



# HICAP Counseling Sites Alameda County Legal Assistance for Seniors



LOCAL HELP FOR PEOPLE WITH MEDICARE

**These appointments are for telephone counseling only,  
until it is deemed safe to return to in-person counseling.**

City	Location	Times	Counselor	Call for an Appointment
Alameda	<b>Mastick Senior Center</b> 1155 Santa Clara Avenue Alameda, CA 94501 510-747-7500	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays 9:30, 10:30, 11:30	Shubha Fanse	<b>HICAP Office: 510-839-0393</b>
Albany	<b>Albany Senior Center</b> 846 Masonic Avenue Albany, CA 94706 510-524-9122	Temporarily Unavailable	To Be Determined	<b>HICAP Office: 510-839-0393</b>
Berkeley	<b>Center for Accessible Technology at the Ed Roberts Campus</b> 3075 Adeline Street, #220 Berkeley, CA 94703 510-841-3224	2 <sup>nd</sup> & 4 <sup>th</sup> Fridays 10:30, 11:30, 12:30	Alice Gates	<b>HICAP Office: 510-839-0393</b>
	<b>North Berkeley Senior Center</b> 1901 Hearst Street Berkeley, CA 94709	<i>*Site closed for construction from January 2019 through Fall 2021 – relocated to West Berkeley Service Center, see below</i>		
	<b>West Berkeley Service Center</b> 1900 6th Street Berkeley, CA 94710 510-981-5190	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays 9:00, 10:00, 11:00	Mary Gilkerson	<b>HICAP Office: 510-839-0393</b>
		1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays 1:00, 2:00, 3:00	Terri Doyle	
	<b>LifeLong Medical Care, Over 60 Clinic</b> 3260 Sacramento Street Berkeley, CA 94703 (510) 981-4100	1 <sup>st</sup> Mondays 1:00, 2:00, 3:00	Ellen Kaufman	<b>Clinic patients only (scheduled by HICAP Office)</b>
		3 <sup>rd</sup> Wednesdays 1:00, 2:00, 3:00	Dennis Lum*	
<b>South Berkeley Senior Center</b> 2939 Ellis Street Berkeley, CA 94703 510-981-5170	1 <sup>st</sup> & 3 <sup>rd</sup> Fridays 12:30, 2:00, 3:00	Edith Goldstein	<b>HICAP Office: 510-839-0393</b>	
Castro Valley	<b>Aitken Senior Center</b> 17800 Redwood Road Castro Valley, CA 94546 510-881-6738	2 <sup>nd</sup> & 4 <sup>th</sup> Mondays 9:00, 10:00, 11:00, 12:00	Johnny Roland*	<b>HICAP Office: 510-839-0393</b>
	<b>Castro Valley Library</b> 3600 Norbridge Ave. Castro Valley, CA 94546 510-667-7900	Temporarily Unavailable	To Be Determined	<b>HICAP Office: 510-839-0393</b>

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

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

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<b>Oakland, cont'd</b>	<b>(LAS/HICAP cont'd)</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays 9:15,10:15, 11:15	Grace Chang (Cantonese & Mandarin)	<b>HICAP Office: 510-839-0393</b>
		2 <sup>nd</sup> Thursdays 9:15, 10:15, 11:15	Jacob Sytsma (Spanish)	
		2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays 1:30, 3:00	Vasu Kadambi (Hindi, Tamil, Kannada)	
		4 <sup>th</sup> Wednesdays 1:00, 2:00, 3:00	Belle Huang (Spanish)	
		3 <sup>rd</sup> Fridays 10:00, 11:00	Christine Sung (Mandarin)	
		3 <sup>rd</sup> Fridays 1:00, 2:00, 3:00	Edmund Lam (Cantonese & Mandarin)	
<b>North Oakland Senior Center</b> 5714 Martin Luther King Way Oakland, CA 94609 510-597-5085	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays 1:00, 2:00, 3:00	Terri Doyle		
<b>LifeLong East Oakland</b> 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>	<b>Social Worker Brigitte Peltekof: 510-563-4356</b>	
<b>Pleasanton</b>	<b>Pleasanton Senior Center</b> 5353 Sunol Boulevard Pleasanton, CA 94566 925-931-5365	1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays: 9:00, 9:45, 10:30, 11:15, 12:00	Marilyn Cutting*	<b>HICAP Office: 510-839-0393</b>
		2 <sup>nd</sup> Thursdays: 9:00, 9:45, 10:30, 11:15am 4 <sup>th</sup> Thursdays: 12:30, 1:15, 2:00, 2:45pm	Edmund Lam (Cantonese & Mandarin)	
<b>San Leandro</b>	<b>Ashland Community Center</b> 1530 167 <sup>th</sup> Avenue San Leandro, CA 94578 510-881-6755	4 <sup>th</sup> Tuesdays 10:00, 11:00, 12:00	Mary Wilson	<b>HICAP Office: 510-839-0393</b>
	<b>Senior Community Center</b> 13909 East 14th Street San Leandro, CA 94578 510-577-3462	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays 10:00, 11:00, 12:00	Mary Wilson	<b>HICAP Office: 510-839-0393</b>
<b>Union City</b>	<b>Ruggieri Senior Center</b> 33997 Alvarado-Niles Road Union City, CA 94587 510-489-6629	1 <sup>st</sup> & 3 <sup>rd</sup> Mondays 1:00, 2:00, 3:00	Jan Quilici	<b>HICAP Office: 510-839-0393</b>

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