

Senior Help Line

**The #1 community resource on aging information and services
(909) 625-4600**

The Help Line personally guides individuals through the maze of local services. Our extensive database enables Help Line staff and volunteers to give accurate and concise information about agencies, programs and resources committed to serving seniors.

Family Caregiver Support Program

One of the greatest challenges of caregiving is finding resources when you need them. Our Family Caregiver Support Program offers a wide array of services to assist and support caregivers including case management, support groups and educational/training workshops.

The Enrichment Center

Adult Day Program

Our Adult Day Program provides a safe and loving environment for memory impaired older adults to receive warm, individualized and group attention. Caregivers can take a full or half day break knowing their loved one will be provided with lunch, socialization and stimulating activities.

The Enrichment Center is located at:
Larkin Park Building
763 West Harrison Avenue
Claremont

REAL Connections Village Resources for Ageless Living (909) 621-6300 www.realconnections.org

REAL Connections Village is a membership program created especially for people 60+. The idea is that adults in our community strongly prefer to remain here, enjoying independent and vibrant lives by connecting with neighbors and conveniently accessing trusted resources and a vetted network of services. REAL Connections Village is designed to make members' lives less complicated and more fulfilling. Neighbors helping neighbors, meaningful volunteer and social involvement, opportunities to optimize health and wellness, members-only discounted services and peace of mind – all with one phone call.

Get About

Transportation

To Register: (909) 621-9900

To Schedule a Ride: (909) 596-5964

Get About provides transportation for seniors (over 60 years) and disabled residents of Claremont, La Verne, Pomona, and San Dimas. The door-to-door service can be used for shopping, doctor's appointments, church, senior nutrition sites and many other locations within the four cities. The service operates 7 days a week and membership is free.



Foothill Communities RSVP

RSVP offers a "one stop resource" for active adults 55+ who want to find challenging and rewarding service opportunities. Volunteers enjoy social interaction while continuing to use their wisdom, experience and skills to impact their communities. The reason people volunteer is because someone asks them to. RSVP invites you to volunteer!

Senior Companion Program

The Senior Companion Program recruits active, fixed income seniors to assist other seniors in their homes. The goals of the program are two fold: (a) to help seniors live as independently as possible; (b) to provide fixed income seniors with a meaningful service opportunity and a modest source of income. Senior Companion volunteers assist with activities of daily living such as shopping, preparing meals, running errands, and providing companionship to alleviate the loneliness that so many homebound seniors experience.

Community Connections

Transportation Reimbursement Program www.communityconnections-css.org

Community Connections is an innovative volunteer driver program that provides door-through-door assisted transportation service to seniors and individuals with disabilities who cannot easily use other transportation services. The key to the program is providing mileage reimbursement for volunteers to transport individuals who are too frail, ill or unable to use public transportation.

Connections Newsletter

Quarterly publication that features information, current events, activities, topics of interest and volunteer opportunities. Available free at senior centers and various other locations.

Resource Directory

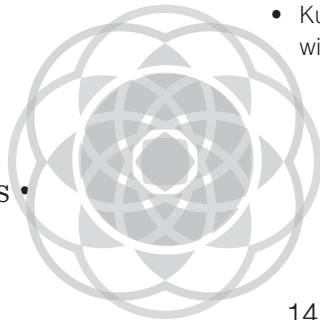
A comprehensive online guide listing local and national organizations that provide services to seniors and their families.

Change a Life Foundation

Change a Life Foundation partners with Community Senior Services to provide seniors, through their case managers, an opportunity to apply for a foundation grant. These grants provide eligible seniors support for critically needed assistance that promotes self sufficiency and improves quality of life.

SERVING THE CITIES OF:

Azusa • Chino • Chino Hills • Claremont • Covina • Diamond Bar • Glendora • La Verne • Montclair • Ontario • Pomona • Rancho Cucamonga • San Dimas • Upland • Walnut • West Covina



WE NEED YOUR HELP

Community Senior Services' programs and services are dependent on the generosity of local businesses and citizens. Your financial support will ensure the continued success of the programs and services presently offered and the ability to continue our search for new programs to enrich the lives of older adults. Donations are tax deductible.

Federal I.D. # 95-3100466

Community Senior Services operates its programs and services without regard to race, color and national origin in accordance with Title VI of the Civil Rights Act. For more information about Community Senior Services civil rights program and procedures to file a complaint call (909)621-9900.

- If information is needed in another language, contact (909)621-9900
- Si se necesita información en español, llame (909)621-9900
- 如果信息是需要另一种语言接触 (909)621-9900
- Nếu thông tin là cần thiết trong một ngôn ngữ khác tiếp (909)621-9900
- 정보는 다른 언어, 접촉 필요하다면 (909)621-9900
- Kung ang impormasyon ay kinakailangan sa ibang wika, tumawag sa (909)621-9900

COMMUNITY
SENIOR
SERVICES



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www.CommunitySeniorServices.org



COMMUNITY
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To support and educate older adults and their families to maintain independence and to age well at home and in the community

(909) 621-9900