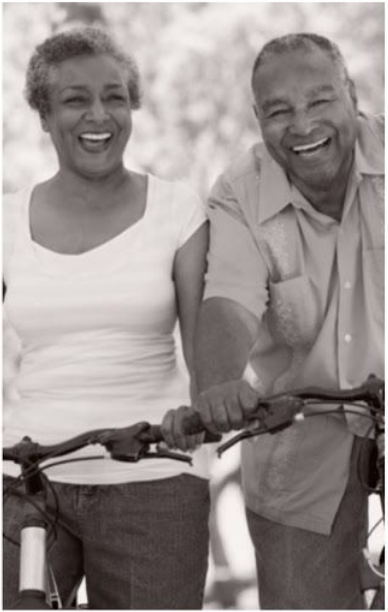




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## Advisors on Aging

(510) 693-0284

info@advisorsonaging.com

[www.advisorsonaging.com](http://www.advisorsonaging.com)

Advisors on Aging specializes in assisting older adults and their families assess and plan for long term care needs related to the physical, cognitive and emotional aspects of growing older. We are a group of three Licensed Clinical Social Workers with more than 55 years combined experience in the field of aging.



## Aging Life Care Association

(520) 881-8008

info@aginglifecare.org

[www.aginglifecare.org](http://www.aginglifecare.org)



Aging Life Care™, also known as geriatric care management, is a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges. Aging Life Care Professionals® work with families to create care plans that best address the client's aging needs, wants, and goals.

## Alzheimer's Association\*

(800) 272-3900

info@alz.org

[www.alz.org/norca](http://www.alz.org/norca)



The mission of the Alzheimer's Association is to eliminate Alzheimer's disease through the advancement of research, to provide care and support for all affected, and to reduce the risk of dementia through the promotion of brain health

## Ashby Village\*

(510) 204-9200

info@ashbyvillage.org

[www.ashbyvillage.org](http://www.ashbyvillage.org)



Ashby Village is a nonprofit organization that supports older adults in Berkeley and surrounding areas age independently in their homes and communities. It is a reciprocal network whose members can grow, laugh with and rely on one another to improve quality of life and expand choices at all stages of aging.

## ARAG Legal Plan

(800) 828-1395

[www.araglegal.com](http://www.araglegal.com)

The legal plan gives you access to basic, personal legal help. The plan provides online, over-the-phone or in-person access and covers specific legal services. These services are provided through ARAG at an annual cost much less than the average attorney rate for an hour in California. The legal insurance plan helps mainly with routine preventive or defensive matters and should cover most legal needs



## Belmont Village Senior Living\*

(510) 525-4554



salesab@belmontvillage.com

[www.belmontvillage.com](http://www.belmontvillage.com)

Belmont Village has an excellent reputation due to our unparalleled service and ability to care for our residents' changing health and social needs. We offer a wide array of amenities catering to independent residents and those who may require assisted living or memory care services.

## Berkeley ADU Task Force\*

berkeley.adu@gmail.com



The Berkeley ADU Task Force is a group of local builders, realtors, policy makers and others who are working to identify and remove obstacles to “grassroots housing,” which includes ADUs, shared housing, and other “family first” housing arrangements.

## Berkeley Health and Wellness Publications, School of Public Health\*

(510) 642-8061

healthandwellness@berkeley.edu

[www.healthandwellnessalerts.berkeley.edu](http://www.healthandwellnessalerts.berkeley.edu)



UC Berkeley School of Public Health

**Health and Wellness**

Berkeley Health and Wellness Publications delivers evidence-based consumer health and wellness information aimed at improving the overall health of the general public. It is owned and edited by the School of Public Health at UC Berkeley and all profits are earmarked primarily for graduate student support.

## Cal Discoveries Travel | Cal Alumni Association\*

(510) 900-8222 or (888) 225-2586

caldiscoveries@alumni.berkeley.edu

[www.alumni.berkeley.edu/caldiscoveries](http://www.alumni.berkeley.edu/caldiscoveries)

Our goal is to provide the University of California, Berkeley community with an exciting combination of discovery, learning, and adventure in educationally oriented travel. Travel in and of itself is a learning experience. Broaden your understanding of cultures, history, politics, and the natural world by traveling with Cal Discoveries Travel.



## Clayton Valley Village\*

(925) 626-0411

info@claytonvalleyvillage.org

[www.claytonvalleyvillage.org](http://www.claytonvalleyvillage.org)



Clayton Valley Village is an intergenerational community of seniors and volunteers organized to help members remain active, involved and independent in their own homes.

## Family Caregiver Alliance\*

(415) 434-3388

info@caregiver.org

[www.caregiver.org](http://www.caregiver.org)



FAMILY CAREGIVER ALLIANCE®  
National Center on Caregiving

Family Caregiver Alliance (FCA) seeks to improve the quality of life for caregivers through education, services, research, and advocacy. For residents of the San Francisco Bay Area, FCA provides support services for caregivers of those with Alzheimer’s disease, stroke, Parkinson’s, and other debilitating health conditions that strike adults.

## Jewish Family & Community Services East Bay\*

(510) 704-7475

[www.jfcs-eastbay.org](http://www.jfcs-eastbay.org)



JFCS East Bay provides medical and personal home care services with geriatric social worker oversight, a free senior information line, aging consultations, and care planning. Services are open to all, regardless of religion, race, or ethnicity.

## Kindred at Home

(925) 293-2053

ingrid.crevelt@kindred.com

[www.kindredathome.com](http://www.kindredathome.com)

Kindred at Home provides trained caregivers, matched to the family's requirements. If someone is struggling with prolonged illness, recovery from surgery, physical disabilities or the challenges of aging, we assist with personal care and daily needs such as medication reminders, shopping, meal preparation, housekeeping, transportation, and relief for family caregivers.



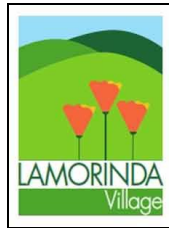
## Lamorinda Village\*

(925) 283-3500

info@lamorindavillage.org

[www.lamorindavillage.org](http://www.lamorindavillage.org)

The first Village to open in Contra Costa County, Lamorinda Village is a picturesque gateway to the Diablo Valley area. The Village serves the towns of Lafayette, Moraga and Orinda.

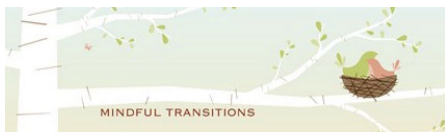


## Mindful Transitions

(510) 757-7340

mindfultransitions@att.net

[www.mtransitions.com](http://www.mtransitions.com)



Mindful Transitions provides residential senior move management services in the SF Bay Area. I coordinate the many stages of a home move from the early desire to downsize, to consulting with families about future housing options. MT approach is to provide excellent service with a high level of trust and integrity. Services include Aging in Place guidance and review as well as consulting. "The best moves are well planned"

## North Oakland Village\*

(510) 547-8500

info@northoaklandvillage.org

[www.northoaklandvillage.org](http://www.northoaklandvillage.org)

North Oakland Village, part of the national Village movement, is a nonprofit dedicated to aging well in community with active, engaged, supportive senior members and our wonderful volunteers. Come join us!

North  
Oakland  
Village



## Osher Lifelong Learning Institute:

### OLLI @Berkeley\*

(510) 642-9934

berkeley\_olli@berkeley.edu



[www.olli.berkeley.edu](http://www.olli.berkeley.edu)

OLLI@Berkeley is an educational program for lifelong learners age 50 and up who are eager to explore traditional and new areas of knowledge - without exams or grades. Classes are taught by distinguished UC Berkeley faculty and other Bay Area experts.

## Peter Shelton Law

(510) 394-5483

info@PeterSheltonLaw.com

[www.petersheltonlaw.com](http://www.petersheltonlaw.com)



PETER SHELTON LAW

Peter Shelton Law is a boutique East Bay estate planning firm helping families and individuals plan for their future. We provide peace of mind and ensure financial changeovers are handled efficiently and quickly. Provide guidance for end of life medical decisions and ease a family's transition upon death or incapacity of a loved one.

## Phoenix Commons

(510) 217-8527

info@phoenixcommons.com

[www.phoenixcommons.com](http://www.phoenixcommons.com)

## PHOENIXCOMMONS

Phoenix Commons is an intentional cohousing community for people aged 55 and up in Oakland on the estuary by Alameda. Members own their own condominium units but enjoy 10,000 sq ft of common space and share meals 3 times weekly which they cook together. Decisions are reached through teamwork and consensus.

## PREPARE\*

(415) 286-5860

info@prepareforyourcare.org

[www.prepareforyourcare.org](http://www.prepareforyourcare.org)



PREPARE for Your Care is an online resource that helps people learn about and prepare for medical decision making. This evidenced-based tool features video stories in English and Spanish and guides users as they explore their wishes and learn how to discuss them with family, friends, and medical providers.

## Road Scholar\*

(877) 426-8056

contact@roadscholar.org

[www.roadscholar.org](http://www.roadscholar.org)

## ROAD SCHOLAR®

Road Scholar is the nation's largest educational travel organization for adults. Road Scholars are immersed in a variety of experiential learning activities, enlisting renowned faculty and experts and offer 5,500 extraordinary educational adventures for individuals dedicated to lifelong learning. Stop by our table to learn more about our adventures.

## Senior Alternatives Care Management & Home Care Services

(510) 482-3379

paula@senalt.com

[www.bayareaseniorcare.com](http://www.bayareaseniorcare.com)



Senior Alternatives offers a wide spectrum of services for our clients in the Bay Area, including Homecare and Care Management Services. By integrating all components, we are able to provide our clients with end-to-end solutions for a broad range of issues.

## Senior Visionary Services

(925) 699-2295

seniorvisionaryservices@comcast.net

[www.seniorvisionaryservices.com](http://www.seniorvisionaryservices.com)

Complimentary full service placement company dedicating to helping the senior find the right living care option in the East Bay



Counties and Santa Clara County. We assess senior, tour families to top assisted living communities, residential care homes and dementia specific facilities. Any citations are discussed. Fee is paid by facilities.

## Seniorly, Inc.

(415) 570-4370

info@seniorly.com

[www.seniorly.com](http://www.seniorly.com)



Seniorly's mission is to connect our aging citizens with a home to love. We do this by providing a personalized experience built on industry expertise and powerful technology. On our website, [www.seniorly.com](http://www.seniorly.com), we list thousands of senior communities around the U.S. and show pricing, floor plans, photos, descriptions, inspection reports, property reviews and more. Our site is free to use and we do not require any personal information to access search results.

## Stagebridge\*

(510) 444-4755

info@stagebridge.org

[www.stagebridge.org](http://www.stagebridge.org)

# STAGEBRIDGE

UNITING THE GENERATIONS SINCE 1978

Stagebridge, based in Oakland, California, is the nation's oldest and most renowned theatre company of older adults. Founded in 1978 by Dr. Stuart Kandell, the company's mission is to transform the lives of older adults and their communities through the performing arts.

## The Center for Independent Living\*

(510) 841-4776

info@thecil.org

[www.thecil.org](http://www.thecil.org)



The Center for Independent Living (The CIL) provides advocacy and services that increase awareness, collaboration, and opportunity among people with disabilities and the community at large.

## Tideswell at UCSF's Optimizing Aging Registry\*

(415) 496-6297

agingregistry@ucsf.edu

[www.tideswellucsf.org](http://www.tideswellucsf.org)

The UCSF Division of Geriatrics' Optimizing Aging

**Tideswell**  
at UCSF

Registry engages in meaningful research to improve the quality of care for older adults and their caregivers. The registry is a collection of individuals interested in learning about and participating in research. Research is used to find new ways to treat or prevent health conditions and to find the best way to care for people. Older adults and their caregivers are crucial to research, so that researchers can develop innovative treatments and care programs for this unique population.

## The Transition Network

sanfranciscochapter@thetransitionnetwork.org

[www.thetransitionnetwork.org](http://www.thetransitionnetwork.org)

The Transition Network (TTN) is an inclusive community of



women, aged 50 and forward, who seek new connections, resources and opportunities. Through small group interactions, workshops and programs, members inspire and support each other to continue a life of learning and engagement. TTN HOME provides information and resources on housing in the Bay Area.

## UC Health Care Facilitators\*

(510) 664-4134 UCB

gabe.schmidt@berkeley.edu

[www.hr.berkeley.edu/compensation-benefits/benefits/plans/other/hcf](http://www.hr.berkeley.edu/compensation-benefits/benefits/plans/other/hcf)

(510) 486-4269 LBNL

babocobo@lbl.gov

<https://ucnet.universityofcalifornia.edu/contacts/health-care-facilitators.html>

The Health Care Facilitator (HCF) is here to help UC faculty and staff, retirees, survivors and their eligible

Health Care  
Facilitator  
Program

family members to better understand and obtain the full benefits and services available from the UC-sponsored health plans. The Health Care Facilitator is a knowledgeable counselor who will provide you with confidential one-on-one assistance in resolving health plan issues. There is no charge for the services provided by the Health Care Facilitators.

## Walnut Creek Village\*

(925) 956-1990

office@walnutcreekvillage.org

[www.walnutcreekvillage.org](http://www.walnutcreekvillage.org)

A non-profit, member-supported, community-based network that provides independent living resources, referrals and community connections for those wishing to remain in their homes and neighborhoods of choice for as long as possible.



## UC Retiree Associations\*

(510) 642-5461

ucbrc@berkeley.edu

[www.retirement.berkeley.edu/join](http://www.retirement.berkeley.edu/join)

UC Berkeley Emeriti Association

UC Retirees' Association at Berkeley

Lawrence Berkeley National Lab - Ex-L's

President's and Regents' Retiree Association

UC Berkeley  
Emeriti  
Association



UC Retirees'  
Association at  
Berkeley



Lawrence  
Berkeley  
National Lab  
EX-Ls



President's  
and Regents'  
Retiree  
Association



Retiree and Emeriti Associations perform several critical functions for their members. From serving as watchdog and advocate at the campus and statewide levels to offering social interaction with colleagues and friends, strong and large associations protect retirees' rights and nourish their relationships with each other and the UC campuses.

## UC BERKELEY RETIREMENT CENTER

101 UNIVERSITY HALL

BERKELEY, CA 94720-1550

[www.retirement.berkeley.edu](http://www.retirement.berkeley.edu)

510-642-5461

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