

INCOME TAX PREPARATION ASSISTANCE

During February through April 15, AARP Tax Assistance Program volunteers are available to provide *free* tax preparation services to low and middle income individuals with special attention to those 60 and older. Limited appointments are available for low-income non-seniors. *This program is sponsored by AARP, IRS, and Mastick Senior Center.*

MONEY MANAGEMENT ASSISTANCE PROGRAM (MMAP)

The MMAP is sponsored by Bay Area Community Services (BACS), Adult Protective Services (APS), and AARP. MMAP assists low-income and disabled seniors with balancing their checkbook and reconciling bank statements as needed. Volunteers are insured by AARP and have completed the MMAP training program. For more information, please contact the Mastick Office at 747-7506.

ASSETS - SENIOR EMPLOYMENT OPPORTUNITIES PROGRAM

Are you 55 or older, low income and in need of employment? ASSETS Senior Employment Opportunities Program can assist with your employment needs. If you need training, their Career Resource Center is available for people 50+. For more information call (510) 238-3535.

SOCIAL SECURITY

For Social Security questions, call 1-800-772-1213 or go to the Oakland office (1111 Jackson Street) or the San Leandro office (320 Davis Street). Forms are available on-line at www.socialsecurity.gov (click on "Forms" on the right-hand side). *Mastick staff is available to assist you.*

FEDERAL AND STATE ASSISTANCE PROGRAMS FOR OLDER AMERICANS

The National Council on the Aging has created a website, www.BenefitsCheckUp.org, to assist those who wish to have information regarding available programs. Program information includes: housing, employment, prescription drug costs, and utility bills. The website lists more than 1,000 benefit programs. The website will walk you through the process and can be accessed at www.benefitscheckup.org.

ALAMEDA COUNTY NETWORK OF CARE

The Alameda County Network of Care can be accessed online at www.networkofcare.org and provides resource information for seniors and individuals with disabilities in Alameda County.

IN HOME SUPPORT SERVICES (IHSS)

IHSS assists eligible aged, blind, and disabled individuals remain safely in their own homes with independence and dignity. Home care workers assist with cooking, housecleaning and shopping. They also help with personal care (i.e., bathing, dressing, etc.). For more information, call (510) 577-1800.

ADULT PROTECTIVE SERVICES (APS)

Alameda County Social Services Agency/APS "*investigates and evaluates complaints of abuse or neglect.*" If you or someone you know is experiencing physical, emotional, or financial abuse, please call APS at **(510) 577-1900**. Calls are received by a confidential voicemail system. Leave your name, phone number and the nature of your call. An intake worker will return your call.

CALIFORNIA ADVOCATES FOR NURSING HOME REFORM (CANHR)

CANHR is a private, nonprofit organization dedicated to improving the quality of care and life for nursing home and residential care residents in California. For more information, contact CANHR by dialing 415-974-5171 or 1-800-474-1116.

HEALTH INSURANCE ASSISTANCE

The Health Insurance Counseling and Advocacy Program (**HICAP**) provides counselors to assist individuals with questions or problems with: Medicare (Parts A&B), Medicare billing and claims, Medicare Supplemental Insurance, HMO's and Long Term Care Insurance. Counselors are state registered, unbiased sources of information, trained in problem solving regarding most areas of Medicare and health insurance for those 65 and older or on Medicare through Disability. Counselors are available at Mastick by appointment. To schedule an appointment, call 747-7506.

