

# Senior Services

<b>Adventist Community Team Services (ACTS), 24914 Barton Road, Loma Linda</b> Provides help for seniors by providing meals on wheels. Loma Linda Only	(909) 796-8357
<b>AHDV Redwood Terrace Apartments, 8181 Redwood Avenue, Fontana</b> Provides Senior Housing for ages 62 & older. Call for Appt. 6 mos. – 1 yr. Waiting list	(909) 428-4100
<b>Alzheimer’s Association Helpline</b> Sponsors family support groups for care givers and provides information regarding medical, nursing, and respite care. <a href="http://www.alv.org/californiasouthland">www.alv.org/californiasouthland</a>	(800) 660-1993
<b>Courtyard Apartments, 8185 Palmetto Avenue, Fontana</b> Senior Housing for ages 55 & older.	(909) 356-8526
<b>Delmann Heights Community Center, 2969 North Flores Street, San Bernardino</b> Provides lunches for seniors, games, and classes.	(909) 384-5417
<b>Department of Aging and Adult Services</b> Provides information for senior and individuals with disabilities (IE: housing, transportation, counseling, health program, utilities, and legal services). Visit web site: <a href="http://www.hsscounty.gov/daas">www.hsscounty.gov/daas</a>	(909) 829-8515
<b>Department of Aging Services</b> Senior Information assistance program for San Bernardino County seniors age 60 + and individuals that are disabled.	(800) 510-2020
<b>Dino Papa Vero Apartments, 16707 Marigold Avenue, Fontana</b> Provides Senior Housing ages 62 & older. Low income	(909) 350-0575
<b>Discharge Planner</b> A referral hot line offering directory for Seniors and the Disabled (9 counties). <a href="http://www.dischargeplanner.net">www.dischargeplanner.net</a>	(877) 347-7526
<b>Fontana Senior Safety Network</b> Consists of a group of individuals and agencies serving the senior community to bring awareness of crime trends, fraud schemes, and safety hazards. Dissemination of protection and prevention information. Referral service for activities, support groups, and resources.	(909) 350-7758
<b>Fountains at Sierra Apartments, 16946 Ceres Avenue, Fontana</b> Provides Senior Housing ages 55 & older.	(909) 854-8783
<b>Frazee Community Center Shelter, San Bernardino</b> Provides emergency food, shelter, and clothing for elderly homeless people. Homeless Veterans Program available.	(909) 889-4424
<b>Gardens at Sierra Apartments, 16838 Ceres Avenue, Fontana</b> Senior Housing apartment complex.	(909) 854-7400
<b>Housing Authority of the County of San Bernardino</b> Provides referrals for senior housing.	(909) 983-1318
<b>Inland Fair Housing and Mediation Board, Upland</b> Educates/investigates housing discrimination complaints; mediates landlord/tenant disputes. Senior services provide assistance with renters’ assistance/HEAP applications; housing counseling provides counseling on reverse mortgages and first time homebuyer classes. Visit web site: <a href="http://www.inmedbd.com">www.inmedbd.com</a>	(909) 984-2254
<b>Knopf Senior Center, Fontana</b> Offers senior transportation program for Fontana senior residents age 55 and over. The service will transport residents to hospitals, doctors, shopping, and beauty shops within the city limits of Fontana, as well as to the Knopf Senior Center lunch program. To make reservations call (909) 428-8377 at least 48 hours in advance for an appointment. Free health assessments, including blood pressure checks, vision screening, hearing assessments, check-up on anemia, diabetes, and nutritional counseling. A nurse is available every 3rd Wednesday of each month from 9:00 a.m. – 12:00 p.m. Walk-in’s welcome. Call (909) 387-4881 or 387-3173 for more information. Attorney services 2nd Monday from 9:00 a.m. – 12:00 p.m. by appointment only, call (909) 428-8376. Home cooked meals are served Monday through Friday at 11:30 a.m. for \$3.00 per person. Other activities available to Fontana residents	(909) 428-8376

are Bingo, craft club, pool room, senior cinema, Koffee Klatch, T.O.P.S., and Red Hat Society.

**Long Term Care Ombudsman Program**

(909) 885-1597

Advocates for residents in nursing homes and residential care facilities, as well as home health care, and skilled nurses associations. Program receives, investigates, and works to resolve problems and complaints on behalf of these residents.

**Old-timers Foundation, Fontana**

(909) 829-0384

Aid to seniors age 60 and over, assisting with rental rebates, and other legal paperwork. Help with minor maintenance in home. A place where seniors can fellowship with one another. Offers Bingo and potlucks. Daily meals are served at all senior centers in Fontana. Also provides meals on wheels to those seniors who are restricted to their homes.

**Pet Assistance Foundation, Fontana**

(909) 373-6145

Offers services include spaying and neutering. Referral for kennels. Provides Herdina fund to seniors age 55 and over.

**RSVP West Valley (Retired and Senior Volunteer)**

(909) 482-0355

Recruits and places seniors 55+ years for non-profit volunteer work to meet community needs in Bloomington, Chino, Chino Hills, Colton, Fontana, Grand Terrace, Montclair, Mt. Baldy Village, Ontario, Rialto, Rancho Cucamonga, and Upland. Seniors are trained how to protect themselves against fraud and how to survive the first critical 72 hours in the event of a major disaster. Preventing falls

**Senior Information and Assistance, Fontana**

(800) 510-2020

In home support services, senior information, and assistance. Multi senior service program, linkages, senior employment, nutrition program, family caregiver support program, adult protective services, and long-term care Ombudsman program.

**Senior Nutrition Services**

(951) 342-3057

Provides meal delivery and more, call for details.

**Sonrise Senior Citizen Villa Apartments, 7222 Sierra Avenue, Fontana**

(909) 355-8522

Senior Housing apartment complex. Low income

**South Pointe Villa Apartments, Rialto**

(909) 874-9110

Senior Housing- Low income section 8 allowed for ages 62 & older.

**Village at Sierra Apartments, 8684 Sierra Avenue, Fontana**

(909) 350-2188

Senior Housing for ages 55 & older.