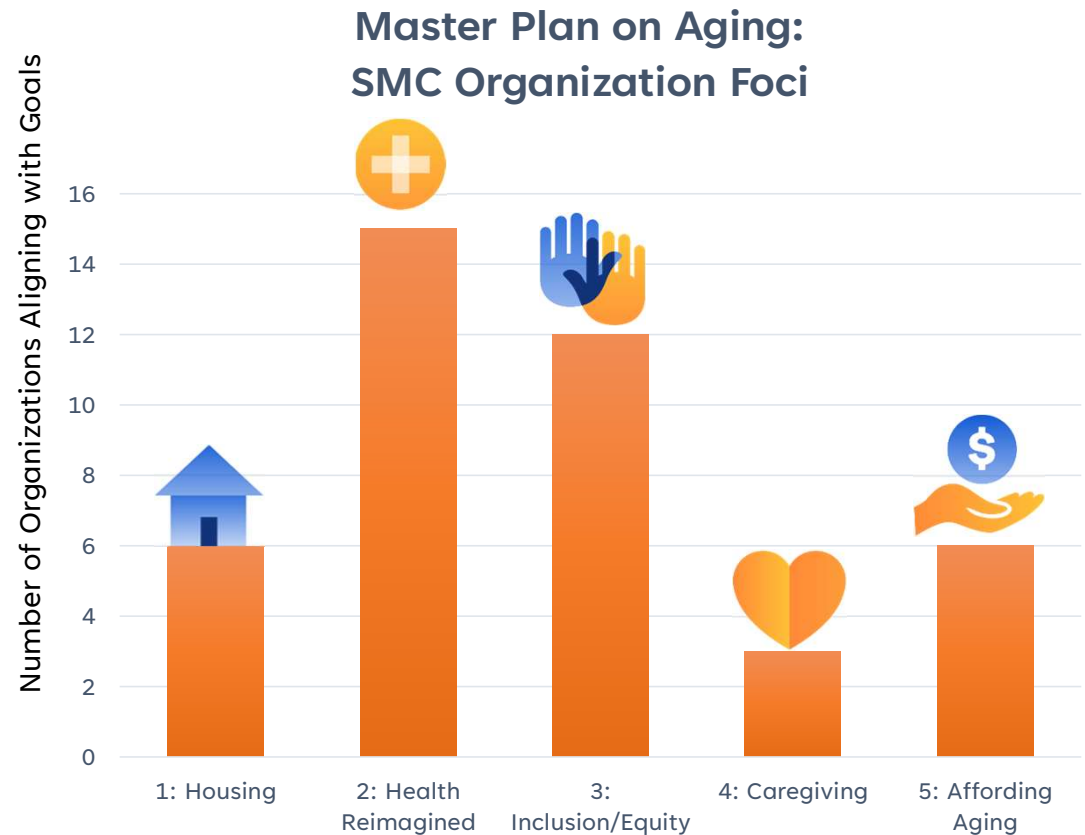
## GOAL 4: Caregiving That Works

Target: One Million High-Quality Caregiving Jobs



## GOAL 5: Affording Aging

Target: Close the Equity Gap in and Increase Elder Economic Sufficiency



**COUNTY** OF **SAN MATEO**

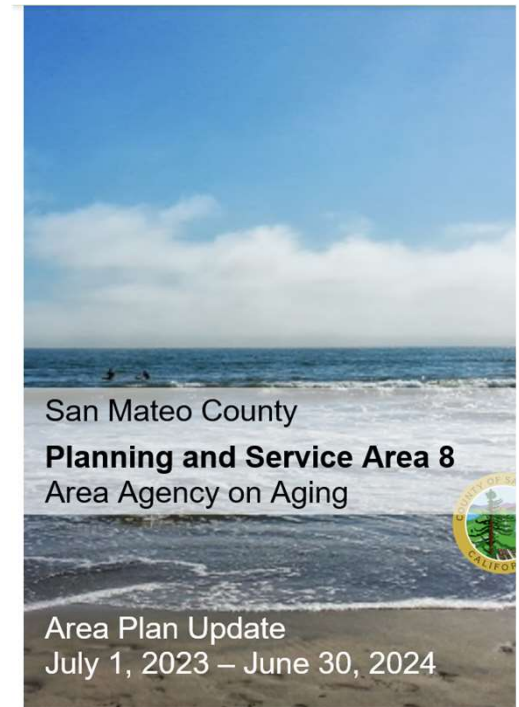
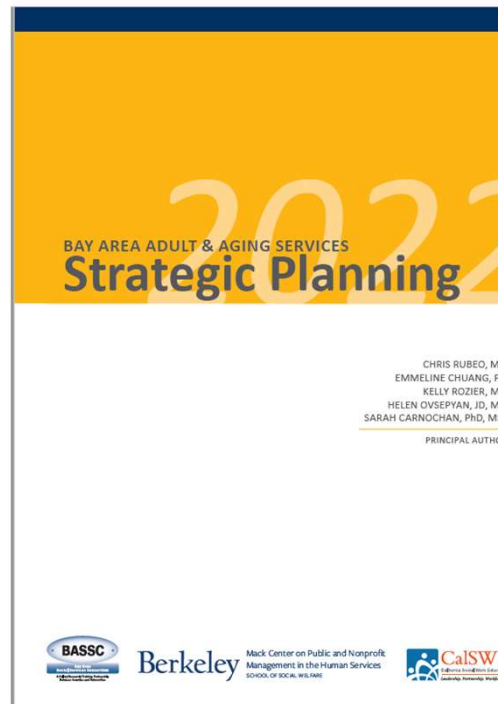
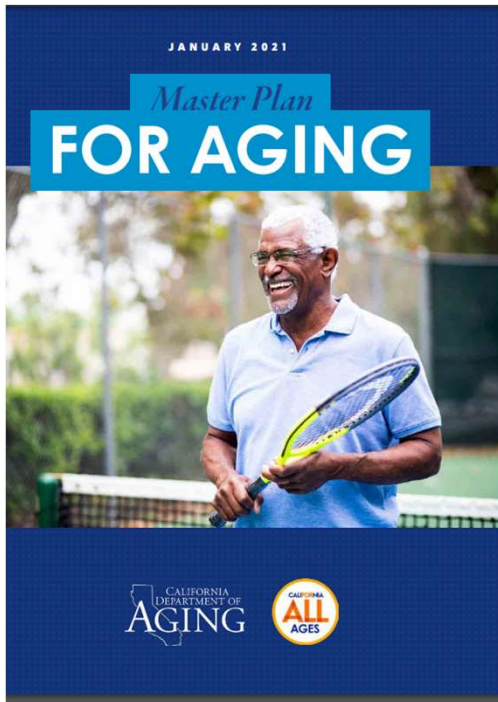


SAN MATEO COUNTY HEALTH  
**AGING & ADULT  
SERVICES**

# Serving and Protecting San Mateo County's Older Adults and Individuals Living with Disabilities

Nina Rhee

Deputy Director



# Strategic Alignment



# AAS SERVICE AREAS

PROTECTION

SUPPORT

ADVOCACY

# AAS HOTLINE



- Access point for all services
- Monday-Friday 8AM-5PM
- 24-hours a day / 7 days a week
- Protective and Supportive Services Referrals
- Case Consults
- Clearinghouse for community-based resources

# PROTECTIVE SERVICES



**Adult  
Protective  
Services**

**Elder and  
Dependent  
Adult  
Protection  
Team**

**Public  
Guardian  
and  
Public  
Administrator**

**COUNTY OF SAN MATEO**



**SAN MATEO COUNTY HEALTH  
AGING & ADULT  
SERVICES**



# SUPPORTIVE SERVICES

Linkages  
and  
Enhanced Care  
Management

In Home  
Supportive  
Services

Public  
Authority



COUNTY OF SAN MATEO



SAN MATEO COUNTY HEALTH  
AGING & ADULT  
SERVICES

# ADVOCACY

Commission  
on  
Aging

Commission  
on  
Disabilities

Public  
Authority  
Advisory  
Committee



COUNTY OF SAN MATEO



SAN MATEO COUNTY HEALTH  
AGING & ADULT  
SERVICES



# QUESTIONS?

<https://www.smchealth.org/services-aging-and-adult>

1-844-868-0938

COUNTY OF SAN MATEO



SAN MATEO COUNTY HEALTH  
AGING & ADULT  
SERVICES



# LOCAL SENIOR CENTERS

# LOCAL SENIOR CENTERS

## SAN FRANCISCO:

**Well Connected Senior Center**  
881 Turk Street,  
San Francisco, CA 94102  
(877) 797-7299

## BELMONT, SAN CARLOS:

**Belmont Twin Pines Senior & Community Center**  
20 Twin Pines Lane,  
Belmont, CA 94002  
(650) 595-7444

**San Carlos Adult Community Ctr**  
601 Chestnut St,  
San Carlos, CA 94070  
(650)802-4384

## SOUTH SAN FRANCISCO, DALY CITY, PACIFICA:

**Roberta Cerri Teglia Center**  
(previously **Magnolia Center**)  
400 Grand Avenue,  
South San Francisco, CA 94080  
(650)829-3820

**Doelger Senior Center**  
(Westlake Park)  
101 Lake Merced Blvd,  
Daly City, CA 94015  
(650)991-8012

**Lincoln Park Community Center**  
901 Brunswick St,  
Daly City, CA 94014  
(650)992-8018

**Pacifica Senior Services**  
540 Crespi Drive,  
Pacifica, CA 94044  
(650)738-7350

## SAN BRUNO, SAN MATEO:

**San Bruno Senior Center**  
1555 Crystal Springs Rd,  
San Bruno, CA 94066  
(650) 616-7150

**San Mateo Senior Center**  
2645 Alameda de las Pulgas,  
San Mateo, CA 94403  
(650) 522-7490

**San Mateo Japanese American Community Center**  
415 S Claremont St,  
San Mateo, CA 94401  
(650) 343-2793

**Dr. Martin Luther King Jr. Community Center**  
725 Monte Diablo Ave,  
San Mateo, CA 94401  
(650) 522-7470

Pictured: Roberta Teglia Center, SSF



Pictured: San Mateo Senior Center

# LOCAL SENIOR CENTERS



## FOSTER CITY:

**Foster City Parks and Rec Dept.,  
SENIOR WING**  
650 Shell Blvd.,  
Foster City, CA 94404  
(650) 286-2585

**PJCC: Peninsula Jewish  
Community Center**  
800 Foster City Blvd,  
Foster City, CA 94404  
(650) 212-7522

**PJCC: Get Up & Go  
SENIOR TRANSPORTATION**  
800 Foster City Blvd,  
Foster City, CA 94404  
(650) 378-2750

Pictured Left: Brisbane  
Senior Sunrise Room

## BRISBANE:

**Brisbane Senior Sunrise Room**  
2 Visitacion Avenue,  
Brisbane, CA 94005  
(415)508-0230

## MENLO PARK:

**Arrillaga Family Recreation Ctr**  
Menlo Park City Hall  
700 Alma St,  
Menlo Park, CA 94025  
(650)330-2200

**PVI: Peninsula Volunteers**  
800 Middle Ave,  
Menlo Park, CA 94025  
(650)326-0665

## REDWOOD CITY:

**Peninsula Family Service:  
Fair Oaks Adult Activity Center**  
2600 Middlefield Road,  
Redwood City, CA 94063  
(650)780-7525

**Redwood City Veterans Memorial  
Senior Center**  
1455 Madison Avenue,  
Redwood City, CA 94061  
(650)780-7270

## HALF MOON BAY:

**Senior Coastsiders**  
925 Main Street  
Half Moon Bay, CA, 94019  
(650)726-9056

34

# LOCAL SENIOR CENTERS SELF-HELP FOR THE ELDERLY

## SAN MATEO

### **San Mateo Central Recreation Center (Self Help for the Elderly)**

(聖馬刁康樂中心)

50 East Fifth Avenue,  
San Mateo, CA 94401  
(650) 342-0822



## MILLBRAE:

### **Millbrae Senior Lunch Program (Self Help for the Elderly)**

(米爾布雷市營養午餐計劃)

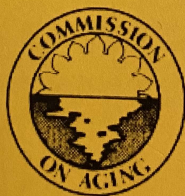
Millbrae Chetcuti Room  
450 Poplar Avenue,  
Millbrae CA 94030  
(415) 319-4115  
(leave a message)



# HELP AT HOME

2022-2023

A resource guide for older adults  
& adults with disabilities  
in San Mateo County



Published by San Mateo County  
Commission on Aging

# HELP AT HOME RESOURCE GUIDE



Available in English, Spanish, & Chinese  
Next publication: Spring 2024



Homepage + Languages:

[https://www.smchealth.org/  
helpathome](https://www.smchealth.org/helpathome)



English PDF:

[https://www.smchealth.org/  
sites/main/files/file-  
attachments/hath\\_web.pdf](https://www.smchealth.org/sites/main/files/file-attachments/hath_web.pdf)





# Q & A

**Please feel free to send your questions into the chat.**



# THANK YOU!

For further information, please email us at [info@ageforwardsmc.org](mailto:info@ageforwardsmc.org)