



HICAP Counseling Sites Alameda County Legal Assistance for Seniors



LOCAL HELP FOR PEOPLE WITH MEDICARE

These appointments are for telephone counseling only, until the Shelter-in-Place order due to COVID-19 has been lifted and it is declared safe to return to in-person counseling.

City	Location	Times	Counselor	Call for an Appointment
Alameda	Mastick Senior Center 1155 Santa Clara Avenue Alameda, CA 94501 510-747-7500	1 st & 3 rd Tuesdays 9:30, 10:30, 11:30	Shubha Fpanse	HICAP Office: 510-839-0393
	Albany Senior Center 846 Masonic Avenue Albany, CA 94706 510-524-9122	Temporarily Unavailable During Shelter-in-Place	To Be Determined	HICAP Office: 510-839-0393
Berkeley	Center for Accessible Technology at the Ed Roberts Campus 3075 Adeline Street, #220 Berkeley, CA 94703 510-841-3224	2 nd & 4 th Fridays 10:30, 11:30, 12:30	Alice Gates	HICAP Office: 510-839-0393
	North Berkeley Senior Center 1901 Hearst Street Berkeley, CA 94709	<i>*Site closed for construction from January 2019 through Summer 2020 – relocated to West Berkeley Service Center, see below</i>		
	West Berkeley Service Center 1900 6th Street Berkeley, CA 94710 510-981-5190	2 nd & 4 th Tuesdays 9:00, 10:00, 11:00	Mary Gilkerson	HICAP Office: 510-839-0393
		1 st & 3 rd Tuesdays 1:00, 2:00, 3:00	Terri Doyle	
	LifeLong Medical Care, Over 60 Clinic 3260 Sacramento Street Berkeley, CA 94703 (510) 981-4100	1 st Mondays 1:00, 2:00, 3:00	Ellen Kaufman	Clinic patients only (scheduled by HICAP Office)
		3 rd Wednesdays 1:00, 2:00, 3:00	Dennis Lum*	
South Berkeley Senior Center 2939 Ellis Street Berkeley, CA 94703 510-981-5170	1 st & 3 rd Fridays 12:30, 2:00, 3:30	Edith Goldstein	HICAP Office: 510-839-0393	
Castro Valley	Aitken Senior Center 17800 Redwood Road Castro Valley, CA 94546 510-881-6738	2 nd & 4 th Mondays 9:00, 10:00, 11:00, 12:00	Johnny Roland*	HICAP Office: 510-839-0393
	Castro Valley Library 3600 Norbridge Ave. Castro Valley, CA 94546 510-667-7900	1 st and 3 rd Saturdays 10:00, 11:00	Elaine Wong-Eakin	HICAP Office: 510-839-0393

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Dublin	Dublin Senior Center 7600 Amador Valley Blvd. Dublin, CA 94568 925-556-4511	2 nd Wednesdays 12:30, 1:30, 2:30	Edmund Lam (Cantonese & Mandarin)	HICAP Office: 510-839-0393
		Temporarily Unavailable During Shelter-in-Place	To Be Determined	HICAP Office: 510-839-0393
Emeryville	Emeryville Senior Center 4321 Salem Street Emeryville, CA 94608 510-596-3730	3 rd Thursdays 10:00, 11:00, 12:00	Bob Gibney*	HICAP Office: 510-839-0393
Fremont	Fremont Family Resource Center 39155 Liberty Street Fremont, CA 94538 510-574-2026	Available Mondays & Tuesdays, 8:00 am - 5:00 pm	Arnie Becker* <i>Alternate:</i> Ashok Desai (Hindi & Gujarati)	FFRC: 510-574-2026
	Fremont Senior Center 40086 Paseo Padre Parkway Fremont, CA 94538 510-790-6600	2 nd & 4 th Mondays 1:00, 1:45, 2:30, 3:15	Ken Arora (Punjabi & Hindi)	HICAP Office: 510-839-0393
		1 st & 3 rd Thursdays 1:00, 1:45, 2:30, 3:15	Ashok Desai (Hindi & Gujarati)	
	Palo Alto Medical Foundation Community Health Resource Center Building 2, 1 st Floor 3200 Kearney Street Fremont, CA 94538 510-623-2231	1 st Wednesdays 2:00, 3:00, 4:00 3 rd Wednesdays 9:00, 10:00, 11:00	Jan Quilici	HICAP Office: 510-839-0393
Hayward	Hayward Area Senior Center 22325 N. 3 rd Street Hayward, CA 94541 510-881-6766	1 st & 3 rd Tuesdays 10:00, 11:00, 12:00	Dan Norton	HICAP Office: 510-839-0393
	CRIL - Community Resources for Independent Living 439 A Street Hayward, CA 94541 510-881-5743	2 nd & 4 th Thursdays 10:30, 11:30, 12:30	Terry Kranitz	HICAP Office: 510-839-0393
Livermore	Livermore Senior Center 4444 East Avenue Livermore, CA 94550 925-373-5760	1 st & 3 rd Wednesdays 9:15, 10:15, 11:15	Nancy Kung* (Mandarin)	HICAP Office: 510-839-0393
	Stanford–Valley Care Medical Center 1111 East Stanley Boulevard Livermore, CA 94550 925-447-7000	Temporarily Unavailable During Shelter-in-Place	To Be Determined	HICAP Office: 510-839-0393

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Newark	Newark Senior Center 7401 Enterprise Drive Newark, CA 94560 510-578-4840	1 st Wednesdays 9:15, 10:15, 11:15	Janet Quilici	HICAP Office: 510-839-0393
Oakland	Asian Health Services 818 Webster Street Oakland, CA 94607 510-986-6800	2 nd and 4 th Tuesdays 9:00, 10:00, 11:00	Grace Chang (Cantonese and Mandarin)	Clinic patients only: 510-986-6880
	Center for Elders' Independence 510 17 th Street Oakland, CA 94612 510-433-1150	1 st and 3 rd Tuesdays 1:00, 2:00, 3:00	Flo Raskin	HICAP Office: 510-839-0393
	Downtown Oakland Senior Center 200 Grand Avenue Oakland, CA 94612 510-238-3284	Temporarily Unavailable During Shelter-in-Place	To Be Determined	HICAP Office: 510-839-0393
	Fruitvale Senior Center 3301 East 12 th Street, Suite 201 Oakland, CA 94601 510-535-6123	3 rd Thursdays 9:00, 10:00, 11:00	Roberta Tracy (Starting 10/2020)	HICAP Office: 510-839-0393
	Legal Assistance for Seniors/HICAP 333 Hegenberger Road, Suite 850 Oakland, CA 94621 510-839-0393	1 st & 3 rd Mondays 9:30, 10:30, 11:30	Carol Sandoval	HICAP Office: 510-839-0393
		2 nd Mondays 1:00, 2:00, 3:00	Ellen Kaufman	
		1 st & 3 rd Tuesdays 1:00, 2:00, 3:00	Jane Reid	
		1 st , 2 nd & 4 th Tuesdays 10:00, 11:00, 12:00	Bob Gibney*	
		2 nd & 4 th Tuesdays 1:30, 2:30, 3:30	Alan Miller*	
		2 nd Wednesdays 1:30, 2:30, 3:30	Belle Huang (Spanish)	
		1 st & 3 rd Wednesdays 9:30, 10:30, 11:30	Betty Yee	
1 st Wednesdays: 1:00, 2:00, 3:00; 1 st Fridays: 9:30, 10:30, 11:30		Patricia Macholl		
2 nd & 4 th Mondays 1:00, 2:00, 3:00		Robby Kiley		
1 st & 3 rd Thursdays 9:15, 10:15, 11:15		Grace Chang (Cantonese & Mandarin)		
2 nd Thursdays 9:15, 10:15, 11:15	Jacob Sytsma (Spanish)			
1 st , 2 nd & 3 rd Thursdays 1:00, 2:00, 3:00	Ed Mendoza			

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Oakland, cont'd	(LAS/HICAP cont'd)	4 th Wednesdays 1:00, 2:00, 3:00	Belle Huang (Spanish)	
		2 nd Fridays 10:00, 11:00	Natasha Mascarenhas	
		3 rd Fridays 10:00, 11:00	Christine Sung (Mandarin)	
		3 rd Fridays 1:00, 2:00, 3:00	Edmund Lam (Cantonese & Mandarin)	
North Oakland Senior Center 5714 Martin Luther King Way Oakland, CA 94609 510-597-5085		2 nd & 4 th Tuesdays 1:00, 2:00, 3:00	Terri Doyle	HICAP Office: 510-839-0393
		LifeLong East Oakland 10700 MacArthur Blvd (Foothill Square) Oakland, CA 94605 510-981-4100	Every Thursday 9:00am-12pm <i>*Clinic patients given priority</i>	Arnie Becker* <i>Alternate: Carol Sandoval</i>
Pleasanton	Pleasanton Senior Center 5353 Sunol Boulevard Pleasanton, CA 94566 925-931-5365	1 st & 3 rd Thursdays: 9:00, 9:45, 10:30, 11:15, 12:00	Marilyn Cutting*	HICAP Office: 510-839-0393
		2 nd Thursdays: 9:00, 9:45, 10:30, 11:15am 4 th Thursdays: 12:30, 1:15, 2:00, 2:45pm	Edmund Lam (Cantonese & Mandarin)	
San Leandro	Ashland Community Center 1530 167 th Avenue San Leandro, CA 94578 510-881-6755	4 th Tuesdays 10:00, 11:00, 12:00	Mary Wilson	HICAP Office: 510-839-0393
	Senior Community Center 13909 East 14th Street San Leandro, CA 94578 510-577-3462	1 st & 3 rd Tuesdays 10:00, 11:00, 12:00	Mary Wilson	HICAP Office: 510-839-0393
Union City	Ruggieri Senior Center 33997 Alvarado-Niles Road Union City, CA 94587 510-489-6629	1 st & 3 rd Mondays 1:00, 2:00, 3:00	Jan Quilici	HICAP Office: 510-839-0393

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