

San Francisco Bay Area -- General

Bay Area Hospice Information

<http://www.meer.net/users/taylor/hospice2.htm>

A list of San Francisco Bay Area hospices.

Bay Area Jewish Funeral Chapels and Cemeteries

<http://www.jewish.com:80/resource/ch3.htm#RTFTtoC16>

A guide provided by San Francisco Jewish Community Publications Inc.

California AIDS Hotline

415-863-2437

Comprehensive telephone referral service operating 24 hours a day,
7 days a week.

California Department of Aging

<http://www.aging.state.ca.us>

1-800-510-2020

For Californians, provides information on services in your area for
seniors and persons with disabilities.

Jewish Family and Children's Services

Bereavement and Healing Program

Offices in San Francisco, Palo Alto, San Rafael, and Santa Rosa
(for details see main listing under San Francisco Agencies)

<http://jfcs.org>

National Kidney Foundation of Northern California

553 Pilgram Dr., #C

Foster City, CA 94404

650-349-5111; 800-796-2277

Provides information and programs relating to all aspects of
kidney disease.

Alameda

CA

St. Joseph Catholic Church

1109 Chestnut Street
Alameda CA 94501
510-522-0445

Bereavement support social gathering once per month. Weekly support groups for children grades 1-8 experiencing loss from death or divorce.

Steve Mullen

Antioch CA

Kaiser Permanente Antioch Medical Center
Bereavement Services
3400 Delta Fair Blvd.
Antioch CA 94509
510-295-4711

Hospice services and bereavement support for members and family of patients. Non-Kaiser members may attend.

Karen Silverman

Aptos CA

Hospice Caring Project
Santa Cruz Coalition for End of Life Care
6851 Soquel Drive
Aptos CA 95003

408-688-7684

408-688-5271 (fax)

hospicesc@aol.com (e-mail)

Non-profit home-based hospice service. Serves Santa Cruz county.

Offers free bereavement support groups for anyone in the county who has suffered a loss. Grief Busters is a program coordinated through the schools to support children who have suffered a loss. Offers an annual 30-unit CEU hospice training program for RNs.

Medicare certified.

Belmont CA

Catholic Charities Belmont House

730 El Camino Real

Belmont CA 94002

650-802-9443

650-802-8385 fax

<http://www.belmont.gov/orgs/bhouse/bhouse.html>

Six-bed residential hospice for low-income San Mateo county residents living in the last stages of AIDS. Offers a comfortable homelike atmosphere that allows clients to die with dignity. Operated by Catholic Charities of the Archdiocese of San Francisco. Most residents have signed a do not resuscitate order and have a prognosis of six months or less to live and are seeking palliative comfort care only. Grief support is offered for hospice families.

Fees are based on SSI income.

Deborah Rogers, Program Director

Katherine Hill, Facility Mgr., 415-802-9426

Therece Haynes-Fleming, Senior CNA, 415-802-9426

Berkeley CA

Bay Area Funeral Society

P. O. Box 264

Berkeley CA 94701

510-841-6653

el@idiom.com

<http://www.meer.net/users/taylor/fmps.htm>

A non-profit organization concerned with preplanning for funeral or memorial arrangements in San Francisco, Marin, Alameda, and Contra Costa counties. It is not a for-profit mortuary or a prepayment plan. It seeks to enable consumers to make wise decisions about funeral planning in advance of need. Members may make plans in advance, select a mortuary from a list of contracting mortuaries, obtain price survey information, keep planning records on file with the society, and obtain information about living wills, durable power of attorney, practical concerns with death, and other topics. Connected with a

network of about 150 similar societies in the US and Canada; if you move or die while travelling your plans can be carried out by another society (some local societies have a small fee to transfer a membership). National headquarters is in Vermont (FAMSA). Ernest Landauer, Executive Director

East Bay Center for Attitudinal Healing
P. O. Box 1974-447
Berkeley CA 94707
510-893-LOVE

Support programs for children, adults, family members, and friends affected by grief or chronic/catastrophic illnesses. The center supplements traditional health care and sponsors a number of peer-facilitated support groups, educational workshops, and visits in the community. Based on the work of Dr. Gerald Jampolsky, the Center defines health as inner peace and healing as letting go of fear. Alternate address is 7 Van Sicklen Place., Oakland CA 94610.

Genetic Support Group
2340 Ward Street, Suite 204
Berkeley CA 94705
510-845-4656

Ongoing open support group and individual or couples counseling for parents who have terminated a pregnancy due to genetic abnormalities in the fetus. Group is facilitated by a psychologist and a genetic counselor. Upon request can offer training workshops for health care personnel, genetic counselors, and other groups. Group is sponsored by Kaiser, but you do not need to be a Kaiser member. No fees.

Jeanne Menary, Ph.D., 510-845-4656
Ann Bourguignon, Genetic Counselor, 510-596-6755

Grief Care Community
3102 Telegraph Ave.
Berkeley CA 94705
510-540-0830

Individual and group support for people who are grieving the death of a loved one. Groups start every eight weeks; call before attending. On-going grief, loss, and spirituality group meets weekly. Art Therapy Grief Group starts every eight weeks as well

as individual art therapy available. Services available in German.

Jewish Center

Northbrae Community Church

Berkeley CA 94708

510-845-9055

General grief groups for all persons in grief. Also has an ongoing cancer support group.

Sliding scale.

Jan Feldman

Namaste

P. O. Box 3680

Berkeley CA 94703

510-547-7702 24-hour voice mail

Emotional support peer counseling program for all persons in bereavement or with catastrophic or life-threatening illnesses.

Individual peer counseling at home, in the hospital, or as arranged.

Clients are matched with volunteers on a one-on-one basis to provide peer emotional support. Non-denominational program with no specific religious focus. The word Namaste is Sanskrit for "I honor the spirit within you."

All services are free.

Les Fram

Pacific Center for Human Growth

2712 Telegraph Ave.

Berkeley CA 94705

510-548-2192

Bereavement peer support for lesbians and gay men.

Senior Medi-Benefits

3195 Adeline Street, P.O. Box 3435

Berkeley CA 94703

510-420-0550

415-258-9311

Assists people with Medicare and/or Medi-Cal eligibility and other health insurance billing and claims.

Support After Neo-Natal Death (SAND) - Alta Bates Chapter

Alta Bates Medical Center
2450 Ashby Avenue

Berkeley CA 94705

510-204-1571 (24-hour message machine); 510-540-1571

Serves parents who have lost a baby through miscarriage, stillbirth or other infant death. Professionally facilitated support groups for parents on first and third Wednesdays from 7 to 9 pm. 24 hour telephone counseling. Crisis consultation. Resource library.

Women's Cancer Resource Center
3023 Shattuck Ave.

Berkeley CA 94705

510-524-2918; 510-548-9272

Support group for family and friends of people with cancer.
No fees.

Rachel Clark

Bollinas

CA

Commonweal
P.O. Box 316

Bollinas CA 95816

415-868-0970

Provides a Cancer Help Program for people with cancer and members of their families or close friends. Commonweal is dedicated to helping people who are searching for physical, mental, emotional and/or spiritual healing in the face of cancer.

Brentwood

CA

Awakening

A Center for Exploring Living and Dying

9701 Deer Valley Road

Brentwood

CA 94513

925-755-8822

Counseling for individuals and couples, and group support.
Spiritual explorations of how pain and loss transform our lives.

Brisbane CA

Comprehensive Community Home Health and Hospice

150 North Hill Drive, #20

Brisbane CA 94005

415-330-3333

415-330-3321 fax

phernandez@homehealthandhospice.com

<http://www.homehealthandhospice.com>

In-home skilled nursing supportive services and home hospice care.

Sliding fee scale.

Pie Hernandez, Executive Director

Burlingame CA

Crisis Intervention and Suicide Prevention - San Mateo

1860 El Camino Real, Suite 400

Burlingame CA 94010

650-692-6662 (business office); 650-692-6655 (crisis line)

650-652-9745 fax

Crisis line provides referrals to grief support programs in San Mateo County. Also provides in-person counseling including grief support through its counseling clinic. For grief referrals call the crisis line. For in-person counseling call the business office.

Crisis line is free; clinic has sliding scale down to \$15 per session. Also offers a weekly Survivors of Suicide Group (S.O.S.).

Home Health Plus Hospice

1 Bay Plaza

Burlingame CA 94010

800-794-2979

650-573-1397 fax

A national provider for in-home and contract skilled hospice nursing

care serving the entire Bay Area. Provides one year of individual bereavement followup for client families. Has an active public education unit that provides training on hospice issues for the general public and health care professionals.
Medicare certified.

Menninger Senior Day Program

1720 El Camino Real, #10

Burlingame

CA 94010

650-696-3641

For treatment with depression, anxiety and/or chemical dependency.
Accepts Medicare and/or Medi-Cal.

Mills-Peninsula Senior Focus Adult Day Health Center

Alzheimer's Day Care Resource Center

1720 El Camino Real, #10

Burlingame

CA 94010

650-696-3660

Accepts Medicare and/or Medi-Cal.

Poplar ReCare

1764 Marco Polo Way

Burlingame

CA 94010

Day Break 650-259-8539

Senior Program 650-259-8542

For people with developmental disabilities.

Campbell

CA

AdvoLife

910 Campisi Way

Campbell

CA 95008

800-417-1897

American Cancer Society

1715 S. Bascom Ave., #100

Campbell, CA 95008

408-879-1032

408-879-1031 (fax)

Provides information and education for the public about cancer. Provides support groups, limited transportation, medical equipment, and patient advocacy. Home Care Program offers short-term in-home assistance (4-6 weeks) for cancer patients meeting financial eligibility. Skilled nursing care is not included. This program can also provide some respite hours for the caregiver. A medical referral from a doctor is required.

American Diabetes Association of Santa Clara County

1475 S. Bascom Ave.

Campbell, CA 95008

408-369-2244

Provides information and education for the general public on diabetes.

Castro Valley CA

Crisis Support Services of Alameda County

21636 Redwood Rd

Castro Valley, CA 94546

Crisis Hotline: 800-309-2131

Business office: 510-420-2460

Grief and Senior Counselling: 800-260-0094

www.crisissupport.org

Provides suicide prevention services and grief counselling.

Offers weekly support groups, including support for suicide survivors.

Suicide survivors group meets weekly.

Phone crisis counselling is not limited to suicide.

Serves Alameda County.

East Bay Cancer Support Group

20080 Redwood Road

Castro Valley

CA 94546

510-889-8766

<http://www.ebcancersupport.org>

Support group for people who are living with cancer, their caregivers, and the bereaved.

Support After Infant & Pregnancy Loss (SAIL)

Eden Hospital Medical Center

20103 Lake Chabot Road

Castro Valley CA 94546

510-537-1234 ext. 5043; 510-889-5043

Individual counseling and monthly support group for parents who have lost a baby through miscarriage, stillbirth, or other infant death.

Hospital visits. Telephone support. Resource library.

Norma Guerra

Cathy Russo

Colma

CA

Cypress Lawn Memorial Park

1370 El Camino Real

Colma CA 94014

415-755-0580 ext. 239

415-994-3317 fax

Provides information to recently bereaved families who have had recent interments at Cypress Lawn. Information includes self-help pamphlets on bereavement, referrals to local bereavement support services, Social Security and Veteran's Administration contact information, and information on cemetery policies. Visits may take place within the first week after interment at the home of the family member. These visits may include discussions on pre-need arrangements for surviving family members.

No fees for cemetery clients.

Allan Goodmanson, Family Service Manager

Concord

CA

AIDS Project of Contra Costa

2280 Diamond Boulevard, #350

Concord CA 94520

510-356-2437

Serves persons affected by HIV and their loved ones. Individual peer and family counseling. Weekly peer facilitated support groups. Crisis and telephone consultation. Information and referral services.

Bereavement Coordinators of Northern California

2051 Harrison Street

attn: Judi Baltzo

Concord CA 94520

510-609-1841 fax

A informal networking organization for hospice bereavement program coordinators associated with Northern California hospices. Meets quarterly. To get involved with the group, call one of the contact people.

No fees to participate.

Judi Baltzo 510-609-1830

Gail Bigelow 415-750-6800 x21679

Joanie Seidel 707-258-9080

Diablo Valley AIDS Center

P. O. Box 295

Concord CA 94522

510-686-DVAC

Serves persons affected by HIV. Peer individual and professional counseling, on-site and at home. Weekly peer facilitated support groups. Crisis and telephone consultation. Resource library. Information and referral services.

Hospice of Contra Costa

2051 Harrison Street

Concord CA 94520

925-609-1830

925-609-1841 fax

< <http://www.best.com/~hospice/> >

Hospice services for anyone dying of end-stage illness. Pediatric hospice program is called Comfort for Kids for terminally ill children or teens. Circle of Care Program is for people living with HIV who are not in hospice but need psychosocial, spiritual, and grief support. Individual peer counseling for hospice families and some grief therapy for hospice families. Grief support groups run by licensed professionals are open to the general public. Will provide limited

phone counseling and referral information. Resource library for hospice families. Education on end of life issues for the workplace, health care professionals, and the community at large.

No fees regardless of ability to pay.

Judi Baltzo, Bereavement Program Coordinator

Jennifer Timmer, Circle of Care Program

Diane Coughlin, RN, Comfort for Kids

Nancy Huvelle, RN, General Information

Mt. Diablo Medical Center

Grief Support Services

2540 East Street

Concord CA 94520

925-674-2133

Serves all persons in grief. Offers professionally facilitated and peer facilitated support groups, and a Grief Correspondence Program which provides a series of letters that are sent to a bereaved person each month for a year following a death. Also provides information and referral services.

Sliding scale fees and donations.

Rev. Michael Hertz, Director of Pastoral Care

Support After Neo-Natal Death (SAND) - Mt. Diablo

Mt. Diablo Medical Center

2540 East Street

Concord CA 94524-4110

510-674-2046 (24 hour message machine)

Serves parents who have lost a baby through miscarriage, stillbirth or other infant death. Bi-weekly professionally facilitated support groups for parents. 24 hour telephone counseling. Crisis consultation. Resource library.

Sutter VNA & Hospice

1900 Bates Ave., Suite A

Concord, CA 94520

925-677-4240

Home care and hospice services provided in Alameda, Contra Costa, San Mateo, Solano, Sonoma, and other Northern California counties.

VNA & Hospice provides hospice care for patients and their families from five local offices in Emeryville, Santa Rosa, San Mateo,

Concord, and San Leandro. Services include: care at home, at skilled nursing facilities, and at residential care facilities; pain management and symptom control; 24-hour phone consultation; after-hour emergency visits; medical social workers; personal care, massage therapy; chaplains, volunteer services; respite care; bereavement support; information and referral services; crisis consultation; and community education services. Bereavement programs serve all persons in grief with professional individual and family counseling, support groups, and other programs. Prior to October 1, 2000, the agency's name was "VNA & Hospice of Northern California."

Contra Costa County CA

Contra Costa Crisis Center
Grief Counseling Program
P. O. Box 3364
Walnut Creek CA 94598
800-837-1818 (24-hour grief line)
800-549-8111 (Spanish-speaking grief line)
Website: crisis-center.org

Individual counseling at home or office and grief support groups in Pittsburg, Richmond, San Pablo, Walnut Creek, and various schools throughout Contra Costa County. Groups for children, teens, adults, bereaved parents, family death, and greiving partners. Crisis response team available to assist schools, businesses, and community groups following a death. Newsletter, information and referral, and 24-hour grief line offered. Spanish-speaking counselors available. Also offers a Survivors After Suicide Support Group (SAS) that meets only in Walnut Creek. The SAS group is for family and friends of a person who has died by suicide. It follows a cohort model in which groups form periodically; new groups start in September and in January through May. Call to sign up; not a drop-in group. Groups are free. Serves Contra Costa County but takes people from other areas if they wish to come to Walnut Creek for meetings.

Corte Madera CA

A non-profit organization concerned with preplanning for funeral or memorial arrangements in North Bay counties. It is not a for-profit mortuary or a prepayment plan. It seeks to enable consumers to make wise decisions about funeral planning in advance of need. Members may make plans in advance, select a mortuary from an approved list, obtain price survey information, keep planning records on file with the society, and obtain information about living wills, durable power of attorney, grief counseling, and other topics. Also has a speakers bureau. Connected with a network of about 150 similar societies in the US and Canada. If you move or die while travelling your plans can be carried out by another society. Some local societies have a small fee to transfer a membership. National headquarters is in Connecticut (FAMSA).

\$30 one-time fee; no transfer fee.

Karen Leonard, Executive Director

Ann Tompkins, Vice-President

Cupertino

CA

Compassionate Friends

Santa Clara County Chapter

11480 Charsan Lane

Cupertino

CA 95014

408-252-1317

hecassel@aol.com

A volunteer-based self-help group for bereaved parents.

Free service.

Cupertino Senior Day Services

20920 McClellan Rd., P.O. Box 622

Cupertino, CA 95015

408-973-0905

Offers social and recreational activities. Special financial arrangements can be made. Other languages: Mandarin, Tagalog, & Ilocano. Hours: M-F 9:30am - 3pm.

Sunny View Senior Services

22445 Cupertino Road

Cupertino, CA 95014
408-253-4300 ext.63
408-255-6015 (fax)

An experienced service Coordinator will provide initial assessment and home safety evaluation, and schedule all services that are needed. There is a yearly membership fee and this service is for older adults living within a 15 mile radius of hte Sunny View Lutheran Home. Hours: M-F 8:30am - 5pm.

Daly City CA

Care Resource
375 So. Mayfair Avenue, Ste. 270
Daly City CA 94015
650-301-3270

Home Health Plus Hospice
333 Gellert Blvd., Suite 113
Daly City CA 94015
800-794-2979
Accepts Medicare and/or Medi-Cal.

Nurse Providers
355 Gellert Blvd., Suite 152
Daly City CA 94015
650-992-8559
Skilled nursing and hospice care.

Nurse Providers Home Health Services
355 Gellert Blvd., Suite 150
Daly City CA 94015
650-992-5820
Accepts Medicare and/or Medi-Cal.

Seton Medical Center
Bereavement Services
1900 Sullivan Ave.
Daly City CA 94015

415-991-6828

8-week daytime program for anyone who has experienced the loss of a loved one. Not limited to persons who have received care from Seton Medical Center. Free program, donations suggested.

Sr. Margarite Apostolo, Grief Coordinator

West Bay Home Health and Community Services

1784 Sullivan Avenue

Daly City

CA 94015

650-991-6680

Accepts Medicare and/or Medi-Cal.

Discovery Bay

CA

Delta Community Presbyterian Church

Grief Relief Program

1900 Willow Lake Road

Discovery Bay

CA 94514

925-513-0356

Grief support group open to anyone after any type of death.

Individual counseling also available.

Dublin

CA

Hope Hospice

6500 Dublin Boulevard, Suite 100

Dublin

CA 94568

925-829-8770

925-829-0868 fax

Home hospice and home health services in the Tri-Valley area. The Bereavement Support Program is open to the entire community and provides individual peer and professional counseling, on-site and at home. Bi-monthly professional and peer-facilitated support groups. Crisis consultation. Telephone counseling. Resource library. Information and referral services. They have a six-week children's bereavement program for those aged 5 to 18 that is offered four times a year. Offers an eight-week hospice training course for

professionals and the public once a year in the Fall. Can handle AIDS clients.

Bereavement counseling is on a donation basis.

Doris Felton, Bereavement Coordinator

Joan Alford, Nursing Care Coordinator

El Sobrante

CA

Widowed Person's Support Group

El Sobrante United Methodist Church

670 Appian Way

El Sobrante CA 94803

510-223-0790

Monthly professionally facilitated support groups for widows and widowers. Crisis consultation. Monthly social dinner and program.

Information and referral services.

Rev. David Schlager (or Shrader)

Emeryville

CA

Sutter VNA & Hospice

1900 Powell St., Suite 300

Emeryville, CA 94608

800-698-1273 general information

888-600-7744 24-hour hospice information

510-653-8532 fax

Home care and hospice services provided in Alameda, Contra Costa, San Mateo, Solano, Sonoma, and other Northern California counties.

VNA & Hospice provides hospice care for patients and their families from five local offices in Emeryville, Santa Rosa,

San Mateo, Concord, and San Leandro. Services include: care at home, at skilled nursing facilities, and at residential care

facilities; pain management and symptom control; 24-hour phone consultation; after-hour emergency visits; medical social workers;

personal care, massage therapy; chaplains, volunteer services;

respite care; bereavement support; information and referral

services; crisis consultation; and community education services. Bereavement programs serve all persons in grief with professional individual and family counseling, support groups, and other programs. Prior to October 1, 2000, the agency's name was "VNA & Hospice of Northern California."

Fairfax CA

Living/Dying Project

PO Box 357

Fairfax CA 94978

415-456-3915

dale@living.org

The Living/Dying Project, originally called the Dying Project, was founded in 1977 in Santa Cruz, California by Stephen Levine and was part of Ram Dass' Hanuman Foundation. The Living/Dying Project is part of the conscious dying movement in the West. The project offers individual client support services for Marin and Alameda county. Also provides educational programs and training for health care providers. Free.

Dale Borglum, Executive Director

Fairfield CA

Families and Friends of Murder Victims, Inc.

P. O. Box 515

Fairfield CA 94533

510-932-6753

510-256-4292 fax

Individual peer counseling for parents, families, and friends of murdered children and adults. Monthly peer facilitated support groups. Resource library and referral services. Chapters in Pleasant Hill, Oakland, and Fairfield.

Free service.

JoAnn Benford

Jean and Jack O'Hara 510-932-6753

North Bay Hospice
1101 B. Gale Wilson Blvd., Suite 307
Fairfield CA 94533
707-429-7758
Hospice and bereavement services.
Tina Fennell

Fremont CA

Community Counseling and Education Center
39355 California St., Suite 100
Fremont CA 94538
510-792-4964
Individual support for chronic illness, dying, and grief. Counseling
provided by interns.
Sliding scale, \$20-\$50 per session.

Evangelical Free Church
Grief Group
505 Driscoll Road
Fremont CA 94539
510-791-7964 (grief group)
510-651-2030 (church)
A weekly grief support group for loss of any type. Drop-ins are
welcome.

HAND of Fremont
Washington Hospital
2000 Mowry Ave.
Fremont CA 94538
800-963-7070
HAND is a volunteer group of parents who have experienced the loss of
a baby before, during, or after birth. HAND's objective is to offer
support for parents, their relatives and friends during the normal
mourning following the stillbirth or newborn death of their babies.

Mission AIDS

P. O. Box 1733
Fremont CA 94538
510-438-0422

Serves persons affected by HIV and their caregivers. Provides referrals to professional, individual, and group counseling.

St. Vincent's Home Health and Hospice, Inc.
39245 Liberty St., Suite D-8

Fremont CA 94538

510-713-7888

510-713-7894 fax

tcurrivan@homehealthandhospice.com

<http://www.homehealthandhospice.com>

Home care and skilled nursing facility for hospice care. Bereavement

Followup for hospice families for one year.

Medicare certified.

Thornton Avenue Baptist Church

Bereavement Support Group

4500 Thornton Avenue

Fremont CA 94536

510-797-7910

Drop in weekly support groups for all persons in grief. Information and referral services.

Margaret Roletto

Washington Hospital

Social Services Department

38719 Stevers Street

Fremont CA 94538

510-797-1111, ext. 4365

Serves all persons in grief with weekly professionally facilitated support groups. Eight week series several times a year. Crisis consultation. Information and referral services.

Jon Palley 510-797-1111, ext. 4365

Ginny Rockefeller

Fulton

CA

Indian Health Project Dining Site
Filipino Community Center
3361 Fulton Rd.
Fulton, CA 95439

Provides a hot meal for seniors over sixty once a day, Monday through Friday. Reservations must be made at least one day in advance. Donations of \$2.50 are encouraged. Serves meal at 12:00 noon, Monday through Friday.

Gilroy CA

Live Oak Adult Services
651 West 6th St.
Gilroy, CA 95020
408-847-5491

Provides a day care program of recreational and social activities for frail/disabled seniors and respite for their caregivers. Sliding scale fee. Other languages: Spanish. Hours: M-F 8:30am - 3pm.

Medicare
408-842-4485
408-345-4532

Greenbrae CA

Senior Partial Care
Marin General Hospital
250 Bon Air Road
Greenbrae, CA 94904
415-925-7679

A time-limited day care program designed for those 55 and over who are dealing with loss, inactivity or despair.

Gualala CA

Redwood Coast Medical Services
46900 Ocean Drive
Gualala, CA 95445
707-884-4005

Guerneville CA

Russian River Senior Center
15010 Armstrong Woods Rd.
Guerneville, CA 95446
707-869-0618

Half Moon Bay CA

Coastside Adult Day Health Center
645 Correas Street
Half Moon Bay CA 94019
650-726-5067
Accepts Medicare and/or Medi-Cal.

Hayward CA

St. Rose Hospital
Grief Recovery Group
27200 Calaroga Avenue
Hayward CA 94545
510-264-4050; 510-782-6200, ext. 2278
Offers six-week bereavement support groups three or four times a year.
Chaplain Sally Hussey

Healdsburg CA

Alliance Medical Center
619 Center Street
Healdsburg, CA 95448
707-433-2013

Hollister CA

Hollister Resource Center
342 5th St.
Hollister, CA 95023
831-637-0611
slarson@redshift.com (e-mail)
Provides information and individual support for those confronting
a life-threatening illness and group support for the bereaved.

Lafayette CA

Alzheimer's Association of the East Bay
251 Lafayette Circle, Ste. 350
Lafayette, CA 94549
925-284-7942
800-660-1993 (Helpline)
Provides information and education for five Bay Area counties
regarding Alzheimer's Disease, including a Helpline and support
groups.

Contact Care
P. O. Box 901
Lafayette CA 94549
510-284-2273 (24 hours)
24-hour help line and information and referral services for people
in Contra Costa county. Keeps track of general resources including
medical and mental health, parental stress, grief and bereavement,

terminal illness, and other issues. No counselling is provided on the phone. Free service.

Larkspur CA

Marin Medical Society
5 Bon Air Rd., #106
Larkspur, CA 94939
415-924-3891

Provides referral to physicians, receives complaints about member doctors; refers as appropriate to doctors accepting Medi-Cal.

Los Altos CA

Mid-Peninsula Widows and Widowers Association
Los Altos Lutheran Church
460 S. El Monte Ave.
Los Altos, CA 94022
650-964-2612
408-747-0324
Meets every Tuesday at 7:30pm.

Los Gatos CA

Live Oak Adult Services
19 High School Court
Los Gato, CA 95032
408-354-4782
408-354-6648 (fax)

Provides a day care program of recreational and social activities for frail/disabled seniors and respite for their caregivers. Sliding scale fee. Other languages: Spanish. Hours: M-F 9am - 3pm; Office hours: M-F 8:30am - 5pm.

Comprehensive Community Home Health and Hospice, Inc.
530 Oak Grove Road, Suite 105
Menlo Park CA 94025
415-688-1999
415-688-0698 fax
mhammock@homehealthandhospice.com
<http://www.homehealthandhospice.com>
Medicare certified.
Mary Hammock, Office Manager

Department of Veterans Affairs Palo Alto Health Care System
Hospice Care Program
795 Willow Road, Bldg. 331C
Menlo Park, CA 94025
Must be a veteran with an honorable discharge.

Rosener House
1060 Middle Avenue
Menlo Park, CA 94025
650-322-0126
650-322-4067 (fax)
rosner@ix.netcom.com (e-mail)
Day support program for older adults who have memory or sensory
loss, mobility limitations, loneliness or in need of socialization.
Health and support services are available. Hot lunches/snacks.
Other languages: Spanish. Hours: M-F 8am - 5:30pm.

Stone-Quarre Medical Claims Management
P.O. Box 6
Menlo Park CA 94026

Veterans Administration Hospice Program
VA Hospital
3801 Miranda Avenue
Menlo Park, CA 94004
650-493-5000 ext.7191
Serves honorably discharged veterans. Prognosis determines
admission.

Merced

CA

MISS Foundation - Merced Chapter

Merced, CA

Support group for pregnancy loss, stillborn, miscarriage,
and infant loss.

209-725-9241

<http://lotz.homedns.org/missmerced/>

Mipitas

CA

Regional Medical Senior Health Center

882 North Hillview Drive

Milpitas, CA 95035

408-941-2004

Comprehensive medical care for seniors, including primary care and consultative care delivered by certified geriatricians and a geriatric nurse practitioner. Medical services include geriatric assessment, dementia evaluation, cognitive testing, and routine healthcare. Social services, nutritional counseling, podiatry, medication counseling, health seminars and information also available. Must be 65+ and have Medicare. Other languages: Spanish. Hours: M-F 8:30pm - 5pm.

Monterey

CA

Alliance on Aging

2200 Garden Rd.

Monterey, CA 93940

831-646-1458; 831-758-2811

Administrative offices for the following community programs:

Senior AIDES (Senior Employment Services); Information, Referral
& Assistance; Friendly Visitor Program; Health Insurance

Counseling and Advocacy Program (HICAP); Senior Homeshare Program;
Tax counseling for the elderly; Senior Peer Counseling.

Alzheimer's Association/Monterey County Chapter
2700 Garden Rd.

Monterey, CA 93940

831-647-9890; 831-757-0531; 831-385-8813

A not for profit organization dedicated to providing education, information, and supportive services to families, and others caring for individuals with Alzheimer's disease and related dementias, and advocacy on their behalf.

HIV/AIDS Education and Prevention

Monterey County Health Department

1200 Aguajito Rd.

Monterey, CA 93940

831-647-7932

HIV/AIDS education, information, and consultation to community member groups and agencies.

Hospice of the Central Coast/CHOMP

100 Barnet Segal Lane

Monterey, CA 93940

831-648-7744; 800-452-5500

<http://www.chomp.org>

Hospice is a team of medical professionals and trained volunteers, who provide a wide range of services to patients and families who are facing life-limiting diagnoses. Emphasis is on keeping patients at home whether they continue to pursue aggressive treatment or are focusing on comfort measures. Services include skilled nursing care, symptom and pain management, medical social services, chaplaincy, home health aides, pharmacy, support groups, volunteer support and a free library (open to public).

Monterey Peninsula Resource Center at Hospice House

100 Barnet Segal Lane

Monterey, CA 93940

831-649-1772

Visiting Nurse Association Adult Day Care Center

Hilltop Park Center

650-988-7622

650-940-7174 (fax)

Large health library is free and open to the public. Includes medical texts, books and journals, health newsletters, videotapes, magazines, computerized health reference library and access to the internet. Series of health education seminars throughout the year featuring health professionals. Hours: M-F 8am - 4:30pm.

Pathways Home Health and Hospice

201 San Antonio Circle, #135

Mountain View, CA 94040

650-948-4252

888-755-7855

A local not-for-profit hospice agency since 1977. Dedicated to providing hospice services to residents of San Francisco, San Mateo, Santa Clara, Alameda and Contra Costa counties. Hospice team includes patient's physician, nurse care manager, medical social worker, pastoral care counselor, home health aide and other specially trained staff and volunteers as needed. 7 days a week, 24 hours a day. Group and individual bereavement support provided. Medicare certified. Charitable funds available for patients with limited resources.

Senior-Care

Community Services Agency of Mountain View & Los Altos

204 Stierlin Road

Mountain View, CA 94043

650-968-0851

650-968-0836

Services are for seniors 60+. Offers temporary volunteer help such as grocery shopping, escorted transportation, meal preparation and socialization. This is a service of last resort for persons who need temporary help immediately. Limited geographic service area. Call for information.

Novato

CA

Comprehensive Home Health Of Marin

Our Lady Of Peace Hospice, Inc.
100 Medical Plaza Circle
Novato CA 94948
415-899-1050
415-899-1055 fax
sjacobson@homehealthandhospice.com
<http://www.homehealthandhospice.com>
Medicare certified.
Susan Jacobson, RN, Director Of Operations

Novato Human Needs Center
1907 Novato Blvd.
Novato, CA 94947
415-897-4147
Transportation for Novato seniors.

Senior Access
Novato Center
1905 Novato Blvd.
Novato, CA 94947
415-897-6884

Day care programs for frail and/or disabled adults or people with Alzheimer's disease: hot lunch, health assessment, nursing and social services; physical, occupational and speech therapies; exercise, social and recreational activities; support and respite for people who care for participants. Fees are based on income, or Medi-Cal accepted.

Oakland CA

AIDS Project of the East Bay
651 - 20th Street
Oakland CA 94612
510-834-8181
510-834-0442 fax
Provides individual case management services for persons with AIDS/HIV. Bereavement support groups are being developed. Can provide referrals for home care. Has a speakers bureau.

Free service.

Catholic Charities of Oakland
AIDS/HIV Services
433 Jefferson Street
Oakland CA 94607
510-768-3119

Grief counseling for people with AIDS/HIV and families who have lost someone to AIDS. Pastoral and professional counseling for individuals and long-term support on-site and at home. Funeral assistance, telephone support, and informational and referral services.

Center for AIDS Services
5720 Shattuck Avenue
Oakland CA 94609
510-655-3435

Serves persons affected by HIV. Pastoral counseling, support groups, crisis consultation, information and referral services.

Compassion and Choices of Northern California
Seeks to educate and empower terminally-ill individuals and their families about their rights to a dignified, humane, and peaceful death with a focus on comfort care and pain management. Their parent organization is the national organization Compassion and Choices (www.compassionandchoices.org).
510-531-4846
866-825-8967
<http://www.compassionandchoicesnca.org>

Epilepsy Foundation of Northern California
1624 Franklin St., Ste. 900
Oakland, CA 94612
800-632-3532

Huntington's Disease Society of America
1012 Galvin St.
Oakland, CA 94602
888-828-7343

Kaiser Permanente Oakland Medical Center

Hospice Program

280 West MacArthur Blvd.

Oakland CA 94611

510-596-6390

510-596-6771 fax

Hospice services and bereavement support for Kaiser members and their families. Additional bereavement services are also provided by the Department of Psychiatry (510-596-1075).

Kaiser Permanente Oakland Medical Center

Department of Psychiatry

280 West MacArthur Blvd.

Oakland CA 94611

510-596-1075

510-596-6845 fax

Provides bereavement services for Kaiser members and their families.

Dr. Peter Ryan

National Brain Tumor Foundation

414 13th Street, Suite 700

Oakland, CA 94612

510-839-9777

510-839-9779 fax

<http://www.braintumor.org>

National Multiple Sclerosis Society (Northern Chapter)

150 Grand Ave.

Oakland, CA 94612

510-268-0572; 800-344-4867

Provides accurate information and programs relating to all aspects of multiple sclerosis.

Pathways Home Health and Hospice

7901 Oakport St., Suite 3500

Oakland, CA 94621

510-632-4390

888-755-7855 (Home office in Mountain View)

510-632-3334 fax

A local not-for-profit hospice agency since 1977. Dedicated to providing hospice services to residents of San Francisco, San Mateo, Santa Clara, Alameda and Contra Costa counties. Hospice team includes patient's physician, nurse care manager, medical social worker, pastoral care counselor, home health aide and other specially trained staff and volunteers as needed. 7 days a week, 24 hours a day. Group and individual bereavement support provided. Medicare certified. Charitable funds available for patients with limited resources.

PediatriCare

2540 Charleston Street

Oakland, CA 94602

510-531-7551

510-531-0691 fax

<http://www.ebac.org>

Serves children and families who are coping with bereavement or life-threatening illness, including HIV disease and cancer. Offers one group specifically for HIV-positive children and their siblings who may or may not be infected. HIV-positive persons may also participate in all other agency services. Ongoing professionally facilitated support groups for children (ages 5 to 17) and parents meet every other week in both Oakland and Walnut Creek in the evening. Crisis consultation. Information and referral services. Volunteers and mental health professional student interns are available for individual support for children and their families. Counseling is offered both in people's homes and in the agency office. A program of East Bay Agency for Children. Professional training is available through internships. Can provide in-service training sessions upon request. Sliding scale fees, no one is turned away.

Gwenn Silva, Program Director

St. Vincent's Home Health And Hospice Of The Pacific

2490 Summit Street, 2nd floor

Oakland CA 94609

510-433-0290

510-433-0470 fax

rbassette@homehealthandhospice.com

<http://www.homehealthandhospice.com>

Medicare certified.

Sudden Infant Death Syndrome Alliance (SIDS)

Children's Hospital Medical Center

747 - 52nd Street

Oakland CA 94609

510-428-3297

Serves families and friends impacted by Sudden Infant Death Syndrome (SIDS). Offers individual peer counseling and monthly peer facilitated support groups in Walnut Creek and Newark. Serves San Francisco, Contra Costa, and Alameda counties.

Summit Medical Center

Bereavement Support

350 Hawthorne Ave.

Oakland CA 94609

510-869-6784

Weekly bereavement support group.

Sister Anne Simms

Occidental CA

Occidental Area Health Center

3802 Main Street

Occidental, CA 95465

707-874-2444

Pacific Grove CA

Meals on Wheels of the Monterey Peninsula, Inc.

700 Jewell Ave.

Pacific Grove, CA 93950

831-375-4454

831-375-9887 (fax)

mowmp@408meal.org (e-mail)

Provide home delivered meals to senior and disabled members of the

Monterey Peninsula. Criteria: Inability to shop and cook for oneself. Congregate lunch programs--noon meal to seniors at Griffin Senior Center, Monterey Senior, Oldemeyer Center, Alzheimer's Day Care Resource Center, SHARE, and Marina Community Center. Senior Center activities, services, classes and information.

Palo Alto CA

Alliance for Aging Independently

649 University Ave.

Palo Alto, CA 94403

650-321-6736

650-321-7296 (fax)

info@agingindependently.org (e-mail)

Provides in-home care options and resources, home health aide (HHA) registry for private hire. HHA classes are available.

Persons needing assistance, hires worker and negotiates salary.

Hours: M-T-W 9am - 4pm.

Avenidas Senior Day Health Center (SDHC)

701 E. Meadow Dr.

Palo Alto, CA 94303

650-494-8018

Provides medical supervision and therapy in addition to social and recreational programs. Van transportation is provided by the center. Accepts Medi-Cal. Hours: M-F 8am - 5pm.

Funeral and Memorial Planning Society

463 College Avenue

P. O. Box 60448

Palo Alto CA 94306

650-321-2109

888-775-5553 (toll free)

<http://www.meer.net/users/taylor/fmps.htm>

A non-profit organization concerned with preplanning for funeral or memorial arrangements in Santa Clara and San Mateo counties.

It is not a for-profit mortuary or a prepayment plan. It seeks to enable consumers to make wise decisions about funeral planning

in advance of need. Members may make plans in advance, select a mortuary from an approved list, obtain price survey information, keep planning records on file with the society, and obtain information about living wills, durable power of attorney, grief counseling, and other topics. Also has a speakers bureau. Publishes two newsletters per year for members. Connected with a network of about 150 similar societies in the US and Canada; if you move or die while travelling your plans can be carried out by another society (some local societies have a small fee to transfer a membership). National headquarters is in Connecticut (FAMSA). One-time fee of \$30 per person. Hours: M-Th 10am - 1pm.

GRECC (Geriatric Research, Education, & Clinical Center)
VA PA Health Care System
3801 Miranda Bldg. 2 B1
Palo Alto, CA 94304
650-493-5000 ext.64578
650-496-2505 (fax)

Offers paid volunteer opportunities for women over 60 interested in participating in research studies. Benefits include complete health work-up, potential for weight loss, increased muscle mass, and bone density, and nutrition education/information.

Kara
457 Kingsley Avenue
Palo Alto CA 94301
650-321-5272

<http://www.kara-grief.org>

Kara is non-profit, largely volunteer organization which provides peer counseling and other emotional support services for those who are grieving. Programs include one-on-one grief counseling for adults, group support programs, bereavement classes in local schools, grief crisis intervention to corporations and schools in cases of death or terminal illness, a children's grief program for group support, professional training, and information and referral services. No fees, but donations are encouraged. Covers San Mateo and Santa Clara counties primarily.

Laurel Home Care, Inc.
451 Sherman Avenue, Ste. 105

Palo Alto CA 94306
650-324-8381

Matched CareGivers
215 Town & Country Village
Palo Alto CA 94301
650-321-2273

MidPeninsula Continuous Care Services
550 California Avenue, Ste. 101
Palo Alto CA 94306
650-354-1674
650-354-1688 (fax)
Provides private duty licensed nursing, personal care and support services on an hourly or live-in basis. Private insurance and sliding scale available. Hours: 24 hours.

Stanford/VA Alzheimer's Center
VA PA Health Care System
3801 Miranda Avenue
Palo Alto, CA 94304
650-858-3915
650-493-2914 (fax)
www-leland.stanford.edu/~yesavage/ALZHEIMER.html
Provides information and referral services and comprehensive assessment of individuals with memory problems. Includes neuropsychiatric and psychological evaluations as well as care planning for families and caregivers. Some testing done in Spanish. Hours: M-F 8am - 4pm.

Touchstone Support Network
378 Cambridge Ave, Suite K
Palo Alto CA 94306
650-328-4495 (Palo Alto), 408-365-1748 (San Jose)
tchsupnet@aol.com
<http://www-med.stanford.edu/touchstone/>
Touchstone Support Network is a non-profit, non-sectarian, volunteer organization that provides emotional and practical support services for children with chronic or life-threatening illnesses. Has meetings in San Jose and Los Altos. Website includes links to pediatric

resources.
Free service.

VA Palo Alto Health Care System
Home Based Primary Care
3801 Miranda Ave.
Palo Alto, CA 94304
650-493-5000 ext.62147
650-849-0103 (fax)

Provides comprehensive primary health care and case management to veterans in their homes. Services provided include short-term urgent care, long-term care, terminal care and care to facilitate transition from an institutional setting to living in the community independently. Hours: M-F 8am - 4:30pm.

Petaluma CA

Compassionate Friends
Sonoma County Chapter
25 Douglas St.
Petaluma CA 94952
707-762-5533
jcllgl@aol.com

A volunteer-based self-help group for bereaved parents. Offers monthly peer facilitated support groups for bereaved parents and siblings. Siblings should at least be in high school to participate. Open to calls from anywhere in Northern California.
Free program.

H.E.A.D/Help and Education for Alzheimer's and Dementia
P.O. Box 751525
Petaluma, CA 94975
707-795-0151
Provides counseling for families and caregivers dealing with Alzheimer's and other brain disorders.

Hospice of Petaluma
416 Payran

Pinole

CA

Pinole Widow/Widowers Support Group

3249 Hermosa Street

Pinole

CA 94564

510-758-5696

Peer-facilitated support group for widows and widowers. Telephone counseling.

Margaret Nadine Porto

Pleasant Hill

CA

John F. Kennedy Community Counseling Center

380 Civic Drive, Suite 200

Pleasant Hill

CA 94523

510-798-9240

Individual bereavement counseling.

Sliding scale fees, \$8-\$40.

Parents of Murdered Children, Inc., East Bay

P. O. Box 23948

Pleasant Hill

CA 94523-0948

510-232-2798

Serves the parents, families and friends of murdered children and adults. Individual peer counseling. Monthly peer facilitated support groups. Crisis and telephone consultation. Resource library.

Information and referral services. Offers professional training workshops at its annual national conference. To find chapters in other areas, call the national office at 513-721-5683.

Free service, donations accepted.

Evelyn McGann 510-232-2798

Pleasanton

CA

HAND of Pleasanton
Valley Care Medical Center
5555 West Las Positas Blvd.

Pleasanton
925-373-4114

CA 94588

Weekly peer and professionally-led support group for parents following the death of an infant, either late in pregnancy or shortly after birth. Separate support group for parents who have suffered a neonatal death and are pregnant again.

Kaiser Permanente Pleasanton Clinic
Bereavement Services
Conference Room E, Annex Building

Pleasanton
925-295-4730

CA

Hospice services and bereavement support for members and family of patients.

Dorothy Reagan

Tri-Valley Survivors of Suicide (SOS)

P.O. Box 565

Sunol, CA 94586

Support group for persons who are grieving the loss of a loved one to suicide. Meets once a month. No fee. Serves the entire Tri-Valley Area, including all of Alameda County and surrounding areas.

Contact Persons:

Betty Dimmick, MFT, 925-829-4236

Shirley Kaminsky, RN, 925-872-5634

Point Reyes

CA

West Marin Senior Services

11431 State Highway 1

Point Reyes Station, CA 94956

415-663-8148

Provides support groups for caregivers and for people with cancer and other life threatening diseases.

Redwood City CA

At Home Health Care
160-B Birch Street
Redwood City
650-368-1182 CA 94062
Accepts Medicare and/or Medi-Cal.

Kaiser Permanente Medical Center
1150 Veterans Blvd.
Redwood CA 94063
650-299-3208
Accepts Medicare and/or Medi-Cal.

Kaiser Permanente Redwood City
Hospice Program
805 Veterans Blvd.
Redwood City CA 94063
650-299-3107
650-299-4061 fax
Provides in-home hospice care and bereavement services for Kaiser members. Provides a general bereavement support for the the community not limited to Kaiser members. Medicare certified and part of Kaiser benefits.

Nursing Resources, Inc.
611 Veterans Blvd., #111
Redwood City CA 94063
650-364-7652

Sierra Nursing Services
426 Upton Street
Redwood City CA 94062
650-365-3644
Accepts Medicare and/or Medi-Cal.

Richmond CA

Being Widowed - New Perspectives

Wilson & Kratzer Mortuaries

455 - 24th Street

Richmond CA 94804

510-232-4383; 510-228-4700

Offers professionally facilitated support groups for widows and widowers several times a year.

Wendy Wilson Boyer

Familias Unidas

205 39th Street

Richmond CA 94805

510-412-5930

Grief support for HIV patients. Services provided in Spanish.

Rohnert Park CA

Family and Community Counseling Services

5430 Commerce Blvd.

Rohnert Park, CA 94928

707-585-7778

Easter Seals Northern California, Inc.

5440 State Farm Dr.

Rohnert Park, CA 94928

707-584-1443

Parkinson's Support Group of Sonoma County

P.O. Box 1226

Rohnert Park, CA 94927

707-584-5072

Rohnert Park Health Center

1450 Medical Center Drive

Rohnert Park, CA 94928

707-584-0672

Sacramento CA

California Hospice and Palliative Care Association

P.O. Box 160087

Sacramento CA 95816

916-441-3770

916-441-4720 fax

calhospice@aol.com

<http://calhospice.org>

Statewide hospice information resource. Provides resource information to the public and educational programs for hospice professionals.

Puts on an annual conference for hospice professionals. Also offers publications and audio cassettes. They are a private 501c3 nonprofit agency. Can provide bereavement referrals to hospice-based support programs. They have an AIDS committee that works with the HIV community and offers continuing education that is AIDS-specific.

Offers fee-based memberships for institutions and individuals. Web Site includes an online hospice locator for California.

Pathology Support Services, Inc.

P. O. Box 163450

Sacramento, CA 95816-9450

916-732-2450

916-732-2458 fax

<http://www.pssautopsy.com>

An independent autopsy service providing services to families, hospitals, forensic pathologists, government agencies, law firms, and insurance companies, and other institutions. PSS is not affiliated with any hospital or health care provider. Services include complete or partial autopsies, independent review of previous autopsy findings, organ recovery and tissue collection for both research and litigation, wrongful death and toxic tort investigations, and other types of consulting pathology. Services can be provided anywhere within the United States.

Salinas CA

Adult Protective Services
Department of Social Services
1000 South Main St., Ste. 202
Salinas, CA 93901
831-755-8490; 831-647-7899

Adult Protective Services are those activities undertaken by social work staff to provide immediate response, emergency and goal oriented services, and information and referral to dependent adults and elderly persons in need of protection. The goal of the program is to prevent or remedy neglect, abuse, or exploitation of dependent adults and elderly persons unable to protect their own interests.

American Cancer Society
1184 Monroe St., Ste. 1
Salinas, CA 93906
831-442-2992; 831-372-4521

<http://www.cancer.org>
Education for the general public about cancer and its prevention. Services for cancer patients and their families. Information, support groups, education, transportation, rehabilitation visitors, durable medical equipment for loan, some disposable dressings.

Area Agency on Aging
1000 South Main St., Ste. 202
Salinas, CA 93901
831-755-8490; 831-647-7899
831-755-8467 (fax)

kalahplans@aol.com (e-mail)
<http://www.aaa.mc.org>
The Area Agency on Aging provides local planning, program development, grant administration and advocacy for services and issues concerning the elderly. It has an advisory council composed of 15 representatives that meet monthly throughout the County.

Conservatorship Services
Monterey County Health Department
320 Church St.

Salinas, CA 93901

831-755-3253

Provides management of the personal and financial affairs of people who cannot manage for themselves due to medical or mental disabilities.

Department of Social Services/Monterey County

1000 South Main St., Ste. 208

Salinas, CA 93901

831-755-4400

831-755-8408 (fax)

This is the county government agency designated to administer a wide range of community and social service programs using county, state and federal funds. The two client serving divisions within the department: 1) CalWORKS Employment and Benefits (CWEB) (commonly known as the Welfare Program); 2) Social Services (encompassing services to adults, families and children).

HIV Testing/Monterey County Health Department

1270 Natividad Rd.

Salinas, CA 93906

Anonymous and confidential testing for HIV (the virus that causes AIDS) with pre and post test counseling is available at the Salinas and Seaside offices by appointment only.

Meals on Wheels of the Salinas Valley, Inc.

229 Pajaro St., Ste. 303

Salinas, CA 93901

831-758-6325

Provides nutritious food to the elderly or handicapped in their own homes in Salinas and North and South Monterey County. Donation toward cost of meals is requested.

Salinas Valley Resource Center

100 East Romie Lane, Ste. 4

Salinas, CA 93901

831-753-6045

San Anselmo

CA

Senior Access

Central Marin Center
72 Kensington Road
San Anselmo, CA 94960
415-459-6120

Day care programs for frail and/or disabled adults or people with Alzheimer's disease: hot lunch, health assessment, nursing and social services; physical, occupational and speech therapies; exercise, social and recreational activities; support and respite for people who care for participants. Fees are based on income, or Medi-Cal accepted.

Suicide Prevention

P.O. Box 2749
San Anselmo, CA 94979
415-499-1100
Crisis intervention; suicide prevention.

San Carlos CA

Arcadia Health Care
1100 Industrial Road, Ste. #7
San Carlos CA 94070
Accepts Medicare and/or Medi-Cal.

Catholic Charities
Adult Day Support Center
787 Walnut Street
San Carlos CA 94070
650-592-9325

HAND of the Peninsula
Helping After Neonatal Death
P. O. Box 3693
Redwood City CA 94064
650-367-6993

www.handsupport.org

HAND of the Peninsula is one of several HAND groups in the Bay Area; it provides coverage for San Francisco and the Peninsula down to around Mountain View. HAND is a volunteer group of parents who have experienced the loss of a baby before, during, or after birth including stillbirth, miscarriage or SIDS. HAND's objective is to offer peer support for parents, their relatives and friends during the normal mourning following the stillbirth or newborn death of their babies.

Will also assist with support for SIDS or prior to an anticipated stillbirth and will help with funeral arrangements.

Accepts parents who have had genetic abortions and parents who have adopted children who have subsequently been returned to their birth parents. HAND can provide inservice training to hospitals and other agencies concerned with neonatal death. People can also reach HAND of the Peninsula by calling the Crisis Intervention and Suicide Prevention line for San Mateo County at 650-692-6655 and requesting a referral.

Free service.

San Francisco CA

American Diabetes Association

631 Howard Street, #520
San Francisco, CA 94105
415-777-4499

Information on diabetes and services for diabetics.

Art for Recovery

P. O. Box 7921
San Francisco CA 94120
415-885-7221
415-885-7395 fax

Located at UCSF and Mt. Zion Medical Center. This program offers an opportunity for people coping with life-threatening illness, including cancer and AIDS to express what it looks like and feels like through drawing, writing, poetry, and music. Open to hospital patients at UCSF and Mt. Zion. Offers a professional internship program for first and second year medical students. Breast cancer quilt project is open

to anyone and involves creating images by women coping with breast cancer and also to anyone who lost a loved one to breast cancer.

No fees for patients.

Cindy Perlis, Director

Arthritis Foundation

657 Mission Street, #603

San Francisco, CA 94105

415-356-1230

415-356-1240 (fax)

800-464-6240

www.arthritis.org/offices/NCA

Provides free informational brochures on arthritis. Also offers free support and education groups for people with arthritis, their families and friends. There are exercise programs available at minimal costs. These programs are held all over the Bay Area.

Hours: M-F 9am - 5pm.

Bay Area Jewish Healing Center

3330 Geary Blvd., 3rd floor West

San Francisco CA 94118

415-750-4197 main intake number

<http://www.jewishhealingcenter.org>

Dedicated to providing Jewish spiritual care to those living with illness, to those caring for the ill, and to the bereaved through direct service, education and training, and information and referral.

Our rabbis focus on how Jewish spiritual resources can be used to promote spiritual healing and wholeness. Healing service each month. We offer an annual camp called "Grief and Growing: A Healing Weekend For Individuals and Families In Mourning" in May each year co-sponsored by Camp Tawonga and Children's Services. No fees for pastoral counseling for those in hospice care or in acute grief. A program of the Institute on Aging.

Carescope Registry

2398 19th Avenue, #201

San Francisco

CA 94116

415-664-9991

Catholic Charities of San Francisco

2559 - 40th Avenue

San Francisco

CA 94116

415-564-7882

415-731-1270 fax

Ongoing adult, children's and adolescent grief groups. Individual and family counseling. Fees requested, but no one refused.

Barbara Elordi

Celebrate Sight Information and Referral Line

655 Beach Street

San Francisco, CA 94109

800-391-3937

Information and referral line for those at risk for Glaucoma.

Offers a Glaucoma exam to those who qualify and are at risk.

Center for Elderly Suicide Prevention (CESP)

3330 Geary Blvd., 3rd floor East

San Francisco

CA 94118

415-750-4180, ext. 230 (grief program)

415-750-4180, ext. 232 (business office)

Affiliated with Goldman Institute On Aging.

Provides individual counseling and 24-hour friendship line and home visits for seniors aged 60 and over. The 24-hour telephone line

may be used by seniors, their caregivers, and their advocates;

provides free supportive telephone counseling for those who

are bereaved, depressed, isolated, or abused. Also offers bereavement

support groups for survivors of suicide. Can provide professional

training on suicide in the elderly and suicide bereavement.

Individual therapy on sliding scale; No one is turned away for

lack of funds. Informal free Saturday drop-in traumatic grief support

group for persons who have suffered a loss due to suicide or other causes.

Closed 8-week traumatic loss support group grief groups are offered

several times a year, costing \$25-40 per session, sliding scale.

Services are not limited to the elderly; traumatic loss support

is delivered to persons of all ages.

Patrick Arbore, Director

Judy Thompson, Psychologist Intern, 415-750-4180, ext. 261

Kelly Baldwin Associate Director, Department of Psychology, 415-750-4180, ext.

231

Central City Older Adults
90 Van Ness Avenue
San Francisco, CA 94102
415-558-5900

Provides mental health assessment, mental health therapy, and mental health medications for persons 60 and older who are residents of San Francisco. All services relate to mental health; they are not a medical clinic. Takes referrals from agencies or via direct calls from the public. Can make home visit assessments in some cases. Medicare and Medicare accepted.

Coming Home Hospice
115 Diamond St.
San Francisco CA 94114
415-861-1110

Compassionate Friends
San Francisco County Chapter
22 Samoset St.
San Francisco CA 94110
415-457-3123

The Compassionate Friends (TCF) is a self-help peer support organization for bereaved parents and siblings. There are hundreds of chapters world-wide. Local chapters meet to share experiences and offer support to parents who are going through the grief process. A chapter meeting is a safe place to talk about the trauma following the death of a child. Many chapters have separate meetings for surviving siblings. Free service, donations encouraged.

Crossroads Home Care And Hospice
320 Judah Street, Suite 7
San Francisco CA 94122
415-682-2111; 888-CROSSROADS
415-682-2112 fax
crossroads_hospice@msn.com

Provides skilled nursing and palliative care services to terminally-ill persons in their own residences or in congregate settings. Does not operate its own residential facility but will contract with congregate service providers and private individuals.

Has been in existence since January 1996. Provides one-on-one grief counseling and makes referrals to grief support groups. Provides general referrals related to terminal illness support. Works with a general population that includes clients affected by AIDS. Medicare and MediCal certified.

Fee for service; Medicare certified.

Phil Murphy, President

Cystic Fibrosis Foundation (Northern California Chapter)

417 Montgomery St., Ste. 404

San Francisco, CA 94104

415-677-0155

Dick Olsen

175 Phelan Ave.

San Francisco CA 94112-1822

415-584-1034

415-587-1310 fax

Massage therapy for the critically-ill in client homes, in hospitals, and in studio in Upper Market area of San Francisco. Ten years experience. Can conduct workshops for professional caregivers on touch for the terminally ill.

\$35 for 60 minutes in studio, \$45 out; sliding scale for AIDS clients.

Dick Olsen

Family Caregiver Alliance

690 Market Street, Ste. 600

San Francisco, CA 94194

415-434-3388; 800-445-8106 (CA only)

415-434-3508 fax

<http://www.caregiver.org>

Assists families of adults affected by chronic or progressive brain impairment, including Alzheimer's, stroke, Parkinson's and Huntington's disease, ALS, brain injury and other conditions.

Free and low cost educational programs, publications and respite assistance. Fact sheets on Grief and Loss and End of Life

Decision-Making, among others. Online support group. Research and advocacy for long-term care services. Serves entire six

Bay Area counties, and sister agency Caregiver Resource Centers serves the entire state.

Kathleen Kelly, Executive Director
Terry Erickson, Technical Support (website)

Family Link

317 Castro Street

San Francisco

CA 94114

415-703-9050

415-703-9057 fax

famlink@slip.net

<http://www.slip.net/~famlink>

Offers bed and breakfast housing to families who are visiting San Francisco to see persons with AIDS and other life-threatening illnesses or who are in town for funerals. Provides referrals to emotional support resources and some assistance with logistics when getting to hospitals. Their facility has six bedrooms and is located near the corner of Castro and Market.

Suggested donation \$25 per night per room (twin bed, breakfast and evening meal included).

Dorr Jones, Executive Director

Ruth Hall, Manager

Family Service Agency Geriatric Outpatient Socialization

1010 Gough Street

San Francisco, CA

415-474-7310

Family Service Agency Geriatric Services West

6221 Geary Blvd., First Floor

San Francisco, CA

415-386-6600

Gayle Danz HomeCare

4630 Geary Blvd., #201

San Francisco

CA 94118

415-221-2405

Gift Of Love Home

1596 Fulton St.

San Francisco

CA 94117

415-563-6811 (Hospice); 415-563-9446 (Convent)

A long-term supportive clean and sober hospice and independent living program for homeless persons men with disabling HIV. People do not need to have a six-month terminal diagnosis for admission. Operated by the Missionaries of Charity.

No charges for residence, medical care is not included.

Sr. Thomas More, Sister in Charge

Sr. Maria Salome, Mother Superior

Golden Gate Transit

P.O. Box 9000

Presidio Station

San Francisco, CA 94129

415-921-5858

415-456-9062 (upcoming dates)

Transit cards which entitle the holder to a half-price fare are issued at the Whistlestop for those 65 and over and the certifiably disabled.

Grief and Growing

A Healing Weekend for Bereaved Individuals and Families

131 Steuart Street # 460

San Francisco, CA 94105

415-543-2267 (Ann Gonski)

415-750-4197 (Rabbi Eric Weiss)

email: ann@tawonga.org

email: eweiss@mzhf.org

The Grief and Growing Weekend provides support and a caring community for anyone who has lost a loved one. This annual two and a half day program is held in May at Camp Tawonga near Yosemite National Park. Professional grief specialists run workshops and facilitate support group discussions on a variety of grief-related topics. The weekend program also includes an arts and crafts program, ropes course, nature hikes, a healing service along the banks of the Tuolumne River, singing, creative writing and other activities.

Grief and Growing is co-sponsored by Bay Area Jewish Healing Center, Camp Taonga, Family Education Project of the Bureau of Jewish Education, Jewish Family and Children's Services and Sinai Memorial Chapel.

To receive a brochure and registration information use contact information given above.

Growth House, Inc.

San Francisco CA 94114
2215-R Market Street, #199
San Francisco, CA 94114
info@growthhouse.org
<http://www.growthhouse.org>

Provides the Internet's most comprehensive collection of online resources related to end of life care. Sponsor of the Inter-Institutional Collaborating Network on End-of-life Care (IICN), a private Internet network used by over thirty international health care organizations to develop and exchange educational content for health care professionals. Provides general information and referral service for agencies dealing with bereavement, hospice care, and terminal illness issues. Assists other organizations who wish to implement Internet-based distance education systems and other online services through sliding scale contracts.

Hemlock Society of Northern California
870 Market Street, Suite 557
San Francisco CA 94102
415-398-9297
415-398-6903 fax
hemlocknca@aol.com

Educates the public and the medical community about the rights of terminally ill persons through conferences, meetings, and publications. The Society is a membership organization with a newsletter and support groups, workshops, and public events throughout the Bay Area. Also offers nursing education seminars and a speaker's bureau. Offices in San Francisco with branches in Oakland and Santa Cruz.

Free support groups.
Sally Shute

Home Care Companions, Inc.
1320 Divisadero
San Francisco CA 94115
415-824-3269

Offers a 15-hour, 5-evening training course in how to provide home care for those who are terminally ill with AIDS.

Celi Adams

Hospice By The Bay

1540 Market Street, Suite 350

San Francisco CA 94102-6035

Admissions:

(415) 526-5601 All hospice admissions

(415) 927-2273 in Marin

(415) 626-5900 in San Francisco

(707) 935-7504 in Sonoma

Web Site: <http://www.hospicebythebay.org>

A non-profit hospice provider. Offers grief counseling services and bereavement support including an adult bereavement drop-in group, gay men's grief support, a grief and art workshop, adult loss of a parent, and moving meditation classes for caregivers. Sliding scale, Medicare, MediCal certified.

JCAHO accredited. Hospice By The Bay was formerly known as Hospice of Marin. The coverage area for the organization includes Marin, San Francisco and Sonoma counties. The San Francisco office also provides coverage for Pacifica.

Institute on Aging (IOA)

Offers a wide array of services to assure that people, as they age, be as healthy and independent as possible. Sample services include adult day health care, Alzheimer's Day Center, community education and research. The Older Adults Care Management (OACM) program provides home care, personal care assistance, case management and consultation to help older adults maintain independence. The Multipurpose Senior Services Program (MSSP) and the Linkages programs can arrange for a broad array of community services to help elders and disabled young adults perform daily tasks they have trouble with alone. MSSP is available free of charge to San Franciscans over age 65 with Medi-Cal coverage. Linkages is available to older adults and disabled younger adults who are unable to manage their home and personal care by themselves. Center for Elders and Youth in the Arts provides opportunities for seniors to interact with professional artists and with youth. Serves clients in San Francisco and on the Peninsula.

Administrative Office

3330 Geary Blvd., 2nd Floor West

San Francisco, CA 94118-3347
415-750-4180 Administrative Offices
415-750-4141 Initial case assessment
Fax: 415-750-4179
Web Site: <http://www.ioaging.org>

Jewish Family and Children's Services
Bereavement and Healing Program
2150 Post Street
San Francisco CA 94115
415-449-1200 Main agency number (ask for Bereavement Program)
Web Site: <http://jfcs.org>
Individual counseling and loss-specific individual and family
bereavement groups for adults. Non-denominational. Sliding scale.
This agency operates similar programs in the following cities:
Palo Alto: 650-688-3030
San Rafael: 415-491-7960
Santa Rosa: 707-571-8131

Kaiser Permanente San Francisco
Home Health Agency
4131 Geary Blvd., 4th floor
San Francisco CA 94118
415-202-2770

Kaiser Permanente San Francisco
Hospice and Bereavement Services
4131 Geary Blvd., 3rd floor
San Francisco CA 94118
415-202-3655; 415-202-2517
415-202-3671 fax
Hospice services and bereavement support for members and family of
patients. No longer offering group bereavement services. The staff
for the San Francisco Kaiser program also supports the South San
Francisco Kaiser facility. Accepts Medicare and/or Medi-Cal.
Jeannette Jones MFCC, Bereavement Coordinator, 415-202-3173

Laguna Honda Hospice
375 Laguna Honda Blvd.
San Francisco CA 94116-1499

415-759-2327

415-759-2313 fax

Residents of San Francisco who meet the requirements for skilled nursing care are eligible for admission and respite care. Also offers bereavement services.

\$270 per day

Esther Armstrong, Admitting Coordinator

Leland House

141 Leland Ave.

San Francisco CA 94131

415-405-2000

kcunz@ccasf.org (Kevin Cunz, Facility Manager)

Operated by Catholic Charities. Residential hospice provider.

Sliding scale, Medicare certified.

MOMS (Mothers Organizing Mothers)

65 Cleary Court, #2

San Francisco CA 94109

415-922-4639

415-673-8350 fax

Caregiver and bereavement support for mothers, family members, and friends of people affected by AIDS.

No fees.

Maitri

401 Duboce Avenue

San Francisco, CA 94117

Phone: 415-558-3000

Fax: 415-558-3010

<http://www.maitrisf.org>

Residential care for people severely debilitated by AIDS needing hospice and/or 24-hour care. 60% of income.

Mental Health Association of San Francisco

1095 Market Street, Suite 408

San Francisco, CA 94104

415-241-2926

<http://www.mha-sf.org>

Provides referrals to local mental health resources. Web site has a good

directory of Bay Area resources for psychological support.

National AIDS Memorial Grove
856 Stanyan Street
San Francisco, CA 94117
415-750-8340

Maintains a beautiful and serene redwood tree grove dedicated to the memories of all who have died of AIDS. This life-affirming setting is a living memorial within San Francisco's Golden Gate Park, the City's largest municipal park.

NextSteps: an Outreach Program of Sinai Memorial Chapel
1501 Divisadero Street
San Francisco CA 94115
415-921-3636

email: nextsteps@sinaichapel.org

Provides outreach and referral services to clients who made their funeral arrangements through Sinai Memorial Chapel. Eligible individuals can have up to three home visits from professional grief caregivers who provide comfort and resource referrals to mourners. Services are free to eligible individuals and families.

Pastoral Care Dept., Institute for Health and Healing
California Pacific Medical Center
P. O. Box 7999
San Francisco CA 94120
415-923-3660
415-885-1561 fax

The chaplaincy group provides spiritual support for patients and family at California Pacific Medical Center. Offers support groups for children in families dealing with life-threatening illness. Offers a variety of support groups for people healing from cancer. These support groups are open to anyone, not just patients of CPMC. Also offers stress reduction classes on a fee basis. Offers a residency training program in CPE (Clinical Pastoral Education). One chaplain coordinates an AIDS ministry. Support services are free.
Barbara Morucci, Development Coordinator

Pathways Home Health and Hospice

Main administrative office:

585 North Mary Avenue

Sunnyvale, CA 94085

Web site: <http://www.pathwayshealth.org>

888-755-7855 All hospice admissions

A local not-for-profit hospice agency since 1977. Dedicated to providing hospice services to residents of San Francisco, San Mateo, Santa Clara, Alameda and Contra Costa counties.

Hospice team includes patient's physician, nurse care manager, medical social worker, pastoral care counselor, home health aide and other specially trained staff and volunteers as needed. 7 days a week, 24 hours a day. Group and individual bereavement support provided. Medicare certified. Charitable funds available for patients with limited resources. Covers Pacifica. Provides care in their homes and in nursing facilities.

Peter Claver Community

1340 Golden Gate Ave.

San Francisco CA 94115

415-749-3800

Residence for HIV+ persons with a history of substance abuse. Nurse on duty 24 hours. Can provide hospice care if a resident declines in health.

Phoenix Center

Golden Gate Health Care Center

2707 Pine Street

San Francisco CA 94115

415-563-7600; 415-923-1955 (placement center)

415-563-1544 fax

A full-service secured unit in Hillhaven Pine Towers for those with Alzheimer's, AIDS-related dementia or persons with advanced AIDS whose care at home has become unmanageable. Hospice care if desired.

Sliding scale.

Michael Vargas, Coordinator

Pamela Brown, Director

Podiatrists Referral Service of San Francisco/San Mateo Counties

415-587-5511

Prevent Blindness Northern California

4200 California St., Ste. 101

San Francisco, CA 94118

415-387-0934

800-338-3041

Provides free vision screening for children and adults, eye safety programs, public information and professional education classes.

Psychiatric Emergency Services

San Francisco General Hospital

415-206-8125

For all types of mental health emergencies.

Rainbow Home Care Services

62 Lloyd Street

San Francisco

CA 94117

415-643-8983

San Francisco Adult Day Services Network

221 Main Street, Suite 300

San Francisco, CA 94105

415-808-7371

<http://www.sfadulthood.org>

Provides information about different kinds of adult day services that are available in San Francisco, including senior day care, medical support, creative programs, group outings, and door-to-door transportation services. Web site provides links to programs in San Francisco that focus on chronically-ill seniors and persons with disabilities.

San Francisco AIDS Foundation

995 Market St., Ste. 200

San Francisco, CA 94103

415-487-8015

San Francisco Department of Aging and Adult Services

415-626-1033

<http://www.sfgetcare.org>

Web site is designed to assist older adults and people with disabilities who need to locate supportive services in San Francisco. Search tool lets

you enter services you want to locate.

San Francisco Grief Caregivers Network

San Francisco CA

<http://www.growthhouse.org/gcnsf.html>

A networking organization for bereavement professionals working in San Francisco hospices and non-profit agencies. Meets on the second Wednesday of each month to share information about bereavement programs in San Francisco.

No membership fees; regular attendance is expected.

San Francisco Medical Society

1409 Sutter St.

San Francisco, CA 94109

415-561-0870

<http://www.sfms.org>

The San Francisco Medical Society is a 134-year old professional association for physicians in San Francisco, providing educational and advocacy resources for physicians and their patients, with a referral line for patients needing a physician in San Francisco.

San Francisco Psychological Association

415-681-3063

Information and referrals for mental health services. Multi-lingual.

San Francisco Suicide Prevention

415-781-0500 (24-hour hotline)

415-984-1900 (office)

<http://www.sfsuicide.org>

Suicide prevention telephone service, also keeps an extensive referral directory of psychological support services. Also offers eight-week support groups for persons left behind after a suicide. The support groups are formed when enough persons have requested them, so it is necessary to call the office to put your name on a list of interested people. There are about three such groups formed each year. \$10 per session, \$80 for the series.

Senior Medi-Benefits

3195 Adeline Street, P.O. Box 3435

Berkeley

510-420-0550

CA 94703

415-258-9311

Assists people with Medicare and/or Medi-Cal eligibility and other health insurance billing and claims.

Service Through Touch

41 Carl Street, Apt. C

San Francisco, CA 94117

415-564-1750

Hands-on care for people at end of life. Workshops on the use of touch in terminal care.

Shanti

730 Polk Street

San Francisco, CA 94109

415-674-4700

<http://www.shanti.org>

Services for people living with HIV disease, AIDS, breast cancer and other life-threatening illnesses. Services include practical support, emotional support, care coordination, and peer support.

Social Work AIDS Network (SWAN)

c/o AIDS Health Project

P. O. Box 1246

San Francisco

CA 94143-1246

415-476-6668 (voice mail)

A group of HIV/AIDS social workers and social service providers who meet monthly to offer mutual support, share information, network, and advocate for client needs. Meetings are held the third Friday of each month at the Dorothy Day Community Center, 54 McAllister Street (near Market Street), in San Francisco. May also be reached via the AIDS Health Project (415-476-3902).

None for meetings; \$15-\$30 for monthly mailings and annual directory.

Susan Haikailis

Richard Sherwin 415-487-8074

Rigpa Spiritual Care Program

PO Box 423928

San Francisco, CA 94142

Phone 415-789-8416 (Spiritual Care Education and Training Program)

<http://www.spcare.org>

Email: usa@spcare.org

Rigpa Spiritual Care Program is an education and training program in end-of-life care under the guidance of Sogyal Rinpoche, author of "The Tibetan Book of Living and Dying". The program offers courses and training for caregivers and the public and trains volunteers for hospices and nursing homes. The Spiritual Care Program coordinates a volunteer hospice program in collaboration with Maitri hospice in San Francisco.

St. Vincent's Home Health And Hospice Of The Pacific

1659 Divisadero St., #1

San Francisco CA 94115

415-292-9700

415-292-9756 fax

rbassette@homehealthandhospice.com

<http://www.homehealthandhospice.com>

Medicare certified.

Support After Neo-Natal Death (SAND) - San Francisco Chapter

<http://www.sfsand.com>

San Francisco SAND (Support After Neonatal Death) is a support group for parents who have lost a baby through miscarriage, stillbirth, death during or after birth, or termination for genetic reasons.

Free service.

Sutter VNA & Hospice

(formerly Visiting Nurses & Hospice)

1 South Van Ness Ave., 8th floor

San Francisco CA 94103

800-557-9777 Admissions

<http://suttervnaandhospice.org>

Comprehensive home health care in the client's home, in congregate settings, at Coming Home Hospice, and in nursing homes. Also offers bereavement support groups.

Life Transitions Network (LTN)

PO Box 31579

San Francisco, CA 94131

415-263-4822

www.transitionsworkshops.org

infor@transitionsworkshops.org

LTN is a non-profit organization offering workshops for people facing illness, death, grief and loss of all kinds. Residential workshops take place over three days and combine teaching with experiential work. LTN also offers training for professionals working with clients facing death, loss and bereavement.

TRANSITIONS Support At The End Of Life

1314 45th Ave.

San Francisco, CA 94122

415-664-6975

Transitions offers one-on-one peer-based safe, non-judgemental, and confidential support for patients at the end of their lives, and their caregivers through the dying process. We seek to make the death process more life affirming and positive. We can deliver services in hospices or home settings. We do not provide health care services, but provide appropriate referrals on request. We work with all types of terminal illness, including AIDS and cancer. No fees are assessed for our services, as we are supported entirely by private contributions. We are also available for lectures & inservices abo

UCSF/Mt. Zion Medical Center

Department of Pastoral Care

1600 Divisadero, Box 1655

San Francisco CA 94120

415-885-7785

415-885-3853 fax

Provides chaplaincy to staff, patients, and families.

No fees.

Rabbi Jeffery Silberman

VA Hospice

Social Work Department

4150 Clement St.

San Francisco CA 94121

415-221-4810, ext. 4246

Ann Johnson

Zen Hospice Project

273 Page Street
San Francisco CA 94102
415-863-2910
415-863-1768 fax
<http://www.zenhospice.org>

Dedicated to the care of people approaching death and to increase our understanding of our own impermanence. The volunteer component of Zen Hospice Project provides support to clients in residence at Laguna Honda Hospice/AIDS Unit. Zen Hospice Project also operates its own hospice residence for people with AIDS, cancer and other illnesses. The "Guest House" is a 4 bedroom Eastlake Victorian that provides 24 hour hospice care in cooperation with Hospice by the Bay. Medicare covered; 65 per day private.
Frank Ostaseski, Founder

San Jose CA

AIDS Resources, Information & Services (ARIS)
1550 The Alameda #100
San Jose, CA 95126
408-293-2747
408-293-0341 (fax)
408-293-5836 (TDD/TTY)
info@ARIS.org (e-mail)

Provides assistance with transportation to medical appointments, housekeeping, cooking, shopping, nutritional program, and other in home support to persons with disabling AIDS/HIV. Social support available to family members. Also, provides informational presentations on HIV/AIDS facts and personal experiences with HIV. Community education through health fairs and literature distribution. Provides food baskets to persons with disabling AIDS/HIV. Nutritional supplements available to those with special dietary needs. Other languages: Spanish. Hours: M-F 8am - 5pm.

Alzheimer's Activity Center
2380 Enborg Lane
San Jose, CA 95128
408-279-7515

408-279-7519 (fax)

Offers social, health and recreational activities to adults with Alzheimer's Disease or related diagnosis. Other languages: Spanish & Tagalog. Hours: M-F 7am - 6pm; Sat 9am - 4:30pm.

Cancer Resource Center

O'Connor Hospital

2105 Forest Ave.

San Jose, CA 95128

408-947-2885

Provides information, books, videos, and brochures to cancer patients, their families, and the general public. The center is open 24 hours, 7 days a week. Touch Screen CancerHelp computer is available in English and Spanish. Call for additional information. Other languages: AT&T Language line. Hours: M-F 1pm - 4pm.

Coda Alliance

(Community Coalition for End-of-Life Care)

2671 Plummer Ave., 29S

San Jose, CA 95125

408-267-3922 (voice and fax)

Helps community members in the Santa Clara County area learn and discuss end-of-life care options, so that they may share their values and goals with their family and health care providers prior to the onset of serious illness.

Website: www.codaalliance.org

Continue Care HomeCare Agency

1390 S. Winchester Blvd., #B

San Jose, CA 95128

408-374-6655

408-374-4347 (fax)

Offers supervised, trained and bonded homemakers to provide personal care, light housekeeping, and shopping. One hour to 24-hour, intermittent or long-term. Private insurance and sliding scale for those with limited income. Hours: 24 hours.

Council on Aging of Santa Clara County (COA)

2115 The Alameda

San Jose, CA 95126

408-296-8290

408-249-8918 (fax)

Administers Older Americans Act Title III dollars as the Area Agency on Aging designated by the State Department on Aging. Serves and represents Santa Clara County. Advocates and coordinates efforts to serve persons age 60+. Provides a wide array of direct services. Other languages: Spanish, Tagalog & Chinese.

Daytimers Senior Day Care

4424 Pearl Ave.

San Jose, CA 95135

408-295-7081 (fax)

Support, supervise, and assistance with activities provided for Seniors with memory loss and mobility limitations in a safe and nurturing environment. Drop-In, Part Day, and Full Day, includes private nap area. Special financial arrangement are available. Hours: M-F 7:30am - 6pm.

Diabetes Society of Santa Clara Valley

1165 Lincoln Ave., #300

San Jose, CA 95125

408-287-3785

408-287-2701 (fax)

Provides the community with education and information about diabetes. A wide variety of classes, literature, support groups and outreach. Other languages: Spanish. Hours: M-F 8:30am - 4:30pm/Thursday till 8pm.

Diabetes Treatment Center

Columbia Good Samaritan Health System

2505 Samaritan Drive, #610

San Jose, CA 95124

408-358-0181

Offers a full range of diabetes outpatient education classes for people with Type I or II diabetes. Day and evening classes available. Call for times and dates. Other languages: Spanish & Vietnamese. Hours: M-F 8:30am - 4:30pm.

Emergency Psychiatric Service

820 Enborg Court
San Jose, CA 95128
408-885-6100

408-885-6117 (fax)

Emergency psychiatric services available 24 hours, provides evaluation and determination of patient needs.

Evergreen Valley Adult Day Center

1622 E. Capital Expressway
San Jose, CA 95121
408-531-8731

Gardner Health Center, Inc.

Centro de Bienestar
160 E. Virginia St., Ste. 280
San Jose, CA 95112
408-287-6200

408-998-1535 (fax)

Health services including medical/social assessments, case management, counseling, education, and follow-up. Accepts most insurance or sliding-scale fee. Other languages: Russian, Spanish, Tagalog, Vietnamese. Hours: M-F 8am - 6:30pm.

Gentiva Health Services

1101 S. Winchester Blvd., Ste. M250
San Jose
408-261-2801

CA 95128

Accepts Medicare and/or Medi-Cal.

Geriatric Mental Health Institute

Good Samaritan Health System
675 E. Santa Clara St.
San Jose, CA 95112
408-559-2000
800-422-1845

Free assessments. An integrated program addressing the medical and psychological aspects of mental health problems unique to the senior community. For persons age 55+. 24-Hour access.

Hospice Of The Valley
1150 South Bascom Ave., Suite 7A
San Jose
408-947-1233
408-288-4172 fax

CA 95128

In home care for the terminally-ill in the Santa Clara Valley area. Offers both individual and group bereavement counseling, including a children's bereavement group. Bereavement services are open to the general community. Offers occasional training programs for health care professionals. Can do inservices upon request. Patients and families are never billed directly; all payments come directly from insurance coverage. Medicare and Medical certified. Other languages: Mandarin, Russian, Spanish, & Tagalog. Hours: M-F 9am - 5pm; RN's on call 24 hours.

Independent Aging Program
195 E. San Fernando St.
San Jose, CA 95112
408-282-8608
408-280-1026 (fax)
JRUZZO@CCSJ.ORG (e-mail)

Through initial Case Management Home Assessment, program signs up appropriate frail, homebound seniors living independently for Respite (companion) Care through volunteers to relieve periodically a full-time elderly caregiver of another disabled senior. Certain guidelines and fees are applied. Other languages: Spanish. Hours: M-F 9am - 5pm.

Information and Referral Services, Inc.
1275 South Winchester Blvd., #A
San Jose, CA 95128
408-345-4532
800-255-9333
408-243-0285 fax
www.iandrinfor.org
info@iandrinfor.org (e-mail)

Provides information and support services for seniors, their families and friends by telephone, mail and in office. Maintains data file of over 3500 agencies and services in Santa Clara County. Trains community to be aware of danger signals that indicate a

senior may be in need of services (Gatekeepers Program).
Publishes the "Senior Handbook" and other specialized information sheets. Other languages: Portuguese. Hours: M-F 8am - 5pm.

In-Home Supportive Services

Social Services Agency, Santa Clara County

591 N. King Road

San Jose, CA 95133

408-928-3737

408-923-2134 (fax)

Offers homemaker, shopping and personal care services to those eligible for or currently receiving Supplemental Security.

Services are intended to enable aged, or disabled persons to remain at home. Other languages: Spanish, Vietnamese, & Chinese.

Hours: M-F 8am - 5pm.

Integra Hospice and Home Health

333 West Santa Clara St., Suite 880

San Jose

CA 95113

408-938-1700

408-938-1711 fax

Provides skilled nursing and hospice services in private homes and in care centers (long term care facilities and convalescent hospitals).

Bereavement counseling for families for up to one year following a death. Can do inservices at care centers for CEU. Positive

Connection program is a free, countywide support program for anyone living with HIV/AIDS.

Medicare certified.

Marti Gittleman, Regional Director

King's Special Care Needs

1777 Hamilton Ave., #102

San Jose, CA 95125

408-266-0463

408-266-0547 (fax)

A non-profit home care agency that provides a care/assistance to the elderly in the privacy of their home on an hourly or live-in basis. Other languages: Spanish. Hours: M-F 9am - 5pm.

Live Oak Adult Services

49 N. Fourth Street
San Jose, CA 95112
408-292-1392
408-292-1320 (fax)

Provides a day care program of recreational and social activities for frail/disabled seniors and respite for their caregivers. Sliding scale fee. Other languages: Spanish. Hours: M-F 9am - 3pm.

MACSA Adult Day Health Care Center
130 N. Jackson Ave.
San Jose, CA 95116
408-928-1155 ext.1159
408-928-1153 (fax)

Provides physical, occupational, and speech therapy; medical supervision, social and recreational activities to frail elderly who are at risk of premature institutionalization. Transportation provided to and from site. Hot lunch and snacks served. Accepts Medi-Cal and has sliding scale fee. Other languages: Spanish. Hours: M-F 8:30am - 3:30pm; Office hours: 8am - 5pm.

Meals On Wheels
2115 The Alameda
San Jose, CA 95126
408-296-8290

800-510-2020 (Santa Clara County ONLY)
Meals On Wheels program of Santa Clara County Senior Nutrition Program in collaboration with Council on Aging delivers 7 frozen lunches and breakfast weekly to homebound seniors or disabled persons age 60+. Hours: M-F 8am - 5pm.

Meals On Wheels
The Health Trust
2025 Gateway Place, Ste. 200
San Jose, CA 95110
408-452-1134

877-452-1134 (toll free North & South County)
Delivers noon meals to homebound seniors or disabled persons age 60+ unable to cook for themselves. A private program is available to all recovering and disabled homebound persons on a

private pay or sliding fee. Weekend box lunches can be delivered on Friday. Special diets. Other languages: Chinese, French, German, Mandarin, Spanish, & Vietnamese. Hours: M-F 8am - 5pm.

Medical Examiner-Coroner

Santa Clara County
850 Thorton Way
San Jose, CA 95128
408-299-5137
408-298-6129 (fax)

Offers information on cremation available for persons without resources. Call for qualifications. Other languages: Spanish, Tagalog & Farsi.

MidPeninsula Continuous Care Services

455 O'Connor Drive, Ste. 390
San Jose CA 95128
408-795-1000

Provides private duty licensed nursing, personal care and support services on an hourly or live-in basis. Private insurance and sliding scale available. Hours: 24 hours.

O'Connor Home Healthcare Agency

105 N. Bascom Ave., #205
San Jose, CA 95128
408-947-2538
408-947-2572 (fax)

Provides intermittent health care services in the home, including nursing, rehabilitation, home health aides, social services, pharmacy and nutritional services. Special programs include hospice, home infusion therapy, post-partum care and Lifeline. Sliding scale available. Other languages: Korean, Portuguese, Russian, & Spanish. Hours: M-F 8am - 5pm.

Regional Home Health of San Jose

1565 Mabury Road, #D
San Jose, CA 95133
408-729-2806

Offers a full range of in-home health care services for persons with varied health care needs. Services include intermittent and

continuous care. Accepts many HMO and other health plans. Medicare certified, state licensed and JCAHO accredited. Other languages: Spanish, Tagalog, Vietnamese, Chinese, and Portuguese.

Regional Medical Senior Health Center

1084 Lincoln Avenue

San Jose, CA 95125

408-279-2604

408-279-1136 (fax)

Comprehensive medical care for seniors, including primary care and consultative care delivered by certified geriatricians and a geriatric nurse practitioner. Medical services include geriatric assessment, dementia evaluation, cognitive testing, and routine healthcare. Social services, nutritional counseling, podiatry, medication counseling, health seminars and information also available. Must be 65+ and have Medicare. Other languages: Spanish. Hours: M-F 8:30pm - 5pm.

San Jose Day Respite Program

(Department of Veterans Affairs)

90 Great Oaks Blvd., #101

San Jose, CA 95119

408-363-3001

408-363-3008 (fax)

Provides social and recreational activities in a supervised setting. Provides respite from caregiving for family caregivers. Hours: M-F 9am - 5pm.

San Jose Metro Widows & Widowers Association

Calvin Presbyterian Church

San Jose, CA 95125

408-269-7126

408-559-8368

Meets every Thursday at 7pm. Fee \$20.00/year. Many social activities.

San Jose Office on Aging

City of San Jose

1190 S. Bascom Ave., #220

San Jose, CA 95128

408-277-4101

408-297-6123 (fax)

Provides a comprehensive program of human services for persons age 50+ that live in the City of San Jose. Services include recreation, volunteer programs, nutrition, transportation, health education, and counseling. Resource center for Multilingual Information and Referral Reference Sheets, consisting of one page information sheets with bilingual phone contacts that outline services of interest to the elderly and others. These tools were created to help guide our elderly residents who have limited English and non-English speaking capabilities to appropriate local services. Please call the above phone number for a list of topics and languages; this office speaks English only.

Santa Clara Valley Health & Hospital System

Valley Health Center at Moorpark

Geriatric Clinic

2400 Moorpark Ave., #204

San Jose, CA 95128

408-885-4622

888-334-1000 (toll free)

Provides comprehensive health care services to seniors, including medical, nursing, and social services. Includes geriatric assessment, consultation, dementia evaluation, and ongoing primary care. Care planning and support services are also provided to seniors and their families and caregivers. Accepts Medicare assignment, private insurance, MediCal, & County Ability-To-Pay Determination (APD). Other languages: Language Bank.

Santa Clara Veterans Services of San Jose

1650 Las Plumas, Ste. A

San Jose, CA 95133

408-928-3838

The Health Connection/AIDS Project

2025 Gateway Place

San Jose, CA 95110

408-452-1380

408-451-1918 (fax)

Provides care management and care coordination for those diagnosed with AIDS. Funding support is available for those qualified to help with respite care, homemaker services, and medications. Other languages: Spanish, Tagalog, & Japanese. Hours: M-F 8am - 5pm.

The Health Trust Senior Services
2025 Gateway Place #200
San Jose, CA 95110
408-452-1134
877-452-1134 (toll free North & South County)
408-441-6765 (fax)

Provides temporary in-home relief to primary caregivers of the frail elderly. Sliding scale fee. Other languages: Spanish. Hours: M-F 8am - 5pm.

Vistas at O'Connor Hospital
2105 Forest Ave., 5th Floor
San Jose, CA 95119
408-947-2701
408-947-2843 (fax)
A hospital-based mental health program. Helping persons age 55+ who are suffering from emotional difficulties. Hours: 24 hours/365 days.

WOWS (Widows and Widowers Support)
St. Martin's Church
200 O'Connor Dr.
San Jose, CA 95117
408-257-8861
408-296-4174
Meets 1st & 3rd Sunday of each month at 2pm.

Yu-Ai Kai Senior Day Services
588 N. 4th Street
San Jose, CA 95112
408-294-2505
408-294-0343 (fax)
Operates a day care program in a bilingual setting. Physical and mental stimulation through social activities. Other languages:

Japanese. Hours: M-F 8:30am - 5pm.

San Leandro CA

George Mark Children's House

2121 George Mark Lane

San Leandro CA 94578

510-346-4624

www.georgemark.org

A licensed health care facility providing a variety of services to children with terminal and life-limiting illnesses. Primarily targeted at families in Northern California, but will accept children from anywhere if space is available. Sliding scale, Medicare-certified.

SunPlus Home Health Services

303 West Joaquin Avenue, Ste. 100

San Leandro

CA 94577

800-734-1604

Sutter VNA & Hospice

1651 Alvarado Street

San Leandro, CA 94577

510-347-6870

Home care and hospice services provided in Alameda, Contra Costa, San Mateo, Solano, Sonoma, and other Northern California counties. VNA & Hospice provides hospice care for patients and their families from five local offices in Emeryville, Santa Rosa, San Mateo, Concord, and San Leandro. Services include: care at home, at skilled nursing facilities, and at residential care facilities; pain management and symptom control; 24-hour phone consultation; after-hour emergency visits; medical social workers; personal care, massage therapy; chaplains, volunteer services; respite care; bereavement support; information and referral services; crisis consultation; and community education services. Bereavement programs serve all persons in grief with professional individual and family counseling, support groups, and other programs. Prior to October 1, 2000, the agency's name was "VNA & Hospice of Northern

California."

San Lorenzo CA

Compassionate Friends
Alameda County Chapter
P. O. Box 124
San Lorenzo CA 94580
510-835-3579

Counseling for parents grieving the death of a child. Grandparents and adult siblings are welcome. Newsletter, lending library, and referrals available. Meetings held in Oakland.

San Mateo CA

Death With Dignity National Center
520 South El Camino Real, Suite 710
San Mateo CA 94402-1720
650-344-6489
650-344-8100 fax
ddec@aol.com

<http://www.growthhouse.org/ddec.html>

Promotes a comprehensive, humane, responsive system of care for terminally-ill persons. Serves as an information resource for the public and the media, facilitates consensus building among groups involved with health care for the dying, and promotes more open, responsive public policy in the United States.

Charlotte P. Ross, Executive Director

Ellipse Peninsula AIDS Services
173 South Boulevard
San Mateo CA 94402
650-572-9702
650-572-1788 fax

Offers HIV, significant other, bereavement, and meditation groups. Also has a buddy program for HIV+ people and their caregivers.

People in North and Coast side of San Mateo County should call the Daly City office is 415-757-5720. There is a child's art therapy group for kids under the age of 13 who are in a household with someone who is HIV+. Can do educational presentations on HIV issues in schools, workplaces, and other settings for the general public. Offers an HIV caregivers educational workshop. No fees for any of the services.

Greater San Mateo Palliative Care Network
Dorothy Schneider Cancer Center
Mills Health Center
100 South San Mateo Drive
San Mateo, CA 94401
650-696-4405

The Greater San Mateo Palliative Care Network is a diverse group of professionals and volunteers working in and committed to the improvement of end-of-life care on the San Francisco Peninsula. The membership of the Network includes men and women representing local hospice and related institutions as well as a variety of non-profit organizations that serve the many end-of-life needs. The network is sponsored by Mills-Peninsula Health Services for the benefit of the greater community.
Web site: <http://www.growthhouse.org/pcnet/>

Home and Hospital Help, Inc.
P.O. Box 5309
San Mateo CA 94402
650-349-3135

Matched CareGivers
122 Second Avenue, #210
San Mateo CA 94401
650-375-0580

MidPeninsula Continuous Care Services
One Waters Park Drive, Ste. 114
San Mateo CA 94403
650-570-2888

Mission Hospice, Inc. of San Mateo County

1900 O'Farrell St., Suite 200
San Mateo, CA 94403
Tel: (650) 554-1000

<http://www.missionhospice.org>

Mission Hospice is a Medicare-certified, hospice-licensed, non-profit organization which provides physical, emotional, social and spiritual support for terminally-ill patients and their families in San Mateo County. They also educate professionals and the public in the methods most effective in providing hospice care. All services are provided by professionally trained staff and volunteers. Services free when no reimbursement source is available.

Covers all of the San Francisco Bay Area Peninsula, including Pacifica.

Older Adults Care Management
520 South El Camino Real, #528
San Mateo
650-342-7740

CA 94402

Rainbow Home Care Services
1638 South Grant
San Mateo
650-654-6011

CA 94402

San Mateo County AIDS Program
3700 Edison Street
San Mateo CA 94403
650-573-2385; 650-573-3955

Offers a number of HIV/AIDS support groups, including groups for significant others, families, and partners. Bereavement support includes a structured 8-week program (for bereavement support call 415-573-2423 or 415-593-2479).

San Mateo County Aging and Adult Services
225 West 37th Ave.
San Mateo CA 94403
800-675-TIES
650-573-2310 fax

Information and referral services for frail, older persons or adults with a chronically disabling condition. Can provide referrals to hospices and bereavement services in San Mateo county. They also

provide an AIDS case management services for anyone with AIDS in San Mateo county. Free service; some programs are MediCal funded.

Self-Help HomeCare and Hospice

50 East 5th Avenue

San Mateo CA 94401

415-982-9171 ext. 151

Accepts Medicare and/or Medi-Cal.

Sutter VNA & Hospice

700 S. Claremont Street, Suite 220

San Mateo, CA 94402

(650) 685-2828 Admissions

(650) 685-2800 Home care

(650) 685-2380 Hospice

Home care and hospice services provided in Alameda, Contra Costa, San Mateo, Solano, Sonoma, and other Northern California counties.

VNA & Hospice provides hospice care for patients and their families from five local offices in Emeryville, Santa Rosa, San Mateo, Concord, and San Leandro. Services include: care at home, at skilled nursing facilities, and at residential care facilities;

pain management and symptom control; 24-hour phone consultation; after-hour emergency visits; medical social workers; personal care, massage therapy; chaplains, volunteer services; respite care; bereavement support; information and referral services; crisis consultation; and community education services. Bereavement programs serve all persons in grief with professional individual and family counseling, support groups, and other programs. Prior to October 1, 2000, the agency's name was "VNA & Hospice of Northern California." Coverage for Pacifica is provided by the San Mateo Co

San Mateo County CA

ALS (Lou Gehrig's Disease)

650-570-6166

Alzheimer's Association

800-660-1993

American Cancer Society
650-578-9902

American Diabetes Association
650-570-7951

American Heart Association
650-259-9170

American Lung Association
650-994-5864

American Lupus Society
800-558-0121

Arthritis Foundation
800-464-6240

Assistance League of San Mateo County
Friendly Visiting Service
Heart-to-Heart Line
650-342-3882

Bay Area Optometric Referral Service
800-675-3937

Center for Domestic Violence Prevention
650-312-8515

Family Caregiver Alliance
800-445-8106

Services for families and friends who are concerned with or caring for brain-impaired adults.

Health Insurance Counseling and Advocacy Program (HICAP)
800-200-0268

Also provides free counseling and legal assistance on Medicare and health insurance issues, including HMOs and Long Term Care. Services are provided by appointment at your local senior center

and other locations.

Health Plan of San Mateo

650-616-0050

Administers Medi-Cal in San Mateo County. Provides a list of doctors who accept Medi-Cal, and assists with appointment and/or medical service problems.

Hearing Society for the Bay Area

415-693-5870

415-834-1005 (TDD)

HelpLink

650-772-4357; 800-273-6222

Information and referral to self-help groups in the Bay Area.

Home Instead Senior Care

Daly City 650-758-1506

San Bruno 650-877-8009

San Carlos 650-508-1418

Jewish Family and Children's Services

Help At Home

Belmont 650-591-8891

North Peninsula 650-341-5565

Palo Alto 650-688-3000

San Francisco 415-449-3700

Kara

650-321-5272

Emotional support, grief counseling.

Meals on Wheels of San Mateo County

Applicants must be age 18 or older and be unable to prepare their own meals or go out to eat, and have little or no assistance to obtain adequate meals. For information about the program, financial contribution, or to order Meals on Wheels, call:

Coastside 650-726-9056

Pacifica 650-738-7350

Belmont to Daly City 650-295-2173

San Carlos to East Palo Alto 650-323-2022

Mills-Peninsula Senior Focus

800-654-9966

Offers a variety of support groups.

Muscular Dystrophy Association

650-570-6166

Counseling and services for persons with MD and their families.

Podiatrists Referral Service of San Francisco/San Mateo Counties

415-587-5511

San Mateo County Dental Society Referral

650-637-1121 (Senior discount available)

Medi-Cal Dentist Referral 800-322-6384

San Mateo County Medical Association

650-342-0262

Senior Medi-Benefits

3195 Adeline Street, P.O. Box 3435

Berkeley

CA 94703

510-420-0550

415-258-9311

Assists people with Medicare and/or Medi-Cal eligibility and other health insurance billing and claims.

Sequoia Hospital

Health and Wellness Services

650-367-5998

Offers a variety of support groups.

Seton Medical Center

Health Resource Center 650-991-6677

Tele-Care Telephone Service 650-991-6665

San Rafael

CA

Alzheimer's Association of Marin
4340 Redwood Hwy., #23
San Rafael, CA 94903
415-472-4340
Community education and patient/caregiver support services.

American Cancer Society
25 Bellam Blvd., #150
San Rafael, CA 94901
415-454-8464
Services to people with cancer, educational programs, fundraising.
Also offers the American Cancer Society Transportation Program,
where volunteers provide rides for cancer patients who have cancer
related medical appointments from 9-3.

Bereaved Parents USA - Marin County Chapter
40 Locksley Lane
San Rafael CA 94901
415-456-0626; 415-456-0906
Support group for parents who have experienced the death of a child.
Free program.

Catholic Charities
179 Los Ranchitos Road
San Rafael, CA 94903
415-499-1470

Compassionate Friends
Marin County Chapter
P. O. Box 150935
San Rafael CA 94915
415-457-3123
A volunteer-based self-help group for bereaved parents. Offers
monthly peer facilitated support groups for bereaved parents and
siblings. Free program.

Easter Seals Northern California, Inc.
555 Northgate Drive
San Rafael, CA 94903

415-472-3170

Equipment for loan on referral by physician.

Health Express

Marin Senior Coordinating Council, Inc.

930 Tamalpais Ave.

San Rafael, CA 94901

415-457-1392

Medical transportation for persons over sixty years of age or who have a disability living in Novato area. Transportation may only be reserved for appointments with doctors or hospitals in the Novato area. No dental or therapy transportation may be provided. Rides are free of charge and are booked up to three weeks in advance. No application process is required.

Jewish Family and Children's Services

200 N. San Pedro Road

San Rafael, CA 94903

415-507-0564

Multipurpose Senior Service Program (MSSP)- A no fee case management program for individuals 65 years or older, who are at risk of placement in a skilled nursing facility, and who are eligible for Medi-Cal. Linkages - A voluntary case management program for Marin residents 18 years and older, who have a disability that is threatening their independent living. Voluntary contributions accepted, but no eligible individuals will be denied service due to an inability to contribute.

Marin AIDS Projects

1660 Second Street

San Rafael, CA 94901

415-457-2487

Free confidential services to people with AIDS/HIV.

Marin County Dental Society

30 North San Pedro Road, #155

San Rafael, CA 94903

415-472-7974

Referral for dental care; Senior-Dent program for income-eligible

seniors.

Ombudsman Program

10 North San Pedro Road, #1024

San Rafael, CA 94903

415-499-7446

Places "ombudsmen" in Marin nursing homes to mediate misunderstandings between patients and staff.

Reach to Recovery

25 Bellam St., #150

San Rafael, CA 94901

415-454-8464

Information, advice and support for breast cancer patients from diagnosis thru recovery.

San Francisco Bay Area Network for End-of-Life Care

P.O. Box 3064

San Rafael, CA 94912

1-877-4EOL-NET

<http://www.sfeol.net>

A membership and networking group open to organizations, individuals, and students involved in end-of-life care in the San Francisco Bay Area.

Suicide Prevention and Community Counseling

P.O. Box 4369

San Rafael, CA 94913-4369

Contact Person: Linda Allen

415-499-1193 (business line)

415-499-1100 (24-hour suicide and crisis hotline)

415-499-1195 (24 hour grief counseling line)

<http://www.fsamarin.org>

Suicide survivor groups are held twice a year, 8-week series held in Spring and Fall; \$20 per session (sliding scale).

To enroll, call the Grief Counselling line. Grief counselling available at no charge to persons who live in Marin County who have lost a loved one within the past year. Same service is available to persons outside Marin County on a sliding scale.

Parent organization is Family Service Agency of Marin.

Home Health Plus
2005 De La Cruz Blvd., Suite 271
Santa Clara CA 95050
408-986-1801
408-986-0354 fax
In-home skilled nursing and hospice services.
Medicare certified.

Parents Helping Parents
3041 Olcott Street
Santa Clara, CA 95054-3222
408-982-9653
408-727-5775, ext. 170
408-727-0182 fax
<http://www.php.com>

A parent-directed Family Resource Center in Santa Clara county, California, serving children with special needs, their families, and the professionals who serve them. Covers children who have a variety of needs, including illness or limited life expectancy as well as other non-medical issues. Provides information and referral services for children with disabilities. Their Touchstone Support Network is a support program for families of children with chronic or life-threatening illnesses. Web site includes a searchable directory of pediatric resources for many specific illnesses.

Parents of Murdered Children (POMC)
Peninsula/South Bay Chapter
831-426-0874 (Chapter Leader, Claudia Place)
Non-profit self-help organization offering emotional support and information about surviving the loss of a loved one to murder. Meets at The Centre for Living with Dying, 554 Mansion Park Drive, Santa Clara, CA. The Centre's number is 408-980-9801.
<http://members.tripod.com/pomcca/>

Santa Clara Senior Center
1303 Fremont Street
Santa Clara, CA 95050
408-984-3266
408-246-0176 (fax)

Offers referrals of private home care workers to older or disabled residents of the city of Santa Clara who wish to remain in their own homes. Workers are available for light housekeeping, meal preparation, personal care, companionship and transportation. Part-time or live-in help available. Workers are hired directly by the person needing help, who is responsible for payment for services rendered. Hours: M-F 8am - 5pm; Sat/Sun 12pm - 4pm.

Silicon Valley Independent Living Center

1601 Civic Center Dr., #100

Santa Clara, CA 95050

408-985-1243

408-985-9243 TTY

Provides a limited number of wheelchairs to residents of Santa Clara County, short-term. A doctor's prescription may be needed. You must be a client of the agency. Monthly rental fee. Other languages: Hindi, Marathi, Spanish by appointment.

Santa Clara County CA

CONTACT of Santa Clara County

408-279-8228 (24 hours)

Suicide and Crisis

408-279-3312 (24 hours)

650-494-8420 North County

408-683-2482 South County

Provides immediate emotional support and reassurance to anyone who needs the service. Hours: 24 hours, 7 days a week.

Funeral & Cremation Reference Service

408-998-2226

408-998-0677 (fax)

Information relating to cemetery information, veterans and social security benefits, out of state transportation, funeral costs, burial at sea, and cremation costs. (A community service of Darling Fischer Mortuaries).

Medicare

Santa Rosa, CA 95404
707-525-0143
800-675-0143

Diabetes Society of Sonoma County
2777 Cleveland Ave., Ste. 101
Santa Rosa, CA 95403
707-578-0887

Face-to-Face AIDS Support Program
873 Second St.
Santa Rosa, CA 95404
707-869-7390; 707-544-1581

Family and Community Counseling Services
751 Lombardi Court
Santa Rosa, CA 95407
707-545-4551

Family Practice Center
3320 Chanate Road
Santa Rosa, CA 95404
707-576-4100

Heart to Heart Medical Center
175 Airport Blvd.
Santa Rosa, CA 95403
707-524-9640

Home Health Plus Hospice
3558 Round Barn Blvd., Ste. 212
Santa Rosa, CA 95403
707-523-0111

Hospital Chaplaincy Services
320 College Ave., Ste. 310
Santa Rosa, CA 95401
707-566-9600

Human Services Department, County of Sonoma

2550 Paulin Dr.
Santa Rosa, CA 95401
707-527-2108
800-325-9604

Jewish Family and Children's Services
320 College Ave., Ste. 205
Santa Rosa, CA 95401
707-571-8131

Medprime (Health Plan of the Redwoods)
3033 Cleveland Ave.
Santa Rosa, CA 95403
707-525-4300 (current members)
707-525-4200 (to apply)

Medshares Hospice of Coastal California
2421 Mendocino Ave., Ste. 150
Santa Rosa, CA 95403
707-528-4663

Memorial Hospice
558 B Street
Santa Rosa, CA 95401
707-568-1094

North Coast Health Care Center
A Division of Santa Rosa Memorial Hospital
Fulton Center
1287 Fulton Rd.
Santa Rosa, CA 95401
707-543-2460

Primose Special Alzheimer's Living
2080 Guerneville Road
Santa Rosa, CA 95403
707-578-8360

Psychiatric Emergency Services, County of Sonoma
3322 Chanate Rd.

Santa Rosa, CA 95404
707-576-8181; 800-746-8181
24-Hour Crisis Intervention and Referrals.

Redwood Caregiver Resource Center
P.O. Box 1556
Santa Rosa, CA 95402
707-542-0282; 800-834-1636

Redwood Empire Food Bank Brown Bag Program
3320 Industrial Dr.
Santa Rosa, CA 95403
707-523-7900

Voluntary donations requested, senior 60 or older, and fixed low income level. Call for information on community distribution sites.

Senior Health Center
Sutter Medical Center of Santa Rosa
625 Steele Lane
Santa Rosa, CA 95403
707-573-5259

Sonoma County Indian Health Project
791 Lombardi Court, Ste. 101
Santa Rosa, CA 95407
707-544-4056

Sonoma County Kidney Crisis Foundation
P.O. Box 9002
Santa Rosa, CA 95405
707-525-4662

Sonoma County Mental Health Services
Older Adults Program
3322 Chanate Rd.
Santa Rosa, CA 95404
707-565-4857

Southwest Community Health Center

751 Lombardi Court
Santa Rosa, CA 95407
707-547-2222

Sutter VNA & Hospice
1110 North Dutton Avenue
Santa Rosa, CA 95401
707-542-5045

Home care and hospice services provided in Alameda, Contra Costa, San Mateo, Solano, Sonoma, and other Northern California counties. VNA & Hospice provides hospice care for patients and their families from five local offices in Emeryville, Santa Rosa, San Mateo, Concord, and San Leandro. Services include: care at home, at skilled nursing facilities, and at residential care facilities; pain management and symptom control; 24-hour phone consultation; after-hour emergency visits; medical social workers; personal care, massage therapy; chaplains, volunteer services; respite care; bereavement support; information and referral services; crisis consultation; and community education services. Bereavement programs serve all persons in grief with professional individual and family counseling, support groups, and other programs. Prior to October 1, 2000, the agency's name was "VNA & Hospice of Northern California."

Sutter VNA & Hospice
Bereavement Services
1110 N. Dutton Avenue
Santa Rosa, CA 95401
Group Name: Survivors of Suicide
Contact Persons: Valerie Waidler, Margo Requarth
707-535-5780

Saratoga CA

Cremation & Funeral Resources Service
12341 Saratoga/Sunnyvale Rd
Saratoga, CA 95070
408-257-6839

408-257-0104 (fax)

www.saratogafuneral.com

Resource information on death services, cremation, cemetery, funeral prices, out of state and out of country transportation, veterans benefits, social security benefits, consumer and government organizations, cemetery and funeral legal requirements. (A community service of Saratoga-Cupertino Funeral Home).

Saratoga Adult Care Center

19655 Allendale Avenue

Saratoga, CA 95070

408-868-1262

Provides respite for caregivers and day program for the frail elderly. Physical and mental stimulation through social activities. Caregiver support group is also offered. Sliding scale available. Hours: M-F 10am - 3pm; Office hours: M-F 9am - 5pm. Extended hours available by arrangement.

Sausalito

CA

Center for Attitudinal Healing

33 Buchanan Drive

Sausalito

CA 94965

415-331-6161

415-331-4545 fax

www.healingcenter.org

The Center provides direct emotional and spiritual support for people dealing with life-threatening illness, loss, and grief. Support groups meet weekly. Also offers workshops and trainings suitable for professionals seeking CEU credits. Intern program for people seeking credential hours. Home and hospital visiting program available. Support groups for HIV/AIDS, women with metastacized breast cancer, and caregivers. Bereavement support for parents, spouses and general loss. Direct support services are free; trainings are fee-based. Call for intake prior to attending a group.

Fiedler Financial

3030 Bridgeway, Suite 230

Sausalito, CA

Electronic mail: VSMagic@aol.com (Carole Fiedler)

Phone: 415-332-1444

Viatical settlement broker, assisting people living with terminal illness access cash from their life insurance policies.

Seaside

CA

Adult Protective Services

Department of Social Services

1281 Broadway Ave.

Seaside, CA 93955

831-899-8010; 831-385-7400

Adult Protective Services are those activities undertaken by social work staff to provide immediate response, emergency and goal oriented services, and information and referral to dependent adults and elderly persons in need of protection. The goal of the program is to prevent or remedy neglect, abuse, or exploitation of dependent adults and elderly persons unable to protect their own interests.

Visiting Nurse Association

200 Coe Ave.

Seaside, CA 93955

831-899-7178

This Visiting Nurse Association MPUSD Adult School Program provides adult day care for dementia-impaired adults, support group for caregivers, lending library regarding Alzheimer's disease and other diseases common to the aging population.

Hours: Monday through Friday 9:00am - 3:00pm.

Sebastopol

CA

Natural Death Care Project

514 Parquet Street

Sebastopol

CA 95472

707-824-0268

A not-for-profit community group that provides information on how to care for one's own dead with no or minimal assistance from professional funeral directors. Prior to death will meet with a family to help plan a home funeral. Will assist with permits if needed, will help build a casket, and will provide peer counseling.

Non-denominational; can accommodate various religious needs. Assists families throughout the San Francisco Bay.

Donations are requested but not required.

Jerri Lyons, Executive Director

Sonoma

CA

Council on Aging, Sonoma Respite

264 First Street East

Sonoma, CA 95476

707-935-0850

Offers Alzheimer's respite care.

Sonoma Valley Community Health Center

430 West Napa St., Ste. F

Sonoma, CA 95476

707-939-6070

Valley of the Moon Hospice

370 West Napa

Sonoma, CA 95476

707-935-7504

Willmar Center for Bereaved Children

PO Box 1374

Sonoma, CA 95476

707-935-1946

www.willmarcenter.org

Serves children and teenagers who have experienced the death of a loved one from illness, accident, suicide or homicide, or who have a loved one with a life-threatening illness.

Sonoma County CA

Alzheimer's Association
415-472-4340
800-660-1993

Catholic Charities Alzheimer's Respite Center
707-528-8712
Sites in Santa Rosa and Sebastopol.

Community Network Journey Project
707-539-2364
network@pacific.net (Susan Keller)
Conducts community outreach activities related to end-of-life care.

Coping with Cancer
707-938-2461
A peer support group.

Council on Aging Senior Dining Sites
Provides a hot meal for seniors over sixty once a day, Monday through Friday. Reservations must be made at least one day in advance. Donations of \$2.50 are encouraged.

Cloverdale 707-894-4826
Forestville 707-887-1070
Guerneville 707-869-0618
Healdsburg 707-433-7515
Occidental 707-829-2919
Rohnert Park 707-585-6787
Santa Rosa 707-525-4487; 707-545-8608
Sebastopol 707-829-2231
Sonoma 707-996-1414
Windsor 707-838-9261

End of Life Care Alliance of Sonoma County
707-539-2364
network@pacific.net (Susan Keller)
Networking for providers of end-of-life care services in Sonoma County.

Family and Community Counseling Services
707-996-5578

Healdsburg Cancer Support Group
707-431-3324

Health Insurance Counseling and Advocacy Program (HICAP)
800-303-4477
Provides counseling for people on Medicare and can review
Medicare/HMO's or managed care options.

Health Net Seniority Plus
800-935-6565 ext.530

Kaiser Hospital Breast Cancer Support Group
707-571-4698

Kaiser Permanente Senior Advantage
800-814-0888

Lupus Foundation of America
800-426-6026

Meals on Wheels
Programs that prepare and deliver regular hot meals to elderly
and disabled individuals who are unable to shop for and/or
prepare the food for themselves or travel to a site where a meal
is being served.
Petaluma 707-765-8490
Sonoma 707-935-9141
Guerneville 707-869-0618
Other areas 707-525-0383; 707-525-0143

Mourning After
Santa Rosa Memorial Hospital
707-546-3210 ext.6105

Olsten Health Services
707-545-7114

Ombudsman Program of Sonoma County
707-526-4108
Counseling for long-term care placement.

Share and Care of Sonoma County
707-542-0282
Provides counseling for families and caregivers dealing with
Alzheimer's and other brain disorders.

Stroke Club of Sonoma County
707-431-7352

You Are Not Alone Support Group
707-528-8712
Provides counseling for families and caregivers dealing with
Alzheimer's and other brain disorders.

South San Francisco CA

Kaiser Permanente South San Francisco
Hospice Program
1200 El Camino Real
South San Francisco CA 94080
415-742-2661
415-742-2654 fax
In-home and residential hospice and bereavement services for Kaiser
members and their families. Health Education offers additional
bereavement services for the general public (415-742-2439).
Medicare certified and part of Kaiser benefits.

Kaiser Permanente South San Francisco
Hospice and Bereavement Services
Health Education Department
1200 El Camino Real
South San Francisco CA 94080
650-742-2439
650-742-2712 fax

Offers bereavement services for the general public, not limited to Kaiser members. Ongoing dropin support group for adults who have experienced the death of a loved one. Also offers a support group for parents who have lost a child, and support for persons affected by HIV disease. Offer in-home hospice services. Can provide referrals to skilled nursing facilities with hospice services provided via Kaiser. No charge for services.

Jeannette Jones MFCC, Bereavement Coordinator, 415-202-3173

Medical Care Professionals

363 El Camino Real, #215

South San Francisco CA 94080
650-583-9898

South San Francisco Adult Day Care Center

601 Grand Avenue

South San Francisco CA 94080
650-829-3824

Stanford CA

Stanford HomeCare and Hospice

300 Pasteur Drive, MC5520

Stanford CA 94305
650-723-3146; 650-723-1600

Accepts Medicare and/or Medi-Cal.

Surviving Painful Decisions

Genetic Support Group

300 Pasteur Drive

Stanford CA 94305-5317
650-723-5198

650-725-2878 fax

Provides support for couples and individuals who are considering terminating or have terminated a pregnancy due to genetic abnormalities in the fetus. Connected with Stanford Medical Center.

Provides referrals to similar resources.

Free service.

Sylvie Parkin, Genetic Counselor
Jane Zimmerman, Social Worker

Sunnyvale CA

Parkinson's Institute
1170 Morse Ave.
Sunnyvale, CA 94089
408-734-2800

A clinic to treat patients with Parkinson's Disease and related disorders such as essential tremor, progressive supranuclear palsy, Huntington's Disease, Tourette Syndrome, and Dystonia. Provides comprehensive services including medical assessments and diagnosis, physical therapy, and educational and support programs for patients and caregivers. Conducts research to find cause of and cure for Parkinson's Disease and related movement disorders. The Institute continues to accept brain donations for its ongoing research to find the cause of and eventual cure for Parkinson's Disease and other movement disorders.

Sunnyvale Senior Day Services
1025 The Dallas Ave.
Sunnyvale, CA 94087
408-746-3066

Programs for social and recreational activities. Special financial arrangements can be made. Other languages: Spanish & Tagalog.
Hours: M,T,W and F 9am - 3pm.

Union City CA

Cancer Information Service of N. California & Nevada
32960 Alvarado-Niles Road #600
P.O. Box 5033
Union City, CA 94587
800-422-6237
510-429-2550 (fax)

Provides information and support programs to cancer patients and their families. Information ranges from community support services to state-of-the-art cancer treatment. Other languages: Spanish. Hours: M-F 9am - 4:30pm.

Kaiser Permanente Hospice
30116 Eigenbrodt Way
Union City CA 94587
510-675-5777
510-675-5778 fax

Home health hospice care, and short-term in-hospital care.
Bereavement services for patients and families of patients.
Catchment area includes Hayward, Fremont, and Castro Valley.
Medicare certified.

South County Infant Loss Project
33255 - 9th Street
Union City CA 94587
510-471-5880

Eligible families are those who experience a neonatal or post neonatal death. Provides case management, support, referral and follow-up services to families in the South County area who experience the loss of an infant.

Tiburcio Vasquez Center
33255 - 9th Street
Union City CA 94587
510-471-5880

Caseworkers serve San Leandro and South Bay Spanish-speaking families who have had fetal and infant loss.

Vacaville CA

Compassionate Friends
Solano County Chapter
1860 Brookwood Dr.
Vacaville CA 95687
707-448-4699

A volunteer-based self-help group for bereaved parents and siblings.
Free program.
Patti Hadrava

Vallejo CA

Catholic Social Services
745 Georgia Street
Vallejo CA 94590
707-644-9062
General bereavement support group.

First Baptist Church
Grief Recovery Seminars
2025 Sonoma Blvd.
Vallejo CA
707-642-7148
Structured classes about grief. Not a support group.
No fee.

Quality Nursing Registry, Inc.
2900C Sonoma Blvd.
Vallejo, CA 94590
1-866-557-6802, 707-557-6800
www.qualitynursingregistry.com
Staffing for hospitals, nursing homes, convalescent homes, and
home companion service. This agency sponsors foreign nurses.
Fee-based service.

Walnut Creek CA

Awakening
A Center for Exploring Living and Dying
227 Los Banos Ave.
Walnut Creek CA 94598
925-933-7171

Counseling for individuals and couples, and group support.
Spiritual explorations of how pain and loss transform our lives.

Compassionate Friends
Contra Costa County Chapter
P. O. Box 5523

Walnut Creek CA 94596-1523
925-284-CARE (2273)

Counseling for parents grieving the death of a child. Grandparents and adult siblings are welcome. Newsletter, lending library, and referrals available. Meetings held in Richmond and Walnut Creek.
Sibling Grief Support Group (Contra Costa)

260 Walnut Avenue

Walnut Creek CA 94598
925-935-5380

Monthly meeting for siblings age 14 to mid-30s to share feelings about the death of a brother or sister.

Jewish Family and Children's Services
1850 Tice Valley Blvd.

Walnut Creek CA 94595
925-927-2000 ext. 367

Grief support group. Pre-registration required.

John Muir Hospital
Muir Senior Services
1601 Ygnacio Valley Road

Walnut Creek CA 94598
925-947-3300

Twice-monthly, day-time, drop-in support group. Group alternates weeks with the grief support group at Mt. Diablo Medical Center.

Kaiser Permanente Walnut Creek
Hospice Office

1470 Maria Lane, Suite 220

Walnut Creek CA 94596
510-295-4712; 510-259-4700

Hospice services and bereavement support for Kaiser members and their families. Non-Kaiser members may attend bereavement groups.

John Bayman

Pet Loss Support Group
Alameda/Contra Costa Veterinary Medical Assn.
1280 Boulevard Way, Suite 207
Walnut Creek CA 94595
510-932-0607

Bi-weekly support groups for persons grieving the loss of a pet.
Resource library. Information and referral services.
Dr. Cecelia Soares

Secure Horizons (Offered by Pacificare)
1333 North California Blvd., Ste. 140
Walnut Creek, CA 94956
800-228-2144
800-624-1904 (Spanish)

St. John Vianney Catholic Church
Bereavement Support Group
1650 Ygnacio Valley Road
Walnut Creek CA 94598
510-939-7911

Bi-weekly peer facilitated support groups for widows, widowers, and bereaved parents. Resource library.

Sister Joan Prohaska
Widow and Widowers Network
2116 N. Main Street #B
Walnut Creek CA 94596
925-256-7952

Email < wwnwc@aol.com >

Peer facilitated support groups and bereavement support for widows and widowers. Open to anyone. Provides referrals. Has a newsletter that provides helpful suggestions to widows and widowers.

Membership fee; newsletter by subscription.

Marty Martorella, President

Widowed Persons Service, Inc.
P. O. Box 505
Walnut Creek CA 94597
510-932-3448

Sponsored by the American Association of Retired Persons. Serves widows and widowers. Individual peer counseling. Weekly peer facilitated support groups. Monthly topical programs. Social events. Telephone counseling. Resource library. Information and referral services.

Women's Miscarriage Support Group
Muir OB-GYN Medical Group
112 La Casa Via, Suite 200
Walnut Creek CA 94598
510-933-4747

Professional individual counseling for women who have miscarried.
Professionally facilitated support groups. Telephone counseling.
No fees.
Barbara Barnes, R.N.

Windsor CA

Primary Care Associates
911 Medical Center Plaza, Ste. 19
Windsor, CA 95492
707-838-6685