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This guide lists organizations and resources serving older adults and adults with disabilities located in or immediately near San Francisco’s Richmond District. When possible, it includes information on what languages are available at each provider and a brief description of the services provided by the categories listed below. The descriptions provided are by no means complete and many of these organizations also provide other programs not listed for other demographics (youth, the general public, etc). Call or visit to confirm current program offerings and eligibility/registration requirements. Lastly, it includes list of some resources outside of The Richmond District (though this is by no means comprehensive). For assistance navigating these resources and more visit an Aging and Disability Resource Center (the Richmond Senior Center is the Richmond’s ADRC) or the DAS Benefits and Resources Hub at 2 Gough Street. 1st Edition compiled by Winston Parsons of the Richmond Senior Center (Spring 2020), made possible by the San Francisco Department of Disability and Aging Services (DAS). Design by Daniel Divanian. Photos by Thomas Sanders.
<table>
<thead>
<tr>
<th><strong>Organization Name</strong></th>
<th><strong>Languages</strong></th>
<th><strong>Resource Referrals or Community Support</strong></th>
<th><strong>Medical &amp; Mental Health</strong></th>
<th><strong>Arts, Exercise, Education &amp; Recreation</strong></th>
<th><strong>Housing &amp; Tenant’s Resources</strong></th>
<th><strong>Food</strong></th>
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<tbody>
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<td>1  Agape Community Center</td>
<td>English, 廣東話, 普通話</td>
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<td>2  Artseed</td>
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<td>3  Anza Branch Library</td>
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<td>5  Community Music Center - Richmond District Older Adult Choir</td>
<td>English</td>
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<tr>
<td>7  Felton/Family Service Agency of S.F.</td>
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<td></td>
<td>✓</td>
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</tr>
<tr>
<td>8  Golden Gate Park Senior Center</td>
<td>English, 廣東話</td>
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<td></td>
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<td>10 Housing Rights Committee</td>
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<td></td>
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# Richmond District at a Glance

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<thead>
<tr>
<th>Organization Name</th>
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<th>Medical &amp; Mental Health</th>
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<th>Food</th>
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<tr>
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<td>13 Jackie Chan Senior Center &amp; Adult Day Services Center (Self-Help for the Elderly)</td>
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<td>17 Ocean Beach Terrace</td>
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<td>18 Opportunity Unlimited</td>
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<td>20 Richmond Area Multi-Services, Inc</td>
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<td>30 San Francisco Village</td>
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<td>Organization Name</td>
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<td>36 Menorah Park</td>
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<td>37 Sagebrook Senior Living</td>
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<td>44 Sutro Heights Residential Care</td>
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</tbody>
</table>
1. AGAPE COMMUNITY CENTER

(415) 387-7204
378 18th Ave., San Francisco, CA 94121
English, 廣東話, 普通話

-A variety of art, exercise, dance, technology, language and other programming for adults and seniors on Tuesdays. $25 per semester, with Fall Semester from September to December and Spring from January to May. Call or visit website for up-to-date program offerings.

-Light refreshments and tea: Tuesdays 10:40 AM -11:00 AM for registered participants.

2. ARTSEED

(415) 656-9849
4301 Geary Blvd., San Francisco, CA 94118
English

-Collaborative art-making studios where you can start your own art project or join a group endeavor. No one turned away for lack of funds. 2) Apprenticeship program by appointment - call or visit website to follow up.

-https://www.artseed.org/calendar-of-activities-and-events/

3. ANZA BRANCH LIBRARY

(415) 355-5717
550 37th Ave. San Francisco, CA 94121
English, 廣東話, 普通話

-Wide variety of activities, resources, classes, and more for all ages, including older adults in a variety of languages. No charge. Call, visit website, or visit in-person for programming.

-MON, THU, SAT.
4. ASIAN FAMILY SUPPORT CENTER

(415) 221-5783
2327 Clement St, San Francisco, CA 94121
English, 廣東話, 普通話

- CalFresh remote site: Will provide free assistance to complete CalFresh applications.
- SUNDAYS

5. COMMUNITY MUSIC CENTER - Richmond District Older Adult Choir

(415) 647-6015
741 30th Ave, San Francisco, CA 94121
English

- A variety of art, exercise, dance, technology, language and other programming for adults and seniors on Tuesdays. $25 per semester, with Fall Semester from September to December and Spring from January to May. Call or visit website for up-to-date program offerings.
- TUESDAYS
- https://sfcmc.org/adults/older-adult-choir-program/

6. COMMUNITY YOUTH CENTER

(415) 775-2636
319 6th Ave, #201 & 918-B, Clement St, San Francisco, CA 94118
English, 廣東話, 普通話, 台山話, Español, Tiếng Việt

- Can provide referrals to community resources and often organizes volunteer-driven community service events and support.
- No-cost “Community Tablet Class” where older adults can learn how to use tablets, in multiple languages.
- MON - FRI: 9:30 AM - 5:00 PM
- https://www.cycsf.org/
**RICHMOND DISTRICT RESOURCES**

7. Felton/Family Service Agency of S.F.

For limited-income, mobile seniors: 1) Foster Grandparent: offers stipends to seniors who support children in school. 2) Senior Companions: gives companionship to frail and isolated seniors. 3) Case Management: provides connections to resources that help adults with disabilities and seniors with cognitive impairments to remain living in their communities. 4) Senior Community Employment Program (SCEP).

Counseling, and psychiatric services for older adults (60+) with mental concerns, including substance abuse, psychosis, schizophrenia, and bipolar disorder. In-home and clinic based services offered at 6221 Geary Blvd, 2nd Floor. Referrals and walk-ins welcomed.

(510) 924-7667
6221 Geary Blvd, 2nd Floor, San Francisco, Ca 94121
English, 廣東話, русский. (Interpretation in other languages available upon request)

8. Golden Gate Park Senior Center

-Wide variety of arts, crafts, games, language classes, exercise & dance classes, and more. No fees/cost, individuals 55+ are eligible. Call for current schedule and availability or visit http://sfrecpark.org/

-MON-FRI

(415) 666-7079
6101 Fulton St, San Francisco, CA 94121
English, 廣東話

9. Golden State Adult Day Health Care

-A variety of art, exercise, dance, technology, language and other programming for adults and seniors on Tuesdays. $25 per semester, with Fall Semester from September to December and Spring from January to May. Call or visit website for up-to-date program offerings. http://www.goldenstatecbas.com/

(415) 387-7204
378 18th Ave, San Francisco, CA 94121
English, 廣東話, 普通話, русский, 台山話, 中山話
10. Housing Rights Committee

- No-cost counseling for tenants four days a week either via telephone or in person at each of our offices. If you are in Section 8 or Public Housing you must call first for an appointment. Works with all tenants regardless of citizenship status. Housing advocacy: call to inquire.

- MON, WED - FRI, 9:00 AM - 12:00 PM
- www.hrcsf.org

11. INSTITUTE ON AGING

- A wide variety of case management, financial services, connections to other services, advocacy for elder abuse prevention, and more.

- All-inclusive health care programming, both on-site and in-home, including transportation, nursing, social support, mental health, elderly suicide prevention, grief support, and more. 24-hour toll-free Friendship Line for both a crisis intervention hotline and a warmline for non-emergency emotional support calls: (800) 971-0016.

- Enrichment Day Center at the Presidio: Weekday transportation to the where clients are provided “a hot healthy lunch, assistance with the activities of daily living, and programs specially designed to stimulate and enhance vitality” with a specialization in “programming for older adults who are living with memory loss due to Alzheimer’s and other related dementias, Parkinson’s, stroke or social isolation.”

- Adults With Disabilities (AWD) Home Delivered Meal Program: for adults between the ages of 18 and 59.

- MON-FRI 8:30 AM - 5:00 PM  |  https://www.ioaging.org/
12. IRISH IMMIGRATION PASTORAL CENTER

(415) 752-6006
5340 Geary Blvd., Suite 206, San Francisco, CA 94121
English

-Active Retirement Club outreach Programme: 1) Walking Group (“ARC Ramblers”) at Stow Lake in Golden Gate Park the first Monday of every month. 2) Cairde Cafe: a coffee morning hosted once a month which includes bingo. 3) Luncheons which include raffles and Mass. 4) Regular social activities can coordinated with enough interest, fees vary by activity. Call or visit with inquires and to register.

-Pastoral care, Wellness calls, Outreach calls and Home visits.

-MON-FRI

-https://www.facebook.com/
-https://www.sfiipc.org/

13. JACKIE CHAN SENIOR CENTER & ADULT DAY CARE CENTER (SELF-HELP FOR THE ELDERLY)

(415) 677-7571
5757 Geary Blvd, San Francisco, CA 94121
English, 廣東話, 普通話, 其它幾種中國方言, Tiếng Việt

Office Hours:
MON - FRI: 7:30 AM - 5:00 PM,
Service Hours:
MON - FRI: 9:15 AM - 2:30 PM

https://www.selfhelpelderly.org/locations

-Licensed facility serving the health and social needs of the frail elderly and adults. Adult Day Care, Adult Day Health Care, and Alzheimer’s Day Care Resource Center. Personal care & social support, transportation to and from participants’ home if needed, support for participants and caregivers, lunch provided and supplemental food and dietary accommodation available if needed.. Private rates can vary, Medi-Cal beneficiaries may receive Adult Day Health care services at no cost.

-Wide variety of art, exercise, dance classes, activities, technology classes, computer lab, and more. Most programs are free. Call, view website, or visit center in person for current schedule.

-Referrals to senior housing at Chinatown location: 601 Sansome Street.

1) Weekday lunch, dinner, and Saturday brunch for ages 60+ and adults with disabilities 18+. Advance reservation advised. $2 suggested donation for 60+, $6 suggested donation for those under 60 years.

2) Home Delivered Meals program.

- Affordable housing for Seniors and Adults with Disabilities
- MON - FRI 8:30 AM - 5:30 PM
- https://www.mercyhousing.org/california/345-arguello/
- English, 廣東話

15. Mercy Senior Housing: 491 31st Ave.

- Affordable housing for Seniors and Adults with Disabilities
- MON - FRI 8:30 AM - 5:30 PM
- https://www.mercyhousing.org/california/contact-us/
- English, 廣東話

16. NORTH EAST MEDICAL SERVICES

- Primary health care services to adults, Internal Medicine and Family Practice, basic lab tests. Clinic Hours: Mon-Fri: 8:30 - 12:00 and 1:00 - 5:00 Pharmacy Hours: Mon-Fri 8:45 - 12:00 and 1:15 - 5:00
- http://www.nems.org
- English, 廣東話, 普通話, Tiếng Việt

17. OCEAN BEACH TERRACE

- Subsidized Affordable Housing. Call for information and inquiries.
- MON - FRI: 9:00 AM - 6:00 PM
- www.fpimgt.com
Richmond District Resources

18. OPPORTUNITY UNLIMITED

- Pre-vocational training, daily living trainings, activities and classes for adults 21+ with development disabilities. Call for more information. Referrals to Opportunity Unlimited are through the Golden Gate Regional Center: http://www.ggrc.org/ or (415) 546-9222.

- MON - FRI: 9:00 AM - 3:00 PM

19. ONE RICHMOND

- “An identity developed by residents of The Richmond to unify our community and to cultivate neighborhood pride centered on taking care of one another, taking care of The Richmond, and supporting our local businesses.” Regularly organizes community serving volunteer opportunities.

- Regularly offers recreational and social activities including “Arts and Culture Series for Older Adults.” Visit website or storefront for most up to date calendar.

- https://www.onerichmondsf.com/

20. RICHMOND AREA MULTI-SERVICES, INC

- Non-profit mental health clinic with an emphasis on serving Asian & Pacific Islander Americans. 1) Adult/Older Adult Outpatient Clinic: Variety of individual & group counseling, psychotherapy, Psychological Assessment and Testing, case management, and more for adults/older-adult residents of San Francisco, with an emphasis on serving those in the Richmond District. 2) Asian Family Institute (AFI): Culturally competent, mental health services with an emphasis on serving the Asian and Pacific Islander Community and Russian-speaking communities.

- MON - THU.

- http://www.ramsinc.org/
21. RICHMOND BRANCH LIBRARY

-Wide variety of activities, resources, classes, and more for all ages, including older adults in a variety of languages. Call, visit website, or visit in-person for programming.

-www.sfpl.org

22. RICHMOND DISTRICT YMCA

"Active Older Adults" program: Inquire for registration requirements (minimal). Offerings: Examples of program offerings include: Sit & Be Fit: Monday & Fridays. Knitting Circle: Mondays at 11:00-12:30 pm

-Flower Arranging: Tuesdays

-Bridge Club: Fridays

-Field Trips, Luncheons, and Workshops: Ongoing -Variety of additional exercise classes, personal training, and more, with financial assistance available.

-Food Pantry: Wednesday mornings 10:45 AM -12: 15 PM - (need to register) - Bread Program: Thursdays, 10:30 am - 12:00 pm (suggested $2/bag for groceries )

-www.ymcasf.org/richmond
23. RICHMOND NEIGHBORHOOD CENTER

- Saturday. CoreFit exercise class. All ages. $5 per class.
- 1) Free Food Pantry: Every Tuesday from 2:45-4:45PM at Lafayette Elementary (4545 Anza St) and every Thursday from 2:30-4:00PM at The Richmond Neighborhood Center (741 30th Ave). Bring I.D. with S.F. zip code. Donations of food also accepted.
- 2) CalFresh eligibility & application assistance.
- 3) Home Delivered Groceries Program (partnership with Richmond Senior Center) for older adults and adults with disabilities in the Richmond District.
- 4) Emergency Food Box: once/year box of food available for pickup.
- 5) Supplemental Food Program: 1st Monday of every month, 9:30 AM - 12:30 PM, a box of food, for ages 60+.

- https://richmondsf.org/

24. RICHMOND RECREATION CENTER

-Wide variety of arts, crafts, games, language classes, exercise & dance classes, and more. No fees/cost for most. Call for current schedule and availability.

- TUES - FRIDAY

- https://sfrecpark.org/destination/richmond-rec-center/
25. RICHMOND SENIOR CENTER

1) Aging and Disability Resource Center: Free information and assistance regardless of their income. Referral services include: housing and shelter, translation assistance, benefits, In Home Care, LGBT programs, and more. Chinese & English: (415) 405-4672. Russian & English: (415) 404-2938. Advise calling to make an appointment. 2) Golden Gate Village: connects seniors living in the Richmond district of San Francisco to help each other continue to live in our homes as we age.

60+. Computer Lab (MON - FRI 9), Tablet & Technology Classes (offered in English or Cantonese). Wide variety of art, exercise, dance classes, trips, and more. Most programs are free. Call or visit for current schedule and to enroll. Referrals to housing & tenant resources.

1) Weekday lunch by Project Open Hand. Call for current schedule and availability. MON - FRI 11:45 AM - 12:15 PM. Age 60+, Adults with Disabilities: Ages 18+. First-come first served. $2 suggested donation for 60+, $6 suggested donation for those under 60 years. 2) Free Home Delivered Groceries Program: to lower-income older adults (60+) and adults with disabilities in The Richmond District. (in partnership with the Richmond Neighborhood Center).

26. RUSSIAN AMERICAN COMMUNITY SERVICES (RACS)

-Social worker on site to help refer community members to resources.
- "Activities for seniors in RACS dining room, like bingo games and exercises, various lectures and presentation, translation services and one-on-one Social Services,” offered during lunch services.

-St. Olga’s Board & Care: (Single Room Occupancy housing) for seniors. Call for inquiries and to apply.

-1) Lunch featuring Russian cuisine, MON - FRI. Tea & coffee served daily from 10:30 AM. Lunches served at 11:00 AM and 12:00 PM. Age 60+, Adults with Disabilities: Ages 18-59. First-come first served. $2 suggested donation for 60+, $6 suggested donation for those under 60 years. For reservations please call (415) 387-5336 prior day between 2pm-3pm. 2) Home Delivered Meals through Meals on Wheels 3) Home Delivered Groceries
**27. SAN FRANCISCO FREE CLINIC**

- "The San Francisco Free Clinic provides free medical care to [adults] who do not have health insurance" including: preventive health care, Type-2 diabetes screening and care,

- Free Yoga class for SFFC patients, with a physician referral. Tuesdays and Thursdays, one-hour class at 11:30 AM.

- [https://sffc.org/](https://sffc.org/)

- MON - FRIDAY

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**28. SF POLICE DEPARTMENT - RICHMOND STATION**

- Information on community events, permits, noise complaints and crime reports, lost or found property, towed vehicles, and more.

- 461 6th Avenue, S.F., CA 94118

- [https://www.sanfranciscopolice.org/stations/richmond-station](https://www.sanfranciscopolice.org/stations/richmond-station)

- Non-Emergency Phone (415) 553-0123.

- Anonymous Tip Line (415) 668-7387 TTY (Hearing-impaired) (415) 666-8059

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**RICHMOND DISTRICT RESOURCES**

(415) 750-9894

4900 California St, San Francisco, CA 94118

English, русский, Español

Interpretation available upon request.
29. SAN FRANCISCO VETERANS AFFAIRS MEDICAL

- Community Resource and Referral Center that is designed to serve Veterans who are homeless and at-risk of homelessness with one-stop access to community based services and geriatric services.

- A comprehensive network that provides health services to Veterans through the San Francisco VA Medical Center (SF-VAMC) and six community-based outpatient clinics. Includes mental health services, Lesbian, Gay, Bisexual & Transgender (LGBT) Programs, dental services, geriatric & extended care medical services (on-site and in-home), and more. 24/7 Emergency Room.

- Strength and wellness programs, Yoga classes, meditation classes, and more for veterans.

- Hoptel: The Hoptel provides overnight, shared lodging accommodations to eligible Veterans receiving health care services.

- 1) Personalized nutrition advice, nutrition classes, and more for veterans. 2) Farmers Market on campus every Wed. from 10:00 AM - 2:00 PM, offering local organic vegetables, fruit, nuts, plants, and more. 3) On-site Canteen Service Food Court (open to the public) MON - FRI: 6:45 AM - 4:00 PM

30. SAN FRANCISCO VILLAGE

- Membership based community organization. “San Francisco Village helps members navigate the transitions of aging by connecting them to an engaging series of programs, a robust volunteer corps, and a trusted network of professional providers, all of which are covered by a reasonable monthly fee.” Call or visit website or office to see current program offerings and more.

- MON - FRI 9:00 AM - 5:00 PM

- www.sfvillage.org
31. SF LONG-TERM CARE OMBUDSMAN PROGRAM

- Professional staff and outreach volunteers investigate complaints and resolve issues affecting elderly and dependent adults in long-term care facilities. No fees charged to participants (licensed long-term facility residents).

- https://www.sfltcop.net/

32. ST. ANNE’S HOME/LITTLE SISTERS OF THE POOR

- Skilled Nursing Facility. Accepts Medi-Cal.

- Long-Term Care Facility


33. ST. JAMES EPISCOPAL CHURCH

- Pastoral Care: “Whether it is meal preparation, babysitting or transportation, our many volunteers provide complete and compassionate assistance to meet the needs of fellow parishioners”

- Senior Workout Class. Call for current schedule.

- stjamessf.org
34. ST. PETER’S PLACE
-Affordable housing for adults with developmental disabilities
-https://missionhousing.org/
-English
(415) 422-0440
420 29th Avenue, San Francisco, CA 94121

35. Jewish Community Center
-A health, fitness, aquatics, and community center with financial assistance available for many programs. Lifelong Learning Program for older adults (60+) includes a range of offerings from games, health fairs, healthy aging lectures, day and overnight trips, group exercise classes, movie matinees, and more. Lifelong Learning Programs are free of charge with the exception of day and overnight trips.
-Office Hours: MON - THU: 8:00 AM - 9:00 PM, FRI: 8:00 AM - 6:00 PM, SAT: 8:30 AM - 5:00 PM, SUN: 9:00 AM - 5:00 PM
415.292.1200
3200 California St., San Francisco, CA 94118
English, Español, русский, ייִדיש
https://www.jccsf.org/

36. MENORAH PARK
-Affordable Housing for Seniors
-https://menorahpark.wordpress.com/the-health-corner/
-English, русский, 廣東話, 普通話.
(415) 929-7912
3365 Sacramento Street, San Francisco, CA 94118

37. SAGEBROOK SENIOR LIVING
-Assisted Living and Memory Care
(415) 355-5600
351 9th Avenue, San Francisco, CA 94118
38. DAMENIK’S HOME
(415) 379-9051
331 30th Avenue,
San Francisco, CA 94121
-Residential Care Facility

39. IDA’S REST HOME, LLC
(415) 666-9622
612 39th Avenue,
San Francisco, CA 94121
-Residential Care Facility

40. QUALITY CARE HOMES, LLC 1
(415) 751-6028
-801 38th Avenue, San Francisco, CA 94121
-Residential Care Facility

41. QUALITY CARE HOMES, LLC 2
(415) 751-5649
-757 44th Avenue, San Francisco, CA 94121
-Residential Care Facility

42. STELLA’S CARE HOME 1
(415) 752-8652
-616 39th Avenue, San Francisco, CA 94121
-Residential Care Facility
RICHMOND DISTRICT RESOURCES

(415) 752-5040

43. Park’s Rest Home
-Assisted Living
-576 12th Avenue, San Francisco, CA 94118

(415) 269-8468

44. SUTRO HEIGHTS RESIDENTIAL CARE
-Residential Care Facility
-659 45th Avenue, San Francisco, CA 94121
Learn about MUNI, Paratransit, and the Essential Trip Card (ETC) by contacting SFMTA via 311, 415.351.7053, TTY: 415.351.3942, or MobilityOptions@SFMTA.com.
RICHMOND NEIGHBORHOOD CENTER
RICHMOND RECREATION CENTER
RICHMOND SENIOR CENTER
RUSSIAN AMERICAN COMMUNITY SERVICES
SAN FRANCISCO FREE CLINIC
SF POLICE DEPT. - RICHMOND STATION
SF VETERANS AFFAIRS MEDICAL
SAN FRANCISCO VILLAGE
SF LONG-TERM CARE OMBUDSMAN PROGRAM
ST. ANNE’S HOME/LITTLE SISTERS OF THE POOR
ST. JAMES EPISCOPAL CHURCH
ST. PETER’S PLACE
JEWSH COMMUNITY CENTER
MENORAH PARK
SAGEBROOK SENIOR LIVING
DAMENIK’S HOME
IDA’S REST HOME, LLC
QUALITY CARE HOMES, LLC 1
QUALITY CARE HOMES, LLC 2
STELLA’S CARE HOME 1
PARK’S REST HOME
SUTRO HEIGHTS RESIDENTIAL CARE

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# Citywide at a Glance

<table>
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<tr>
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<th>Arts, Exercise, Education &amp; Recreation</th>
<th>Housing &amp; Tenant’s Resources</th>
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<tbody>
<tr>
<td>1  211 (Free Bay Area Resource Referrals). <a href="https://www.211bayarea.org/sanfrancisco/">https://www.211bayarea.org/sanfrancisco/</a></td>
<td>English, Interpretation in other languages available.</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>3  Alzheimer’s Association. <a href="https://www.alz.org/norcal">https://www.alz.org/norcal</a></td>
<td>English, Interpretation in other languages available upon request.</td>
<td>✓</td>
<td>✓</td>
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<tbody>
<tr>
<td>8 DAS Benefits and Resources Hub <a href="https://www.sfhsa.org/services/access-empowerment/daas-benefits-and-resources-hub">https://www.sfhsa.org/services/access-empowerment/daas-benefits-and-resources-hub</a></td>
<td>English, 廣東話, 西班牙語, Tiếng Việt, 日本語, Tagalog, 한국어</td>
<td>✓ ✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
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<tr>
<td>10 Governor of California - Gavin Newsom. <a href="https://www.gov.ca.gov">gov.ca.gov</a></td>
<td>English, 廣東話</td>
<td>✓ ✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
</tr>
<tr>
<td>14 Mayor’s Office of Neighborhood Services. <a href="https://sfmayor.org/mons">https://sfmayor.org/mons</a></td>
<td>English. Interpretation in other languages available</td>
<td>✓ ✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
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<td><strong>15</strong> Meals on Wheels. <a href="https://www.mowsf.org/">https://www.mowsf.org/</a> (415) 920-1111</td>
<td>English. Interpretation in other languages available</td>
<td></td>
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<td>✓</td>
</tr>
<tr>
<td><strong>16</strong> Openhouse - SF. <a href="https://www.openhouse-sf.org/about">https://www.openhouse-sf.org/about</a> (415) 296-8995</td>
<td>English and Español ✓</td>
<td></td>
<td>✓</td>
<td>✓</td>
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<tr>
<td><strong>17</strong> Project Open Hand: Community Nutrition Program and Wellness program. <a href="https://www.openhand.org/">https://www.openhand.org/</a> (800) 551-6325</td>
<td>English, Español, 廣東話</td>
<td></td>
<td></td>
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<td></td>
<td>✓</td>
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<tr>
<td><strong>18</strong> Rebuilding Together SF. <a href="https://rebuildingtogethersf.org">https://rebuildingtogethersf.org</a> (415) 905-1611</td>
<td>English</td>
<td></td>
<td>✓</td>
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<tr>
<td><strong>19</strong> San Francisco Board of Supervisors. <a href="https://sfbos.org/">https://sfbos.org/</a> (415) 554-5184 (415) 554-5227 - TTY</td>
<td>English, 廣東話, 普通話, Interpretation in other languages available</td>
<td></td>
<td>✓</td>
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<tr>
<td><strong>20</strong> San Francisco Municipal Transportation Agency (SFMTA). <a href="https://www.sfmta.com/">https://www.sfmta.com/</a> 311/(415) 701-2311</td>
<td>English, Interpretation in other languages available</td>
<td></td>
<td>✓</td>
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<tr>
<td><strong>21</strong> San Francisco Suicide Prevention. <a href="https://www.sfsuicide.org/">https://www.sfsuicide.org/</a> 24 Hour Crisis Line - (415) 781-0500. Business Line: (415) 984-1900</td>
<td>English, Español, Interpretation in other languages available</td>
<td></td>
<td>✓</td>
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<tbody>
<tr>
<td>22 Senior Disability Action</td>
<td>English, Español, русский, and Deutsche</td>
<td>✓</td>
<td>✓</td>
<td></td>
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<tr>
<td>24 SF Department of Elections.</td>
<td>English, Español, 廣東話, 普通話, Tagalog. Interpretation in other languages available.</td>
<td>✓</td>
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<tr>
<td>26 SF Human Services Agency.</td>
<td>English</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>27 SF Mayor’s Office of Housing and Community Development.</td>
<td>English, Español, 廣東話, 普通話, Tagalog. Interpretation in other languages available</td>
<td>✓</td>
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<tbody>
<tr>
<td>SF Mayor’s Office on Disability. <a href="https://sfgov.org/mod/">https://sfgov.org/mod/</a> (415) 554-6789</td>
<td>English, Español, 廣東話, 普通話, русский, Tagalog. Interpretation in other languages available</td>
<td>✓</td>
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<tr>
<td>SF Department of Emergency Management (DEM) <a href="https://www.sf72.org/">https://www.sf72.org/</a> (415) 558-3800</td>
<td>English, Español, 廣東話, 普通話, Tagalog. Interpretation in other languages available</td>
<td>✓</td>
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</tr>
<tr>
<td>The Arc San Francisco. <a href="https://www.thearcsf.org/">https://www.thearcsf.org/</a> (415) 255-7200</td>
<td>English, Interpretation in other languages available</td>
<td>✓</td>
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<th>Contact Information</th>
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</thead>
<tbody>
<tr>
<td>35</td>
<td>U.S. Senate - Senator Kamala Harris</td>
<td><a href="https://www.harris.senate.gov/">https://www.harris.senate.gov/</a> (415) 981-9369</td>
<td>English</td>
<td>✓</td>
</tr>
<tr>
<td>36</td>
<td>UCSF Memory and Aging Center</td>
<td><a href="https://memory.ucsf.edu/">https://memory.ucsf.edu/</a> (415) 353-2057</td>
<td>English</td>
<td>✓ ✓</td>
</tr>
<tr>
<td>37</td>
<td>Friendship Line for Seniors and Adults with Disabilities (Toll Free)</td>
<td>(800) 971-0016</td>
<td>English</td>
<td>✓</td>
</tr>
</tbody>
</table>

*PHOTO BY DALLIS WILLARD*
1ST EDITION compiled by Winston Parsons of the Richmond Senior Center (Spring 2020), made possible by the San Francisco Department of Disability and Aging Services (DAS).

Design by Daniel Divanian. Photos by Thomas Sanders