

EMERGENCY SERVICE 911
POISON CENTER 1-800-876-4766

NON-EMERGENCY NUMBERS

Encinitas Fire Department.....633-2800
 Administration
 Encinitas Sheriff Department.....966-3500
 Crime Prevention.....966-3585

FREQUENTLY USED NUMBERS

Cardiff Branch Library.....753-4027
 Dept. of Motor Vehicles.....1-800-777-0133
 Encinitas City Hall.....633-2600
 Parks and Recreation Dept.....633-2740
 Encinitas Branch Library.....Under construction
 Medicare Help Line.....1-800-841-1602
 Post Office.....1-800-275-8777
 Encinitas Senior Center.....943-2250
 Social Security.....1-800-772-1213

INFORMATION/ REFERRAL / OUTREACH NUMBERS

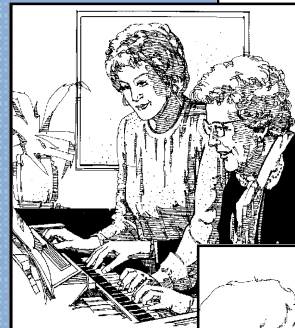
Aging & Independence Services (County)
1-800-510-2020
 Ombudsman, advocate for rights of long term
 care residents.....1-800-640-4661
 Community Resource Center.....753-8300
 Public Assistance.....Toll Free 866-262-9881
 (Medical, Food Stamps)
 Info Line.....943-0997
 (Referrals) Se habla Español & English
 Project C.A.R.E.....943-2255
 Encinitas Senior Center.....943-2250
 Senior Citizen Commission.....633-2740
 Encinitas Senior Foundation.....436-1998
 Trauma Intervention Program.....931-2104

Printed 2005 by City of Encinitas Parks and Recreation Department
 in cooperation with the SENIOR CITIZEN COMMISSION



**CITY OF
 ENCINITAS
 SENIOR
 CITIZEN
 COMMISSION**

**GUIDE TO...
 SENIOR
 SERVICES**



COMMITTED TO SERVING SENIORS

This directory is a contribution to Encinitas seniors and their families by the City of Encinitas Senior Citizen Commission. This is not intended to be a complete directory and is for information only. The City of Encinitas Senior Citizen Commission does not endorse or recommend any of these agencies.

All are 760 prefix unless otherwise noted.

 **EDUCATION**

Classes, seminars and workshops

Mira Costa College.....944-4449
 3333 Manchester Avenue, Cardiff
 San Dieguito Adult School.....753-7073
 800 Santa Fe Drive, Encinitas
 Scripps Memorial Hospital..1-800-727-4777
 Class Registration/Scripps Resources

 **EMPLOYMENT**

A special Senior Services Department is maintained by the State Department of Employment. Local agencies refer both employees and employers.
 Employment Dev. Dept.....1-800-300-5616
 2027 Mission Avenue, Oceanside

 **FINANCIAL**

Tax advice, estate planning, social security counseling and consultation.
 HICAP.....1-858-565-8772
 (Health Insurance Counseling and Advocacy)
 Social Security.....1-800-772-1213
 AARP Income Tax Assistance
 at the Encinitas Senior Center.....943-2250

 **HEALTH/
 COUNSELING/
 SUPPORT GROUPS**

Treatment programs, well-being programs, personal services, medical assistance.

Adult Protective Services, Inc. (619)283-5731
 Alcoholics Anonymous.....758-2514
 American Cancer Society..1-877-903-1589
 Arthritis Foundation.....1-800-422-8885
 Community Resource Center.....753-8300
 656 Second Street, Encinitas
 Deaf Community Services.....619-398-2441
 Encinitas Health Center.....753-7842
 Hospice of North Coast.....431-4100
 Lifeline Community Services.....757-0118
 Medicare Help Line.....1-800-841-1602
 Physicians Referral (scripps)...1-800-727-4777
 Encinitas Senior Center.....943-2250
 Scripps Memorial Hospital.....753-6501
 354 Santa Fe Drive, Encinitas
 Scripps Well Being.....1-800-727-4777
 270 N. El Camino Real, Encinitas
 Southern Caregiver
 Resource Center.....1-800-827-1008
 or.....1-858-268-4432
 San Diego Access and Crisis Line
1-800-479-3339
 Trauma Intervention Program.....931-2104
 North Coastal Alliance for the Mentally Ill
 N. Coastal San Diego County,
 support, information & outreach, NAMI
722-3754
 North County Health Services.....753-7842
 Parkinson's Resource Organization
 Helping families with Parkinson's
Toll Free 1-877-775-4111
 Alzheimers Association.....(858) 537-5040
 Gamblers Anonymous
Toll Free 1-866-239-2911



HOUSING

FACILITY AND CAREGIVER REFERRALS

Dignified Living Choices...1-866-344-6439
 We Care Placement Services
619-229-3800
 Southern Caregiver Resource Center
1-800-827-1008

INDEPENDENT LIVING

Senior apartments, condos & mobile homes.
 Encinitas Terrace Senior Apts....944-8532
 454 Requeza Street, Encinitas
 La Vida Del Mar.....858-755-1224
 850 Del Mar Downs Rd.
 Green Valley Mobile Home Estates
 350 N. El Camino Real, Encinitas
944-0703
 Park Encinitas Mobile Home Park..753-0033
 444 N. El Camino Real, Encinitas
 Seacrest Village (Garden Court)
 211 Saxony Rd., Encinitas.....632-0081
 La Costa Glen.....704-6000
 1940 Levante St., Carlsbad 92009
 Brookdale Place of San Marcos...471-9904
 1590 W. San Marcos Blvd.

RETIREMENT HOMES & ASSISTED LIVING

Personal services with meals & housekeeping.
 Seacrest Village.....632-0081
 211 Saxony Road, Encinitas
 Sunrise Assisted Living at La Costa....930-0060
 7020 Manzanita, Carlsbad
 Atria South.....436-9990
 504 S. El Camino Real, Encinitas
 Atria North.....436-6955
 480 S. El Camino Real, Encinitas

SKILLED NURSING HOMES

State licensed 24-hour medical care.
 Casa Palmera.....(858) 481-4411
 14750 El Camino Real
 The Joseph & Dorothy Goldberg
 Health Care Center.....632-0081
 Seacrest Village, 211 Saxony Road
 Manor Care Encinitas.....944-0331
 944 Regal Road, Encinitas
 Evergreen Encinitas.....753-6423
 900 Santa Fe Drive, Encinitas

ALZHEIMERS CARE FACILITIES

Olivenhain Guest Home.....753-5082
 350 Rancho Santa Fe Road, Olivenhain
 Rose Cottage.....635-7559
 1219 Village View Rd., Encinitas
 Silverado Senior Living.....753-1245
 335 Saxony Road, Encinitas
 Somerford Place.....479-1818
 1350 S. El Camino Real
 George G. Glenner Adult Day Care
635-1895
 335 Saxony Rd. (located in Silverado)

SHARED/LOW INCOME HOUSING

For Seniors who wish to share facilities for economic or health reasons.
 Housing Information-Encinitas....633-2723



IN-HOME SUPPORT SERVICES

Services that allow seniors to remain at home.
 Heritage Senior Care.....1-800-562-2734
 Tri-City Hospice.....940-5801
 Hospice by the Sea.....858-794-0195
 In-Home Supportive Services
(County) 1-800-510-2020
 The Access Center of San Diego, Inc.
435-9205
 Meals on Wheels of North Coast.....736-9900
 Encinitas Project C.A.R.E.....943-2255
 Scripps Mercy
 Home Health Care.....858-715-7300
 Home Instead Senior Care.....639-6472
 LivHome.....619-544-1622



MEALS/NUTRITION/FOOD PROGRAMS

Meals on Wheels of North Coast.....736-9900
Delivers meals to your home
 (Office, San Marcos)
 Lunch Program at Encinitas.....943-2258
 Senior Center
 Food Stamps.....Toll Free 1-866-262-9881



LEGAL

Advice and representation in legal/economic problems. Many provide free consultation.
 Community Resource Center.....753-8300
 Referrals, counseling, case management and emergency assistance
 Legal Aid Society of San Diego.....722-1935
 Senior Citizens Legal Services....439-2535
 Encinitas Senior Center.....943-2250
 Aging with Dignity.....1-888-594-7437
 (Five Wishes Advance Directive)



RECREATION/SOCIAL

Organizations that provide tours, activities and programs for active seniors.
 Encinitas Senior Center.....943-2250
 AARP Travel.....760-944-5149
 AARP.....1-888-687-2277
 American Association of Retired Persons
 American Legion Post #416.....753-5674
 Carlsbad Senior Center.....602-4650
 Oceanside Senior Center.....435-5250
 Solana Beach Community Center
858-509-2591
 Helen Woodward Animal Center
858-756-4117
 Mira Costa College.....944-4449
 (Community Learning Center)
 San Dieguito Adult Education.....753-7073
 OASIS.....432-0635
 Classes, trips, volunteer tutoring
 S.A.G.E.....619-298-9900
 Seniors Active in a Gay Environment
 Quail Botanical Gardens.....436-3036
 YMCA, Magdalena Ecke.....942-9622



TRANSPORTATION

Agencies that help seniors get from one place to another.
 Disabled American Veterans (858) 552-7470
 Lifeline LIFT NCTD (Application)...966-6525
 Lifeline LIFT (Scheduling).....726-1111
 N. County Public Transit.....1-800-266-6883
 Encinitas Senior Center.....943-2258
 Nutrition Transportation
 NCTD Bus Passes.....943-2250
 Encinitas FAST.....1-800-660-4789



VOLUNTEERS

Partial list of organizations seeking volunteers.
 Community Resource Center
753-8300, x309
 American Red Cross.....757-5403
 Encinitas Senior Center.....943-2250
 Scripps Hospital633-7834
 Volunteer San Diego.....858-636-4131
 Sheriff Volunteer Patrol.....966-3500
 Trauma Intervention Program931-2104
 Encinitas Out and About Drivers....943-2255



WEB SITES

City of Encinitas
www.ci.encinitas.ca.us
 Aging & Independence Services
www.ais-sd.com
www.sandiego.networkofcare.org
 San Diego County Libraries.....
 www.palomar.edu/guests/pla/assoced/library.htm
 Specialized Transportation Referral
www.stridesd.org