

Santa Barbara County

2012-2014

# Senior Resource Directory



Area  
Agency on  
**Aging**

For San Luis Obispo and  
Santa Barbara Counties

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# County Senior Resource Directory

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# ACKNOWLEDGMENTS

The Central Coast Commission for Senior Citizens-Area Agency on Aging (AAA), the sponsor of the Santa Barbara County Senior Resource Directory, is a non-profit organization responsible for allocating federal and state dollars to local agencies to move forward in the development of a 'senior friendly' community throughout Santa Barbara County.

Services provided are funded by the Older Americans Act. This Act is designed to strengthen our community's ability to address the needs of its older persons and the caregivers of older persons. The Area Agency on Aging is the local organization designated to utilize the limited state and federal funds to address local needs.

The AAA is committed to the development of a home- and community-based system of care that will:

1. Secure and maintain maximum independence and dignity in a home environment for older persons capable of self care and appropriate supportive services;
2. Remove individual and social barriers to economic and personal independence for older persons;
3. Develop a continuum of care for the vulnerable elderly.

The AAA expands the services of the Older Americans Act through the development of local partnerships. These partnerships create and/or enhance projects that would not otherwise be possible. This *Santa Barbara County Senior Resource Directory* is one such project.

We are thankful to the organizations and businesses listed below for their generous financial support. This Directory would not be possible without their support.

In addition to the community's financial support many individuals reviewed and updated the text of the Directory. This task can be quite laborious and I would like to extend a special thanks to those individuals who took the time to help make the information as accurate as possible.

Additionally, the information from the *Senior Resource Directory* is available on the AAA home page ([www.centralcoastseniors.org](http://www.centralcoastseniors.org)). This will permit you to secure updates from the home page and provide us with another communication tool.

Please let me know your suggestions to improve this directory. A survey is enclosed for this purpose or just contact me.

The *Santa Barbara County Senior Resource Directory* is a community project with many people sharing their expertise and resources to help professionals, family members and older adults acquaint themselves with the many resources available within our community. Your generosity is greatly appreciated.

joyce ellen lippman  
*Area Agency on Aging*

## **Financial Support Provided by:**

Aging Services of California	Dignity Health
At Home Senior Services	Merrill Gardens
BestCare Home Health Agency	Parsons Group/Garden Court
CAC Senior Nutrition Program	ActiveLINK
Catholic Charities Thrifty Shopper	Roberta Weissglass
Cottage Health System	Sansum Clinic
David Turpin	Senior Connection
Dementia Care Associates	Senior Living Consultants
Gentiva	Senior Planning Services
HICAP	Sharon Kennedy Estate Management
Help Unlimited	Valley Haven
Home Helpers	Villa Alamar
Home Instead	Visiting Nurse & Hospice Care
Maravilla	

## **Review and Updates Provided by:**

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Justin Redmond, *Visiting Nurse & Hospice Care*  
Jeanne M. West, *Area Agency on Aging*

The Central Coast Commission for Senior Citizens, Area on Agency is delighted to present the 2012/14 Santa Barbara County Senior Resource Directory.

Residents in Santa Barbara County have a variety of community services available. It is not necessarily easy to determine what services you or a loved one may need. Equally difficult may be the task of locating the appropriate service agency. We wish we could give you the Santa Barbara Senior Resource Directory and know it would answer all of your questions. We know it cannot. It is our hope the Directory will simplify your search, expand your base of information, and ultimately ease the challenge you or a loved one is enduring.

The Directory provides you with a listing of nonprofit and governmental agencies that provide services to senior citizens. Descriptions of services and explanations of benefits have also been included to better acquaint you with the local service network. While the Directory listings represent only nonprofit and governmental agencies, the advertising includes for-profit enterprises as well. Inclusion of a listing or display ad does not imply an endorsement.

How do you know the right questions to ask? Who can help you evaluate if a specific service will meet your needs? And finally, can you expect all services to be available when you need them?

You need time and energy to research what services may meet your needs. The most difficult time to try to assess a need and investigate community resources is during a crisis. Although it is impossible to predict the future, the Directory is an opportunity to familiarize yourself with the community resource network before a crisis hits.

Although all services are within arms reach, various factors play a role in determining whether or not a service is accessible. Five important factors are:

1. Determining what the need is.
2. Ability to find the service that you need.
3. Eligibility requirements.
4. Waiting lists.
5. Costs.

## Determining Your Need

- A problem exists and you cannot easily resolve the problem alone,
- It may be helpful for you to talk with someone who is experienced in identifying specific problems and determining what problems could be relieved by the use of community services. Most non-profit agencies provide Information and Referral. In most cases this is done on an informal basis. In addition a few agencies offer assessment services.

If there is more than one problem, it is important to define each problem individually. No one agency provides the complete scope of services you may need. You may secure different services from various agencies.

## Finding an Agency to Assist You

This Directory can help you narrow down your possible choices. If you call an agency you think may be able to help and for one reason or another they cannot, ask them for suggestions.

## Senior Connection

A specialized senior information and assistance service of the Area Agency on Aging. This service will assist with information, referral, follow up, and education. This free service is available through 800-510-2020, 965-3288 or 928-2552.

With the referrals you receive, call and explain your situation as best you can. If they can help, Great! If they cannot, as for another referral. Also, call back to Senior Connection for additional referrals.

There are also other information and referral agencies. Some serve all populations, some serve specialized areas of concern. Be sure to contact the one addressing your needs and concerns.

## Eligibility Requirements

Each agency has different eligibility requirements. The most common are age and income. ASK!

Some agencies provide services to people not on an entitlement program. Others may require only that your income not be above a certain level. And others may not have any income requirements at all. Eligibility requirements may be specified at the state or federal level or the funding source. They may be the agency's effort to provide services to a very specific population.

If you are assisting someone, it is important to find out from the agency exactly what income and asset information is required and what kind of documentation must be provided.

You may need to have the individual you are helping write a short letter authorizing you to act on their behalf. There are other legal documents that can be very helpful in allowing an individual to act for another person. "Durable Powers of Attorney" and "General Powers of Attorney" are examples.

Both documents can be used only for specific reasons and when an agent can act on another's behalf is defined by law. Investigate before you proceed.

## Waiting Lists/Denials

If you determine that you are eligible for a particular service and it is the service that will best meet your needs, then the next question is when can the service begin.

Our best advice is, if there is a waiting list, get on it. You may have to settle for another service that either may cost more than you can afford or does not quite meet your needs. If you don't need the service when you name

# INTRODUCTION

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comes up on the list, they will go to the next person. Don't think that you can wait until the agency no longer has a waiting list. It may not happen.

Additionally, access to services may be restricted. If your health plan or an agency denies services you will want to ask them about your right to appeal the decision. If the denial regards a Medicare service, contact Health Insurance Counseling and Advocacy Program (HICAP) at 800-434-0222 or 928-5663.

## Cost

Finally, cost will determine if you can afford the services. Some agencies have a set cost, no matter what your income; others determine cost based on income; some services are free, and still others--AAA federally funded programs (the Nutrition-program is one example)—ask only for a donation. ASK!

## Long Distance Caregiving

Most communities have a range of services available for older persons, but finding them is often a challenge for families.

A toll-free telephone service, known as ElderCare Locator makes it easier to locate specific resources for senior citizens. The Eldercare Locator's toll-free number, 800-677-1116 is available weekdays from 9 a.m. to 8 p.m. (EST) for callers in the United States. Callers have access to more than 4,500 state and local resources, as well as special purpose numbers.

Additionally, the California Department of Aging has established a single Senior Information Line, 800-510-2020. When this number is called from anywhere in California, it connects the caller to the local senior citizen information and assistance center.

## On Line

The content of the Senior Resource Directory is available on the home page of the Central Coast Commission for Senior Citizens ([\[seniors.org\]\(http://seniors.org\) \). This is done to improve access to the information. We will endeavor to keep the on line information updated. And, as we develop the home page, we will endeavor to create linkages to other information resources.](http://www.centralcoast-</a></p></div><div data-bbox=)

There are many resources available online. Here are just a few to begin your search for community services:

### Eldercare Locator

[www.eldercare.gov/eldercare](http://www.eldercare.gov/eldercare)

### California Department of Aging

[www.aging.ca.gov](http://www.aging.ca.gov)

### 2-1-1 Helpline

[www.211sbcounty.org](http://www.211sbcounty.org)

## In Conclusion

Every effort has been taken to verify the accuracy of the information included within these pages. Should you become aware of a discrepancy, please let us know.

Your suggestions for improving the Directory, or any information revealing new and not listed information as well as your opinions are welcome. Your comments would be appreciated. Send your comments to:

Senior Resource Directory  
Area Agency on Aging  
528 S. Broadway  
Santa Maria, CA 93454  
925-9554  
[seniors@KCBX.net](mailto:seniors@KCBX.net)

# WARNING SIGNS CHECKLIST

The following checklist can help determine whether or not a person is safe at home. These warning signs should alert you that an individual may not be capable of meeting all of his or her needs. Check each area that applies to your loved one. None of these warning signs should be ignored.



## **EATING**

Individual is not eating, or not eating right



## **BATHING/HYGIENE**

Individual is not bathing and is uninterested in personal hygiene



## **DRESSING/GROOMING**

Individual has lost interest in appearance or does not dress all day



## **MEDICATIONS**

Individual takes medicine at the wrong time or takes the wrong dosage



## **HOUSEKEEPING**

Individual is not able to keep or clean house as before



## **MOBILITY**

Individual cannot ambulate without some assistance, or has frequent falls



## **SECURITY/SAFETY**

Individual is alone, vulnerable, and may require daily visits



## **INDEPENDENCE**

Individual is increasingly dependent on others for assistance with transportation, shopping, financial affairs, laundry, etc.



## **SOCIALIZATION**

Individual is not in contact with others, or lacks group interaction

All of the above needs must be met to insure the success of the individual in any living environment. Please consider assessing how to change the situation so the person is safe and secure.

*Source: Garden Court*

# EMERGENCY SERVICES

## 24-Hour Crisis Intervention Agencies

**DIAL 9-1-1 (V/TDD)** in Santa Barbara County to contact Police, Fire, Highway Patrol, Paramedics, and Sheriff for any emergency .

### 2-1-1/HELPLINE

www.fsacares.org

2-1-1/HELPLINE is a 24 hour crisis intervention and information and referral hotline, including suicide, abuse, and mental health intervention. A program of Family Services Agency.

## Hospital Emergency Rooms

### Santa Barbara Cottage Hospital

#### P.O. Box 689/Pueblo at Bath

Santa Barbara, CA 93102

682-7111

Fax 569-8269

### Goleta Valley Cottage Hospital

#### 351 S. Patterson Ave.

Santa Barbara, CA 93111

967-3411

### Lompoc District Hospital

#### 1515 E. Ocean Ave..

Lompoc, CA 93436

737-3300

### Dignity Health

1400 E. Church St.

Santa Maria, CA 93454

739-3000

### Santa Ynez Valley Cottage Hospital

700 Alamo Pintado Rd.

Solvang, CA 93463

688-6431

## ACCESS TEAM & Mental Health

### Assessment Team (MHAT)

#### Alcohol, Drug and Mental Health Services

Access Team 888-868-1649

For crisis in mental health or behavior management for older adults who may become gravely disabled and can not provide food, care or shelter for themselves, or, who may be a danger to themselves or others call the ACCESS TEAM from Santa Barbara County Alcohol, Drug and Mental Health Services. Report the

problem and ask for assistance in getting the person evaluated for an 'involuntary hold' in order to be hospitalized. The ACCESS Team will call MHAT, the Mental Health Assessment Team, or provide another authorized person to do the evaluation in a north county hospital.

## Tri Counties Regional Center

### Safety Alert

800-211-5044

Is the initial emergency response for consumers with Developmental Disabilities in crisis.

## Victims of Violence

If you are a victim yourself, or witness a situation in which others are being seriously threatened or abused, your first recourse should be to telephone your local law enforcement agency and report the incident.

## Adult Protective Services (APS)

### Department of Social Services

#### 234 Camino del Remedio

Santa Barbara, CA 93110

681-4550

Fax 681-4666

2125 S. Centerpointe Pkwy.

Santa Maria, CA 93455

346-8303

Fax 346-7247

1100 W. Laurel Ave.

Lompoc, CA 93436

737-6020

Fax 737-7094

www.countyofsb.org

For reporting suspected elder or dependent adult abuse staff is available from 9 a.m. to 4:30 p.m. After 4:30 p.m. (Mon.-Fri.) and during the weekend, a recording will offer instructions on what to do when County offices are closed.

APS investigates reports of alleged dependent adult abuse (18-59) and elder abuse (60+) that occurs in the community (except skilled nursing and residential care facilities - see Long Term Care Ombudsman Services).

## North County Rape Crisis & Child Protection Center

511 E. Ocean

Lompoc, CA 93436

736-8535

24-hour Hotline 736-7273

Fax 736-8913

lompcrc@verizon.net

301 S. Miller #103

Santa Maria, CA 93454

922-2994

24-hour Hotline 928-3554

Fax 928-2840

smrcc@verizon.net

Provides emotional, medical and legal support to sexually assaulted and child abuse victims and their families.

## Santa Barbara Rape Crisis Center

433 E Canon Perdido

Santa Barbara, CA 93101

963-6832

24-hour Hotline 564-3696

Fax 965-3271

Offers a 24-hour confidential hotline staffed by trained volunteers to help victims of sexual assault and harassment. Medical and legal information are also available, as is non-crisis counseling, and instruction in self-defense.

## Domestic Violence Solutions

### Santa Barbara

24-hour Hotline 964-5245

Fax 964-5605

Office 964-0500

### Santa Maria

24-hour Hotline 925-2160

Fax 925-5660

Office 928-8701

### Lompoc

24-hour Hotline 736-0965

Fax 735-9230

Office 735-1834

### Santa Ynez Valley

24-hour Hotline 686-4390

Offers temporary shelter to battered women and their children, victims of sexual assault, and other trauma.



## **Victim Witness Assistance Program**

**Santa Barbara County**

**District Attorney's Office**

1112 Santa Barbara St.  
Santa Barbara, CA 93101

568-2408

Fax 568-2453

[mraker@co.santa-barbara.ca.us](mailto:mraker@co.santa-barbara.ca.us)

312 East Cook Street #D

Santa Maria, CA 93454

346-7529

Fax 346-7585

115 Civic Ctr. Plaza

Lompoc, CA 93436

737-7910

Fax 737-7732

Provides services to victims of violent crimes, as well as property crimes from 8 a.m. to 5 p.m. Monday - Friday. Services include crisis intervention, referrals, information about the criminal justice system and support through the court process. Also intervention with employers and creditors with problems created by the crime.

Help is also available for assistance in applying for reimbursement for medical and counseling expenses, lost wages or loss of support, and funeral expenses for victims of violent crime. Aids in returning lost property and counsels clients. Advocates are available for sexual and family violence counseling.

## **Urgent Care Centers**

### **Urgent Care**

340 E. Betteravia

Santa Maria, CA 93454

922-0561

### **Medcenter, Inc**

319 North Milpas #C

Santa Barbara, CA 93103

965-3011

2954 State St.

Santa Barbara, CA 93105

682-7411

### **Sansum Clinic Urgent Care**

51 Hitchcock Way

Santa Barbara, CA 93105

563-6110

1225 N. H Street

Lompoc, CA 93436

737-8786

Physicians are ready to provide minor emergency treatment without an appointment. Lab and X-ray on site. Weekend & extended hours. Medicare accepted.

## **Emergency Assistance**

### **Material Assistance**

Sometimes we find ourselves unable to stretch our dollars as far as they need to go. Often food, clothing, and shelter are jeopardized because circumstances become difficult. The agencies below offer services to help people meet their immediate needs. Each agency operates different programs - call for specific information. During winter months, shelters open on a temporary basis to assist homeless persons trying to escape the inclement weather conditions.

### **American Red Cross**

*Santa Barbara County*

687-1331

Provides disaster relief and offers disaster preparedness and education classes.

### **Catholic Charities**

609 E. Haley St.

Santa Barbara, CA 93103

965-7045

Fax 963-2978

325 N. 2nd St

Lompoc, CA 93436

736-6226

Fax 736-7499

607 West Main St.

Santa Maria, CA 93454

922-2059

Fax 925-1979

941 Walnut St.

Carpinteria, CA 93013

684-8621

Food, clothing & utility/rent financial assistance.

## **Community Action Commission/Energy Services**

*South County*

800-655-0617

*Lompoc*

736-2399

*Santa Maria*

922-2243

[www.cacsb.com](http://www.cacsb.com)

Home Energy Assistance Program available countywide.

## **Cuyama Valley Family Resource Center**

4803 Cebrian St.

New Cuyama, CA 93254

661-766-2369

Provides emergency and basic services

## **Department of Social Services, Santa Barbara County**

*Santa Barbara*

681-4401

*Lompoc*

737-7080

*Santa Maria*

346-7135

General relief, food stamps, Medi-Cal, TANF

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

## **Good Samaritan Shelter**

401 W. Morrison, Ste B

Santa Maria, CA 93458

347-3338

Shelter, clothing, food

## **New Hope Center**

524 No. Z Street

Lompoc, CA 93436

736-4624

Fax 736-4624

[www.alhartenterprises.com](http://www.alhartenterprises.com)

Day center for homeless.

## **Marks House Transitional Shelter**

203 North N St.

Lompoc, CA 93436

735-9980

An alcohol and drug-free transitional shelter for homeless families and children.

# EMERGENCY SERVICES

## Guadalupe Family Services Center

4681 11th St.  
Guadalupe, CAS 93434  
343-1194  
Provides emergency and basic services.

## Casa Esperanza

816 Cacique St.  
Santa Barbara, CA 93101  
884-8481  
Fax 965-3871

Homeless shelter and a wide range of services.

## Jewish Family Services

524 Chapala St.  
Santa Barbara, CA 93101  
957-1116  
Fax 957-9230

Food, clothing. Financial assistance on one time basis

## Santa Ynez Valley People Helping People

545 N Alisal Rd, Solvang 93463  
686-0295  
Fax 686-2856  
dean@SYVPHP.org  
www.SYVPHP.org

Food, clothing, utility assistance, education & shelter

## Salvation Army

423 Chapala St.  
Santa Barbara, CA 93101  
962-6281  
Fax 899-2702

211 E. Fesler  
Santa Maria, CA 93454  
349-2421  
Fax 349-1021

Food, Clothing & shelter

## Transition House

425 E. Cota St.  
Santa Barbara. CA 93101  
966-9668  
Fax 966-6331

admin@transitionhouse.com

## Other

### California Poison Control System Hotline

24-hour Hotline: 800-222-1222  
www.calpoison.org

### Poison Education Materials & Programs

24-hour Hotline: 800-222-1222

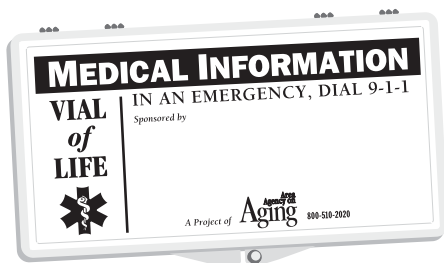
A statewide network of trained experts who provide the public and health professionals with information and advice about treating poisoning exposures. Interpreting services in more than 100 languages. Free of charge.

### National Suicide Prevention Lifeline

800-273-TALK (8255)

Calls are connected to a skilled, trained counselor, anytime 24/7.

# Vial of Life



## Be prepared for an Emergency with The Vial of Life Program

Emergencies are never planned. And that's why it's important to be as prepared as possible when one does strike. Emergency medical personnel responding to calls for assistance in the home need crucial and immediate information.

The Vial of Life provides instant, detailed information to emergency medical responders. Vial of Life is available free of charge. The labeled container has a magnet on the back which is placed on the front of the refrigerator.

You can pick up a Vial of Life at the local senior center.

*For more information call the Area Agency on Aging*

**800-510-2020**

## What is Elder Abuse?

The aging of our society presents challenges to many sectors of our community. Increasing numbers of older persons are being cared for in their own homes, where resources to provide sufficient care may be limited. Substantial portions of our elderly are being cared for by elderly children and spouses. Recent reports from the House Select Committee on Aging focus attention on the problem of elder abuse. Elder abuse is not a new problem.

### Definitions

#### *Neglect*

Denial of food, clothing, shelter or health care or the inability to provide basic needs.

#### *Mental Suffering*

Infliction of mental anguish by demanding, name-calling, insulting, ignoring, humiliating, frightening, threatening, isolating, etc.

#### *Financial Abuse*

Theft, misuse of funds or property, extortion, duress, fraud.

#### *Abandonment*

Desertion or willful forsaking of an elder by anyone having care or custody of that person under circumstances in which a reasonable person would continue to provide care or custody.

#### *Physical Abuse*

Direct beatings, lack of food, lack of medical care or over medication, sexual exploitation, neglect.

#### *Isolation*

Intentionally preventing an elder from receiving his or her mail or telephone calls. Telling a caller or prospective visitor that an elder is not present, or does not wish to talk or meet when the statement is false or is contrary to the express wishes of the elder, whether s/he is competent or not, and is made for the purpose of preventing the elder from having contact with family,

friends or concerned people. False imprisonment. Physical restraint for the purpose of preventing the elder from meeting with visitors.

#### *Self Neglect*

The negligent failure of the person themselves to exercise the degree of care that a reasonable person in a like position would exercise.

## Toward Prevention — for Individuals

### Do's...

- Stay sociable as you age; maintain and increase your network of friends and acquaintances.
- Keep in contact with old friends and neighbors if you move in with a relative or change to a new address.
- Develop a “buddy” system with a friend outside the home. Plan for at least a weekly contact and share openly with a person.
- Ask friends to visit you at home; even a brief visit can allow observations of your well-being.
- Accept new opportunities for activities. They can bring new friends.
- Participate in community activities as you are able.
- Volunteer or become a member or officer of an organization. Participate regularly.
- Have your own telephone; post and open your own mail. If your mail is being intercepted, discuss the problem with postal authorities.
- Stay organized. Keep your belongings neat and orderly. Make sure others are aware that you know where everything is kept.
- Take care of your personal needs. Keep regular medical, dental, barber, hairdresser, and other personal appointments.
- Arrange to have your Social Security or pension check deposited directly to a bank account.

- Get legal advice about arrangements you can make now for possible future disability, including powers-of-attorney or conservatorships.
- Keep records, accounts, and property available for examination by someone you trust, as well as the person you or the court has designated to manage your affairs.
- Review your will periodically. Give up control of your property or assets only when you decide you cannot manage them.
- Ask for help when you need it. Discuss your plans with your attorney, physician, or family members.

### Don'ts...

- Don't live with a person who has a background of violent behavior or alcohol or drug abuse.
- Don't leave your home unattended. Notify police if you are going to be away for a long period. Don't leave messages on the door while you are away.
- Don't leave cash, jewelry, or prized possessions lying about.
- Don't accept personal care in return for transfer or assignments of your property or assets unless a lawyer, advocate, or another trusted person acts as a witness to the transaction.
- Don't sign a document unless someone you trust has reviewed it.
- Don't allow anyone else to keep details of your finances or property management from you.

Abuse and/or neglect may be intentional or due to a caregiver's lack of knowledge or capacity to care for the older person. Abuse also can be reflective of a stressed family or long-standing difficult parent-child relationship. Elder abuse can be found anywhere that senior citizens are located—in the home, in residential or convalescent facilities, or in other areas of the community. Abusers can be family members, caregivers, employees, or strangers.

# ABUSE OF SENIORS & CRIME

If you suspect that an elder is being abused, contact:

## Adult Protective Services

*Santa Barbara*

681-4550

*Santa Maria*

346-8303

*Lompoc*

737-6020

An investigation into the suspected abuse may be initiated based upon the information that you are able to provide. You may, if you choose, report anonymously or call to discuss your concerns without making a report

Elder-care custodians, health practitioners, or employees of any agency/business who, within their professional capacity or within the scope of the employment, have a reasonable suspicion of abuse, **MUST REPORT** immediately by telephone and in writing within two working days to Adult Protective Services, Long-Term Care Ombudsman Services, or to law enforcement.

**IN CASE OF AN EMERGENCY,  
CALL 9-1-1.**

## District Attorney's Office Vulnerable Victim Prosecution Unit

Hours: 8:00 am to 5:00 pm M-F

1112 Santa Barbara St.  
Santa Barbara, CA 93101  
568-2400

312-D East Cook Street  
Santa Maria, CA 93454  
346-7529

The District Attorney's Office has a specialized unit to prosecute crimes committed against vulnerable victims, including elders.. The Unit is comprised of trained investigators and prosecutors who are familiar with dynamics which are common in elder abuse cases. In addition to the assignment of specially trained Elder Abuse prosecutors and investigators, the District Attorney's Office has implemented an Advocacy Program comprised of crime victim advocates. The advocates offer services to victims and their families that include crisis intervention, orientation to the criminal justice system, case status information, court support, referral and resource information,

assistance in obtaining state compensation for crime related expenses and emergency food and financial assistance.

## Long Term Care Ombudsman

528 S. Broadway  
Santa Maria, CA 93454  
922-1236  
Fax 9221541

ltcombudsmansb@verizon.net  
www.centralcoastseniors.org

LTC Ombudsman investigate reports of alleged dependent adult abuse (18-59) and elder abuse (60+) that occurs in skilled nursing or residential care facilities. The Long Term Care Ombudsman is also responsible for investigating complaints against skilled nursing and residential care facilities that pertain to a person's quality of care.

24-hour answering machine is available. Emergencies should be directed to local law enforcement by dialing 911. A statewide Ombudsman Hotline is also available at 800-231-4024, where an answering service will take your call and alert the appropriate agency.

## What Can I Do To Look Over My Loved One's Financial Affairs?

1. Assist your loved one in implementing and managing all of the prevention items. Do not be afraid to ask questions.
2. Look for signs of abuse reflected by changes in your loved one. These signs are many and varied and include, but are not limited to, depression, anger, hesitancy to talk freely, frightened, secretive, isolation, and changes in personal hygiene.
3. Have a responsible individual, either a family members or trusted professional maintain an active review of bank statements including all checking and savings accounts, credit card statements and any other financial instruments from which funds can be withdrawn.
4. Look for financial transactions that do not make sense such as transfers from accounts. ATM usage when your loved one is unable to leave his/her home and payments made for purchases or repairs that appear to be excessive in cost.
5. Look for suspicious signatures on checks or other documents.
6. Be wary of any 'new best friends' who have come into your loved one's life. A 'red flag' identifying a potentially inappropriate relationship is when the 'new best friend' answers questions directed to your loved one.
7. Take an inventory of all valuable possessions and review the inventory on a regular basis.
8. When your loved one talks about making a big purchase, going on a trip or participating in outing to atypical destinations such as a casino, get involved; especially if there is another individual involved.
9. If your loved one does not have a shredder, buy one.
10. Make sure the care of the loved one is commensurate with the size of his/her financial assets.
11. Make sure purchases made on behalf of your loved one are for his/her use. Look at recent food purchases to determine whether the food being purchased is in the home.
12. Be wary if your loved one talks about changing any legal documents including wills and powers of attorney.
13. Be wary if your loved one talks about dissatisfaction with his/her attorney or accountant and want to make a change.
14. If you have financial power of attorney, request the bank to flag all accounts and notify you if there are transactions over a specified limit.
15. If you suspect financial abuse, do not hesitate to contact the police and/ or Adult Protective services.
16. If an individual is arrested for financial abuse involving your loved one, insist on the maximum penalty under the law.

Source: Home Instead Senior Care, Santa Barbara

# ADAPTIVE AIDS AND EQUIPMENT

A range of adaptive aids and adaptive equipment can help people. These may include aids for mobility, hearing, sight, exercise and entertainment. These devices can do more than make life easier.

## Adaptive Equipment

### Independent Living Resource Center (ILRC)

423 W. Victoria St.  
Santa Barbara, CA 93101  
963-0595 Voice or Text (TTY/TDD)  
Fax 963-1350  
327 E. Plaza Dr. #3A  
Santa Maria, CA 93454  
925-0015 Voice or Text (TTY/TDD)  
Fax 349-2416

[www.ilrc-trico.org](http://www.ilrc-trico.org)

ILRC provides information and referral assistance to obtain assistive devices and resources for persons with disabilities. Will help find any device, gadget, hardware, software, or resource to allow a person with a disability to do things for themselves that might otherwise be difficult or impossible to do because of their disability.

### ABLEDATA

8630 Frenton St., Ste. 930  
Silver Spring, MD 20910  
800-227-0216  
Fax (301) 608-8958

[www.abledata.com](http://www.abledata.com)  
[abledata@orcmacro.com](mailto:abledata@orcmacro.com)

ABLEDATA offers assistive technology information, resource information on rehabilitative aids and equipment for the handicapped person. Maintains a searchable database of over 40,000 product listings in twenty areas.

### Braille Institute of America

2031 De la Vina  
Santa Barbara, CA 93105  
682-6222  
Fax 687-6141

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

For appointments in Santa Maria, telephone 462-1225

Provides free visual consultations. Consultations for magnification and special

lighting as well as low vision aids at cost (e.g. canes, watches, clocks, cookware and learning materials). Talking book library. Independent living skills instructions. Wide variety of classes with emphasis on life enrichment.

### California Telephone Access Program

P.O. Box 30310  
Stockton, CA 95213  
800-806-1191  
TTY 800-806-4474

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

Special telephones and telephone devices are available for deaf and deafened, vision, speech, cognitive, and motion-mobility impaired persons.

### Loan of Medical Equipment

A number of agencies will loan equipment, such as wheelchairs, hospital beds and specialized equipment, to those who need it for a medical problem. Some of these agencies are listed below.

### American Cancer Society

1432 Chapala St.  
Santa Barbara, CA 93101  
963-1576  
800-227-2345  
Fax 963-6093  
[www.cancer.org](http://www.cancer.org)

The Cancer Society provides wigs, transportation, and breast prostheses, equipment & classes.

### Muscular Dystrophy Association

402 E Carrillo St # C  
Santa Barbara, CA 93101  
560-7651  
Fax 966-6192

[www.mdausa.org](http://www.mdausa.org)  
[santabarbara@mdausa.org](mailto:santabarbara@mdausa.org)

This agency loans and assists in purchase of wheelchairs to persons diagnosed with one of the forty neuromuscular diseases.

### Visiting Nurse & Hospice Care Loan Closet

222 E. Canon Perdido  
Santa Barbara, CA 93101  
690-6235, 965-5555  
Fax 568-5178

[info@vnhsb.org](mailto:info@vnhsb.org)  
[www.vnhsb.org](http://www.vnhsb.org)

Provides temporary, short-term loan of medical equipment such as walkers, wheelchairs, crutches, commodes. Available to all SB County residents.

## PUSH BUTTON EMERGENCY HELP

For Your Safety, Independence & Peace of Mind

### LIVING ALONE?

Avoid hours or days of suffering by getting the help you need, when you need it.



LIVING ALONE?

ActiveLINK HOME

(805) 929-6062

Which program is right for you? Call Mark and Danielle now for a FREE CONSULTATION.



ACTIVE OUTSIDE?

ActiveLINK HOME+



GOING PLACES?

ActiveLINK MOBILE



FALLEN LATELY?

ActiveLINK FALL-ALERT



MISS A MED?

ActiveLINK WELLNESS



# ADAPTIVE AIDS AND EQUIPMENT

## Central Coast Assistive Technology Center

3450 Broad St #111  
San Luis Obispo, CA 93401  
549-7420  
www.ccatc.org

The Central Coast Assistive Technology Center offers professional advice, assessment, and referral services to individuals with disabilities, families, and service providers. The goal is to lead people to the most appropriate sources for technology, help them access funding to purchase equipment, and follow-up to make sure they use assistive technology properly and effectively.

## Accessible Environments, Inc.

P.O. Box 5073  
Williamsburg, VA 23188  
800-643-5906  
Fax 757-565-1570 or 1-804-693-6254

www.acesinc.com

Specialize in the sales of handicap accessible products and custom home and business construction for handicap access. Have an online catalog.

## Adapted Seating & Mobility Equipment

Keck Center for Outpatient Services  
Cottage Rehabilitation Hospital  
2415 De La Vina  
Santa Barbara, CA 93105  
569-8900  
www.cottagehealthsystem.org

To promote safe, independent living, a physical therapist or occupational therapist will work with you to identify the most appropriate equipment to optimize your function in your home and in the community.

## Other

### Multiple Sclerosis Society

14 W. Valerio St.  
Santa Barbara, CA 93101  
682-8783  
Fax 563-1489  
www.nationalmssociety.org/cal

The MS Society can provide financial aid towards durable medical equipment and other needs. Provides referrals, adaptive exercise classes, yoga and MS education.

## Tip: Home Repair Scams Alert

### Never Buy Home Repairs From Door To Door Sellers

Many elderly persons are targeted by scam artists who use high pressure tactics to sell unneeded and overpriced contracts for "home improvements." Often they charge more than their customers are led to believe. And then, when the senior refuses to pay for shoddy or *incomplete work*, the contractor or its closely affiliated financial institution, attempts to force payment by placing a lien on the senior's home and making threats.

### How You Can Protect Yourself

**There are several basic steps one can take which can prevent a problem from arising:**

- Never deal with any door to door contractors or buy repairs advertised on TV. Deal with local trades people recommended by friends or reputable building supply stores.
- Before agreeing to hire any home improvement contractor, get at least a **second estimate** for the same work from another contractor.
- Get a **written contract** or estimate describing the work, the price, the responsibility for cleaning up, and the hourly rate for any added work.
- Get references for the contractor and speak to those references. Ask about satisfaction and any, problems that arose.
- Take a look at other work performed by the same contractor.

**If problems have developed with a contractor's work, seniors should immediately take steps to protect their interests, such as:**

- Obtain an estimate from a professional detailing how much damage was done by the contractor and the value of whatever services were rendered.
- Take detailed pictures of the work or damage left by the contractor and date them. These photos can be used in court to show the nature and extent of the problem.
- Hire an expert (architect, reputable contractor, etc.) to look at the work for quality and compliance with specifications. The expert can also provide an estimate regarding the fairness of the price for work completed, the extent of physical damage, and its cost to repair.

**C**hronic health problems, more common among the aged, often are worsened by alcohol use. Because seniors are experiencing many health changes and many are also taking medication, they need to be aware of the effects of combining their medications with other drugs or alcohol. Medication misuse and abuse is one of the leading causes of loss of independence in frail older persons.

There are a variety of services if one has a problem with alcohol and/or the misuse of prescription drugs. The two general types of services are out-patient and in-patient/residential.

## **Out-Patient**

Out-patient means that you go to the facility for the program or session(s), and then return home. These services are normally available 9 a.m. to 5 p.m., Monday through Friday. Services can include diagnosis and evaluation; group and/or family counseling, and self help groups.

### **Santa Barbara Cottage Hospital**

C.O.P.E  
Pueblo at Bath  
P.O. Box 689  
Santa Barbara, CA 93105  
569-7434

Intensive family focused outpatient program offering individual, group and family counseling, education and relapse prevention. Most insurance accepted. Experienced staff include licensed therapists.

## **In-Patient or Residential Treatment**

There are also in-patient or residential treatment programs. These can include up to a week of detoxification and then an average of 30 days of treatment in a residential setting or in a medical facility. Longer term treatment is also available if needed.

Within Santa Barbara County both in-patient and out-patient services are available to seniors. Some programs accept Medicare, Medi-Cal, private insurance, or have a sliding fee sched-

ule. These services are offered through private agencies, hospitals and county clinic referrals.

## **Adult Inpatient Psychiatry Service**

### **Santa Barbara Cottage Hospital**

Emergency Room, Pueblo & Bath  
Santa Barbara, CA 93105  
569-8339  
Fax 569-8314

Information and admission through Emergency Psychiatric Services.

Twenty bed acute, voluntary, short term service with a therapeutic milieu that includes individual, group and family therapy and counseling, management of medication, and full medical care as appropriate. An experienced staff provides thorough discharge planning and follow up. This inpatient service includes specialized care for geriatric concerns and dual diagnosis (psychiatric illness and substance abuse or dependency).

## **Adult Chemical Dependency Residential Rehabilitation Service**

### **Santa Barbara Cottage Hospital**

Cottage Residential Center  
316 W. Montecito St.  
Santa Barbara, CA 93105  
569-7422

Intensive family focused four week drug and alcohol residential rehabilitation service with therapeutic milieu that includes individual, group and family counseling, education and relapse prevention. Experienced staff includes psychiatrists, Internists, and licensed therapists/case managers. Specialized services for dual diagnosis offered. Day program also available.

## **Counseling**

### **Santa Barbara Council on Alcoholism and Drug Abuse**

232 E. Canon Perdido  
Santa Barbara, CA 93102  
963-1433

### **Drop In Center:**

133 E. Haley St  
Santa Barbara, CA 93101  
564-6057

The council provides walk-in counseling, education, information and referral to patient treatment. Free short-term counseling available. Support and information for family members and friends.

### **Family Services Agency**

123 W Gutierrez St  
Santa Barbara, CA 93101  
965-1001

110 S C St # A  
Lompoc, CA 93436  
735-4376

Provides individual counseling services on a sliding scale fee basis.

### **Charles Goldner Counseling Group**

301 S Miller # 105  
Santa Maria, CA 93454  
349-2255

601 E Ocean # 21  
Lompoc, CA 93436  
740-1144

Individual and group counseling for substance abuse and Adult Senior counseling.

### **Good Samaritan/Recovery Point**

245 Inger Dr. #103B  
Santa Maria, CA 93454  
346-8185

Residential detox, outpatient treatment for adults. Uses drug free social model with acupuncture for adult drug and alcohol clients.

## **Information and Referral**

### **2-1-1**

2-1-1 provides a 24-hour crisis counseling line. Through this 24-hour telephone service, also provides referrals to drug and alcohol related programs.

## **Bilingual counseling**

### **Zona Seca**

26 W. Figueroa  
Santa Barbara, CA 93101  
963-8961

# ALCOHOL/DRUG/MEDICATION ABUSE

218 North I St.  
Lompoc, CA 93436  
740-9799

Zona Seca is a nonprofit organization offering alcohol counseling in English and Spanish.

## Central Coast Headway

318 W. Carmen Lane  
Santa Maria, CA 93458  
922-2106

115 E. College, Ste 16  
Lompoc, CA 93436  
737-0015

Individual and group counseling is offered, as well as drinking driver, family violence, drug and alcohol awareness programs.

## Counseling

Alcohol and Drug Counseling: individual, group, family for adults with special programs for seniors is available. Sliding scale fee available. For a listing of providers contact the Santa Barbara Drug and Alcohol program at 681-5440 and ask for their Treatment Provider List.

## Support Groups

For a listing of support groups, see SUPPORT GROUPS.

## Steps for Successful Management of Medications

1. Know your medicines.
  - ✓ Know the names, reason for use and possible side effects.
  - ✓ Ask your pharmacist or doctor if you do not understand the instructions.
  - ✓ Contact your pharmacist or doctor if you are having a side effect.
2. Take your medicines exactly as directed.
3. Continue taking all of your medicines until the doctors says to stop.
4. Keep a current list of your medicines.
  - ✓ Keep an updated list of all of your prescribed medicines, sample medicines, OTC medicines, vitamins and dietary/herbal supplements.
5. Do not use old or expired medicines.
6. Store medicines in a cool and dry place.
  - ✓ Do not store medicines in the heat (e.g. near the stove), in direct sunlight (on a windowsill) or in a wet or damp place (bathroom).
7. Store your medicines in one location.
  - ✓ Keep all your medicines in one place unless they need to be stored in the fridge.
8. Use only one pharmacy.
9. Ask your pharmacist or doctor before taking any over the counter medicines.
10. Read all of your medicine labels and written instructions before taking each medicine.
11. Do not share your medicine with other people, including family members.
12. Bring an up to date medicine list to all of your doctor appointments.

## Do Not Call

The Federal Trade Commission (FTC) has amended the Telemarketing Sales Rule to give consumers a choice about whether they want to receive most telemarketers calls. Consumers are able to put their phone numbers on a national 'do not call' registry. It is illegal for most telemarketers to call a number listed on the registry.

Consumers may sign up on the Web at [www.donotcall.gov](http://www.donotcall.gov) or call 888-382-1222. The hearing impaired may call 866-290-4236.

Californians can register either through the FTC site or through the California attorney general's web site, [www.caag.state.ca.us/donotcall](http://www.caag.state.ca.us/donotcall) which has a link to the FTC site. Californians who registered through the state attorney general's web site will have their information transferred to the FTC.



# You Are Not Alone

Learn how to come to grips with Senior Substance Abuse problems...

1<sup>st</sup>

Get information.

2<sup>nd</sup>

Educate yourself – learn about treatment options and the problems that abuse can cause.

3<sup>rd</sup>

Talk with your doctor.

## Information and Assistance

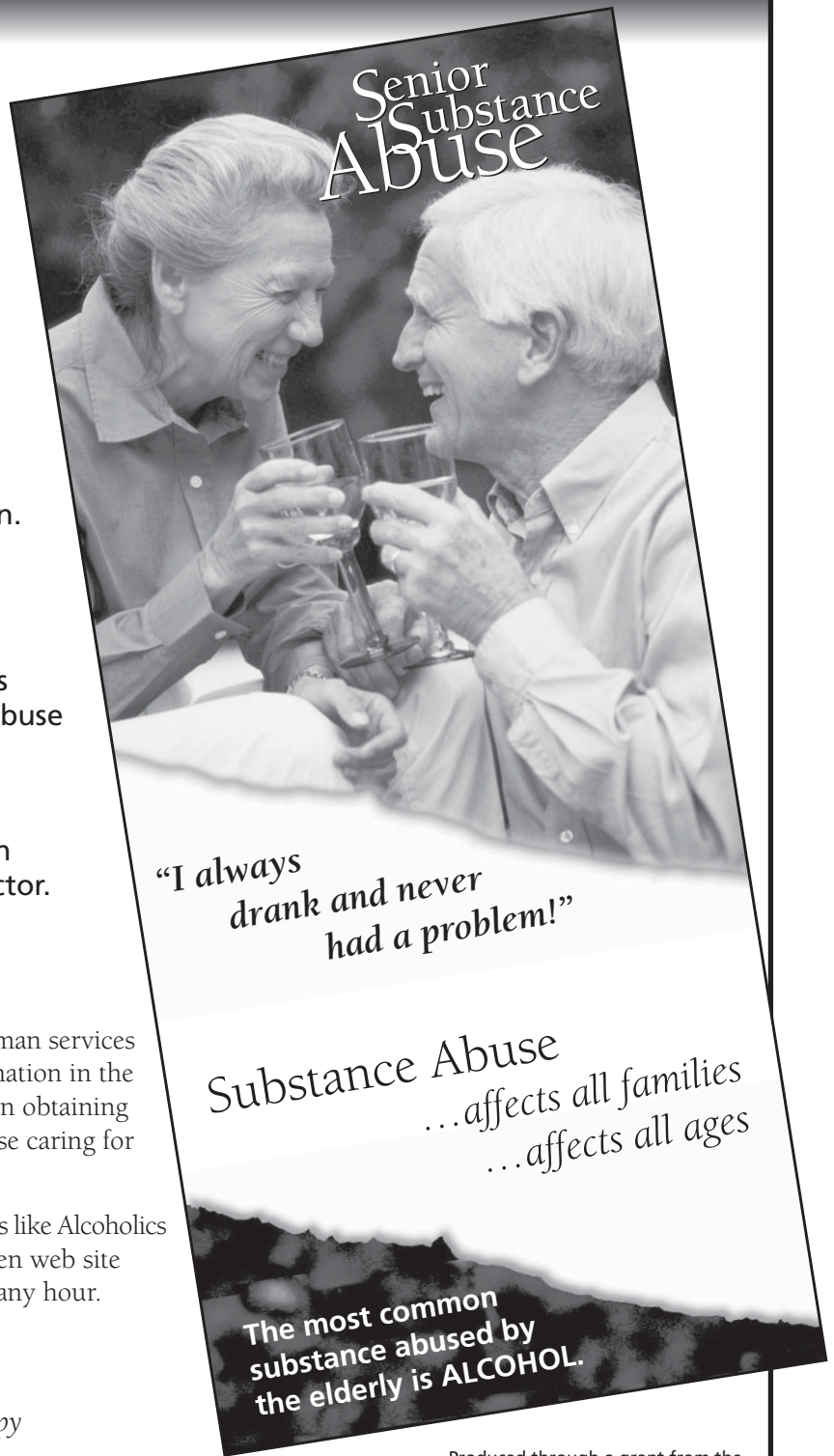
Take the first step – access the health and human services available in Santa Barbara County. The information in the *Senior Substance Abuse* brochure can assist in obtaining needed services for older persons and for those caring for an older person.

Inside, you'll find helpful listings of local agencies like Alcoholics Anonymous and Al-Anon Family Groups. Even web site addresses are provided for your assistance at any hour.

Available in English and Spanish.



Call today for your copy  
925-9554  
or  
965-3288



Produced through a grant from the Santa Barbara County Department of Alcohol, Drug & Mental Health Services  
300 N. San Antonio Road, Santa Barbara, CA 93110

## BASIC STEPS TO PROTECT YOURSELF

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# Basic Steps to Protect Yourself

1

**Obtain a free copy of your credit report.**

[www.annualcreditreport.com](http://www.annualcreditreport.com)  
1-877-322-8228

2

**Remove your name from direct mail lists.**

Send your name and address to:  
DMA Mail Preference Service (known as DMA Choice)  
P.O. Box 9008  
Farmingdale, NY 11735-9008  
[www.dmachoice.org](http://www.dmachoice.org)

3

**Remove your name from telemarketing lists; sign-up for the National Do Not Call Registry.**

Register online at [www.donotcall.gov](http://www.donotcall.gov),  
or call toll-free 1-888-382-1222 (TTY 1-866-290-4236)  
from the number you wish to register.

4

**Remove the name of a deceased family member from direct mail lists.**

Sign up for Deceased Do Not Contact  
at [www.ims-dm.com/cgi/ddnc.php](http://www.ims-dm.com/cgi/ddnc.php).

5

**Remove yourself from pre-approved offers of credit**

If you prefer not to receive pre-approved offers of credit, you can opt out of such offers by calling 1-888-5 OPT OUT (1-888-567-8688).  
Or log onto: [www.optoutprescreen.com](http://www.optoutprescreen.com).

6

**Remove Unwanted E-mail and Internet Ads**

If you would like to remove your email address from unwanted e-mail or Internet ads, log onto: [www.dmachoice.org](http://www.dmachoice.org).

## Free Annual Credit Reports

Under the Fair and Accurate Credit Transactions Act of 2003, all consumers are entitled to free annual credit reports from the three major credit bureaus: Equifax, Experian and TransUnion.

To order your free credit report, go to the government-mandated site:  
[www.annualcreditreport.com](http://www.annualcreditreport.com)

If you do not have internet access, call 1-877-322-8228 to request your credit report.

## Placing A Fraud Alert on Your Account

If you discover that someone else is taking out credit cards or loans in your name, immediately report the situation to the fraud units of the three credit bureaus. If you notify one bureau that you are a victim of identity theft, it is required to notify the other two bureaus. Ask that your file be flagged with a fraud alert. Add a statement to your report ("My ID has been used to apply for credit fraudulently. Contact me at [telephone number] to verify all applications.")

Fraud alerts are usually placed for 90-180 days. You can extend the time period to seven years by doing so in writing. You may cancel fraud alerts at any time.

## Placing A Freeze on Your Account

To place a freeze on your account so that no further credit accounts can be opened in your name, contact each of the three credit bureaus and complete the required paperwork for a freeze to be placed on your account. A credit report freeze costs \$10 (or \$30 for all three credit bureaus). You can suspend the freeze with a few days' notice if you are planning to seek additional credit yourself, but the cost is another \$10 to each of the three bureaus to suspend the freeze. If you are a victim of identity theft, the freeze is free.

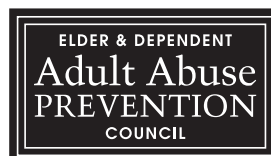
## Credit Reporting Bureaus

**Equifax**  
P.O. Box 105069  
Atlanta, GA 30348  
1-800-525-6285  
[www.equifax.com](http://www.equifax.com)

**Experian**  
P.O. Box 9532  
Allen, TX 75013  
1-888-397-3742  
[www.experian.com](http://www.experian.com)

**TransUnion**  
P.O. Box 5790  
Fullerton, CA 92834  
1-800-680-7289  
[www.transunion.com](http://www.transunion.com)

*Prepared by Sharon Kennedy, Esq., Sharon Kennedy Estate Management, Updated June 2011*



# CIVIC/COMMUNITY/CONSUMER

## Civic

An important tip to finding the appropriate government office is to refer to the front section of the white pages of your local telephone directory. The "Easy Reference List" provides information on Federal, State, County and City Government Services.

## Voter Registration

### Santa Barbara County Clerk Recorder

#### *Election Division*

Santa Barbara County Courthouse  
4440 A Calle Real  
Santa Barbara, CA 93110  
568-2200  
Fax 568-2209

[www.sbcrecorder.com](http://www.sbcrecorder.com)

401 E Cypress Ave. Rm. 102  
Lompoc, CA 93436  
737-7704  
Fax 737-7708

511 E. Lakeside Pkwy, # 115  
Santa Maria, CA 93455  
346-8374  
Fax 346-8342

Registration forms are also available at Post Offices and Public Libraries.

## Community

### Libraries

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

#### Buellton Branch

140 W. Highway 246  
Buellton, CA 93427  
688-3115

#### Carpinteria Branch

5141 Carpinteria Ave.  
Carpinteria, CA 93013  
684-4314

#### Central Branch

40 E. Anapamu  
Santa Barbara, CA 93101  
962-7653

#### Eastside Branch

1102 E. Montecito  
Santa Barbara, CA 93103  
963-3727

#### Goleta Branch & Bookmobile

500 N. Fairview Ave.  
Goleta, CA 93117  
964-7878

#### Guadalupe Branch

4719 W. Main St. #D  
Guadalupe, CA 93434  
343-1405

#### Lompoc Branch

501 E. North Ave.  
Lompoc, CA 93436  
736-3477

#### Los Olivos Branch

2374 Alamo Pintado Ave.  
Saturday 10-1

#### Montecito Branch

1469 East Valley Rd.  
Montecito, CA 93108  
969-5063

#### Orcutt Branch

1157 E. Clark Ave. #K  
Santa Maria, CA 93455  
937-6483

#### Santa Maria Branch

421 S. McClelland  
Santa Maria, CA 93454  
925-0994  
Fax 925-7432

#### Solvang Branch

1745 Mission Drive  
Solvang, CA 93463  
688-4214  
Fax 693-8707

#### Vandenberg Village Branch

3755 Constellation Rd.  
Lompoc, CA 93436  
773-3323

## Senior Organizations

There are several organizations and groups which focus on the needs and interests of seniors. Some are for retired workers of a particular profession, some are involved in social or political advocacy and yet others offer special benefits for their members.

## AARP

### American Association of Retired Persons

Regional Headquarters  
1415 L St. # 960  
Sacramento, CA 95814  
866-448-3614 (toll free)  
Fax 626-583-8500  
800-424-3410 National

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

[casacramento@aarp.org](mailto:casacramento@aarp.org)

### AARP Community Presence Team

4979 San Marcos Ct.  
Santa Barbara, CA 93111  
967-9289

[amendoza@aarp.org](mailto:amendoza@aarp.org)

Santa Barbara Chapter #72 Meetings held at 1232 De la Vina St., Santa Barbara. First Monday of each month, 2 p.m.

AARP is a membership organization that is committed to mature adults. The organization provides special information on various services, legislation and consumer education. Membership open to anyone over the age of 50.

### Area Agency on Aging (AAA)

#### Central Coast Commission for Senior Citizens

528 S. Broadway  
Santa Maria, CA 93454  
925-9554  
965-3288  
800-510-2020

The Central Coast Commission for Senior Citizens has been designated the Area Agency on Aging by the state Department of Aging to serve and represent senior citizens in Santa Barbara County. The AAA has the responsibility of distributing state and federal monies from the Older Americans and Older Californians Acts to support home and community based services for seniors and adults with functional disabilities.

The Area Agency on Aging has an Advisory Council, composed of seniors from throughout the County, that provides information and advocacy on senior issues.

## California Commission on Aging

1300 National Dr. # 173  
Sacramento, CA 95834  
916-419-7591  
Fax 916-419-7596  
[www.ccoa.ca.gov](http://www.ccoa.ca.gov)

Advisory Council to the state Department of Aging advocates at the state level on behalf of older Californians.

## California Retired Teachers Association

800 Howe Ave. #370  
Sacramento, CA 95825  
916-923-2200  
[www.calrta.org](http://www.calrta.org)

Frank Stevens, President  
335 E. Valerio St.  
Santa Barbara, CA 93101  
687-9678

[fkstevens@cox.net](mailto:fkstevens@cox.net)

## Division 17

Phil Morris, President  
1208 Jackie Lane  
Santa Maria, CA 93455-2121  
922-1629

Advocates to enhance the welfare of and increase benefits to retired teachers in California.

## California Senior Legislature

1020 N Street  
Sacramento, CA 95814  
916-552-8056  
Fax 916-552-8013  
[www.4csl.org](http://www.4csl.org)

The Senior Legislature meets yearly in Sacramento to develop and promote legislation which responds to the needs and concerns of older Californians. Election of delegates is conducted by the Area Agency on Aging. For information, call Area Agency on Aging office at 800-510-2020

## Current CSL delegates

### Senior Assemblyman-S B County

Martin Tucker  
969-0760  
[tuckmet@aol.com](mailto:tuckmet@aol.com)

## Senior Senator

Dorothy Schlitz  
474-0232  
[lsdsopie@sbcglobal.net](mailto:lsdsopie@sbcglobal.net)

## Congress of California Seniors

1230 N St. Ste 201  
Sacramento, CA 95814  
916-442-4474  
800-543-3352  
Fax 916-442-1877  
[www.seniors.org](http://www.seniors.org)

Statewide nonprofit education and advocacy organization. Conducts research, analyzes issues and provides voter and consumer education.

## Gray Panthers Liaison

Cheri Jasinski  
967-7170  
Fax 967-3771  
[jasinskicj@aol.com](mailto:jasinskicj@aol.com)

The Gray Panthers no longer have an active local chapter. The liaison may provide information on the Gray Panther organization and activities.

## Adult & Aging Network

### Santa Barbara County

346-7105  
[SBAAN.org](http://SBAAN.org)

Supervisors Doreen Farr and Salud Carbajal, Co-Chairpersons

Advisory Council to the Santa Barbara County Board of Supervisors on long term care and aging issues.

## National Association of Retired Federal Employees, District IX

Santa Maria, Santa Ynez Valley, Lompoc  
736-0523

Monthly meetings are held the 2nd Thursday of each month at the Elk's. (Except July and August). Advisors and advocates on behalf of retired federal employees on issues relating to retirement and other public benefits.

## League of Women Voters

328 A East Carrillo St.  
Santa Barbara, CA 93101  
965-2422  
[www.lwvsantabarbara.org](http://www.lwvsantabarbara.org)  
[league@lwvsantabarbara.org](mailto:league@lwvsantabarbara.org)

P.O. Box 1388  
Santa Maria, CA 93456  
739-1909

[www.lwvsmv.org](http://www.lwvsmv.org)  
[league@lwvsmv.org](mailto:league@lwvsmv.org)  
801 12th St. #201  
Sacramento, CA 95814  
916-442-7215  
[lwvc@lwvc.org](mailto:lwvc@lwvc.org)  
[www.ca.lwv.org](http://www.ca.lwv.org)

The League is a nonpartisan organization which promotes political responsibility and informed participation in government. Membership open to all citizens aged 18 years and older.

## Social Service/Advocacy Organizations

### Catholic Charities

965-7045

Provides case management directed food, clothing, emergency utility/rental financial assistance, immigration referrals, and counseling services for Spanish-speaking persons.

### Family Services Agency

965-1001

Bilingual Outreach Advocate provides in-home assessment, case-work, counseling and translation services for Spanish speaking persons.

## Filipino Community Association of Santa Barbara County

425 State St  
Santa Barbara, CA 93101  
966-9797

Provides activities, including weekly Bingo, for seniors at their State Street Community Center.

## Filipino Community of Santa Maria Valley

2270 Preisker Lane  
Santa Maria, CA 93454  
928-0392

## Filipino Senior Association of Santa Maria

5436 Esplanada Ave  
Santa Maria, CA 93455

# CIVIC/COMMUNITY/CONSUMER

## People Helping People

### 545 North Alisal Road, Ste 102

Solvang, Ca 93463  
686-0295

www.syvphp.org  
php@syvphp.org

People Helping People (PHP) provides social services, client advocacy and entitlement application assistance to persons living in the Santa Ynez Valley (Solvang, Buellton, Santa Ynez & Los Olivos), Los Alamos, Sisquoc and the Gaviota Coast.

## Santa Barbara Village

524 Chapala St.  
Santa Barbara, CA 93101  
729-8828

Info@sbvillage.org  
www.SBVillage.org

Santa Barbara Village works to help seniors age in place in their homes. The Village is membership based, not for profit.

## Tribal Health Clinic

90 Via Juana Ln.  
Santa Ynez, CA 93460  
688-7070

www.sythc.org

Provides health-care services to Native Americans and residents of Santa Barbara County. Also offers drug and alcohol prevention, and counseling services.

## American Indian Health & Services

4141 State St #A-3  
Santa Barbara, CA 93110  
681-7144  
Fax 683-6108

Provides health and dental services to Native Americans. Also offers services to older Native Americans, such as transportation to medical, dental and educational services provided by AIH&S.

## Gay Santa Barbara

PO Box 4  
Santa Barbara, CA 93102  
962-1403  
Fax 560-8481

info@GSBGroup.org  
www.gaysantabarbara.org

Fosters acceptance by transcending outdated mores with active visible public presence and promotes diversity training and education.

## Pacific Pride Foundation

126 E. Haley St. A-11  
Santa Barbara, CA 93101  
963-3636

819 W. Church St.  
Santa Maria, CA 93454  
349-9947  
Fax 349-8638

www.pacificpridefoundation.org

The umbrella organization for AIDS Project Central Coast and the Gay & Lesbian Resource Center.

## Community Centers

### Filipino Community Center

P. O. Box 6/2270 Preisker Ln.  
Santa Maria, CA 93456  
928-0392

### Jewish Family Services

524 Chapala St.  
Santa Barbara, CA 93101  
957-1116  
Fax 957-9230

www.jewishsantabarbara.org

Provides services for the community such as short term case management, social and educational activities, luncheons and low cost counseling.

### La Casa de la Raza

601 E Montecito St  
Santa Barbara, CA 93103  
965-8581  
Fax 965-6451

A community center offering a variety of services.

## Consumer Complaints & Information

Many local agencies will speak on your behalf, support or defend a case or provide you with information about your rights.

The agencies listed below will help you to access consumer protection, political action and other assistance.

## Community Mediation Program

1528 Chapala St. #205  
Santa Barbara, CA 93101  
963-6765 x5  
Fax 963-8165

323 Vine St.  
Santa Maria, CA 93454  
349-8943  
Fax 349-8963

www.cscsb.org

Mediators are impartial third parties who will meet with you to help you discuss issues and come to agreements. Divorce, parenting, household, business, neighbor, workplace, small-claims disputes and victim-offender are among a few of the issues where mediation can be utilized.

## Housing

### Fair Housing Enforcement Program

630 Garden St., 2nd Flr  
Santa Barbara, CA 93101  
564-5461  
Fax 564-5477

A program within the City of Santa Barbara designed to assist people who believe they have experienced discrimination in the rental of housing.

### Rental Housing Mediation Task Force

City of Santa Barbara  
630 Garden St.  
Santa Barbara, CA 93101  
564-5420  
Fax 564-5477

Provides basic information on rental rights to tenants and landlords. Offers mediation services in rental housing disputes.

## Mobile Homes

### Golden State Mobile Home Owners League

11021 Magnolia Ave.  
Garden Grove, CA 92841  
800-888-1727  
714-826-4071

This organization is statewide and lobbies for appropriate legislation at the state level. In addition, it works with local government to develop

and implement standards on such issues as rent control.

## **Mobile Home Ombudsman**

Division of Codes and Standards Dept. of Housing & Community Development  
PO Box 31  
Sacramento, CA 95812-0031  
800-952-5275

## **Products and Services**

### **Better Business Bureau of the Tri-Counties**

P O Box 129  
213 Santa Barbara St.  
Santa Barbara, CA 93102  
963-8657  
Fax 962-8557

info@santabarbarabbb.org  
www.santabarbarabbb.org

Provides information on known problem firms.

### **Consumer Mediation Program**

District Attorney, Santa Barbara County  
330 E. Carrillo St  
Santa Barbara, CA 93101  
568-2390  
Fax 568-2398  
312 E. Cook St. Ste D  
Santa Maria, CA 93454  
346-7516

A volunteer program which mediates disputes between businesses and consumers and businesses and businesses. If there is a criminal element to the case, it is referred to the Consumer Business Law Unit.

### **Department of Motor Vehicles (DMV) Investigation Section**

1732 Palma Dr., #202  
Ventura, CA 93003  
654-4711  
Fax 654-1680  
www.dmv.ca.gov

Handles complaints against auto dealers, car contracts, auto advertising and warranties.

### **Mobile Home Registration - Titling**

8911 Folsom Blvd.  
Sacramento, CA 95826  
800-952-8356

### **United States Consumer Product Safety Commission**

4330 East West Highway  
Bethesda, MD 20814  
800-638-2772  
TTY 800-638-8270  
www.cpsc.gov

Investigates complaints of product safety, defects and hazards, as well as product safety-related injuries.

### **Professional Services**

#### **State Dept. of Consumer Affairs**

1625 N. Market St. N112  
Sacramento, CA 95834  
916-445-1254  
800-952-5210  
www.dca.ca.gov

This state department investigates consumer complaints, and has numerous boards specializing in various areas that are responsible for the investigations. Some of these boards are:

#### **Dental Board of California**

2005 Evergreen St #1550  
Sacramento, CA 95815  
916-263-2300  
877-729-7789

#### **Medical Board of California**

2005 Evergreen St #1200  
Sacramento, CA 95815  
916-263-2382  
800-633-2322  
www.mbc.ca.gov

Licenses medical doctors, investigates complaints, disciplines those who violate the law, conducts physician evaluations and facilitates rehabilitation where appropriate. Also performs these functions for affiliated healing arts professionals including registered dispensing opticians, spectacle lens dispensers, contact lens dispensers, licensed midwives and research psychoanalysts.

#### **Nursing Home Administrator Program**

1615 Capital Mall # 3202  
Sacramento, CA 95899  
916-552-8780  
Fax 916-552-8777

nhap@cdph.ca.gov  
www.cdph.ca.gov

#### **Board of Optometry**

2420 Del Paseo Rd. #255  
Sacramento, CA 95834  
916-557-7170  
866-585-2666

www.optometry.ca.gov

#### **Board of Pharmacy**

1625 N. Market Blvd. N219  
Sacramento, CA 95834  
916-574-7900  
Fax 916-574-8018

www.pharmacy.ca.gov

#### **Board of Registered Nurses**

1747 N. Market Blvd. # 150  
Sacramento, CA 95834  
916-263-7800

www.rn.ca.gov

#### **Bureau of Automotive Repairs**

##### **District Office**

10949 N. Mather Blvd.  
Rancho Cordova, CA 95670  
800-952-5210

www.bar.ca.gov

## **Insurance**

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

528 S. Broadway  
Santa Maria, CA 93454  
928-5663  
800-434-0222

seniors@kcbx.net

www.centralcoastseniors.org

Informs about Medicare and assists with filing claims and appeals for Medicare recipients regarding Medicare, supplemental, Medicare advantage and long term care insurance.

### **Consumer Assistance**

#### **California Dept. of Insurance**

300 S. Spring St., South Tower  
Los Angeles, CA 90013  
800-927-HELP (4357)  
800-482-4833 TDD  
www.insurance.ca.gov

Responsible for gathering and responding to consumer inquiries

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regarding insurance company or producer activities.

Many other state departments have complaint units. Call your local legislator for information about the appropriate state department to contact for your particular need.

## **Residential Care Facilities (Board & Care Homes)**

### **Community Care Licensing Division**

State Dept. of Social Services  
6500 Hollister Ave Ste 200  
Goleta, CA 93117  
562-0400

[www.cclcd.ca.gov](http://www.cclcd.ca.gov)

Licenses and inspects residential care facilities. Complaints about these facilities can be made to this agency.

## **Skilled Nursing Facilities (Nursing Homes)**

### **Licensing and Certification**

#### **State Dept. of Public Health**

1889 N. Rice Ave. #200  
Oxnard, CA 93030  
604-2926  
800-547-8267  
Fax 604-2997

[www.cdph.ca.gov](http://www.cdph.ca.gov)

Responsible for licensing and inspecting skilled nursing facilities, home health, hospitals, hospice, and most types of nursing facilities. Complaints about these facilities can be made to this agency.

### **Long Term Care Ombudsman**

528 S. Broadway  
Santa Maria, CA 93454  
922-1236  
[ltcombudsmansb@verizon.net](mailto:ltcombudsmansb@verizon.net)  
[www.centralcoastseniors.org](http://www.centralcoastseniors.org)

The State Crisis Line Number  
800-231-4024

The crisis line is available to receive complaints 24/7.

Investigates complaints about residential care and skilled nursing facilities and allegations of elder abuse in residential care and skilled nursing facilities.

## **Consumer Financial Protection Bureau (CFPB)**

P.O. Box 4503  
Iowa City, Iowa 52244  
855-411-CRPB (2372)  
TTY/TDD 855-729-CFPB (2372)

[Info@consumerfinance.gov](mailto:Info@consumerfinance.gov)

The mission of the Consumer Finance Protection Bureau is to make markets for consumer financial products and services work for Americans - whether choosing among credit cards or using a number of other consumer financial products.

## **Questions Consumers Should Ask**

The following is a list of important questions that consumers and caregivers should ask their health care providers about each medicine:

- Why is this medicine prescribed?
- How does the medicine work in my body?
- How can I expect to feel once I start taking this medicine?
- How will I know the medicine is working? Is there a typical period after which my symptoms should improve?
- How long will I have to take this medicine? Will I need a refill when I finish this prescription?
- Will this medicine interact with other medicines—

prescription and nonprescription—that I am taking now?

- Should I take this medicine with food? Are there any foods or beverages I should avoid?
- Are there any activities I should avoid while taking this medicine?
- What possible problems might I experience with the medicine? How can I prevent these problems from occurring? At what point should I report problems with the medicine?
- What should I do if I miss a dose of this medicine, or take too much?
- What is the cost for the medicine prescribed? Is there a less expensive alternative prescription?



A variety of educational opportunities exist for seniors. Classes range from regular college courses to special physical fitness, English as a Second Language (ESL) and planning for retirement, to name a few. There are a number of different ways that you can take these courses. The following is a listing of the different types of programs and the schools and other organizations that offer them. Some programs offer special discounts for seniors.

## Roadscholar

11 Avenue de Lafayette  
Boston, MA 02111-1746  
1-800-454-5768

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

Roadscholar Program is a not-for-profit educational travel organization for people 40 and older, offering nearly 7,000 exciting educational programs throughout the United States, Canada and in 135 countries around the world. Programs range from one day to three weeks, depending on location and level of interest.

## Adult Education Programs

These programs offer many courses of interest to seniors. Some classes are free; others have fees. The selection of course is extensive.

## Santa Barbara City College Continuing Education Division

### Alice Schott Center

310 W Padre St  
Santa Barbara, CA 93105  
687-0812  
Fax 569-5457

### Selmer O. Wake Center

300 N Turnpike Rd  
Santa Barbara, CA 93111  
964-6853  
Fax 964-7564

Continuing education offers classes designed to promote and help maintain the mental, physical, emotional and social well-being of older adults to foster awareness and appreciation for aging as a lifelong developmental process. Instructional objectives are designed to encourage and assist

with continued, healthful, meaningful engagement of the participant by broadening the scope of interests and increasing one's knowledge-base and enhancing coping skills and enriching self-awareness as we age.

## Allan Hancock College Community Education

### Community Education

800 South College Drive, Bldg. T  
Santa Maria, CA 93454  
922-6966, Ext. 3209  
Fax 352-1046

[www.hancockcollege.edu](http://www.hancockcollege.edu)

One Hancock Drive  
Lompoc, CA 93436  
735-3366

144 Wyoming Avenue, Bldg. 14003  
Vandenberg AFB, CA 93437  
734-3500  
Fax 734-0321

## Adult Literacy

Adult Literacy Programs provide trained volunteer tutors who will teach adults to read, write and speak English on a one-to-one basis. Listed below are literacy programs accessible throughout Santa Barbara County.

## Central Coast Literacy Council

421 S. McClelland Street  
Santa Maria, CA 93454  
925-0951, Ext. 837  
Fax 928-7432

[cclcread@mypowerpipe.com](mailto:cclcread@mypowerpipe.com)

The Central Coast Literacy Council, a non-profit organization, provides one-on-one tutoring and small group adult basic literacy classes in seven centers throughout Santa Maria. There is also one center in Guadalupe, one in Solvang and another in Lompoc. Their mission is to teach adults in Northern Santa Barbara County to read, communicate and understand English so they can develop to their full potential to benefit themselves, their families and the community.

## Adult Literacy Program

Santa Barbara Public Library  
40 East Anapamu  
Santa Barbara, CA 93101

564-5619

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

## Carpinteria Branch Library

5141 Carpinteria Avenue  
Carpinteria, CA

## Montecito Branch Library

1469 East Valley Road  
Santa Barbara, CA 93108

## East Side Branch

1102 East Montecito Street  
Santa Barbara, CA 93103

## Goleta Branch

500 North Fairview Avenue  
Goleta, CA 93117

## Solvang Branch

1745 Mission Drive  
Solvang, CA 93063

Adult Literacy Programs are offered at all branches of the Santa Barbara Public Library, as listed above. For more information or to register for the Program at any branch, call the main branch office of the Santa Barbara Public Library at 564-5619.

## SBCC Adult Education Adult Literacy Program

### Selmer O. Wake Center

300 North Turnpike Road  
Santa Barbara, CA 93111  
683-8260

Free literacy classes are available through SBCC Continuing Education Division. Classes are available at numerous locations from Carpinteria to Goleta.

## Other Adult Education Programs

### University of California, Santa Barbara

2160 Kerr Hall  
UCSB Main Campus  
893-4200

[www.extension.ucsb.edu](http://www.extension.ucsb.edu)

### Adult School, Lompoc

320 North "J" Street  
Lompoc, CA 93436  
742-3100  
Fax 742-3085

Lompoc Adult School offers programs which include basic education, high school programs, vocational and

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occupational training and English as a Second Language (ESL). The school has a GED center which provides a high school diploma. They also offer "traffic school" and provide "behind-the-wheel" driver training.

## **Cooperative Extensions/Farm Advisor Santa Barbara County Cooperative Extension**

2156 Sierra Way, Suite C  
San Luis Obispo, CA 93401  
781-5940  
Fax 781-4316

<http://cesantabarbara.ucdavis.edu>

The Cooperative Extension provides informal education through delivery of information in areas of agriculture, natural resources, home economics, marine sciences and youth development.

## **Gatekeeper Program**

969-0859

This program is designed to educate professionals, including first responders, and volunteers on the warning signs of elder abuse.

## **Hospice of Santa Barbara, Inc.**

2050 Alameda Padre Serra, #100  
Santa Barbara, CA 93103  
563-8820  
Fax 563-8821

[info@hospiceofsantabarbara.org](mailto:info@hospiceofsantabarbara.org)  
[www.hospiceofsantabarbara.org](http://www.hospiceofsantabarbara.org)

Hospice sponsors lectures and retreats on end-of-life topics. Experienced hospice professionals teach the community about facing death and dealing with grief recovery. Available free of charge is a book and video library, pamphlets, Advance Directives and Living Will forms.

## **Walter H. Capps Center**

UCSB

Santa Barbara, CA 93106  
893-2317

[www.cappscenter.ucsb.edu](http://www.cappscenter.ucsb.edu)

The center is designed to provide studies of ethics, religion and public life. It serves as a community forum for discussing issues of local,

national and global significance. Its free public events are presented in downtown Santa Barbara and at UCSB main campus. Information about current offerings can be found at its website.

## **Health Education**

### **Alzheimer's and Dementia Care**

Alzheimer's Association  
1528 Chapala Street, #204  
Santa Barbara, CA 93101  
892-4259

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

Santa Maria Office  
528 S Broadway  
636-6432  
1-800-272-3900 to request a schedule by mail.

The Association provides regularly scheduled workshops and educational programs for families, professional caregivers and the community throughout the four-county (Santa Barbara, San Luis Obispo, Ventura and Kern) service area. View schedule of classes at the Association's website or call

### **American Red Cross**

2707 State Street  
Santa Barbara, CA 93105  
687-1331  
Fax 682-4655

3030 Skyway Drive  
Santa Maria, CA 93455  
928-0778  
Fax 928-0801

Offers classes in first aid, CPR, family caregiving, emergency preparedness and disaster response, as well as emergency communication resources for the armed forces and volunteer support.

### **Sansum Clinic**

215 Pesetas Lane  
Santa Barbara, CA 93110  
1225 North H Street,  
Lompoc, CA 93436,  
Call toll free (866) 829-0909

Register online at [www.SansumClinic.org/classes](http://www.SansumClinic.org/classes)

Offers a wide variety of health education programs, from Asthma to weight management, including comprehensive diabetes education. All are open to the community. Most are free of charge, some with a materials fee. Call or visit online for offerings and schedule [www.SansumClinic.org/classes](http://www.SansumClinic.org/classes).

### **Sansum Clinic Health Resource Center**

215 Pesetas Lane  
Santa Barbara, CA 93110  
681-7672 or 800-281-4425 x7672

Free and open to the public. Reliable answers to your health questions. A private, comfortable place with trained staff. Internet, books, newsletters and videos on health. Community resource information. Information and registration for classes. Help with Medicare by appointment. Help with Advance Directives by appointment.

### **Marian Regional Medical Center**

Community Education Department  
1400 E. Church St.  
Santa Maria, CA 93454  
739-3593

Provides a offers a wide variety of programs about health.

### **Care Connection**

Ask Dr. Jamie  
800-927-7930

[www.askdrjamie.net](http://www.askdrjamie.net)

(866) 232-8484 or sending an e-mail to [slondon@alzfdn.org](mailto:slondon@alzfdn.org)

Care Connections is a free national telephone support network for caregivers of Alzheimer's Disease and related illnesses hosted by Dr. Jamie Rotnofsky of Santa Barbara. It broadcasts every week *live* on Thursday at 6 pm. When there is a fifth Thursday in the month, a tape recording of a previous guest speaker will occur. If you would like to receive a weekly e-mail reminder that will also inform you of the guest speaker and topic, contact the Alzheimer's Foundation of America (AFA) and ask to be placed on the Care Connection e-mail notification list. More information is available by calling AFA at 866-AFA-8484

Older adults are sometimes confronted with the need to change jobs, re-enter the work force because of a change of status, or seek part-time employment to supplement a fixed income.

## Working While Receiving Social Security

Work does not reduce your Social Security benefit if you are age 66 or older. You may receive your full benefit without any limit on your earnings. In fact, continued work often increases your benefit since you are still contributing to Social Security. You do not need to report these earnings to Social Security.

However if you are not yet 66, earnings over certain limits may reduce your Social Security benefit (this section is not referring to disability benefits where separate earnings limits apply). These earnings limits increase each year. The 2012 amounts are shown below, so be sure to get the latest information for other years.

For the years before you turn 66, the earnings limit is \$14,640. You may still be able to receive some Social Security benefit while you are working, but for every \$2 you earn above this limit, your Social Security benefit will be reduced by \$1.

For the year you turn 66, you may earn up to a total of \$38,880 during the months before the month you turn 66. For every \$3 you earn above this limit, your Social Security benefit will be reduced by \$1. Beginning with the month you turn 66, no limit applies.

Questions can be answered by calling 800-772-1213 or looking online at [www.socialsecurity.gov](http://www.socialsecurity.gov). If you start or stop working while you are under 66 and receiving benefits, you should report the change to Social Security.

### Training and Placement for Seniors

The following programs are designed to help you connect with meaningful employment, and/or provide specialized job training.

## One Stop Career Centers

### Workforce Resource Center

130 E. Ortega St.  
Santa Barbara, CA 93101  
568-1296  
Fax 884-6811

1410 S. Broadway  
Santa Maria, CA 93454  
614-1550  
Fax 614-1230

[www.workforceresource.com](http://www.workforceresource.com)

The Workforce Resource Centers are the One Stop Career Centers for Santa Barbara County. They provide job orientation, job assessment, counseling and job placement and referral. Classroom training is available for pre-employment skills and other specialized skills. Employer/employee self help materials are available in the library/classroom.

## Senior Community Services Employment Program

### Pathpoint

2450 Professional Pkwy.  
Santa Maria, CA 93455-6816  
934-3537 ext 1306  
Fax 934-6616

Seniors with limited income aged 55 and over are assigned to paid part-time positions in public and private non profit agencies. Paid classroom and on-the-job training opportunities available.

### Other Training and Placement Programs

The following programs offer assistance to all people who qualify:

### Department of Rehabilitation

2615 South Miller St, Suite 101  
Santa Maria, CA 93455  
928-1891  
Fax 346-2179

509 E Montecito St. # 101  
Santa Barbara, CA 93103  
560-8130  
560-8167 TTY  
Fax 560-8162

[www.dor.ca.gov](http://www.dor.ca.gov)

Assists people with permanent disabilities with employment. Provides diagnosis, treatment, vocational counseling, training and placement.

## Center for Employment Training

509 W Morrison  
Santa Maria, CA 93458  
928-1737  
Fax 928-1203

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

Offers job training and placement assistance to low-income, under-employed, and unemployed people. The program has 4 components: 1. Training; 2. Support; 3. Industry partnerships; 4. Job placement. ESL classes also available when seeking legal status.

## Women's Economic Ventures

333 S. Salinas St.  
Santa Barbara, CA 93103  
899-8193  
Fax 962-9622

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

Provides opportunities for entrepreneurs in every phase of the business life cycle: start up, launch, grow and sustain/exit. All services open to women and men. Has a 14 week self employment course.

## Employment Referral

### Employment Development Department (EDD)

130 E. Ortega St.  
Santa Barbara, CA 93101  
568-1280  
Fax 568-1382

1410 S Broadway #E  
Santa Maria, CA 93454  
348-3230  
Fax 922-4912

[www.caljobs.ca.gov](http://www.caljobs.ca.gov)

The EDD offers placement services, job search workshop, and veteran's employment services.

## CalJOBS

To better serve employers and job seekers, the State Employment Development Department (EDD) has implemented a new primary matching

# EMPLOYMENT

tool for Job Service, the California Job Opening Browse System, commonly known as CalJOBS. CalJOBS is an electronic job listing and referral system developed by EDD to make customer self-service possible. CalJOBS is a computer link between employers and job seekers and is the primary matching tool for Job Service.

While CalJOBS is primarily a self service tool, one can access CalJOBS at the local One Stop Career Centers. Staff is available to acquaint a person with CalJOBS and how to use it in seeking a job referral.

You can access CalJOBS at [www.cal-jobs.ca.gov](http://www.cal-jobs.ca.gov).

## Employment Discrimination

### Labor Standards Enforcement (DLSE)

411 E. Canon Perdido, Rm. 3  
Santa Barbara, CA 93101  
568-1222  
Fax 568-1569  
[www.dir.ca.gov](http://www.dir.ca.gov)

This agency enforces laws covering wages, hours and working conditions. They investigate problems concerning wage claims, minimum wage, overtime, hours and conditions

### Fair Employment & Housing Department

1055 W. 7th St., Suite 1400  
Los Angeles, CA 90017  
800-884-1684  
[www.dfeh.ca.gov](http://www.dfeh.ca.gov)

### Employment/Public Accomodation

800-884-1684  
Housing: 800-233-3212  
Hate Violence: 800-884-1684  
TTY: 800-700-2320

Investigates allegations of discrimination on the basis of age, sex, color, national origin, marital status, creed, physical disability, medical condition, pregnancy, sexual orientation, genetic characteristics and religion when employment, housing, and public accommodations are affected.

Age discrimination complaints must be filed no later than two years from the date of "harm." All other complaints must be filed no later than one year from the date of "harm."

### Americans with Disabilities Act (ADA) Information Line

800-514-0301

The U.S. Department of Justice provides information about the ADA through a toll-free information line. This service permits businesses, state and local governments and others to ask questions about general or specific ADA requirements and order ADA technical assistance materials.

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## Looking out for Signs of Risky Behavior

- You can ride along with a driver and look for signs of risky behind-the-wheel behavior. Here are some things to look for:
- Does the driver neglect to buckle up? Going unbelted might be a bad habit – or it may indicate a poor fit or trouble fastening a belt.
- Does the driver have difficulty working the pedals? A driver, who lifts his or her leg to move from the accelerator to the brake, rather than keeping a heel on the floor and pressing with the toes, may be signaling waning strength.
- Does the driver have difficulty merging on freeways or turning onto busy streets? Vision problems may impair his or her ability to judge the speed and distance of approaching traffic.
- When merging, changing lanes or backing up, does the driver rely only on the mirrors, rather than turning fully to check the blind spots over his or her shoulder? Failing to do so may be a bad habit – or may indicate the onset of stiffness in the neck and back.
- Does the driver have trouble seeing other vehicles, cyclists, or pedestrians, especially at night? Deteriorating night vision or sensitivity to glare may be the cause.
- Does the driver seem to ignore or "miss" stop signs and other traffic signals? Perhaps he or she is inattentive or cannot spot the signs in a crowded, constantly moving visual field.
- Does the driver react too slowly to sirens and flashing lights of emergency vehicles?
- Does the driver weave, straddle lanes, drift into other lanes, or change lanes without signaling?
- Does the driver position the car improperly for turns (especially left turns), or attempt turns from the wrong lane?
- Do other drivers honk or pass frequently, even when the traffic stream is moving relatively slowly? This may indicate difficulty keeping pace with fast-changing conditions.
- Does the driver tend to park far from his or her destination? A problem judging distances or making tight maneuvers may underlie the fear of closer parking spots.
- Does the driver get lost or disoriented easily, even in familiar places?
- Do you find yourself giving directions or prompting the driver frequently?
- Has the driver been issued two or more traffic tickets or warnings in the past two years? Tickets can predict greatest risk for accident.
- Has the driver been involved in two or more accidents or "near-misses" in the past two years? Rear-enders, parking lot fender-benders, and side accidents while turning across traffic rank as the most common mishaps for drivers with diminishing skills, depth perception, or reaction time.

For many of us, discussions about end of life choices and death are avoided. Suddenly we are faced with making decisions we have little preparation for and even less information about.

There are some actions you can take prior to an illness to protect your wishes. Planning in advance for the death of a loved one can relieve you of making decisions you are unprepared for at a time when you are emotionally most vulnerable. Having an **Advanced Health Care Directive**, a completed Physician Orders for Life Sustaining Treatment (**POLST**) or a **Five Wishes** form will help identify your choices and preferences or those of a loved. Making medical decisions in advance can have the benefit of being less emotionally charged and difficult. Take time now to educate yourself, discuss these matters and find out what your loved ones want.

## Palliative Care

“Palliative care” is a way of caring for patients who are facing a life-threatening illness. By enhancing patients’ comfort and controlling pain, palliative care ensures the highest possible quality of life regardless of the person’s age, stage of disease or need for other therapies. Palliative care is provided in many different settings and professional fields.

## Visiting Nurse & Hospice Care

Visiting Nurse & Hospice Care partners with Cottage Hospital, Hospice of Santa Barbara, and St Francis Foundation to provide a comprehensive Palliative Care Consult Team for patients who are in the hospital. The team includes specially trained doctors, nurses, social workers and spiritual counselors.

Visiting Nurse & Hospice Care is also partnering with the Cancer Center of Santa Barbara and Hospice of Santa Barbara to provide a Community Palliative Care Program. The mission of this program is to provide pallia-

tive care to improve quality of life for those patients and their families who are facing a life threatening illness outside the hospital setting. The Community Palliative Care team consists of a doctor, nurse, and medical social worker specially trained in palliative care. They treat pain and other symptoms, and address patients’ and family members’ emotional and social issues and spiritual concerns. A primary focus of this program is to connect patients and families to community resources, and provide a smooth transition when the patient moves from the hospital to home, or to another care setting.

To find out more about Palliative Care, please call 805-965-5555 in Santa Barbara and 805-693-5555 in Santa Ynez and Lompoc Valleys.

## Marian Regional Health Center (Dignity Health)

Palliative Care offers specialized care for patients with progressive, life-limiting illnesses (cancer, heart & lung disease, MS, lupus, etc.). Patients are eligible for these services whether they have recently been diagnosed, are in active treatment, have completed therapy, or are nearing the end of life. The goals of palliative care are to provide for comfort through aggressive pain and symptom management, offer emotional and spiritual support, and attend to the best possible quality of life for patients and their families.

The Palliative Care Team works closely with the patient’s physician to develop a treatment plan that supports the patient’s health care expectations.

For more information regarding Palliative Care Services, please call 805-614-2029.

## Advance Health Care Directives

An Advance Health Care Directive is a legally recognized document that

allows a person to provide information to your family, friends and physician(s) about your health care preferences, including the types of special treatment you want or do not want at the end of your life. The advanced health care directive document is meant to be completed by anyone 18 years of age or older and it can be changed at any time, should one’s wishes change. You can give specific instructions about any aspect of your health care, whether you appoint a health care agent (decision maker) or not. Along with documenting the type of care you wish to receive, you are also to appoint another person as your ‘health care agent’ to make health care decisions for you if you are unable to make your own decisions. You should also consider naming an alternate agent in case your first choice is unwilling, unable or unavailable to make decisions for you.

## Sansum Clinic Health Education Program

Call Toll Free: 866-829-0909  
Register online at [www.sansumclinic.org/classes](http://www.sansumclinic.org/classes)

Copies of the Five Wishes and other Advance Health Care Directives available from Senior Connection at 800-510-2020.

## POLST (Physician Orders for Life-Sustaining Treatment)

POLST (Physician Orders for Life-Sustaining Treatment) is a form that states what kind of medical treatment patients want toward the end of their lives. Printed on bright pink paper, and signed by both a doctor and patient, POLST helps give seriously ill patients more control over their end-of-life care.

Changes to the California POLST Form were approved by the statewide POLST Task Force and the Emergency Medical Services Authority Commission. The new form went into effect on April 1, 2011. Previous versions of signed POLST forms remain valid.

# END OF LIFE

## **For more information, contact:**

### **Alliance for Living and Dying Well**

2040 Alameda Padre Serra, Ste. 110  
Santa Barbara, CA 93103  
845-5314

info@allianceforlivinganddyingwell.org

Alliance for Living and Dying Well is a collaborative effort and is helping people have the types of conversations which are personal to each individual. The Alliance believes that, while painful, these types of conversations and planning for death and dying are also a time of deep meaning and growth, and they can improve one's quality of life and ability to enjoy life.

## **Benefits**

### **Social Security Administration**

A family member or other person responsible for the beneficiary's affairs should do the following when a beneficiary dies:

- Promptly notify Social Security of the beneficiary's death by calling toll free 800-772-1213.
- If monthly benefits were being paid via direct deposit, notify the bank or other financial institution of the beneficiary's death. Request that any funds received for the month of death and later be returned to Social Security as soon as possible.
- If benefits were being paid by check, do not cash any checks received for the month in which the beneficiary died or thereafter. Return the checks to Social Security as soon as possible.

### **Other**

Some unions and fraternal organizations have benefits. Contact any organizations that the decedent belonged to and ask if benefits are available.

The Public Administrator under certain conditions can administer a decedent's estate. Call for more information: 568-2790.

## **Burial and Cremation Information**

The Yellow Pages of the telephone directory has listings for "Funeral Directors, Services" and "Cremation Services." Contact the Funeral Consumers Alliance- Channel Cities for information about low-cost and/or cremation services.

### **Funeral Consumers Alliance-Channel Cities**

Please call Central Coast Memorial Society (805-543-6133) or Los Angeles Funeral Society (626-683-3545) for service.

### **International Cemetery, Cremation and Funeral Association**

107 Carpenter Dr., Ste 100  
Sterling, VA 20164  
800-645-7700

www.iccfa.org

### **Cemetery and Funeral Bureau Department of Consumer Affairs**

1625 N. Market, Ste. S-208  
Sacramento, CA 95834  
916-574-7870

www.cfb.ca.gov

Licenses and regulates the California funeral and cemetery industries. Also investigates complaints against funeral homes, cemeteries and individual licensees. Publishes "Consumer Guide to Funeral & Cemetery Purchases."

### **Federal Trade Commission Consumer Response Center**

Washington, CD 20580  
877-FTC-HELP  
866-653-4261 TDD

www.ftc.gov

### **Death Certificates**

A funeral director will usually obtain copies of the death certificate for you. Certified death certificates are usually required for benefits determination.

Certified copies cost \$14.00 each in Santa Barbara County. Costs will vary by jurisdiction. Obtain a death certificate by visiting or writing to:

### **Santa Barbara County Public Health Department**

#### **Office of Vital Records**

345 Camino Del Remedio, 3rd Floor, Rm 320  
Santa Barbara, CA 93102  
681-5150 Fax 681-5141

#### *Hall of Records*

1100 Anacapa St  
Santa Barbara, CA 93101  
568-2250 Fax 568-2266

#### *Clerk-Recorder's Office*

401 E. Cypress Ave. Rm 102  
Lompoc, CA 93436  
737-7705  
Fax 737-7890

#### *Betteravia Government Center*

511 E. Lakeside Prkwy. Ste. 115  
Santa Maria, CA 93455  
346-8370 Fax 346-8371

The California Health and Safety Code Section 103526 permits only specific individuals to receive an authorized certified copy of a birth or death record. An authorized certified copy of a death may be required to obtain death benefits, claim insurance proceeds, notify social security, and obtain other services related to an individual's identity. Those that do not meet the criteria for an authorized certified copy may receive an informational certified copy that include the words, "INFORMATIONAL, NOT A VALID DOCUMENT TO ESTABLISH IDENTITY" imprinted across the face of the copy.

### **Indigent Death**

Cremation services only are available through:

### **Public Administration, Santa Barbara County**

P.O. Box 2517  
Santa Barbara, CA 93120  
568-2790

511 E. Lakeside Pkwy.  
Santa Maria, CA 93455  
346-8335

**Unattended Death**

If the deceased has not seen a physician within 20 days prior to the death or if the death is the result of an accident or of a suspicious nature, the County Coroner will become involved in the case. For more information contact:

**County Coroner's Office**

66 S. San Antonio Rd.  
Santa Barbara, CA 93110  
681-4145  
Fax 681-4308

www.sbsheriff.org

It is important to report a death which occurs at home, or in another non-medical setting. Call 9-1-1.

**Organ Donation**

Some people express a desire to "will" their body to science or to donate vital organs after death. This decision should be made prior to death.

The Gift of Life program is for tissue and organ donors. By becoming an organ and tissue donor, you truly give life and hope to others. When you add your name to the **Donate Life California Organ & Tissue Donor Registry** you consent to having your organs and tissues made available for transplantation upon death. A pink "DONOR" dot will be printed on your DL/ID card. Your name, mailing address, birth date, driver license or identification card number and gender will be transmitted to the Donate Life California Organ & Tissue Donor Registry.

There are also other options available for organ, tissue and whole body donations.

When considering donating your organs/tissues for transplant, or your body for medical/forensic research and education, there are five options in the Southern California area that has been researched and endorsed by the Funeral Consumer Alliance of Southern California. A high-level summary of each of the options is provided below

**One Legacy** - A non-profit organization associated with the DMV "pink dot" on your driver's license enabling organ/tissue donation to people awaiting transplants. The body is then returned to the family for burial/cremation.

**UCLA Medical Center** - A non-profit organization that accepts bodies from the Southern California area for purposes of local medical research and education. The body/cremated remains are not returned to family.

**University of Tennessee's Forensic Anthropology Center (UTFAC)** - A research center within the University of Tennessee that accepts bodies from the Southern California area for purposes of forensic anthropology research. Bodies are not cremated since the emphasis of research involves skeletal studies. The skeletal remains are not returned to the family because they are used for research indefinitely. However, visitations of the remains can be arranged.

**Science Care** - A for-profit organization based in Arizona that receives bodies from throughout the US (except New Jersey and Minnesota) for the purpose of medical research, training and professional education nationwide. Cremated remains are returned to family.

**Life Legacy** - A non-profit organization based in Arizona that is able to receive bodies from throughout the US and benefits research institutions around the world. Cremated remains are returned to family.

**Support Groups**

Bereavement groups for anyone experiencing the loss of someone special, particularly within the last year, are held by some hospice organizations. One-to-one counseling may also be available for those who require more intensive support. For a listing, see **Support Groups**.

**Fall Risk Assessment**

1. Have you fallen one or more times in past six months  

YE S	NO
------	----

If so, how many times \_\_\_\_\_
2. Are you afraid of falling?  

YE S	NO
------	----
3. Do you feel unsteady when walking outdoors  

YE S	NO
------	----
4. Do you get dizzy when you move your head quickly or sit up in bed?  

YE S	NO
------	----
5. Do you have any loss of feeling/tingling in your feet?  

YE S	NO
------	----
6. Do you difficulty performing daily household chores  

YE S	NO
------	----
7. Do you have problems with your vision?  

YE S	NO
------	----

If yes, do you get regular vision check-ups?  

YE S	NO
------	----
8. Are you currently taking more than 4 prescription medications?  

YE S	NO
------	----
9. Do you take medication to help you sleep, calm you down?  

YE S	NO
------	----

If you answered yes to two or more of these questions you make be at risk for falling.

Please talk to your Physician about a fall risk assessment.

# FOOD & NUTRITION

**G**ood nutrition enhances a person's health and well being. A good diet can also prevent some chronic diseases and minimize the impact of others.

## Meals

Hot lunches are provided to seniors 60 and over at the Nutrition Sites listed below. Reservations for lunch at the site are required 24 hours in advance. Home delivery can be arranged for frail and home-bound elders. A donation is requested for the meals. Transportation may be available - call the Senior Center or the Senior Program office.

## Community Action Commission Nutrition Sites

### Goleta Senior Center

5679 Hollister Ave.  
Goleta, CA 93117

Reservations call 692-4979.

### Presidio Springs

721 Laguna  
Santa Barbara, CA 93103

Reservations call 692-4979.

### Pilgrim Terrace

649 Pilgrim Terrace Dr.  
Santa Barbara, CA 93101  
682-3618

Reservations call 692-4979

### Westside Senior Center

423 W. Victoria Street  
Santa Barbara, CA 93101

Reservations call 692-4979.

### Carpinteria Senior Center

941 Walnut Street  
Carpinteria, CA 93013

Reservations call 684-6090.

### Lompoc Senior Nutrition Center

1120 Ocean Ave.  
Lompoc, CA 93436  
737-9366

### Elwin Mussell Senior Center

510 E. Park Street  
Santa Maria, CA 93454

Reservations call 925-3010.

### Atkinson Center

1000 N. Railroad Ave.  
Santa Maria, CA 93454

Reservations call 925-3010.

### Guadalupe Senior Nutrition Program

1025 Guadalupe St (temp site)  
Guadalupe, CA 93434

Reservations call 925-3010.

### Luis Oasis Senior Center

420 Soares Street  
Orcutt, CA 93455

Reservations call 925-3010.

### Union Plaza

120 N. Broadway  
Santa Maria, CA 93454

Reservations call 925-3010.

## Other Nutrition Sites

### Solvang Senior Center

1745 Mission Drive  
Solvang, CA 93463  
688-3793

Monday thru Friday at noon (one day notice)

### Cliff Drive Senior Luncheon

1435 Cliff Dr.  
Santa Barbara, CA 93109  
965-4286

A lunch is served at 11:00 am the first and third Thursday on a donation basis. Open to all. Not open during August.

### Buellton Senior Center

164 Highway 246  
Buellton, CA 93427  
688-4571

Monday thru Friday at noon (one day notice)

### Lompoc Valley Community Kitchen

P.O. Box 106  
Lompoc, CA 93438  
735-8711

Serves sit down hot meals 3 days a week at different locations each night.

## Home-Delivered Meals

### Meals-on-Wheels

200 W. Cook St.  
Santa Maria, CA 93454  
928-9707

Meals are delivered to any home-bound person. Service is limited to five days a week — no service on Sundays or Thurs-days. Cost is \$3.00 per meal, sliding scale is offered. Can provide medical diet needs.

### Meals-on-Wheels

Po Box 531  
Lompoc, CA 93438  
736-3257

Refrigerated meals are delivered to any homebound person Monday thru Friday. Special diets are hot meals. Request do-nation is \$3.75 for regular diets and \$3.25 for special diets. Reduced rates for needy clients are available.

### Meals-on-Wheels Santa Ynez Valley

218 Valhalla Dr.  
Solvang, CA 93463  
688-2692

Meals are delivered Monday thru Friday to any homebound person. \$4.50 per meal is requested. Some financial assistance is available.

### Meals-on-Wheels

P.O. Box 6099  
Santa Barbara, CA 93160-6099  
683-1565

A hot noon meal is delivered to homebound seniors seven days a week including holidays. A meal fee is charged. Call for more information between 9 a.m. and Noon.

### Community Action Commission "Healthy At Home"

5638 Hollister Ave Suite 230  
Goleta, CA 93117  
692-4979

401 West Morrison, Bldg. D  
Santa Maria, CA 93458  
925-3010

A hot noon meal is delivered to homebound persons aged 60 years of age or older five days a week.



Frozen meals provided for week-ends. Meals are provided throughout North Santa Barbara County. The suggested donation is \$2.75.

### **Santa Maria Wisdom Center**

1414 N. Broadway, suite A  
Santa Maria, CA 93454  
354-5320  
349-9810

Delivery is available in Santa Maria, Orcutt, Lompoc, Nipomo, and 5 Cities.

Fee Is \$5.00. Meal includes dinner and dessert, (Monday - Friday) and open to all ages.

### **Supplementary Food**

The following agencies supply food to people in need. Each program has its own eligibility criteria so it is advisable to call for information.

### **Food for the Heart**

POB 3908  
Santa Barbara, CA 93130  
898-3981

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

Provides adults in the Santa Barbara City area with meals. Adults must not be eligible for other meal programs or on waiting list.

### **Food Bank Sites**

#### **Food Bank of Santa Barbara County**

490 W. Foster Rd.  
Santa Maria, CA 93455  
937-3422  
Fax 937-8750  
4554 Hollister Avenue  
Santa Barbara, CA 93110  
967-5741  
[www.foodbanksbc.org](http://www.foodbanksbc.org)

Food Bank provides food for those in need by obtaining surplus food for distribution through its family of member agencies. No food provided for individuals at Food Bank offices. Call Food Bank for a referral to site nearest you.

### **Brown Bag Program**

4554 Hollister  
Santa Barbara, CA 93110  
967-7863 x102  
490 W. Foster Rd.  
Santa Maria, CA 93455  
937-3422 x107  
Fax 937-8750

The program is free and distributes groceries to low income seniors 60 and over twice monthly at sites in Carpinteria, Santa Barbara, and Goleta, and several sites in North County.

### **Catholic Charities**

609 E. Haley  
Santa Barbara, CA 93103  
965-7045  
Fax 963-2978

325 N. 2nd St  
Lompoc, CA 93436  
737-4140 (pantry)  
936-6226 (community service)  
Fax 736-7499

607 W. Main Street  
Santa Maria, CA 93458  
922-2059  
Fax 925-1979  
4803 Cebrian Street

New Cuyama, CA 93254  
661-766-2369  
Fax 661-766-2375

4681 11th Street  
Guadalupe, CA 93434  
343-1194

941 Walnut St.  
Carpinteria, CA 93013  
684-8621

All above are Food Bank distribution sites, and offer pantry items as available in emergency situations.

### **Santa Ynez Valley People Helping People**

545 Alisal Rd.  
Solvang, CA 93463  
686-0295

USDA surplus and other food are distributed to low-income Santa Ynez Valley residents every other Thursday.

### **Additional Resources**

#### **Grocery Resources**

Senior Connection maintains a list of stores in your area that deliver, and of errand services that do your shopping. Homemaker Programs can sometimes assist with shopping. In addition:



A PRIVATE NONPROFIT

Community  
Action  
Commission  
OF SANTA BARBARA COUNTY

## Healthy Senior Lunch Program

### **If you are over 60 years of age:**

Join us for lunch at one of our 12 Healthy Table lunch sites. If you live in Santa Barbara County, chances are, there's a CAC Healthy Table site near you.

### **If you are homebound and unable to prepare meals for yourself:**

Apply for CAC's Healthy at Home meal delivery service. If you qualify, we'll deliver 7 healthy, balanced meals per week, right to your door.

To learn more call:

South County (805) 683-4458 - North County (805) 925-3010

# FOOD & NUTRITION

## Hospital Meal Discounts

### Santa Barbara Cottage Hospital

Pueblo at Bath  
Santa Barbara, CA 93105  
682-7111

Seniors are offered a 20% discount in the hospital's cafeteria.

### Marian Regional Medical Center

1400 East Church St.  
Santa Maria, CA 93454  
739-3514

Seniors are offered a 25% discount on meals in cafeteria.

Health for Life Nutrition workshops.

### Lompoc Hospital District

508 East Hickory Avenue  
Lompoc, CA 93436  
737-3300

Offers seniors 55 and over a nutritious meal for \$4.36 and 10% discount on all other items.

## Community Gardens

Community gardens can improve the quality of life for people participating. A community garden can grow vegetables, flowers or more. A community garden can produce nutritious foods, reduce food budgets, create opportunities for recreation, exercise, therapy,

socialization, preserves green space, and conserves resources.

### Carpinteria

#### Plant a Seed Community Garden

1335 Vallecito Pl  
684-4707

Free. Provides 4 by 4 plot.

### Isla Vista

#### Estero Park Community Garden

Between Camino del Sur and Camino Corto  
968-2017

### Lompoc

#### College Avenue Community Garden

903 W College Ave.  
835-1328

\$5.00 per month; approx 100-150 square ft; organic

#### Valley of the Flowers Community Garden

3346 Constellation Rd  
Valleyoftheflowerssucc@verizon.net  
\$20. month fee; 4'X8' plot; organic

### Santa Barbara City

sponsored by the City Recreation Department:

#### Yanonali Community Garden

E. Yanonali \$ Soledad

### Rancheria Community Garden

Rancheria St near Montecito St.

### Pilgrim Terrace Community Garden

Pilgrim Terrace Dr at Modoc Rd  
897-2524

www.santabarbaraca.gov

\$64.resident/\$75.non resident per year fee; 10' x20' plot

### Santa Maria:

#### City Recreation Department

510 E. Park St.  
925-0951 ext 260

To reopen in 2013

## It's Like Having a Maid, a Valet and a Private Chef

ENJOY THE GOOD LIFE AT MERRILL GARDENS

Come to Santa Maria and save!

**Call Today to Schedule a Visit.**



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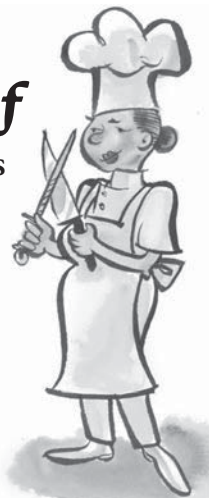
AT SANTA MARIA

*A one of a kind retirement community*

**(805) 928-2662**

1220 Suey Road  
Santa Maria, CA 93454

merrillgardens.com



License  
#425801345

**RETIREMENT, ASSISTED LIVING & MEMORY CARE**

## Medicare

Medicare is the federal health insurance program which began in 1966. Apply for Medicare online at [www.socialsecurity.gov](http://www.socialsecurity.gov) or by calling Social Security at 800-772-1213. The government contracts with private insurers to handle claims. Medicare covers persons age 65 and over who are entitled to Social Security benefits, some disabled persons, and persons with permanent kidney failure. Medicare may be purchased by people over age 65 who are not eligible under these guidelines.

HICAP, Health Insurance Counseling and Advocacy Program, provides free information about Medicare through trained volunteer HICAP counselors. You can learn how Medicare works, what the various Medicare supplement insurance plans offer, and what to do if something goes wrong. Call 1-800-434-0222 to speak with or set up an appointment with a HICAP counselor.

Another important resource is the Center for Medicare Advocacy, a non-profit public interest law group specializing in Medicare litigation and advocacy. Their website has a wealth of information about Medicare by topic, articles, and alerts: [www.medicareadvocacy.org](http://www.medicareadvocacy.org). The phone for the national headquarters of the Center for Medicare Advocacy is 1-860-456-7790. This is not a toll-free line, so you may want to read their materials online first.

## Applying for Medicare

You may apply for Medicare enrollment beginning three months prior to your 65th birth month and ending three months after your birth month. Medicare is divided into parts. Part A is insurance intended to cover hospitalization and certain other specified types of care. Everyone who qualifies for Medicare receives this portion automatically. Part B, which is outpatient medical insurance, is optional. There is a monthly charge for Part B (\$99.90 for most people), and the amount is normally deducted from your Social

Security check. Most people choose to enroll in Part B. If you delay there is a 10% penalty on the monthly Part B premium for each year you delay. This penalty continues for the remainder of your life.

If you continue to work past age 65 and have medical coverage through your place of employment or your spouse's employment, you may delay your enrollment in Medicare Part B until the time you or your spouse do retire with no attached penalty.

## To Find Out About Coverage

Medicare has free pamphlets that describe Medicare coverage. Medicare and You, a handbook, is updated regularly and is an invaluable tool in answering many questions as they arise. Be aware that there are a number of seemingly medically related procedures that are not covered by Medicare. It is best to ask your physician if procedures that s/he recommends are covered.

The Medicare Telephone Helpline acts as a referral service and can provide publications on Medicare. Contact: Medicare Telephone Helpline at 800-Medicare, (800- 633-4227). One can also report suspected Medicare abuse or fraud and improper sales practices of Medi-Gap policies or Medicare Advantage plans at 800-Medicare.

## Medicare Assignment

When a claim is submitted to the Medicare contractor, there will be a determination made regarding the "Medicare approved amount" for whatever procedures were done. If the doctor agrees to accept that amount as payment in full for services rendered, that is known as accepting "Medicare Assignment." The Medicare Contractor will send a check for 80% of the amount to your physician if the annual Part B deductible has been met. The patient is then only responsible for the remaining 20% (plus any part of the annual deductible not yet paid). With-

out an "assignment" agreement, the patient and/or his supplemental insurance carrier is responsible for excess charges up to 115% of the Medicare approved amount.

Many doctors do not accept assignment. Some doctors and suppliers will accept it for some services and not for others. In all cases YOU should check if the provider accepts assignment.

## Filing a Claim

### Part A & B

The hospital, doctor or other provider sends claims for benefits under Part A or B, to the Medicare contractor. You will receive notice of payment to the provider if the provider accepted assignment or a check payable to you if the provider did not accept assignment. Be sure to deposit the check promptly and you should pay the provider the amount owed. Be sure you can furnish the hospital or doctor with your Medicare number and information about any other health insurance that you might have. You are responsible for the deductible and co-payments. If you have supplemental insurance it may pay part or all of the remaining balance.

## Appealing a Benefit Decision

You have the right to appeal a Medicare claim denial. You may use a copy of the Medicare Summary Notice or the Explanation of Medicare Benefits that you receive from the Medicare contractor to document your reasons for appealing. Attach any additional information from the provider to support the claim.

## Where to Get Help

You may call the phone number listed on the Medicare Summary Notice or Explanation of Benefits for clarification of your claim. Call the local Health Insurance Counseling and Advocacy Program (HICAP) at 800-434-0222 for free assistance in filing your Medicare appeal

# HEALTH CARE FINANCIAL ASSISTANCE

## **Appealing Hospital Discharge**

Medicare's Prospective Payment System (also known as Diagnostic Related Group or "DRG") is a fixed-price payment system. Through this system, Medicare will pay a predetermined amount for treatment of a particular illness.

The amount of time that you actually stay in the hospital, however, should be determined solely by your medical condition. If you are told that you will be discharged before you believe it is medically appropriate, contact your doctor and your Quality Improvement Organization 800-841-1602 immediately if you decide to appeal the discharge. Your hospital social worker can give you more information about the appeals process. Information and assistance with appeals of hospital discharge notices is available. Unsafe discharges are against the law, and if you think a family member is being unsafely discharged from a hospital or from a skilled nursing facility, be sure to raise that objection prior to the discharge.

You may obtain a Medicare Appeals and Grievances fact sheet from Medicare by calling 800-633-4227 or calling your local HICAP at 800-434-0222.

## **Medicare Part C- Medicare Advantage**

As an alternative to using Original Medicare fee-for-service, Medicare beneficiaries have the option to enroll in a Medicare Advantage (MA) Plan, also referred to as Medicare Part C plans. Medicare pays private insurance companies to provide health services to beneficiaries who have enrolled in these plans. Joining an MA plan is optional.

To join an MA plan, you must be enrolled in both Medicare Part A and Part B and must continue to

pay the Part B premium. There may be an additional monthly premium to be paid to the plan. If you join an MA plan, you receive Medicare-covered benefits through your plan. You are still on

Medicare and still retain the full rights and protections entitled to all Medicare beneficiaries.

Medicare Advantage Plans are available in specific geographic areas. The types most commonly available in our area, HMO and PPO, are described below. Other MA plans include Medicare Savings Accounts (MSA), Private Fee for Service (PFFS), and Special Needs Plans (SNP). Many MA plans include prescription coverage.

Enrollment in an MA plan is based on a calendar year. Current plans may not be available the following year, and some new plans may be offered for the next year. Beneficiaries have the option of changing MA plans, or returning to Original Medicare, each year during the Annual Election Period (October 15 to December 7 in 2012).

Before signing an application for an MA plan, be sure to understand all of the terms and conditions. In many cases people thought they were signing for one coverage when they were actually signing for all of the Medicare health coverage to be done by a different insurance company.

## **Health Maintenance Organizations (HMO)**

If you enroll in a Medicare Health Maintenance Organization (HMO) in your area, all of your care, whether doctor or hospital or other facility, is provided through that HMO. You will be required to choose a primary care doctor who will manage your care, and who must approve referrals to other specialists. Co-payments for hospitalization and out-patient services will apply. If you see a doctor or use a facility outside the plan, and you do not have a pre-approved referral, you cannot use your HMO plan card or your Medicare card to pay for those services.

## **Medicare Part D**

Medicare beneficiaries can be covered by a prescription drug plan called Medicare Part D. Beneficiaries who wish to continue with Medicare Fee

for Service plans are able to enroll in a commercial Prescription Drug Plan (PDP). Beneficiaries who wish to enroll or to continue with a Medicare Advantage (HMO) or PFFS will be able to enroll in a Medicare Advantage -Prescription Drug (MA-PD) plan offered by an HMO or other Medicare Advantage Plan .

The standard plan will have an annual deductible, 75% coverage of covered drugs between the deductible and the cut-off. There is no coverage by insurance between the cut-off and an out of pocket limit (OOP). If a person has covered drug costs above the OOP limit, the insurance plan will pay 95% of the cost of covered drugs above the amount during that year. Each plan will establish its list of covered drugs and specific costs and benefits. Annual Election Period for members to join a Part D plan or to change plans is November 15 to December 31 each year. Medicare Advantage members may only enroll, change or disenroll from January 1 to March 31. If a person decides to enroll later there is a penalty of 1% for each month delay and there is only one Annual Election period each year. For further information contact HICAP at 800-434-0222.

## **Options**

### **Original Medicare/Fee-for-service**

You go to the provider of your choice and pay the required deductibles and co-payments. You may have supplemental insurance to assist in paying the charges not paid by Medicare.

### **Medi-Gap, or Supplementary Insurance**

Most people feel the need to purchase additional insurance to assist with costs that Medicare does not cover. There are many kinds of group and individual insurance policies available. Be sure to explore several plans. If you belong to a Medicare Advantage Plan, all of your health care is provided through the HMO. Check with the HMO

to determine what other coverage, such as prescription discounts are available through your HMO.

Counseling on supplemental health insurance and Medicare Advantage is available. This free service is available from the Health Insurance Counseling and Advocacy Program (HICAP); more information is available by calling 800-434-0222.

If you have problems with HMO's, several organizations provide consumer information and assistance.

If you are on Medi-Cal without a share of costs greater than \$500, your Medicare premium is automatically paid for you. Physicians and other providers accepting Medi-Cal patients accept the Medicare and Medi-Cal reimbursement as payment in full. Therefore, you do not need additional health insurance to pay medical costs.

## **Preventing Medicare Fraud**

Medicare beneficiaries can help prevent Medicare fraud that costs the taxpayers nearly \$20 billion per year. If you believe that the billing for any services paid by Medicare which you receive is fraudulent, contact Medicare at 800-Medicare (800-633-4227).

Some tips to prevent fraud, include, but are not limited, to:

Never give your Medicare number over the phone or to people you don't know.

Beware of suppliers and providers that use phone calls and door-to-door selling as a way to sell you goods or services.

Be suspicious of companies that offer free medical equipment or offer to waive your co-payment without first asking about your ability to pay.

Beware of health care providers who say they represent Medicare or a branch of the Federal Government, or providers who use pressure tactics to get you to accept a service or product.

## **When Will Medicare Pay for Skilled Nursing Facility Care?**

Seniors may have to face skilled nursing home facility care for themselves or their spouses. When it comes to skilled nursing facility care, Medicare is really a short-term rehabilitation program, not a long term care program.

There are several requirements in order for Medicare or a Medicare Supplement to cover any care in a skilled nursing facility. #1: The patient must have spent at least 72 hours in a hospital within the past 30 days for the same condition. #2: The patient must be discharged to a skilled nursing facility for rehabilitation. #3: The patient must receive at least 5 days per week of skilled services, e.g. physical therapy, occupational therapy, speech therapy, IV therapy, and/or other services requiring a skilled health care professional.

Custodial care is not enough to get Medicare coverage in a skilled nursing facility. Custodial care includes 24/7 supervision due to cognitive impairment, and/or assistance with two or more activities of daily living, i.e. eating, toileting, bathing, dressing, using incontinent supplies, or transferring. If all the patient is receiving at the skilled nursing facility is custodial care, and not 5 days per week of skilled nursing services, then Medicare and Medicare Supplements cover nothing.

If Medicare does cover the stay at the skilled nursing facility for rehab (5 days per week), then Medicare will pay 100% of the first 20 days. From day 21 to day 100, when coverage ends for that benefit period, there is a co-pay of \$144.50 per day (in 2012), over \$4,000 per month, which Medicare Supplements are designed to pick up all or part of. But once skilled nursing services drop to below 5 days per week or are cut off entirely, the patient must pay private pay (about \$9,000 to \$10,000 per month in Santa Barbara

County), and this frequently happens around day 14-28. For this reason, most long-term skilled nursing facility residents have Medi-Cal, not Medicare. Either they run out of money, or they learn how to qualify for Medi-Cal from an attorney. The best time to see the lawyer if a senior is going to be in a skilled nursing facility for the long term is as soon as you realize that this stay may be long term, not short-term.

## **Medi-Cal**

Medi-Cal is complex. Be sure to read the Legal section in the Senior Resource Directory for more information about Medi-Cal. Medi-Cal (called Medicaid in other states) is the federal and state medical assistance program for aged (65 or over), blind, or disabled persons, or for residents of nursing homes in the State of California. Eligibility for Medi-Cal is based on how much the single individual or the married couple owns in countable assets, excluding exempt assets.

The rules are very different depending on whether a person is applying for community Medi-Cal while living in the community or Long Term Care Medi-Cal for a skilled nursing facility. Also, the rules are very different according to whether the applicant is single or married. Countable property determines eligibility, but income determines what the Medi-Cal beneficiary's Share of Cost (Medi-Cal co-pay) will be.

Normally, the County Social Services Department determines eligibility for Medi-Cal. Medi-Cal for long-term care in a skilled nursing facility is very much a middle class program, especially when there is one spouse in the nursing home and one spouse NOT in the nursing home. There are special federal and state rules to prevent the impoverishment of the spouse who is not in the nursing home, and these rules can allow the community spouse to retain large amounts of assets and still qualify the ill spouse for long term

# HEALTH CARE FINANCIAL ASSISTANCE

care Medi-Cal for the skilled nursing facility. (This will require an elder law attorney to do court work.)

If the applicant has very low income in addition to less than \$2,000 in countable assets and is aged (65 or over), blind, or disabled, then that individual may qualify for Supplemental Security Income (SSI), in which case that individual is automatically qualified for Medi-Cal. (This is called "categorical eligibility" for Medi-Cal, and is determined and administered through the Social Security Administration rather than through the County Department of Social Services.)

To apply for SSI, contact the Social Security Administration in your area. If you do not qualify for SSI because your income exceeds the SSI limit, you may still qualify for Medi-Cal through the Department of Social Services if you are aged (65 or over), blind or disabled. Some applicants will have zero Share of Cost under the Federal Poverty Level Program (FPL), and others will have a "share - of cost" (SOC, or a Medi-Cal co-pay each month). The SOC is the amount you must pay each month before Medi-Cal will pay the remainder of your medical bill. For more information please contact your local Santa Barbara County Department of Social Services. (See list below)

You may apply for these programs at any time, regardless of any other insurance coverage you may have, including Medicare. You may also appeal any denial of eligibility should you wish to do so. The instructions for appeal will accompany the letter of denial.

Some Medi-Cal covered services include: doctor visits, hospitalization, laboratory work, x-rays, home health services, mental health services, medical supplies and equipment, physical therapy and emergency medical transportation. Additionally, some Medi-Cal covered services include items not covered by Medicare: some prescription drugs, eyeglasses, dental care, long term nursing home care, podiatry

and chiropractic care. Medi-Cal can also pay the Medicare deductible and premium payments.

## Department of Social Services

234 Camino del Remedio  
Santa Barbara, CA 93110  
681-4401

2125 S. Centrepointe Pkwy  
Santa Maria, CA 93455  
346-7135

1100 W. Laurel Ave.  
Lompoc, CA 93436  
737-7080

Be sure to call ahead to learn what documents you will need to complete your application and to make an appointment. Eligibility is determined by County Social Services according to Federal and State guidelines, and should not take more than 6 weeks to establish, once you have given DSS all of the verifications of property, income, and gifts. A legal consultation with an elder law attorney is advisable before applying to make sure that you are eligible, and if not, what you can do to become eligible for Medi-Cal.

## Problems in Application/ Appeals Process

If you have been told you do not meet the qualifications for benefits and if you disagree, you should first discuss this with a County Social Worker at the Department of Social Services. If you are still not satisfied, you should get a legal consultation from an elder law attorney. You have the right to appeal your eligibility or any other decision about your Medi-Cal benefits, but it is wise to correct any problem before your appeal. Information about the appeals process should be included with any notice of denial; if not, contact the Department of Social Services. For additional information, contact the California Department of Health Care Services at 800-952-5253.

## CenCal

formerly known as Santa Barbara Regional Health Authority

An organization known as the CenCal entered into an agreement with the federal and state governments to locally administer the Medi-Cal program in Santa Barbara County. If you are eligible for Medi-Cal, you receive your health care in conjunction with CenCal. CenCal is a managed care Medi-Cal program; they serve as a middle man between the State and the health care provider.

### Countywide

877-814-1861

## CenCal

### Main Office

4050 Calle Real.  
Goleta, CA 93110  
685-9525  
965-4893 (TDD)  
800-421-2560

Collect calls accepted.

An Advisory Board to CenCal meets every month and is composed of Medi-Cal beneficiaries, beneficiary representatives, and Human Services workers who offer input and perspective on the experience of beneficiaries under the CenCal plan. This important information is used to assist in planning and management of the SBHA staff and Board of Directors. Contact your Beneficiary Service Representative at County Social Services for more information.

## Veterans Health Benefits

### Veterans Affairs and Outpatient Clinic

4440 Calle Real  
Santa Barbara, CA 93110  
683-1491

The Santa Barbara Outpatient clinic is located at the Santa Barbara Health Care Services Clinic. It provides medical services and facilitates admission to VA hospitals, residential care and nursing home facilities. Clinic staff will assist veterans in the use of the VA health care system.

The VA Social Work and Mental Health Services are at the same ad-

dress. Veterans, their widows, widowers or dependents may call for information or walk in for assistance with veterans' benefits. (For help in applying for benefits, **see Veterans Benefits**).

A clinic is also open at 1550 East Main Street, Santa Maria, 354-6000.

## **Qualified Medicare Beneficiary, "QMB", Specified Low-Income Medicare Beneficiary "SLMB" or Qualified Individual or "QI."**

The Qualified Medicare Beneficiary (QMB), the Specified Low-Income Medicare Beneficiary (SLMB), and Qualified Individual programs were created by federal law requiring that State Medicaid (Medi-Cal) programs pay Medicare costs for certain elderly and disabled persons with low incomes and very limited assets.

An individual who has Medi-Cal in addition to Medicare is already getting the QMB benefit. Eligible individuals do NOT have to pay the monthly Medicare premium, the deductible for Part A Hospital and Part B Medical benefits, the daily coinsurance charges for hospital stays beyond 60 days, the co-payments for skilled nursing care beyond 20 days and the 20 percent coinsurance for Medicare-covered services. In most cases, if you are eligible for the QMB benefit, you DO NOT need to purchase additional health insurance.

To be eligible for the QMB benefit, you must be eligible for Medicare (age 65 or older; or have been a disabled beneficiary under Social Security or the Railroad Retirement Board for more than 24 months; or on kidney dialysis; or received a kidney transplant) and have an income in 2012 of less than \$931. per month if you are single. A married couple must have an income less than \$1,261. per month in 2012. Income includes Social Security plus any other income sources.

To be eligible your financial resources, such as bank accounts, stocks, and bonds, cannot exceed \$4,000 for one person or \$6,000 for a couple. The home in which you live, one automobile, burial plot, home furnishings, personal jewelry and some life insurance usually do not count as resources.

If you do not qualify for QMB assistance because your income is too high, you may be able to get help under the SLMB program. The SLMB program is for persons whose incomes are slightly higher than the national poverty level, but not more than 120 percent of the Federal Poverty Level. In 2012 the income level for one person is \$1,117 a month and for a couple it is \$1,513 a month. If you qualify for assistance under the SLMB program, the State is required to pay the Medicare Part B monthly premium for you. You will continue to be responsible for Medicare's deductibles and coinsurance and for charges for health care services and items not covered by Medicare.

One other program allows greater income limits and has some benefits of paying all of the Medicare Part B premiums. This program is known as Qualifying Individual (QI). The QI income limit for one person is \$1,257 and \$1,702 for a couple in 2012. If you have questions about these programs, contact the Department of Social Services. The amount of income you may have and be eligible for the QMB, SLMB or QI programs will increase in future years. If you have income over the current dollar amounts, you should check in the future to see if you have become eligible. If you think you may be eligible for any of these benefits, contact the County Department of Social Services.

### **Department of Social Services**

234 Camino del Remedio  
Santa Barbara, CA 93110  
681-4401

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

2125 S. Centrepointhe Pkwy  
Santa Maria, CA 93455  
346-7135

1100 W. Laurel  
Lompoc, CA 93436  
737-7080

### **Lompoc Valley Community HealthCare Organization**

The Lompoc Valley Community HealthCare Organization is a community-based organization that formed in 1995 to assure quality health care services are available locally for residents of the Lompoc Valley. The Community HealthCare Organization works with employers, organizations and individuals to improve the health of the community by assuring local access to a co-ordinated system of health promotion, disease prevention and treatment services. Contact 736-4580.

### **Financial Help with Medical Expenses**

In addition to medical costs covered by Medicare, Medi-Cal, or private insurance for individuals or families, people occasionally come up against extraordinary health care costs that they cannot pay for. There are "funds of last resort" available through charitable organizations in Santa Barbara County.

### **The Jefferson Fund**

114 E. De la Guerra St. #3  
Santa Barbara, CA 93101  
963-8822

This is an endowment fund that helps needy people who are not on public assistance of any kind. Not limited to medical expenses. South County only.

### **St. Cecilia Society**

P O Box 50136  
Santa Barbara, CA 93150

This is a secular organization whose mission is to provide funds for unmet medical and dental care for Santa Barbara County residents. May fund diagnostic testing, prescription medications, mental health care, dental care, hearing aids or other medical devices, in addition to paying

# HEALTH CARE FINANCIAL ASSISTANCE

for hospital stays and physician care.

Referrals for financial help come from hospitals, healthcare providers, social service agencies, and others throughout all of Santa Barbara County.

## **Alzheimer's Assistance Fund**

4141 State St., Ste E-10  
Santa Barbara, CA 93110  
692-9726

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

Addresses the need for financial assistance to needy families to pay for licensed residential Alzheimer's and dementia care.

## **Planning for Long Term Care Needs**

The California Partnership for Long Term Care is an insurance option available to a person who is planning for their long term care needs. This is a partnership between the state of California, the private insurance companies, and the consumer.

The purpose of the California Partnership is to 1) offer affordable LTC insurance to moderate and middle income consumers; 2) by example and consumer education improve the quality of long-term care insurance; 3) reduce the government expenditures for long-term care expenses by providing an incentive for individuals to purchase policies. This is the Medi-Cal asset protection equal to the dollar value of insurance benefits received.

All long-term care policies marketed in California must meet certain consumer standards established by state law. The California Partnership policies have additional standards that must be met to be marketed under the partnership plan. All Partnership policies must use the same set of criteria to determine eligibility for benefits. There is a minimum daily benefit guaranteed to provide meaningful coverage. Automatic inflation protection is mandatory. Independent care management agencies must provide assessment and care plans for consumer. There are limita-

tions on future rate increases, and an option that allows you to "step down" your coverage if your financial situation changes making it impossible to pay the current premium. You may designate another person to be notified if you fail to pay premiums within 30 days of the due date. One dollar of your assets will be protected for every dollar a Partnership policy pays out in benefits in the event that you will later need to apply for Medi-Cal benefits to continue paying for your long-term care.

You must be a California resident when you purchase a Partnership approved LTCI policy, but you may use the benefits out-side of California. When and if you would need to apply for Medicaid (Medi-Cal in California) and take advantage of the asset protection, you would need to be a California resident to protect your assets under this contract.

Insurers are required to document the long-term care benefits that have been paid on your behalf and to verify the amount of assets that have been protected. A report is sent quarterly to the policyholder showing what benefits apply to the asset protection.

When there is a couple and one spouse must go into a nursing home and the other spouse remains in the community, the community spouse may retain a certain amount of assets (\$113,640 in 2012) and a certain amount of monthly income (\$2,841) without affecting the eligibility for Medi-Cal of the nursing home spouse. When the nursing home spouse has a Partnership LTCI policy, he/she may maintain additional protected assets equal to the qualified benefits that have been paid by the Partnership policy. This is in addition to the assets allowed to the community spouse.

Policies may be purchased to cover only the amount of assets that need to be protected. The minimum coverage would cover assets to equal the cost of one year in a nursing home. Coverage

may be for 1,2,3,4,5 years or lifetime.

Two types of policies are offered by the Partnership. Nursing Home and Assisted Living will cover care in a nursing home or a residential care facility. The second type of policy is the Comprehensive plan which covers nursing home, residential care facility, and home care benefits in the policyholder's home.

Evaluating and planning for your long term care needs is very complex and is something that each individual should take enough time to understand the many options that are available. The California Partnership for long term care insurance is only one option that a person may wish to consider.

If you cannot afford to pay for long-term care insurance, or if the person who needs insurance already has a diagnosis which will lead to a denial of the application, consult with an attorney experienced in Medi-Cal long-term care planning.

If you have further questions about assessing your needs for long term care insurance and other methods of planning for these needs, you may contact the Health Insurance Counseling and Advocacy Program (HICAP) to meet with a HICAP counselor to discuss your individual questions. This is a free service and counseling is done by trained, registered HICAP volunteer counselors. Call 800-434-0222 for an appointment.

## **Pharmaceutical Assistance**

### **Alliance for Pharmaceutical Assistance (APA)**

505 E. Plaza Dr.  
Santa Maria, CA 93454  
614-2040  
Fax 614-2010

The Alliance for Pharmaceutical Access is a local non-profit organization, founded in Santa Maria in 2004 by local community members and physicians to assist individuals who struggle to meet their basic health needs and are unable to afford their medications. APA provides access to



# HEALTH CARE FINANCIAL ASSISTANCE

brand-name medication for chronic conditions, at no cost to individuals and in collaboration with their physician by accessing Patient Assistance Programs (PAP's) offered by the Pharmaceutical Companies.

APA has also a partnership with Dignity Health and Abbott Diabetes Care Program to provide low cost diabetic supplies (free meter and low cost glucose strips) for up to one year; prescription from your physician required. This is not a government program or insurance plan.

## Pharmacy Discount Programs

There are many programs that provide a discount, some provided by large retail stores. If you are considering a drug discount program, you should

shop around for the best value since not every program is as cost-effective. Check the fine print before enrolling. Consider: 1. Knowing what you have signed up for; 2. Asking about restrictions; 3. Reviewing discount lists frequently and 4. Consider your local independent drug store.

## Costco Member Prescription Program

Free for Costco members. Prices may vary by location and the program includes only those drugs not covered by a person's insurance plan.

## CVS/Pharmacy Health Savings Pass

Open to everyone, and the cost is \$15 per year. The price for a 90-day supply of drugs is \$11.99. 1-888-616-2273.

## Kmart Prescription Savings Club

open to everyone. Price for a 30-day

supply of drugs is \$5 and a 90-day supply is \$15. There is a discount of up to 35% for all generics and 20% for brand-name drugs. 1-888-277-3911.

**Rite Aid Rx Savings Program.** Free for everyone, but this program is not valid for people with Medicare, Medi-Cal, or Tri-Care health plans. Price for a 30-day supply of drugs is \$8.99 and a 90-day supply is \$15.99. 1-866-317-4286

**Coast2Coast RX Card.** In Santa Barbara County a free discount Rx card for individuals and families, everyone qualifies. To locate a participating pharmacy, for drug prices, to print a card or for more information contact [www.coast2coastrx.com/santabarbara](http://www.coast2coastrx.com/santabarbara) or call 1-800-931-8872.

## Check Your Credit History

One of the best ways to protect yourself from identity theft is to monitor your credit history. Starting December 2004, Californians are able to this free of charge. This is the result of federal law which allows consumers to get one free credit report each year from each of the three national credit bureaus: Equifax, Experian and Trans Union.

Checking your credit reports at least once a year is a good way to detect signs of identity theft early. The sooner identity theft is discovered, the easier it is to clear up. Checking your credit reports also lets you identify errors that could be raising the cost of credit.

California residents can order a free credit report through a toll-free phone number, a web site or by mailing a standard order form.

[www.annualcreditreport.com](http://www.annualcreditreport.com), 877-322-8228

Mail order form to:

Annual Credit Report Request Service  
P.O. Box 105281, Atlanta, GA 30348-5281

You will have the option of requesting all three reports at once or staggering them. You could create a no-cost

version of a credit monitoring service. Just order a free report from one credit bureau, then four months later from another, and four months after that from the third bureau. (That approach won't give a complete picture at any one time. Not all creditors provide information to all the bureaus. Monitoring services from the credit bureaus cost between \$44. to \$100. per year.)

To check your reports for errors or possible signs of identity theft, look particularly at three areas:

1. Look in the person information or personal data section. Look for addresses where you have never lived. Make sure your name and any variations of it, your social security number and your employers are correct.
2. Look in the Accounts section. Look for any accounts you didn't open. Look for balances on your legitimate accounts that are higher than you expect.
3. Look for inquiries or request for your credit history that you didn't make. There are two types of inquiries. 'Regular' or 'hard' inquiries

are the ones that result when you apply for credit or when an account is transferred to a collection agency. This is the kind of inquiry you should check as possible identity theft or error. The other type, 'promotional' or 'soft' inquiries, would not be an indication of problems. This type includes pre-approved credit offers, checks for employment purposes, account monitoring by your existing creditors and your own request for your report.

You can view sample credit reports, with the different sections explained, on the web sites of the three credit bureaus: Experian Sample Report, Trans Union Sample Report, Equifax Sample Report.

If you see anything you believe is incorrect, contact the credit bureau immediately. You can call the telephone number on the report to speak with someone at the credit bureau. If you find evidence of identity theft, the next steps to take include contacting any creditors involved to close fraudulent accounts and filing a police report.

*Source: Office of Privacy Protection, Dept. of Consumer Affairs, State of California*



## HICAP

Health Insurance  
Counseling and  
Advocacy Program

*Free Service to Senior Citizens &  
Disabled Medicare Beneficiaries*

## Do You Understand Medicare, Supplemental Insurance, Medicare Advantage Plans & Medicare Prescription Drug Plans? ***HICAP CAN HELP!***

*Free Counseling Available  
Serving all areas of Santa Barbara County*

### **HICAP can help you with questions and problems**

- ❖ Preventive Care
- ❖ Understanding Medicare Coverage
- ❖ Your Initial Options
- ❖ Understanding Medicare Prescription Plans
- ❖ Understanding and Evaluating Supplemental Health Insurance Coverage
- ❖ What are Medicare Advantage Plans? HMOs, Regional PPO, PFFS, MSA
- ❖ Assistance with filing claims and appeals
- ❖ Long Term Care Options

*HICAP needs enthusiastic volunteers who  
want to learn about Medicare and help others.  
Become a HICAP Volunteer today!*

HICAP provides free and unbiased assistance for Medicare beneficiaries

Call HICAP at  
1-800-434-0222 for free,  
confidential and unbiased  
individual counseling or  
group presentations

Health Insurance Counseling  
and Advocacy Program  
HICAP

528 S. Broadway  
Santa Maria, CA 93454  
1-800-434-0222  
805-928-5663

*Sponsored by the  
Central Coast Commission for  
Senior Citizens with a grant from  
the Area Agency on Aging*

There are a variety of services to promote and maintain health in Santa Barbara County. Several specialized centers exist to address specific concerns as well as low cost clinics to provide access for all residents.

## Health Care Centers

### Santa Barbara County Health Care Services

#### County Health Care Centers

[www.countyofsb.org/phd](http://www.countyofsb.org/phd)

Clinical services are provided through six federally qualified health care centers located throughout the County. Services are available to all members of the community. Medi-Cal, Medicare and private insurance are accepted. Self-pay is based on a sliding scale. No services are denied due to inability to pay. Specialty clinics available.

#### *Santa Barbara*

345 Camino del Remedio  
Santa Barbara, CA 93110  
681-5488  
Fax 681-5411

#### *Carpinteria*

931 Walnut Ave.  
Carpinteria, CA 93013  
560-1050  
Fax 560-1051

#### *Franklin Center*

1136 E. Montecito St.  
Santa Barbara, CA 93103  
568-2099  
Fax 568-3279

#### *Lompoc*

301 North R St.  
Lompoc, CA 93436  
737-6400  
Fax 737-6430

#### *Santa Maria*

2115 S. Centreponte Pkwy.  
Santa Maria, CA 93455  
346-8410  
Fax 346-7272

#### *Women's Health Center*

116 S. Palisade Dr., # 104  
Santa Maria, CA 93454  
739-8710  
Fax 739-8711

#### Low-Cost Clinics

[www.sbclinics.com](http://www.sbclinics.com)

Santa Barbara Neighborhood Clinics is a private nonprofit corporation. Services funded by fee for service, grants and government programs. Operates three freestanding clinics.

#### *Eastside Neighborhood Clinic*

915 N Milpas St.  
Santa Barbara, CA 93103  
963-1641  
Fax 962-6616

#### *Isla Vista Neighborhood Clinic*

970 Embarcadero del Mar  
Isla Vista, CA 93117  
968-1511 Ext 102  
Fax 968-7041

#### *Westside Neighborhood Medical Clinic*

628 W. Micheltorena St.  
Santa Barbara, Ca 93101  
963-1546  
Fax 962-4771

#### *Marian Community Health Clinic*

4723 West Main, Suite H  
Guadalupe, CA 93434  
343-2004  
Fax 343-2267

#### *Marian Community Clinic, Northwest*

117 West Bunny  
Santa Maria, CA 93458  
739-3890  
Fax 347-7697

#### Other Clinics

##### **Santa Ynez Tribal Health Clinic**

90 Via Juana Lane  
P.O. Box 539  
Santa Ynez, CA 93460  
688-7070  
Fax 686-2060  
[www.sythc.com](http://www.sythc.com)

This clinic located in the Santa Ynez Reservation serves American Indians and is available to all members of

the community. Offers sliding fees based on income and available programs.

##### **V.A. Health Clinic**

4400 Calle Real  
Santa Barbara, CA 93110  
683-1491  
Fax 683-3136  
1550 E. Main St.  
Santa Maria, CA 93454  
354-6000

##### **American Indian Health & Services**

4141 State St., #B2  
Santa Barbara, CA 93110  
681-7356  
Fax 681-7358

Provides services to American Indians living in Santa Barbara: Alcohol/drug counseling; medical care; dental care; health risk screening; elder walks and socials; HIV testing; home visits by nursing staff; immunizations; medical transportation; diabetes screening; and benefits counseling.

##### **Community Health Centers**

2081 Santa Maria Way #A  
Santa Maria, CA 93455  
938-9200  
Fax 938-9207  
201 W. Mill St  
Santa Maria, CA 93454  
346-2753  
Fax 922-2931  
4581 10th St. # C  
Guadalupe, CA 93434  
343-5577  
Fax 343-5578  
425 W. Central # 201  
Lompoc, CA 93436  
737-1169  
Fax 737-1772  
[www.chccc.org](http://www.chccc.org)

##### **Sansum Clinic**

PO Box 1200  
Santa Barbara, CA 93102-1200  
24-hour Clinic Operator 681-7500  
800-281-4425  
[www.sansumclinic.org](http://www.sansumclinic.org)

# HEALTH SERVICES

An independent nonprofit health-care organization providing the full spectrum of health care in Santa Barbara County. Services are provided at 21 patient care locations including primary care and more than 30 specialties. Accredited by the Institute of Medical Quality. Clinics are located in Santa Barbara and Goleta, Lompoc, Carpinteria, Santa Maria and Solvang.

## Physician Referral

### Santa Barbara Co. Medical Society

5350 Hollister Ave., #A 4  
Santa Barbara, CA 93111  
683-5333  
Fax 967-2871

[sbcms@sbmed.org](mailto:sbcms@sbmed.org)

The Medical Society will refer you to physicians of various specialties who are members of the Society.

Contact HICAP at 800-434-0222 for information about Physician/Suppliers who accept Medicare Assignment.

## Rehabilitative/ Therapeutic Services

Rehabilitation centers provide professional restorative care designed to help people who have been disabled due to illness, accident, or injury.

Rehabilitation services fall into the following three categories: (1) in-patient hospital care; (2) out-patient care (the patient visits the facility for treatment but does not stay overnight.); and (3) in-home services (treatment is given in the patient's home).

Medicare will pay for medical rehabilitation costs if the patient has the potential for rehabilitation, the expectation for improvement is reasonable, and certain types of skilled care are required. Medicare Part A covers services for in-patient and homebound persons; Part B covers 80% of out-patient costs. A physician's referral is required.

Medicare covers the full cost of in-home visits by rehabilitation therapists when the patient is homebound, has

rehabilitation potential, and the agency making service available is a Medicare Certified Home Health Agency.

## In Patient/Outpatient Services

### Cottage Rehabilitation Hospital

2415 De La Vina  
Santa Barbara, CA 93105  
687-7444  
Fax 687-3707

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

### Keck Center for Outpatient Services

569-8900  
The Tuohy Foundation Aquatic Center  
569-8999 Ext. 82552

Cottage Rehabilitation Hospital (CRH) provides comprehensive medical rehabilitation services, for both outpatient and inpatient care, to empower people with disabilities to achieve optimal quality of life. The rehabilitation team employs a transdisciplinary approach to the rehabilitation process to address the medical, physical, cognitive, neuropsychological and family needs of the patient. Working together physicians, therapists and nurses develop individualized courses of treatment to help each patient set and reach practical, patient-focused goals.

Cottage Rehabilitation Hospital's full range of services include: Acute Rehabilitation, Pain Management, Physical Therapy, Occupational Therapy, Orthopedic Rehabilitation, Outpatient Brain Injury Services, Psychology/Neuropsychology, Speech and Language Pathology, Stroke Rehabilitation and Therapeutic Recreation.

The Cottage Rehabilitation Hospital features the Tuohy Foundation Aquatic Center which offers a variety of aquatic therapy classes and programs for patients as well as community members.

Through its Keck Center for Outpatient Services, CRH offers adapted

driving services including a pre-driving evaluation, behind-the-wheel evaluation, driver training and evaluation and training on adaptive equipment. The services are for any patient or community member whose physical or cognitive disability has the potential to impair driving ability.

### Project Re-Entry

569-8999 Ext 82101

Project Re-Entry is a therapeutic resocialization program for stroke victims and their caregivers.

## Other Rehabilitative Services

### Independent Living Resource Center

423 W. Victoria St.  
Santa Barbara, CA 93101  
963-0595 (V/TDD)  
Fax 963-1350

327 E Plaza Dr., # 3A  
Santa Maria, CA 93454  
925-0015 (V/TDD)  
Fax 349-2416  
[www.ilrc-trico.org](http://www.ilrc-trico.org)

ILRC provides a wide range of non-medical rehabilitative services to persons with disabilities which include peer/benefits counseling, independent living skills, training, personal assistant referral services, sign language interpreting, advocacy, employment and housing services, and information and referral.

### Department of Rehabilitation

509 E. Montecito St. #101  
Santa Barbara, CA 93103  
560-8130  
560-8167 (TTY)  
Fax 560-8162

Provides job preparation and job maintenance for disabled persons. This service includes supplying assistance equipment as needed for daily living when prescribed by M.D. In-home independent living skills are also taught for blind persons and seniors with disabling medical conditions such as arthritis or diabetes.

## **Support Groups - Chronic Conditions**

Some non-profit groups, such as the Arthritis Foundation, sponsor ongoing special exercise classes and patient and caregiver groups to cope with that disease. **See Support Groups.**

## **Blood Bank**

### **United Blood Services**

902 Laguna St.  
P.O. Box 1148  
Santa Barbara, CA 93102  
965-7037  
Fax 965-3113

1770 S. Broadway  
Santa Maria, CA 93454  
928-2546  
Fax 922-8751

The Blood Bank collects, tests and processes blood donation to supply hospitals.

## **Blood Pressure Screening**

Most senior centers, clinics, hospitals and some pharmacies in Santa Barbara County provide regularly scheduled blood pressure checks at low or no cost. Call facility for specifics.

## **Cancer**

### **Breast Cancer Early Detection**

Medicare will provide a mammogram every year. The State sponsors a program (Breast Cancer Early Detection Program) to encourage early detection of breast cancer. For information about a free clinical breast exam and mammogram telephone, 800-511-2300. Check [www.cdph.ca.gov/programs/cancer detection](http://www.cdph.ca.gov/programs/cancer%20detection).

### **Breast Cancer Resource Center**

525 W. Junipero  
Santa Barbara, CA 93105  
569-9693

Programs & support for individuals with breast cancer.

## **Cancer Information Center**

Marian Mission Hope Cancer Center  
1325 Church Street  
Santa Maria, CA 93454  
739-3780

A Cancer Information Center for patients, their families and friends to obtain health care information. It will provide information through the Internet, allowing visitors to access web sites for the American Cancer Society and National Cancer Institute. Also offers printed information related to cancer care and support groups.

American Cancer Society  
426 E. Barcellus #305  
Santa Maria, CA 93454  
922-2354  
Fax 925-1424

## **Dental Services**

Medicare does not cover routine dental care such as x-rays, cleaning, filings, extractions, or dentures.

The State dental assistance program is limited to Medi-Cal recipients. Call County Social Services for information on Medi-Cal eligibility.

### **Routine Dental Referral and Emergency Care**

**Santa Barbara - Ventura Dental Society**  
1607 E. Thompson Blvd.  
Ventura, CA 93001  
684-1220, 656-3166  
Fax 648-5154  
[www.sbvcds.org](http://www.sbvcds.org)

### **Central Coast Dental Society**

544-1113 (Santa Maria Area)

These dental societies maintain lists of their member dentists. Routine referrals given during business hours. Emergency care referred on weekends and evenings.

Senior dentist program provides reduced (10-15%) dental fees for senior citizens who are at least 65 years old, have no dental insurance, are not on Medi-Cal, and have a household income under \$16,000.

## **Denti-Cal Dental Care Dentist Referral and services for those eligible for Medi-Cal**

800-322-6384  
[www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)

### **Lompoc Mobile Dental Unit**

917 Ocean Ave.  
Lompoc, CA 93436  
478-0414

A partnership of Community Health Centers and Lompoc Valley Community Healthcare Organization established a dental care center for uninsured and low income residents over the age of 5 years. Accepts Medi-Cal and uses a sliding fee scale based on income.

### **American Indian Health & Services**

4141 State St # B2-B5  
Santa Barbara, CA 93110  
681-7144  
Fax 683-6108

Provides limited treatment free of charge to those of documented Native American Ancestry.

### **Eastside Family Dental Clinic**

923 N. Milpas St  
Santa Barbara, CA 93103  
884-1998

[www.sbclinics.com](http://www.sbclinics.com)

Provides full services through Medi-Cal and sliding fee scale. Sponsored by the Santa Barbara Neighborhood Clinics.

### **Santa Ynez Tribal Health**

90 Via Juana Lane  
Santa Ynez, CA 93460  
688-7070  
Fax 686-2060

[www.sythc.com](http://www.sythc.com)

Provides cleanings, x-rays, fluoride, extractions and root canals. Sliding fee scale, low income, uninsured, Medi-Cal.

### **Flu Shots and Vaccinations**

Flu shots and vaccinations are generally available during the October – November period. Call Senior Connection at 800-510-2020 for information about available clinics for flu shots.

# HEALTH SERVICES

## Health Assessment & Health Promotion

### Santa Barbara Cottage Hospital Parish Nursing

P.O. Box 689  
Santa Barbara, CA 93102  
563-8636  
Fax 563-3138

Provides health education and support within participating faith communities in south Santa Barbara County area.

## Health Screening Fairs

Fairs are sponsored by local hospitals and other health care facilities. Call the nearest facility for more information.

## Hearing

Since hearing loss may be related to a number of causes you may want to begin with a visit to a licensed physician or a specialist in diseases of the ear for a thorough examination. An audiometric examination will be an important part of the procedure. In-depth audiological testing intended to evaluate the nature and degree of hearing loss is reimbursable by Medicare at 80% of the approved charges after the deductible has been met.

Medicare does not cover hearing aids or routine hearing examinations directly related to the prescribing, fitting, or changing of hearing aids. Medicare may cover hearing aid costs if a medical evaluation from a physician has been obtained, and if the need has been verified.

Medi-Cal and some supplemental insurance policies will cover hearing testing by an audiologist and any medically necessary hearing aids. Check with a CenCal representative or with your supplement insurance company.

## Definitions

Ear, Nose and Throat (ENT) physicians specialize in the care of these areas of the body. Otolaryngologist and otorhinolaryngologist are also technical terms for ENT physicians.

Audiologists have advanced training in testing and evaluation of hearing. They can prescribe individual hearing aids.

Some audiologists also fill prescriptions for hearing aids.

Hearing Aid Company Representatives often offer free hearing tests; however, they are usually not audiologists.

## Television Caption Decoding

Many prime time television programs are now produced with closed captions. Closed caption is written dialogue that can be read on the T.V. screen by those with serious hearing loss. The device can be purchased locally and attached to a T.V.

## Independent Living Resource Center (ILRC)

423 W. Victoria St.  
Santa Barbara, CA 93101  
963-0595 (V/TDD)  
Fax 963-1350

327 E. Plaza, Suite 3A  
Santa Maria, CA 93454  
925-0015 (V/TDD)  
Fax 349-2416

[www.ilrc-trico.org](http://www.ilrc-trico.org)

ILRC provides many communication services for deaf and hearing impaired persons. These services include interpreter referral, telephone interpreting, document translation, TDD training, and out of State relay service.

ILRC has a current list of captioning devices and where they are sold.

## No/Low Cost Hearing Aids and Services

Ear of the Lion Foundation is a Lions Club program providing hearing aids which have been donated and reconditioned for use by those who need but cannot afford them. The following business provides services for the Ear of the Lion in this area: Call Jean Mangus @ 569-8264 or 682-7111 at Stewart & Louisa MacDougall Eye Center, Santa Barbara Cottage Hospital, P.O. Box 689, Santa Barbara, CA 93102.

## Sign Language Classes

**Santa Barbara City College**  
Continuing Education/Schott Center  
310 W. Padre  
Santa Barbara, CA 93105

687-0812  
Fax 964-7564

## Allan Hancock College Community Education

800 S. College Dr.  
Santa Maria, CA 93454-6399  
922-6966 x3209

## Other Resources

### Medical Board of California

Central Complaint Unit  
2005 Evergreen St # 1200  
Sacramento, CA 95815  
800-633-2322

According to State law, licensed hearing aid dispensers must provide a specified warranty to customers covering the first thirty days from the purchase date. Hearing aid consumers should refer to their purchase contract to understand their rights. Complaints may be filed with this Board. To obtain a complaint form or to ask further questions, call the Hearing Aid Dispenser's Examining Committee at: 800-633-2322.

### Department of Rehabilitation

509 E. Montecito St. #101  
Santa Barbara, CA 93103  
560-8130  
560-8167 (TTY)  
Fax 560-8162

[www.rehabcahwnet.gov](http://www.rehabcahwnet.gov)

1775 S. McClelland St.  
Santa Maria, CA 93454  
928-1891 (V/TTY)

This agency provides employment-related services for hearing impaired or deaf persons. They will pay for hearing tests and aids as prescribed by an audiologist.

### Hearing Loss Association of America/ Santa Barbara

4166 Via Marcina  
Carpinteria, CA 93013  
563-1097, 684-2788  
[hlasb@yahoo.com](mailto:hlasb@yahoo.com)

Santa Maria Unit  
937-9869

HAAA is a national organization that has a local group in Santa Barbara County that meets every 1st Monday

*Become an active participant in your good health.*



Our Health Education Programs are designed with you in mind. All are taught by professionals, include take-home materials and are available on an ongoing basis. They are free of charge or low in cost and are open to the community.

**For more information or to register online visit**

[www.SansumClinic.org/Classes](http://www.SansumClinic.org/Classes)

**or call toll-free (866) 829-0909**

**Programs include:**

- Advance Directives
- Back Wellness
- Balance & Mobility
- Bariatric Surgery Orientation
- Cholesterol Management
- Coumadin & Warfarin
- Diabetes Basics
- Diabetes Blood Sugar Control
- Hip or Knee Replacement Seminar
- HIV Support Group
- Insulin Users Peer Group
- Lymphedema Education
- Medicare
- Neck & Posture Wellness
- Nutrition Navigator
- Pre-Diabetes
- Stress Management
- Walk & Train with a Physical Therapist
- Weight Management Strategies

## Informing + Empowering

We provide the full spectrum of services ranging from primary care to more than 30 specialties at our 21 patient care locations throughout Santa Barbara County. One of the many benefits of receiving care at Sansum Clinic is the coordination of medical services across all departments.

- More than 30 Medical Specialties
- 21 Patient Care Locations throughout Santa Barbara County
- Convenient Urgent Care Centers
- Free Health Education Classes & Programs
- Health Resource Center
- Annual Flu Shot Program
- Community Health Screening Program



Learn more at [www.SansumClinic.org](http://www.SansumClinic.org)

**24 Hour Clinic Operator:  
(805) 681-7500**

# HEALTH SERVICES

of the month from 2-4 pm at the LL Davis Center, for support, education and community awareness.

**Hearing Loss Help**  
937-9869

Provides information referral and resources specialist for the hard of hearing.

## **HIV Treatment Infoline**

1375 Mission St.  
San Francisco, CA 94103  
415-558-8669  
1-800-822-7422

www.projectinform.org

National info line operated by Project Inform in San Francisco. Provides treatment and health care information to people living with HIV, providers and support network

## **Telephone Services**

Deaf and Disabled Telecommunications Program are a program of the California Public Utilities Commission.

## **California Telephone Access Program (CTAP)**

PO Box 30310  
Stockton, CA 95213  
800-806-1191  
800-889-3974 fax  
TTY 800-806-4474

CTAP offers specialized telephone equipment and network services at no cost to qualified California residents who have difficulty using the telephone. Eligibility includes being certified as having at least one of the following disabilities either temporarily or permanently: deaf/deafened, hard of hearing, cognitive, mobility, blind/low vision, and speech.

## **California Relay Service**

Communicating with deaf and some hard-of-hearing people via a standard telephone can be difficult. Although many deaf and hard-of-hearing people have electronic telephone devices, referred to as TTY or TDD, that allow them to type their messages to others with similar devices, few hearing households and businesses have the

telephone equipment to communicate with those devices.

The California Relay Service addresses this need. Hearing callers trying to contact the deaf by telephone call an operator will assist with the call. The operator acts as a middleman in an otherwise normal telephone call. You talk to the operator, the operator types your dialogue, the call recipient reads the message and types back and the operator reads the message to you. Using the system is simple. www.ddtp.org

There are three ways to access a CRS operator:

1. Dial 7-1-1
2. Dial the DDTP dedicated toll free numbers:

TTY:

English - 800-735-2929  
Spanish - 800-855-3000

Voice:

English - 800-735-2922  
Spanish - 800-855-7200  
Speech to Speech - 800-854-7784

## **Tuberculosis Testing**

### **County Health Clinic Santa Barbara**

345 Camino del Remedio  
Santa Barbara, CA 93110  
681-5488  
Fax 681-5411

### **County Health Clinic Santa Maria**

2115 S. Centrepoinde Pkwy  
Santa Maria, CA 93455  
346-8410  
Fax 346-8499

### **County Health Clinic Lompoc**

301 North R St.  
Lompoc, CA 93436  
737-6400  
Fax 737-6430

## **Urinary Incontinence**

An involuntary loss of bladder control, urinary incontinence is estimated to affect more than 20 million Americans. Unfortunately, most people who experience incontinence are either

unaware that anything can be done, or are too embarrassed to seek help.

Incontinence is not a disease. Most incontinence can be cured or greatly improved after proper diagnosis. Many treatments such as bladder training, medications, pelvic muscle exercises, surgery and outpatient procedures involving collagen injections, have been successful in restoring and enhancing bladder control.

Incontinence is a symptom with many causes, so it is important to seek treatment from a physician who specializes in treating incontinence. For more information on incontinence and/or reference to a specialist in your area, call the Bladder Control Hotline at 800-BLADDER (800-252-3337).

## **Cottage Rehabilitation Hospital**

Keck Center for Outpatient Services  
2415 De La Vina  
Santa Barbara, CA 93101  
569-8900 x82403

Provided by a licensed physical therapist, the program is an adjunct or alternative to medication or surgery. By appointment and physician referral.

## **Tobacco Prevention Services**

The importance of quitting smoking is well known. Counseling to quit smoking is available via telephone and through classes.

## **California Smoker's Hotline**

English-800-662-8887 (NO BUTTS)  
Spanish-800-456-6386 (NO FUME)

If you are ready to quit a Helpline counselor can set you up with a quit plan that's right for you. Your first call will be answered by an intake screener who will send you a packet of helpful information. The packet will contain a number you can call to arrange a consultation with a cessation counselor.

In addition to phone counseling, you may want to attend classes in person. The following organizations offer programs at various times throughout the year.



## **Tobacco Prevention Program**

**Santa Barbara County Public Health Dept.**

*Santa Barbara*  
681-5407

Sponsors classes throughout the County. Call for dates, locations and information about how to quit smoking.

## **Santa Barbara Cottage Health System**

Public Affairs  
879-8992

**Santa Maria Marian Regional Medical Center**  
Education Department  
739-3585

## **Vision**

Medicare is very specific about what it will and will not cover in the area of eye care and vision correction. Medicare does not cover routine testing directly related to the prescribing or fitting of eyeglasses, or the purchase of frames or lenses. Speak to an ophthalmologist or optometrist about conditions that are covered.

Medi-Cal and some supplemental insurance policies will cover vision testing and any medically necessary glasses. Check with a CenCal Beneficiary Representative at your nearest County Social Services office or check with your insurance company.

## **Specialist Referral**

### **National Eye Care Project**

American Academy of Ophthalmology  
P.O. Box 429098  
San Francisco, CA 94142 -9098  
800- 222-3937 (EYES)

The Project is for seniors age 65 and older who are U.S. Citizens or Legal Residents and have no access to an ophthalmologist (i.e. through an HMO or other prepaid health plan such as armed forces or VA). Eyeglasses, prescriptions, hospital services and fees of other medical professionals are not covered.

## **Definitions**

**Ophthalmologist** - These are physicians (medical doctors) who also specialize in the diseases of the eye. In addition to vision exams, they can detect and treat other conditions of the eye. Santa Barbara County Medical Society makes referrals to ophthalmologists in Santa Barbara at 683-5333.

**Optometrists** - American Optometric Association – These specialists have advanced training in eye care but are not medical doctors. They provide comprehensive vision exams, including glaucoma testing, and fill prescriptions for eyeglasses and contact lenses.



**Dignity Health.**

Home Health • Hospice • Infusion

*Highly trained staff providing skilled nursing care, rehabilitation services, infusion therapies, and Hospice services. Serving San Luis Obispo and Northern Santa Barbara Counties.*

*Affiliated with three award winning hospitals—  
Arroyo Grande Community Hospital  
French Hospital Medical Center,  
Marian Regional Medical Center.*

Most insurances accepted  
Medicare Certified

State Licensed  
Joint Commission Accredited

**For more information call  
1-800-549-9609**



# HEALTH SERVICES

Members are listed in the Yellow Pages under "Optician."

## **Eye Clinic/County Health Clinic Santa Barbara, Santa Maria & Lompoc**

### *Santa Barbara*

681-5488  
Wednesday 1-5 pm  
Friday 8-5 pm

### *Santa Maria*

346-7230  
Wednesday 8-5 pm

### *Lompoc*

737-6400  
Monday 8-5 pm

An ophthalmologist is available by appointment only. Provided on a sliding fee scale.

## **Braille Institute of America**

2031 De la Vina St.  
Santa Barbara, CA 93105  
682-6222  
Fax 687-6141

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

This organization serves Santa Barbara County and offers 60 classes for persons with limited vision in independent living skills, arts, crafts, music, and general education. The institute provides a consultant to

demonstrate low vision aids (magnifiers) to individuals with a doctor's referral. The aids are sold at cost. The Institute also has a library that provides a Talking Book service. Tape cassettes of books and records of magazines, along with the machines to play them, are available at the library. Machines are repaired on site. The Braille Institute provides counseling, mobility training, and a gift shop for sale of gifts and assistance devices for visually impaired persons.

## **Independent Living Resource Center (ILRC)**

423 W. Victoria St.  
Santa Barbara, CA 93101  
963-0595 (V/TDD)  
Fax 963-1350

327 E. Plaza Dr. #3A  
Santa Maria, CA 93454  
925-0015 (V/TDD)  
Fax 349-2416

ILRC provides many services for visually impaired persons such as independent living skills training, help in finding funding for assistive devices, personal attendant care referral and placement, and much more.

## **Lions Sight Conservation Foundation**

P.O. Box 6293  
Santa Maria, CA 93456  
925-8022

Provides vision acuity testing for children and adults. Assists in paying for eye exams, eye glasses, vision related aids and eye surgery.

## **Stewart & Louisa MacDougall Eye Center**

Santa Barbara Cottage Hospital  
2400 Bath St.  
Santa Barbara, CA 93401  
569-8264

Glaucoma testing.

## **Vision Rehabilitation**

After brain injury or stroke, to improve visual skills necessary to perform activities of daily living, rehabilitation may be provided. In consultation with a vision specialist, occupational therapists retrain visual motor skills, modify tasks and/or the environment to compensate for low vision.

## **Keck Center for Outpatient Services**

Cottage Rehabilitation Hospital  
569-8900

By Appointment.

## **SHARP Disposal**

Home generated sharps ('sharps') are needles, syringes with needles, and disposable lancets. Improper disposal of sharps is a health and safety threat. Sharps should be placed in approved collection containers- leak-proof, red containers constructed of rigid, thick-walled plastics with a biohazards label. Sharps containers can be purchased at many local pharmacies and through medical supply companies. Sharp containers should never be thrown away in the trash or recycle bins. Bring sharp containers to the collection sites listed below. Most accept sharp containers free of charge. Call for days and hours of operation.



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

Cottage is a not-for-profit organization providing medical excellence close to home.

## **South County Locations**

### **Santa Barbara County Clinical Laboratory**

315 Camino del Remedio, Rm 117  
Santa Barbara, CA 93110  
681-5380

### **County Health Clinic- Franklin**

1136 E. Montecito St.  
Santa Barbara, CA 93101  
568-2099

### **County Health Clinic - Carpinteria**

931 Walnut Ave.  
Carpinteria, CA 93013  
560-1050

### **Caldwell Pharmacy**

235 W. Pueblo St  
Santa Barbara, CA 93105  
682-7353

\$5.00 disposal fee Is charged per container

## **North County Locations**

### **County Health Clinic Laboratory**

301 North R St.  
Lompoc CA 93436  
737-6488

### **County Health Clinic Laboratory**

2115 S. Centerpointe Prkwy  
Santa Maria, CA 93455  
346-8421

### **City of Santa Maria Household Hazardous Waste Collection Facility**

2065 E. Main St.  
Santa Maria, CA 93454  
925-0951 ext.7270

### **Marian Regional Medical Center**

1400 E. Church St  
Santa Maria, CA 93454  
739-3675

### **Operation Medicine Cabinet**

The Santa Barbara Sheriff's Department and the County Public Works Department have installed secure drop-boxes at nine Sheriff's Substations which allows residents to get rid of all types of unwanted medications, including prescription and over the counter drugs.

Residents can drop off unwanted medications at the following Sheriff's Substations:

#### *Carpinteria*

5775 Carpinteria Ave.  
(805) 684-4561

#### *Santa Barbara*

4434 Calle Real  
(805) 681-4100

#### *Goleta*

7042 Market Place Drive  
(805) 571-1540

#### *Isla Vista*

6504 Trigo Road  
(805) 681-4179

#### *Lompoc*

3500 Harris Grade  
(805) 737-7737

#### *Buellton*

140 West Highway 246  
(805) 686-8150

#### *Solvang*

1745 Mission Drive  
(805) 686-5000

#### *Santa Maria*

812-A West Foster Road  
(805) 934-6150


#### *New Cuyama*

215 Newsome Street  
(661) 766-2310

For more information, Resource Recovery and Waste Management Division of Public Works Department 882-3615 or [www.lessismore.org](http://www.lessismore.org).

### **For more information**

Resource Recovery and Waste Management Division of the Public Works Department (805) 882-3615 [www.lessismore.org](http://www.lessismore.org)



**BestCare**  
Central Coast Home Health Agency  
a Wilshire Health and Community Service, Inc. program


*"Improving health... one home visit at a time."*

**Services**

- Skilled Nursing
- Rehabilitation
- Home Health Aides
- Medical Social Work
- Dietitian

**Programs**

- Memory Disorders
- Fall Prevention
- Cancer Care



**You have a CHOICE**  
Choose BestCare as your Home Healthcare Provider

Santa Maria	Lompoc	Solvang
925-8694	736-2124	688-5269

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

# HOME & NURSING CARE

## Home & Nursing Care

### Home Evaluation

Perhaps you or someone you know has reached a point in life where living independently is not as easy as in the past. Assistance with housekeeping, shopping, or meal preparation may make all the difference in someone's ability to continue living comfortably at home.

There are professionals who are trained to assist you in deciding the kind of help you need and then connecting you with the appropriate resources. The agencies listed will make home visits to complete these assessments.

### Santa Barbara Cottage Hospital Parish Nursing

*Santa Barbara*  
563-8636

An outreach program into area faith communities of Santa Barbara, Goleta, and Carpinteria. The focus of the program is preventative health care with a holistic approach based in body, mind and spirit. The role of the parish nurse is educator, personal health counselor, resource/referral agent, and coordinator of volunteers involved in health ministry. Parish nurses provide free services, including home evaluation, for participating congregational members and other referrals from participating organizations.

### BestCare Central Coast Home Health Agency

2352 S. Broadway Ste. A  
Santa Maria, CA 93455  
925-8694; 736-2124; 688-5269

Will assess home safety and the level of care you may need - skilled nursing, rehabilitation, hospice or personal care. Call directly or ask your doctor about services. Services Guadalupe, Santa Maria, Solvang, Buellton, Lompoc and Vandenberg Village.

### Coast Caregiver Resource Center (CCRC)

A Program of Cottage Rehabilitation Hospital

1528 Chapala St. #302  
Santa Barbara, CA 93101  
962-3600 ext 15  
888-488-6555  
Fax 965-4948

CCRC offers county-wide assessment of families/friends caring for a brain-impaired adult and offers specialized information, caregiver consultation, planning assistance, and counseling.

### Geriatric Assessment Program (GAP)

County Dept. of Social Services  
2125 S. Centrepointe Pkwy  
Santa Maria, CA 93455  
346-8391

Provides in-home assessment of the psychological, social, environmental, and health needs of persons 60 years of age or older in Santa Barbara County who are having difficulty in their present living situation and are Medi-Cal eligible. GAP also provides consultation to family members, care givers and professionals about ways to keep an elderly person in the least restrictive setting.

### Dignity Health Home Health

504 E Plaza Dr. # 1  
Santa Maria, CA 93454  
739-3830  
800-549-9609

425 W. Central Ave Suite 101  
Lompoc, CA 93436  
736-7119  
Fax 735-4016

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

Completes a home health assessment to determine if home care is needed and the level of care required (personal care or skilled nursing). Requires MD referral.

### Visiting Nurse & Hospice Care

*Santa Barbara*  
222 E. Canon Perdido  
965-5555 fax 568-5178

*Santa Ynez & Lompoc Valleys*  
436 First St. # 201  
Solvang, CA 93463

### *Santa Ynez*

693-5555  
fax 693-5566  
Lompoc  
735-4444 fax 568-5178  
[www.vnhcsb.org](http://www.vnhcsb.org)  
[info@vnhcsb.org](mailto:info@vnhcsb.org)

Serves Lompoc to South Santa Barbara County

Will assess home safety and the level of care you may need - skilled nursing, rehabilitation, hospice or personal care. Call directly or ask your doctor about services. In Home Assessment is generally free of charge.

### Case Management

Case management services assist the frail elderly client to remain at home by developing and monitoring care plans to support safety and independence. Case managers work with family members and other professionals to provide access to health and social services and ensure coordinated delivery of services to the client.

Private Case Managers are available. Call Senior Connection at 800-510-2020 for referrals.

### Multipurpose Senior Service Program (MSSP)

#### CenCal Health

4050 Calle Real  
Santa Barbara, Ca 93100  
562-1641  
[www.cencalhealth.org](http://www.cencalhealth.org)

Provides a social and health care management service for a limited number of persons receiving both Medicare and Medi-Cal. The program is designed to provide a cost effective alternative to institutionalization for persons who are certified by a doctor to be in need of nursing home care. The case management team consists of a nurse and a social worker providing the client with full needs assessment, development of a care plan and coordination of service delivery.

MSSP will arrange and purchase services, including Home Health Care, Homemaker Personal Care, Transportation, Respite, Emergency Response System, Home Repair, Housing assistance and other approved purchases.

## **Family Service Agency**

123 W. Gutierrez St.  
Santa Barbara, Ca 93101  
965-1001

110 South C Street, #A  
Lompoc, Ca 93436  
735-4376

Bilingual staff offers case management support to help frail, isolated, low income seniors obtain food and financial assistance; access critical medical care, maintain their housing; and more to ensure their safety and independence.

## **Casa Esperanza**

816 Cacique St.  
Santa Barbara, CA 93101  
884-8481 Fax 965-3871

Casa Esperanza Homeless Center's mission is to assist homeless individuals and families achieve self-sufficiency by helping as many as possible access the services they need to transition to stable employment and housing. Casa Esperanza is open 24 hours a day, 365 days a year. We offer an array of programs, services for the homeless, with an emphasis on both emotional and physical health, 12 different program partners collaborate to bring recovery to the homeless - all under one roof.

## **Care Management Services, Visiting Nurse & Hospice Care**

### *Santa Barbara:*

222 E. Canon Perdido  
965-5555  
fax 568-5178

### *Santa Ynez & Lompoc Valleys*

436 First St.# 201  
Solvang, CA 93463

### *Santa Ynez*

693-5555  
fax 693-5566

Lompoc  
735-4444  
fax 568-5178

www.vnhcsb.org  
info@vnhcsb.org

Visiting Nurse & Hospice Care offers Care Management services including assessment of needs, individualized care plans, coordination of services and ongoing monitoring to preserve independence at home. Sliding fee scale is available.

## **Home Care**

Home care for the elderly includes many types of medical services such as nursing care, therapy, home health aides, medical social workers and nutritionists. Homemaker and personal care services such as meal preparation, housework, help with personal needs and shopping are also available.

“Hiring In-Home Help: A Practical Guide for Seniors and their Families” is a free booklet that can help you determine what is needed and how to go about hiring help in the home. It provides information about both hiring through an agency or hiring directly. Copies can be secured from the local senior center or by calling Senior Connection at 800-510-2020 or 928-2552 or online at [www.centralcoastseniors.org](http://www.centralcoastseniors.org).

## **Home Health Care**

Home health agencies provide Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy and Home Health Aides as prescribed by a physician.

Home health agencies may be profit or nonprofit organizations. Some are hospital-based and serve as an outpatient extension for care needed at home after hospitalization. Others are free standing organizations. They must be licensed and certified by Medicare to entitle patients to receive benefits under Medicare and Medi-Cal. Medicare pays for home health services for patients when the following conditions are met:

1. In need of skilled nursing or therapy services
2. Medical status qualifies him or her as homebound, simply meaning it is taxing to get out or can't get out without help. Patients are still considered homebound even if they go out for medical appointments.
3. A face-to-face encounter related to the primary reason for home health occurs 90 days prior or 30 days after the start of home health care.
4. The home health agency serving you is certified by Medicare.

Medicare benefits for the homebound patient are paid for under Part A (Hospital). Medi-Cal also pays for some home health services provided by certified home health agencies. Discuss the benefits with the home health agency that you call.

A patient's physician may make suggestions about a particular agency. Discharge planning departments in hospitals can also help with referrals. Even if a hospital has its own home health agency, you are not obligated to utilize it. The choice is always yours. Look in the telephone directory Yellow Pages under “Home Health Services” for a listing of private agencies or telephone Senior Connection at 800-510-2020 or 928-2552.

## **Bestcare Central Coast Home Health Agency**

2353 S. Broadway Ste A  
Santa Maria, Ca  
925-8694

277 South St.  
San Luis Obispo, CA 93401  
736-2124  
688-5269

BestCare Central Coast is a Medicare & Medi-Cal Certified and JCAHO accredited full service Home Health Agency that serves central and north Santa Barbara County. Provides skilled nursing, physical, occupational, speech therapies, home health aide and MSW services to qualified patients.

# HOME & NURSING CARE

## Dignity Health Home Health

504 E Plaza #1  
Santa Maria, CA 93454  
739-3830  
800-549-6909

425 W. Central Ave Ste 101  
Lompoc, CA 93436  
736-7119  
Fax 735-4016

Provides skilled nursing care, including high-tech IV and complex wound care; home health aide personal and bath care; physical, occupational and speech therapies; medical social services and a comprehensive, certified Hospice program. All Home Care Services are Medicare certified and JCAHO certified.

## Visiting Nurse & Hospice Care

222 E. Canon Perdido  
Santa Barbara, CA 93101  
965-5555  
Fax 568-5178

436 First St. # 201  
Solvang, CA 93463  
693-5555  
Fax 693-5566

www.vnhcsb.org  
homehealth@vnhcsb.org

VNHC is a full service home health and hospice agency providing skilled nursing, rehabilitation (PT,OT,ST), hospice care as well as personal care and care management services. On Call 24/7. VNHC accepts Medicare, Medi-Cal, private insurance and self-pay. Subsidized care is available.

## Homemaker and Personal Care Services

These services are considered non-medical services. Some of these services are performed by home health agencies while also providing medical care. If the patient is receiving skilled medical services covered by Medicare, limited personal care, such as bath care may also be covered during the Medicare treatment episode.

Personal care services include help with personal hygiene, dressing, and other personal needs such as feeding. Homemaker services include meal preparation, light housework, laundry, grocery shopping and errands.

The following programs offer homemaker services at no or low cost to eligible seniors. Call for details.

## Lifesteps Foundation Senior Homemaker Program

71 Zaca Lane, Ste 100  
San Luis Obispo, CA 93401  
762-4499

Homemakers provide homemaking and personal care services in the Santa Maria Valley (Orcutt, Guadalupe and Santa Maria). Free service - donation requested.

## Personal Care & Homemaker Services Programs of Visiting Nurse & Hospice Care

222 E. Canon Perdido  
Santa Barbara, CA 93101  
690-6202, 965-5555  
Fax 690-6207

*For Over 100 Years...*

**We've been there when you need us most!**

- Nursing Care & Rehabilitation
- Palliative Care relieves symptoms of serious illness
- Hospice care at home
- Serenity House, area's only in-patient hospice house
- Personal Care Services & Care Management
- Bereavement support and counseling
- Equipment Loan Closet

Call us directly or ask your doctor about our services.



Visiting Nurse  
& Hospice Care

NONPROFIT SINCE 1908

Santa Barbara 965-5555  
Santa Ynez 693-5555  
Lompoc 735-4444



Se habla español • [www.vnhcsb.org](http://www.vnhcsb.org)

## *Santa Ynez & Lompoc Valleys*

436 First St.# 201  
 Solvang, CA 93463  
 Santa Ynez: 693-5555 fax 693-5566  
 Lompoc: 735-4444 fax 568-5178

www.vnhcsb.org  
 PCS@vnhcsb.org

Personal Care Services (PCS) offers personal assistance at home, including bathing, dressing, cooking, light housekeeping and errands. Subsidized bath care and respite care are available. Free homemaker services available for eligible seniors 60 years of age or older with a donation requested.

## **In-Home Supportive Services (IHSS) County Dept. of Social Services**

234 Camino del Remedio  
 Santa Barbara, CA 93110  
 681-4550

1100 W. Laurel Ave.  
 Lompoc, CA 93436  
 737-6020

2125 S. CentrepoinTE Pkwy  
 Santa Maria, CA 93455  
 346-8303

Provides household help and personal care to enable low income elderly or disabled persons to remain safely in their own homes.

If you receive SSI or Medi-Cal you may be eligible for IHSS if you need services to remain safely in your home. Other aged, blind or disabled persons who meet the SSI resource limits (\$2,000 for an individual; \$3,000 for a couple), but have income above the SSI limit may still be eligible for IHSS. If this is the case you may have a share-of-cost (SOC). For more information on share-of-cost please contact the local IHSS office, listed above.

## **Registry**

### **Independent Living Resource Center (ILRC)**

423 W. Victoria St.  
 Santa Barbara, CA 93101  
 963-0595 (V/TDD)  
 Fax 963-1350

327 E. Plaza, Ste. 3 A  
 Santa Maria, CA 93454  
 925-0015 (V/TDD)  
 Fax 349-2416

www.ilrc-trico.org

ILRC serves all persons with disabilities. ILRC provides information and referrals, advocacy and systems change, peer support, independent living skills instruction, personal assistance management training, communications access

assistance, American Sign Language interpreting, housing assistance/home modification, employment assistance, assistive technology information and advocacy, access and barrier removal consultation, California Community Transitions Lead Organization.

## **In Home Care Network**

1410 S. Broadway #L  
 Santa Maria, CA 93454  
 614-1256  
 Fax 614-1239



**We're by your side so you can stay at home.**

Contact us for a free consultation:

**805.560.6995**

sbcseiorcare@homeinstead.com

## **Our Comprehensive Services Include:**

- ✓ **Meals**
- ✓ **Personal Care**
- ✓ **Home Care**
- ✓ **Transition Care**
- ✓ **Flexible Scheduling**
- ✓ **Dementia Care**
- ✓ **Hospice Care**
- ✓ **Couples Care**
- ✓ **Errands, Appointments**
- ✓ **No Minimum Service**

**Serving All of Santa Barbara County**

Each Home Instead Senior Care franchise office is independently owned and operated.

# HOME & NURSING CARE

866-313-1353

Provides a listing of available caregivers for persons receiving IHSS countywide. Caregivers have been screened and all have first aid training.

## Other In-Home Services

### Jewish Family Services

524 Chapala  
Santa Barbara, CA 93101  
957-1116

Jewish Family Services provides in-home assessment, short-term case management, advocacy, friendly visitor and material assistance on a limited basis. Call for availability.

### Real Help

35 W. Victoria St.  
Santa Barbara, CA 93101  
965-1531

Makes referrals to individuals willing to provide low-cost in-home support

or care, overnight, housework, light cooking, limited personal care, minor home repairs, gardening, driving or shopping to frail, ill, handicapped and convalescing seniors of limited to moderate income.

### Center for Successful Aging

1528 Chapala St., Ste 205  
Santa Barbara, Ca 93101  
963-8080

The Center for Successful Aging offers a free telephone reassurance service (Careline) 7 days a week to frail and elderly people who are isolated in their homes. A daily phone call is made to check on the senior's welfare, remind them about daily chores and create a connection with them to the community. Call 963-8080 to enroll.

### Hospice


Hospice focuses on maximizing the quality of life for the terminally ill

patient and providing emotional support to the patient and family.

Two models of hospice care are available. The first model provides hospice care under the Medicare benefit and are listed below under Certified Hospice programs. The second model is a volunteer based program that focuses on counseling and addresses the emotional and spiritual needs of the patient and family.

### Certified Hospice

The philosophy of a certified hospice program is to provide the highest quality medical, psychological, emotional and spiritual care to individuals with a life threatening illness. The focus of certified hospice is pain and symptom control to alleviate suffering. This allows individuals to live as fully as possible, with the support of family and friends. Services are reimbursed by Medicare, Medi-Cal, and private insurance.



I believe that better care  
begins at home.

We believe in compassionate care. We believe in industry-leading excellence. And we believe there's no place like home for healing. Maybe that's why so many patients and physicians turn to us every day for skilled nursing, rehabilitation and therapy services.



For more information,  
call (805) 544-4402  
or visit [www.gentiva.com](http://www.gentiva.com)



Following are some of the benefits of a certified hospice program:

- 24 hour on-call nursing service
- Intermittent nursing visits
- Management of pain and symptoms
- Personal care, i.e. bathing, shampooing
- Physical and other therapies
- Medical supplies
- Trained volunteers
- Spiritual and emotional support
- Respite care
- Medical equipment
- Bereavement support
- Medications related to terminal illness.
- Medical social service

### Visiting Nurse & Hospice Care

#### *Santa Barbara*

222 E. Canon Perdido  
Santa Barbara, CA 93101  
965-5555  
fax 568-5178

#### *Santa Ynez & Lompoc Valleys*

436 First St.# 201  
Solvang, CA 93463

#### *Santa Ynez*

693-5555  
fax 693-5566

#### *Lompoc*

735-4444  
fax 568-5178

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

[hospice@vnhcsb.org](mailto:hospice@vnhcsb.org)

Serves Lompoc to South Santa Barbara County

#### **Dignity Health Hospice**

504 E Plaza Dr.  
Santa Maria, CA 93454  
739-3830  
800-549-9609

Serves northern Santa Barbara County and San Luis Obispo counties.

#### **Hospice Partners of the Central Coast**

277 South St #R  
San Luis Obispo, CA 93401  
782-8608  
800-801-8019

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

Serves northern Santa Barbara County area (Santa Maria, Lompoc, Solvang and Santa Ynez Valley) to San Luis Obispo.

#### **In-Patient Hospice Services**

For hospice patients whose needs cannot be met at home there are 2 inpatient hospice facilities.

#### **Visiting Nurse & Hospice Care**

##### **Serenity House**

930 Miramonte Drive  
Santa Barbara, CA 93109  
617-7777  
fax 963-7864

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

[hospice@vnhcsb.org](mailto:hospice@vnhcsb.org)

This inpatient hospice house has 18 private rooms in a serene and home-like setting.

## Care at Home...for Safe & *Independent Living*



We select trusted, experienced and affordable Caregivers to FIT YOUR NEEDS for...

- ♥ *Companionship and Personal Care*
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Visiting Nurses for  
Medicare/MediCal Services  
965-0036

[www.HelpUnlimited.com](http://www.HelpUnlimited.com)

LICENSED • BONDED • INSURED • BACKGROUND CHECKS

# HOME & NURSING CARE

## Hospice Partners of the Central Coast

277 South St #R  
San Luis Obispo, CA 93401  
782-8608  
800-801-8019

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

Serves northern Santa Barbara County area.

## Volunteer Hospice Program

### Hospice of Santa Barbara, Inc.

2050 Alameda Padre Serra #100  
Santa Barbara, CA 93103  
563-8820

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

Hospice of Santa Barbara provides emotional and practical support for those with serious or life-threatening

illnesses and their families; bereavement counseling for adults and children, workshops, and quality of life programs. Services are free.

## Respite Care

Respite is that time when someone is available to take over the care of a frail, elder in order to give the main "caregiver" some relief. Respite can be provided in the home or outside the home.

A primary function of Adult Day Centers is to offer respite to caregivers. Hospice programs often provide respite care to the families of someone who is terminally ill (see above). Some home health and homemaker services offer respite care. Ask at your doctor's office, your church, or call Senior Connection at 800-510-2020.

## In-Home Respite Care

### Alzheimer's Association

1528 Chapala St. #204  
Santa Barbara, CA 93101  
892-4259  
800-272-3900

528 S. Broadway  
Santa Maria, CA 93454  
636-6432

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

The Alzheimer's Association has limited funds for the purchase of respite care to provide assistance to individuals or families caring for a person with a physician's diagnosis of Alzheimer's Disease. Grants are made directly to families. An application must be completed and submitted to the Association.

## Coast Caregiver Resource Center (CCRC)

A Program of Cottage Rehabilitation Hospital

1528 Chapala St. #302  
Santa Barbara, CA 93101  
962-3600  
888-488-6555

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

CCRC offers respite assistance to families or friends in economic and/or social need who are caring for an older adult or an adult of any age with a cognitive impairment. In-home and adult day care options available. Free of charge; donation requested.

## LifeSteps Foundation

71 Zaca Lane # 100  
San Luis Obispo, CA 93401  
762-4499, 354-5339

Provides respite care to the primary unpaid family caregiver whose care receiver has limited Activities of Daily Living. Free of charge; donation requested.

## Parkinson Association of Santa Barbara

683-1326

[www.myPASB.org](http://www.myPASB.org)  
MyPASB@gmail.com

The Parkinson Association of Santa Barbara will provide periodic relief



## Peace of Mind. On Their Terms.

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So those you care for can live independently and safely at home.

- ❖ Needs Assessment in your office or client's home
- ❖ Experienced caregivers and flexible options
- ❖ From 2 to 24 hours a day or live in

Coordination with physicians and other professionals caring for seniors and their families



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Santa Barbara (805) 966-3312

Serving Montecito, Santa Barbara & North County.

from SENIOR PLANNING SERVICES

[www.SeniorPlanningServices.com](http://www.SeniorPlanningServices.com)

to overburdened caregivers who are caring for people with advanced Parkinson's disease. Grant funds are available to pay for the opportunity to enable a caregiver to leave the home and enjoy some time off. An application must be completed and submitted to the Association.

## Visiting Nurse & Hospice Care

222 E. Canon Perdido  
Santa Barbara, CA 93101  
965-5555  
fax 568-5178

## Santa Ynez & Lompoc Valleys

436 First St.# 201  
Solvang, CA 93463

## Santa Ynez

693-5555  
fax 693-5566

## Lompoc

735-4444  
fax 568-5178

www.vnhcsb.org  
pcs@vnhcsb.org

Serves Lompoc to South Santa Barbara County

Provides respite care by experienced personal care attendants to families caring for frail elderly patients requiring heavy care or supervision. Subsidized respite care is available.

## Adult Day Care Centers

Adult Day Center refers to two separate kinds of programs that provide out of home services to physically or mentally impaired adults. Adult Day Care usually provides supervision, activities, meals, exercise and transportation to the site as well as providing counseling and time away from caregiving for the families. Community Based Adult Services (formerly known as Adult Day Health Care) also provides medical services and rehabilitative therapy for its clients. Both provide respite for caregivers.

## Friendship Adult Day Care Center

89 Eucalyptus Lane  
Santa Barbara, CA 93108  
969-0859

820 N. Fairview Ave  
Goleta, Ca 93117

www.friendshipcentersb.org

## Lompoc Valley Haven

### Adult Day Program

2800 Harris Grade Rd.  
Lompoc, CA 93436  
733-9459  
lompocvalleyhaven@gmail.com

## Valley Haven Adult Day Program

1825 Alamo Pintado Road  
Solvang, CA 93463  
Mailing address: POB 950  
Solvang, CA 93464  
688-8052

Solvangvalleyhaven@gmail.com  
www.valley-haven.org

## Wisdom Center (CBAS)

### LifeSteps Foundation, Inc.

1414 N. Broadway Ste.A  
Santa Maria, CA 93454  
349-9810, 354-5320

www.lifestepsfoundation.org

## Seniors Living Alone

### Emergency Response Systems

Seniors living alone and independently often feel concerned about how they might let others know if they should need assistance, or how they might communicate important

health information in an emergency. Emergency response units are available throughout Santa Barbara County. These systems enable an individual to summon emergency assistance by means of a simple device worn around the neck or on the wrist. For more information, including installation and/or service fees, contact:

## Santa Barbara Cottage Hospital Lifeline Service

P.O. Box 689  
Santa Barbara, CA 93102  
569-7572

## Goleta Valley Cottage Hospital Lifeline Service

351 S. Patterson Ave.  
Santa Barbara, CA 93111  
696-7937

## Lompoc District Hospital Lifeline

227 S. C St./POB 368  
Lompoc, CA 93438  
737-5790

## Marian Residence-Lifeline

124 S. College Dr.  
Santa Maria, CA 93456  
922-7731

www.marianresidencecares.com

Call Senior Connection at 800-510-2020 for information about other emergency response systems available from commercial companies.

## Quality care in your home.

- Personal care, homemaking, and more
- Services planned to meet your needs
- Staff carefully selected, bonded, and supervised
- Your satisfaction is guaranteed

CALL FOR A BROCHURE: 922-3644

736-8249



www.At-Home Services.com

1111 S. Broadway, Ste. 111  
Santa Maria, CA 93454

514 No. "H" St.  
Lompoc, CA 93436



# HOME & NURSING CARE

## Companions/Friendly Visitors

There are organizations in Santa Barbara County who will visit a frail, elderly person at home or in a nursing home.

### Community Partners in Caring

111 N. Vine St  
Santa Maria, Ca 93454  
925-8000

111 S. I Street, Ste C1  
Lompoc, Ca 93436  
737-1976

164 W. Highway 246  
Buellton, Ca 93427  
688-1100

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

Trains and supervises volunteers who visit in the home and take people on errands and to appointments.

### UCSB Associated Students

#### Community Affairs Board & Senior Friendship Program

UCen Room 2523  
Santa Barbara, CA 93106-6081  
893-4296

(closed during student vacations)

Students volunteer to visit elderly persons at home or to escort them to community events.

### Jewish Family Services

524 Chapala St.  
Santa Barbara, CA 93101  
957-1116

Volunteers are sometimes available to visit elderly in their homes or in a nursing home.

### Adventures in Caring Foundation

1528 Chapala St. #202  
Santa Barbara, CA 93101  
962-4500

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

Raggedy Companions is an all volunteer year- round visiting program that provides a friendly face and a good listener in a time of need. Specially trained volunteers dressed as Raggedy Ann and Raggedy Andy lift the spirits of patients in nursing homes and hospitals. There is no fee for this service. Please call to request a visit for a friend or family member.

Other organizations which provide support to persons with particular diseases may offer in-home visitors. See SUPPORT GROUPS and call to inquire. Some churches also provide this service.

### Out of Home Respite

Temporary respite care or permanent long-term care may become necessary when independent or assisted living is not possible.

When a person cannot continue to live in their own home, a decision must be made about the level of care which is the most appropriate. The following is a brief description of the two possible choices in Santa Barbara County.

### Residential Care Facilities

Also known as "assisted living" or "board and care," residential care facilities provide room and board, some personal care assistance, monitoring of medication taking, and social opportunities. They are

for people who can no longer live at home, yet do not need professional nursing care. These facilities are licensed and monitored by the State Department of Social Services.

### Skilled Nursing Facilities

Also known as "nursing homes" or "convalescent hospitals," nursing facilities provide professional nursing services on a 24 hour basis as prescribed by the patient's physician. In addition to medical nursing care, physical, occupational, and other therapies can be provided. These facilities are licensed by the State Department of Public Health.

### Placement Assistance

#### Long Term Care Ombudsman Services

528 South Broadway  
Santa Maria, CA 93454  
922-1236  
Fax 922-1541

[ltombudsmansb@verizon.net](mailto:ltombudsmansb@verizon.net)  
[www.centralcoastseniors.org](http://www.centralcoastseniors.org)

Long-term Care Ombudsman Services provides information and assistance to persons who are faced with making decisions about appropriate levels of care, available facilities, and other concerns having to do with placing a friend or family member. They can answer many questions that you may have about long-term care, provide you with a list of in-county facilities and/or out-of-county referrals, and advocate on behalf of anyone who is already in a long-term care facility.

Other sources of assistance for placement include hospital discharge planners for persons who are about to leave the hospital and home assessment case management programs if in-home evaluations are needed. A listing of the residential care facilities and skilled nursing facilities is also available from the Long Term Care Ombudsman of Santa Barbara County at 922-1236.



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All Activities of Daily Living

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[www.HomeHelpers.CC](http://www.HomeHelpers.CC) **805-737-4357**

## Problems with Residential Care/Skilled Nursing Care Facilities

If there is a problem with the care someone is receiving in a residential care or skilled nursing facility, an attempt should be made first to resolve it with the facility's administration. If the problem cannot be resolved, you can contact:

## Long-Term Care Ombudsman Services

Ombudsman Services investigates and resolves, when possible, complaints made by or on behalf of residents in residential care or skilled nursing facilities. Ombudsman Services is also officially designated by the state to receive and investigate reports of abuse in long-term care facilities.

Licensing and certification reports are public information and available either through the state departments listed below or through Long-Term Care Ombudsman Services.

Complaints about long-term care facilities can also be directed to:

## State Dept. of Public Health Licensing and Certification

District Office  
1889 N. Rice Ave. #200  
Oxnard, CA 93036  
604-2926  
800-547-8267  
Fax 604-2997  
[www.cdph.ca.gov](http://www.cdph.ca.gov)

Investigates complaints in skilled nursing facilities.

## State Department of Social Services Community Care Licensing

Central Coast Division- Goleta Unit  
6800 Hollister Ave Ste 200, MS 29-09  
Goleta, CA 93117  
562-0400  
Fax 685-1820

## Other Services

### Safe Return Program

#### Alzheimer's Association

1528 Chapala St. #204  
Santa Barbara, CA 93101  
892-4259  
Fax 892-4250  
800-272-3900 24-hour hotline

The Alzheimer's Association sponsors a nationwide, community-based program called Safe Return. The program helps identify, locate and return individuals who are memory impaired and become lost through wandering. An ID bracelet and registration in a national data base offers a 24 hour toll free number to contact when an individual is lost or found.

### Community Partners in Caring

*Santa Maria Office*  
608 E. Main St.  
Santa Maria, CA 93454  
925-8000

*Lompoc Office*  
111 S. I St. #C  
Lompoc, CA 93436  
737-1976

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

Provides information, resources, programs and services aimed at keeping elderly and disabled adults independent and functioning at the highest level of capacity. Transportation, respite care, friendly visits, translation services, and memory screenings are among those programs offered. Support services for grieving or bereaved adults are also available.

### Project Lifesaver

686-5000, Lt. Brad McVeigh

Project Lifesaver™ wristbands help find people who wander from home. The Sheriff's Department has equipment to locate the person wearing the wristband. There is a cost to the program; limited scholarships are

available. A partnership of the Santa Barbara County Sheriff's Department, the Alzheimer's Association and the Lions Clubs.



**Adult Day Program**



Do you have a loved one who should not be left alone for safety reasons?

*(mild to moderate dementia or physical limitations)*

Do you feel isolated and would like to get out?

If you need a break from caring for your loved one, or if you have responsibilities that require your attention for part of a day or week, Valley Haven provides life enrichment activities for dependent seniors, and support for caregivers and their families.

**FREE TRIAL DAY**

*with this coupon*

Two Convenient Locations:

(805) 688-8052 Solvang

(805) 733-9459 Lompoc

Fully Licensed: #421703388 Solvang / #425800599 Lompoc

# HOUSING

**H**ousing which is affordable, available and adequate is extremely limited in Santa Barbara County. The following section describes some of the programs available to assist you with housing.

## Low Cost Rentals

### Federally Subsidized Housing

Housing Authorities develop and manage federally financed public housing projects and other below-market housing developments, and provide these units on a rental basis to eligible low income persons and families. There are two Housing Authorities located in Santa Barbara County: the Housing Authority of the City of Santa Barbara, and the Housing Authority of the County of Santa Barbara. It is important to apply for assistance with both agencies.

Both Housing Authorities also administer the Section 8 Housing Choice Voucher Program which provides rental subsidies to low income individuals and families.

Because the demand for subsidized housing is very high in Santa Barbara County, both the City and County Housing Authorities have long waiting lists and enrollment for certain programs is not always open. Contact each agency for specific details about their programs and waiting lists.

### Housing Authority of the City of Santa Barbara

808 Laguna Street  
Santa Barbara, CA 93101  
965-1071  
Fax 564-7041  
www.hacsb.org

HACSB owns and/or manages several developments for low-income seniors within the City of Santa Barbara (including Pre-sidio Springs, SHIFCO, Villa La Cumbre, El Patio and Vista la Cumbre).

Section 8 vouchers can be used to lease an apartment from a private landlord in the community.

### Housing Authority of the County of Santa Barbara

5575 Armitos Avenue  
Goleta, CA 93117  
967-3402  
Fax 964-0027  
www.hasbarco.org

917 W. Ocean Ave.  
Lompoc, CA 93436  
735-8351  
Fax 735-9263  
200 W. Williams  
Santa Maria, CA 93456  
925-4393  
Fax 922-9608

The Housing Authority of the County of Santa Barbara owns and manages low-income housing throughout Santa Barbara County. Call one of the offices listed above for details.

### Other Federally Financed Housing

#### Pilgrim Terrace Cooperative Homes

649 Pilgrim Terrace Dr.  
Santa Barbara, CA 93101  
682-3618  
Fax 682-1489

Federally financed rental units for low-income seniors 62+ or disabled persons.

#### St. Vincent's Villa Caridad Apartments

4202 Calle Real  
Santa Barbara, CA 93110  
683-4375

Federally financed rental units for low-income seniors 62+.

#### Union Plaza

120 N. Broadway  
Santa Maria, CA 93454  
922-5226  
Fax 349-9976

seniorsareus@aol.com

For the person 62+ or disabled over age 18 years. HUD Section VIII.

### Private Non-Profit Housing Community Housing Corporation (CHC)

11 E. Haley St.  
Santa Barbara, CA 93101

963-9644  
Fax 963-3467  
www.chcsb.com

This nonprofit developer aids in the construction of affordable housing and is the contact for the following residences:

#### Castillo Homes

1028 B Castillo St.  
Santa Barbara, CA 93101  
965-9710  
Fax 963-3467

The following private, nonprofit organizations offer housing for seniors at prices usually below market rates.

#### People's Self-Help Housing Corporation

26 E. Victoria Street  
Santa Barbara, CA 93101  
962-5152

#### Oak Knoll Haven

4845 S. Bradley Rd.  
Santa Maria, CA 93455  
934-2027  
Fax 937-0777

62+ and disabled over 18 eligible

#### Rainbow Plaza

220 W. Pine Ave.  
Lompoc, CA 93436  
735-1952  
Fax 735-2390

Elderly (62+) and disabled eligible

#### Battistone Foundation

*Edgerly Apartments*  
105 W. Sola St.  
Santa Barbara, CA 93101  
965-4541  
Fax 962-0550

#### *Palm Tree Apartments*

2111 De La Vina  
Santa Barbara, CA 93105  
569-0710

Quality, affordable, independent living for seniors 62 and older.

#### Laguna Cottages for Seniors

803 Laguna St.  
Santa Barbara, CA 93101  
965-1179  
Fax 965-2939

62+, two year county residents eligible

## Casa Serena Senior Apartments

130 South 5th St.  
Lompoc, CA 93436  
736-3432  
Fax 736-5892

Some for-profit residential corporations offer low-cost housing, a few accept Housing Authority Section VIII vouchers. The Yellow Pages of your telephone book, "Retirement and Life Care Communities and Homes," will steer you in the right direction. Call each facility for specific information.

A listing of Independent Senior Facilities is available from Senior Connection at 800-510-2020 .

## Waiting List Tips

Many apartment projects, both subsidized and non-subsidized, have long waiting lists. Don't be discouraged! If they will take your name, give it. Waiting lists sometimes move surprisingly fast. Being number 400 on a list doesn't necessarily mean that there are actually 400 people ahead of you. Many people have already found a place to live, moved out of the area or are no longer interested in the apartment.

1. There is no limit to the number of waiting lists you can put your name on. It is best to sign up on several lists to increase your likelihood of receiving assistance.
2. Make sure that you keep the project informed of your current address and telephone number. One reason lists move quickly is that people cannot be reached easily when there is a vacancy.
3. Check back regularly, but don't be a pest. Let them know you are still interested.

## Other Financial Assistance

### Alexander House Foundation

P.O. Box 23642  
Santa Barbara, CA 93121  
966-3665

Provides financial assistance for housing for the elderly, 65 and over,

on a fixed income and at least a 10 - year resident.

## Reverse Mortgages

A Reverse Mortgage allows you to borrow against the equity in your home to provide you with tax-free income. You continue to own your home and live in it for the life of your loan. You typically make no loan payments, as the Reverse Mortgage becomes due only when you sell your home or move out of it.

A Reverse Mortgage operates in an opposite manner from a conventional mortgage. With a conventional mortgage, your equity grows and your debt shrinks as you repay the lender. In a Reverse Mortgage, your equity shrinks and your debt grows as the lender pays you.

Money obtained from a Reverse Mortgage can be distributed in a number of ways:

- As a single lump sum of cash.
- As regular monthly payments.
- As a credit line that lets you decide how much and when to draw it.
- As a combination of these payment plans.

## Why get one?

A Reverse Mortgage makes sense for some homeowners. It's a way of cashing in on that hard-earned equity that you've been building over the years. It can provide you with the extra income you need.

Some homeowners use the money to repair or remodel their homes. Some spend it on traveling. Others use the money to pay off debts, medical expenses or home care. Some want a line of credit they can draw upon as needed for unplanned expenses or extra luxuries.

A Reverse Mortgage provides other advantages for some homeowners, including:

- You get to keep your home. As long as you abide by the loan

requirements, you can never lose your home.

- You can never owe more than the value of your home. Although your debt grows larger the longer your loan lasts, it can never grow larger than the selling price of your home.
- You never have to repay your loan during the life of the loan.
- Your income is not a consideration in obtaining the loan since you make no payments.
- The money you receive is tax-free, since it is not considered "income."

## Why NOT get one?

A Reverse Mortgage is not right for everyone. It can have significant disadvantages for some homeowners. These disadvantages need to be carefully weighed against the advantages.

Some reasons NOT to get a Reverse Mortgage include:

- It is more complicated than conventional mortgages and often not well understood, even by loan and legal professionals.
- It could have adverse tax consequences for some homeowners.
- These are very expensive loans and consumers need to be aware of all the costs.
- It could affect your eligibility for public assistance.
- It could have a negative impact on the estate your heirs will inherit.
- It could be a bad investment if you end up defaulting on the loan or need to move too soon (within a few years of the loan's closing.) Because a Reverse Mortgage has substantial start-up costs, the longer you delay repayment, the better your investment becomes.
- Other solutions may be available and cost much less.

# HOUSING

## How to decide?

The best way to decide if a Reverse Mortgage is right for you is to consult a Reverse Mortgage professional.

The U.S. Department of Housing and Urban Development (HUD) can help you find a HUD-approved Reverse Mortgage counselor that you should consult BEFORE you contact a lender. This is so important that most lenders will require that you have a certificate showing that you have consulted with a counselor before they will approve your loan!

HUD-approved Reverse Mortgage counselors in California are with the SurePath Financial Solutions (formerly CCCS) at 877-615-7873 (SURE). If you cannot locate a counselor within driving distance, you can consult one by phone.

Not all counselors are equally knowledgeable, so it's a good idea to ask them how long they have been doing Reverse Mortgage counseling and how many clients they have worked with. Often this counseling is free of charge, but sometimes a small fee is required (usually around \$75). However, what you learn from this service is, as the saying goes, "priceless."

## A good counselor will:

- Be unbiased, independent, and protect your privacy.
- Disclose all your options and help you decide what is right for you. There will be no pressure to apply for a Reverse Mortgage.
- Give you a "Personal Reverse Mortgage Analysis," and a written comparison of all the Reverse Mortgage programs available in your area.
- Provide you with a "HUD Certificate of HECM Counseling," which some lenders will require before giving you a Reverse Mortgage.

## Other Helpful Resources

As you are thinking about whether a Reverse Mortgage is right for you, here are additional sources of information.

### AARP Foundation's Reverse Mortgage Education Project

601 E Street N.W.  
Washington, DC 20049  
800-209-8085

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

AARP also publishes a free consumer's guide on Reverse Mortgages

called "Home Made Money." This book can be read online or printed.

### U.S. Department of Housing and Urban Development (HUD)

Housing Counseling Clearing House  
Washington, DC 20410-8000  
800-569-4287

[www.hud.gov](http://www.hud.gov)

These websites include information about HECM and other senior housing issues. They also list HUD-approved counselors and lenders.

### Consumers Union, West Coast Regional Office

1535 Mission Street  
San Francisco, CA 94103  
1-415-431-6747

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

Consumers Union has several publications about Reverse Mortgages that can be printed from the website. They also have a 50-page analysis of the advantages and pitfalls of Reverse Mortgages: "There's No Place Like Home: The Implications of Reverse Mortgages on Seniors in California."

## Retirement Residences- Not For Profit

### Friendship Manor

6647 El Colegio Rd.  
Isla Vista, CA 93117  
968-0771  
Fax 968-2182

[www.friendship-manor.org](http://www.friendship-manor.org)

Nonprofit residence offering meals, activities, transportation and housekeeping service, 62+.

### Garden Court

1116 De La Vina  
Santa Barbara, CA 93101  
884-0095  
Fax 560-7900

[www.gardencourt.org](http://www.gardencourt.org)  
[info@gardencourt.org](mailto:info@gardencourt.org)

## Residential Care Facilities

Residential Care Facilities provide care and supervision as well as meals and housekeeping. There are over 130 RCFE's in the County. Go to [www.ccl.d.ca.gov](http://www.ccl.d.ca.gov) for a complete listing. Or con-



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[www.GoldCoastSeniorOptions.com](http://www.GoldCoastSeniorOptions.com) • [www.DementiaCareAssoc.com](http://www.DementiaCareAssoc.com)



tact the Long Term Care Ombudsman at 922-1236 for a complete listing. Both provide listings free of charge.

## Wood Glen Hall

3010 Foothill Rd.  
Santa Barbara, CA 93105  
687-7771  
Fax 687-8331

www.woodglenhall.org  
info@woodglenhall.org

Nonprofit retirement residence licensed by the State to provide care and supervision for 62+. Independent living.

## Solvang Friendship House

880 Friendship Ln.  
Solvang, CA 93463  
688-8748  
Fax 686-8538

www.solvangfriendshiphouse.com  
friendship.house@verizon.net

A small nonprofit home with assisted living and specialized care for Alzheimer's. All levels of living have separate gardens, dining and private rooms. Licensed by the State for 35 individuals total.

## Cottage Health System Villa Riviera

1621 Grand Ave.  
Santa Barbara, CA 93103  
568-5840

Nonprofit assisted living facility

Call Long-Term Care Ombudsman Services or Senior Connection at 800-510-2020 for list of other facilities throughout the County.

## Residential Care Communities

Residential Care Communities are full range retirement facilities, providing both for independent living and for all levels of assisted living. These facilities are licensed by the State.

## Casa Dorinda Retirement Facility

300 Hot Springs Road  
Santa Barbara, CA 93108  
969-8011  
Fax 969-8686

www.casadorinda.com

## Samarkand

2550 Treasure Drive  
Santa Barbara, CA 93105  
687-0701  
Fax 687-3386

www.thesamarkand.org  
62+ eligible

## Valle Verde

900 Calle de los Amigos  
Santa Barbara, CA 93105  
883-4000  
Fax 687-5540

www.valleverdesb.com  
62+ eligible

## Vista del Monte

3775 Modoc Rd  
Santa Barbara, CA 93105  
687-0793  
Fax 687-6350

www.frontporch.net  
62+ is eligible

## Solvang Lutheran Home

636 Atterdag Rd.  
Solvang, CA 93463  
688-3263  
Fax 688-8574

www.peoplewhocare.com  
info@peoplewhocare.com

## Maravilla

### 5486 Calle Real

Santa Barbara, CA 93111  
967-1965  
Fax 964-8706

www.srgseniorliving.com

## Shared Housing

Home sharing by two or more people is becoming increasingly practical. In the absence of programs which offer this service, what follows are some tips on finding a shared housing situation. Some assisted and independent living communities offer this as well.

## Tips on Shared Housing

1. Spread the word among your friends that you are looking for a roommate or a room in someone's house. It's possible that they know of someone who can help you.
2. Look in the classified ads in your local newspaper under "Roommates" or "Situation Wanted." People are sometimes willing to exchange services such as cooking and cleaning for rent.
3. If you choose to advertise for a roommate, it is wise to rent a P.O. Box for replies from prospective



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# HOUSING

roommates. Ask for references and check them.

4. Be clear with applicants about what life styles and behavior are acceptable to you. You may consider drawing up a contract specifying such practical matters as when the rent is due, cleaning deposit information, etc. If you are exchanging services for rent, outline in writing what services you expect.
5. Talk to assisted and independent communities and see if they may have this option.

The housing offices at the colleges sometimes have students, faculty or staff who are offering a service in exchange for rent. Occasionally a student looking for long-term housing prefers living with a senior citizen for a stable and quiet atmosphere.

## University of California, Santa Barbara (UCSB)

### Community Housing

University Center, R, 3151  
Santa Barbara, CA 93106  
893-4371  
Fax 893-4375

## Westmont College

### Housing Office

955 La Paz Road  
Santa Barbara, CA 93108  
565-6037 office

housing@westmont.edu  
www.westmont.edu

## Santa Barbara City College (SBCC)

721 Cliff Drive  
Santa Barbara, CA 93109  
965-0581, x2262

www.sbccc.edu

## Discrimination

A landlord, manager or real estate agent cannot refuse to rent, sell or negotiate with a potential tenant because of age, race sex, national origin, religion, marital status, sexual orientation, physical disability or the presence of children in the family. File complaints or inquire about your rights with one of the following agencies:

## Fair Employment and Housing Dept.

Housing: 800-884-1684  
TTY: 800-700-2320  
www.dfeh.ca.gov

Investigates discrimination complaints on the basis of race, color,

sex, national origin, marital status, creed, and/or handicap regarding housing, employment or accommodation.

## Legal Aid Foundation of Santa Barbara County

### Senior Citizens Law Center

301 S. Miller #116  
Santa Maria, CA 93454  
922-9909  
Fax 347-4494

106 S. C St., Ste. A  
Lompoc, CA 93436  
736-6582  
Fax 740-2773

301 E. Canon Perdido  
Santa Barbara, CA 93101  
963-6754  
Fax 963-6756

www.lafsbcc.org

Provides legal assistance to senior citizens of Santa Barbara County on a case by case basis with housing concerns.

## Tenant/Landlord Mediation

For other Tenant/Landlord Problems the following agencies have trained staff available to provide you with current information and tenant/landlord counseling, their services may also include conciliation, mediation and/or arbitration. Conciliation means limited intervention by telephone or mail. Mediation is a process in which a voluntary agreement is reached with the assistance of a neutral third party. Arbitration is a hearing conducted by a neutral third party who hears both sides and then issues a decision.

## Rental Housing Mediation Task Force

630 Garden St. 2nd Floor  
Santa Barbara, CA 93101  
564-5420  
Fax 564-5477

www.santabarbaraca.gov

The Task Force program purposes are to provide information on the California Rules and Regulations pertaining to Landlord/Tenants rights and responsibilities to parties in residential rental housing, and to

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provide an inexpensive and effective means to resolve rental housing disputes without resorting to the State justice system.

## CA Rural Legal Assistance

324 E. Carrillo St. Ste B  
Santa Barbara, CA 93101  
963-5981  
Fax 936-5984  
www.crla.org

Provides services that relate to unlawful detainer defense, substandard housing and tenant rights.

## Home Repair

### Habitat for Humanity

2053 Preisker Ln#B  
Santa Maria, CA 93454  
928-5399  
6725 Hollister Ave # 110  
Goleta, CA 93117  
692-2226

Can provide volunteer assistance for minor home repairs bars. No fees; donations only.

### Community Action Partnership of SLO County

1030 Southwood Dr.  
San Luis Obispo, CA 93401  
541-4122  
800-495-0501  
Fax 549-8388

www.eocslo.org

Provides home repair, weatherization services in Santa Maria Valley. No fees; donations only.

### Housing Rehabilitation Revolving Loan Program

#### City of Lompoc

100 Civic Center Plaza  
Lompoc, CA 93438  
875-8041  
Fax 736-5347

This state funded program offers a low interest (3%) owner occupied rehabilitation loan. Up to \$30,000 available for rehabilitation and \$40,000 for room additions. Persons over 60 years of age have 20 years to repay the loan.

### Habitat for Humanity

2053 Preisker Ln #B  
Santa Maria, CA 93454  
928-5399

A partnership between Habitat for Humanity of Northern Santa Barbara County and the Cities of Santa Maria and Guadalupe. The HRLP is designed to keep housing affordable for lower income homeowners and to maintain and upgrade the existing housing stock within the Cities of Santa Maria and Guadalupe. It is a voluntary Building and Zoning Code enforcement program to enable correction of deficient code items relating to health and safety such as: Plumbing, Electrical, Foundation, Roofing, Heating, Insulation, Windows, Painting, Termite damage/dry-rot, and other related miscellaneous items.

### Utilities

If you are ever in danger of having your source of energy cut off because you are unable to pay your bill, it is best to call the billing dept. of the particular utility company before you are cut off and explain your situation. In many, they are amenable to working out a payment plan.

### Community Action Commission/Energy Services

5638 Hollister Ave., Rm. 230  
Goleta, CA 93117  
964-8857  
Fax 683-5872  
HEAP 655-0617  
www.cacsb.com

CAC has a weatherization program and provides utility assistance through the Home Energy Assistance Program (HEAP). HEAP can provide for eligible persons a once a year payment to one energy account. HEAP does not provide crisis services; time to process applications is 4 months.

### Catholic Charities

609 E. Haley Street  
Santa Barbara, CA 93103  
965-7045

WWW.CatholicCharitiesLA.org

Catholic Charities provides utility assistance to low-income clients through their Gas Assistance Fund (GAF), Energy Assistance Fund (EAF), and utility assistance through FEMA when available.

Southern California Gas Company  
800-427-2200  
800-342-4545 (Spanish)

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- SECTION 8 ACCEPTED



**GARDEN COURT**  
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1116 DE LA VINA STREET  
SANTA BARBARA, CA 93101  
PHONE: 805.884.0095  
www.gardencourt.org

# HOUSING

www.socalgas.com/residential/assistance

Has a CARE Program which provides a 20% reduction in monthly bill for those eligible. Application must be completed. Provides energy efficient home improvements to help with energy usage if qualified. May include repair and replacement of faulty furnaces (800-331-7593.) Has a Medical Baseline Program which files application. Also has service establishment discount program if eligible.

Will lite pilot lights and help with home appliances.

## Southern California Edison

800-447-6620 x2 CARE

www.sce.com

Has several programs for people who qualify. Relamping Program; Refrigerator Replacement Program; Evaporator Cooler Program.

## Pacific Gas & Electric

866-743-2273

www.pge.com

Has CARE REACH and Medical Baseline Program for those qualified. Call for information and application.

## City of Santa Barbara City Hall

### Finance Department

735 Anacapa St.  
Santa Barbara, CA 93101  
564-5346  
Fax 897-1978

www.santabarbaracagov

## Santa Barbara County

### Tax Collector's Office

105 E. Anapamu St., #109  
Santa Barbara, CA 93101  
568-2920  
Fax 568-2488

## Cable Television Discounts

Senior discounts for those 65+ and low income are available for basic cable services.

## Comcast Cable Co.

32323 Thompson Way  
Santa Maria, CA 93455  
800-COMCAST  
226-2278

646 North H St.  
Lompoc, CA 93436

## Cox Communications

683-6651

www.cox.com

Provides info about discount. Application is provided and then sent

to SB City officials for review. If approved, the discount is provided.

## Toilet Replacement Rebates

### City of Lompoc

100 Civic Center Plaza  
Lompoc, CA 93436  
875-8298

City will rebate up to \$130. per toilet to change old 3.5 + gallon per flush toilet to 1.6 gallon per flush toilet.

### City of Lompoc Utility Conservation

100 Civic Center Plaza  
Lompoc, CA 93438-8001  
875-8298

The City has a variety of programs to reduce the utility bill, such as LED Holiday lights, Solar PV rebate, Electric rate Assistance program, and refrigerator replacement rebate.

## Foreclosure Education

### Cabrillo Economic Development Corp.

### Neighbor Works Home Ownership Center

1660 B South Broadway  
Santa Maria, CA 93454  
659-6868 ext 131  
888-995-HOPE

One stop source for families who seek homeownership operated by the Cabrillo Economic development Corporation. Provides education, counseling, lending services and preservation of homeownership. Assists homeowners in finding solutions to foreclosure. HUD-certified agency to provide foreclosure prevention counseling in the City of Santa Maria.

## Foreclosure Fraud

### Avoiding Mortgage Fraud

Mortgage fraud is becoming increasingly common. Scam artists often target homeowners struggling to meet their mortgage commitments or anxious to sell their homes.

There is help available when facing financial problems or foreclosure, but make sure you are dealing with a reputable organization before getting involved. To protect your home and



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SRGseniorliving.com



RCFE #425801038

home equity and avoid falling victim to fraudulent schemes, recognize and understand the signs of mortgage fraud. Know how to report fraud to state and federal authorities so they can stop scam artists from preying on innocent borrowers.

If you are facing financial difficulties that are making it difficult to pay your mortgage, or if you feel you might be falling prey to a fraudulent scheme, the best solution is to talk to your lender or a reputable counselor. Also, be wary of individuals who promise to rescue you from financial difficulty or possible foreclosure.

### Foreclosure Rescue Scheme

If you have fallen behind on your mortgage payments, this may seem like an attractive solution - but beware. A foreclosure rescue scheme often begins with a scam artist offering a promise to pay off your delinquent mortgage, allowing you to stay in the home as a renter with the option to purchase the home back when your financial situation improves. But what really happens is a series of steps designed to cash out the equity in the home and disappear.

- As part of the “rescue,” the homeowner will be required to deed the property to a new borrower who is often “investing” in a rental property, but who is really part of the scam
- The proceeds of the sale pay off the delinquent loan and the new borrower removes all the equity in the house, never to be seen again.
- The distressed homeowner is now merely a renter in a home they no longer own, unaware that the new borrower is not making payments.
- When the new borrower defaults on the loan, the homeowner is evicted from the home – they have lost the house and all the equity in it.

Scam artists are very crafty and will often vary the scheme depending on the homeowner they are talking to, so be cautious. Some warning signs that a scam artist may be trying to set you up as a victim of a foreclosure rescue scheme include:

- Being approached by a stranger with an unsolicited “rescue” offer.
- Receiving an unsolicited call, mail or flyer about “foreclosure rescue” or saving your home.
- Participating in a complicated deal that you don’t fully understand.
- Signing documents that have blanks or false statements. Regardless of what you are told, this is never okay

The best solution when you face financial difficulties that may endanger your home is always to talk to your lender or a reputable counselor.

### Illegal Flipping

Flipping is a legitimate practice where an investor purchases a property in need of repairs or upgrades, makes the necessary changes to the property in a very short amount of time and sells the home for a profit. We’ve all seen the TV shows about flipping and they’re fun to watch. But there are scam artists who use flipping to make money illegally.

Often times, the scam artist will offer much more than the asking price of a home with a stipulation that the “surplus” amount over the asking price is given back to the borrower at closing. At closing, the inflated value of the home will be attributed to home improvements that were never made. The scam artist will pocket that and default on the loan.

As a homeowner, especially one whose house has been on the market a long time, this may seem like an attractive deal but remember – falsifying documents is fraud.

### Reporting Mortgage Fraud

If you suspect that you have been a victim of mortgage fraud or are aware of a possible scam, you can report it by calling the Mortgage Fraud Hotline 1-800-4Fraud8 (1-800-437-2838.)

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Santa Barbara CA 93105  
Lic. #425800931

# INCOME ASSISTANCE

## Social Security Administration

The Social Security Administration is responsible for a number of programs that can offer financial assistance:

### Social Security Retirement Benefits

Retirement benefits are payable as early as age 62 for a worker who has Social Security credit for at least 10 years of work. Benefits are permanently reduced for each month of early benefits before the full retirement age of 66. The amount of a Social Security benefit is based on the average amount of the worker's earnings in jobs covered by Social Security over a 35 year period. To assist in financial planning, a free benefit estimate, social security statement, retirement calculators, and other tools are available online at [www.socialsecurity.gov](http://www.socialsecurity.gov). Monthly benefits are also paid to eligible spouses, divorced spouses (if the marriage lasted at least 10 years), children under 18, and adult children who were disabled before age 22. File online at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call 800-772-1213 up to three months before you plan on claiming benefits.

### Social Security Survivors Benefits

Monthly benefits can be paid to survivors of deceased workers including a widow or widower, divorced widow or widower (if the marriage lasted at least 10 years), children under 18, and adult children who were disabled before age 22. An additional onetime death payment of \$255.00 can be paid to an eligible widow, widower, or child. Call 800-772-1213 to start the application process.

### Social Security Disability Benefits

Disability insurance benefits are payable to individuals who have worked in jobs or self-employment covered by Social Security. To be entitled to benefits a worker must have a dis-

ability which prevents that person from working, and which is expected to last at least 12 months or result in death. Benefits generally begin after 6 months of disability, but applications should be filed as soon as possible. Monthly benefits are also paid to eligible spouses, divorced spouses (if the marriage lasted at least 10 years), children under 18, and adult children who were disabled before age 22. File online at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call 800-772-1213 to start the application process.

### Medicare

At age 65 most people are eligible for Medicare coverage regardless of their retirement status. Medicare will also start automatically after two years of entitlement to disability benefits. Medicare health insurance will help pay for medical expenses including doctor and hospital charges. Apply for Medicare up to three months before reaching age 65 at [www.socialsecurity.gov](http://www.socialsecurity.gov) or 800-772-1213.

### Supplemental Security Income Program (SSI)

The Social Security Administration also handles a program that provides monthly financial assistance to persons in financial need who are 65 or older, blind, or disabled who have limited income and assets. A recipient must be a citizen, refugee, or a permanent legal immigrant who meets certain eligibility requirements.

A person may be eligible for SSI benefits even if he or she receives a small Social Security check or other income. If a person is eligible for SSI, s/he will also receive Medi-Cal.

Call Social Security at 800-772-1213 to learn more about SSI, or to begin the application process.

For More Information

Information can be obtained from the Social Security web site at [www.socialsecurity.gov](http://www.socialsecurity.gov).

Social Security can be reached toll-free anytime between 7 a.m. and 7 p.m. by calling: 1 800-772-1213. Service Representatives can answer your questions, make an appointment for you, and tell you what you will need to provide if you file an application for benefits. Most Social Security business can be handled online or by telephone, including filing a claim for benefits, reporting changes in your address, signing up for direct deposit of your checks, and reporting earnings.

To find out more about Social Security programs you may also call, write or visit any Social Security office.

### Social Security Offices

*Santa Barbara Office*  
355 Paseo Nuevo  
Santa Barbara, CA 93101  
800-772-1213 or 866-695-6285

Hours: 9 a.m. - 3:30 p.m.  
Monday through Friday

*Santa Maria Office*  
2436 Professional Parkway  
Santa Maria, CA 93455  
800-772-1213  
866-331-2316

Hours: 9 a.m. to 3:30 p.m.  
Monday through Friday

### County Programs

#### Department of Social Services Santa Barbara County

The following are locations of the Department of Social Services in Santa Barbara County:

234 Camino del Remedio  
Santa Barbara, CA 93110  
681-4401

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

1100 W. Laurel Ave.  
Lompoc, CA 93436  
737-7080

2125 S. Centerpointe Parkway  
Santa Maria, CA 93455  
346-7135

### Cal Fresh (Food Stamps)

Many seniors are eligible for food stamps. You cannot receive them

if you are receiving Supplemental Security Income (SSI). You may own your own home and your car, but there is a limitation on your other assets and income. For information on eligibility and benefits, contact the nearest Department of Social Services Office listed above. There are home interviews available for the disabled individual. Call for the Food Stamp screening time and location.

## General Relief

If you are very low income, less than 65 years of age, and are not eligible for federally funded assistance, you may qualify for General Relief. Information about this program can be obtained from the Department of Social Services. Apply at the office closest to you.

## Veteran's Benefits

There are Veteran's benefits for eligible veterans and/or spouses who are disabled or over the age of 65. The benefits available to a veteran depend on when he or she was in the service. It is also based on assets and income. For more information, contact:

### Department of Veteran's Affairs

4440 Calle Real  
Santa Barbara, CA 93110  
683-1491 x494  
800-827-1000

Monday and Tuesday, 8-4:30 p.m.

### SB Veteran's Service Offices

315 Camino Del Remedio, Bldg. 2  
Santa Barbara, CA 93110  
681-4500

108 E. Locust St.  
Lompoc, CA 93436  
737-7900

511 E. Lakeside Parkway, # 47  
Santa Maria, CA 93455  
346-7160

## Health Insurance Counseling

The following organization provides health insurance counseling:

**HICAP (Health Insurance Counseling and Advocacy Program)**  
Central Coast Commission for Senior Citizens  
528 S. Broadway  
Santa Maria, CA 93454  
928-5663  
800-434-0222  
Fax 925-9555

seniors@kcbx.net  
www.centralcoastseniors.org

Offers free information and assistance with understanding Medicare benefits and rights, solving medical billing problems, filing claims and appeals, and comparing insurance policies. Information can be received over the phone or in person. Trained volunteer counselors are available at local community sites to provide assistance. Call for more information or an appointment. Counseling sites are located in Santa Barbara, Goleta, Lompoc, Santa Maria, Guadalupe and Orcutt.

## Credit Counseling

### Surepath

Formerly known as Consumer Credit Counseling Services

5276 Hollister Avenue  
Santa Barbara, CA 93111  
877-615-SURE (7873)

Consumer Credit Counseling Service is a non profit agency that counsels and educates consumers about debt, credit, budgeting, and housing matters including reverse mortgages. Maintains confidentiality of clients and counseling sessions are free. Three counseling sites in Santa Barbara County. Spanish speaking services are available.

Catholic Charities  
609 E. Haley  
Santa Barbara, CA 93103  
965-7045  
Fax 963-2978

www.catholiccharities.info  
903 E. Chestnut Ave.  
Lompoc, CA 93436  
736-6226  
Fax 736-7499

cclompoc@hotmail.com  
607 W. Main St.  
Santa Maria, CA 93454  
922-2059  
Fax 925-1979

ccsantamaira@ccsbca.org  
smcc@pronet.net

Catholic Charities provides non-denominational family and individual counseling and assists individuals with debt obligations. Loans and grants are available to qualified individuals. Applicants must apply in person. Also provides Money Management workshops including topics such as: Developing Money Goals, Developing a Spending Plan that Works, and Personal Investing- The Basics.

## Money Management/Bill Paying Service

Some older people need help with bill paying, particularly medical bills and insurance claims. Senior Connection has a list of individuals and businesses which can provide basic bookkeeping and bill paying services for those persons who are having difficulty continuing to do so. HICAP can provide a listing of services that provide medical claims assistance.

While there are no right or wrong answers, the following questions may help to determine what services/qualities are important to you regarding medical bill management.

## Operations

1. How long has the company been in business?
2. What is the background/experience of the claim handler? What types of insurance are they familiar with handling?
3. Is the company willing to provide references? Be sure to check them.
4. Does the company charge a flat rate, an hourly fee, or a percentage of what is being filed? Is there an initial, onetime setup charge

# INCOME ASSISTANCE

or an annual fee? What are the charges to file past claims?

5. Does the company guarantee confidentiality?
6. Does the company have a complaint process?

## Services

7. Do you want access to a toll-free 800 number?
8. Is it important that the company provide strong telephone support and assistance, i.e. take the time over the telephone to answer questions?
9. Do you need the company to do more than just file claims, i.e. to analyze coverage and make suggestions or improvements, if necessary, or to go as far as paying medical bills from a client's account?
10. Are home visits a necessary/important service component?

## Claims Processing & Reporting

11. On average, how much time lapses from when the company receives the claim to when the claim is processed and sent to the insurance company?

12. Will the company follow-up on a claims appeal at no charge?
13. Does the client receive the reimbursement check directly or does the company first receive it from the insurance company?
14. Does the company provide regular reporting to clients on claims activity, e.g. monthly or quarterly? Does it supply year-end summaries for tax purposes?
15. Are the company's activity reports clean and comprehensible to you? Ask for a sample.
16. Will the company keep on file all of the paper documentation that it receives?
17. Ask the company detailed questions about their fees and make sure you understand when, for what and how much you will be billed.

## Guide to Financial Planning Assistance

### Why Do I Need a Financial Planner?

The reasons people seek out a financial planner are many. Questions vary: Have I adequately planned for my elder years? Am I purchasing the right type

and amount of life, disability, long-term-care and Medicare supplemental insurance? Are my life insurance beneficiary designations correct and advantageous? Are my investments right for me? Am I comfortable with the investment decisions I've been making? If I were to become disabled or incompetent, is there anyone who knows enough about my financial affairs to properly advise my family? Do I know what my family's financial obligations and resources will be as a result of my death or disability? Are my estate planning documents in order and consistent with my wishes?

### What Does a Financial Planner Do?

The professional helps you to:

1. Clarify your present situation through collecting and assessing all relevant financial data such as all assets, liabilities, insurance coverage, wills, etc.
2. Identify both personal and financial goals and objectives.
3. Identify financial problems which create obstacles to you reaching your goals and objectives.
4. Provide a written plan and course of action.
5. Implement or coordinate the implementation of the strategy you decide is best to reach your goals. The professional may coordinate the implementation of your plan with other professional advisors.
6. Periodically review your plan to assure you that it is making progress toward the attainment of your goals.

### How Do I Select a Professional Financial Planner?

You want to select someone you can work with comfortably. It is your right and responsibility to fully investigate the person's background, methods of practice, credentials, etc. The following questions should help you obtain information to help you make an informed decision:



## SHARON KENNEDY ESTATE MANAGEMENT

5951 Encina Road, Suite 106, Goleta, CA 93117  
phone/fax (805) 681-1347

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- Conservatorships
- Care Management
- Personal Money Management
- Powers of Attorney

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CA License No. PF 37

[www.skestatemanagement.com](http://www.skestatemanagement.com)



1. What relevant education and/or credentials does the professional have in the financial planning field?
2. How long has the professional been working in the field you need assistance in?
3. What did the professional do before becoming a financial planner?
4. Ask for references.
5. What are the professional's areas of expertise?
6. Verify that the professional has good working relationships with accountants, attorneys, and others who may be needed to implement your plan.
7. What type of clientele does the professional serve?
8. How will the professional keep you informed of new financial information?
9. How will the professional be compensated; on a fee basis, charging an hourly rate or through commissions generated through the sale of financial products, or a combination? You must choose which method you are most comfortable with.
10. Talk with friends, business associates, and others who are involved in the financial services field. They can give you insight into what to expect, or perhaps a referral.
11. Has the planner ever had any regulatory action taken against him/her?
12. Has any client ever filed a claim or suit against the planner you are considering?
13. Has the planner ever had a claim filed against him/her involving employee relations?

**The leading national industry organization that can offer referrals is:**

**Financial Planning Associates**

5775 Glenridge Dr.  
Atlanta, GA 30328  
800-322-4237

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

**Taxes/Homeowner's & Renter's Assistance**

**Homeowner's Property Tax Exemption**

A property tax reduction is available if you own and occupy your home in California as a principal dwelling (there are no age or income requirements). You will not be charged property tax on a portion of your home's market value. To receive the full reduction you must file between March 1 and April 15. An 80% reduction is available if you file between April 16 and December 1. There is no need to refile for this exemption (reduction) each year, provided you continue to own and occupy the same dwelling for six continuous months. Information is available online at [taxes.co.santa-barbara.ca.us](http://taxes.co.santa-barbara.ca.us) or:

**Assessors Office**

105 E. Anapamu, Rm. 204  
Santa Barbara, CA 93101  
568-2550

401 E. Cypress Street  
Lompoc, CA 93436  
737-7899

511 E. Lakeside Parkway  
Santa Maria, CA 93455  
346-8310

**Renter's Tax Credit**

A tax credit or refund that is available for California tenants. If you were a renter and a resident of California for the entire year, you are probably eligible. Claim is made by filling out the state income tax form provided for that purpose within the tax booklet mailed out by the State each year. You may file for renter's credit even if you do not file a state income tax form. Deadline for filing each year is April 15th, although one may file for renter's

credit as far back as four years. If you have missed the filing period, call for a late filing form at the number below.

**Franchise Tax Board**

800-852-5711 (until 10 p.m.)  
800-822-6268 TDD for hearing impaired



ThriftyShopper.org

## Two Convenient Thrift Store Locations

**Santa Maria**  
605 West Main Street  
Hours: Tuesday – Friday  
10:00 AM – 4:00 PM  
922-4174

**Santa Barbara**  
609 East Haley Street  
Hours: 7 Days A Week  
9:30 AM – 5:25 PM  
966-9659

Your support and donations help us to provide free merchandise to our clients and direct Thrifty Shopper revenues to sustain our local community services programs and food pantries.

# INCOME ASSISTANCE

## Other Tax Assistance

### Volunteer Income Tax Assistance (VITA)

Available at locations throughout Santa Barbara County. Volunteers are trained by IRS and the Franchise Tax Board to assist in the preparation of your state and federal income tax, renters credit, homeowner's assistance and renter's assistance forms and to answer questions regarding the various tax programs. An appointment is usually necessary. For

information on the nearest site, call Senior Connection at 800-510-2020.

### Tax Counseling for the Elderly (TCE)

Specially trained volunteers are available in local communities during tax time to help taxpayers 60+ complete their own federal tax forms.

This free program is sponsored by the Internal Revenue Service.

### AARP Tax Aide Program

888-AARP-NOW  
(888-227-7669)

For information about counseling sites provided by this program.

Call Senior Connection for the site and time most convenient for you. Services for individuals who are unable to leave their homes are also available. For any questions regarding California Personal Income Tax, Bank and Corporation Tax or deductions for Senior Citizens, Disabled or Blind, Call:

### Franchise Tax Board

800-852-5711  
800-822-6268 (TDD)  
[www.ftb.ca.gov](http://www.ftb.ca.gov)

For questions regarding Federal Tax Forms, tax information, or problem resolution, call:

### Internal Revenue Service

800-829-1040

[www.irs.gov](http://www.irs.gov)

Federal tax forms, tax information and problem resolution.

Special Income Tax Credit for the Elderly or Disabled

This federal income tax credit is available to U.S. citizens only who are at least 65 at the end of the taxable year OR who are under 65 at the end of the taxable year and retired on permanent and total disability, receiving taxable disability benefits. Schedule "R" (Forms 1040), "Credit for the Elderly or the Disabled," must be filed with your income tax return.

All eligibility requirements and a full explanation of the credit is described on Schedule "R". To obtain Schedule "R", call the IRS at 800-829-3676.

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- Assistance With Paperwork
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**For The Support You Need, Call:**

**805-964-2327**

*All services are tailored to your needs.*

## How To Recognize Vision Loss in Older People

There are certain behaviors that indicate an individual may be experiencing vision loss. Be alert if a person has difficulty in the following areas:

- **Performing Daily Activities**
- **Reading and Writing**
- **Eating and Drinking**
- **Moving**

If you notice these behaviors, encourage the older person to have an eye examination by an ophthalmologist and a low vision evaluation by a low vision specialist, usually an optometrist with a specialization in low vision. Even if you don't notice these behaviors, it's important to encourage every older person to have regular, routine eye care.

## Finding an Attorney

Elder law is a special area of law with relatively few practitioners who focus primarily on the issues of aging, incapacity, long term care, estate planning for seniors, public benefits, and/or elder abuse/neglect or financial exploitation. When seeking legal advice relating to issues concerning seniors, finding a knowledgeable, competent attorney is extremely important and yet not so easy as finding an estate planning attorney.

Some specialized resources for finding an elder law attorney are the National Academy of Elder Law Attorneys ([www.naela.org](http://www.naela.org); 703-942-5711), Elder Counsel ([www.eldercounsel.com](http://www.eldercounsel.com)), and California Advocates for Nursing Home Reform, known as CANHR ([www.canhr.org](http://www.canhr.org); 800-474-1116). CANHR also provides free consumer information and assistance both verbally and through their website, and referrals to attorneys whom they have screened for experience in the area. In some cases, CANHR may be able to provide you with a reduced fee by virtue of their referral.

You may also find an attorney through personal recommendations from friends, relatives, co-workers, a support group, or attorneys or CPAs you already know and trust. Individuals who have faced similar problems may already have done the leg-work in tracking down a competent attorney, but be aware that an expert in one field of law may not know about another field of law, so make sure that word-of-mouth recommendations are suitable for your specific needs.

### Lawyers Referral Service

15 W. Carrillo, Suite 106  
Santa Barbara, CA 93101  
569-9400  
Fax 569-2888

The Lawyer Referral Service serves Santa Barbara County with referrals to attorneys who have signed up to be on their panel. For a small fee, the service will make the appoint-

ment for you, and a 30 minute consultation is provided. By describing your needs, a referral can be made to an attorney in the area of practice that can most help you. Personal injury referrals are provided at no cost; low income seniors who need a will may receive a free referral. It is important to check the qualifications of an attorney and to call around and compare fees and experience.

AARP Legal Services Network  
866-330-0753

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

Members of AARP can access AARP Legal Services Network. This includes a free initial consultation and reduced fees.

The Yellow Pages of the telephone book have an extensive list of attorneys. There are special sections under "Attorneys" for "Elder Law," "Social Security Law," "Health Care and Hospital Law," "Probate Law," and "Wills, Trusts and Estate Planning."

Wherever you get the name of an attorney, if you "google" the name of the lawyer on your computer, you may find a website for that lawyer, or you can call the attorney's office and ask for their website address or a brochure so that you can learn more about him or her.

Lastly, low or free legal services may also be available depending on income.

Legal document services are not a reliable substitute for a competent attorney because these services cannot legally offer any legal advice on the documents they prepare for you from their standard software programs. Your individualized legal needs can be determined only through a legal consultation with a competent attorney, a missing element of legal document services. Costly legal errors can be made without an attorney's involvement in the decision-making and tailoring your legal documents to meet your individualized needs.

Online legal drafting services designed for people to draft their own legal documents are also not recommended for the same reason.

## Low/No-Cost Legal Services

### Criminal

#### Public Defender

Santa Barbara County Courthouse

#### Location

1100 Anacapa Street, #3,  
Santa Barbara.

#### Mail

1 E. Anapamu St., Santa Barbara, CA  
93101

568-3470

Fax 568-3536

312 E. Cook St.

Santa Maria, CA 93454

346-7500

Fax 614-6735

115 Civic Center Plaza

Lompoc, CA 93436

737-7770

Fax 737-7881

Open from 8 a.m. to noon and 1 p.m. to 5 p.m., Monday through Friday, the Public Defender, upon order of the court or upon request of the defendants, defends any person not financially able to employ counsel and who is charged with any contempt or criminal offense in Superior Court.

### Civil

#### California Rural Legal Assistance:

2050 S. Broadway, Ste. G

Santa Maria, CA 93454

922-4563 Fax 928-0693

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

Open from 1:30 to 5 p.m., Monday through Thursday. , Closed Friday. Legal representation is provided to low income people in civil matters (housing, education, labor, and health). Legal representation for persons terminated from welfare, un-employment, and Social Security. No criminal cases handled. All calls must be screened by telephone.

# LEGAL

## Legal Aid Foundation

www.LAFSBC.org

### *Santa Barbara*

301 E. Canon Perdido  
Santa Barbara, CA 93101  
963-6754  
Fax 963-6756

Mon-Thurs. 9:30-12, 1:30-4. Friday  
by appointment.

### *Lompoc*

604 East Ocean AvenSt., Ste. B  
Lompoc, CA 93436  
736-6582  
Fax 740-2773

Mon-Thurs. 9-12:30, 1:30-4. Closed  
on Friday.

### *Santa Maria*

301 S. Miller 1116  
Santa Maria, CA 93454  
922-9909  
Fax 347-4494

Mon, Tues, Thurs: 9-12, 1-3. Wed:  
9-12, 1:30-3. Closed on Friday

From 9 a.m. to 4 p.m., Monday  
through Thursday, senior citizens of  
Santa Barbara County on a case by  
case basis can receive legal services.  
Emphasis on Social Security, land-  
lord/tenant, and family law.

Legal Aid Foundation also offers  
services at senior centers throughout  
Santa Barbara County. Call the office  
nearest you for information.

Other free legal services are pro-  
vided by the Foundation for low in-  
come persons: civil suits, landlord/  
tenant problems, family law matters,  
administrative hearings (Social  
Security, Disability, Unemployment,  
Welfare). No criminal cases. Aid in  
housing and employment discrimi-  
nation, as well as consumer debt  
and defense litigation problems.

## Other Legal Services

There are several options available if  
you are involved in a dispute with your  
neighbor or you feel that someone  
owes you money. Mediation services  
are available if you are involved in a

landlord/tenant dispute, See Rental  
Housing Mediation Task Force.

Many other consumer groups are  
available to assist you in resolving  
problems. See Consumer Complaints  
and Information before you resort to  
legal action.

## Legal Resource Centers

Residents of Santa Barbara County  
have access to local self help legal re-  
sources center. Staffed by a California  
licensed attorney and open to the pub-  
lic on a first come, first served basis.  
Assistance is offered in the completion  
of legal and court documents for vari-  
ous civil matters and infractions, and  
In properly presenting your case to the  
court. Hours are limited.

### *Santa Barbara*

**Santa Barbara County Superior Court**  
McMahon Law Library- 2nd Flr  
1100 Anacapa St  
Santa Barbara, CA 93101  
568-2296

### *Santa Maria*

**Santa Barbara County Superior Court**  
Santa Maria Law Library  
312 E. Cook St.  
Santa Maria, CA 93454  
349-1289

### *Lompoc*

**Santa Barbara County Superior Court**  
115 Civic Center Plaza  
Lompoc, CA 93436  
737-5454

## Wills

A Will is a document that specifies how  
you wish to have your assets distributed  
after you die and designates who will  
carry out your wishes. A Will is neces-  
sary unless all of your assets are in joint  
tenancy (not the best tax planning) or  
have designated (named) beneficia-  
ries assigned (e.g. in payable on death  
designations for life insurance, IRAs,  
or bank accounts). A Will re-quires  
probate court proceedings if your estate  
has more than \$100,000 worth of as-  
sets, excluding joint accounts, mobile

homes, and/or cars passing under the  
will. Please note that if you have a Will  
and/or a revocable living trust, and you  
have been a Medi-Cal beneficiary, your  
estate and your trust will be subject to  
Medi-Cal estate recovery after the death  
of both spouses.

If you are 60 years of age or older and  
have liquid assets (not counting your  
home) of no more than \$15,000.00,  
you may be eligible to have a simple  
Will prepared for you for \$125.00  
through the Lawyer Referral Service.

## How to Maintain Control Over Your Affairs

People are used to planning for death.  
They are familiar with traditional estate  
planning which involves counseling  
and plan-ning for the disposition of  
their estate to make sure that their  
property goes to the people they want  
to have it and to minimize any post-  
death taxes.

But too few people plan for disability  
or incapacity during their lifetime,  
which is sometimes a more important  
need than what happens after death.

The consequence of failing to plan is  
often the loss of control over who will  
make decisions and how those deci-  
sions will be made, as well as whether  
you will be able to qualify for Medi-Cal  
or VA pensions. It is far less expensive  
for you to plan for incapacity than it is  
for your loved ones to go to court due  
to your lack of planning if you become  
incapacitated.

## Why Plan?

- To allow financial and health care  
decisions to be made without the  
need for court intervention or  
conservatorship proceedings.
- To ease the financial and emotion-  
al burden on spouse or other fam-  
ily members, including through  
otherwise unnecessary legal fees.
- To have control over who makes  
your decisions and how they are  
made.

- To protect the financial resources of spouse and family if nursing home care is required.

## What Can Be Done To Plan for Health Care?

An Advance Health Care Directive enables an individual to give another person legal authority to make medical decisions in the event that you are unable to make your own decisions. They also allow you the ability to specify what decisions you want to be made. You can specify instructions for prolonging or not prolonging life even if you do not want to appoint an agent. A person must be legally competent at the time they execute these documents; however, the Advance Health Care Directive will remain in effect after the person becomes unable to make their own decisions. Another form of the Advance Health Care Directive is called The Five Wishes. Whatever form you use, it is recommended to get your form notarized after you sign it. There are special witnessing rules without notarization or if the signer is in a skilled nursing facility at the time of signing.

The law on the Advance Health Care Directive governs the forms. Durable Powers of Attorney for Health Care signed before January 1, 1992, have automatically expired. It is essential that you execute a new Advance Health Care Directive. It is wise to review these documents yearly and to execute new forms whenever a change in your agent needs to be made.

FREE copies of the Advance Health Care Directive are available at the:

### Area Agency on Aging

528 South Broadway  
Santa Maria, CA 93434.

### Santa Barbara

965-3288

### Santa Maria

925-9554

www.CentralCoastSeniors

Monday-Friday, 8 a.m.-5 p.m.

To register the Advance Health Care Directive or Durable Power of Attorney for Health Care, mail to:

### Secretary of State

1500 11th St.  
Sacramento, CA 95814

In addition to the Advance Health Care Directive or Five Wishes form, one should also sign a HIPAA Release and Authority form, which authorizes specific persons to get your health care information from your doctors or other health care providers. It is wise to list everyone whom you want to have access to your health care information on this document.

One can sign a POLST (Physician Orders for Life Sustaining Treatment) with your doctor if you want a more explicit order regarding what you do and do not want, not as a substitute for the Advance Health Care Directive, Five Wishes, and HIPAA Release and Authority, but rather in addition to them.

The POLST document (printed on bright 'ultra pink' card stock paper) is meant to serve as a physician order that helps frail/chronically ill, terminally ill, Hospice patients, and elderly (persons age 80 and older) have more control over their end of life care.

POLST enables you to specify the treatments (CPR, medical interventions, and nutrition) that you do or do not want to receive toward your end of life. Completing a POLST form is voluntary; however, California law requires that once the form is completed, it must be followed by all health care providers.

Whatever health care documents you sign, make sure that you appoint agents who are willing to carry out the wishes that you have regarding your health care. You can know this only by discussing your health care wishes and end-of-life care wishes with your potential agents before you add their names as agents.

## Conservatorship of the Person

Conservatorship of the person is a public legal process for assuming control over an incapacitated individual's personal (non-financial) affairs, including health care decisions. The conservator is responsible for making sure the conservatee is properly fed, clothed, housed, cared for, and medically treated. The Conservatorship is usually the last alternative considered and is often not necessary if one has signed the health care documents listed above, but it may be necessary if the person is already unable to manage his or her own daily activities, care needs, and health decisions. A court hearing is required before a conservator can be appointed. Legal expenses are high. A well-drafted and current Advance Health Care Directive or Five Wishes and HIPAA Release and Authority can avoid the need to go to court for a conservatorship in most cases, if they were executed when the person was competent.

When the court decides who will be the Conservator of the Person, a family member is preferred if available. Where no family member is available or capable of serving as Conservator of the Person, the Public Guardian is the conservator of last resort for frail elderly and brain-impaired adults.

### Santa Barbara County Public Guardian

P.O. Box 2517  
Santa Barbara, CA 93120  
568-2790  
Fax 568-2487

### North County office

511 East Lakeside Parkway, Santa Maria, CA 93454  
346-8337

### Legal Aid Foundation

www.LAFSBC.org

### Santa Barbara

301 E. Canon Perdido  
Santa Barbara, CA 93101  
963-6754  
Fax 963-6756

Mon-Thurs. 9:30-12, 1:30-4. Friday by appointment.

# LEGAL

## *Lompoc*

604 East Ocean Ave. Ste. B: Lompoc, CA 93436  
736-6582  
Fax 740-2773

Mon-Thurs. 9-12:30, 1:30-4. Closed on Friday.

## *Santa Maria*

301 S. Miller 1116  
Santa Maria, CA 93454  
922-9909  
Fax 347-4494

Mon, Tues, Thurs: 9-12, 1-3. Wed: 9-12, 1:30-3. Closed on Friday

Can assist with establishing a Conservatorship for person only.

## What Can Be Done to Plan for the Management of Financial Assets?

A General Durable Power of Attorney for Property Management (or Financial Affairs) may be considered an alternative to trusts or a Conservatorship over the Estate to provide for management of financial affairs and assets. It must be signed while the signer still has legal capacity. The document does not affect the principal's authorities during capacity, but rather it gives the agent authorities in relation to third parties. The creator of the power, or "principal," may choose to have all his or her assets or only specified assets managed by another person, the "agent" or "attorney in fact." That person does not have to be an attorney at law. The principal may choose to have the powers effective immediately upon signing the document, or may choose to make it effective only after he or she later becomes incapacitated as defined in the document (a "springing" durable power of attorney), which may require getting one or two physicians' certificates of incapacity before the agent can act. If the principal wants to give the agent the powers needed for gifting and self-gifting, dealing with retirement benefits, government benefits, pension benefits or IRS matters, setting up a revocable trust, an Irrevocable trust,

or a special needs trust and funding it with the principal's funds, or revoking or amending a revocable trust, the document must specifically provide for it.

The principal may revoke a power of attorney for health or financial affairs at any time as long as he or she is still competent.

The financial agent has a great deal of authority over an individual's assets as relates to third parties and financial institutions. For this reason, it is very important to appoint as agents only those persons who are completely trustworthy in terms of finances, rather than people who have problems with drugs, alcohol, gambling, or debts. The court can revoke this power if it determines that there has been mismanagement or abuse of the power. However, revocations may be too late to recover assets. Thus, as with the Advance Health Care Directives, it is important to consult an attorney regarding the utilization of the Durable Power of Attorney for Property Management, even though it can be created without an attorney's assistance. Although the Civil Code provides for sanctions against those refusing to honor valid documents, banks and brokerage houses sometimes resist or refuse to do so unless it is their own internal form (which you can also sign as a back-up). As soon as you sign your attorney-drafted power of attorney, be sure to provide a copy to all of your financial institutions and ask that they submit it to their own legal department for review and approval in advance of the need to use the powers. If the bank indicates that it will not honor your durable power of attorney when you give the bank a copy, then you may need to get your attorney to speak with the bank attorney.

If you are an agent/attorney-in-fact, and a financial institution resists honoring your authority when you need to act soon, ask the supervisor to send a copy of the Durable Power to their lawyer for immediate evaluation and approval, and get your lawyer to speak to their legal department if necessary.

## **A Living (Revocable) Trust**

A trust created during your lifetime can provide for management of your trust property during your lifetime, avoidance of probate after your death, avoidance of Conservatorship during your life, minimization of taxes after your death, and the protection of privacy. A living revocable trust is a legal document through which a person called the Trustee (generally the persons who set up the trust and provide the funds for the trust) takes title to property (real estate, financial accounts, etc.). For example, If you own your own home, you can transfer your home to yourself as trustee of your own trust. The trust document will specify how property is to be used during your life and who is to receive the assets of the trust after your death. The powers granted in the trust and the powers granted in the Durable Power of Attorney should be consistent. A living trust does not protect a home or other assets from Medi-Cal estate recovery. Consult an attorney with current experience in Medi-Cal law to protect the home for Medi-Cal purposes.

## **Declaration of Homestead**

Persons who own their own home may be able to protect a portion of the equity value, in the event of a forced sale in order to satisfy unpaid debts, by preparing and recording a declaration of homestead. This cannot protect from Medi-Cal estate recovery.

## **Conservatorship of the Estate**

Similar to the Conservatorship of the person, this allows for the management of a disabled person's money and other property. Court proceedings to designate a conservator are required. This is usually the last method considered, but may be necessary if the individual is already unable to manage his or her own affairs. A well-drafted Durable Power of Attorney for Property Management can avoid the need for a conservatorship of the estate in most cases, if signed when the person still has legal capacity.

## Public Benefits

### Medicare and Medi-Cal

Planning for public benefits such as Medi-Cal (a needs-based program) may be desirable if an elder needs long term care in a skilled nursing facility or in-home care. Medicare is not a needs based program but is a national insurance program with a monthly premium for persons over 65 who worked 40 or more quarters at a job that paid into Social Security and Medicare, or persons who are disabled or blind. Coverage for skilled nursing facilities is very restricted and will be denied unless the patient was in a hospital for the same condition for 72 hours in the previous 30 days, and is receiving at least 5 days per week of skilled nursing services (physical therapy, speech therapy, occupational therapy, IV therapy, and/or other skilled services, but not just assistance with activities of daily living such as eating, toileting, bathing, dressing, transferring, or 24/7 supervision due to cognitive impairment). Medi-Cal does not have these restrictions and will provide coverage so long as the countable assets are below a certain amount.

Where Medicare is the provider, some Medicare supplemental insurance plans cover all or part of the co-pay, but only if Medicare or a Medicare HMO is paying part. Long-term care insurance policies may cover all or part of long-term custodial care bills, but policies vary widely and should be carefully chosen for these options.

Because Medicare covers so little and so few seniors have private long-term care insurance, many middle class couples or individuals may have to plan for and rely on Medi-Cal benefits. Through experienced legal advice and planning strategies that comply with the law, middle class couples and individuals may qualify for Medi-Cal without impoverishing themselves. It is important that Medi-Cal planning be done with the assistance of an attorney who is current with the ever-evolving Medi-Cal law to ensure the spouse

needing skilled care is adequately cared for and the spouse residing outside the facility has the resources for his or her support. Even for most middle class couples and individuals, the high cost of skilled nursing facility care (\$7,092 per month average in California, or about \$9,500-\$10,500 average in the Central Coast) makes paying for nursing homes without Medi-Cal financially impossible.

Medi-Cal long term care planning is a specialized area with complex rules. Make sure that you get up-to-date legal advice from an attorney with current training and experience in Medi-Cal. Strategies that were allowable in previous years may create problems once new laws are implemented. Many middle class persons can qualify for Medi-Cal with experienced advice and/or a court order. In most cases, the home can be legally protected from a Medi-Cal estate recovery claim if done prior to the death of the Medi-Cal beneficiary.

### Planning for Medi-Cal Benefits

The most up-to-date, comprehensive source of consumer information about Medi-Cal and nursing homes in California is California Advocates for Nursing Home Reform, a nonprofit

organization that also provides free consumer information by phone: 800-474-1116. 650 Harrison Street, 2nd Floor, San Francisco, CA 94107, [www.canhr.org](http://www.canhr.org), an excellent website. CANHR also has referral panels of screened attorneys in estate planning, Medi-Cal, and elder abuse. The best nonprofit group for Medicare information is [www.medicareadvocacy.org](http://www.medicareadvocacy.org). For nonprofit consumer information and education relating to estate planning, annuities, reverse mortgages, and many other topics, go to [www.help4srs.org](http://www.help4srs.org). Another valuable website is [www.elderlawanswers.org](http://www.elderlawanswers.org).

The high cost of long-term care is a major problem for all middle class and low income Americans. When a family member actually experiences the need for long-term care, either because of dementia or other illness, the problem of financing long-term care becomes a real issue for family members. Because custodial care alone (assistance with activities of daily living) is not covered under Medicare, and because few elders have adequate long term care insurance policies due to the exorbitant premiums or the widespread denial rate of applications, Medi-Cal has become the primary source of payment for nursing home care by both low income and middle class families.

### Consultation and Representation for

- Estate and Long Term Care Planning
- Eligibility for Medi-Cal Benefits
- Conservatorship Proceedings
- Durable Powers of Attorney
- Trust, Probate and Conservatorship Litigation

## David C. Turpin

ATTORNEY AT LAW

National Academy of Elder Law Attorneys  
Santa Barbara County Financial Abuse Specialist Team

735 State Street Suite 623 • Santa Barbara, CA 93101  
805-965-3079 • [dturpin@turpinlaw.com](mailto:dturpin@turpinlaw.com)

# LEGAL

The eligibility rules are complex, and many individuals and couples are surprised to learn that they qualify for Medi-Cal in spite of owning high-value retirement accounts or real estate. Never assume that you cannot qualify, even if you are initially turned down. See a competent attorney with up-to-date training and experience in Medi-Cal to avail yourself of the current laws to prevent the impoverishment of the at-home spouse or to accelerate an individual's eligibility. Medi-Cal eligibility and co-pay are based on examination of all property and income available to the applicant and the spouse.

## **Resources (Property) Considered for Medi-Cal Applications**

An individual in a skilled nursing facility can have \$2,000 in countable resources at the time of application and ongoing. In 2012, that individual's spouse who is not in a skilled nursing facility and who is not applying for benefits for anyone other than the spouse in the nursing home can retain an additional minimum of \$113,640 in countable resources at the time of application. (A judge's order can increase this resource limit to well above \$113,640. It is simply not true that spending assets down is the only route to Medi-Cal qualification. (See below.) All property, community, joint, separate, in a revocable living trust, or in some Irrevocable trusts, is counted in the total resources. The home, one car, retirement accounts, immediate annuities, and some other resources are not countable for an individual or a couple. The rest is countable.

Example: John and Mary have \$100,000 in a joint savings account. John has an IRA of \$200,000. Mary has a \$60,000 CD in her own name. John enters a nursing home. Normally, John can be eligible for Medi-Cal as soon as they spend their total countable resources (\$160,000, since the IRA does not count) down to \$113,640, which is

the resource allowance for Mary, plus \$2,000, which is the Medi-Cal property limit for John (in addition to his IRA). However, if Mary's fixed income in her own name is less than \$2,841/month (gross), she can get her resource allowance increased to an amount exceeding the standard \$113,640 through a court petition. The amount of increase is determined by Mary's gross income and by the going short-term CD rate. The lower Mary's income is, and the lower the going 6-month CD rate is, the higher the amount of assets that Mary can keep above and beyond the standard \$113,640. This could be hundreds of thousands of dollars more in some cases, but it will require a court procedure, which is almost always unopposed. A lawyer is required for a court order, as these are complicated cases. Although an administrative law judge can also grant an increase in the well spouse's resource allowance, the amount that can be granted will always be significantly higher in court than in an administrative law hearing (a fair hearing).

## **Physical Separation of Assets after Medi-Cal Approval**

Within 90 days of Medi-Cal approval, the institutionalized spouse's name must be removed from all assets in the community spouse resource allowance.

In John and Mary's case, for example, Mary must take John's name off all of the assets (with the exception of the \$2,000 and his non-countable IRA) and keep it in her name. If she wants to have a living trust, she will need to have a new trust drafted rather than using the couple's living trust. Otherwise, it will be considered "available" to John. A court order may be necessary to do this if John has lost capacity to sign the transfer documents.

## **Court Order for Medi-Cal Purposes**

In some circumstances, a court order can be obtained to allow the spouse who is not in a nursing home to retain resources over the standard community spouse resource allowance, \$113,640.

Example: John and Mary have \$200,000 in a joint account or in a revocable living trust account. John enters a nursing home. Normally, John would be eligible for Medi-Cal only after they spend down to \$113,640 for Mary and \$2,000 for John.

However, if one spouse lacks mental capacity, and the spouse who is not in a skilled nursing facility has less than \$2,841/month in fixed income (Social Security, pensions, required minimum distributions for retirement accounts such as IRAs, and annuity income), the spouse who has capacity can hire an attorney to obtain a court order authorizing an increase in the community spouse resource allowance in order to generate the monthly income allowable. Thus, Mary could retain more than the \$113,640 resource allowance, sometimes hundreds of thousands of dollars more.

## **Income**

In 2012, the community spouse (at home or in an assisted living facility) will be able to keep all of the couples' \$2,841/month. This amount is adjusted annually. If the fixed income of the community spouse is less than \$2,841/month, a court petition can be filed to increase the resources to generate a total of \$2,841/month.

Example 1: John is in a skilled nursing home and Mary lives at home or in an assisted living facility. John receives a pension and Social Security of \$3,000/month. Mary receives Social Security of \$841/month.

Since Mary is allowed a minimum income of \$2,841/month, \$2,000 of John's income could be allocated to her to bring her up to \$2,841. Mary



does not have to get part of John's income allocated to her right away. If she needed more than \$2,841 to meet her needs, she can go to court to ask for an order to increase her spousal income allowance to exceed \$2,841. Further, if the community spouse receives more than \$2,841/month in his or her name only (e.g. if she has pension of \$3,000 and Social Security of \$2,000), the community spouse will be able to keep it all of his or her own income in his or her own name, no matter how high it is.

Example 2: Mary receives \$3,000 in a pension and \$2,000 in Social Security. John receives only \$1,000. John is in the nursing home. Since Mary's pension is in her name only, she can keep it all. Without a court order, she will not be allowed to keep any of John's income, since she already received more than \$2,841/month. That being said, if Mary has higher expenses than her income, for instance if she has home care or is in an assisted living facility (which is not covered by Medi-Cal), and her expenses were \$6,000 per month, then a court order of support of \$1,000 to be enforced against John's income for the support of Mary would allow Mary to keep all of the couple's income of \$6,000 per month (which is what she needs to live on), and would make John have no Share of Cost (no Medi-Cal co-pay for the nursing home).

### **Fair Hearing for Medi-Cal**

The rules for increasing the community spouse's resources allowance have become more difficult to meet in a fair hearing (administrative law appeal). The best results will be obtained in a court hearing, so long as one spouse has capacity and the other spouse lacks capacity (or has a Conservator). If both spouses have capacity, the fair hearing is the only route, but the desired result will not be obtainable if the couple's joint income is \$2,841 or greater. Even though the community

spouse resource allowance cannot be increased in a fair hearing if the joint income exceeds \$2,841, a spousal income allocation could be obtained if the community spouse can demonstrate a higher need than \$2,841. But if couple has too many countable assets (exceeding \$115,640), the court route will be the better route when one spouse lacks financial capacity.

### **Transfer of Assets for Less than Fair Market Value (Gifts) and Medi-Cal**

Elder law attorneys anticipate that the new laws in California regarding gifts and Medi-Cal will be implemented sometime within two to three years of 2012. Consult an attorney who is current on the Medi-Cal rules for up-to-date advice in this complex subject.

The look back period is merely the time period for which a Medi-Cal applicant must report gifts made prior to a Medi-Cal application. This reporting requirement is to determine if an institutionalized Medi-Cal applicant made a penalizable transfer of countable assets leading to a period

of ineligibility. Not all gifts are penalizable. The look-back reporting period will change from 30 months to 60 months when California implements new federal rules. A gift is a transfer in which the applicant or spouse gave away property without receiving something of equal fair market value in return. Such a transfer within the look-back period might or might not result in the denial of Medi-Cal eligibility for a period of time (currently capped at a maximum of 30 months), depending on the value of the property transferred and the date of the transfer. If you have gifted or plan to gift prior to applying for Medi-Cal, seek up-to-date legal advice immediately--prior to applying for Medi-Cal.

Not all transfers of assets result in a period of ineligibility, however. If the Medi-Cal beneficiary can make a satisfactory showing that the resource was exempt at the time of transfer, the transfer will not affect eligibility. Also the period of ineligibility may already have run its time if it occurred prior to the new rules taking effect. There are no periods of ineligibility for trans-

## **DALLAS LEIGH ATKINS**

### **Attorney at Law**

#### **Elder Care & Special Needs**



*I help seniors and their loved ones plan for long term care, quality of life, autonomy, and asset preservation.*

- Medi-Cal for nursing homes (custodial care or skilled)
- VA pensions for home care or assisted living (no injury required)
- Estate planning with focus on care needs (present or future)
- Strategies aimed to protect well spouse's standard of living

**(805) 687-8782**

5290 Overpass Road #209, Santa Barbara

[www.AtkinsElderCareLaw.com](http://www.AtkinsElderCareLaw.com)

# LEGAL

fers to a minor child or to a disabled adult child. If you have given gifts in the look-back period, it is critical to delay the application until you consult with an attorney who is up-to-date and experienced in Medi-Cal.

## **Your Home and Medi-Cal**

The primary home of any value is currently an exempt asset, and its value will not be counted for the purposes of determining an applicant's eligibility. After the new rules are implemented in California, then the home equity must be less than approximately \$750,000 plus a cost of living increase. We anticipate that equity value will remain defined as tax assessed value minus encumbrances or appraised value minus encumbrances, whichever is LESS. Under both the old rules and the new rules when implemented, the home is vulnerable to a Medi-Cal estate recovery claim after the death of the Medi-Cal recipient and any spouse unless the home is protected by being properly transferred prior to the death of the Medi-Cal recipient. The current law in California allows for an exempt asset such as the primary home to be transferred to anybody without any penalty or loss of eligibility, but certain other documents and notifications must be done at the same time for Medi-Cal purposes.

Further, there are ways to transfer the home that will retain certain property tax and estate tax benefits for the donee, and ways that will incur tax disadvantages. An attorney who understands the current Medi-Cal rules is necessary to transfer the home in a fashion to meet all of the goals (both Medi-Cal goals and tax goals). We anticipate that a Medi-Cal beneficiary will still be able to transfer the home without penalty after the new rules, but that cannot be ensured until we see the new rules.

There is a common misconception in the media and in the grapevine that Medi-Cal is a "loan" because an estate recovery claim is possible after the

deaths of both spouses. In fact, Medi-Cal for a nursing home immediately reduces the nursing home resident's bill by at least 50%, if not more. Further, a Medi-Cal estate recovery claim is preventable in almost 100% of the cases. See an elder law attorney as soon as possible after someone qualifies for Medi-Cal, and at the latest before making any changes in title. Whatever legal steps available to be taken (including but not limited to transfer of a home) must be done prior to the death of the Medi-Cal beneficiary.

## **Other Legal Services**

There are several options available if you are involved in a dispute with your neighbor or you feel that someone owes you money. Mediation services are available if you are involved in a landlord/tenant dispute, See Rental Housing Mediation Task Force.

Many other consumer groups are available to assist you in resolving problems. See Consumer Complaints & Information, before you resort to legal action.

## **Small Claims Court**

If you are involved in a dispute with your landlord over a deposit, any dispute where someone owes you money, or you desire the return of property that belongs to you, Small Claims Court is designed for you. Attorneys are not allowed to represent either side at the hearing. An attorney, however, can assist you in preparing your case. The maximum amount of money that an individual natural person can sue for is \$10,000. The maximum for a business is \$5,000. If your claim is larger, you may consider hiring an attorney to take your case to a higher court.

You file your suit in Small Claims Court either in the district where the problem occurred or in the district where the defendant (the person you are suing) resides.

For more information (offers small claims procedural advice, no legal advice given), contact your local Small Claims Advisor (by phone only) or [www.sbcourts.org](http://www.sbcourts.org):

*Santa Barbara*

568-3303

*Santa Maria*

349-1289

## **Locating a Notary Public**

Notary Publics can be found at many banks, real estate offices, and title companies and through the phone book. The maximum fee per signature notarized is \$10. To locate a notary public and learn more about additional resources for assistance in crime prevention, defense representation, discrimination, diversion, medical and law enforcement, contact Senior Connection or the Yellow Pages.

## **Immigration**

With the passage of welfare reform in 1996, the citizenship status of individuals is an important determinant of eligibility for publicly funded programs. Some programs that are means tested and available to senior citizens may be restricted to permanent legal residents and/or citizens.

As a result, many elderly and disabled non-citizens legal immigrants currently receiving SSI may lose these benefits, unless they are legal immigrants under certain limited circumstances. To retain eligibility for some programs, persons with legal status should consider citizenship. The citizenship process includes exams, processing, interview, and an oath ceremony.

The steps to citizenship include: 1) Naturalization process; 2) Interview preparation with the INS; 3) Interview; and 4) Naturalization ceremony.

## **Catholic Charities**

609 E. Haley St.

Santa Barbara, CA 93103

965-7045

Fax 963-2978

**Immigration and Naturalization**

**United States Citizenship and Naturalization**

800-375-5283

800-870-3676 - Automated phone service, must leave message.

This office provides information and assistance on obtaining needed forms. Forms are available for changing your status, becoming a permanent resident and filing a visa petition for a relative.

If you know what forms you need, call 800-870-3676.

**Citizenship Services in Santa Barbara**

Services to assist legal immigrant adults become U.S. citizens.

**Santa Barbara City College Citizenship Center**

Wake Center, Room 22  
300 North Turnpike Road  
Santa Barbara, CA 93111  
964-6853

Services include: free citizenship preparation classes, citizenship exam administered in Santa Barbara, complete preparation of application, and I.N.S. Interview and Ceremony in Santa Barbara.

**Santa Maria**

**Atkinson Lifelong Learning Center**

1000 North Railroad  
Santa Maria, CA 93458  
922-6966, x3213, Alicia Valdiviezo,  
Citizenship Program Specialist  
Fax 352-1046

Services include: free citizen preparation classes, citizenship written exam, citizenship application processing. Also provides ESL classes and adult basic education.

Citizenship applicants wishing to find out the status of their pending applications need to write to US Department of Justice. Inquires should include the applicants full name, address, date of birth, dates interviewed, and alien registration number.

**United States Department of Justice**

US Attorney's Office  
1200 U.S. Courthouse  
Los Angeles, CA 90012

*Mail*

312 North Spring Street  
Los Angeles, CA 90012  
213-894-2400.

Fax 213-894-0141

There are a few attorneys who are Certified Immigration Law Specialists in Santa Barbara. See the Yellow Pages under Attorneys - Immigration.

**Consumer Alert**

**Get Health Care in Your Language**

A recent law (SB 853) says private health plans must give you health care in your language. This means you have the right to:

Tell your health plan or your doctor that you want services in your language.

Ask for an interpreter when you make an appointment with your doctors, dentist, therapist, or other health care provider.

Ask your health plan to provide you with written materials in your language.

If you need help or are not getting services in your language, call the Help Center: 1-888-466-2219.

The California Office of Patient Advocate is a state agency that informs and educates consumers about their health care rights and responsibilities.

**[www.opa.ca.gov](http://www.opa.ca.gov)**

*Source: The Patient Advocate*

# MENTAL HEALTH/COUNSELING

**M**ental Health is more than the absence of mental illness; it is a state/condition characterized by a general sense of well-being, satisfying relationships with other people, and the ability to handle life's ups and downs and the feelings that accompany them. Throughout our lives, our physical health as well as stresses in our lives affect our mental and emotional health. The way we have learned — or not learned — to cope with this stress also affects our ability to enjoy optimal mental health.

Yet, just as our physical health may depend on factors which are out of our control, such as our personal physical makeup, mental illness may have more to do with our individual biology than with our habits or lifestyle.

Adults born in the first third of the 20th century grew up accustomed to receiving help from extended families, friends and neighbors in communities which were relatively stable. Today, community agencies and helping professionals provide assistance to older adults whose natural helping communities may have disappeared. People who have been self-reliant in their younger years may not recognize their need for help or wish to accept help even though they may see the need for assistance. For these reasons and the stigma associated with mental and emotional problems, older adults and their family members may not pursue the mental health care available to them which could significantly improve their enjoyment and their quality of life. Many people do not realize that such help is available to them and that it is much more effective than that what was provided less than a decade ago.

While there are many mental health problems which deserve professional attention, there is only enough room in this resource guide to address a few of them. One of the most misunderstood mental health problems is depression .

## Depression

It is unfortunate that many people believe that the loss of health, status, friends, family, careers, and other assumed trials of aging may doom older adults to live in a state of depression. Research suggests, however, that older adults do not experience depression significantly more or less frequently than younger adults. But when they do show signs of depression, it should be taken seriously; depression may cause a rapid loss of physical health and may lead to successful suicide. It is true that older adults have different challenges to meet in their lives than younger adults. Most people need help to successfully meet these challenges; but the lifestyle of the older adult - often more isolated by choice or chance than the younger adult - may not afford opportunities to obtain this help.

Depressive illness should not be confused with the transient feelings of unhappiness that everyone experiences — the periods of sadness associated with unhappy events and failures, or the emotional letdowns that occur commonly around holidays. Nor should depressive disorders be confused with the intense grief brought about by the loss of a loved one. Sadness and grief are normal and temporary reactions to life's stresses; with time, the mood lifts, and people continue to function.

In contrast, individuals afflicted with a depressive illness do not feel better for months, sometimes for years. Depressive illness affects feelings, thoughts and behaviors. The symptoms include:

- Persistent sad, anxious or "empty" feelings;
- Withdrawal from previously enjoyed activities;
- Persistent irritability or moodiness;
- Decreased energy, fatigue, being slowed down;
- Loss of interest or pleasure in usual activities;

- Sleep disturbances, (insomnia, early-morning waking, or oversleeping);
- Appetite and weight changes (either loss or gain);
- Increase in compulsive or ritualistic behaviors;
- Feelings of guilt, worthlessness, helplessness;
- Thoughts of death or suicide, suicide attempts;
- Difficulty in concentrating, remembering, making decisions;
- Increased suspiciousness/fear even to the point of visual hallucinations;
- Chronic aches or persistent bodily symptoms that are not caused by physical disease.

Symptoms of depression are often misdiagnosed as "senility", "organic brain syndrome" or mistaken for the everyday problems of the aged. For example, the memory loss, confused thinking or apathy which are also symptomatic of early dementia may actually be symptoms of depression. On the other hand, the early awakening and reduced appetite typical of depression are common among many older persons who are not depressed.

To further complicate diagnosis, elderly persons rarely admit feelings of depression. Often they incorrectly attribute their depressive symptoms to physical ailments, and either ignore them or seek inappropriate treatment for their perceived illness, when they really need mental health care. Treatment for depression should always be preceded by a thorough physical exam to rule out medical contributing factors.

Depression may accompany many of the illnesses that afflict older persons, such as Parkinson's Disease, cancer, arthritis, strokes, and the early stages of Alzheimer's and other neurological diseases. Treating depression in these situations can reduce unnecessary

suffering and help afflicted individuals cope with their medical problems. Medications taken by older persons or inadequate diets, often a problem of older individuals who live alone, can also cause depression as a side effect. Alcohol is a depressant and contributes greatly to the depressed mood of the person. Depression in its residual form may be missed diagnostically because the person is no longer tearful.

Careful observation by a knowledgeable person, in addition to sophisticated medical evaluation, may be necessary to identify the depressed older person. A physician or other mental health professional attempting to differentiate between dementia and depression may call on family members or longtime friends for information on the patient's history, since the onset of depression may be more sudden than the usual slow and gradual process of dementia. Also, the individual with organic problems typically minimizes loss of mental function such as memory while the depressed person exaggerates the loss. It is possible for a person to have depression and another brain insult.

The experience of changes in mood or the workings of the mind should never be assumed to be the result of the normal aging process - they are always a sign that something is wrong with a person's health and that the individual needs medical help. The majority of the mental health problems of older adults are treatable and reversible. As is true with any illness, the earlier the treatment of mental health problems, the more likely the individual will regain the capability of living a normal life. Again, the appearance of behavior, thought, or emotional problems are not a normal experience in later life. There is no justification for anyone of any age to suffer needlessly from depression or other mental health problems because of lack of treatment. Older persons respond to treatment as well as younger persons.

Information on Depression is reprinted in part from "Depressive Illness: Treatments Bring New Hope" (US Department of Health and Human Services Public Health Service, Alcohol, Drug Abuse and Mental Health Administration).

## **The Grieving Process**

Grief is a natural accompaniment to any significant loss in our lives. The grieving process may include a feeling of shock or numbness, anger or irritation, fear or anxiety in addition to sadness. Having these feelings after the loss of a loved one is natural.

The more losses that occur for an individual in a short period of time the more difficult to grieve as one never recovers before the next loss occurs.

Feelings associated with grieving are also common around other losses as well; for example, retirement (loss of job, social status, role as provider, level of income) or illness (loss of ability to function as before, loss of mobility, of physical stamina or energy, loss of certain activities and social contacts). Loss of a pet to a person with limited social contacts or "family" can be traumatic.

Taking on the role of becoming a caregiver to a disabled or ill spouse or other family member can also trigger feelings of anger, fear or sadness. As the caregiver copes with the loss of the kind of relationship s/he used to have with the person now cared for, loss of free time or of activities in the community, many feelings may arise, some unwelcome or even overwhelming. This is exacerbated by the heavy physical demands of caregiving.

To help process normal feelings of grief and keep from getting stuck in depression, it can be helpful to find a group or individual who can support you in working with your feelings. If sadness turns into feelings of helplessness, hopelessness or emptiness and meaninglessness, or persists over a long period of time, it may be impor-

tant to talk to a professional counselor. At times medication may be prescribed, under supervision, to enhance mood.

## **Sharing Support**

Research (and common sense) suggest that there are certain steps that can be taken to enhance mental and emotional well-being. Primary among the ways to ensure a higher level of well being is peer support. We need other people to interact with to care about us and for us to care about. When some people feel badly, they want to isolate and keep it all inside. Getting together with others who share your concerns and commit to taking positive steps to support each other can be very powerful medicine, although professional help may also be necessary.

## **Emergency Psychiatric Services**

### **County Mental Health Assessment Team (MHAT)**

#### **CARES UNIT**

For mental health or behavior management crisis for older adults who may have become gravely disabled and cannot provide food, care or shelter for themselves, or, who may be a danger to themselves or others, call: 9-1-1 and ask for County Dispatch. When County Dispatch calls back tell them the person needs the County Mental Health Assessment Team to provide an emergency assessment for treatment. The MHAT must be called to provide an 'involuntary hold' for clients who need hospitalization but are not likely to comply.

## **Hospital Emergency Rooms**

Hospital emergency rooms provide 24-hour assessment and crisis intervention for psychiatric and chemical dependency concerns.

### **Lompoc Valley Medical Center**

737-3300

### **Santa Ynez Valley Cottage Hospital**

688-6431

# MENTAL HEALTH/COUNSELING

## **Marian Regional Medical Center**

739-3000

## **Santa Barbara Cottage Hospital**

569-7210

## **Goleta Valley Cottage Hospital**

967-3411

## **CARES (Crisis and Recovery Emergency Services) - Santa Barbara**

### **Santa Barbara County Mental Health**

2034 De La Vina

Santa Barbara, CA 93101

888-868-1649

Walk-in assessment/counseling (who have access to psychiatrist) 24/7 countywide crisis line.

## **CARES (Crisis and Recovery Emergency Services) - Santa Maria**

### **Santa Barbara County Mental Health**

212 W. Carmen Lane.

Santa Maria, CA 93454

739-8700

Walk-in emergency care is available Monday-Friday, 8 am-5 pm

## **Urgent Support**

### **National Suicide Prevention Lifeline**

800-273-8255 (TALK)

800-784-2433

## **In-Home Assessment**

If mental or emotional difficulties are severe enough to interfere with an older person's day-to-day functioning, it would be wise to seek a professional evaluation to determine the course of the difficulty and to recommend possible treatment for it.

The agencies listed below will provide a comprehensive in-home assessment to help determine if mental health services would be helpful.

## **Geriatric Assessment Program (GAP)**

2125 S. Centrepointe Pkwy.

Santa Maria, CA 93455

346-8391

This service provides assessment and referral to maintain the frail elderly in their home setting safely for as long as possible. Seniors who receive Medi-Cal or are Medi-Cal pending are eligible for this service.

## **Family Service Agency - Santa Barbara**

123 W. Gutierrez Street

Santa Barbara, CA 93101

965-1001

## **Family Service Agency - Lompoc**

110 South C Street, Ste. A

Lompoc, CA 93436

735-4376

The Senior Case Management Program provides in-home medical-psycho-social needs assessment and connects frail adults with appropriate services.

## **Cottage Health System**

### **Coast Caregiver Resource Center**

1528 Chapala St. #302

Santa Barbara, CA 93101

888-488-6555

This service is directed to families and caregivers of brain-impaired adults. They will make home visits throughout Santa Barbara County.

## **Out-Patient Counseling**

Santa Barbara County Mental Health

Clinics can be accessed through a countywide toll free number: 888-868-1649. These clinics serve patients with Medi-Cal, Medicare and private referrals.

## **Calle Real Clinic**

4444 Calle Real

Santa Barbara, CA 93110

681-5190

## **Lompoc Clinic**

401 East Cypress, Upstairs

Lompoc, CA 93436

737-7715

## **Santa Maria Clinic**

500 W. Foster Road

Santa Maria, CA 93454

934-6380

## **Other Clinics**

### **Family Service Agency**

123 W. Gutierrez Street

Santa Barbara, CA 93101

965-1001

### **Lompoc**

110 South C Street, Ste. A

Lompoc, CA 93436

735-4376

Offers both individual and group counseling; provides services in both English and Spanish; no cost to seniors age 60+ and caregivers of seniors.

## **Community Counseling & Education Center**

923 Olive Street

Santa Barbara, CA

962-3363

Offers bilingual counseling; sliding fee scale.

## **Jewish Family Services of Santa Barbara**

524 Chapala St.

Santa Barbara, CA 93101

957-1116

Sliding fee scale; accepts Medicare and some insurance plans. Services available in Santa Barbara and Santa Ynez.

## **New Beginnings Counseling Center**

324 E. Carrillo St.

Santa Barbara, CA 93101

963-7777

Sliding fee scale.

## **UCSB Hosford Clinic**

893-8064

Available to community members.

Sliding fee scale.

## **Valley Community Counseling**

1825 Alamo Pintado Rd.

Solvang, CA

688-2186

688-7779

Sliding fee scale; accepts most insurance.

## **Family Therapy Institute - Los Olivos**

2900 Nojoqui, #1

Los Olivos, CA

688-6549

Sliding fee scale; private insurance accepted.

## **Family Therapy Institute - Santa Barbara**

111 E. Arrellaga

Santa Barbara, CA 93101

882-2400

Sliding fee scale; private insurance accepted.

## **Tribal Health Clinic**

90 Via Juana Lane  
Santa Ynez, CA  
688-7070

Provides primary health care, referrals, drug, alcohol, tobacco counseling. Drug alcohol and tobacco counseling available for Native Americans only.

## **American Indian Health & Services**

4141 State Street, Suite A-3  
Santa Barbara CA 93110  
681-7356

Provides individual and group counseling. Sliding fee scale.

## **Other Programs and Counselors**

Within Santa Barbara County there are many fine counseling agencies and private therapists. There are many kinds of counselors and therapists in California.

A psychiatrist is a mental health professional who has been trained as a medical doctor (MD) and has received specialized training in treating mental disorders. Psychiatrists can prescribe medication as needed. Psychologists (PhD's and PsyD's) can provide both psychotherapy as well as clinical assessment. Marriage and Family Therapists (MFT's) and Licensed Clinical Social Workers (LCSW's) also provide psychotherapy, generally with an emphasis on helping persons develop insight and build coping skills.

In choosing a therapist, it is important to determine if the therapist has had any special training or experience in working with older adults. For listing of private therapists look in the Yellow Pages under "Marriage, Family and Child Counselors", "Social Workers" or "Psychologists," and for a listing of Psychiatrists, look under "Physicians & Surgeons, M.D.- Psychiatry." You may also obtain a list of providers through your insurance. Additionally, you may find a list of providers online at: <http://counselingcalifornia.com/>.

## **Grief Support**

Hospice provides individual and/or group counseling for persons dealing with the loss of a friend or family member, or for a person with a terminal illness, or for their family members. See Index.

## **Peer Counseling**

### **Senior Peer Counseling Program**

North Santa Barbara County  
301 S. Miller Street, Suite 205  
Santa Maria, CA 93454  
349-2255  
740-1144

Provides supervised trained volunteers for in-home visit, assessment emotional support. No charge. Client can be seen at office or home.

### **Center for Successful Aging**

1528 Chapala St., Ste 203  
Santa Barbara, CA 93101  
963-8080  
Fax 888-347-0150

[Info@csasb.org](mailto:Info@csasb.org)  
[www.csasb.org](http://www.csasb.org)

A partnership of the Jewish Federation of Greater Santa Barbara and Catholic Charities provides no cost counseling services for Santa Barbara seniors delivered by trained and certified volunteer lay counselors.

Other Services

### **Mental Wellness Association, Fellowship Club**

617 Garden St.  
Santa Barbara, CA 93105  
884-8440  
Fax 898-1981

Drop-in socialization and rehabilitation program for adults with mental illness. Includes bingo, music and art classes, social-skills workshops, snacks and a nutritious lunch, No fees. Monday - Friday, 8:30 am - 3:30 pm. Operated by the Mental Health Association.

## **2-1-1 Helpline**

A seven-day-a-week, 24 hour telephone program in Santa Barbara County which provides information and referral regarding community resources.

Dial 2-1-1

# PETS & ANIMALS

## Animal Control

The Animal Control offices listed below offer a variety of services: rabies control, animal bite quarantine, stray animal patrol, dead animal pick-up, leash law enforcement, animal euthanasia, licensing of dogs, issue of permits and inspection for pet-related business. This agency will trap and remove nuisance animals and will investigate reports of barking or roaming dogs. All three County Animal Shelters also offer adoption programs.

### Animal Control

#### Santa Barbara Animal Service

5473 Overpass Road  
Santa Barbara, CA 93111  
681-5285  
Fax 681-5283

1501 West Central  
Lompoc, CA 93436  
737-7755  
Fax 737-7757

548 W. Foster Rd  
Santa Maria, CA 93455  
934-6119  
Fax 934-6326

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

Santa Barbara County Animal Services has many dedicated volunteer groups that assist them with lost and found services as well as adoption counseling. Groups like, Animal Shelter Assistance Program (ASAP), K9 PALS, Bunnies Urgently Needing Shelter (BUNS), Companion Animal Placement Assistance (CAPA), and the Santa Barbara County Animal Care Foundation (SBCACF) help Animal Service. Volunteers are available to help match animals with their potential adopters. A senior facilitated adoption program is available through these volunteer groups as well.

In 2010, the County launched **Project PetSafe**, a program dedicated to increasing pet owner responsibility and promoting the message to: Vaccinate, License, Spay and Neuter, and Microchip pets. A pet's license is their ticket home and we look forward to being able to re-unite more lost pets through this exciting new program.

## Animal Control

### Santa Barbara City Limits

c/o Santa Barbara Police Dept.  
Animal Control Division  
P. O. Box 539  
Santa Barbara, CA 93102  
963-1513  
897-2410 Emergency Number

## Adoption

Owner-relinquished animals at the Humane Society and Animal Control shelters are available for adoption. The following agencies offer animal adoption services.

### Humane Society of Santa Barbara

5399 Overpass Rd  
Santa Barbara, CA 93111  
964-4777  
Fax 683-0827

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

Low cost spade/neuter clinic open to public. Low cost vaccination clinic available to members. Requested euthanasia available to public. Owner-relinquished animals accepted and cared for until adopted.

### Humane Society of Santa Maria Valley

751 Black Rd  
Santa Maria, CA 93458  
349-3435  
Fax 349-0066

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

No kill shelter and adoption facility for owner- relinquished dogs and cats. Provides education classes on responsible pet ownership to community schools. Provides low cost spay/neuter program.

### Santa Ynez Valley Humane Society

111 Commerce Drive  
Buellton, CA 93427  
688-8224  
Fax 693-9804

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

In addition to adoption services, this agency will provide low cost vaccinations, as well as spading and neutering services.





## VIVA

### Volunteers for Intervalley Animals

133 North D St.  
Lompoc, CA 93436  
735-6741

www.vivaonline.org

Rescue and adoption for cats. Also operates a retirement home, Sylvester House, for cats of people who have died or can no longer take care of them.

## Other Resources

### Catholic Charities

#### Wagging Dog Tales

609 E. Haley St.  
Santa Barbara, CA 93103  
965-7045  
Fax 963-2978

Financial assistance with vet bills (up to \$500.) is available to persons 62+. Dogs only.

### Humane Animal Rescue Team (HART)

P. O. Box 920  
Fillmore, CA 93016  
www.hart4dogs.org

Services for low income seniors only. HART will pick up, care and place pets for those who can no longer care for them. If referred by a social service agency, some financial assistance is available for feeding and veterinary care. Volunteers available for transporting pets to vet or groomers.

### Assisted Therapy Program

#### Humane Society of Santa Barbara

5399 Overpass Road  
Santa Barbara, CA 93111  
964-4777 x17  
Fax 683-0827

www.sbhumanesociety.org

Adult volunteers bring small animals, kittens and puppies to various facilities to visit the frail, elderly and/or disabled. Pet Assisted Therapy.

#### Disaster Planning for Your Pets

### Have a Plan, Make a Kit

- Make a safe Place to take your pets.
- If you evacuate your home, do not leave pets behind.

- Have current information on Identification tags and have them securely fastened to your pet's collar.
- If you are unable to return to your home right away, find boarding for your pet.

### Pet Survival Kit Checklist

- Veterinary records
- Cat litter and cat litter pan.
- Can opener, food dishes, enough pet food and bottled water to last three days.
- Lesh or harness, muzzle and toys.
- Medications, making sure medications are not expired.
- Cage or carrier for your pet, regardless of the size of your pet.
- Write down and keep your emergency phone numbers in a small address book inside the kit.

Source: Santa Barbara County Public Health Department, 681-4332

## Don't Take It Easy - Exercise

***"If exercise could be packed into a pill, it would be the single most widely prescribed, and beneficial, medicine in the Nation."***

*Robert N. Butler, M.D.,  
former Director, National Institute on Aging*

Each year, more and more scientific evidence points to the truth of this statement. Regular physical activity can help the human body maintain, repair, and improve itself to an amazing degree. And most older people - even those with illnesses or disabilities- can take part in moderate exercise programs.

Anyone planning to start a fitness program should see a doctor first. Those with medical problems may have to avoid some kinds of exercise or adjust their level of activity. But even people who are confined to, wheelchairs can do some exercises to improve their strength and sense of well being.

It is important to tailor your program to fit your own level of ability and special needs. For example, jogging is not for everyone and may be dangerous for those who have unsuspected heart disease.

Although more research is needed, there is evidence that exercise may strengthen your heart and lungs, lower your blood pressure, and protect against the start of adult-onset diseases. Exercise can strengthen your bones, slowing down the progress of osteoporosis, a bone thinning disorder common in elderly women. It can strengthen and tone your muscles, and help you move about more easily by keeping joints, tendons, and ligaments more flexible.

When combined with good eating habits, exercise can help you lose weight or maintain your ideal weight by burning excess calories and helping control your appetite. Exercise may also give you more energy, help you sleep better and feel less tense, improve your appearance and self confidence, and contribute to good mental health by keeping you socially active.

The Area Agency on Aging Health Task Force has compiled a listing of the exercise opportunities. Please call 800-510-2020 for a copy of this listing. Or call your local senior center for more information.

Source : National Institutes of Health, June 1982

# RECREATION

There are many special recreation activities for seniors. A good place to begin finding out about these activities is your nearest senior center or City recreation department.

Adult education classes offered through the high school districts, the community colleges and local universities are other sources of activities. Elderhostel offers a wide variety of programs all over the world.

## Travel

Amtrak, Greyhound, airlines, and others have special discounts for senior citizens. Check with your travel agent or call directly regarding special tours and rates for seniors.

Organizations that offer group travel for seniors or handicapped persons are available.

## Immunizations for Foreign Travel

### Sansum Clinic

Travel and Tropical Medicine Center

317 W. Pueblo  
Santa Barbara, CA 93105  
898-3530

Sansum Clinic Foundation  
215 Pesetas Lane  
Santa Barbara, CA 93110

Free information available on immunization requirements.

Call and make an appointment to get information on immunizations.

### CDC

800-232-4636  
[www.cdc.gov/travel](http://www.cdc.gov/travel)

Information on vaccinations, outbreaks and cruise ship sanitation.

## Passport

Can be secured from the local office of the United State Postal Service. To apply for your passport, take in a certified copy of your birth certificate, two passport photos, a California Drivers License or Identification Card. The cost is \$110.00 for book or \$140.00 for Book and Card. Card is \$30.00. Payment Is to the Department of State.

A \$25.00 processing fee.. Can be paid by credit card, cash or check to the United States Postal Service. Your passport will take 5-6 weeks to obtain and will be valid for 10 years.

## Free Advice

"Country Information Notices" offer advice about specific areas of the world. They include facts about currency and customs regulation, entry requirements, dual nationality, import and export controls, vaccination requirements, restrictions on photography and warnings on the use of drugs.

For a free single copy, send a postcard to Passport Services, Department of State, Washington, DC, 10524.

## Leisure

### City Parks and Recreation Departments

*City of Carpinteria*  
5775 Carpinteria Ave.  
Carpinteria, CA 93013  
684- 5405 x449

*City of Guadalupe*  
918 Obispo St.  
Guadalupe, CA 93434  
343-1340 Ext 119

*City of Lompoc*  
125 W Walnut  
Lompoc, CA 93436  
875-8100

*New Cuyama*  
4885 Primero  
P.O. Box 270  
New Cuyama, CA 93254  
661-766-2270

*City of Santa Barbara*  
620 Laguna Street  
Santa Barbara, CA 93102  
568-2461

*City of Santa Maria*  
615 S. McClelland St.  
Santa Maria, CA 93454  
925-0951 x260

*City of Solvang*  
1644 Oak Street  
Solvang, CA 93463  
688-7529

Recreation departments often have special programs or facilities for seniors. Call for details.

## Senior Centers

Senior Centers may offer a variety of recreational activities. Call the center nearest you for specific information.

## YMCA

### Young Men's Christian Association

36 Hitchcock Way  
Santa Barbara, CA 93105  
687-7727  
Fax 687-7568

201 W. College  
Lompoc, CA 93436  
736-3483  
Fax 737-1822

3400 Skyway Drive  
Santa Maria, CA 93455  
937-8521  
Fax 937-7007

900 N. Refugio Rd.  
Santa Ynez, CA 93460  
686-2037  
Fax 686-1424

YMCA provides physical education and recreation programs and facilities for all ages.

## Other Options

### Entertainment- Golf, Bowling, Theatre, Museums

Senior discounts are offered at many facilities. Please check your telephone directory for desired entertainment in your area. For more information about joining a senior citizens club, telephone the local senior center.

## Lawn Bowling

### Santa Barbara Lawn Bowls Club

1216 De la Vina Street  
Santa Barbara, CA 93101  
(805) 965-1773  
[santabarbaralbc.org](http://santabarbaralbc.org)

Lawn bowling in the morning on Tuesdays, Thursdays, Saturdays and Sundays

## **Mackenzie Park Lawn Bowls Club**

Las Positas Road at McCaw Avenue  
Santa Barbara, CA 93105  
563-5494  
mackenzieparklbc.org

Lawn bowling in the morning on  
Mondays – Wednesdays – Fridays

## **Santa Maria Lawn Bowling**

420 S. McClelland St.  
Santa Maria, CA 93454  
349-9838

Lawn bowling daily, except Tuesday  
morning

## **Bicycling**

### **Goleta Valley Cycling Club**

Phone (805) 968-3143  
cyclebug@aol.com

Everyone is welcome to join this  
leisurely paced ride around Goleta  
on Saturday mornings. No one is  
ever left behind. You must wear a  
helmet to ride with the Goleta Valley  
Cycling Club.

### **Tailwinds Bicycle Club of Santa Maria**

POB 48  
Santa Maria, CA 93456  
937-1519  
tailwinds@tailwindsofsantamariabc.  
org

## **Senior Softball**

### **Santa Barbara Senior Softball at Elings Park**

967-1734  
895-9007

Call Phil Fredrickson for details

All players age 50 and over are wel-  
come. Participation is free of charge.  
Players gather every Monday and  
Thursday mornings at Elings Park  
softball fields, with warm-up fielding  
and batting from 10-11 a.m.; then  
a slow-pitch, senior rules softball  
game is played from 11 a.m. to 1  
p.m. Anyone who shows up gets to  
play. Bring your own glove; bats are  
available.

## **Fishing Licenses**

Yearly California fishing licenses are  
available for \$6.70 to seniors who are age  
65 and over and on SSI, or on a limited  
income (total income no more than \$870  
a month for a single person or \$1,524 for  
a couple). If on SSI, application must be  
accompanied by form SSA 2458, com-  
pleted by Social Security, to verify income.  
The licensing period is January 1 through  
December 31. Reduced-fee fishing li-  
cense applications may be obtained from:  
www.dfg.ca.gov .

### **Department of Fish and Game**

License & Revenue Branch  
1740 N. Market Blvd.  
Sacramento, CA 95434  
916-928-2537  
Fax 916-419-7587

Free licenses available for persons  
with disabilities (legally blind, mo-  
bility impairments). Many senior  
centers have fishing license appli-  
cations, check center nearest you.  
A fishing license may also be pur-  
chased from any tackle or sporting  
goods store that sells them. Senior  
discounts are not offered. More in-  
formation or other senior discounts,  
please call 858-467-4201.

## **Camping**

Santa Barbara County Parks may be  
used on a first come, first served basis.  
Reservations are available at the county  
parks for large groups, www.coun-  
tyofsb.org/parks .

### **Camping**

Lake Cachuma Recreational Area  
(Highway 154 between Santa Barbara  
and Solvang). Auto discounts available  
for annual passes, daily and weekly  
campsites, and boat launching. Group  
areas can be reserved: 686-5054 or  
686-5050. All other areas are first-  
come, first-served.

### **Day Use Parks**

Group reservations are available  
Countywide 568-2465, at a graduated  
fee rate determined by the size of the  
area. All reservable areas have BBQ  
pits, picnic tables, and electrical out-

lets. All areas not subject to reserva-  
tion have picnic tables and BBQ pits.  
A guide, indicating handicap parking,  
accessible restrooms, volume control  
phones, and bus service if applicable,  
is available by phoning the park ad-  
ministration office, 568-2461, or stop  
in at 610 Mission Canyon Road, Santa  
Barbara (Rocky Nook Park).

One all-terrain beach wheelchairs  
are available for use at Goleta Beach  
County Park and Jalama Beach County  
Park. Available at no cost. The chairs  
are not motorized so an able bodied  
companion is needed to push. Contact  
the Ranger staff at Goleta Beach (967-  
1300) or Jalama Beach (736-3504)  
for info and to schedule the use of the  
chairs.

### **State Parks and Recreation District Office**

Refugio State Park  
968-1033  
www.parks.ca.gov

State Park camping reservations are  
made through Reserve America at  
800-444-7275.

A variety of discount passes are  
available.

### **Golden Bear Pass**

This pass is issued at any state park  
for a \$5.00 fee and is valid for day  
use only. You must be 62 or older and  
be an SSI recipient or have a monthly  
income of no more than \$901 (single)  
or \$1,699. (couple).

### **Disabled Discount Pass**

This pass is issued at Refugio State Park  
(District Office). The pass is free and  
entitles you to a 50% discount on all park  
uses, all year (except already reduced  
fees and fees under \$3.50).

### **Disabled Veterans Pass**

Pick up the application at the district of-  
fice or call the district office (one can be  
mailed to you). It must be completed and  
forwarded to Sacramento. If approved,  
you are eligible for free camping. No ap-  
plication fee.

# RECREATION

National Parks are usually on a first come, first served basis, though reservations for the most heavily used area are handled through DESTINET Park Reservations, 800-365-2267. National Forest Camping information can be secured from 877-444-6717.

When you visit a National Park, you may request to purchase an InterAgency Senior Pass. You must have proof of age and be 62 or over. The pass gives free admission to the national parks and a fifty percent discount on fees, such as camping. The pass must be obtained in person.

More information and applications can be obtained from the following:

## InterAgency Senior Pass

Los Padres National Forest  
6755 Hollister Ave., Ste 150  
Goleta, CA 93117  
968-6640

[www.recreation.gov](http://www.recreation.gov)  
[fedrepass@usgs.gov](mailto:fedrepass@usgs.gov)

50% discount on entrance camping fees to those 62 and over. Call for information to obtain InterAgency Senior Pass. Current cost is \$10.

## Special Needs Recreation

Many recreational activities are available to people with special physical, psychological or neurological circumstances. These activities are often sponsored by specific disease associations such as the Ostomy Association through Rehabilitation Programs, City Recreation programs, or through Senior Day Care Centers. For assistance in finding a club, sport, or other activities to meet your needs, call Senior Connection.

## Hearts Adaptive Riding

### Handicapped Horseback Riding Therapy

PO Box 30662  
Santa Barbara, CA 93130  
964-1519

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

A recreational and therapeutic horseback riding program designed to promote self-confidence and physical fitness for handicapped people of all ages.

## Arthritis Foundation Exercise Program

### People with Arthritis Can Exercise

563-4685  
Fax 687-1094

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

Sponsored by the Arthritis Foundation. A land based arthritis exercise program which promotes balance, coordination and strength. Call office for a complete listing of classes throughout Santa Barbara County.

## Cottage Rehabilitation Hospital

569-8999 ext 82102

Offers opportunities for individual or group aquatic exercise at the Tuohy Foundation Aquatic Center; a warm water therapy pool environment. Adapted golf lessons at Ocean Meadows are available by appointment weekly. Project Re-Entry provides a weekly recreation and socialization program for people post stroke.

## Physical Activity is Essential to Healthy Aging

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Not doing any physical activity can be bad for you, no matter your age or health condition. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

# You Play While We Work

ENJOY THE GOOD LIFE AT MERRILL GARDENS

Come to Santa Maria  
and save!

**Call to Schedule a Visit!**



**MERRILL GARDENS**

AT SANTA MARIA

*A one of a kind retirement community*

**(805) 928-2662**

1220 Suey Road  
Santa Maria, CA 93454

[merrillgardens.com](http://merrillgardens.com)



License  
#425801345

**RETIREMENT, ASSISTED LIVING & MEMORY CARE**

If you're 65 years of age or older, are generally fit, and have no limiting health conditions you can follow the guidelines listed below.

## For Important Health Benefits

**Older adults need at least:**

**OR**



2 hours and 30 minutes (150 minutes) of *moderate-intensity* aerobic activity (i.e., brisk walking) every week



1 hour and 15 minutes (75 minutes) of *vigorous-intensity* aerobic activity (i.e., jogging or running) every week

**OR**



An equivalent mix of *moderate-* and *vigorous-intensity* aerobic activity every week

**AND**



muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

**AND**



muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

**AND**



muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

For even greater benefits, the times listed above can be doubled. For more information on physical activity guidelines for older adults, the Centers for Disease Control and Prevention has much more information available on their website at [www.cdc.gov](http://www.cdc.gov)

# SENIOR CENTERS

Senior Centers serve as focal points of information and services for older persons.

Each senior center has a unique array of services and means to respond to the needs of the community. Services that are available may include: computer training, senior lunch services, information, community education, recreation activities, socialization, music, health screening, arts and crafts, and health insurance counseling.

The philosophy of the senior center movement is based on the following premises: that aging is a normal developmental process; that human beings need peers with whom they can interact and who are available as a source of encouragement and support; and that adults have the right to a voice in determining matters in which they have a vital interest.

## **Buellton Senior Center**

164 West Highway 246  
Buellton, CA 93427  
688-4571  
693-9792 fax  
senior1@hwy246.net  
www.buelltonsc.org

## **Carpinteria Senior Center**

941 Walnut Ave.  
Carpinteria, CA 93013  
684-6090  
683-8959 fax

## **Carrillo Senior Recreation Center**

100 E. Carrillo St.  
Santa Barbara, CA 93101  
897-2519  
897-2520 fax  
www.ci.santa-barbara.ca.us.gov

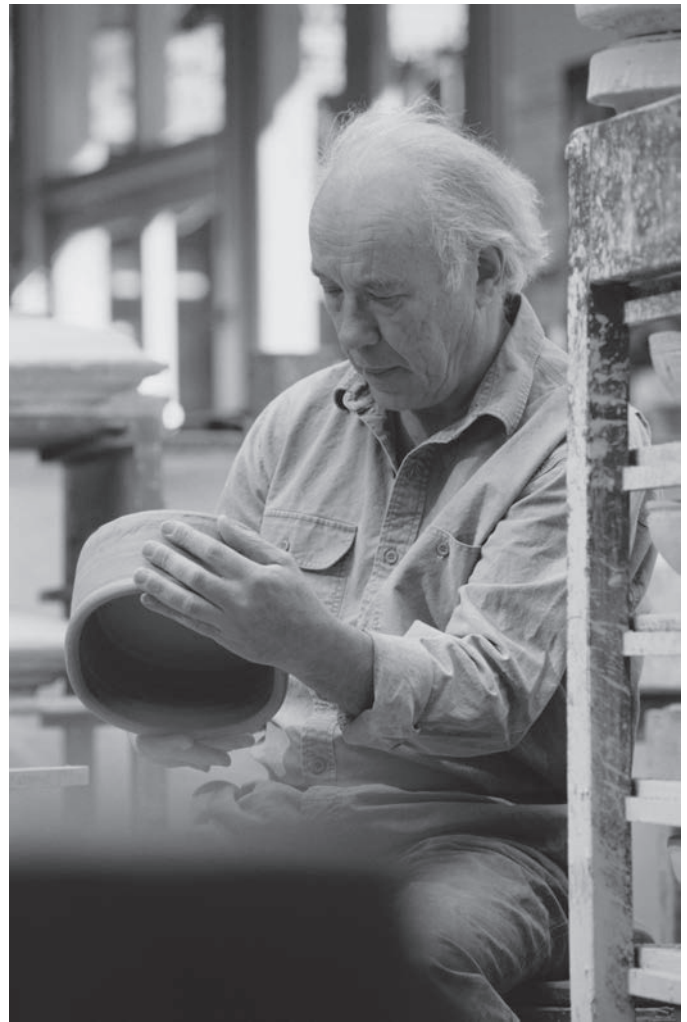
## **DeWees Community & Senior Center**

1120 Ocean Ave.  
Lompoc, CA 93436  
875-8085  
875-8345 fax

s\_slavens@ci.lompoc.ca.us  
www.cityoflompoc.com

## **Franklin Neighborhood Community Center**

1136 E. Montecito  
Santa Barbara, CA 93103



963-7605  
963-7607 fax

rvenegas@santabarbara.ca.gov

## **Goleta Valley Senior Center**

5679 Hollister Ave  
Goleta, CA 93117  
683-1124  
seniorcenter@gvcc.sbcoxmail.com  
www.gvcc.com

## **Guadalupe Senior Center**

4545 - 10th St.  
Guadalupe, CA 93434  
343-0615  
343-0617 fax

## **Louise Lowry Davis Recreation Center**

1232 De la Vina St.  
Santa Barbara, CA 93101  
897-2568

## **Luis OASIS Senior Center**

420 Soares Ave/POB 2637  
Orcutt, CA 93457

937-9750  
937-0440 fax

Information@oasisorcutt.org

## **Santa Maria Senior Center Elwin E. Mussell Center**

510 E. Park St.  
Santa Maria, CA 93454  
925-0951 x207  
www.ci.santa-maria.ca.us

## **Solvang Senior Center**

1745 Mission Dr. #A  
Solvang, CA 93463  
688-3793  
688-1792 fax

ssctr@verizon.net  
www.solvangseniorscenter.org

## **Westside Community Center/Senior Center**

423 W Victoria St.  
Santa Barbara, CA 93101  
897-2560

# SUPPORT AND EDUCATION GROUPS

Support and education groups consist of people with similar needs or goals who have come together to share information, coping skills and offer each other emotional support. Some groups are “self-help” and do not include professional helpers. These groups depend exclusively on the expertise developed by the people involved in the group, people who have experienced a particular life challenge in common.

Other groups are organized by professional organizations, and meetings and other support services are facilitated by staff of those organizations.

Support and education groups have grown in popularity with the idea that people who have experienced a similar difficulty, problem or challenge can most effectively help others in the same situation.

As the value of support and education groups has become more widely known and appreciated, groups that address a variety of issues have evolved. There are groups for persons dealing with a wide range of life challenges, or for the people who support or care for them.

Support and education groups can provide a valuable emotional support network. In the right group, you will find many people who have experienced the same problems, frustrations and anxieties you may find yourself feeling from time to time, or all the time. Very often someone in the group has discovered a resolution or effective coping tool and they are happy to share with everyone what has worked for them and what may work for you too.

Support and education groups can help to reduce participants feelings of isolation. It may be helpful just knowing that others understand your difficulties and can be there to offer encouragement and support.

Many groups also offer an educational component, with instruction on topics

of relevance to the group provided by the group facilitator or outside speakers.

The following is a list of support and education groups throughout Santa Barbara County. Sometimes, the day, time or location of a meeting changes so it's best to call the contact person for current information. All groups listed offer free or low cost services. New groups are always forming. If you wish to find out if there's a support group not listed here, please call Senior Connection at 800-510-2020.

## Alcohol

### Alcoholics Anonymous

For those who desire to stop drinking.

Call for information regarding meetings, times and locations:

#### Lompoc

925-3342

925-3782

info@lompocaa.com

#### Santa Barbara

962-3332

888-267-1814

www.santabarbaraaa.com

#### Santa Maria

925-3782

#### Santa Ynez Valley

688-4304

#### Solvang

688-4304

888-762-3718

www.aadistrict52.org

## Al Anon

For family and friends of alcoholics.

#### Lompoc

688-4304

#### Santa Ynez Valley

688-4304

#### Santa Barbara

899-8302

888-425-2666

www.alanonsantabarbara.info

## Alzheimer's Disease

The following groups may change, please call 892-4259 for current list

and to confirm group day, time, and location.

## Spouse Caregiver

For spouse caregivers whose husband or wife has a diagnosis of Alzheimer's disease or other dementia.

### Santa Barbara

Day 1st and 3rd Tuesday

Time 3:00-4:30pm

Place Grace Lutheran Church  
3869 State Street

Contact 892-4259

## Adult Child Caregiver

For adult children of individuals with memory loss whose dual caregiving roles (parents and children) contribute to unique challenges.

### Santa Barbara

Day 3rd Monday

Time 5:45-7:00pm

Place 1528 Chapala Street  
Second Floor

Contact 892-4259

Day 2nd and 4th Monday

Time 5:30-6:45pm

Place Center for Successful Aging  
1528 Chapala Street  
Suite 205

Contact 963-8080

Day 1st and 3rd Wednesday

Time 1:30-2:45pm

Place Center for Successful Aging  
1528 Chapala Street  
Suite 205

Contact 963-8080

## Family Caregiver

For family members interested in general information, resources and support. This group is not appropriate for those with memory loss.

### Alzheimer's Café

Day 2nd Friday

Time 2:00-5:00pm

Place Peppers Estate  
430 Hot Springs Road  
Santa Barbara

Contact 969-1663

# SUPPORT AND EDUCATION GROUPS

## Family Service Agency

Day Tuesday  
Time 1:30-3:00pm  
Place 123 West Gutierrez Street  
Santa Barbara  
Contact 965-1001

## Friendship Manor

Day Monday  
Time 9:15-10:30am  
Place Center for Successful Aging  
6647 El Colegio Road  
Isla Vista  
Contact 963-8080

## Garden Court

Day Thursday  
Time 2:00-3:00pm  
Place Center for Successful Aging  
1116 De La Vina Street  
Santa Barbara  
Contact 963-8080

## Lompoc Skilled Nursing and Rehab. Center

Day 2nd Wednesday  
Time 1:00-2:30pm  
Day 4th Thursday  
Time 6:00-7:30pm  
Place 1428 West North Avenue  
Lompoc

## Magnolia House

Day 2nd Tuesday  
Time 6:00-7:30pm  
Place 4620 Song Lane, Orcutt  
Contact 937-3332

## Maravilla

Day Tuesday  
Time 1:30-2:30pm  
Place Center for Successful Aging  
5486 Calle Real, Goleta  
Contact 963-8080

## Merrill Gardens

Day 3rd Tuesday  
Time 6:00-7:30pm  
Place 1350 Suey Road, Santa Maria  
Contact 925-9193

## Solvang Friendship House

Day 1st and 3rd Tuesday  
Time 2:00-3:30pm  
Place 880 Friendship Lane, Solvang

## Villa Santa Barbara

Day Monday  
Time 2:30-3:30pm  
Place Center for Successful Aging  
227 East Anapamu  
Santa Barbara  
Contact 963-8080

## Early Stage Group

For persons recently diagnosed with memory loss and their caregivers.

Day 1st and 3rd Wednesday  
Time 2:00-3:30pm  
Place Call for location in Santa Barbara  
Contact 892-4259

## Alzheimer's Café

Day 2nd Friday  
Time 2:00-5:00pm  
Place Peppers Estate  
430 Hot Springs Road  
Santa Barbara  
Contact 969-1663

## Family Caregiver of Mid to Late Stage

For persons caring for an individual with mid to late stage Alzheimer's disease or other form of dementia.

## Casa Dorinda

Center for Successful Aging  
Day 1st and 3rd Wednesday,  
Time 11:00-12:00pm  
Place 300 Hot Springs Road, Montecito  
Contact 963-8080

## Friendship Adult Day Center

*Montecito*  
3rd Wednesday, 10:00-11:30am  
89 Eucalyptus Lane, Santa Barbara  
969-0859

Call prior to group to arrange free on-site respite care

## Friendship Adult Day Center

*Goleta*  
Day 1st Thursday  
Time 10:00-11:30am  
Place 820 North Fairview Avenue  
Goleta  
Contact 969-0859

Call prior to group to arrange free on-site respite care

## Heritage House

Day 1st Monday  
Time 4:30-6:00pm  
Day 3rd Tuesday  
Time 5:30-7:00pm  
Place 5200 Hollister Avenue  
Santa Barbara

## Heritage House

### Center for Successful Aging

Day Thursday, bi-monthly  
Time 10:30-11:30am  
Place 5200 Hollister Avenue  
Santa Barbara  
Contact 963-8080

## Spanish Speaking Caregivers

### Catholic Charities

Day 4th Wednesday  
Time 1:00-2:30pm  
Place 609 East Haley Street,  
Santa Barbara

## Family Service Agency

Day Monday  
Time 5:00-6:00pm  
Place 123 West Gutierrez  
Santa Barbara  
Contact 965-1001

## Arthritis

### Exercise/Support Groups

2261 Las Positas  
Santa Barbara  
563-4685  
garfinkel@arthritis.org  
www.arthritis.org

Offers land based and aqua exercise programs in Santa Barbara County,

## Bereavement

### Lompoc

Starbuck-Lind Mortuary sponsors an 11 week class on dealing with the pain, loneliness, and isolation that accompanies the loss of a loved one, a divorce, the loss of a job, retirement and loss of health. The class is presented twice a year, usually March and September. Information on enrollment, cost and dates at 735-3773.

## Bereavement Support Groups

Primarily for older people who have lost a spouse. Call to confirm time and day.



# SUPPORT AND EDUCATION GROUPS

## *Santa Barbara*

### **Widow and Widower Group**

Day 1st & 3rd Thursday of each month  
Time 2:00 - 3:30 p.m.  
Place 2050 Alameda Padre Serra  
Contact Hospice of Santa Barbara 563-8820

### **Widow and Widower Evening Group**

Day 2nd and 4th Monday of each month  
Time 6:00-7:30 p.m.  
Place 2050 Alameda Padre Serra  
Contact Hospice of Santa Barbara 563-8820

### **Laughter Jest for the Health of It**

Day 1st & 3rd Tuesday of each month  
Time 10:00-11:15 a.m.  
Place 2050 Alameda Padre Serra  
Contact Hospice of Santa Barbara 563-8820

### **Healing Through Poetry**

Day Wednesdays runs in blocks with breaks, call Perie for current schedule)  
Time 4:00-6:00 p.m.  
Place 2050 Alameda Padre Serra  
Contact Hospice of Santa Barbara 563-8820

### **Organ Transplant**

Day 4th Wednesday of each month  
Time 5:30-7:00 p.m.  
Place 2050 Alameda Padre Serra  
Contact Hospice of Santa Barbara 563-8820

### **The Healing Circle**

Day 2nd & 4th Thursdays  
Time 5:30 - 7:00 p.m.  
Place 2050 Alameda Padre Serra  
Contact Hospice of Santa Barbara, 563-8820  
Website [www.hospiceofsantabarbara.org](http://www.hospiceofsantabarbara.org)

For those who work during the day, who have lost a parent, sibling or close friend.

## **General Bereavement Groups**

Contact Bereavement Coordinator, Visiting Nurse & Hospice Care  
For a list of current bereavement groups with days and times, 690-6298

## *Santa Maria*

### **Grief Recovery Group**

Day Tuesday  
Time 7:00 p.m.  
Place Marian Mission Hope Cancer Center, 210 S. Palisade, #200  
Contact Bereavement Coordinator, 219-4673

### **New Grievors Group**

For Individuals who have recently lost a loved one  
Day Wednesdays  
Time 2pm  
Place Luis Oasis Senior Center 420 Soares St., Orcutt  
Contact 937-9750

### **Good Grief Social Club**

For Individuals who have lost a loved one and would like more social contact  
Day Thursdays  
Time 1:30pm  
Place Luis Oasis Senior Center 420 Soares St., Orcutt  
Contact 937-9750

### **Survivors of Suicide**

For anyone who is grieving a death by suicide.  
Contact Bereavement Coordinator, Hospice Services of Santa Barbara, 563-8820

### **Parent Bereavement Group**

Day 1st & 3rd Thursdays  
Time 6:00 - 7:30 p.m.  
Place 2050 Alameda Padre Serra  
Contact Hospice of Santa Barbara, 563-8820

### **Blindness**

Place Braille Institute 2031 De La Vina Santa Barbara  
Contact Merideth Bell, 682-6222  
Website [www.brailleinstitute.org/center/santabarbara.htm](http://www.brailleinstitute.org/center/santabarbara.htm)

## **Cancer**

### **Brain Tumor Support Group**

For patients, families and friends of people with brain tumor.

Please call for time/day

Contact Cancer Center of Santa Barbara, 682-7300

### **Group de Apoyo (Spanish Language Group)**

Day 1st & 3rd Monday  
Place 540 W. Pueblo St.  
Contact Cancer Center of Santa Barbara, 682-7300

### **Spanish Cancer Support Group**

Day Last Tuesday  
Time 1:00 p.m.  
Place Los Adobes de Maria II 1148 W. Boone St. Santa Maria  
Contact Marian Mission Hope Cancer Center 219-4673

### **Prostate Cancer Discussion Group (for patients)**

#### *Santa Barbara*

Day 4th Tuesday  
Time 2:30 - 3:30 p.m.  
Place 540 W. Pueblo  
Contact Mary Solis, Cancer Center of Santa Barbara 682-7300

#### *Santa Maria*

Day 2nd & 4th Wednesday of each month, 8 am  
Time 8-9 a.m.  
Place Marian Extended Care Center, 1530 E. Cypress  
Contact 739-3780  
Website [www.marianmedicalcenter.org](http://www.marianmedicalcenter.org)

### **Community Cancer Support Group**

Program is for patients, family members and friends.

Day 4th Thursday  
Time 12:00 - 1:30 p.m. (brown bag lunch group)  
Place 540 W. Pueblo Santa Barbara  
Contact 682-7300

# SUPPORT AND EDUCATION GROUPS

## Ovarian Cancer Support Education Program

Day 4th Wednesday  
Time Noon - 1 p.m.  
Place Cancer Center of Santa Barbara  
540 W. Pueblo  
Contact Mary Solis, 682-7300

## Living with Lung Cancer Group

For those diagnosed with lung cancer and their families.

Day 1st Thursday  
Time 3:00 - 4:00 p.m.  
Place 540 W. Pueblo St  
Contact Cancer Center of Santa Barbara, 682-7300

## Lymphedema Education and Screening Clinic

Learn about what you can do to reduce your risk of developing lymphedema

Day 4th Fridays  
Time 12:30 - 1:30 p.m.  
Place 317 W. Pueblo St.  
Contact Sansum Clinic Health Education, toll-free 866-829-0909  
Website [www.sansumclinic.org/classes](http://www.sansumclinic.org/classes), Register online  
For screening appointments contact Sherry Massey 682-7300

## Lymphoma & Leukemia Support Group

Day 3rd Thursday  
Time 1:00 p.m.  
Place 116 S. Palisade 3rd floor conference room  
Santa Maria  
Contact 739-3780

## Cancer Support Group

Day 2nd Thursdays  
Time 1:00 - 3:00 p.m.  
Place 1501 E.Ocean, Lompoc  
Contact Sue Slavens, 35-3001;

## Cancer Conversation

Place Solvang  
Contact Cancer Center of Santa Barbara, 682-7300

## Caring for the Caregiver Support Group

Day 1st Tuesday  
Time 4:00-5:00pm  
Place 540 W. Pueblo St  
Contact Nelson, 682-7300

## Family Caregiver Education and Support Program-Strength for Caring

Place Santa Barbara  
Contact 682-7300  
Please call for dates

## Men's Forum

For men facing their own or a loved one's cancer diagnosis

Place Lompoc  
Contact Cancer Center of Santa Barbara, 682-7300

## Art of Living with Cancer

Coping before, during and after diagnosis of cancer

Day 1st and 2nd Thursdays  
Time 1:00 p.m.  
Place Marian Mission Hope Cancer Center, 210 S. Palisade #200, Santa Maria  
Contact 219-4673

## Healing Hour

Speakers on poetry, art, laughter, and journaling. For cancer patients.

Day 3rd Tuesday  
Time 4:00 p.m.  
Place Cancer Center  
116 S. Palisade, 3rd Floor  
Conference Room  
Santa Maria  
Contact 739-3780

## Head & Neck Tumors: Merging Treatment & Recovery

Day May 13, Aug 12, Nov 11  
Time 5:15-7:00 p.m.  
Place 540 W. Pueblo St.  
Contact 682-7300

## Look Good, Feel Better

Discussion group for cancer patients.

Day 4th Monday  
Time Noon  
Place Marian Mission Hope Cancer Center, Santa Maria  
Contact 219-4673 to register

## Nutritional Counseling for Cancer Patients

By appointment only. Meet with dietician to discuss nutritional issues.

Contact 739-3780

## Meet the Doctor

Educational forum for Lymphoma & Leukemia patients and family.

Contact Cancer Center of Santa Barbara, 682-7300

## Side by Side

A support group for caregivers.

Day 3rd Tuesday  
Time 2 p.m.  
Place 116 S. palisades, 3rd Floor  
Santa Maria  
Contact 739-3980

## Cerebral Palsy

*Santa Barbara*

## Individual and Group Outings

Contact For further information call Marty Kinrose, United Cerebral Palsy Assoc., Work Inc. 566-9000

## Chronic Fatigue

*Santa Maria*

## Chronic Fatigue & Fibromyalgia Syndrome Support Group

For anyone with chronic fatigue or fibromyalgia syndrome.

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

For information on chronic fatigue and fibromyalgia, send self addressed stamped envelope to: Central California CFIDS Foundation, POB 43, Santa Maria, CA 93456.

## Diabetes

*Santa Barbara*

## Insulin Users Peer Group

A monthly meeting of people who require insulin to control their diabetes. Free and open to the public.

Day 1st Thursday  
Time 6p.m- 7 pm.  
Place Sansum Clinic,  
Endocrinology Dept.  
215 Pesetas Lane, 3rd Floor  
Contact Sansum Clinic Health education, toll free, 866-829-0909  
Website Register online at [www.sansumclinic.org/classes](http://www.sansumclinic.org/classes)

# SUPPORT AND EDUCATION GROUPS

## Pre-Diabetes

Your chance to prevent diabetes. Open to the public.

Place Lompoc and Santa Barbara  
Contact Sansum Clinic for information for the education classes

## Live Well with Diabetes

An excellent update for all people with diabetes and a must for anyone newly diagnosed. Family and friends are encouraged to attend free of charge. Offered in English and Spanish in Lompoc and Santa Barbara locations.

Place Sansum Clinic Health Education  
Contact 866-829-0909  
Website [www.sansumclinic.org/classes](http://www.sansumclinic.org/classes), Register online

## Domestic Violence

### Santa Barbara

### Shelter Services and Support Groups for Women

For any woman still in, or out of, an abusive relationship. 24 Hour Hot Line-Santa Barbara, 964-5245

### Santa Maria

Contact 925-2160

### Lompoc

Contact 736-0965

## Elder Abuse Survivors

Survivors' listserve designed to provide peer-to-peer emotional support for elders who have been abused, neglected, exploited or self neglected.

To participate in the Survivors' listserve, you need to have an email address and access to a computer where you can check for incoming mail.

Librarians at most public libraries can help you to obtain both for free.

To find out more about the listserve or to sign up, go to the webpage, [www.ASAAPS.or/aboutus/listserves\\_sub.php](http://www.ASAAPS.or/aboutus/listserves_sub.php)

## Epilepsy

### Epilepsy Resource Coalition

For anyone with epilepsy or seizure disorder call Epilepsy Resource Center for information.

Contact Linda Liker, 967-8140 eve

## Gambling

### Gamblers Anonymous

For people who wish to stop gambling

#### Goleta

Day Tuesdays and Fridays  
Time 6:00-7:30 p.m.  
Place Goleta Community Center  
5679 Hollister Avenue,  
Room 5a  
Contact Ed H., 259-6101

#### Santa Maria

Day Thursday  
Time 7:00 p.m.  
Place 115 S. Benwiley  
Contact 688-4298

#### Lompoc

Day Sunday  
Time 2:00 p.m.  
Place Alano Club, 119 N. D St.  
Contact 737-3969

## Gay & Lesbian

### Gay & Lesbian Resource Center

#### Transgender Group

Contact 963-3636 x30 for more information  
Email [david@pacificpridefoundation.org](mailto:david@pacificpridefoundation.org)

### Sexual Addicts Anonymous

Contact 961-2591

## Grandparents Raising Grandchildren

#### Santa Maria/Orcutt

Day 2nd Wednesday  
Time 11 a.m. - 12:30 p.m.  
Place Luis OASIS Senior Center  
Contact 937-9750

## Heart Disease

### Mended Hearts, Inc.

For anyone with heart disease, families or friends. Also have visiting program.

Day 2nd Tuesday  
Place Elks Lodge, Goleta  
Contact Bob Wilkie, 968-0583.  
Or call American Heart Association, Santa Maria and Santa Barbara, 963-8862

### Coumadin/Warfarin

What you need to know for best health results. Free and open to the public.

Day 2nd Wednesday  
Time 10:00 a.m.- 11:30 a.m.  
Place Sansum Clinic  
215 Pesetas Lane  
3rd Flr Conference Rm  
Contact Sansum Clinic Health Education, (866) 829-0909  
website [www.SansumClinic.org/classes](http://www.SansumClinic.org/classes), Register online

## Cholesterol Management

Reduce your risk of heart disease. Free and open to the public.

#### Santa Barbara

Day: 4th Wednesday  
Time: 5:15 p.m.- 6:45 p.m.  
Place Sansum Clinic  
215 Pesetas Lane  
3rd Flr Conference Rm

#### Lompoc

Day: Thursdays  
Time: 5:30- 7:00 p.m.  
Place: Sansum Clinic  
1225 North H St.  
Health Education Dept.  
Contact: Sansum Clinic Health Education, (866) 829-0909  
website [www.SansumClinic.org/classes](http://www.SansumClinic.org/classes), Register online

## HIV Support Group

If you are infected with HIV, there are many things you can do to help ensure you have a longer, healthier life. Free and open to the public.

Day: Tuesdays- every other month  
Time: 5:30- 7:00 p.m.  
Place: Sansum Clinic,  
317 W Pueblo St,  
1st Flr Tearoom

Contact: Sansum Clinic Infectious Diseases, 898-3524

Attendance is private and confidential

## Huntingtons Disease

No support groups at this time. Please contact 800-345-HDSA for the Huntington's Disease Society of America,

# SUPPORT AND EDUCATION GROUPS

## **In Home Caregivers Peer Support Group**

Peer Support Group for providers of in home support services (HISS). Sponsored by the In Home Care Network.

Day 3rd Wednesday  
Time 7-8 p.m.  
Place Workforce Resource Center  
Santa Maria  
Contact 614-1256

## **Language Disorders**

### **Aphasia Support Group**

*Santa Barbara*

Day 2nd Wednesday  
Place Burtness Auditorium, Santa Barbara Cottage Hospital  
Contact 962-7406

## **Lung Disease**

### **Better Breathers Club**

For adult lung disease patients.

*Lompoc*

Day 1st Tuesday  
Time 12:30-1:30p.m.  
Place 508 E. Hickory Ave. (Lompoc District Hospital)  
Contact American Lung Association, 963-1426

*Santa Barbara/Goleta*

Day 2nd Tuesday  
Time 1:00 - 3:00 p.m.  
Place Encina Royale  
250 Moreton Bay Lane  
Goleta  
Contact Salina Satterblom, American Lung Association, 963-1426

*Santa Maria*

Day 2nd Wednesday  
Time 1:00-2:00 p.m.  
Place Marian Pulmonary Rehab  
1406 E. Main St.  
Contact American Lung Association, 963-1426

## **Mental Disorders**

### **Family Support Group**

For families and friends of people with mental illness

*Santa Maria*

Day Thursdays  
Time Noon  
Place Mental Health Services Clinic  
500 W Foster Road  
Contact 934-6380  
Day 2nd Monday  
Time 7:00 – 8:30 p.m.  
Contact Alliance for the Mentally Ill

## **Multiple Sclerosis**

Living with change, support and wellness group meetings.

*Santa Barbara*

Contact Jeanette Chian 682-8783

## **Muscular Dystrophy**

*Santa Barbara*

### **Muscular Dystrophy Support Group**

For individuals who have been diagnosed with one of the 40 neuromuscular diseases and for their families.

Contact Muscular Dystrophy Association, 866-594-8830

## **Ostomy**

### **Santa Barbara Chapter of American Ostomy Association**

For Ostomy patients and their families. Santa Barbara meetings are occasional. Call for times and locations

Contact Fern Halperin, 964-4118

## **Parkinson's**

### **Parkinson's Support Group**

Free meetings provide social interaction and a variety of speakers and informational programs.

*Santa Maria*

Day 4th Thursday of each month (except November and December)  
Time 1:00 - 3:00 pm  
Place 605 E. McCoy Lane  
Contact Val Petersen, 925-0266

*Santa Barbara*

Day 2nd Tuesday  
Time 2:00 p.m.  
Contact Parkinson's Association, 683-1326

Speech therapy and caregivers meeting precedes each monthly meeting at 1:30 p.m. No meetings in June, July (picnic), August and December (holiday party).

Day 2nd and 4th Tuesday  
Time 1:00 p.m.  
Place Grace Lutheran Church  
3869 State Street  
Santa Barbara  
Contact Center for Successful Aging, 963-8080

### **Parkinson's Chat Group**

Day 4th Tuesday  
Time 3:00 pm  
Place Grace Lutheran  
3869 State St.  
Contact 687-2628  
Email pasb@west.net  
Website www.west.net/~parb/

Small intimate one on one group sharing common concerns. If you are newly diagnosed and aren't sure where to begin, perhaps this is the group for you.

### **Sit and Get Fit**

Day Wednesdays  
Time 8:45-9:45 a.m.  
Place Schott Center  
310 W. Padre St

## **Physical Fitness**

### **Hip or Knee Replacement Seminar**

If you are having Hip or Knee replacement surgery, this class is for you. Free and open to the public.

Day 2<sup>nd</sup> Fridays  
Time 1:00 pm-2:30 pm  
Place Sansum Clinic  
215 Pesetas Lane  
3rd Floor Conference Room  
Contact Sansum Clinic Health Education, (866) 829-0909  
website www.sansumclinic.org/classes, Register online

# SUPPORT AND EDUCATION GROUPS

## Walk & Train with the Physical Therapist

This program is for mature adults who are beginning or intermediate walkers. Free and open to the public.

Day Tuesdays  
Time 2:30 pm-4:00 pm  
Place Sansum Clinic  
215 Pesetas Lane, Back lawn.  
Contact Sansum Clinic Health Education, (866) 829-0909  
website [www.sansumclinic.org/classes](http://www.sansumclinic.org/classes), Register online

## Balance & Mobility Training

Natural aging and arthritis can affect mobility and balance. With the guidance of our physical therapist you will practice simple exercise to improve your strength flexibility and movement. Free and open to the public.

Day Tuesdays  
Time 10:30 am-11:30 am  
Place Sansum Clinic, 41 Hitchcock Way  
Contact Sansum Clinic Health Education, (866) 829-0909  
website [www.sansumclinic.org/classes](http://www.sansumclinic.org/classes), Register online

## Back & Neck Posture Wellness

A physical therapist will help you learn ways to have less pain by making simple changes to your daily activities and learning what to do when you have sudden pain. Free and open to the public.

### *Santa Barbara*

Day 2<sup>nd</sup> Tuesdays  
Time 5:30 pm-7:30 pm  
Place Sansum Clinic,  
41 Hitchcock Way

### *Lompoc*

Day 3<sup>rd</sup> Tuesdays  
Time 5:30 pm-7:30 pm  
Place Sansum Clinic  
1225 North H Street, Physical Therapy Department  
Contact Sansum Clinic Health Education, (866) 829-0909  
website [www.sansumclinic.org/classes](http://www.sansumclinic.org/classes), Register online

## Stroke

### Stroke/Brain Injury Family Support Group

Join other family caregivers of people recovering from stroke and brain injury for an opportunity to share challenges, camaraderie, information resources and support.

Day Every 3rd Friday  
Time 10:15 - 11:30 a.m.  
Place Cottage Rehabilitation Hospital, Meisel Conference Center, Rooms 3-4  
2415 De la Vina St.  
Santa Barbara  
Contact Erika Dixon,  
Coast Caregiver Resource Center, 962-3600 x13

### Brain Injury/Stroke Support Group

Support group for people with acquired brain injury (i.e. from head trauma, tumor or stroke) and their families.

Day Thursday  
Time 2:00 - 4:00 p.m.  
Place Jodi House,  
625 Chapala Street  
Santa Barbara  
Contact Cheryl Hermann, 563-2882  
Website [biaofsantaborg.org](http://biaofsantaborg.org)

### *Solvang*

### Brain Injury Support Group

Support group for people in the Santa Ynez Va.

Day Wednesday  
Time 1:00 - 4:00 p.m.  
Place Jodi House II, Solvang  
Contact Cheryl Hermann, 563-2882

### *Santa Maria*

### Stroke Support Group

For stroke patients, families or friends. Also brain injured and brain tumors.

Day 3rd Tuesday  
Time 5:00 -6:00  
Place Marion Regional Medical Center, Education Dept.  
1st Floor, Room D  
1410 E. Main St., Santa Maria  
Contact Naomi Leyva, 739-3578

Co-sponsored by Marian Regional Medical Center and the City of Santa Maria

## Project Re-Entry

A community recreation and socialization program that features education, entertainment, exercises, games, refreshments, Friendship and community adventures.

Day Every Friday  
except holidays  
Time 10:00 - noon  
Place Cottage Rehabilitation Hospital,  
2415 De La Vina  
Contact Therapeutic Recreation,  
569-8999 ext 82101

## Weight Control

### Take Off Pounds Sensibility

For people who want to lose or maintain weight by cutting down without cutting out, and by using good nutrition

Location Santa Barbara, Santa Maria, Orcutt, Solvang, Lompoc, Vandenberg, Goleta, and Carpinteria  
Contact For information on day, time, and location call  
800-932-8677

### Weight Management Strategies

Attend this program to learn choices and habits that lead to successful weight management in a supportive, small group setting. Open to the public.

Day Varies  
Time Varies  
Place Santa Barbara Sansum Clinic  
317 W Pueblo St. 1st Flr Boardroom  
Lompoc Sansum Clinic  
1225 North H St., Health Education  
Contact Sansum Clinic Health education, (866) 829-0909  
website [www.sansumclinic.org/classes](http://www.sansumclinic.org/classes), Register online

# TRANSPORTATION

**T**ransportation is the link to services and programs for many older Americans. Since vision problems and other physical limitations can prevent older adults from transporting themselves, transportation services become a vital tool for linking older and disabled persons to services and maintaining their involvement in the social activities of the community.

## Transportation Services

Transportation systems vary considerably in the structure and flexibility of the services offered.

Fixed Route Service is a transportation system that has a predetermined route with specific stops that conform to a timetable. The entities that provide this service have available pamphlets explaining the detail of each route.

Door-to Door Service is a transportation system that will pick you up at a location determined by you and will take you to the location of your choice. Reservations are usually required.

## Fixed Route Service

### Metropolitan Transit District (MTD)

1020 Chapala St.  
Santa Barbara, CA 93101  
683-3702

administrative@sbmtd.gov  
www.sbmtd.gov

Adult Basic fare is \$1.75; Senior (62+) and disabled, \$0.85. Eligible passengers with disabilities pay a reduced fare to ride MTD buses. A special photo identification card or Medicare card must be shown to the driver upon boarding.

To obtain a reduced fare MTD photo ID card, passengers must have a certification form completed by a qualified physician or an MTD-certified social service agency. You may get one at the MTD Transit Center, or call 963-3366 for more information.

If you are unsure how to ride the bus, please call the MTD/Easy Lift Mobility Coordinator at 681-1181.

Arrangements can be made to practice boarding and departing in private.

### Santa Maria Area Transit

1303 Fairway Dr  
Santa Maria, CA 93455  
928-5624

Both fixed route and door-to-door service (for elderly and handicapped) is available. Fare is \$1.25 one way, \$.60 for seniors and disabled.

Public schedules are available at the Santa Maria Transit Center. Schedules are also available on the buses. Schedules for individuals with visual impairments, please call 928-5624.

### Guadalupe Transit

240 E. Roemer Way  
Santa Maria, CA 93454  
922-8476

Guadalupe is served Monday through Friday, 6:15 a.m. to 6:15 p.m. & on Saturday from 8:15 a.m. to 4:15 p.m. Guadalupe Flyer operates between Guadalupe and the Transit Center. Fares are \$1.50 and \$1.00 for seniors (62+) and disabled. Within Guadalupe, shuttle service operates from Monday to Friday with regular fares \$0.50 and \$0.25 for seniors (60+) and disabled. To schedule a shuttle ride, call 922-8476.

All fixed route service is wheelchair lift equipped.

## Door-to-Door Service

If you need special transportation to take you to the doctor, the market and other important places, and you are unable to ride the bus, you may be eligible for these specialized transportation programs for seniors and handicapped individuals. These special services are called "para-transit" and they use vans with lifts for wheelchair users and volunteers.

Services of this type are limited in this county, and so these agencies are often booked far in advance. It is best to plan ahead as much as possible and for medical appointments, try to

coordinate your visit with a time that transportation is available.

### American Cancer Society

1342 Chapala  
Santa Barbara, CA 93101  
963-1576  
Fax 963-6093

www.cancer.org

Provides transportation to treatments and therapy for ambulatory patients. Two days advance notice required.

### Easy Lift Transportation

53 Cass Place #D  
Goleta, CA 93117  
681-1181  
Fax 681-1184

www.easylift.org  
info@easylift.org

Curb-to-curb service for frail elderly citizens and handicapped persons who are unable to use existing fixed route transportation. Service is available Monday through Friday 5:25 a.m. to 12:00 a.m. Saturday service is available from 6:00 a.m. to 11:20 p.m.. Sunday service is available from 6:20 a.m. to 10:00 p.m. Vehicles are wheelchair accessible. Serves area from Carpinteria to Winchester Canyon. Special group charter available upon request. Reservations are taken between 8 a.m. and 5 p.m. and can be made up to two weeks in advance. The fare is \$3.50 per one-way trip. Ticket books are available by advance purchase at a cost of \$ 32.50 for 10 tickets.

### Help of Carpinteria, Inc.

#### Shepard's Place

1069 Casitas Pass Road  
Carpinteria, CA 93013  
684-0065

An agency comprised entirely of volunteers, offers door-to-door transportation services. Reservations can be made up to two weeks in advance. However, immediate rides are almost always available. Offering service within the city limits of Carpinteria, and medical and social service visits to Santa Barbara. Donations are encouraged. For round trip or one way service to Carpinte-

ria, residents inside the City limits are requested to make a \$1.00 donation, and residents outside the City limits are requested to make a \$2.00 donation. For round trip or one way service to Santa Barbara, Carpinteria City residents are requested to make a donation of \$6.00, and residents outside the City limits are requested to make a donation of \$10.00.

## **COLT (City of Lompoc Transit)**

1300 W. Laurel  
Lompoc, CA  
736-7666

Fixed route and Door-to-door service is available from 6:30 a.m. to 7:00 p.m., Monday through Friday. Saturday hours are 9 a.m. to 5 p.m. One-way fare in the City of Lompoc is \$1.25 and \$.60 cents for seniors/disabled; one-way fare to Mission Hills and Vandenberg Village is \$2.00 and \$1.00 for seniors. All buses are wheelchair lift equipped. Call at least 24 hours ahead for door to door. Bus to Santa Barbara on Tuesday & Thursday at cost of \$6.00 each way.

## **Santa Ynez Valley Transit**

688-5452  
Fax 688-5383

Door-to-door service provided Monday thru Saturday 7 a.m. to 7 p.m. in Los Olivos, Solvang, Buellton, and Santa Ynez. Reservations may be made up to two weeks in advance. Fixed route fares are \$1.25 for seniors and \$0.75 for ADA-certified. Dial A Ride fares for seniors and ADA-certified are \$1.75 each way.

## **Santa Maria Area Transit**

928-5624

Offers door-to-door service for ADA eligible individuals to appointments in Santa Maria and Orcutt. New riders are encouraged to call for ADA applications and details. Fare is \$1.25 per ride. Reservations are taken up to 7 days in advance. All busses are wheelchair accessible

and lift equipped. Service is offered Monday through Friday, 6:00 a.m. to 10:30 p.m. and Saturday 8:15 a.m. to 6:15 p.m.

## **American Medical Response**

866-889-8422 (toll free)

Provides transportation services for Medi-Cal patients from their home to medical appointments and back home when ordered by primary care physician. Available Monday – Friday, 8 a.m. – 4 p.m. throughout County.

## **SMOOTH Senior Dial A Ride**

240 E. Roemer Way  
Santa Maria, CA 93454  
922-0146

**Door to Door** service available for seniors 60 years or greater to Nutrition Program sites, medical appointments, hair appointments, shopping, etc., within Santa Maria and Orcutt areas. Requested fair is \$3.00 per trip, \$6.00 per round trip. All vehicles are wheelchair accessible and lift equipped. Service hours are from 8:30 a.m. to 5 p.m. Monday through Friday. Two-day notice is requested for reservations.

The **Santa Barbara Medical Bus** makes trips from the North County to Santa Barbara, for medical appointments only, three days per week. It is advised that passengers' needing a ride to Santa Barbara for a medical appointment call 922-8476 as soon as they know that they will need a ride as seating is limited. Operates on a first come, first served basis. The Santa Barbara Medical Bus picks up passengers at their homes and takes them directly to the address of their medical appointment in Santa Barbara. The Santa Barbara Medical Bus goes to Santa Barbara every Monday, Tuesday and Thursday.

## **Los Alamos Shuttle**

C/O SMOOTH  
922-0146

Departing from Ferrini Park and the Rastside Mobile Home Park on Tuesday and Saturday, the Shuttle will take you anywhere in Orcutt or Santa Maria. Fares for General Public are \$1.75 each way or \$3.50 round trip. Fares for seniors (60+) are \$1.25 each way or \$2.50 Round Trip.

## **Santa Barbara County-Health Clinic Transportation**

C/O SMOOTH, Inc.  
240 E. Roemer Way  
Santa Maria, CA 93458  
922-0146

Door to Door service from north Santa Barbara County for clients of County Health Services to appointments in Santa Barbara, Monday, Wednesday and Friday.

## **Long Distance Travel**

### **Greyhound Bus Lines**

Greyhound provides nationwide bus service. They provide a discount to seniors (65+) of 5% off the regular fare. This discount does not apply to special fares. They also have a helping hand program: a handicapped person's escort can ride free with a doctor's note. Buses are not equipped with wheelchair lifts.

### **Greyhound Terminals**

34 W. Carrillo St.  
Santa Barbara, CA 93101  
965-7551

755 W. Cypress  
Santa Maria, CA 93454  
925-8841

Spanish: 800-531-5332  
TDD: 800-231-222  
Disability Assistance  
800-752-4841

### **Amtrak**

Amtrak is a nationwide train service. Persons who are 62 or older, have a visible handicap or a doctor's note indicating that they are handicapped, can obtain a 15% discount off the regular

# TRANSPORTATION

fare when riding Amtrak. Trains that stop at staffed stations are wheelchair accessible.

## General Information and Reservations:

800-872-7245  
209 State St  
Santa Barbara, CA 93101  
963-1015  
330 Guadalupe St.  
Guadalupe, CA 93434  
800-872-7245

## Airlines

Travelers with Disabilities and Medical Conditions

TSA Cares HelpLine  
1-855-787-2227

TSA Cares is a helpline to assist travelers with disabilities and/or medical conditions. CALL at least 72 hours prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint. For more information: TSA Cares Information.

## Other Local Travel Options

### Breeze

800-417-2137

Commuter bus service linking Santa Maria, Vandenberg AFB and Lompoc. 15 trips each weekday. One-way fare of \$1.00 for seniors (60+), Medicare cardholders and ADA-certified.

### Central Coast Shuttle

805-928-1977

www.cclax.com

Five round trips to LAX per day, seven days a week. Two person discount of \$10 off per round trip. Charter services available.

### Chumash Casino Bus

800-248-6274

Shuttle serving the Chumash Casino from Santa Maria, Santa Barbara, Lompoc, Buellton and Goleta.

### Coastal Express

800-438-1112

www.goventura.org

Bus service from Ventura to South Coast (Carpinteria, Santa Barbara & Goleta)

### Other Related Services

#### Traffic Solutions

260 N. San Antonio Rd. Ste B  
Santa Barbara, CA 93110  
963-7283; 963-SAVE  
Fax 961-8901

info@trafficsolutions.info  
www.trafficsolutions.info

Offers information and matching for ride sharing, car and vanpools countywide.

#### Clean Air Express

##### Sales Office

1303 Fairview Dr.  
Santa Maria, CA 93455  
692-1902  
Fax 961-8901

www.cleanairexpress.com

Bus service from Santa Maria to Santa Barbara and from Lompoc to Santa Barbara. Subscription bus service for \$150.00 per month.

#### RTA-SCAT

781-4472

Serving Santa Maria, Nipomo, Arroyo Grande, Pismo Beach and San Luis Obispo. Fares range from \$1.00 to \$3.00 depending on distance traveled.

#### Ride Share Hotline

963-7283

Offers information on city street conditions and closures.

#### Community Partners in Caring

111 N. Vine St  
Santa Maria, Ca 93454  
925-8000

111 S. I Street, Ste C1  
Lompoc, Ca 93436  
737-1976

164 W. Highway 246  
Buellton, Ca 93427  
688-1100

www.partnersincaring.org

Trains and supervises volunteers who provide transportation.

### Handicap License Plate/Placard

For those who have a handicap and use an automobile, specialized license plates, and handicap placards are available through the Department of Motor Vehicles. If you wish to apply for a placard or plate, call the DMV in your area to obtain an application form and to find out what you need to bring with you in order to apply for a placard and/or plate. Depending upon your disability, you may be required to get a doctor's authorization.

### AARP Driver Safety Program

The National Retired Teacher Association and the American Association of Retired Persons developed this course especially for older drivers. It will give you a chance to brush up on existing driving skills and pick up some new ideas about how to drive safely and defensively.

The course is conducted throughout the county by trained volunteer instructors in two four hour sessions and costs \$14.00. An additional benefit will be a reduction in your car insurance since insurance companies are required to give a discount to seniors who have taken this and other approved courses. To qualify for this discount all covered licensed drivers over 55 in the family must complete the course.

To locate a class in your community, telephone 888-227-7669 and follow the prompts. Be ready to provide your 5-digit postal zip code. A local volunteer will call you back within 3-5 business days to provide you with the information about the nearest class.

### Adapted Driving

Pre-driving and behind the wheel assessment for those who may be concerned about their driving ability due to health-related conditions. An objective assessment of driving capabilities and a report regarding the need for



training or specialized equipment is provided to the prescribing physician.

For further information, contact

### Keck Center for Outpatient Services

Cottage Rehabilitation Hospital  
 Driver Training Program  
 2415 De La Vina  
 Santa Barbara, CA  
 569-8999 ext 82400

By appointment and physician referral.

### CarFit

*CarFit* check-ups are available at locales in Santa Barbara County.

The *CarFit* program was created by the American Society on Aging and developed in collaboration with AAA (American Automobile Association), AARP, American Occupational Ther-

apy Association and the local *CarFit* provides older adults with the tools to understand and apply the safety features of their vehicles. At *CarFit* event, trained volunteers completed a 12-point checklist with each driver. Additionally, an occupational therapist will discuss ways drivers can maintain and improve aspects related to their driving health. Also provides information to participants addressing individual needs, including information about local community resources on exercise, nutrition and other programs to help keep them safe on the road. Locally, *CarFit* is being implemented by the Area Agency on Aging and many partners. To find an upcoming *CarFit* event, contact Area Agency on Aging at 925-9554.

*How does your car fit you?*



# Carfit

**Helping Mature Drivers  
 Find Their Perfect Fit**

*Free*

**for drivers over age 60**

# VETERAN'S SERVICES

Over the years, federal benefits for veterans have evolved. Veterans of the United States armed forces may be eligible for a broad range of programs and services provided by the federal Department of Veterans Affairs (VA). These benefits are legislated in Title 38 of the United States Code. For additional information, visit the VA Web page at <http://www.va.gov>.

Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions. Active service means full-time service, other than active duty for training, as a member of the Army, Navy, Air Force, Marine Corps, Coast Guard, or as a commissioned officer of the Public Health Service, Environmental Science Services Administration or National Oceanic and Atmospheric Administration, or its predecessor, the Coast and Geodetic Survey. Generally, men and women veterans with similar service may be entitled to the same VA benefits.

Dishonorable and bad conduct discharges issued by general courts-martial may bar VA benefits. Veterans in prison and parolees must contact a VA regional office to determine eligibility. VA benefits will not be provided to any veteran or dependent wanted for an outstanding felony warrant.

Certain VA benefits require wartime service. Under the law, VA recognizes these war periods: Mexican Border Period: May 9, 1916, through April 5, 1917, for veterans who served in Mexico, on its borders or in adjacent waters; World War I: April 6, 1917, through Nov. 11, 1918; for veterans who served in Russia, April 6, 1917, through April 1, 1920; extended through July 1, 1921, for veterans who had at least one day of service between April 6, 1917, and Nov. 11, 1918; World War II: Dec. 7, 1941, through Dec. 31, 1946; Korean War: June 27, 1950, through Jan. 31, 1955; Vietnam War: Aug 5, 1964 (Feb. 28, 1961 for

veterans who served "In country" before Aug 5, 1964) through May 7, 1975 and more recent wars.

## Important Documents

Those seeking a VA benefit for the first time must submit a copy of their service discharge form (DD-214, DD-215, or for WWII veterans, a WD form), which documents service dates and type of discharge, or give their full name, military service number, and branch and dates of service. The veteran's service discharge form should be kept in a safe location accessible to the veteran and next of kin or designated representative.

There are benefits such as life insurance, burial expense reimbursement, burial flag, burial in national cemeteries, headstones/markers and certain widow's/widowers benefits. The following documents will be needed for claims processing related to a veteran's death:

1. Veteran's marriage certificate for claims of a surviving spouse or children.
2. Veteran's death certificate if the veteran did not die in a VA health care facility.
3. Children's birth certificates or adoption papers to determine children's benefits.
4. Veteran's birth certificate to determine parents' benefits.

You can call the Santa Barbara County Veteran Service Office for information on death-related and other services available to veterans and their families. These offices were established by the Board of Supervisors of Santa Barbara County to assist veterans and their dependents in obtaining Veterans benefits from federal and state agencies. They will assist in submitting claims and provide follow-up service, if needed, to assure that you receive the benefits to which you are entitled. They can provide you with information and assistance with any claim to the Veterans Administration. Home visits

by one of the veterans representatives may be arranged.

## Veterans Service Offices

315 Camino del Remedio,  
BLDG 3 Rm 251  
Santa Barbara, CA 93110  
(805) 681-4500

511 E. Lakeside Pkwy. #126  
Santa Maria, CA 93454  
(805) 346-7160

You can also contact the Department of Veteran Affairs directly 1-800-827-1000.

## Health Care Benefits for Veterans

VA provides a Medical Benefits package, a standard enhanced health benefits plan available to all enrolled veterans. This plan emphasizes preventive and primary care, and offers a full range of outpatient and inpatient services within VA health care system.

A priority system ensures that veterans with service-connected disabilities and those below the low-income threshold are able to be enrolled in VA's health care system.

VA enrollment allows health care benefits to be portable throughout the entire VA system. Enrolled veterans who are traveling or who spend time away from their primary treatment facility may obtain care at any VA health care facility. For eligibility see your local County Veteran Service office or contact the Community Based Outpatient Clinics in your area.

## Veterans Health Benefits

### Santa Barbara Community Based Outpatient Clinic

4440 Calle Real  
Santa Barbara, CA 93110  
(805) 683-1491

### Santa Maria Community Based Outpatient Clinic

1550 E. Main St  
Santa Maria, CA 93454  
(805) 354-6000

Outpatient Clinics provide medical and mental health services and

facilitates admission to VA hospitals, residential care and nursing home facilities.

The VA Social Work and Mental Health Services are at the same address. Veterans, their widows, widowers or dependents may call for information or walk in for assistance with veterans' benefice.

**VA Aid and Attendant** program is supplemental income to help qualified veteran and/or spouse, widow and/or widower pay for in home care or assisted living facilities. A veteran and/or spouse, widow and/or widower may qualify for aid and attendance benefits if he or she:

- Is blind or so nearly blind as to have corrected visual acuity of 5/200 or less, in both eyes, or concentric contraction of the visual field to 5 degrees or less; or
- Is a patient in a nursing home because of mental or physical incapacity; or
- Proves a need for aid and attendance under established criteria
- Served at least one day during one of the aboved mentioned war time eras.
- Income requirement

If you feel that you fall into anyone of these categories or have questions regarding this benefits, please call your Santa Barbara County Veteran Service Office.

## Avoid ID Theft

Identity Theft is a serious crime. It occurs when your personal information is stolen and used without your knowledge to commit fraud or other crimes. Identity theft can cost you time and money. It can destroy your credit and ruin your good name. Deter identity thieves by safeguarding your information.

- Shred financial documents and paperwork with personal information before you discard them.
- Protect your Social Security number. Don't carry your Social Security card in your wallet or write your Social Security number on a check. Give it out only if absolutely necessary or ask to use another identifier.
- Don't give out personal information on the phone, through the mail, or over the Internet unless you know who you are dealing with.
- Never click on links sent in unsolicited emails; instead, type in a web address you know. Use firewalls, anti-spyware, and anti-virus software to protect your home computer; keep them up to date. Visit [OnGuardOnline.gov](http://OnGuardOnline.gov) for more information.
- Don't use an obvious password like your birthdate, your mother's maiden name, or the last four digits of your Social Security number.
- Keep your personal information in a secure place at home, especially if you have roommates, employ outside help, or are having work done in your house.

Detect suspicious activity by routinely monitoring your financial accounts and billing statements.

- Be alert to signs that require immediate attention:
  - Bills do not arrive as expected
  - Unexpected credit cards or account statements
  - Denials of credit for no apparent reason
  - Calls or letters about purchases you did not make.
- Inspect your credit report. Credit reports contain information about you, including what accounts you have and your bill paying history.
  - The law requires the major nationwide consumer reporting companies – Equifax, Experian, and Transunion – to give you a free copy of your credit report each year if you ask for it.
  - Visit [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com) or call 1-877-322-8228, a service created by these three companies, to order your free credit reports

each year. You also can write: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.

- Your financial statements. Review financial accounts and billing statements regularly, looking for charges you did not make.

Defend against ID Theft as soon as you suspect it.

- Place a 'Fraud Alert' on your credit reports, and review the reports carefully. The alert tells creditors to follow certain procedures before they open new accounts in your name or make changes to your existing accounts. The three nationwide consumer reporting companies have toll-free numbers for placing an initial 90-day fraud alert; a call to one company is sufficient:
  - Equifax: 1-800-525-6285
  - Experian: 1-888-EXPERIAN (397-3742)
  - TransUnion: 1-800-680-7289

Placing a fraud alert entitles you to free copies of your credit reports. Look for inquiries from companies you haven't contacted, accounts you didn't open, and debts on your accounts that you can't explain.

- Close accounts. Close any accounts that have been tampered with or established fraudulently.
  - Call the security or fraud departments of each company where an account was opened or changed without your okay. Follow up in writing, with copies of supporting documents.
  - Use the ID Theft Affidavit at [ftc.gov/idtheft](http://ftc.gov/idtheft) to support your written statement.
  - Ask for verification that the disputed account has been closed and the fraudulent debts discharged.
  - Keep copies of documents and records of your conversations about the theft.
- File a Police Report. File a report with law enforcement officials to help you with creditors who may want proof of the crime.
- Report the theft to the Federal Trade Commission. Your report helps law enforcement officials across the country in their investigations.
- Online: [ftc.gov/idtheft](http://ftc.gov/idtheft)
- By phone: 1-877-438-4338 or TTY, 1-866-653-4261
- By mail: Identify Theft Clearinghouse, Federal Trade Commission, Washington, DC 20580

*Source: Federal Trade Commission*

# VOLUNTEER

A wide variety of human service programs rely on volunteers. Opportunities exist in any field in which you have training, talent or interest. Almost all of the programs in this directory use volunteers.

Listed below are agencies that serve as a clearinghouse of volunteer opportunities. It is a place for you to begin. You may also want to consider auxiliary services at almost any hospital or clinic, or docent opportunities at most museums; or contact the organization that is of interest to you and ask if they have a need for volunteers. Many schools have community service opportunities for their students.

## **Retired and Senior Volunteer Program (RSVP) Santa Barbara**

35 W. Victoria St. # 201  
Santa Barbara, CA 93101  
963-0474  
Fax 963-0475

Mail@sbrsvp.org

## **Retired and Senior Volunteer Program (RSVP) North Santa Barbara County**

528 S. Broadway  
Santa Maria, CA 93454  
922-9931

Involves seniors in the community through placement in schools, service agencies, hospitals, senior centers and other community agencies. Recruits and places seniors in a variety of community organizations that can benefit from senior volunteers.

## **GenSpan Foundation**

1418 E. Main St. Suite 120  
Santa Maria, CA 93454  
614-4968

Develops programs to unite the generations in work, play and lifelong learning. Recruits local adults, primarily retired people, to volunteer in classrooms- serving as mentors, teachers' assistants, tutors and friends.

## ***The Area Agency on Aging is looking for members to join its Advisory Council.***

### **What is the Advisory Council?**

The Advisory Council serves as the principal advocacy body for the elderly by participating in public and media discussions of relevant issues. Mandated by the Older Americans Act, it is a critical link between the Area Agency on Aging and the senior community of Santa Barbara and San Luis Obispo Counties. The Advisory Council is responsible for advising the AAA on senior issues and Older Americans Act programs, providing the following key advocacy roles:

- Serve as the "eyes and ears" of local seniors and their caregivers
- Review and comment on policies, programs, and actions that affect seniors
- Communicate with local, state and federally-elected officials, make community presentations, and provide testimony at public hearings

The Advisory Council is comprised of thirty (30) persons who are primarily 60 years or older. Its structure consists of an Executive Committee and task forces (Health, Nutrition and Legislation / Advocacy) and ad hoc committees. Criteria for membership include at least one the following:

- Age 60 or over
- Provider of services to older adults
- Need for individual candidate's specific talents
- Low income, disabled or ethnic minority persons
- Veteran Health Care representative

Advisory Council members have the opportunity to review service provision; provide community education on senior issues; conduct forums and workshops; and evaluate and advocate for senior concerns and issues on local, state, and national levels.

### **What is expected of the Advisory Council Members?**

The Advisory Council has written Guidelines which present specific roles and responsibilities. These include, but are not limited to the following:

- ✓ Attend monthly Advisory Council meetings. Meetings are held the second Friday of each month beginning at 9:30 a.m. in a public location in Santa Maria.
- ✓ Serve on at least one task force. Council members may also participate in special task forces and joint committees with the Board of Directors.
- ✓ Draft an Area Plan to outline the AAA priorities and goals.
- ✓ Be called upon to represent the Agency at public forums and local government meetings.

### **Contact us:**

Area Agency on Aging Advisory Council  
528 S. Broadway, Santa Maria, CA 93454  
805-925-9554 phone  
805-925-9555 fax  
seniors@kcbx.net  
www.centralcoastseniors.org



528 S. Broadway  
Santa Maria, CA 93454  
925-9554 or 965-3288  
Fax 925-9555  
seniors@kcbx.net  
www.centralcoastseniors.org

We appreciate your feedback on the 2012-2014 Senior Resource Directory.  
This form is provided for that purpose. Fill in, tear out and mail back.  
Thank you.

## Senior Resource Directory Survey

What I found useful about this Directory \_\_\_\_\_

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What I would like to see included in the next Directory \_\_\_\_\_

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The following organization has an incorrect phone number or other information. Please include correct information, if known.

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*For Free  
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**1-800-510-2020\***

**CentralCoastSeniors.org**

**Linking People and Services  
in Santa Barbara County**

**Senior**  
**Connection**  
LINKING PEOPLE & SERVICES

*Senior Connection assists you in locating and understanding programs and services available to senior citizens and caregivers.*

- ◆ Home Care
- ◆ Housing
- ◆ Home Repair
- ◆ Home Delivered Meals
- ◆ Transportation
- ◆ Mental Health
- ◆ Legal Services
- ◆ Health Services

*Visit us at our office*

**528 South Broadway · Santa Maria, CA 93454**

*\*When calling from outside the Santa Barbara or San Luis Obispo County areas, dial 805-928-2552*

*funded by*

**Area Agency on Aging** | San Luis Obispo and Santa Barbara Counties



# Our Members have Provided Quality, Innovative Care and Services to Santa Barbara Residents for Over 50 Years.

Staffed by caring professionals, each organization is committed to meeting the needs of body, mind and spirit for those served. We invite you to visit this distinguished group of nonprofit communities and experience the warmth and vitality each has to offer.



Casa Dorinda  
300 Hot Springs Road  
Montecito, CA 93108  
805-969-8011  
www.casadorinda.org  
RCFE #421700160



The Samarkand  
2550 Treasure Drive  
Santa Barbara, CA 93105  
805-687-0701  
www.thesamarkand.org  
RCFE #421702848



Atterdag Village of Solvang  
636 Atterdag Road  
Solvang, CA 93463  
805-688-3263  
www.peoplewhocare.com  
RCFE #421700369



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RCFE #421700411



Vista del Monte  
3775 Modoc Road  
Santa Barbara, CA 93105  
805-687-0793  
www.vistadelmonte.org  
RCFE #421700426



ASC Los Padres Region retirement communities do not discriminate on the basis of race, color, national origin, sex, handicap, or age in the provision of services or employment.

