

## SENIOR SERVICES - updated 10/10/09

### EMERGENCIES

Police/Fire/Ambulance 911  
Tri-City Hospital 760-724-8411

### OCEANSIDE CITY DEPARTMENTS

General Information 760-435-3065  
Animal Control 760-757-4357  
Code Enforcement Division 760-435-3944  
Housing & Neighborhood Services 760-435-3360  
Library (Mission Branch) 760-435-5630  
Police non-emergency 760-435-4900  
Senior Center (Country Club Lane) 760-433-0975  
Senior Center (El Corazon) 760-435-5300  
Senior Citizens Commission 760-435-5252  
Senior Citizens Nutrition Program 760-433-0975

### COUNTY AGENCIES

Aging and Independence Services 800-510-2020  
Including Adult Protective Services  
TTY 800-495-5200  
Health and Human Services – North Coast 760-754-3456  
Public Guardian 858-694-3500

### STATE AGENCIES

Information 800-807-6755  
TTY 916-657-9901  
California Consumer Affairs 800-952-5210  
Department of Motor Vehicles (DMV) 800-777-0133  
Disability Claims 800-480-3287  
Job Services 760-631-6150  
Tax Franchise Board 800-852-5711

### FEDERAL AGENCIES

I.R.S. Help Line 800-829-1040  
MEDICARE problems 800-MEDICARE or 800-633-4227  
TTY 877-486-2048  
Post Office (Mission Branch) 760-433-7800  
Social Security/SSI 800-772-1213  
TTY 800-325-0778

### FINANCIAL/LEGAL SERVICES

Legal Aid Society 760-722-1935  
Lifeline Community Services 760-757-0118

Senior Resource Center	760-945-1519
North County Bar Association	760-758-4755
Identity Theft Resource Center	858-693-7935
United Way Info Line	858-492-2000

#### **HEALTH SERVICES**

Medi-Cal information	866-262-9881
HICAP (Health Insurance Counseling Advocacy Program)	858-565-8772
Mobile Doctor Medical Clinic	760-591-9975
Mobile Dentist	619-286-8994

#### **MEDICAL ALERT SYSTEMS**

Life Alert	800-360-0329
Life Link	877-837-0779
Medical Alert	800-800-2537

#### **NUTRITION SERVICES**

Interfaith Coastal Service Center	760-721-2117
Meals on the Move	800-510-2020
Meals on Wheels	760-736-9900
Mission San Luis Rey	760-757-3250
North County Community Services	760-757-1826
Oceanside Senior Center	760-435-5250
Oceanside Senior Citizens Nutrition Program	760-433-0975
Salvation Army	760-631-8212
Tri-City Med. Center Food & Nutrition Service	760-940-3333

#### **IN-HOME SERVICES**

In Home Supportive Services	800-510-2020
SOS Emergency Phone	866-767-7466
People-to-People Services	760-728-0175

#### **CAREGIVER SERVICES**

Alzheimer Association	800-272-3900
Hospice of the North Coast	760-431-4100
National Hospice Organization	800-658-8898
Parkinson Disease Association	800-457-6676
Tri-City Med. Center Hospice	760-940-5801

#### **HOUSING ALTERNATIVES**

North County Community Services	760-757-1931
Oceanside Housing & Neighborhood Services	760-435-3360
Senior Service Council Homesharing	760-480-0611
Salvation Army Senior Housing (Silvercrest)	760-940-0166

## **TRANSPORTATION**

<b>Oceanside Nutrition Program - once-a-week grocery shopping &amp; transport or meal program Call before 8:30 am, Wed.</b>	<b>760-435-5285</b>
<b>Lift Program (Lifeline)</b>	<b>760-726-1111</b>
<b>Tri-City Medical Center Patient Transport Express</b>	<b>760-940-7433</b>
<b>Veterans Administration Hospital Rides to morning clinic appointments- one-week notice required</b>	<b>858-552-7470</b>
<b>Lifeline Bus</b>	<b>760-726-1111</b>
<b>Yellow Cab</b>	<b>760-722-4214</b>
<b>North Cty Transit</b>	<b>760-967-2828</b>

## **MISCELLANEOUS SERVICES**

<b>Better Business Bureau</b>	<b>858-496-2131</b>
<b>Canine Companion for Independence</b>	<b>760-754-3300</b>
<b>Caring Neighbors - minor safety-related home repairs</b>	<b>760-967-8255</b>
<b>Community Services 24 hrs/day-7 days/week</b>	<b>211</b>
<b>Do Not Call list to stop marketers' phone calls or register @ <a href="http://www.donotcall.gov">http://www.donotcall.gov</a></b>	<b>888-382-1222</b>
<b>Highway conditions</b>	<b>800-427-7623</b>
<b>Humane Society</b>	<b>760-753-6413</b>
<b>North County Council on Aging</b>	<b>760-941-3212</b>