

Senior Services Directory

Adult Protective Services	(800) 451-5155
Costa Mesa City Hall	(714) 754-5000
Department of Consumer Affairs	(800) 952-5210
Department of Insurance	(800) 927-4357
Home Delivered Meals	(714) 823-3294
HICAP (Health Insurance Counseling and Advocacy Program)	(714) 560-0424
HUD Housing	(800) 225-5342
Legal Aid Society Hotline	(800) 834-5001
Medi-Cal	(714) 575-2400
Medicare	(800) 633-4227
OC Social Service Agency (Cash Aid)	(714) 435-5800
OC Social alarm Service Agency (Medi-Cal and Food Stamps)	(714) 435-5800
OCTA- Access, Transportation	(714) 636-7433
Office on Aging (Information/ Assistance)	(800) 510-2020
Council on Aging Ombudsman	(714) 479-0107
Costa Mesa Police Department Dispatch	(714) 754-5252
Senior Legal Advocacy Program	(714) 571-5245
Social Security	(800) 772-1213
SOS Share Our Selves	(949) 270-2100

Senior Center Phone Numbers

Senior Center Main Line	(714) 327-7550
Senior Center Fax	(714) 327-7554
Community Outreach Worker/ Social Worker	(714) 327-7545
Travel Office	(714) 327-7546
Nutrition	(714) 327-7548
Senior Mobility Program Transportation	(714) 327-7520
Medical Transportation	(714) 327-7521
Transportation Hotline (Voicemail Only)	(714) 327-7579

BATTERY DISPOSAL | You may drop your used common household batteries off at the front desk.

Information & Referral/Counseling

Charu Mody, Community Outreach Worker, LCSW (714) 327-7545

SCHE DULE | **Appoint. only: 10:15 a.m.-12 p.m.***
MONDAY - WEDNESDAY | **Walk-ins: 1- 3 p.m. (Not available on Tues.)**
The Community outreach worker will not be available May 2-7.

**Times and dates* are subject to change without prior notice. Appointment times are approximate.

Please note: *All scheduled appointments and walk-ins must check in with the front desk before proceeding to the Community Outreach Worker office.*

A community outreach worker will make necessary referrals for seniors to maintain independence. Referrals include: reassurance calls, home delivered meals, home care assistance, transportation, insurance, medical, dental, and food assistance. The community outreach worker is also available to provide supportive counseling and therapy to seniors.

Health Insurance Counseling Advocacy Program (HICAP)

Thursday, May 2 & 16 | 9:30 a.m.-12 p.m.

Appointment required

Need help making sense of Medicare, HMOs, health insurance, long term care or billings? Counselors are available. Contact the front desk to make an appointment.

Legal Consultations

Thursday, May 9 & 23 | 5-6:30 p.m.

Appointment required

THURSDAY CONSULTATIONS | An attorney provides free consultations to senior citizens to address general legal questions. Thursday evening appointments are provided by the Coastline Community College legal clinic, with students from the clinic observing the consultation. **Please note:** No legal documents are prepared during the legal consultation.

Notary Services

Wednesday, May 1 & 15 | 9-10 a.m.

Appointment required | *The deadline to make an appointment is 12 p.m. on the Tuesday prior.*

FREE notary services will be provided by Bertha's Income Tax Service. Provide the necessary documents that you need notarized the day of the appointment, along with a valid form of identification that matches the names on



CONGREGATE (LUNCH) MEALS | SENIORSERV

Monday-Friday, approximately served at 11:30 a.m.
Reservations in person | 10:30-11:30 a.m.

Please join us for a healthy balanced meal with friends. Suggested donation of \$3 to those 60 years and older; under 60 may enjoy a meal for \$5. The volunteer lunch receptionist can take your reservation daily between 10:30-11:30 a.m.

MAY BIRTHDAYS – Come celebrate and sing Happy Birthday with your SeniorServ friends on **Friday May 31.**

HOME DELIVERED MEALS | SENIORSERV

Monday-Friday

We provide three nutritionally balanced meals daily to seniors who are homebound and have difficulty preparing meals. Meals are delivered by caring volunteers from the community. Please contact a case worker at (714) 823-3294 to ask about the program.

VOLUNTEERS | SENIORSERV

We are always looking for volunteers who are willing and able to help serve and/or deliver meals to seniors. If you are interested in volunteering, please contact the Costa Mesa Nutrition Site Manager, Lourdes Torres, at (714) 327-7548.

Senior Grocery Program

Friday, May 10 & 24 | 9:30-10:30 a.m.

The City of Costa Mesa has partnered with Second Harvest Food Bank of Orange County to provide bags of groceries to low income seniors. There is no charge for this program. Please bring reusable grocery bags!

Come to the raffle desk and pick up a number starting at **9 a.m.** When the distribution is ready, numbers will be randomly drawn and called up in draw order.

Distribution times may change to ensure that we provide you with the freshest produce possible. Your cooperation is appreciated.

TO QUALIFY:

- ▶ You must be over 60 years of age
- ▶ Reside in the City of Costa Mesa
- ▶ Income **must be below:**
 \$1,436 per month for **one person**
 \$1,936 per month for **a couple**



Group Meetings

**All meeting dates subject to change without prior notice. Please call the Senior Center for information.*

Transitions Support Group

Tuesday, May 14 & 28 | 1-2:30 p.m.

Charu Mody, Community Outreach Worker, LCSW

Are you going through life's many changes? Grieving over the loss of a loved one? Lonely? Relationship problems? Medical issues or health problems? This is a support group for those who need to talk. You will learn healthy ways of coping with issues that come up in your daily life. A variety of encouraging and enjoyable approaches are used for expression.



Veterans Social Group

Tuesday, May 7 & 21 | 1-2:30 p.m.

Charu Mody, Community Outreach Worker, LCSW

Share stories and find common interests. Socialize with fellow Veterans who can understand and provide emotional support.

Senior Round Table

Wednesdays * | 1-3 p.m.

Check out this active group, make new friends and be a part of our Senior Center community. Bring your ideas on discussion topics for the week.

*Group meets on a regular basis. However, special meeting locations may take place. Please visit the group to find out more information about scheduled activities outside normal meeting date and location.

Alzheimer's Caregiver Group

Every 1st Friday | May 3 | 1-2:30 p.m.

Presented by: Alzheimer's Orange County

Caring for a loved one with Alzheimer's or a related dementia can be a challenging and isolating experience, but it is not a journey that needs to be faced alone. Connect with other caregivers to learn coping strategies to maintain your health and learn tips for optimally caring for your loved one. Register at the front desk.

The opinions expressed during participant led group times are not necessarily the views of the City of Costa Mesa employees.