



MORENO VALLEY  
WHERE DREAMS SOAR

# SENIOR CENTER RESOURCE GUIDE

REVISED FEBRUARY 2025

CREATED BY THE 2023  
SENIOR CENTER ADVISORY BOARD



# Moreno Valley Senior Resource Guide

## Index

|  |    |
|--|----|
| GENERAL CONTACTS .....                         | 2  |
| ADULT PROTECTION AGAINST ABUSE AND FRAUD ..... | 6  |
| CAREGIVER SUPPORT .....                        | 8  |
| DISABLED/VETERAN SERVICES .....                | 9  |
| DISASTER AND SAFETY PREPAREDNESS .....         | 10 |
| EDUCATIONAL OPPORTUNITIES BEYOND CENTER .....  | 11 |
| EMPLOYMENT AND ASSISTANCE PROGRAMS .....       | 12 |
| FINANCIAL .....                                | 15 |
| HEALTH MAINTENANCE .....                       | 16 |
| HEALTHY AGING .....                            | 17 |
| HOME SAFETY .....                              | 20 |
| HOUSING .....                                  | 21 |
| LEGAL .....                                    | 24 |
| MENTAL HEALTH AND RECOVERY.....                | 26 |
| NUTRITION AND FOOD .....                       | 30 |
| TRANSPORTATION .....                           | 31 |
| UTILITIES (HOME) ASSISTANCE .....              | 32 |

*Note: The materials available in this Senior Resource Guide are provided for general informational purposes and are subject to change without notice. This resource guide contains hyperlinks and other information useful to seniors, caregivers, family members and others. Users should use caution and good judgment when using contacts and materials provided. For changes to document, please contact the Moreno Valley Senior Center at 951.413.3430 or [seniorcenter@moval.org](mailto:seniorcenter@moval.org), thank you.*

*The City of Moreno Valley has no affiliation with third parties or businesses listed in this resource guide. All businesses and third parties are independently owned and operated and have no affiliation with the Senior Center, City of Moreno Valley, or any of its agents, elected officials, and staff.*

| Agency/Organization  | Contact Information   | Description of Assistance   |
|--|---|---|
| <p><b>Help is Available for Older Adults!</b><br/>(Find easy access to emergency resources in Riverside County by using the phone numbers and links provided).</p> | <p style="text-align: center;"><b>GENERAL CONTACTS</b></p> <p>Website<br/><a href="https://up2riverside.org/resources/resources-for-older-adults/">https://up2riverside.org/resources/resources-for-older-adults/</a><br/>("It's Up to Us" Website) – Connections to organizations included here.</p> <p>If you need to be connected to mental health services in Riverside County, call the CARES Line at 800.499.3008</p> <p>If it is a medical emergency, call 911 or go to the emergency room of the nearest hospital. You may also call or walk into a Riverside County 24/7 Mental Health Urgent Care location:<br/><a href="https://up2riverside.org/mental-health-urgent-care-centers/">https://up2riverside.org/mental-health-urgent-care-centers/</a></p> <p>Whether you are in crisis or just need someone to talk to, all services are voluntary. Counseling and nursing, as well as psychiatric medications are available. All locations are open 24/7 and everyone is welcome regardless of insurance type or ability to pay.</p> | <p>Additional Help:<br/><a href="https://www.caregiveraction.org/">https://www.caregiveraction.org/</a><br/>The Caregiver Action Network is a grassroots organization that was created to educate, support and empower people who care for loved ones who are chronically ill, aging or disabled.</p> <p>Website:<br/><a href="https://www.aagponline.org/">https://www.aagponline.org/</a><br/>The American Association for Geriatric Psychiatry provides mental health information for older adults and their families and assists people with finding a geriatric psychiatrist.</p> <p>If you or someone you care about is in crisis and needs immediate help, call the National Suicide Prevention Lifeline dial 988. The phone lines are answered by trained professionals; the call is free and confidential.</p> |
| <p><b>211 in Riverside County</b></p>  | <p>Dial 211 (Community Resource Advisor 24hrs/7days a week).</p>  | <p>It provides callers with information about, and referrals to, health and human services for everyday needs and in times of crisis. Examples: food, clothing, shelter, physical/mental resources, drug/alcohol intervention, employment support, legal help, hospice referrals, summer camps, recreation programs and prospective services. Helps with filling out forms.</p>   |
| <p><b>Office on Aging, County of Riverside</b></p>   | <p>7894 Mission Grove Parkway<br/>Riverside, CA 92508</p> <p>Phone<br/>951.867.3895</p> <p>Phone<br/>877.932.4100</p> <p>Office Hours: 8am-5pm.M-F (except Tuesday, opens at 10:00 a.m.).</p> <p>Office Hours: 8am-4pm- M-F (Appt. Only)</p> <p>Website<br/><a href="https://www.rcaging.org/Programs-Services">https://www.rcaging.org/Programs-Services</a></p>   | <p>The Office of Aging serves the elderly, focusing mainly on low-income and minority population. Provides help and information on Elder Abuse, Care Giving Assistance, Employment Assistance, Insurance Counseling, Housing Information, In-Home Assistance, Legal Assistance, Nutrition, Social Activities, and Transportation. May assign a social worker to assist with aid provided.</p>   |

| Agency/Organization  | Contact Information   | Description of Assistance  |
|--|---|--|
| <b>California Department of Aging - Riverside County</b>   | 3610 Central Ave. Suite 102<br>Riverside, CA 92506<br><br>Phone<br>951.867.3800<br><br>Phone<br>800.510.2020<br>(English and Spanish)<br><br>Website<br><a href="https://aging.ca.gov/Find_Services_in_My_County/My_County/?cc=riv">https://aging.ca.gov/Find_Services_in_My_County/My_County/?cc=riv</a> | The CA Department of Aging provides elderly with homebound meals (through the Family Service Association), and assists with transportation (RTA and rides), family caregiving, healthy living and other services. May assign a social worker to assist with aid provided.  |
| <b>Community Action Partnership of Riverside County</b>    | 2038 Iowa Ave., Suite B102<br>Riverside, CA 92507<br><br>Phone<br>951.955.4900<br><br>Office Hours<br>M-F 8am-5pm<br><br>Website<br><a href="http://www.capriverside.org">www.capriverside.org</a>  | Provides energy and water bill assistance, weatherization provider, grants for low-income and disadvantaged communities, Income Tax assistance, dispute resolution, technology assistance (including refurbished computers and laptops to those who complete certain workshops), and other assistance.<br><br>Anxiety? Call 800.510.2020 |
| <b>ConnectIE</b>   | Website<br><a href="https://connectie.org/">https://connectie.org/</a>  | This is a searching tool for free or reduced cost services like medical care, legal service, rent relief, food, job training and more, by zip code.  |
| <b>Eldercare Locator</b><br>(U.S. Administration on Aging) | Phone<br>800.677.1116<br>Office Hours<br>(M-F 8am - 9pm, Eastern Standard Time)<br><br>Email<br><a href="mailto:eldercarelocator@n4a.org">eldercarelocator@n4a.org</a><br><br>Website<br><a href="https://eldercare.acl.gov/Public/Index.aspx">https://eldercare.acl.gov/Public/Index.aspx</a>            | This contact provides information and locates organizations that will help seniors with caregiving, housing, elder rights, insurance and benefits, health, transportation, and many other helpful resources.   |
| <b>American Association of Retired Persons (AARP)</b>      | U.S<br>888.687.2277<br><br>Spanish<br>877.342.2277<br><br>California<br>866.448.3615<br><br>Website<br><a href="https://help.aarp.org/s/">https://help.aarp.org/s/</a>  | Non-profit organization committed to empower people age 50 and over to choose how they live as they age, and to enhance their quality of life.   |

| Agency/Organization                               | Contact Information   | Description of Assistance  |
|---|---|--|
| <b>Moreno Valley Senior Center</b>                | 25075 Fir Ave.<br>Moreno Valley, CA 92553<br><br>Main Phone<br>951.413.3430.<br><br>Nutrition Center Phone<br>951.247.1667<br><br>MoVan Reservations<br>833.745.8454<br><br>Dial-A-Ride<br>800.795.7887 or<br>951.565.5002<br><br>Website<br><a href="http://moval.org/parks-comm-svc/program-sr-services.html">http://moval.org/parks-comm-svc/program-sr-services.html</a><br><br>For classes<br><a href="http://moval.org/parks-comm-svc/soaring-guides.html">http://moval.org/parks-comm-svc/soaring-guides.html</a><br><br>You may join in person or online via Zoom. Please contact the Moreno Valley Senior Center for the Zoom ID and passcode. Note: all classes/ events are subject to change without notice. | <p>The MV Senior Center provides a warm, friendly place for those 50 years and older to enjoy programs, classes, events and socialize with other friendly adults. It offers classes and programs in Dancing, Fit After 50, Creative Writing, and many other.</p> <p>The Family Services Association offers low-cost lunch starting at 11:30 am, Monday through Friday. A person must be 60+ years old and there is a suggested donation of \$3. All other people under 60 years old MUST pay \$6 for lunch. For any questions, please contact the Nutrition Center number provided.</p> <p>Two low-cost transportation options are available to seniors in Moreno Valley: Dial-A-Ride and the MoVan.</p> |
| <b>Friends of Moreno Valley Senior Center</b>     | 25075 Fir Ave.<br>Moreno Valley, CA<br><br>Phone<br>951.413.3430<br><br>Website<br><a href="https://www.facebook.com/FMVSCInc/">https://www.facebook.com/FMVSCInc/</a>  | <p>Organization supports the Senior Center activities to enhance the quality of life of seniors, which include providing the MoVan shuttle for senior transportation, raising funds for programs and special activities needed for Center participants, partnering with the Salvation Army to distribute perishable food items for seniors, and yes, thanks to them we have free coffee at the Center.</p> <p>It has a small, annual fee for membership and meets once a month at the Senior Center.</p>   |
| <b>Veterans Services</b> (County of Riverside)    | 4360 Orange St.<br>Riverside, CA 92501<br><br>Phone: 951.955.3060<br><br>Website<br><a href="https://rivcoveterans.org/Services">https://rivcoveterans.org/Services</a>   | <p>It enhances the quality of life of veterans and family through counseling, claims assistance, education, advocacy and special projects.</p>   |
| Agency/Organization                               | Contact Information   | Description of Assistance  |
| <b>Migrant &amp; Seasonal Farmworker Programs</b> | 1099 N. Pepper Ave.<br>Colton, CA 92324<br><br>Phone<br>909.478.3818  | <p>This program offers employment training, grants, and services, including migrant and seasonal farmworkers in Riverside County</p>   |

|   |  |   |
|---|--|---|
|   | <p>Office Hours<br/>M-F 8am-5pm</p> <p>Website<br/><a href="https://cetweb.edu/farmworker-admissions/">https://cetweb.edu/farmworker-admissions/</a></p> <p>Website<br/><a href="https://edd.ca.gov/en/jobs_and_training/Migrant_and_Seasonal_Farm_Worker_Outreach_Program/">https://edd.ca.gov/en/jobs_and_training/Migrant_and_Seasonal_Farm_Worker_Outreach_Program/</a></p>  | <p>Through the Migrant and Seasonal Farmworker (MSFW) Outreach Program, the Employment Development Department partners with other agencies and community organizations to directly serve farmworkers and agricultural employers. Outreach employees travel to areas where farmworkers live to make sure that they receive information about job opportunities, farmworker labor rights, and supportive services.</p>  |
| <p><b>California Department of Parks and Recreation</b><br/>(Lake Perris and Other State Parks)</p> | <p>To apply online for the Limited Use Golden Bear Pass<br/><a href="https://www.parks.ca.gov/?page_id=30961">https://www.parks.ca.gov/?page_id=30961</a></p> <p>To apply in person go to Lake Perris. Requirements: copy of Photo ID and \$20.00 check/money order payable to CA Dept. of Parks and Recreation.</p> <p>To apply online for the Golden Bear Pass<br/><a href="https://www.parks.ca.gov/?page_id=30960">https://www.parks.ca.gov/?page_id=30960</a></p> <p>To apply in person go to Lake Perris and bring documents required as shown on website.</p> <p>For questions or more information, please contact the Park Pass Sales Office.</p> <p>Email<br/><a href="mailto:passinfo@parks.ca.gov">passinfo@parks.ca.gov</a>.</p> <p>Phone<br/>951.940.5600</p> | <p>Persons 62 years of age or older are eligible to receive the Limited Use Golden Bear Pass. The pass entitles the holder and family entry to most California State Park operated units during non-peak season.</p> <p>Thanks to legislation the Golden Bear Pass is now FREE! It provides day-use vehicle access to Lake Perris and many other state park units for disadvantaged families. Under state law, any qualifying person receiving SSI, any person receiving aid under the CalWORKs Program, or any person 62 years of age or older with income limitations specified on the current application form is eligible to receive the Golden Bear Annual Pass.</p> |
| <p><b>US Aging and National Council on Aging</b></p>  | <p>Website<br/><a href="https://www.usaging.org/">https://www.usaging.org/</a></p> <p>Website<br/><a href="https://www.ncoa.org/">https://www.ncoa.org/</a></p> <p>Website<br/><a href="https://eldercare.acl.gov/Public/Resources/BROCHURES/docs/Guide-to-Benefits_Final22-508.pdf">https://eldercare.acl.gov/Public/Resources/BROCHURES/docs/Guide-to-Benefits_Final22-508.pdf</a></p>   | <p>Educational brochure (updated 2022) links eligible low-income older adults with thousands of public and private programs that can help them pay for health care, prescriptions, food and utilities.</p> <p>It was developed by two organizations committed to help older adults to age well in their home and communities.</p>   |

| Agency/Organization  | Contact Information   | Description of Assistance   |
|--|---|---|
|  | <b>ADULT PROTECTION AGAINST ABUSE AND FRAUD</b>   |   |
| <b>Riverside County Department of Public Social Services</b>   | 4060 County Circle Dr.<br>Riverside, CA 92503<br><br>Phone<br>800.491.7123 (24/7 hotline)<br><br>Website<br><a href="https://rivcodpss.org/elder-and-dependent-adult-abuse">https://rivcodpss.org/elder-and-dependent-adult-abuse</a>   | If you or someone you know is a victim or suspected victim of elder abuse call the number provided.   |
| <b>Riverside County Office on Aging</b><br><br><b>Long-Term Care Ombudsman Program</b>   | Phone<br>833.772.6624   | May contact professional staff and trained volunteers to investigate and resolve complaints made by, or on behalf of, residents living in long-term care facilities in Riverside County.  |
| <b>California Adult Care Licensing Program Community Care</b><br><br><br><br><br><br><b>Licensing Division Complaint Hotline *</b> | Riverside Regional Office<br>1650 Spruce St. Suite 200 MS-29-27<br>Riverside, CA 92507<br><br>Phone<br>951.248.2222<br><br>Email<br><a href="mailto:CARE@RivCo.org">CARE@RivCo.org</a><br><br>Phone<br>844.538.8766<br><br>Email<br><a href="mailto:letusno@dss.ca.gov">letusno@dss.ca.gov</a><br><br><a href="https://www.cdss.ca.gov/inforesources/adult-care-licensing">https://www.cdss.ca.gov/inforesources/adult-care-licensing</a>   | If you see abuse or violence in these facilities (they care for adults who have a mental illness), contact the number provided.   |
| <b>California Department of Social Services</b><br>(Riverside County)  | Phone<br>951.358.3278<br><br>Email<br><a href="mailto:inspectionhelpdesk@RIVCO.org">inspectionhelpdesk@RIVCO.org</a><br><br><a href="https://www.cdss.ca.gov/Portals/13/Reporting/CountyFraudReferralPublicList.pdf">https://www.cdss.ca.gov/Portals/13/Reporting/CountyFraudReferralPublicList.pdf</a><br><br>Or may contact<br>Welfare Fraud Hotline<br>800.344-8477<br><br>Email<br><a href="mailto:FraudHotline@dss.ca.gov">FraudHotline@dss.ca.gov</a><br><br>Website<br><a href="https://www.cdss.ca.gov/reporting/report-fraud/welfare-fraud">https://www.cdss.ca.gov/reporting/report-fraud/welfare-fraud</a> | Contact Riverside County personnel to report welfare fraud. Most common instances of welfare fraud: absent parent at home, unreported income, ineligible child (ren), and child (ren) not living in the home.<br><br>May also contact the Curtailing Abuse Related to the elderly (C.A.R.E) program that addresses elder and dependent fraud and abuse through education, training and coordination.<br><br>To schedule a Community Education Seminar/Presentation or Training, please contact:<br><a href="mailto:CARE@RivCo.org">CARE@RivCo.org</a> |

| Agency/Organization   | Contact Information  | Description of Assistance   |
|---|--|---|
| <p><b>Important Information to Prevent Fraud or if you have been a Victim of a Fraud</b></p> <p>To receive free copy of a credit report each year go to <a href="https://www.annualcreditreport.com/index.action">https://www.annualcreditreport.com/index.action</a> or call 877.322.8228</p> <p>To report theft or unauthorized use of credit cards or social security number, contact: Equifax 800.525.6285 <a href="https://www.equifax.com/">https://www.equifax.com/</a></p> <p>Experian 888.397.3742 <a href="https://www.experian.com/">https://www.experian.com/</a></p> <p>Trans Union 800.680.7289 <a href="https://www.transunion.com/">https://www.transunion.com/</a></p> | <p>For Identity Theft help consider freezing your credit at: <a href="https://www.oag.ca.gov/idtheft/facts/freeze-your-credit">https://www.oag.ca.gov/idtheft/facts/freeze-your-credit</a></p> <p>To prevent Charitable Giving Fraud consider researching charities organizations you are thinking in supporting at: <a href="https://www.charitynavigator.org/">https://www.charitynavigator.org/</a> <a href="https://www.bbb.org/search">https://www.bbb.org/search</a></p> <p>If you have been victim of a fraud, report it to:</p> <p>Local law enforcement<br/>Internet Crime Complaint Center: <a href="https://www.ic3.gov/">https://www.ic3.gov/</a></p> <p>Federal Trade Commission: <a href="https://reportfraud.ftc.gov/#/">https://reportfraud.ftc.gov/#/</a></p> <p>Consumer Fraud Unit<br/>877.387.4357</p> <p>US Secret Service Office:<br/>951.276.6781</p> | <p>To prevent Home Improvement Fraud check to see if contractor is licensed at: <a href="https://www.cslb.ca.gov/">https://www.cslb.ca.gov/</a></p> <p>For Investment Fraud help check before you invest at: <a href="https://dfpi.ca.gov/investor-information/">https://dfpi.ca.gov/investor-information/</a></p> <p>To prevent Mail Fraud consider signing up for USPS digital previewing of mail at: <a href="https://www.usps.com/manage/informed-delivery.htm">https://www.usps.com/manage/informed-delivery.htm</a></p> <p>To prevent undesired calls, contact the DO NOT CALL Registry of the Federal Trade Commission at: <a href="https://www.donotcall.gov/">https://www.donotcall.gov/</a> or call 888.382.1222</p> <p>To Opt Out of credit card offers or marketing lists, sign up at: <a href="https://www.optoutprescreen.com/">https://www.optoutprescreen.com/</a> or call 888.567.8688</p> |
| <p><b>California Department of Consumer Affairs (DCA)</b></p>   | <p>Consumer Information Center</p> <p>1625 N. Market Blvd., Suite N112,<br/>Sacramento, CA 95834</p> <p>Phone<br/>800.952.5210</p> <p>Office Hours: M-F 8am-5pm</p> <p>Website<br/><a href="https://www.dca.ca.gov/about_us/contactus.shtml">https://www.dca.ca.gov/about_us/contactus.shtml</a></p>   | <p>Educates and protects consumers from being victimized by unscrupulous people who promotes deceptive or unsafe practices. It also investigates consumer complaints on issues under its jurisdiction, and takes appropriate action.</p> <p>If the department does not have jurisdiction to resolve concerns or questions, it will provide websites to applicable enforcing agencies.</p>   |
| <p><b>Department of Financial Protection and Innovation (DFPI)</b></p>  | <p>The DFPI encourages financial services consumers to submit complaints if they believe a licensee violated state law or acted improperly.</p> <p>General DFPI inquiries</p> <p>Toll-free<br/>866.275.2677 or 916.327.7585</p> <p>Email<br/>Ask.DFPI@dfpi.ca.gov</p> <p>Email complaints:<br/><a href="https://dfpi.ca.gov/file-a-complaint/?emrc=6406107253b23">https://dfpi.ca.gov/file-a-complaint/?emrc=6406107253b23</a><br/>May also file complaints by U.S. Mail (Download form).</p>  | <p>DFPI protects, educates and empowers California consumers, and provides important consumer information.</p> <p>The Department regulates banks, credit unions, money transmitters, issuers of payment instruments and traveler's checks, and premium finance companies; also securities broker, investment advisers, deferred deposit (commonly known as payday loans) and some lenders.</p>  |



| Agency/Organization   | Contact Information  | Description of Assistance   |
|---|--|---|
| American Association of Retired Persons (AARP)                          | Website<br><a href="https://www.aarp.org/money/scams-fraud/info-2023/stop-check-washers.html">https://www.aarp.org/money/scams-fraud/info-2023/stop-check-washers.html</a>   | ARRP Article - Describes 6 ways to thwart check washers (a way in which criminals steal mail, then wash and rewrite checks so they get the money).  |
| <b>CAREGIVER SUPPORT</b>  |  |   |
| In-Home Supportive Services, County of Riverside Social Services Agency | 12125 Day St.<br>Moreno Valley, CA 92557<br><br>Office Hours<br>M-F 8am-5pm<br><br>Appointments for In-Home Supportive Services<br><br>Phone<br>888.960.4477.<br><br><a href="https://rivcodpss.org/office-locations/in-home-supportive-services">https://rivcodpss.org/office-locations/in-home-supportive-services</a>               | For individuals who are 65 or older, disabled, or blind, Medi-Cal eligible. Helps to pay for in-home services, such as personal care, house cleaning, shopping, cooking and laundry. Social worker makes initial assessment to determine authorized service.  |
| Inland Caregiver Resource Center  | 1430 East Cooley Dr.<br>Suite #240<br>Colton, CA 92324<br><br>Mailing Address<br>P.O. Box 2266<br>Colton, CA 92324<br><br>Phone<br>800.675.6694<br><br>Email<br><a href="mailto:info@inlandcaregivers.org">info@inlandcaregivers.org</a> .<br><br>Website<br><a href="https://inlandcaregivers.org/">https://inlandcaregivers.org/</a> | The Center helps families to cope with the challenges of aging and caregiving. It provides resources and support for seniors who have limited support, and for family caregivers who are over the age of 60 and need assistance themselves.<br><br>ICRC also provides assistance with depression and other health issues. |
| Integrated Care Communities (Assisted Living & Memory Care Residences)  | 14315 Nason St.<br>Moreno Valley, CA 92555<br><br>Phone<br>951.744.1600 or Alternate Phone<br>951.247.6115<br><br>Corporate<br>951.243.3837.<br><br>Website<br><a href="https://icarecommunities.com/">https://icarecommunities.com/</a>   | Provides assisted living, memory care, skilled nursing for elderly, and child development services.   |
| Destiny Care  | 12364 Perris Blvd.<br>Moreno Valley, CA<br><br>Phone<br>877.503.8415<br><br>Website<br><a href="https://destinyhospicecare.com/">https://destinyhospicecare.com/</a>   | Destiny Home Health, Hospice & Palliative Care is dedicated to enhancing a senior's quality of life through Hospice (not a long-term life expectancy), Palliative (serious illness at any stage), or Home Health services.  |

| Agency/Organization                                      | Contact Information  | Description of Assistance  |
|--|--|--|
| <b>Home Instead (In-Home Senior Care)</b>                | 6751 Brockton Ave.<br>Riverside, CA 92506<br><br>Phone<br>951.363.0653 or 951.365.3133<br><br>Website<br><a href="https://www.homeinstead.com/location/282/">https://www.homeinstead.com/location/282/</a>   | This agency provides in-home care services to help people at any point within the aging process. Help includes personal care, bathroom and mobility assistance, Alzheimer's & Dementia care, limited housekeeping, cooking, transportation, and companionship. Available 24-hour for help in Riverside and surrounding areas.  |
| <b>Comfort Keepers (In-Home Senior Care)</b>             | 17050 Arnold Dr.<br>Riverside, CA 92518<br><br>Phone<br>951.682.2660<br><br>Website<br><a href="https://www.comfortkeepers.com/offices/california/riverside/areas-served/area/moreno-valley">https://www.comfortkeepers.com/offices/california/riverside/areas-served/area/moreno-valley</a>   | This agency provides care to seniors in need of assistance. Services include: bathing, dementia/memory care, physical assistance, help with meal preparation, and limited housework. Available 24 hours for help in Riverside, Moreno Valley and surrounding areas.  |
| <b>Visiting Angels Living Assistance Services Agency</b> | 330 6th St Suite #201<br>Redlands CA 92374<br><br>Phone<br>877.618.4748 (877.61. VISIT)<br><br>Website<br><a href="http://www.visitingangels.com">www.visitingangels.com</a><br><br>Visiting Angels does not dictate to the client what his/her schedule is to be. The agency assists people by adjusting their schedules to keep family's loved one comfortable in their homes. | Visiting Angels Senior Care and In Home Assisted Living Services can assist elderly people located in Riverside and San Bernardino County and other areas in California.<br><br>This agency provides companion, personal, respite care, or specialized home care (Alzheimer's, dementia or hospital-to-home transitional care). Senior care is personalized to the needs at home. Website has a searchable tool to find help in senior's area. |
|  | <b>DISABLED/VETERAN SERVICES</b>   |  |
| <b>Braille Institute</b>                                 | 6974 Brockton Ave. Suite 100<br>Riverside, CA 92506<br><br>Phone: 951.787.8800<br><br>Website<br><a href="https://brailleinstitute.org/services">https://brailleinstitute.org/services</a>   | The Braille Institute is a non-profit organization whose mission is to positively transform the lives of those with vision loss. It has a broad range of free programs, classes and services serving thousands of students of all ages helping to demonstrate that vision rehabilitation is a beginning, not an end.   |

| Agency/Organization                     | Contact Information  | Description of Assistance  |
|---|--|--|
| VA Loma Linda Health Care               | 11201 Benton St.<br>Loma Linda, CA 92357<br><br>Phone<br>909.825.7084<br><br>Nationwide<br>800.741.8387<br><br>Website<br><a href="https://www.va.gov/loma-linda-health-care/">https://www.va.gov/loma-linda-health-care/</a><br><br>If you are a Veteran in crisis call 988 and select 1. For more resources for Veterans in crisis:<br><a href="https://www.veteranscrisisline.net/">https://www.veteranscrisisline.net/</a>   | This hospital is geared towards the needs and health of Veterans, their families, and caregivers.<br><br>Website provides information on Veteran programs and services (homeless, PTSD, mental health, and others), additional VA resources (VA forms, health care access and quality, representatives, mobile apps, welcome kit, and others), and help in times of crisis.  |
| American Red Cross - Riverside County   | If you are a member of the military, veterans and need assistance, please call 760.830.6685, 8am-4pm.<br><br>To speak to a Red Cross caseworker 24-hours-a-day, call 877.272.7337.   | The American Red Cross provides help for members of the military, veterans and their families to prepare for, cope with and respond to the challenges of military service.   |
| <b>DISASTER AND SAFETY PREPAREDNESS</b> |  |  |
| American Red Cross - Riverside County   | 6235 River Crest Dr. Suite A<br>Riverside, CA 92507<br><br>Phone<br>888.831.0031<br><br>If you have been affected by a home fire or other disaster, call:<br>1.800. REDCROSS (1.800.733.2767)<br>- 24 hours a day.<br><br><a href="https://www.redcross.org/local/california/southern-california/about-us/locations/riverside-county.html">https://www.redcross.org/local/california/southern-california/about-us/locations/riverside-county.html</a><br><br>To request a free preparedness presentation, contact<br>Kim Aufrecht: 714.313.5440<br>kimberly.aufrecht2@redcross.org | The American Red Cross provides food and shelter in emergencies for all; teach lifesaving skills to ensure our communities are prepared to respond to emergencies, and much more. All Red Cross assistance is free, made possible by the power of volunteers and the generosity of the American people.<br><br>Learn more about local preparedness programs<br><a href="https://www.redcross.org/local/california/southern-california/about-us/our-work/community-preparedness.html">https://www.redcross.org/local/california/southern-california/about-us/our-work/community-preparedness.html</a><br><br>Presentation Request Form and Topics:<br><a href="https://volunteerconnection.redcross.org/?nd=vms_public_form&amp;form_id=4857">https://volunteerconnection.redcross.org/?nd=vms_public_form&amp;form_id=4857</a> |
| U.S. Ready.gov Website                  | <a href="https://www.ready.gov/older-adults">https://www.ready.gov/older-adults</a><br><br><a href="https://www.ready.gov/safety-skills">https://www.ready.gov/safety-skills</a>   | This U.S website provides disaster planning, creating a support network for emergencies, how to shut off utilities, and other useful information generally geared towards seniors. Also includes information regarding individuals with disabilities, and emergency/hurricane preparedness.  |



| Agency/Organization  | Contact Information  | Description of Assistance   |
|--|--|---|
| <b>Osher Lifelong Learning,<br/>University of California<br/>Riverside</b> | Phone<br>760.834.0800<br><br>Email<br><a href="mailto:palmdesert@ucr.edu">palmdesert@ucr.edu</a><br><br><a href="https://palmdesert.ucr.edu/welcome-ucr-osher">https://palmdesert.ucr.edu/welcome-ucr-osher</a>  | Offers classes and programs in Riverside and Palm Desert (via in-person or Zoom) for mature adults interested in current events, science, music, history, travel and culture.   |
|  | <b>EMPLOYMENT AND ASSISTANCE PROGRAMS</b>  |   |
| <b>Moreno Valley Business and Employment Resource Center (MV BERC)</b>     | 12625 Frederick St.<br>Moreno Valley, CA 92553<br><br>Phone<br>951.413.3920<br><br><a href="mailto:berc@moval.org">berc@moval.org</a><br><br><a href="https://www.morenovalleybusiness.com/workforce/">https://www.morenovalleybusiness.com/workforce/</a><br><br><a href="https://www.moval.org/edd/berc.html">https://www.moval.org/edd/berc.html</a>  | Moreno Valley, in partnership with Riverside County, operates a one-stop resource center for small business owners and job seekers that includes: Computer/Internet Access, Workshops and Training Events, Recruitment Events, Resume Preparation Assistance, Resource Library, Hot Jobs Announcements, Career Assessment Software, and Veteran's Employment Services and Resources.  |
| Agency/Organization  | Contact Information  | Description of Assistance   |
| <b>Employment Development Department (EDD) State of California</b>         | General EDD web link:<br><a href="https://edd.ca.gov/en/about_edd/contact_edd">https://edd.ca.gov/en/about_edd/contact_edd</a><br><br>Jobs and Training:<br><a href="https://edd.ca.gov/en/jobs_and_training/">https://edd.ca.gov/en/jobs_and_training/</a><br><br>Claims:<br><a href="https://edd.ca.gov/en/claims/">https://edd.ca.gov/en/claims/</a><br><br>Unemployment Insurance English and Spanish:<br>800.300.5616<br><br>State Disability Insurance:<br>English:800.480.3287<br>Spanish:866.658.8846<br><br>Paid Family Leave Office:<br>English:877.238.4373<br>Spanish:877.379.3819<br><br>General Hours: 8am-5 pm (Pacific time), M-F, except on state holidays. Monday mornings before 10am is the busiest call time, calling at other times if possible. | EDD offers job services and training to CA people. They provide a range of employment and training services with state and local agencies. These services help job seekers, laid off workers, youth, people currently working, veterans, and people with disabilities.<br><br>EDD also manages the Unemployment Insurance, Disability Insurance, Paid Family Leave, and others.<br><br>The unemployment insurance payments are for workers who lose their job through no fault of their own; program is funded by employers who pay taxes on wages paid by employers.<br><br>EDD assists in filing a claim by phone, general unemployment questions, and technical help with online registration. |

|  |   |   |
|--|---|---|
| <p><b>Social Security Administration Office</b></p>  | <p>22815 Calle San Juan de los Lagos<br/>Moreno Valley, CA 92553</p> <p>Phone<br/>888.590.2705 for Appointments.</p> <p>To apply for SSI/SSP, visit the above Social Security office, or phone 800.772.1213 (It may take a while to respond by phone – may have to go in person).</p> <p>See websites below for additional information:<br/><a href="https://www.cdss.ca.gov/inforesources/ssi-ssp">https://www.cdss.ca.gov/inforesources/ssi-ssp</a></p> <p><a href="https://www.ssa.gov/medicare/sign-up">https://www.ssa.gov/medicare/sign-up</a><br/><a href="https://www.ssa.gov/es/medicare/sign-up">https://www.ssa.gov/es/medicare/sign-up</a></p> <p><a href="https://www.ssa.gov/es/apply">https://www.ssa.gov/es/apply</a></p> | <p>The Supplemental Security Income (SSI) Program is a federally funded program which provides income support to eligible individuals who are aged 65 or older, blind or disabled, low-income, US citizen or permanent resident. The State Supplementary Payment (SSP) Program is the state program which augments SSI.</p> <p>Both SSI and SSP benefits are administered by the Social Security Administration (SSA). If an eligible individual qualifies for SSI, they qualify for SSP. The benefits are in the form of cash assistance.</p> <p>You may also register for Medicare through Social Security if you are 65 or older. If you are less than 65 years old, you may be eligible for Medicare if you are disabled or incapacitated, or if you receive incapacity benefits. The SSI does not qualify you by itself.</p> |
| <p><b>Agency/Organization</b></p>  | <p><b>Contact Information</b></p>   | <p><b>Description of Assistance</b></p>   |
| <p><b>Riverside County Department of Public Social Services (DPSS)</b><br/>(Moreno Valley)</p>   | <p>12625 Heacock St<br/>Moreno Valley, CA 92553<br/>Hours<br/>M-F 8am-5pm<br/>Phone<br/>877.410.8827<br/>General DPSS web link:<br/><a href="https://rivcodpss.org/">https://rivcodpss.org/</a><br/>Seniors Assistance &amp; Disabled Adults:<br/><a href="https://rivcodpss.org/disabled-adults-seniors">https://rivcodpss.org/disabled-adults-seniors</a><br/>Jobs and Services:<br/><a href="https://rivcodpss.org/job-services">https://rivcodpss.org/job-services</a><br/>Benefits:<br/><a href="https://rivcodpss.org/apply-for-benefits">https://rivcodpss.org/apply-for-benefits</a></p>  | <p>DPSS is a resource for the older population, which is rapidly expanding. They aid to seniors and disabled adults, jobs and services, benefits and access to caregivers who help at-risk adults live safely and independently in their own home. They also provide services to protect adults from abuse and neglect. DPSS offers job training opportunities, employment assistance, and access to careers that support individuals and families.</p> <p>It also provides help for those struggling with low income by offering assistance programs for food, cash, housing and health coverage.</p>  |
| <p><b>Riverside County Department of Public Social Services (DPSS)</b><br/>(Moreno Valley)<br/>(Continued)</p> <p>You may apply for Medi-Cal as follows:<br/>In Person: Riverside County DPSS in Moreno Valley,</p> <p>M-F 8am-5pm<br/>Call for guidance or questions: 1-877-410-8827 (may call for questions; expect delays).<br/>Online<br/><a href="https://www.coveredca.com/">https://www.coveredca.com/</a>,</p> | <p>12625 Heacock St.<br/>Moreno Valley, CA 92553<br/>Hours<br/>M-F 8am-5pm<br/>Phone<br/>877.410.8827<br/>Contact a Cash Assistance Program for Immigrants (CAPI) Eligibility Worker by calling 888.960.4477 or emailing <a href="mailto:IHSSHOME@rivco.org">IHSSHOME@rivco.org</a>.<br/>For Medical information:<br/><a href="https://www.dhcs.ca.gov/services/medi-cal/">https://www.dhcs.ca.gov/services/medi-cal/</a><br/>Medi-Cal covers individuals ages 50 and over, regardless of their immigration status. This resource</p>   | <p>The public assistance programs for immigrants include the Cash Assistance Program for Immigrants. The program provides grants and cash assistance to disabled and elderly immigrants who may not be eligible for federal government Supplemental Security Income (SSI) or other federal government public assistance.</p> <p>Medi-Cal is a free or low-cost health insurance for the elderly, disabled, children, pregnant women, families and blind.</p> <p>You may also can get help from the Health Insurance Counseling and</p>  |

| <p>(Covered California Website)<br/>By mail:<br/><a href="https://www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/SingleStreamApps.aspx">https://www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/SingleStreamApps.aspx</a><br/>You may apply for CalWORKS and CalFresh Food as follows:<br/>In Person: Riverside County DPSS in Moreno Valley,<br/>M-F 8am-5pm<br/>By Phone: 877.410.8827 (may call for questions and guidance also – lots of delays, best to use other options, or make an appointment),</p> <p>Online:<br/><a href="https://benefitscal.com/">https://benefitscal.com/</a></p> | <p>offers free or low-cost health coverage, and may include dental, vision, medications, and nursing home care, as well as physical therapy, pharmacy services, other medical expenses such as emergency medical transportation, mental, and substance use disorder needs, and a primary care physician to better manage their health conditions.</p> <p>For CalWORKS information:<br/><a href="https://www.cdss.ca.gov/calworks">https://www.cdss.ca.gov/calworks</a><br/>CalWORKs program emphasizes self-sufficiency and offers public assistance that may include basic education; assistance with job and occupational skills training related expenses; child care financial assistance; job search preparation; transportation assistance; assistance with work related expenses; post-secondary education; and on-the-job training.</p> | <p>Advocacy Program (HICAP). This program provides community education and individualized one-to-one counseling on Medicare, managed care, and other private health insurance issues. To contact a HICAP counselor directly: Call 909.256.8369, or toll free 800.434.0222.</p> <p>CalFresh Food Program helps food-insecure, low-income individuals &amp; families to get enough, healthy food and groceries throughout the year (formerly Supplemental Nutrition Assistance Program - SNAP). Benefits of CalFresh may also include food stamps in a crisis. If a family is a migrant or seasonal farm worker, is just about to run out of food, then the food stamp service may be expedited.</p> <p>For CalFresh Food assistance, you may also apply at: <a href="http://www.getcalfresh.org">www.getcalfresh.org</a>.</p> |
|--|---|--|
| <b>Agency/Organization</b>   | <b>Contact Information</b>  | <b>Description of Assistance</b>   |
| <p><b>Victim Compensation and Government Claims Board</b><br/>(CalVCB)</p>   | <p>General CalVCB web link (eligibility, compensation, and local and online help):<br/><a href="https://victims.ca.gov/">https://victims.ca.gov/</a></p> <p>Get Help for Specific Crimes:<br/><a href="https://victims.ca.gov/for-victims/get-help/">https://victims.ca.gov/for-victims/get-help/</a></p>   | <p>The CalVCB provides the tools and resources victims of crime need so they can recover, heal, and thrive; includes financial assistance so that they can restore their lives.</p> <p>A qualifying crime may be physical injury or threat of physical injury or death. Certain family members or other loved ones may also qualify.</p>   |
| <p><b>Refugee Cash Assistance (RCA)</b></p> <p>May also contact:<br/><b>Riverside County Department of Public Social Services</b></p> <p>Moreno Valley<br/>12625 Heacock St<br/>Moreno Valley, CA 92553</p> <p>Hours<br/>M-F 8am-5pm</p> <p>Phone<br/>877.410.8827</p> <p><a href="https://rivcodpss.org/">https://rivcodpss.org/</a></p>  | <p>General RCA web link:<br/><a href="https://www.cdss.ca.gov/refugees">https://www.cdss.ca.gov/refugees</a></p> <p>To apply in person, or for any questions please contact the Riverside County Refugee Coordinator (CRC):<br/>Reyna Santoyo<br/>CalWORKs (DPSS)<br/>4060 County Circle Dr.<br/>Riverside, CA 92503</p> <p>Office<br/>951.358.3970</p> <p>Email<br/><a href="mailto:rsantoyo@rivco.org">rsantoyo@rivco.org</a></p> <p>Kasey Rogers<br/>Supervising Specialist (DPSS)</p> <p>4060 County Circle Dr.<br/>Riverside, CA 92503</p>   | <p>RCA is a cash assistance program for refugees who are not otherwise eligible for any other cash aid. RCA also includes employment and other social services to assist a refugee in becoming self-sufficient.</p> <p>Population that could be eligible for the RCA include: Refugees, Asylees, Cuban/Haitian entrants, Special Immigrant Visa (SIV) holders, Afghan and Ukrainian Parolees, Amerasians, and Certified Victims of human trafficking.</p> <p>RCA is available for up to 12 months from certain dates or actions. Victims of human trafficking may be eligible for additional services before they have a certification by the Office of Refugee Resettlement as Victim of Trafficking.</p>   |

|  |  |   |
|--|--|---|
|  | <p>Office<br/>951.358.4991</p> <p>Email<br/><a href="mailto:karogers@rivco.org">karogers@rivco.org</a>.</p> <p>Apply online <a href="https://benefitscal.com/">https://benefitscal.com/</a></p>  |   |
|  | <b>FINANCIAL</b>   |   |
| <b>Income Tax Preparation Help - AARP Foundation Tax-Aide Program</b>                                    | <p>Assistance located at the:</p> <p>Moreno Valley Senior Center</p> <p>25075 Fir Ave.<br/>Moreno Valley, CA 92553</p> <p>Phone<br/>951.413.3430</p> <p><a href="https://taxaide.aarpfoundation.org/">https://taxaide.aarpfoundation.org/</a></p>  | It provides tax assistance to anyone, free of charge, with a special focus on taxpayers who are over 50 or have low to moderate income. Tax-Aide volunteers are trained and IRS-certified and are generally available from January 30 to April 15th.                        |
| <b>Agency/Organization</b>   | <b>Contact Information</b>   | <b>Description of Assistance</b>  |
| <b>Income Tax Preparation Help - Community Action Partnership of Riverside County's VITA Tax Program</b> | <p>Moreno Valley Locations (Walk-ins ok). Call for days and hours.</p> <p>Moreno Valley Library-Main<br/>25480 Alessandro Blvd.<br/>Moreno Valley, CA 92553</p> <p>Phone<br/>951.413.3880</p> <p>Moreno Valley Library Iris<br/>16170 Perris Blvd.<br/>951.413.3670</p> <p>Moreno Valley Library Mall<br/>22500 Town Circle #2078<br/>Moreno Valley, CA 92552</p> <p>Phone<br/>951.413.3761</p> <p><a href="https://capriverside.org/volunteer-income-tax-assistance">https://capriverside.org/volunteer-income-tax-assistance</a></p> | <p>Program provides free Income Tax preparation services to low and moderate income individuals, and families with income up to \$75,000.</p> <p>They have various locations available during the tax season (generally January 30 to April 15th) for your convenience.</p> |
|  | <b>HEALTH MAINTENANCE</b>  |   |
| <b>Health Insurance Counseling and Advocacy Program (HICAP) (Council of Aging Program)</b>               | <p>Hot Line<br/>800.434.0222</p> <p>Get face-to-face appointments with a HICAP counselor, or to receive assistance by phone in Riverside County call:</p>  | Council of Aging program offers one-on-one counseling to assist Medicare beneficiaries, their families and caregivers understand their Medicare benefits, and best healthcare options.  |



|  |   |   |
|--|---|---|
|  | 909.256.8369<br><a href="https://www.coasc.org/programs/hicap/">https://www.coasc.org/programs/hicap/</a>   | HICAP provides free, unbiased Medicare counseling and education in Riverside & SB counties.   |
| <b>Inland Empire Health Plan (IEHP)</b>  | For more information or to enroll<br><br>Phone<br>866.294.4347<br><br>8am-5pm Monday-Friday.<br><br><a href="https://www.iehp.org/en/members/medical-riverside">https://www.iehp.org/en/members/medical-riverside</a>   | The IEHP, together with state Medi-Cal, gives access to thousands of doctors in local areas, providing medical, dental, and vision services.  |
| <b>Private Health Insurance Plans</b>    | <a href="https://www.medicareadvantage.com/part-c">https://www.medicareadvantage.com/part-c</a>   | Website allows you to compare private health insurance plans side-by-side that provide Medicare Part C coverage.<br><br>Contact the Senior Center for private health insurance plans available. We also encourage you to talk to HICAP or a licensed insurance agent to learn more and determine which plan may be right for you.   |
| <b>Agency/Organization</b>               | <b>Contact Information</b>  | <b>Description of Assistance</b>  |
| <b>Webmd</b>                             | <a href="https://www.webmd.com/health-insurance/medicare-eligibility-and-enrollment#">https://www.webmd.com/health-insurance/medicare-eligibility-and-enrollment#</a>   | This website provides general information on Medicare eligibility and enrollment.<br><br>Contact your Senior Center for private health insurance plans available. We also encourage you to talk to contact HICAP or a licensed insurance agent to learn more and determine which plan may be right for you.   |
|  | <b>HEALTHY AGING</b>  |   |
| <b>Alzheimer's Foundation of America</b> | Alzheimer's Foundation of America (AFA), 322 Eighth Avenue, 16th Floor, New York, NY 10001<br><br>National Toll-Free Helpline:<br>866.232.8484 (Spanish available),<br>9am-9pm Eastern Time M-F, and<br>9am-1pm Sat and S (ET), to answer questions and provide help and resources.<br><br>Email<br><a href="mailto:info@alzfdn.org">info@alzfdn.org</a><br><a href="https://alzfdn.org/">https://alzfdn.org/</a> | This organization provides support, services and education to individuals, families and caregivers affected by Alzheimer's disease and related dementias nationwide.<br><br>Amongst other things:<br>- It has a helpline with dementia-trained social workers to help with questions,<br>- There are support groups by phone,<br>- AFA has compiled a list of facts about Alzheimer's and dementia, as well as tips for caregivers, and |

|   |  |   |
|---|--|---|
|   |  | - It has a prototype dementia-friendly living space (Apartment) located in AFA's headquarters in NYC. A video tour of the apartment is available, which highlights all the relevant features.   |
| <b>National Parkinson's Foundation</b>  | 1359 Broadway, Suite 1509<br>New York, NY 10018<br><br>Helpline<br>800.473.4636<br>Call for questions, referrals and resources. M-F, 9am-7pm Eastern Time (English and Spanish).<br><br><a href="https://www.parkinson.org/">https://www.parkinson.org/</a>  | This organization provides resources helpful so that individuals live better with Parkinson's disease.<br><br>They offer education, awareness, support to individuals with Parkinson's disease. Support groups and seminars are available, along with a website that has a searchable tool to find local resources, support, and healthcare facilities.   |
| <b>Agency/Organization</b>  | <b>Contact Information</b>   | <b>Description of Assistance</b>  |
| <b>American Cancer Society</b>  | 24/7 Cancer Helpline - Provides support for people dealing with cancer.<br><br>Call us at<br>800.227.2345<br>It will connect you with trained cancer information specialists who will answer questions about a cancer diagnosis and provide guidance and a compassionate ear.<br><br>General website:<br><a href="https://www.cancer.org/support-programs-and-services.html">https://www.cancer.org/support-programs-and-services.html</a> | The American Cancer Society general website helps you with resources to manage your life through treatment and recovery, and get the emotional support you need, including:<br>lodging during treatment, rides to treatment, breast cancer support, hair loss and mastectomy products, and others.<br><br>In addition, the American Cancer Society can also help connect you to additional free or low-cost resources from other organizations, including: co-pay, equipment, financial, gas, lodging, mortgage, nutrition, prescription, prostheses, referral, rent, ride, screening, smoking, support, transportation, utilities, and wigs. |
| <b>California Department of Parks and Recreation</b><br>(Lake Perris and Other State Parks) | Limited Use Golden Bear Pass.<br>To apply online:<br><a href="https://www.parks.ca.gov/?page_id=30961">https://www.parks.ca.gov/?page_id=30961</a><br><br>To apply in person, go to Lake Perris. Requirements: copy of Photo ID and \$20.00 check/money order payable to CA Dept. of Parks and Recreation.<br><br>Golden Bear Pass.  | Persons 62 years of age or older are eligible to receive the Limited Use Golden Bear Pass. The pass entitles the holder and family entry to most California State Park operated units during non-peak season.<br><br>Thanks to legislation the Golden Bear Pass is now FREE! It provides day-use vehicle access to Lake Perris and many other state park units for disadvantaged  |

|  |  |  |
|--|--|--|
|  | <p>To apply online:<br/> <a href="https://www.parks.ca.gov/?page_id=30960">https://www.parks.ca.gov/?page_id=30960</a></p> <p>To apply in person go to Lake Perris and bring documents required as shown on website.</p>   | <p>families. Under state law, any qualifying person receiving SSI, any person receiving aid under the CalWORKs Program, or any person 62 years of age or older with income limitations specified on the current application form is eligible to receive the Golden Bear Annual Pass.</p>   |
| <b>Centers for Independent Living (CILs)</b>             | <p>Center for Independent Living:<br/> Community Access Center</p> <p>6848 Magnolia Ave., Suite 150<br/> Riverside, CA 92506</p> <p>Phone<br/> 951.274.0358<br/> <a href="https://acl.gov/programs/aging-and-disability-networks/centers-independent-living">https://acl.gov/programs/aging-and-disability-networks/centers-independent-living</a></p> | <p>These Centers are organizations that assist older adults and individuals with disabilities to live independently in their homes and communities. The website provides resources and support for integrating elderly and others fully into their communities to promote equal opportunities, self-determination, and respect.</p>          |
| <b>United Healthcare Hearing</b>                         | <p><a href="https://www.uhchearing.com/discover-care/?cid=over-the-counter-care">https://www.uhchearing.com/discover-care/?cid=over-the-counter-care</a></p>   | <p>This website provides information on hearing loss, online hearing test and over-the-counter hearing devices. If you're not sure of your hearing loss level, it is recommended that you visit a professional to help you determine it.</p>   |
| <b>Agency/Organization</b>                               | <b>Contact Information</b>   | <b>Description of Assistance</b>   |
| <b>Visiting Angels Living Assistance Services Agency</b> | <p><a href="https://www.visitingangels.com/knowledge-center/senior-health-and-well-being/yoga-and-exercise-promote-healthy-aging-for-seniors/509">https://www.visitingangels.com/knowledge-center/senior-health-and-well-being/yoga-and-exercise-promote-healthy-aging-for-seniors/509</a></p>   | <p>This article describes how yoga and exercise improve health in seniors, including strength, flexibility, and balance, through controlled breathing techniques, meditation, relaxation, and physical poses.</p>  |
| <b>All Seniors Care Living Centers</b>                   | <p><a href="https://www.allseniorscare.com/blog/mindfulness-and-tai-chi-for-seniors/">https://www.allseniorscare.com/blog/mindfulness-and-tai-chi-for-seniors/</a></p>   | <p>This article explains how meditation techniques may slow and soften the onset of Alzheimer's &amp; dementia, improve digestion, and reduce stress. It also describes how T'ai Chi may improve balance &amp; energy, cognitive functions, and assist in arthritis management.</p>  |
| <b>California Department of Public Health</b>            | <p>Phone<br/> 916.558.1784</p> <p><a href="https://www.cdph.ca.gov/">https://www.cdph.ca.gov/</a></p> <p><a href="https://www.cdph.ca.gov/Programs/CDC/PHP/DEODC/Pages/Senior-Health.aspx">https://www.cdph.ca.gov/Programs/CDC/PHP/DEODC/Pages/Senior-Health.aspx</a></p>   | <p>CDPH focuses on disease prevention, promoting initiatives that encourage early intervention and screening, and tips for maintaining optimum health in the senior years.</p> <p>It provides useful information on: Alzheimer's Disease, Arthritis, Colon Cancer, Diabetes, Heart Disease and Stroke promoting health, and other areas.</p> |

|   |   |   |
|---|---|---|
|   |   | Websites have a searchable tool for services such as health screening and treatments, and lots of guidance on senior's chronic conditions and resources. You may select your language of choice.  |
| <b>The Riverside County Medical Association (RCMA)</b>                            | 3993 Jurupa Ave.<br>Riverside, CA 92506.<br><br>Phone<br>951.686.3342<br><br>Toll Free<br>800.472.6204<br><br><a href="https://www.rcmadocs.org/">https://www.rcmadocs.org/</a><br>Click on "Physician finder" on top of page.  | The RCMA sponsors and operates a physician referral service for the public, providing contact information for physicians within their referral service, by specialty.<br><br>They can also provide information regarding the physician's training and board certification.  |
| <b>Agency/Organization</b>  | <b>Contact Information</b>  | <b>Description of Assistance</b>  |
|   | <b>HOME SAFETY</b>  |   |
| <b>Habitat for Humanity – Aging in Place Program</b><br>(Moreno Valley Affiliate) | Riverside HFH<br><a href="http://www.habitatriverside.org">www.habitatriverside.org</a><br><a href="mailto:info@habitatriverside.org">info@habitatriverside.org</a><br><br>Phone<br>951.787.6754<br><br>Physical address<br>2180 Iowa Ave.<br>Riverside, CA 92507-2413<br><br><a href="https://www.habitat.org/our-work/aging-in-place">https://www.habitat.org/our-work/aging-in-place</a><br><br>If home improvements are needed for mature adult homes, contact HFH Aging in Place Program.  | Through the Aging in Place program, Habitat helps older adults age at home and in their communities. The local Habitat affiliate works with human services organizations to evaluate individual needs and provide critical home repairs, modifications and community services specific to each homeowner's lifestyle to preserve their home and their independence. This holistic allows each homeowner to remain in their homes safely and securely, as they age. Aging in place extends longevity and quality of life, and safe and stable housing and community networks are core to these outcomes. |
| <b>Eldercare</b><br>(U.S. Administration on Aging)                                | <a href="https://eldercare.acl.gov/Public/Resources/BROCHURES/docs/Home-Modification-Brochure.pdf">https://eldercare.acl.gov/Public/Resources/BROCHURES/docs/Home-Modification-Brochure.pdf</a><br><a href="https://eldercare.acl.gov/Public/Resources/BROCHURES/docs/Preventing%20Falls.pdf">https://eldercare.acl.gov/Public/Resources/BROCHURES/docs/Preventing%20Falls.pdf</a><br><a href="https://eldercare.acl.gov/Public/Resources/BROCHURES/docs/Home-Improvement-Scams.pdf">https://eldercare.acl.gov/Public/Resources/BROCHURES/docs/Home-Improvement-Scams.pdf</a> | These brochures are from the eldercare website and provide information on how to modify your home for healthy aging, prevent falls at home, and reduce risk related to home improvement scams.  |
| <b>Center for Disease Control and Prevention</b>                                  | <a href="https://www.cdc.gov/steady/pdf/STEADI-Brochure-CheckForSafety-508.pdf">https://www.cdc.gov/steady/pdf/STEADI-Brochure-CheckForSafety-508.pdf</a><br><br><a href="https://www.cdc.gov/steady/pdf/STEADI-Brochure-WhatYouCanDo-508.pdf">https://www.cdc.gov/steady/pdf/STEADI-Brochure-WhatYouCanDo-508.pdf</a>  | These publications help older adults identify fall hazards in the home, and steps that can be taken to reduce fall risks  |

|   |  |   |
|---|--|---|
| <b>Home Modification Information Network</b>  | <a href="https://homemods.org/acl/hmin/">https://homemods.org/acl/hmin/</a>  | This searchable tool provides information about each state (and major city) home modification providers, policies, funding sources, and programs.   |
| <b>Home Modifications and Consumer Awareness Strategies</b>   | <a href="https://homemods.org/acl/consumera wareness/#a1">https://homemods.org/acl/consumera wareness/#a1</a>  | This searchable tool provides information and checklists to help older adults and families identify potential hazards in the home that can be used as a starting point for making home modifications.                                   |
| <b>National Assistive Technology Act Technical Assistance and Training (AT3) Center and State Grant for Assistive Technology (AT) Program</b>               | <p>AT3 Center: <a href="https://at3center.net/">https://at3center.net/</a><br/> As a member of the public, you can learn more on assistive technology resources needed by clicking on the "Explore AT". For help connecting with your state or territory AT Act Program, click on the "State/Territory AT Programs" menu.<br/> AT Toolkit weblink:<br/> <a href="https://at3center.net/wp-content/uploads/publications/at3-toolkit-final-accessible.pdf">https://at3center.net/wp-content/uploads/publications/at3-toolkit-final-accessible.pdf</a></p> <p>Case workers, family members and others who assist older adults and persons with disabilities may find this weblink useful.</p> | This Center provides Assistive Technology activities, programs, and services that help older adults and people with disabilities learn how to use and acquire the technology that best meets their unique needs.                        |
| <b>Agency/Organization</b>  | <b>Contact Information</b>   | <b>Description of Assistance</b>  |
|   | <b>HOUSING</b>   |   |
| <b>Fair Housing Council of Riverside County</b>   | <p>Moreno Valley Office<br/> 23890 Alessandro Blvd., Ste A1,<br/> Moreno Valley, CA 92553</p> <p>Phone: 951.653.8314</p> <p>Hours: M-F, 8am-5pm.</p> <p>For a complaint about housing discrimination, please call or email:<br/> 951.682.6581 (Main Office),</p> <p>Email: <a href="mailto:fhcrc@fairhousing.net">fhcrc@fairhousing.net</a>.</p> <p><a href="https://fairhousing.net/services/">https://fairhousing.net/services/</a></p>  | <p>Council provides information for first time buyers, foreclosure prevention, pre-purchasing counseling, credit counseling and training.</p> <p>Also provides information about fair housing laws, homeless and rental counseling.</p> |
| <b>Community Connect</b>  | <p>Dial 951.686.4402 or 211 to speak to a Community Resource Advisor 24 hours a day 7 days a week.</p> <p><a href="https://inlandsocaluw.org/211">https://inlandsocaluw.org/211</a></p>  | Inland SoCal 211+ is the administrator for emergency rental assistance and housing, older adults, legal and mental health aid, and other services in Riverside County, including the City of Moreno Valley.                             |
| <b>Section 8 – Housing Authority of the County of Riverside</b><br>(Community Access Center can help apply for Section 8 vouchers by phone: (951) 274-0358) | <p>5555 Arlington Ave.<br/> Riverside, CA 92504</p> <p>Phone<br/> 951.351.0700<br/> <a href="https://harivco.org/how-apply/voucher-programs">https://harivco.org/how-apply/voucher-programs</a></p>  | The Section 8 rental voucher program provides rental assistance to help very low-income families afford decent and sanitary rental housing. These programs are administered by local public housing agencies (PHAs).                    |

|   |  |  |
|---|--|--|
| <b>Telacu Villa Apartment Community</b>               | 25105 Fir Ave.<br>Moreno Valley, CA 92553<br><br>Phone<br>951.486.9842   | This is a 74-unit low-income apartment community located just a few blocks away from the 60 freeway in the city of Moreno Valley. Eligibility: Head of household must be at least 62 years-old, or 18 years-old and physically impaired at time application is submitted. Household income must not exceed 50% of the Housing and Urban Development annual income limits. Rent is based on 30% of adjusted gross income.   |
| <b>Perris Isle Apartment Community</b>                | 12960 Perris Blvd.<br>Moreno Valley, 92553<br><br>Phone<br>951.686.4402  | Perris Isle is a 189- bedroom units with some low-income apartments. Since this property has received funding in part through the Low Income Housing Tax Credit (LIHTC) program, a certain number of units are set aside for lower income households. Eligibility: Households must earn either less than 50% or 60% of the area median income to qualify for these units. Rents in these units are capped at a maximum of 30% of the set-aside area median income (adjusted for unit size). Some rental units in this property may not be subject to LIHTC and thus have higher rents and no maximum household income requirement. |
| <b>Agency/Organization</b>                            | <b>Contact Information</b>   | <b>Description of Assistance</b>   |
| <b>Eucalyptus Towers Co-op Senior Housing</b>         | 24169 Eucalyptus Ave.<br>Moreno Valley, CA 92553<br><br>Phone<br>951.653.2324<br><br>Email<br><a href="mailto:seniorhousingca@csi.coop">seniorhousingca@csi.coop</a><br><br>Waiting List: 800.500.7725<br><br>M, W, F 10am-2pm.<br><br>For co-op details and tours<br><br>Phone: 951.653.2324<br><a href="https://www.csi.coop/en/locations/CA/moreno-valley/42?city=Moreno%20Valley&amp;locationname=Eucalyptus%20">https://www.csi.coop/en/locations/CA/moreno-valley/42?city=Moreno%20Valley&amp;locationname=Eucalyptus%20</a> | Living in a co-op means living in a building that is controlled by the resident members. Becoming part of a CSI co-op allows you to enjoy the benefits of apartment living while retaining control of your environment.<br><br>Main Cooperative Principles: Democratic control; equal rights for voting; not-for-profit operation; suitable housing for the most reasonable cost to benefit their members; continuing education; political, social, & religious neutrality; sharing experience with other cooperatives; voluntary membership with no discrimination.   |
| <b>Habitat for Humanity (Moreno Valley Affiliate)</b> | Riverside HFH<br><a href="http://www.habitatriverside.org">www.habitatriverside.org</a><br><a href="mailto:info@habitatriverside.org">info@habitatriverside.org</a><br>951.787.6754<br><br>2180 Iowa Ave.<br>Riverside, CA 92507-2413<br>For more information on how to apply for a home or to learn more about the  | Habitat for Humanity believes that everyone should have a safe, affordable place to call home.<br><br>It is expected that applicants (individuals and families) are active participants, from the construction phase to when the keys are handed over.   |

|  |  |   |
|--|--|---|
|  | <p>process, please contact Riverside HFH, call: 1-800-422-4828, or visit website below:<br/> <a href="https://www.habitat.org/housing-help/apply">https://www.habitat.org/housing-help/apply</a><br/>         General Requirements for application approval:<br/>         - Prospective homeowners must demonstrate a need for safe, affordable housing.</p> <p>- Prospective households are low to moderate income, whose income does not exceed 60% of the area median income (for USA).</p> | <p>Homeowners must also be able and willing to pay an affordable mortgage, and generally does not exceed 30% of the homeowner's gross monthly income. Mortgage payments are cycled back into the community to help build additional Habitat houses.</p> <p>Habitat's homeowner selection is managed at the local Habitat for Humanity locations all over the U.S. and around the world.</p>   |
| <p><b>Prefabricated Homes</b><br/>         (Sample, not a recommendation. Beaumont is about 18 miles from Moreno Valley)</p> | <p><a href="https://www.modularhomes.com/city/Beaumont/California/">https://www.modularhomes.com/city/Beaumont/California/</a><br/>         (Website has resources and finance information.)</p> <p>Compare traditional stick-bult home with that of a prefab home and see if factory built is the right choice for you; also explore the City you are considering to see if it is the right place to live for you (and family).</p>   | <p>Some older individuals are seeking to sell their bigger homes and are considering prefab modular homes which may offer flexibility, value, and peace of mind to them. Different home styles, shape, size, and layouts are available. Prefab modular homes are built in a factory setting, they're assembled on-site and follow state building codes. Builders claim they are identical to a regular site-built home in every practical sense. They even qualify for the same type of financing.</p>  |
| <b>Agency/Organization</b>   | <b>Contact Information</b>   | <b>Description of Assistance</b>  |
| <p><b>Perris Isle Apartment Community</b></p>  | <p>12960 Perris Blvd.<br/>         Moreno Valley, CA 92553</p> <p>951.924.4070</p>   | <p>Perris Isle is a 189-bedroom unit with some low-income apartments. Since this property has received funding in part through the Low Income Housing Tax Credit (LIHTC) program, a certain number of units are set aside for lower income households for individuals 55+ years of age. Eligibility: Households must earn either less than 50% or 60% of the area median income to qualify for these units. Rent in these units are capped at a maximum of 30% of the set-aside area median income (adjusted for unit size). Some rental units in this property may not be subject to LIHTC and thus have higher rent and no maximum household income requirements.</p> |
| <p><b>Eucalyptus Towers Co-op Senior Housing</b></p>   | <p>24169 Eucalyptus Ave.<br/>         Moreno Valley, CA 92553</p> <p>Phone<br/>         951.653.2324</p> <p>Email <a href="mailto:seniorhousingca@csi.coop">seniorhousingca@csi.coop</a></p> <p>Waiting List: 800.500.7725<br/>         W, F 10am-2pm.</p>   | <p>Living in a co-op means living in a building that is controlled by the resident members. Becoming part of a CSI co-op allows you to enjoy the benefits of apartment living while retaining control of your environment.</p> <p>Main Cooperative Principles: Democratic control; equal rights for voting; not-for-profit operation; suitable housing for the most reasonable cost to benefit their</p>  |

|   |  |  |
|---|--|--|
|   | For co-op details and tours:<br>951.653.2324<br><a href="https://www.csi.coop/en/locations/CA/moreno-valley/42?city=Moreno%20Valley&amp;locationname=Eucalyptus%20">https://www.csi.coop/en/locations/CA/moreno-valley/42?city=Moreno%20Valley&amp;locationname=Eucalyptus%20</a>  | members; continuing education; political, social, & religious neutrality; sharing experience with other cooperatives; voluntary membership with no discrimination.   |
| <b>Habitat for Humanity</b><br>(Moreno Valley Affiliate)  | Riverside HFH<br><a href="http://www.habitatriverside.org">www.habitatriverside.org</a><br><a href="mailto:info@habitatriverside.org">info@habitatriverside.org</a><br>(951) 787-6754<br><br>2180 Iowa Ave.<br>Riverside, CA 92507<br><br>T-SAT 9am-5pm<br>For more information call<br>800-422-4828, or visit website below:<br><a href="https://www.habitat.org/housing-help/apply">https://www.habitat.org/housing-help/apply</a><br>General Requirements for application approval:<br>- Prospective homeowners must demonstrate a need for safe, affordable housing.<br><br>- Prospective households are low to moderate income, whose income does not exceed 60% of the area median income (for USA). | Habitat for Humanity believes that everyone should have a safe, affordable place to call home.<br><br>It is expected that applicants (individuals and families) are active participants, from the construction phase to when the keys are handed over.<br><br>Homeowners must also be able and willing to pay an affordable mortgage, and generally does not exceed 30% of the homeowner's gross monthly income. Mortgage payments are cycled back into the community to help build additional Habitat houses.<br><br>Habitat's homeowner selection is managed at the local Habitat for Humanity locations all over the U.S. and around the world. |
| <b>Agency/Organization</b>  | <b>Contact Information</b>   | <b>Description of Assistance</b>   |
| <b>Prefabricated Homes</b><br>(Sample, not a recommendation. Beaumont is about 18 miles from Moreno Valley) | <a href="https://www.modularhomes.com/city/Beaumont/California/">https://www.modularhomes.com/city/Beaumont/California/</a><br>(Website has resources and finance information.)<br><br>Compare traditional stick-built home with that of a prefab home and see if factory built is the right choice for you; also explore the City you are considering to see if it is the right place to live for you (and family).   | Some older individuals are seeking to sell their bigger homes and are considering prefab modular homes which may offer flexibility, value, and peace of mind to them. Different home styles, shape, size, and layouts are available. Prefab modular homes are built in a factory setting, they're assembled on-site and follow state building codes. Builders claim they are identical to a regular site-built home in every practical sense. They even qualify for the same type of financing.  |
|   | <b>LEGAL</b>   |  |
| <b>Inland Counties Legal Services</b>   | 1040 Iowa Ave., Suite 109<br>Riverside, CA 92507<br><br>Phone for seniors<br>800.977.4257<br><br><a href="https://www.inlandlegal.org/">https://www.inlandlegal.org/</a>   | Provides free legal services to residents who are disadvantaged and at-risk, and who have the greatest need to ensure justice is not dependent on person's ability to pay for representation.  |
| <b>Riverside Legal Aid</b>  | Riverside Office<br>951.682 -7968<br><br>Eviction Prevention and Rental Assistance Program<br>951.888.2039   | Provides free legal services to qualified applicants in Riverside County, including eviction defense, guardianship, DACA/citizenship, contract disputes, bankruptcy, along with consumer and other civil matters.  |



|   |  |   |
|---|--|---|
|   | <a href="http://riversidelegalaid.org/">http://riversidelegalaid.org/</a>  |   |
| <b>Inland Empire Latino Lawyers Association (IELLA)</b>       | 2060 University Ave #113 Riverside, CA 92507<br><br>Phone<br>951.369.3009<br><br>Email<br><a href="mailto:info@iella.org">info@iella.org</a><br><br><a href="http://www.iellaaid.org">www.iellaaid.org</a>   | IELLA is a non-profit organization dedicated to providing free legal aid to poor and under-privileged people of the Inland Empire via its volunteer attorneys and staff: "A Voice for Justice and A Force for Change"..<br><br>For 35 years, IELLA has helped people on a variety of legal matters, specifically in Family Law, in diverse communities living in San Bernardino and Riverside Counties.   |
| <b>Center for Human Rights and Constitutional Law (CHRCL)</b> | 256 S. Occidental Blvd. Los Angeles, CA 90057<br><br>Phone<br>213.388.8693<br><br><a href="mailto:Admin@Centerforhumanrights.org">Admin@Centerforhumanrights.org</a><br><br><a href="http://www.centerforhumanrights.org">www.centerforhumanrights.org</a>   | The Center's goal is to further and protect the civil, constitutional, and human rights of immigrant children and workers, refugees, survivors of domestic violence, at-risk children, prisoners, & poor immigrants, and other vulnerable populations.<br><br>It provides a wide range of legal services to the vulnerable population, victims of human and civil rights violations, and works with other attorneys in the areas of immigration law, constitutional law, and class action litigation. |
| <b>Agency/Organization</b>                                    | <b>Contact Information</b>   | <b>Description of Assistance</b>  |
| <b>Justice in Aging</b>                                       | Los Angeles Office<br>3660 Wilshire Blvd., Suite 718<br>Los Angeles, CA 90010<br><br>Phone<br>213.639.0930.<br><br>Call them if you need to consult a staff attorney regarding a substantive matter, or email them at <a href="mailto:info@justiceinaging.org">info@justiceinaging.org</a><br><br>General website:<br><a href="http://www.justiceinaging.org">www.justiceinaging.org</a><br><br>If you are a low-income individual seeking help, use the resources weblink below to search for legal services, elder care locator, fraud hotline and State Health Insurance Assistance Program.<br><a href="https://justiceinaging.org/get-involved/find-help/">https://justiceinaging.org/get-involved/find-help/</a> | According to the website, Justice in Aging is the opportunity to live with dignity, regardless of financial circumstances—free from the worry, harm, and injustice caused by lack of health care, food, or a safe place to sleep. Although this organization does not provide representation to individual clients, may call for referrals to attorneys, and weblinks provide useful resources.   |
| <b>National Immigration Law Center (NILC)</b>                 | 3450 Wilshire Blvd. #108 – 62, Los Angeles, CA 90010<br><br>Phone<br>213.639.3900  | The NILC is one of the leading organizations in the U.S. exclusively dedicated to defend & advance the rights & opportunities of low-income immigrants and their family members.  |

|   |   |   |
|---|---|---|
|   | <p>Email<br/><a href="mailto:reply@nilc.org">reply@nilc.org</a></p> <p><a href="http://www.nilc.org">www.nilc.org</a> - The NILC does not provide direct legal advice, but website provides useful information that connects you with legal aid organizations that give legal services for low-income immigrants.<br/><a href="http://ImmigrationLawHelp.org">ImmigrationLawHelp.org</a> - This website gives easy-to-use online directory of legal services providers, free or low-cost, for low-income immigrant legal services and other specific areas, including legal issues applicable to seniors. <a href="http://LawHelpCA">LawHelpCA</a> does not provide direct legal advice but can connect you to legal aid organizations and referral services.</p> | <p>Additional Useful Links:<br/><a href="https://www.nilc.org/get-involved/links/fedres/">https://www.nilc.org/get-involved/links/fedres/</a> (Federal and State Resources)</p> <p><a href="https://www.nilc.org/get-involved/links/aro/natres/">https://www.nilc.org/get-involved/links/aro/natres/</a> (National Advocacy and Research Organizations)</p> <p><a href="https://www.nilc.org/get-involved/links/ircoalitions/">https://www.nilc.org/get-involved/links/ircoalitions/</a> (Immigrants' Rights Coalitions)</p> <p><a href="https://www.nilc.org/get-involved/links/bloglinks/">https://www.nilc.org/get-involved/links/bloglinks/</a> (Blogs)</p>   |
| <b>US Citizenship and Immigration Services (USCIS)</b>            | <p>San Bernardino Office<br/>995 Hardt St.<br/>San Bernardino, CA 92408</p> <p>Phone<br/>800.375.5283</p> <p><a href="https://www.uscis.gov/about-us/find-a-uscis-office/field-offices">https://www.uscis.gov/about-us/find-a-uscis-office/field-offices</a></p>  | <p>Provides information and forms for citizenship application, green card (permanent residence), and work permits for the U.S., and related information.</p>  |
| <b>Agency/Organization</b>  | <b>Contact Information</b>  | <b>Description of Assistance</b>  |
| <b>Riverside County Bar Association – Lawyer Referral Service</b> | <p>Phone<br/>951.682.7520<br/>(Se habla español).</p> <p><a href="https://riversidecountybar.com/public-services/lawyer-referral-service">https://riversidecountybar.com/public-services/lawyer-referral-service</a></p>  | <p>Find the right lawyer for your legal needs.</p>  |
|   | <b>MENTAL HEALTH AND RECOVERY</b>   |   |
| <b>Alcoholics Anonymous</b>                                       | <p><a href="https://www.aa.org/">https://www.aa.org/</a></p> <p>To find meetings close to Moreno Valley and more information, call:<br/>Inland Empire Central Office Of Alcoholics Anonymous<br/>897 Via Lata, Suite “AA”<br/>Colton, CA 92324<br/><a href="https://aainlandempire.org/">https://aainlandempire.org/</a></p> <p>Phone:(909) 825-4700<br/>Hours; M-F 8am – 4pm<br/>Sat 9am – 1pm<br/>Sunday Closed<br/>Riverside, CA<br/>Phone:951.687.7090</p> <p>Meetings in Moreno Valley<br/><a href="https://aainlandempire.org/meetings:Awakenings Club">https://aainlandempire.org/meetings:Awakenings Club</a><br/>In-person and Online</p>  | <p>Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem by sharing their experience, strength and hope with each other, so that they may help themselves and others to recover from alcoholism.</p> <p>It doesn't cost anything to attend A.A. meetings. Membership is open to anyone and the only requirement for membership is a desire to stop drinking. A.A. is not allied with any denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.</p> <p>Meetings offer a generalized approach to beating alcohol addiction and are ideal for members who desire to learn more about alcohol addiction.</p> |

|  |  |  |
|--|--|--|
|  | 21516 Dracaea Ave.<br>Moreno Valley CA 92553   | Videos on the AA 12 Steps:<br><a href="https://www.aa.org/twelve-steps-twelve-traditions">https://www.aa.org/twelve-steps-twelve-traditions</a>  |
| <b>Cocaine Anonymous</b>   | Inland Empire Area<br>Hotline<br>951.359.3895<br><a href="https://inlandempireareaca.org/">https://inlandempireareaca.org/</a>   | Provides 12 Step Recovery from Cocaine and ALL Other Mind Altering Substance   |
| <b>The National Suicide Prevention Lifeline</b>                  | Dial 988 for Suicide and Crisis Lifeline, 24hrs/7days (English and Spanish, free and confidential)<br><br><a href="https://988lifeline.org/current-events/the-lifeline-and-988/">https://988lifeline.org/current-events/the-lifeline-and-988/</a>  | 988 is the three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. When you call, text, or chat 988, you will be connected to counselors who are trained to listen and understand how problems may affect callers, provide support, and connect them to resources as necessary.  |
| <b>National Domestic Violence</b>                                | National Domestic Violence Hotline:<br>800-799-7233 or text "START" to 887788<br>Hours: 24/7.<br>Languages: English, Spanish and 200+ others.  | For those seeking help in cases of domestic violence. Help is available.   |
| <b>Domestic Violence Shelters (Riverside County)</b>             | Domestic Violence Shelters<br><br>Phone<br>951.683.0829 (Riverside area)<br>800.339.7233 (Countywide)<br><br><a href="https://rivcodpss.org/domestic-violence-services">https://rivcodpss.org/domestic-violence-services</a>   | For those seeking alternatives to domestic violence.   |
| <b>Agency/Organization</b>                                       | <b>Contact Information</b>   | <b>Description of Assistance</b>   |
| <b>California Peer-Run Warmline</b>                              | Call or Text 855-845-7415 to speak with a mental or emotional Counselor, available 24/7.<br><br><a href="https://www.mentalhealthsf.org/peer-run-warmline/">https://www.mentalhealthsf.org/peer-run-warmline/</a>  | The Peer-Run Warm Line is a resource for anyone in California seeking mental and emotional support. It provides assistance via phone and web chat to anyone in need. Some concerns discussed deal with interpersonal relationships, anxiety, pain, depression, finances, alcohol/drug use, etc.  |
| <b>Cal Hope</b>  | 833.317.HOPE (4673)<br><br><a href="https://www.calhope.org/">https://www.calhope.org/</a>   | Resource for anyone to talk to in times of stress, anxiety, depression or when worried.  |
| <b>Riverside County's 24/7 Mental Health Urgent Care Centers</b> | <a href="https://up2riverside.org/mental-health-urgent-care-centers/">https://up2riverside.org/mental-health-urgent-care-centers/</a><br><br>Riverside Counties' 24/7 Mental Health Urgent Care locations. Call or walk-in. No appointments needed. All are welcome regardless of insurance type or ability to pay.<br><br>English/Spanish, other languages upon request.<br><br>Riverside (Adults)<br>9990 County Farm Rd., Bldg. 2<br>Riverside, CA 92503<br>Phone<br>951.509.2499 | If you or someone close to you is experiencing troubling thoughts, feelings, or behaviors, and you would like to speak with someone today, call or walk into one of Riverside Counties' 24/7 Mental Health Urgent Care locations anytime.<br><br>Individuals experiencing mental and/or behavioral health crises including: depression, anxiety, substance abuse and re-occurring troubling thoughts are assisted in a calm and supportive environment.<br><br>Someone who has been in your situation and knows how to help will be there to greet you. Whether you are in crisis or |

|   |  |  |
|---|--|--|
|   | <p>Perris (Youth ages 13 and over)<br/> 85 Ramona Expressway<br/> Suites 1-3<br/> Perris, CA 92571<br/> Phone<br/> 951.349.4195<br/> Services include crisis intervention, mental health counseling, medication evaluation, and linkage to community-based solutions.</p>  | <p>just need someone to talk to, all services are voluntary.</p> <p>Staff includes mental health providers, nurse practitioners, and other medical professionals, as well as peer staff with lived experiences.</p>  |
| <p><b>Riverside County Department of Mental Health (RCDMH) &amp; “It’s Up to Us” Resources &amp; CARES Line</b></p> | <p>Adult Mental Health Clinic<br/> <br/> 769 Blaine St. Suite B Riverside, CA 92507<br/> <br/> Phone<br/> 951.358.4705<br/> <br/> <a href="https://www.rcdmh.org/adult-services">https://www.rcdmh.org/adult-services</a><br/> <br/> “It’s Up to Us” Mental Health Resources”<br/> <a href="https://up2riverside.org/resources">https://up2riverside.org/resources</a></p> | <p>The Adult Mental Health Clinics provide services to adult individuals suffering from severe and persistent mental health problems.</p> <p>Call to make an appointment for mental health, financial aid, and for medication.</p> <p>“It’s Up to Us” website provides various local mental health resources.</p> <p>May also contact the Community Access, Referral, Evaluation and Support line (CARES Line) phone 800.499.3008, available 24 hours a day, 7 days a week. It provides screening and linkage to both Mental Health and Substance Use programs. Compassionate staff answers calls and can provide information and referral in English and Spanish.</p> |
| <p><b>Agency/Organization</b></p>   | <p><b>Contact Information</b></p>  | <p><b>Description of Assistance</b></p>  |
| <p><b>Path of Life Ministries</b></p>   | <p>Do you need a safe place to sleep?<br/> Call Path of Life</p> <p>Phone<br/> 951.462.9822, for bed availability.</p> <p>Is someone hurting you? Call Shelter from the Storm</p> <p>Phone<br/> 760.328.7233 for assistance<br/> <br/> <a href="https://www.thepathoflife.com/">https://www.thepathoflife.com/</a></p>   | <p>Offers shelter and domestic violence help.<br/> Eligibility Requirements: 18+ years of age, fully competent and independent, pass background check against arson and sexual assault.<br/> The Path of Life Ministries Rapid Re-Housing program helps with the most immediate housing possible in scattered privately owned homes and apartments throughout Riverside County. Population this program serves includes seniors. Call 800.498.8847 to get more information.</p>  |
| <p><b>HomeConnect</b></p>   | <p>Are you homeless or at risk of losing your housing?</p> <p>Phone<br/> 800.498.8847<br/> Email: <a href="mailto:homeconnect@RUhealth.org">homeconnect@RUhealth.org</a><br/> <br/> <a href="https://www.rcdmh.org/HomeConnect">https://www.rcdmh.org/HomeConnect</a></p>  | <p>Any resident of Riverside County who is homeless or at risk of losing their housing can call Riverside County HomeConnect for resources, housing navigation, and referrals to available community assistance.<br/> HomeConnect will seek to match individuals and families who have the highest vulnerability, longest length of homelessness, and greatest service needs to limited housing resources.</p>   |

|   |  |  |
|---|--|--|
| <b>The Hole in the Wall</b>   | 24187 Postal Ave.<br>Moreno Valley, CA 92553<br>Phone<br>951.486.0861<br>T, Th, F and Sat: 9am-2pm<br><br><a href="https://theholeinwallinc.org/">https://theholeinwallinc.org/</a>  | Homeless drop-in center, substance abuse treatment, referrals, lunch packs, hygiene kits, clothing, bus passes, access to phone and mailbox.   |
| <b>Moreno Valley CORPS Community Center – Salvation Army</b>  | 14068 Graham Ave.<br>Moreno Valley CA 92553<br><br>Phone<br>951.653.9131<br><br>Homeless Assistance Program<br>951.415.2971<br><br>Adult Rehab<br>951.940.5790 (Perris)  | <b>CORPS Community Center Services Offered:</b><br>Disaster Services<br>Emergency Financial Assistance<br>Food & Nutrition Programs<br>Seasonal Services<br>Visitation Services<br>Christian Education<br>Women's Ministries<br>Worship Services - Sunday School<br>Worship Services - Youth Ministries<br>Worship Services - Children's / Teen<br>Worship Services - Church<br>Music & Arts Programs<br>Worship Services - Young Adult<br>Men's Ministries<br>Residential Camping Activities<br>Character Building Programs<br>Community Recreation Programs<br>Homeless Assistance Program:<br>10hrs/week homelessness assistance program. Involves case management and general employment aid. Designed to help homeless Moreno Valley Residents in dire need of direction. |
| <b>Agency/Organization</b>  | <b>Contact Information</b>   | <b>Description of Assistance</b>   |
| <b>United States Veterans – March Air Reserve Base Transitional Housing Program &amp; Crisis Line</b> | March Air Reserve Base (MARB)<br><br>15105 6 <sup>th</sup> St.<br>Riverside, CA 92518<br><br>Phone<br>951.877.3993<br>951.656.6892<br><br>May also call 877.548.7838 for transitional housing and other services for US veterans.<br><a href="https://usvets.org/how-we-serve/housing/">https://usvets.org/how-we-serve/housing/</a> | The MARB transitional housing program has provides transitional housing for homeless veterans.<br><br>Department of Veteran Affairs 24hr Crisis Line<br><br>800.273.8255 (option 1)  |
| <b>Immanuel House</b>   | 12125 Day St.<br>Moreno Valley, CA 92553<br><br>Phone<br>951.653.3000<br><br>Email<br><a href="mailto:immanuelhouse@immanuelhouse.org">immanuelhouse@immanuelhouse.org</a>   | Immanuel House assists individuals on their path to reentry into mainstream society. It provides a range of services, including individual assessments, transitional housing, employment resources, supplemental education, substance use disorder treatment, cognitive-behavioral therapy, life skills training, community and family   |

|  |  |  |
|--|--|--|
|  | <a href="https://immanuelhouse.org/">https://immanuelhouse.org/</a>  | reunification services, and single-stop access to public benefits.<br><br>It also offers transitional living and support services for mentally challenged parolee's and others. Opens at 5pm.  |
| <b>National Problem Gambling Helpline</b>                          | The National Problem Gambling Helpline 800.522.4700 is available 24/7 and is 100% confidential.<br><br>For Chat Session:<br><a href="https://www.ncpgambling.org/help-treatment/chat/">https://www.ncpgambling.org/help-treatment/chat/</a><br><br>Additional resources:<br><a href="https://www.sumhlc.org/resources/COVID-19/national-gambling-addiction-hotlines-and-additional-resources/">https://www.sumhlc.org/resources/COVID-19/national-gambling-addiction-hotlines-and-additional-resources/</a><br><br>National Drug Helpline 888.633.3239<br><br>National Suicide Prevention Line at 1-800.273.8255   | This hotline connects callers to local health and government organizations that can assist with their gambling addiction.<br><br>The organization also offers a comprehensive list of resources that can help an individual with gambling addiction.<br><br>Gamblers Anonymous is another organization that helps individuals recover from gambling problems.<br><a href="http://www.gamblersanonymous.org/ga/content/about-us">http://www.gamblersanonymous.org/ga/content/about-us</a>   |
| <b>Office of Problem Gambling (OPG)</b>                            | If you or someone you love is affected by gambling disorder, there is no-cost, confidential help available. 800.GAMBLER (800.426.2537)<br><br><a href="https://www.cdph.ca.gov/Programs/OPG/Pages/opg-landing.aspx">https://www.cdph.ca.gov/Programs/OPG/Pages/opg-landing.aspx</a>  | The Office of Problem Gambling promotes awareness and prevention of gambling disorder and makes treatment available to those negatively impacted by problem gambling behavior. The program is comprised of a helpline, training and technical assistance, public awareness campaigns and research.   |
| <b>Agency/Organization</b>   | <b>Contact Information</b>   | <b>Description of Assistance</b>   |
| <b>California Highway Patrol - California Silver Alert Program</b> | <a href="https://www.chp.ca.gov/Pages/Silver-Alert.aspx">https://www.chp.ca.gov/Pages/Silver-Alert.aspx</a><br><br>What should the public do?<br>If you have information about an active Silver Alert or an elderly person who has gone missing, call 911 immediately to report it.<br><br>The following information would be useful: location of the missing person, any relevant description and make, model, color, and license plate number of vehicle involved; even the smallest piece of information can be the piece that leads to a successful recovery.<br><br><a href="https://www.chp.ca.gov/news-alerts/silver-alert">https://www.chp.ca.gov/news-alerts/silver-alert</a> | The California Silver Alert Program is activated when an elderly, or developmentally or cognitively-impaired person has gone missing and is determined to be at-risk. It provides immediate information to the public to aid in the swift recovery of at-risk persons meeting the criteria.<br>To activate a Silver Alert, missing person is 65 years of age or older, developmentally disabled or cognitively impaired; law enforcement has utilized all available local resources; the person has gone missing under unexplained or suspicious circumstances; the person is in danger because of age, physical disability or other factors; and disseminating information to public could assist in safe recovery of the missing person. |

| <b>NUTRITION AND FOOD</b>  |  |   |
|--|--|---|
| <b>Family Service Association (FSA)</b>  | <p>The FSA is at the MV Senior Center (25075 Fir Ave. Moreno Valley) serving hot lunches 11:30am-12:15pm M-F, and also delivers homebound meals several days a week.</p> <p>951.342.3057 (call for inquiries regarding their home delivery program)</p> <p><a href="https://www.fsaca.org/senior-services">https://www.fsaca.org/senior-services</a><br/>(may also use website to apply for home delivery program)</p> | <p>The FSA provides nutritious meals to seniors through Riverside County, including group meals at Senior Centers. A suggested donation of \$3.00 a person to continue to serve FSA community meals.</p> <p>FSA also delivers meals to home-bound seniors throughout the region, to help seniors remain living at home independently for as long as possible. Benefits also come from the social contact with the drivers who deliver the meals, helping to combat feelings of isolation.</p> |
| <b>Feeding America (FA) – Riverside County</b>   | <p>FA is at the MV Senior Center (25075 Fir Ave. Moreno Valley) every 2<sup>nd</sup> Th, 9am-11am, call to confirm dates: 951.413.3430.</p> <p>2950 Jefferson St.<br/>Riverside, CA 92504</p> <p>951.359.4757 (call for other distribution locations and hours, and other services)</p> <p><a href="https://www.feedingamericaie.org/get-help">https://www.feedingamericaie.org/get-help</a></p>                       | <p>Distributes meals with the help of charity partners, including emergency shelters, soup kitchens, community centers, and more. Food distribution sites are cost-free and open to the public. Food is prepackaged in boxes, contains a variety of nonperishables. Registration can be done in person at a distribution site, limited to one box per person.</p> <p>Contact them also to apply for CalFresh and Homebound services.</p>  |
| <b>Friends of Moreno Valley Senior Center</b>  | <p>25075 Fir Ave.<br/>Moreno Valley, CA 92553</p> <p>Phone<br/>951.413.3430 (call for information on how to sign-up to receive perishable food items).<br/><a href="https://www.facebook.com/FMVSCInc/">https://www.facebook.com/FMVSCInc/</a></p>   | <p>Friends of MV in partnership with the Salvation Army provides seniors with perishable food items.</p>  |
| <b>Agency/Organization</b>   | <b>Contact Information</b>   | <b>Description of Assistance</b>  |
| <b>California Department of Aging - Riverside County</b>   | <p>3610 Central Ave Ste. 102 Riverside CA 92506</p> <p>Phone<br/>951.867.3800 (English and Spanish)</p> <p><a href="https://aging.ca.gov/Find_Services_in_My_County/My_County/?cc=riv">https://aging.ca.gov/Find_Services_in_My_County/My_County/?cc=riv</a></p>   | <p>The CA Department of Aging provides elderly with homebound meals through its providers, such as the Family Service Association. It also assists with transportation (RTA and rides), family caregiving, and many other services.</p>   |
| <b>TRANSPORTATION</b>  |  |   |
| <b>MoVan Shuttle</b><br>(from the Friends of Moreno Valley Organization at the MV Senior Center) | <p>To schedule a trip</p> <p>833.745.8454</p> <p>Shuttle service is available 8:15am-4:45pm M-F, and it is not available during holidays (hours and service subject to change, 24hr advance reservation required).</p>   | <p>This service offers round trips for seniors to the Senior Community Center, medical appointments and shopping.</p> <p>\$1.00 for one-way trips within City limits.</p>   |

|   |   |  |
|---|---|--|
|   | <a href="https://www.moval.org/parks-comm-svc/program-sr-movan.html">https://www.moval.org/parks-comm-svc/program-sr-movan.html</a>   |  |
| <b>TRIP Program</b><br>(Independent Living Partnership - ILP)   | 6235 River Crest Dr., Suite Q,<br>Riverside, CA 92507<br><br>Phone<br>951.653.0740<br><br>To apply for TRIP assistance please call the Riverside County Aging and Disability Resource Connection at 800.510.2020 (information and referrals), or directly to (951) 867-3895<br><br>tripforamerica@ilp-trip.org<br><br><a href="https://ilpconnect.org/">https://ilpconnect.org/</a> | ILP is the parent and creator of the TRIP mileage reimbursement transportation service. TRIP riders receive trips, free of charge.<br><br>This service is used by the elderly and people with disabilities of Riverside County who do not drive, do not have family to help them, and who are unable to use public transportation. |
| <b>Rapid Transit Agency (RTA) - Dial-A-Ride Service</b>   | Phone<br>800.795.7887<br><br>Weekdays 7am-6pm and weekends and holidays 8am-5pm.<br><br><a href="https://www.riversidetransit.com/index.php/dial-a-ride/what-is-dial-a-ride">https://www.riversidetransit.com/index.php/dial-a-ride/what-is-dial-a-ride</a>   | Seniors age 65 and persons with disabilities qualify. The base fare for Dial-A-Ride service is \$3.50 per passenger, per boarding, per zone.<br><br>When you call, the reservationist will tell you the fare required for the trip.  |
| <b>American Cancer Society (ACS)</b>  | Call at 800.227-2345 to coordinate a ride to your medical appointment – it is recommended to call well in advance of your appointment date.<br><br><a href="https://www.cancer.org/support-programs-and-services/patient-transportation.html">https://www.cancer.org/support-programs-and-services/patient-transportation.html</a>  | The ACS has the Road To Recovery program that provides rides to and from cancer-related medical appointments for patients who otherwise might not be able to get there.<br><br>If you or someone you love needs a ride, ACS may be able to help. Based on eligibility and availability, they'll match you with volunteer drivers.  |
| <b>Agency/Organization</b>  | <b>Contact Information</b>  | <b>Description of Assistance</b>   |
| <b>RTA – Regular Transportation</b>   | Customer Information Center at 951.565.5002<br><br>To plan a trip:<br><a href="https://www.riversidetransit.com/index.php/plan-my-trip-top">https://www.riversidetransit.com/index.php/plan-my-trip-top</a><br>(try it, if you still need help, call number above)  | Seniors pay \$0.75 per ride (there may be discounted prices, check with customer information service)  |
| <b>Riverside County Hospital</b><br>(Medical Appointments)  | 951.486.4380<br>May apply over the phone.   | Medical appointment transportation for County Hospital patients.   |
|   | <b>UTILITIES (HOME) HELP AND SAFETY</b>   |  |
| <b>Community Action Partnership of Riverside County (&amp; California Department of Community Services &amp; Development)</b> | 2038 Iowa Ave. Suite B-101,<br>Riverside, CA 92507<br><br>Phone<br>951.955.4900<br><br>M-F 8am-5pm  | The Low Income Home Energy Assistance Program (LIHEAP) provides a one-time financial assistance to help balance an eligible household's utility bill. The Low Income Household Water Assistance Program (LIHWAP) is a temporary emergency program to help  |



|  |  |  |
|--|--|--|
|  | <p>To apply for LIHEAP and LIHWAP Programs:<br/> <a href="https://capriverside.org/utility-assistance-program">https://capriverside.org/utility-assistance-program</a></p> <p>Bill Assistance and Weatherization:<br/> <a href="https://www.csd.ca.gov/Pages/Services.aspx?SCU=Riverside%20County&amp;PT=CM">https://www.csd.ca.gov/Pages/Services.aspx?SCU=Riverside%20County&amp;PT=CM</a></p>   | <p>low-income families with assistance on past due water and sewer bills.</p> <p>There are also available free conservation measures service (weatherization) to improve energy efficiency in homes.</p>   |
| <p><b>Southern California Edison Family Electric Rate Assistance (FERA) and California Alternate Rates for Energy (CARE) Financial Assistance Programs</b></p> | <p>To apply or for any questions, Call 1-800-447-6620.<br/> M-F 7am - 7 pm PST,<br/> Sat 8am - 5 pm PST.</p> <p><a href="https://www.sce.com/residential/assistance/fera-care">https://www.sce.com/residential/assistance/fera-care</a></p>  | <p>SCE has the FERA and CARE programs to help qualifying families of all sizes lower their monthly energy bills when they need it most. Qualifying individuals and households of two or more receive up to 30% off their electric bills.</p> <p>The utility determines, if the individual qualifies for CARE or FERA, whichever program gives the greater savings to the customer.</p> |
| <p><b>SoCalGas California Alternate Rates for Energy (CARE) Program</b></p>  | <p>For more information call 1-800-427-2200.</p> <p><a href="https://www.socalgas.com/save-money-and-energy/assistance-programs/california-alternate-rates-for-energy">https://www.socalgas.com/save-money-and-energy/assistance-programs/california-alternate-rates-for-energy</a></p> <p>For Other Assistance Programs from SoCalGas – 877.238.0092</p> <p><a href="https://www.socalgas.com/save-money-and-energy/assistance-programs?gclid=EA1aIQobChMly_Ti4f2O_QIVkAytBh3oOwKqEAAYASAAEglBJvD_BwE">https://www.socalgas.com/save-money-and-energy/assistance-programs?gclid=EA1aIQobChMly_Ti4f2O_QIVkAytBh3oOwKqEAAYASAAEglBJvD_BwE</a></p> | <p>The CARE program may help save 20% of monthly gas bill.</p> <p>Other Assistance Programs: Past due Bill Forgiveness, Gas Assistance Fund gives grants, the Level Pay Plan spreads costs throughout 12 months.</p>   |
| <p><b>Agency/Organization</b></p>  | <p><b>Contact Information</b></p>  | <p><b>Description of Assistance</b></p>  |
| <p><b>The Moreno Valley Utility (MVU) Energy Assistance Program</b></p>  | <p>14331 Frederick St. Suite 2, Moreno Valley, CA 92553</p> <p>Customer Service<br/> 844.341.6469</p> <p><a href="https://www.moval.org/mvu/payment-progs.html#tab-2">https://www.moval.org/mvu/payment-progs.html#tab-2</a></p>   | <p>This is a monthly energy charges discount program for qualified residents, based on their income and household size. Discount applies to energy charges only.</p>   |

|  |  |   |
|--|--|---|
| <p><b>The California LifeLine Telephone Service (CLTS)</b><br/>(A Program of the California Public Utilities Commission)</p> | <p>CLTS phone 877.858.7463</p> <p>Contact and inform your telephone company you want to apply for California LifeLine, or to get more general information.</p> <p>Determine if you qualify:<br/> <a href="https://www.cpuc.ca.gov/consumer-support/financial-assistance-savings-and-discounts/lifeline/california-lifeline-eligibility#qualify">https://www.cpuc.ca.gov/consumer-support/financial-assistance-savings-and-discounts/lifeline/california-lifeline-eligibility#qualify</a></p> <p>Once you tell your telephone company that you qualify, the company may begin the application process for you. Click below website to find out which phone companies are approved in your area.</p> <hr/> <a href="https://www.californialifeline.com/en">https://www.californialifeline.com/en</a> | <p>CLTS is a state program that provides discounted home phone and cell phone services to eligible households. Each household must choose to get the discount either on a home phone or on a cell phone, but not on both.</p> <p>The home or cell phone company must be an approved California LifeLine telephone service provider.</p> |
|  |  |   |