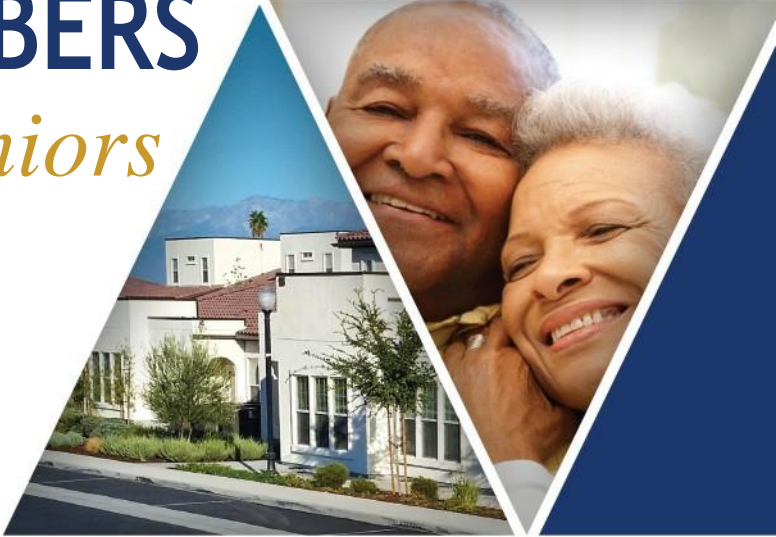




# HELPFUL NUMBERS

*for Seniors*



**Aging and  
Adult Services**

“

*Aging is not lost  
youth, but a new stage  
of opportunity and  
strength.*

-Betty Friedan



# TABLE OF CONTENTS

## SECTION ONE

### Countywide Resources

Aging and Adult Services .....	4
Animal Care and Control .....	8
California Highway Patrol, Sheriff and Police Departments .	11
Disabilities Resources .....	16
Fire Departments .....	21
Health Programs .....	28
Homeless Services .....	33
Hospitals and Clinics .....	36
Housing Resources .....	42
Legal Services.....	44
Mental Health Services .....	47
Nutrition/Food Programs .....	53
Registrar of Voters .....	62
Social Security .....	63
Superior Court of California County of San Bernardino .....	64
Transportation .....	65
Utility Assistance .....	70
Veterans Affairs .....	72
Helpful Websites .....	77
Other Helpful Organizations.....	79



## AGING AND ADULT SERVICES

The Department of Aging and Adult Services-Public Guardian (DAAS-PG) offers a variety of programs and services designed to foster independence, choice and quality of life for senior citizens, dependent adults and their caregivers. There are offices located throughout the county to serve seniors. For more information, visit <http://hss.sbcounty.gov/daas>.

---

### Barstow

**(760) 256-3445**

536 E. Virginia Wy.  
Barstow, CA 92311

---

### Needles

**(760) 326-9328**

1090 E. Broadway St.  
Needles, CA 92363

---

### Victorville

**(760) 243-8400**

17270 Bear Valley Rd., Ste. 108  
Victorville, CA 92395

---

### San Bernardino Office (909) 891-3900

784 E. Hospitality Ln.  
San Bernardino, CA 92415

---

### Rancho Cucamonga Office (909) 948-6200 (909) 948-6235

9445 Fairway View Pl., Ste. 110  
Rancho Cucamonga, CA 91730

---

### Yucca Valley Office (760) 228-5390

56357 Pima Trl.  
Yucca Valley, CA 92284

---

### Adult Protective Services (APS)

24-hour hotline  
**1 (877) 565-2020**

Adult Protective Services (APS) aims to prevent and remedy the abuse and exploitation of elderly individuals age 65 and older and dependent and vulnerable adults, age 18 and older. The APS program provides protection and remedial activities on behalf of elder and dependent adults unable to protect

their own interests, harmed or threatened with harm, or victims of physical or mental injury due to the action or inaction by themselves or other persons.

---

## **In-Home Supportive Services (IHSS)**

Referral line

**1 (877) 800-4544**

Paycheck service line

**1 (800) 722-4595**

Provides assistance to eligible aged, blind and disabled individuals who without this care would be unable to remain safely in their own homes. Provides services according to the client's needs, e.g., feeding, bathing, dressing, housekeeping, laundry, shopping errands, meal preparation and meal clean up, respiration, bowel and bladder care, moving in and out of bed, rubbing the skin (to prevent skin breakdown), accompaniment to medical appointments, paramedical services and protective supervision.

---

## **Legal Services**

The County offers many free legal services to qualified individuals. Refer to the **Legal Services** section of this brochure for more information.

---

## **Long-Term Care Ombudsman 1 (866) 229-0284**

Ombudsmen are independent, objective, neutral persons who advocate for dignity, quality of life and care for all residents in long-term care facilities. The ombudsman receives, investigates and resolves complaints by or on behalf of residents in long-term care facilities, skilled nursing facilities and community care licensed board and care homes.

---

## **Multipurpose Senior Service Program (MSSP) 1 (877) 565-2020**

Program helps to avoid or delay the inappropriate placement of persons in nursing facilities, while fostering independent living in the community. Services include basic



## **AGING AND ADULT SERVICES (cont.)**

transportation and service

housekeeping, chores, personal hygiene, personal health care chores, grocery shopping and transportation to non-emergency medical appointments.

---

### **Senior Information and Assistance (SIA)**

**1 (800) 510-2020**

The Senior Information and Assistance (SIA) program provides information and assistance to seniors. Clients are provided referrals to government and non-profit agencies and provided assistance and advocacy in accessing services and programs. Follow-up and evaluation are provided to ensure the client is receiving the needed services. SIA also oversees the following programs:

---

### **Senior Nutrition Services**

**1 (800) 510-2020**

Program includes the procurement, preparation,

of balanced meals, nutrition education and counseling to older persons at group nutrition sites and to homebound individuals. Congregate meals are served to senior citizens, 60 years of age or older, and their spouses, at nutrition sites around the County. **See also listing under Nutrition/Food Programs.**

training positions to qualified persons. To qualify for the program a person must be at least 55 years old, an

---

## **Senior Community Service Employment Program**

**(909) 798-8563 or  
(909) 798-8564**

### **San Bernardino Office**

686 E. Mill St.  
San Bernardino, CA 92415

### **Victorville Office**

17270 Bear Valley Rd., #108  
Victorville, CA 92395

### **Rancho Cucamonga Office**

9445 Fairway View Pl, #110  
Rancho Cucamonga, CA  
91730

Offers part-time on-the-job

unemployed resident of San Bernardino County and meet federal low-income guidelines. Positions with the Senior Training and Employment Program are not meant to be permanent employment. The Senior Training and Employment Program is a pathway to employment through on-the-job training.

---

### **Office of the Public Guardian-Conservator (909) 798-8500**

686 E. Mill St.  
San Bernardino, CA 92415-0646

The goal of the Office of the Public Guardian - Conservator is to ensure the safety, both financially and physically, of incompetent and mentally disabled persons, who meet the criteria for conservatorship, as required by law, when there are no viable alternatives to public conservatorship.

---

### **Family Caregiver Support Program**

**1 (800) 510-2020**

Program serves caregivers that provide care for an elderly person on an informal basis. A caregiver can be a spouse, daughter or son, grandparent, aunt, uncle or a neighbor. Services can include case management, transportation, assisted transportation, counseling, caregiver support group, caregiver training, respite (in-home, day care or institutional) and supplemental services designed to complement care provided by caregivers; e.g., minor home modification, placement, homemaker, chores, home security and safety, assistive devices, visiting and legal assistance.

---

**For more information on any Department of Aging and Adult Services-Public Guardian programs and services, or to receive a referral to a particular program, please call Senior Information and Assistance (SIA) at:**

**1 (800) 510-2020.**





## **ANIMAL CARE AND CONTROL**

### **San Bernardino County Animal Care & Control**

24-hour helpline

**1 (800) 472-5609**

351 N. Mountain View Ave.  
San Bernardino, CA 92415

[www.sbcounty.gov/acc](http://www.sbcounty.gov/acc)

The San Bernardino County Animal Care & Control program services the unincorporated areas of San Bernardino County including unincorporated Fontana, Devore and Rim of the World Mountain Communities. The department's purpose is to prevent rabies in humans and pets, to educate the public about responsible pet ownership, including the importance of spaying and neutering, to protect and serve the public and pets by enforcing all laws and ordinances pertaining to Animal Care & Control, to care for all animals domestic and wild, to reunite lost pets with their owners and to place unwanted pets into new homes.

---

### **San Bernardino County Mosquito and Vector Control Program Environmental Health Services**

**1 (800) 442-2283,  
(909) 387- 4323**

385 N. Arrowhead Ave., 2nd Fl  
San Bernardino, CA 92415

[www.sbcounty.gov/dph/dehs](http://www.sbcounty.gov/dph/dehs)

Responds to citizen complaint/service requests for community control of vectors (including mosquitoes, flies, roaches, rodents, ticks, fleas, Africanized Honey Bees, etc.).

---

### **City of Adelanto Animal Control**

**(760) 246-2300**

11600 Air Expressway  
Adelanto, CA 92301

[www.ci.adelanto.ca.us/148](http://www.ci.adelanto.ca.us/148).  
Animal-Care-Control

---

### **City of Hesperia Animal Control**

**(760) 947-1700**

11011 Santa Fe Ave.  
Hesperia, CA 92345

[www.cityofhesperia.us.org](http://www.cityofhesperia.us.org)

---

**City of Victorville  
Animal Care and Control  
Department**

**(760) 955-5089**

City Hall  
14206 Amargosa Rd.  
Victorville, CA 92392

[www.ci.victorville.ca.gov](http://www.ci.victorville.ca.gov)

---

**Town of Apple Valley  
Animal Control  
(760) 240-7000, ext. 7555**

Town of Apple Valley Shelter  
22131 Powhatan Rd.  
Apple Valley, CA 92308

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

The Town of Apple Valley offers licensing, microchip identification and adoptions.

---

**The Victor Valley Animal  
Protective League  
(760) 247-2102**

21779 Zuni Rd.  
Apple Valley, CA 92307

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

The Victor Valley Animal Protective League is a private, non-profit corporation, impound shelter that

contracts with local cities to serve as a shelter.

---

**The Humane Society of San  
Bernardino Valley  
(909) 386-1400**

374 W. Orange Show Rd.  
San Bernardino, CA 92408

---

**Barstow Humane Society  
(760) 252-4800**

2480 E. Main St.  
Barstow, CA 92311

[www.barstowhumanesociety.net](http://www.barstowhumanesociety.net)

The Barstow Humane Society is a private, non-profit agency.

---

**Morongo Basin Humane  
Society  
(760) 366-3786**

4646 Sun View Ave.  
Joshua Tree, CA 92252

---

**Redlands Animal Shelter  
and Control  
(909) 798-7644**

504 Kansas St.  
Redlands, CA 92373

---



## **ANIMAL CARE AND CONTROL (cont.)**

### **Palms & Paws Animal Shelter**

**(760) 367-0157**

7086 Bullion Ave.

29 Palms, CA 92277

### **Town of Yucca Valley Animal Control Services**

Animal Control

**(760) 365-1807**

Shelter

**(760) 365-3111**

4755 Malin Wy.

Yucca Valley, CA 92284

---

### **Inland Valley Humane Society**

**(909) 623-9777**

After-hours line & emergency

**(909) 594-9858**

500 Humane Wy.

Pomona, CA 91766

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

---

### **The City of Rancho Cucamonga Animal Care and Adoption Center**

**(909) 466-PETS (7387)**

11780 Arrow Rte.

Rancho Cucamonga, CA 91730

[www.rcpets.info](http://www.rcpets.info)

Serves the residents of the City of Rancho Cucamonga. Services include capturing vicious or dangerous animals, or animals posing a traffic hazard; rescuing stray sick or injured animals, or abandoned animals.

Investigates cases of animal cruelty or neglect; picking up confined stray animals; investigating barking and other nuisance noise complaints; picking up stray and wild deceased animals.

---

### **Upland Animal Shelter**

**1 (800) 627-1545**

**(909) 931-4185**

1275 San Bernardino Rd.

Upland, CA 91786

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

Serves the residents of the City of Upland. Services include micro-chipping dogs/

cats adopted from the shelter free of charge, along with those dogs/cats belonging to Upland residents; impounding the stray and homeless dogs/cats found abandoned or lost within the local community; and providing a low-cost rabies vaccination clinic.

---

### **Bee Removers (909) 626-2929**

P. O. Box 343  
Claremont, CA 91711

Program serves the residents of Fontana, Rancho Cucamonga, and Upland. Removes bees, wasps, and hornets from buildings, trees and bushes. There is a fee/charge.

---

### **Environmental Health Services**

**1 (800) 442-2283**

8575 Haven Ave., Ste. 130  
Rancho Cucamonga, CA 91730

---

### **San Bernardino Shelter (909) 384-1304**

333 Chandler Pl.  
San Bernardino, CA 92408

---

### **Devore Shelter (909) 386-9820**

19777 Shelter Wy.  
San Bernardino, CA 92407

---

### **The Humane Society of San Bernardino Valley (909) 386-1400**

374 W. Orange Show Rd.  
San Bernardino, CA 92408



**CALIFORNIA HIGHWAY  
PATROL, SHERIFF AND POLICE  
DEPARTMENTS**

**In case of emergency - dial  
911**

**CALIFORNIA HIGHWAY  
PATROL**

### **Victorville (760) 241-1186**

14210 Amargosa Rd.  
Victorville, CA 92392

---

### **Barstow**

General Business  
**(760) 255-5900**

Dispatch

---

## CALIFORNIA HIGHWAY PATROL (continued)

**(760) 255-8750**

300 E. Mountain View  
Barstow, CA 92311

---

### Needles

**(760) 326-2000**

1916 J St.  
Needles, CA 92363

---

### Morongo Basin

**(760) 366-3707**

63683 29 Palms Hwy.  
Joshua Tree, CA 92252

---

### Barstow Office

Dispatch

**(760) 255-8750**

General business

**(760) 255-5900**

300 E. Mountain View  
Barstow, CA 92311

### Rancho Cucamonga **(909) 980-3994**

9530 Pittsburgh Ave.

Rancho Cucamonga, CA 91730

<http://www.chp.ca.gov>

Station serves the freeways of  
Rancho Cucamonga, Upland,  
San Antonio Heights, Fontana,  
Chino and other areas.

---

### Running Springs

**(909) 867-2791**

31230 Highway 18

P. O. Box 997

Running Springs, CA 92392

<http://www.chp.ca.gov>

Station provides enforcement  
of traffic laws for the Rim of  
the World Mountain  
Communities.

## SHERIFF'S DEPARTMENT

### San Bernardino County Sheriff's Headquarters **(909) 884-0156**

655 E. 3rd St.

San Bernardino, CA 92415

[wp.sbcounty.gov/sheriff](http://wp.sbcounty.gov/sheriff)

---

**Apple Valley Patrol Station  
(760) 240-7400**

14931 Dale Evans Pkwy.  
Apple Valley, CA 92307

---

**Barstow Station  
(760) 256-4838**

225 E. Mountain View  
Barstow, CA 92311

Barstow Station serves the unincorporated areas of Barstow and surrounding area.

---

**Colorado River Station  
(760) 326-9200**

1111 Bailey Ave.  
Needles, CA 92363

---

**Hesperia Patrol Station  
(760) 947-1500**

15840 Smoke Tree St.  
Hesperia, CA 92345

---

**Victorville Valley Patrol Station Adelanto  
(760) 552-6800**

11613 Bartlett Ave.  
Adelanto, CA 92301

Serves the City of Adelanto

and the unincorporated areas of the Victor Valley.

---

**Lucerne Valley Substation  
(760) 248-7655**

32818 Verdugo Rd.  
Lucerne Valley, CA 92356

---

**Phelan Substation  
(760) 995-8781**

4050 Phelan Rd.  
Phelan, CA 92329

---

**Victorville Patrol Station  
(760) 241-2911**

14200 Amargosa Rd.  
Victorville, CA 92392

Serves the areas within the city limits of Victorville.

---

**Yucaipa and Mentone  
General business  
(909) 918-2305**

34144 Yucaipa Blvd.  
Yucaipa, CA 92399

---

**Loma Linda and Grand Terrace**

General business  
(909) 387-3545

Court services  
(909) 884-0156

## SHERIFF'S DEPARTMENT (continued)

Public Information  
655 E. 3rd St.  
San Bernardino, CA 92415

---

### Big Bear Area

General business  
**(909) 866-0100**

477 Summit Blvd.  
Big Bear Lake, CA 92315

---

### Morongo Basin Station

**(760) 366-4175**

Non-emergency  
**(760) 956-5001**

63665 29 Palms Hwy.  
Joshua Tree, CA 92252

---

### Fontana Sheriff's Station

**(909) 356-6767**

17780 Arrow Blvd.  
Fontana, CA 92335

Station serves the residents in the county areas of Fontana, Bloomington, Rialto and Lytle Creek and unincorporated areas of Upland, Montclair, Ontario and Chino.

### Twin Peaks Sheriff's Station **(909) 336-0600**

26010 Highway 189  
Twin Peaks, CA 92391  
Mailing address:  
P. O. Box 384  
Twin Peaks, CA 92391

Station provides law enforcement services for Rim of the World Mountain Communities.

---

### Chino Hills Sheriff's Station **(909) 364-2000**

14077 Peyton Dr.  
Chino Hills, CA 91709

## POLICE DEPARTMENTS

### Barstow Police Department

Business  
**(760) 255-5111**

Dispatch  
**(760) 256-2211**

220 E. Mountain View, Ste. B  
Barstow, CA 92311

The Barstow Police Department serves the





residents of the City of  
Barstow.

---

**Redlands Police  
Department  
(909) 798-7681**

1270 W. Park Ave., Bldg. C  
Redlands, CA 92373

---

**Rancho Cucamonga Police  
Station  
(909) 477-2800**

Non-emergency dispatch  
**(909) 941-1488**

10510 Civic Center Dr.  
Rancho Cucamonga, CA 91730

[www.cityofrc.us/cityhall/  
police/](http://www.cityofrc.us/cityhall/policy/)

Station serves the residents of  
Rancho Cucamonga.

---

**Fontana Police Department**

Non-emergency  
**(909) 350-7740**

17005 Upland Ave.  
Fontana, CA 92335

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

Station serves the residents of  
the City of Fontana.

---

**Colton Police Department  
(909) 370-5000**

650 N. La Cadena  
Colton, CA 92324

---

**Chino Police Department  
Business  
(909) 334-3000**

Non-emergency dispatch  
**(909) 628-1234**

5450 Guardian Wy.  
Chino, CA 91710

---

**Montclair Police  
Department**

Business  
**(909) 448-3600**

Dispatch  
**(909) 621-4771**

4870 Arrow Hwy.  
Montclair, CA 91763

[www.city-government/police-  
department](http://www.city-government/police-department)

---

**Ontario Police Department  
Business  
(909) 395-2001**

## POLICE DEPARTMENTS (continued)



## DISABILITIES RESOURCES

2500 S. Archibald Ave.  
Ontario, CA 91761  
[www.ontario.ca.gov/police](http://www.ontario.ca.gov/police)

---

**Upland Police Department**  
Business  
**(909) 946-7624**

Dispatch  
**(909) 982-1331**

1499 W. 13th St.  
Upland, CA 91786

[www.uplandpl.lib.ca.us.asp/  
site/police](http://www.uplandpl.lib.ca.us.asp/site/police)

---

**Rialto Police Department**  
**(909) 820-2550**  
128 N. Willow Ave.  
Rialto, CA 92376

---

**San Bernardino Police  
Department**

**(909) 384-5742**

24-hour, non-emergency  
**(909) 383-5311**

710 N. D St.  
San Bernardino, CA 92401

**Alzheimer's Association of  
Greater Los Angeles  
(909) 406-5376**

---

24-hour helpline  
**1 (800) 272-3900**

3200 Inland Empire Blvd.,  
Ste. 280  
Ontario, CA  
91764  
[www.alz.org](http://www.alz.org)

---

**Arthritis Foundation  
1 (844) 571-HELP  
(4357)**

[www.arthritis.org/california](http://www.arthritis.org/california)

---

**Eye Care America**

Referrals by phone Mon-  
Fri, 8 a.m. - Noon

**1 (800)-222-3937**

**1 (877) 882-6327**

<https://www.aao.org/eyecare-america>

Provides seniors 65 and  
older with information  
about eye  
care referral to a volunteer  
ophthalmologist in their  
area.

**Blindness Support Services  
(951) 341-9244**

3696 Beatty Dr., Ste. A  
Riverside, CA 92506

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

---

**The Braille Institute  
1 (800) BRAILLE or  
1 (800) 272-4553**

Local offices serving San  
Bernardino County

**(760) 321-1111, ext. 1215**

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

Free services for blind and visually impaired people. Braille Institute offers a wide array of services designed to help people with vision loss lead enriched and fulfilling lives. A representative of the Braille Institute is in Victorville the last Tue of each month at the Desert Valley Charitable Foundation building located on the corner of 2nd and Bear Valley Road in front of Desert Valley Hospital. Appointment is required. Call for more information or to schedule an appointment.

---

**Inland Empire Lighthouse  
for the Blind, Inc.  
(909) 884-3121**

359E. ParkCenterCircleSouth  
San Bernardino, CA 92408

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

School for partially-sighted or legally-blind individuals. Offers transportation from clients' homes to the school. Training in Braille mobility, getting around the kitchen, cooking, basket weaving, macramé, ceramics and sewing classes.

---

**California Council of the  
Blind High Desert Chapter  
(760) 245-7137**

**1 (800) 221-6359**

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

Meeting Time: Fourth Fri of the  
month at noon

17270 Bear Valley Rd., Ste. 108  
Victorville, CA 92395

The mission of the California Council of the Blind (CCB) is to gain full independence and equality of opportunity for all



## **DISABILITIES RESOURCES (cont.)**

blind and visually impaired Californians. CCB is a non-profit tax-exempt organization composed primarily of Californians who are blind or have low vision.

---

### **California Department of Rehabilitation**

Provides services for individuals with disabilities who are in search of employment.

[www.rehab.cahwnet.gov](http://www.rehab.cahwnet.gov)

### **San Bernardino Office (909) 383-4401**

464 W. 4th St., Ste. 152  
San Bernardino, CA 92401

### **Victorville Office (760) 243-6024**

15415 W. Sand St., 2nd Floor  
Victorville, CA 92392

### **Ontario Office (909) 948-6050**

3595 Inland Empire Blvd.,  
Bldg. 4, Ste. 100  
Ontario, CA 91764

---

### **California Relay Service (CRS)**

**711 or**

Customer care  
**1 (877) 632-9095**

English  
**1 (800) 855-7100**

Spanish  
**1 (800) 855-7200**

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

---

### **California Telephone Access Program**

**1 (800) 806-1191**

Riverside Service Center  
2002 Iowa Ave., Ste. 106  
Riverside, CA 92507

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

The California Telephone  
Access Program  
(CTAP) distributes  
telecommunications  
equipment and services

for individuals certified as having functional limitations of hearing, vision, mobility, speech and/or interpretation of information. Office hours are Mon - Fri, 9 a.m. to 6 p.m.

---

### **Inland Caregiver Resource Center**

**1 (800) 675-6694**  
**(909) 514-1404**

1430 E. Cooley Dr., Ste. 124  
Colton, CA 92324

---

### **Inland Regional Center**

**(909) 890-3000**

1365 S. Waterman Ave.  
San Bernardino, CA 92408

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

As an agency among agencies, Inland Regional Center coordinates with generic services to normalize the lives of people with developmental disabilities and their families by working to include them in the everyday routines and life rhythms of the community and by facilitating needed supports for them.

---

### **OPARC**

**(909) 985-3116**

9029 Vernon Ave.  
Montclair, CA 91763

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

Serves seniors with disabilities in the Inland Empire. Services include opportunities for paid work, community integration and leisure activities. Serves adults with intellectual and developmental disabilities.

---

### **Neuro Vitality Center**

**(760) 323-7676**

2800 E. Alejo Rd.  
Palm Springs, CA 92262

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

Provides low-cost rehabilitation services to stroke survivors, Parkinson's disease, multiple sclerosis, other neuro disorders and traumatic brain injuries.

---

### **Rolling Start, Inc.**

**San Bernardino Office**  
**(909) 890-9516**

1955 S. Hunts Ln., Ste. 110  
San Bernardino, CA 92408



## DISABILITIES RESOURCES (cont.)

### Hesperia Office

**(760) 949-7626**

15550 Main St., Ste. C-12  
Hesperia, CA 92345

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

The mission statement of Rolling Start is to empower and educate people with disabilities to achieve the independent life of their choice. Rolling Start provides independent living skills, assistive devices and consumer advocacy for clients with disabilities.

---

### You Are Not Alone—YANA

YANA is a program offered by the following San Bernardino County Sheriff's Departments and run by volunteers. The program offers friendly phone calls to the disabled and elderly on a regular basis.

Mon - Fri, 8 a.m. - 5 p.m.

The purpose of this program is to maintain contact with the elderly and disabled persons who live alone.

### Apple Valley Sheriff's Station

**(760) 240-7400, ext. 7428**

14931 Dale Evans Pkwy.  
Apple Valley, CA 92307

### Hesperia Sheriff's Station

**(760) 947-1549**

15840 Smoke Tree St.  
Hesperia, CA 92345

### Silver Lakes Citizens on Patrol

**(760) 951-8481**

27801 Mountain Springs Rd.  
P. O. Box 179  
Silver Lakes, CA 92342

### Morongo Basin Sheriff's Station

**(760) 366-4175**

63665 29 Palms Hwy.  
Joshua Tree, CA 92252



## **FIRE DEPARTMENTS**

**In case of emergency - dial  
911**

**California Department of  
Forestry & Fire Protection  
- Headquarters  
(909) 881-6900**

3800 N. Sierra Wy.  
San Bernardino, CA 92405

[www.fire.ca.gov](http://www.fire.ca.gov)

---

**Adelanto - Station 322  
(760) 246-3331**

10370 Rancho Rd.  
Adelanto, CA 92301

---

**Baker - Station 53  
(760) 733-4026**

72734 Baker Blvd.  
Baker, CA 92309-0622

---

**Barstow Fire Station  
(760) 256-2254**

861 Barstow Rd.  
Barstow, CA 92311

---

**Big River - Station 17  
(760) 665-2303**

150260 Capistrano Wy.  
Earp, CA 92242

---

**Big Bear Fire Dept.  
(909) 866-7566**

41090 Big Bear Blvd.  
Big Bear Lake, CA 92315

---

**Harvard - Station 52  
(760) 257-4756**

39059 Kathy Ln.  
Newberry Springs, CA 92365

---

**Havasu Landing - Station 18  
(760) 858-4395**

148808 Havasu Lake Rd.  
Havasu Lake, CA 92363

---

**Hesperia - Station 302  
(760) 949-5506**

17288 Olive St.  
Hesperia, CA 92345

---







## **FIRE DEPARTMENTS (continued)**

### **Hesperia - Station 304 (760) 947-2674**

15660 Eucalyptus St.  
Hesperia, CA 92345

---

### **Hesperia - Station 305 (760) 948-7858**

8331 Caliente Rd.  
Hesperia, CA 92346

---

### **Hinkley - Station 56 (760) 253-7704**

37284 Flower  
Hinkley, CA 92347

---

### **Lucerne Valley - Station 8 (760) 248-7322**

33269 Old Woman Springs Rd.  
Lucerne Valley, CA 92356

---

### **Phelan/Piñon Hills - Station 10 (760) 868-4728**

9625 Berkley Rd.  
Phelan, CA 92371

### **Silver Lakes/Helendale - Station 4 (760) 245-5022**

27089 Helendale Rd.  
Helendale, CA 92342

---

### **Spring Valley Lake - Station 22 (760) 245-1100**

12398 Tamarisk Ave.  
Victorville, CA 92395

---

### **Trona - Station 57 (760) 372-5988**

83732 Trona Rd.  
Trona, CA 93562

---

### **Victorville - Station 311 Fire Headquarters (760) 955-3191**

14800 7th St.  
Victorville, CA 92395

---

### **Victorville - Station 312 (760) 955-3192**

15182 El Evado  
Victorville, CA 92394

---



**Victorville - Station 313**  
**(760) 955-3193**

13086 Amethyst Rd.  
Victorville, CA 92392

---

**Victorville - Station 314**  
**(760) 955-3194**

17008 Silica Dr.  
Victorville, CA 92395

---

**Victorville - Station 315**  
**(760) 955-3195**

12820 Eucalyptus St.  
Victorville, CA 92392

---

**Victorville - Station 319**  
**(760) 246-6479**

18550 Readiness St.  
Victorville, CA 92395

---

**Wrightwood - Station 14**  
**(760) 249-3206**

After-hours  
**(760) 249-3790**

5980 Elm St.  
Wrightwood, CA 92397

---

**Grand Terrace - Station 23**  
**(909) 825-0221**

22582 City Center Ct.  
Grand Terrace, CA 92313

---

**Highland Fire - Station 1**  
**(909) 862-3031**

26974 Baseline St.  
Highland, CA 92346

---

**Highland Fire - Station 2**  
**(909) 862-1760**

29507 Baseline St.  
Highland, CA 92346

---

**Joshua Tree Fire Station**  
**(760) 366-8423**

6715 Park Blvd.  
Joshua Tree, CA 92252

---

**Landers Fire Station**  
**(760) 364-3211**

55481 Jessie Rd.  
Landers, CA 92248

---





**FIRE DEPARTMENTS  
(continued)**

Redlands, CA 92373

**Loma Linda Fire Dept.**

**(909) 799-2850**

25541 Barton Rd.  
Loma Linda, CA 92354

---

**Lucerne Valley Fire Station**

**(760) 248-7322**

33269 Highway 247 East  
Lucerne Valley, CA 92356

---

**Morongo Valley Fire Station**

**(760) 363-6211**

11207 Ocotillo St.  
Morongo Valley, CA 92256

---

**Redlands Fire Dept.  
Administration**

**(909) 798-7600**

35 W. Cajon St., Ste. 12  
Redlands, CA 92373  
[www.cityofredlands.org/fire](http://www.cityofredlands.org/fire)

---

**Redlands Fire - Station 261**

**(909) 798-7600**

525 Citrus Ave.

## **Highland Fire - Station**

**543 (909) 884-4100**

7649 Sterling Ave.  
San Bernardino, CA 92410

---

## **29 Palms Fire Station (760) 367-7524**

6560 Adobe Rd.  
Twentynine Palms, CA 92277

---

## **Yucaipa Fire Station (909) 797-1000**

11416 Bryant St.  
Yucaipa, CA 92399

---

## **Yucca Valley Fire Station - 41**

**(760) 228-2160**

57201 29 Palms Hwy.  
Yucca Valley, CA  
92284

---

## **Yucca Valley Fire Station - 42**

**(760) 228-1991**

58612 Aberdeen Dr.  
Yucca Valley, CA  
92284

---

**Devore - Station 2**  
**(909) 473-8680**

1511 Devore Rd.  
Devore, CA 92407

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

---

**Crestline - Station 25**  
**(909) 338-0625**

23407 Crest Forest Dr.  
Crestline, CA 92325

P. O. Box 130  
Lake Arrowhead, CA 92352

---

**Fontana - Station 71**  
**(909) 829-4471**

16980 Arrow Blvd.  
Fontana, CA 92335

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

---

**Fontana - Station 72**  
**(909) 350-0145**

15380 San Bernardino Ave.  
Fontana, CA 92335

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

---

**Fontana - Station 73**  
**(909) 822-6053**

8143 Banana Ave.  
Fontana, CA 92335  
[www.sbcfire.org](http://www.sbcfire.org)

---

**Fontana - Station 74**  
**(909) 355-1098**

11500 Live Oak Ave.  
Fontana, CA 92337

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

---

**Fontana - Station 78**  
**(909) 350-1470**

7110 Citrus Ave.  
Fontana, CA 92336

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

---

**Mt. Baldy - Station 200 -  
Volunteer Fire Dept.**  
**(909) 982-1213**

6736 Mount Baldy Rd.  
P. O. Box 488

Mt. Baldy, CA 91759

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

---

**Lytle Creek - Station 20**  
**(909) 887-2212**

497 Lytle Creek Rd.  
Lytle Creek, CA 92358

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

---





## **FIRE DEPARTMENTS (continued)**

### **San Antonio Heights - Station 12**

**(909) 982-2611**

2413 N. Euclid Ave.  
Upland, CA 91784  
[www.sbcfire.org](http://www.sbcfire.org)

---

### **Green Valley Lake - Station 95**

**(909) 867-2176**

33596 Green Valley Lake Rd.  
Green Valley, CA 92341

---

### **Lake Arrowhead - Station 91**

**(909) 336-4186**

301 S. State Hwy. 173  
Lake Arrowhead, CA 92352

---

### **Lake Arrowhead - Station 92**

**(909) 337-3002**

981 N. Highway 173  
Lake Arrowhead, CA 92352

---

### **Running Springs - Station 50**

**(909) 867-2630**

32151 Hunsaker Wy.  
Running Springs, CA 92382

### **Running Springs - Station 51**

Fire department office  
**(909) 867-2630**

31250 Hilltop Blvd.  
Running Springs, CA 92382

For all non-emergency  
fire department and non-  
emergency medical concerns,  
during regular business hours.

---

### **Rancho Cucamonga Fire Department District Headquarters**

**(909) 477-2770**

10500 Civic Center Dr.  
Rancho Cucamonga, CA 91730  
[www.rcfire.org](http://www.rcfire.org)

---

### **Upland Fire - Station 161**

**(909) 931-4180**

475 N. 2nd Ave.  
Upland, CA 91786  
[www.sbcfire.org](http://www.sbcfire.org)

---

### **Chino Valley Independent Fire District**

**(909) 902-5260**

14011 City Center Dr.  
Chino Hills, CA 91709

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

Serves the cities of Chino,  
Chino Hills, and surrounding  
unincorporated areas of San  
Bernardino County.

---

### **Montclair Fire Department** **(909) 447-3540**

8901 Monte Vista Ave.  
Montclair, CA 91763

<http://www.cityofmontclair.org/city-government/fire-department>

---

### **Ontario Fire Department** **(909) 395-2002**

415 E. B St.  
Ontario, CA 91764

[www.ontario.ca.gov/fire](http://www.ontario.ca.gov/fire)

---

### **San Bernardino County Fire Headquarters** **(909) 931-4180**

475 N. Second Ave.  
Upland, CA 91786  
[www.sbcfire.org](http://www.sbcfire.org)

---

---

### **San Antonio Heights - Station 12** **(909) 982-2611**

2413 N. Euclid Ave.  
Upland, CA 91784  
[www.sbcfire.org](http://www.sbcfire.org)

---

### **Colton Administrative Office**

Business admin. office  
**(909) 370-5100**

Non-emergency dispatch  
**(909) 356-3805**

303 E. E St.  
Colton, CA 92324

---

### **Muscoy - Station 75** **(909) 887-2727** **(909) 356-3805**

2852 N. Macy St.  
Muscoy, CA 92407

---

### **Rialto Fire Department** **(909) 820-2501**

131 S. Willow St.  
Rialto, CA 92376

---





## **FIRE DEPARTMENTS (continued)**

**(909) 558-4222**

### **San Bernardino - Station 221 (909) 884-7248**

200 E. 3rd St.  
San Bernardino, CA 92410  
[www.sbcfire.org](http://www.sbcfire.org)

---

### **Twin Peaks Fire Station 26 (909) 337-8326**

737 Grandview Rd.  
Twin Peaks, CA 92391



## **HEALTH PROGRAMS**

### **San Bernardino County Public Health Dept.**

For appointments  
**1 (800) 722-4777**

606 E. Mill St.  
San Bernardino, CA 92415

## **DENTAL**

### **Loma Linda School of Dentistry**

New patients  
**(909) 558-4675**

11092 Anderson St.  
Loma Linda, CA  
92354

[www.dentistry.llu.edu](http://www.dentistry.llu.edu)

General dentistry performed  
by dental students. Fixed  
fees, but much lower than  
private  
practice. Services are available  
Mon through Thu, 8 a.m. - 5  
p.m. and Fri, 8 a.m. - 1 p.m.

---

**San Joaquin Valley College**  
**(909) 373-3792**

**1 (866) 544-7898**

Dental Hygienist College  
4580 Ontario Mills  
Pkwy.  
Ontario, CA 91764

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

Provides preventative  
dental care. Free x-rays and  
cleaning. Based on need.

**Eye Care America**  
**1 (800) 222-3937**

Referrals by phone Mon -  
Fri, 8 a.m. - Noon

**EYE CARE**

**1 (877)882-6327**

P. O. Box 429098  
San Francisco, CA 94142

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

Seniors 65 years of age can call to obtain information about eye care referral to a volunteer ophthalmologist in their area.

## MEDICAL

### **Mission City Community Network Clinic**

**1 (818) 895-3100**

15201 11th St., Ste. 300  
Victorville, CA 92395

Clinic offers primary care services based on individual's ability to pay.

---

### **Arrowhead Mobile Health Clinic**

**1 (877) 873-2762**

**(909) 520-1207**

Health screenings, primary care and health education to uninsured High Desert residents on the last Mon

of each month at the First Assembly of God church in Victorville.

---

### **California Department of Managed Health Care**

**1 (888)HMO-2219**

**1 (888) 466-2219**

[www.hmohelp.ca.org](http://www.hmohelp.ca.org)

Learn how to obtain the best possible health care to which you are entitled under your HMO.

---

### **Health Insurance Counseling and Advocacy (HICAP) 1 (800) 434-0222 (909) 256-8369**

9121 Haven Ave., Ste. 120  
Rancho Cucamonga, CA 91739  
[www.hicapsbc.org](http://www.hicapsbc.org)

Offers free community education, information on Medicare HMOs, long-term care insurance, as well as individual counseling.

65 years of age and older.

## MEDICAL (continued)

### **Kaiser Permanente Medical Clinic**

Appointment center

**1 (888) 750-0036**

10850 Arrow Rte.

Rancho Cucamonga, CA 91730

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

---

### **California Department of Managed Health Care**

**1 (888) 466-2219**

[www.dmhc.ca.gov](http://www.dmhc.ca.gov)

Learn how to obtain the best possible health care to which you are entitled under your HMO.

---

### **Medi-Cal:**

**1 (877) 410-8829**

The Medi-Cal program, administered by the San Bernardino County Transitional Assistance Department, pays for health care for certain needy residents of California, including public assistance recipients and senior citizens

Medi-Cal is supported by federal and state taxes. To apply for Medi-Cal benefits, call 1 (877) 410-8829 or apply online at [www.C4yourself.com](http://www.C4yourself.com). You can also contact Senior Information and Assistance (SIA) at 1 (800) 510-2020 for help completing a Medi-Cal application.

---

## Covered California 1 (800) 300-1506

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

Covered California is the health insurance marketplace in California, the state's implementation of the American Health Benefit Exchange Provisions of the Patient Protections and Affordable Care Act.

---

## Inland Empire Health Plan (909) 890-2000 1 (800) 440-4347 1 (800) 718-4347 TTY

10801 Sixth St., Ste. 120

**32 | COUNTYWIDE RESOURCES**

Rancho Cucamonga, CA 91730

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

Inland Empire Health Plan



(IEHP) is a local not-for-profit health plan serving residents of Riverside and San Bernardino Counties through government-sponsored programs including; Medi-Cal, Healthy Families, Healthy Kids, and Medicare Dual-Choice. IEHP Disability Program offers programs and services to members with chronic illness, behavioral conditions and physical disabilities.

---

## **Molina Healthcare of California**

Member services

**1 (888) 665-4621**

Regional Office

550 E. Hospitality Ln., Ste. 100  
San Bernardino, CA 92408

---

## **Golden Shore Medical**

**(909) 428-0170**

17500 Foothill Blvd., Ste. A2  
Fontana, CA 92335

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

---

## **LaSalle Medical Associates**

### **Victorville Clinic**

**(951) 571-8518**

14544 7th St.  
Victorville, CA 92395

---

## **Unicare Community Health Center**

**(909) 428-0170**

17500 Foothill Blvd., Ste. A-2  
Fontana, CA 92335

### **P.A.T.C.H Program**

For appointment

**(909) 334-3271**

Chino Senior Center  
13170 Central Ave.  
Chino, CA 91710

Chino seniors 60 years of age and older can be provided assistance with the purchasing of life-sustaining medications.

---

## **Montclair Medical Clinic**

Day

**(909) 281-5800**

Evening

**(909) 240-3808**

5050 San Bernardino St.  
Montclair, CA 91763

[www.cityofmontclair.org/resident/montclair-medical-clinic](http://www.cityofmontclair.org/resident/montclair-medical-clinic)

## MEDICAL (continued)

Low-cost medical clinic for individuals Mon through Fri, 8 a.m. to 5 p.m. and 5:30 to 7 p.m. on Mon and Thu. Call the clinic for an appointment and more information.

---

### Ontario - Senior Center

For additional information  
**(909) 395-2021**

225 E. B St.  
Ontario, CA 91764

Senior well-being checks offered every third Thu of the month at no charge.

---

### Arrowhead Mobile Health Clinic (ARMC)

**1 (877) 873-2762**  
**(909) 520-1207**

Health screenings, primary care and health education to uninsured residents. Please call ARMC for details and scheduling information.

---

California Department of  
Managed Health Care  
**1 (888) 466-2219**

[www.hmohelp.ca.gov](http://www.hmohelp.ca.gov)

---

### ARMC Family and Geriatric Care Center

**(909) 580-1675**

Appointments

**1 (855) 422-8029**

400 N. Pepper  
Colton, CA 92324

---

### Social Action Community Health Systems (SACHS) **(909) 382-7120**

1455 E. 3rd St.  
San Bernardino, CA 92408  
or  
250 S. G St.  
San Bernardino, CA 92408

<http://www.wear Sachs.org>

Mon - Thu, 7:30 a.m. - 5:30 p.m., closed for lunch noon - 1 p.m.; closed Fri.

Social Action Community Health System (SACHS) provides comprehensive and low-cost dental care services.



**HOMELESS SERVICES**

assist residents of the Victor

## **Desert Manna Ministries** **(760) 256-7797**

201 N. First Ave., Ste. B  
Barstow, CA 92311

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

Showers for residents and non-residents are provided along with additional services like clothing and bus passes, when available.

---

## **New Hope Village** **(760) 256-1900**

100 W. Fredricks St.  
Barstow, CA 92311

Mon - Fri, 8 a.m. - 4:30 p.m.

---

## **High Desert Homeless Services (HDHS)** **(760) 245-5991**

14049 Amargosa Rd.  
Victorville, CA 92392

Mon - Fri, 8 a.m. - 4:30 p.m.

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

The mission of HDHS is to

Valley and High Desert areas of San Bernardino County who have been displaced from long-term housing due to natural disaster or loss of income.

recovery from addictions, job training and placement. Programs

---

## **Project HOST (909) 421-4633**

San Bernardino County  
Department of Behavioral  
Health

850 E. Foothill  
Blvd. Rialto, CA  
92376

Door by Auditorium  
Mon - Fri, 8 a.m. - 10 p.m.

This program is a field-based program for homeless individuals who are mentally ill in San Bernardino County.

---

## **Victor Valley Rescue Mission Men's Recovery Program**

**(760) 955-5958**

15572 7th St.  
Victorville, CA 92394  
Victor Valley Rescue  
Mission provides homeless  
men with opportunities  
for spiritual and physical



## HOMELESS SERVICES (continued)

are designed to guide and encourage homeless men to formulate a daily plan of action, and to take the necessary steps to reenter the work force and become productive citizens again. The Hot Shower Program offers free hot showers two days per week, Mon and Thu at the County Fair Grounds. Victor Valley Beauty College provides haircuts on the second and fourth Mon. Please call the Victor Valley Rescue Mission for current dates and times.

---

### Family Assistance Program (760) 843-0701

Hotline  
(760) 949-4357

16857 C St.  
Victorville, CA 92395

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

Offers housing when available, among other services.

### Blessing Center (909) 793-5677

Redlands, CA 92374

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

---

### Mercy House Walk-In Center

Homeless and low-income

(909) 391-2630

Transitional housing

(909) 460-6768

435 S. Bon View Ave.

Ontario, CA 91761

Mon - Thu, 10 a.m. - 1:30 p.m.

For those with housing, assistance is available the fourth Wed of the month.

---

### Salvation Army - Ontario - Family Social Services

(909) 986-6748

1412 S. Euclid Ave.

Ontario, CA 91762

Services available as funding permits.

---

### Inland Valley Hope Partners - Catholic Charities (909) 391-4882

904 E. California St.  
Ontario, CA 91761

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

---

**Foothill Family Shelter**  
**(909) 920-5568**

1501 W. 9th St., Ste. D  
Upland, CA 91786

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

Tue - Fri, 9 a.m. - Noon and 1  
- 5 p.m.

For families with children.  
Not an emergency shelter;  
transitional housing program.  
Areas served: Upland,  
Claremont, Ontario, Rancho  
Cucamonga, Montclair and  
Pomona. Office is open Tue  
through Fri 9 a.m. to Noon and  
1 to 5 p.m.

---

**Rancho Cucamonga Family  
Resource Center**

**(909) 477-2781, ext. 2366, or**

**(909) 477-2781, ext. 2365**

9791 Arrow Rte.

Rancho Cucamonga, CA 91730

---

**Caring for the Hills**

**(909) 597-1454**

15554 Cecelia St.

Chino Hills, CA 91709

Supplies grocery bags of fresh  
food. Currently serving  
Chino and Chino Hills.

---

**Foothill AIDS Project**  
**(909) 482-2066**  
**1 (800) 448-0858**

233 W. Harrison Ave.  
Claremont, CA 91711

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

Provides housing, food,  
transportation and counseling  
services when available.

---

**House of Ruth**  
**(909) 391-4515**  
**1 (877) 988-5559**

Ontario Office

522 Fern Ave.

Ontario, CA 91762

P. O. Box 459

Claremont, CA 91711

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

House of Ruth provides shelter  
and counseling services  
for domestic violence when  
available.





## HOMELESS SERVICES (continued)

### Frazer Community Center

1140 W. Mill St.  
San Bernardino, CA 92410

Provides hygiene kits every second Wed of the month and food distribution every third Wed of the month. Provides a wide range of services to homeless and low-income persons in the San Bernardino area through government and private grants, businesses, churches, civic organizations and generous individuals.

---

### Knowledge and Education for Your Success, Inc. (KEYS)

Supportive services for  
Veterans families program  
**(909) 381-3953**

Housing Support Program  
**(909) 332-6388**

KEYS for Life and Success  
Program  
**(909) 332-6393**

Supportive Services for  
Veterans Families Program:  
Re-housing for homeless  
veterans.

Housing Support Program:  
Re-housing assistance to  
CalWORKs - eligible homeless  
families with children referred  
by the Transitional Assistance  
Department.

Keys for Life and Success  
Program: Re-housing for  
homeless individuals and  
families with children that  
need housing assistance.  
Prospective program  
participants referred by 2-1-1.

---

For additional resources,  
please call Senior Information  
and Assistance (SIA) at  
**1 (800) 510-2020**



## HOSPITALS AND CLINICS

San Bernardino County De-  
partment of Public Health:  
Public Health Clinic  
appointment line  
**1 (800) 722-4777**

[www.sbcounty.gov/dph](http://www.sbcounty.gov/dph)

For reproductive health,  
maternal health and  
information. Clinic Operations  
provide a wide range of low-  
cost, confidential health  
services. Our mission is to



protect health, prevent disease, and promote health and well-being. We are here to give you excellent health care in a friendly atmosphere.

---

### **Adelanto Health Center**

11336 Bartlett Ave., Ste. 11  
Adelanto, CA 92301

---

### **Barstow Public Health Center**

303 E. Mountain View St.  
Barstow, CA 92311

---

### **Hesperia Public Health Center**

16453 Bear Valley Rd.  
Hesperia, CA 92345

---

### **Needles Public Health Center**

1406 Bailey Ave., Ste. D  
Needles, CA 92363

---

### **HIV Clinic - San Bernardino County Department of Public Health**

Appointment  
**1 (800) 722-4777**

Hesperia Health Center  
16453 Bear Valley Rd.  
Hesperia, CA 92345

---

### **San Bernardino Center**

606 E. Mill St.  
San Bernardino, CA 92415

---

### **Ontario Health Center**

150 E. Holt Blvd.  
Ontario, CA 91761

---

### **Arrowhead Regional Medical Center**

Information  
**(909) 580-1000**

**1 (877)USE-ARMC**

400 N. Pepper Ave.  
Colton, CA 92324-1819

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

---

### **Barstow Community Hospital**

**(760) 256-1761**

820 E. Mountain View Ave.  
Barstow, CA 92311

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

---



## HOSPITALS AND CLINICS (cont.)

### Colorado River Medical Center (760) 326-7100

1401 Bailey Ave.  
Needles, CA 92363

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

### Desert Valley Hospital (760) 241-8000

16850 Bear Valley Rd.  
Victorville, CA 92395

[www.dvh.phcs.us](http://www.dvh.phcs.us)

Complete hospital services

### LaSalle Medical Associates (760) 245-1025

Mon - Fri, 8:30 a.m. - 5:30 p.m.

14544 7th St.  
Victorville, CA 92395

### St. Mary Regional Medical Center

(760) 242-2311  
1 (888) 767-6202

18300 Highway 18  
Apple Valley, CA 92307  
[www.stmaryapplevalley.com](http://www.stmaryapplevalley.com)

### St. Mary's Mobile Health Van (760) 242-2311

Call for service site schedule.  
Helps individuals who don't  
have health insurance or low-  
to-moderate income families.

### St. Mary Urgent Care Victorville

(760) 381-7703

12550 Hesperia Rd., Ste 100  
Victorville, CA 92395

### St. Mary Urgent Care Apple Valley

(760) 961-6555

18310 Highway 18  
Apple Valley, CA 92307

### Valley View Medical Center (928) 788-CARE

5330 S. Highway 95  
Fort Mohave, AZ 86427

Accepts Medi-Cal

**Victor Valley Global  
Medical Center  
(760) 245-8691**

15248 11th St.  
Victorville, CA 92392  
[www.vvch.org](http://www.vvch.org)

---

**Bear Valley Community  
Hospital  
(909) 866-6501**

41870 Garstin Dr.  
Big Bear Lake, CA 92315

---

**Hi-Desert Medical Center  
(760) 366-3711**

TDD hearing impaired  
**(760) 366-3535**

Emergency  
**(760) 366-3711**

6601 White Feather Rd.  
Joshua Tree, CA 92252  
[www.hdmc.org](http://www.hdmc.org)

---

**Desert Regional Medical  
Center  
(760) 323-6511**

1150N. Indian Canyon Dr.  
Palm Springs, CA 92262  
[www.desertregional.com](http://www.desertregional.com)

---

**Kaiser Permanente  
Hospital  
(909) 427-5000**

Appointments  
**1 (833) 574-2273**

**TTY 711**

9961 Sierra Ave.  
Fontana, CA 92335

---

**Kaiser Permanente  
Appointment Center  
1 (888) 750-0036**

2295 S. Vineyard Ave.  
Ontario, CA 91761

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

---

**Loma Linda University  
Medical Center  
1 (877) 558-6248**

11234 Anderson  
Loma Linda, CA 92354

---

**Redlands Community  
Hospital  
(909) 335-5500**

350 Terracina Blvd.  
Redlands, CA 92373

---



## **HOSPITALS AND CLINICS (cont.)**

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

**Jerry L. Pettis Memorial VA  
Medical Center  
(909) 825-7084**

11201 Benton St.  
Loma Linda, CA 92357

---

**Rancho San Antonio  
Medical Plaza  
(909) 948-8000**

7777 Milliken Ave.  
Rancho Cucamonga, CA 91730

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

---

**Kindred Hospital Rancho  
(909) 581-6400**

10841 White Oak Ave.  
Rancho Cucamonga, CA 91730

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

---

**San Antonio Regional  
Hospital  
(909) 985-2811**

999 San Bernardino Rd.  
Upland, CA 91786

---

**Dignity Health  
Community Hospital of  
San Bernardino  
(909) 887-6333**

1805 Medical Center  
Dr. San Bernardino, CA  
92411  
[www.dignityhealth.org](http://www.dignityhealth.org)

**Sierra San Antonio  
Urgent Care  
(909) 434-1150**

16465 Sierra Lakes Pkwy.,  
Ste. 100, 1st Floor  
Fontana, CA  
92336  
[www.sarh.org](http://www.sarh.org)

**Chino Valley Medical  
Center  
(909) 464-8600**

5451 Walnut Ave.  
Chino, CA  
91710  
[www.cvmc.com](http://www.cvmc.com)

**Mission City Community  
Network  
MCCN Barstow Health**

**Clinic  
(818)895-3100, ext. 722**  
405E. Buena Vista St.  
Barstow, CA 92311

---

---

**Mission City Community  
Network Victorville Clinic  
(818) 895-3100**

15201 Eleventh St.  
Victorville, CA 92395

---

**Mission City Community  
Network Dental Services**

14357 7th St.  
Victorville, CA 92395

---

**Morongo Basin Community  
Health Center  
(760) 365-9305**

58375 29 Palms Hwy.  
Yucca Valley, CA 92284

---

**29 Palms  
(760) 365-5906**

72724 29 Palms Hwy., Ste. 103  
Twentynine Palms, CA 92277

---

**Montclair Hospital Medical  
Center  
(909) 625-5411**

5000 San Bernardino St.  
Montclair, CA 91763  
[www.montclair-hospital.org](http://www.montclair-hospital.org)

---

**Pomona Valley Hospital  
Medical Center  
(909) 865-9500**

1798 N. Garey Ave.  
Pomona, CA 91767  
[www.pvhmc.org](http://www.pvhmc.org)

---

**St. Bernadine Medical  
Center  
(909) 883-8711**

2101 N. Waterman Ave.  
San Bernardino, CA 92404  
[www.stbernardinemedicalcenter.org](http://www.stbernardinemedicalcenter.org)

---

**Social Action Community  
Health Systems (SACHS)  
(909) 382-7100**

1455 E. 3rd St.  
San Bernardino, CA 92410  
[www.sachealthsystem.org/](http://www.sachealthsystem.org/)

Mon - Thu, 7:30 a.m. - 5:30 p.m.;  
closed for lunch Noon - 1 p.m.;  
closed Fri.

Social Action Community  
Health System (SACHS)  
is a non-profit 501(c)(3)  
corporation which provides  
comprehensive and low-cost  
health care services.



## HOUSING RESOURCES

Victorville, CA 92392

### Housing Authority of San Bernardino County

The Housing Authority of San Bernardino County administers the Public Housing program, as well as the Housing Choice Voucher program, formerly called Section 8. In addition, the Housing Authority also manages a few senior housing complexes owned by private, independent landlords.

### Housing Choice Voucher Program (Section 8):

Administrative Office

**(909) 890-0644**

**(909) 890-4818** Fax

715 E. Brier Dr.

San Bernardino, CA 92408-2841

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

---

### Victorville Office

**(760) 243-1043**

**(760) 243-2123** Fax

**(760) 951-7872** TTY Phone

15465 Seneca Rd.

**Ontario Office**  
**(909) 890-5360**  
**(909) 983-1318**

**(760) 951-7872 TTY**

424 N. Lemon  
Ave. Ontario, CA  
91764

---

**San Bernardino County  
Public Housing Program:  
San Bernardino Office**  
**(909) 890-9533**

Section 8  
672 S. Waterman Ave.  
San Bernardino, CA 92408

---

**Waterman Gardens Office**  
**(909) 889-3807**

425 Crestview  
San Bernardino, CA 92410

---

**Maplewood Homes Office**  
**(909) 890-5350, ext.**  
**8322**

1738 W. 9th St.  
San Bernardino, CA 92411

---

**Barstow Office**  
**(760) 256-8814**

---



421 S. 7th St.  
Barstow, CA 92311

---

**Public Housing Program -  
Chino Office**  
**(909) 628-3413**

13088 Monte Vista Ave.  
Chino, CA 91710

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

---

**Public Housing Program -  
Colton Office**  
**(909) 824-8277, ext. 8328**

772 Pine St.  
Colton, CA 92324

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

---

**Housing Development  
Department**  
**(909) 829-0384**

9161 Sierra Ave., Ste. 208  
Fontana, CA 92335

---

**Housing Authority of the  
City of Needles**  
**(760) 326-3222**

908 Sycamore Dr.  
Needles, CA 92363

The City of Needles Housing Authority is separate and independent from the Housing Authority of the San Bernardino County.

---

**Upland Housing Authority**  
**(909) 982-2649**  
**(909) 982-0237** Fax

1200 N. Campus Ave.  
Upland, CA 91786

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

The Upland Housing Authority (UHA), independent from the Housing Authority of San Bernardino County, administers two programs to assist low-income families; the Housing Choice Voucher program (Section 8) and Conventional "Public" Housing. Please note: UHA is unable to see visitors without an appointment.

---

**Frazer Community Center**  
**(909) 889-4424**

1140 W. Mill St.  
San Bernardino, CA 92410

Housing Programs provided:  
Low-income apartments.  
Provides a wide range of



## HOUSING RESOURCES (cont.)

services to homeless and low-income persons in the San Bernardino area through government and private grants, businesses, churches, civic organization, and generous individuals. Housing for male Veterans.

---

### Knowledge and Education for Your Success (KEYS) Housing Assistance

Supportive services for  
Veterans

**(909) 381-3953**

Housing support program

**(909) 332-6388**

KEYS for Life and Success

**(909) 332-6393**

680 S. Waterman Ave.  
San Bernardino, CA 92408

Provides supportive services for Veterans, CalWORKs eligible homeless families with children, (must be referred by the Transitional Assistance Department) and re-housing services.

---

### New Start Housing Corporation **(909) 829-0384**

9161 Sierra Ave., Ste. 213  
Fontana, CA 92335

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

Program provides studio apartments only in the cities contracted with the agency.

---

For additional senior housing resources, call Senior Information and Assistance at  
**1 (800) 510-2020**



## LEGAL SERVICES

Catholic Charities High  
Desert Regional Center  
**(760) 242-2311, ext. 8454**  
**(909) 388-1239**

Immigration and Refugee  
Department

16051 Kasota Rd., Ste. 700  
Apple Valley, CA 92307

---

### Inland Counties Legal Services, Inc.

Offers free legal consultation

to low-income or sliding scale to individuals in San Bernardino County.

**San Bernardino Office**  
**1 (888) 245-4257**

455 N. D St.  
San Bernardino, CA 92401

**Victorville Office**  
**(760) 241-7072**

**1 (888) 805-6455**

13911 Park Ave., Ste. 210  
Victorville, CA 92392

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

**Rancho Cucamonga Office**  
**1 (888) 245-4257**

Senior line  
**(909) 476-9252**  
10565 Civic Center Dr., Ste. 200  
Rancho Cucamonga, CA 91730

---

**Inland Fair Housing and  
Mediation Board**

**1 (800) 321-0911**

**Ontario Main Office**  
**(909) 984-2254**

1500 S. Haven Ave., Ste. 100  
Ontario, CA 91761

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

**San Bernardino Office**  
**(909) 888-3763**

225 W. Hospitality Ln., Ste. 207  
San Bernardino, CA 92408

**Victorville Office**  
**1 (800) 321-0911**  
**(760) 243-2412**

15428 Civic Dr., Ste. 225  
Victorville, CA 92392

Services: Fair Housing,  
Landlord / Tenant Mediation,  
Mobile Home Mediation,  
Housing Counseling, Senior  
Services, Lending Scam  
Investigation, Alternative  
Dispute Resolution and Pre-  
Litigation Mediation.

---

**Legal Aid Society of San  
Bernardino**

**San Bernardino Clinic**  
**(909) 889-7328**

588 W. Sixth St.  
San Bernardino, CA 92410

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

---



## LEGAL SERVICES (continued)

### Victorville Clinic (909) 889-7328

#### Legal clinic at Victorville Senior Citizens Center

14874 S. Mojave Dr.  
Victorville, CA 92392

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

Legal Aid Society of San Bernardino provides free consultation and advice, preparation of legal documents, and procedural information for clients to represent themselves in various legal matters. Legal Aid does not handle civil or criminal matters. Please call to schedule appointment.

### California Department for Fair Employment & Housing

General information

1 (800) 884-1684

1 (800) 700-2320 TTY

1 (916) 478-7251

2218 Kausen Dr., Ste. 100  
Elk Grove, CA 95758

[www.dfeh.ca.gov](http://www.dfeh.ca.gov)

Protects the people of California from unlawful discrimination in employment, housing public accommodations and from the perpetration of acts of hate violence.

---

### Western San Bernardino County Bar Association (909) 483-0548

Lawyer referral service  
(909) 945-2980

8409 Utica Ave.  
Rancho Cucamonga, CA 91730  
[www.wsbcbba.org](http://www.wsbcbba.org)

---

For more information about legal services for seniors or to find a location near you, call Senior Information and Assistance (SIA) at  
1 (800) 510-2020.



## **MENTAL HEALTH SERVICES**

### **San Bernardino County Dept. of Behavioral Health AgeWise Program**

**1 (800) 451-5633  
(909) 421-9470**

Mon - Fri, 8 a.m. - 5 p.m.

San Bernardino County  
Department of Behavioral  
Health

850 E. Foothill Blvd.  
Rialto, CA 92376

An outreach program for healthy aging. Offers senior peer counseling and support groups as well as in-home mental health assessment for seniors by trained mental health professionals. All services are free.

---

### **San Bernardino County Dept. of Behavioral Health Mesa Counseling Services**

**(909) 421-9301**

850 E. Foothill Blvd.  
Rialto, CA 92376

[www.sbcounty.gov/dbh](http://www.sbcounty.gov/dbh)

### **Social Action Community Health Systems (SACHS)** **(909) 382-7100**

250 S. G St.

San Bernardino, CA 92408

<https://www.wearesachs.org/>

Mon - Thu, 7:30 a.m. - 6 p.m.;  
closed for lunch Noon - 1 p.m.;  
closed Fri.

SACHS is a non-profit 501(c)  
(3) corporation which provides  
comprehensive and low-cost  
Mental Health care services.

---

### **Crisis Walk-In Clinic Rialto** **(909) 421-9495**

San Bernardino County  
Department of Behavioral  
Health

850 E. Foothill Blvd.  
Rialto, CA 92376

Enter at door next to the  
Auditorium entrance.

The Crisis Walk-In Clinics  
(CWIC) provide urgent  
mental health services to  
residents of San Bernardino  
County. CWIC provides  
crisis intervention, crisis risk  
assessments, medications,





## MENTAL HEALTH SERVICES (cont.)

referrals to county, contract and community resources, education and when necessary evaluations for hospitalization.

---

### Community Crisis Response Team West Valley Region

**(909) 458-1517**

After 5 p.m. and weekends

**(909) 535-1316**

San Bernardino County  
Department of Behavioral  
Health

7 a.m. to 10 p.m., 365 days a  
year

The Community Crisis Response Team is a community-based program which provides: Mobile crisis response to psychiatric emergencies, case management services, intensive follow up services, relapse prevention, and mental health evaluations.

---

### Emergency Psychiatric Unit

**(909) 580-1800**

Arrowhead Regional Medical Center (ARMC)  
400 N. Pepper Ave.  
Colton, CA 92324-1819

ARMC has psychiatric crisis care and emergency screenings.

---

### West End Family Counseling Services Older Adult Community Services (OACS)

**(909) 983-2020**

855 N. Euclid Ave.  
Ontario, CA 91762

The OACS program provides prevention and early intervention services to the older adult population through screening and wellness services, such as senior activities, home safety education and suicide prevention.

---

### Helping Hands Kinship Support Services **(909) 986-9710**

316 E. E St.  
Ontario, CA 91764

Kinship Support Services are designed to combat the

isolation, stress and other struggles kinship families encounter in their day-to-day lives. Helping Hands provides support groups, peer support programs, basic needs assistance, family activities, and advocacy to grandparent and other kin caregivers.

---

### **Substance Abuse Referral Service for San Bernardino County**

**(909) 421-4601**

Mesa Triage Services  
850 E. Foothill Blvd.  
Rialto, CA 92376

24-hours a day, 7 days a week.

---

### **National Mental Health and Substance Abuse Referral Service**

**1 (800) 662-4357**

[www.samhsa.gov](http://www.samhsa.gov)

---

### **Barstow Counseling**

1841 E. Main St.  
Barstow, CA 92311

**(760) 255-5700**

---

After-hours/Crisis hotline  
**1 (800) 273-8255 or  
1 (800) 784-2433**

---

### **San Bernardino County Dept. of Behavioral Health**

Morongo Crisis Walk-In Center  
**(760) 365-2233**

7293 Dumosa Ave., Ste. 2  
Yucca Valley, CA 92284

24 hours a day, 7 days a week.

DBH Access Unit

**1 (888)-743-1478**

24-hour crisis and referral hotline

Provides urgent mental health services to those in crisis.

---

### **Family Service Association (FSA)**

**Older Adult Community Services (OACS)**

Case management/referral  
**(760) 820-1430**

7245 Joshua Ln.  
Yucca Valley, CA 92284

---





## **MENTAL HEALTH SERVICES (cont.)**

**Hi-Desert Medical Center  
Behavioral Health Services  
(760) 366-1541**

5740729 Palms Hwy., Ste. F  
Yucca Valley, CA 92284

---

**Department of Behavioral  
Health Clubhouses:  
A Place to Go Clubhouse  
32770 Old Woman Springs Rd.,  
Ste. B  
Lucerne Valley, CA 92356  
(760) 248-2327**

---

**Desert Stars  
(760) 255-5705**

1841 E. Main St.  
Barstow, CA 92311

---

**Santa Fe Social Club  
(760) 369-4057**

56020 Santa Fe Trl., Ste. M  
Yucca Valley, CA 92284

---

**Serenity Clubhouse  
(760) 955-6224**

12625 Hesperia Rd., Ste. B  
Victorville, CA 92392

---

**Agewise II Mobile Circle of  
Care  
(760) 956-2434**

San Bernardino County  
Department of Behavioral Health  
11951 Hesperia Rd.  
Hesperia, CA 92345

---

**Valley Star Crisis Walk-In  
Center (CWIC)  
(760) 245-8837**

San Bernardino County  
Department of Behavioral  
Health  
12240 Hesperia Rd.  
Victorville, CA 92395

---

The High Desert Crisis Walk-In  
Clinic is open 24 hours a day,  
seven days a week and serves  
adults and children who are  
experiencing a psychiatric  
crisis.

---

**Community Crisis Response  
Team (CCRT) - High Desert  
Region**

**(760) 956-2345**

(Pager number)

**(760) 734-8093**

---

7 days a week, 7 a.m. - 10 p.m.

San Bernardino County  
Department of Behavioral  
Health

The CCRT is a community-based program which provides: mobile crisis response to psychiatric emergencies, case management services, intensive follow-up services and relapse prevention. The CCRT operates 24 hours a day, 365 days per year, 7 a.m. - 10 p.m. After 5 p.m., call the pager and leave your number.

---

## **Needles Behavioral Health Center**

**(760) 326-9313**

After-hour hotline  
**(888) 743-1478**

1600 Bailey Ave., Ste. 2  
Needles, CA 92363

---

## **Victor Community Support Services (VCSS)**

**(760) 245-4695**

15400 Cholame Rd.

---

Victorville, CA 92392

Offers mental health services for children 5-15.

---

## **Victor Community Support Services (VCSS)**

**(760) 255-1496**

222 E. Main St.  
Barstow, CA 92311

VCSS serves the High Desert and Barstow area with 15 programs. They serve military families from birth to 65 years in age. VCSS offers an array of programs including intensive in-home and school-based mental health services, as well as Prevention and Early Intervention programs. VCSS offers a Transitional Age Youth Center and Family Resource

Center in Victorville and both locations offer Therapeutic Behavioral Services, Wraparound, Military Families Program, Infant/Toddler Parent Education, Life Skills, Vocational Rehabilitation for young adults, Housing Support Services, and Psychiatric Services.

---

## **San Bernardino County Substance Use Disorders and Recovery Services**

Toll free

**1 (800) 968-2636**

Mon - Fri, 8 a.m. - 5 p.m.

---





## **MENTAL HEALTH SERVICES (cont.)**

**1 (866) 770-7867**

### **Helping Hands Victorville Support Services**

**(760) 843-1177**

16519 Victor St., Ste. 404  
Victorville, CA 92395

Kinship Support Services are designed to combat the isolation, stress and other struggles kinship families encounter in their day-to-day lives. Helping Hands provides support groups, peer support programs, basic needs assistance, family activities, and advocacy to grandparent and other kin caregivers.

---

### **Family Assistance Program**

**(760) 843-0701**

Domestic Violence 24-hour  
hotline:

**(760) 949-4357**

Homeless/runaway youth 24-  
hour hotline:

**(909) 335-2676**

Anti-Human Trafficking 24-  
hour hotline:

**(909) 333-7476 or**

15075 7th St.  
Victorville, CA 92395

Provides assistance with  
restraining orders,  
homeless prevention, re-  
housing,  
domestic violence/teen  
violence prevention,  
counseling services  
and household  
commodities  
distribution.

---

**Access and Referral Mental  
Health Services** for San  
Bernardino County Medi-Cal  
beneficiaries, 24-hours a day,  
7 days a week.

**1 (888) 743-1478**

---

**National Drug Help Line**  
**1 (800) 662-4357**

---

**Screening, Assessment  
and Referral Center  
(SARC)**

assists with placement  
to a recovery center  
for San Bernardino  
County.

**(909) 421-4601**

Mon - Fri, 8 a.m. - 5 p.m.

---

## Desert Stars (760) 255-5705

1841 E. Main St.  
Barstow, CA 92311

---

## A Place to Go Clubhouse (760) 248-2327

32770 Old Woman Springs Rd.  
Ste. B  
Lucerne Valley, CA 92356

Clubhouses are programs run by consumers or members 18 years of age or over. They offer job training, social activities and education.

---

## Family Development Program San Bernardino County (909) 723-1561

696 S. Tippecanoe Ave.  
San Bernardino, CA 92415

No mental health or substance abuse program offered.

---



## NUTRITION/FOOD PROGRAMS

### CalFresh

CalFresh, federally known as the Supplemental Nutrition Assistance Program (SNAP), is a nutritional assistance program designed to help single people and families with little or no income to buy food. CalFresh benefits are issued on an EBT Card that is used just like a bank card at most local food stores. The CalFresh program is a Federal and State funded program.

To apply for CalFresh, call **1 (877) 410-8829**, or apply online at [www.C4yourself.com](http://www.C4yourself.com).

Call Senior Information and Assistance (SIA) at **1 (800) 510-2020** for help completing a CalFresh application.

---

### Senior Nutrition

The purpose of the Senior Nutrition Program is to provide nutrition services as described in the Older

Americans Act of 1965,  
as



## **NUTRITION/FOOD PROGRAMS (cont.)**

amended, and to assist older individuals in San Bernardino County to live independently, by promoting better health through improved nutrition, and reduced isolation through programs coordinated with nutrition-related supportive services. Congregate and home-delivered meals are served throughout the county to eligible individuals. For a nutrition site near you, please call **Senior Information and Assistance (SIA) at: 1 (800) 510-2020** or your local nutrition site.

---

\*Denotes County nutrition sites

### **Delmann Heights Community Center (909) 880-1362**

2969 N. Flores St.  
San Bernardino, CA 92407

Senior lunches offered  
Mon - Fri, 10 a.m. - 2 p.m.

---

---

### **Home of Neighborly Service (909) 885-3491**

839 N. Mount Vernon  
San Bernardino, CA 92411

No congregational meals.  
Food pantries for seniors  
Fridays.

---

### **Lawrence Hutton Community Center\* (909) 370-6168**

660 Colton Ave.  
Colton, CA 92324

Lunch served Mon - Fri, 11:15  
a.m. - 12:15 p.m. Suggested  
donation of \$3 per lunch.

---

### **Fontana Community Senior Center (909) 854-5151**

16710 Ceres Ave.  
Fontana, CA 92335

Lunch served Mon - Fri, 11  
a.m. - 1 p.m. for \$4.00, while  
supplies last. Available to  
seniors over 55 years who live  
in Fontana.



**Luque Senior Center**  
**(909) 370-5548**

292 E. O St.  
Colton, CA 92324

---

**George White Senior Center\***  
**(909) 770-8173**

8565 Nuevo Ave.  
Fontana, CA 92335

---

**Dino Papavero\***  
**(909) 350-0575**

16707 Marygold Ave.  
Fontana, CA 92335

Lunch served Mon - Fri, 11:30  
a.m. - 12:30 p.m.

---

**Perris Hill Senior Center\***  
**(909) 384-5436**

780 E. 21st St.  
San Bernardino, CA 92404

---

**New Hope Family Center\***  
**(909) 384-5434**

1505 W. Highland Ave.  
San Bernardino, CA 92411

---

**Rudy Hernandez Community Center\***  
**(909) 384-5420**

222 N. Lugo Ave.  
San Bernardino, CA 92408

---

**Rialto Senior Center\***  
**(909) 877-9706**

1411 S. Riverside Ave.  
Rialto, CA 92376

---

**San Bernardino 5th Street Senior Center\***  
**(909) 384-5430**

600 W. 5th St.  
San Bernardino, CA 92410

---

**Home Delivered Meals**  
(for Homebound)  
Family Service Association  
**(951) 342-3057**

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

Contact Senior Information  
and Assistance (SIA) at  
**1 (800) 510- 2020**  
for more information.

---



## **NUTRITION/FOOD PROGRAMS (cont.)**

### **Community Action Partnership**

#### **USDA Commodities Food Distribution**

**(909) 723-1500**

696 S. Tippecanoe Ave.  
San Bernardino, CA 92415-0610

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

Provides food for low-income residents throughout San Bernardino County through government surplus commodity distributions and salvage food agencies. Call for more information and the nearest distribution center.

---

### **Frazer Community Center**

**(909) 889-4424**

1140 W. Mill St.  
San Bernardino, CA 92410

Free hot lunches, Mon - Fri, 11 a.m. - 1 p.m.

Free food bags every third Wed of the month; call for availability.

Provides a wide range of services to homeless and low-income persons in the San Bernardino area through government and private grants, businesses, churches, civic organizations and generous individuals.

---

### **Lytle Creek Community Center\***

**(909) 384-5424**

680 S. K St.

San Bernardino, CA 92410

---

### **The Salvation Army**

**(909) 986-6748**

1412 S. Euclid Ave.  
Ontario, CA 91762

The Salvation Army offers food and nutrition services to adults, as well as emergency food and nutrition services.

---

### **Family Service Association**

**(909) 287-7946**

Chino - Meals on Wheels  
[www.fsaca.org](http://www.fsaca.org)

---

### **Chino Senior Center\***

**(909) 334-3271**

13170 Central Ave.  
Chino, CA 91710

[www.cityofchino.org/  
residents/centers/senior\\_  
center](http://www.cityofchino.org/residents/centers/senior_center)

---

**Montclair Community  
Senior Center**  
**(909) 625-9488**

5111 Benito St.  
Montclair, CA 91763  
[www.cityofmontclair.org/  
residents/senior-center](http://www.cityofmontclair.org/residents/senior-center)

---

**Ontario Senior Center/  
Meals onWheels**  
**(909) 395-2021**

Application for home-  
delivered meals  
**(951) 342-3057**

225 E. B St.  
Ontario, CA 91764  
[www.ci.ontario.ca.us](http://www.ci.ontario.ca.us)

Offers senior luncheons,  
Mon - Fri, 11:30 a.m. - Noon

---

**George M. Gibson Senior  
Center\***  
**(909) 981-4501**

250 N. Third Ave.  
Upland, CA 91786

[www.ci.upland.ca.us#GSC\\_  
Lunch-Program](http://www.ci.upland.ca.us#GSC_Lunch-Program)

Offers senior luncheons,  
Mon - Fri, 11:30 a.m. - Noon.

Suggested donation of \$3  
per lunch. Call for more  
information.

---

**Montclair-Meals on  
Wheels**  
**(609) 658-9780**

Information on lunch program  
**(909) 625-9483**

This program is designed  
for the frail, disabled senior  
citizen who is homebound.  
Recipients are those who  
either are unable to shop or  
cook for themselves because  
of illness, age, physical  
disability, recent surgery,  
accident, or who have no  
one to shop and cook for  
them. Meals are \$3.00 each  
or \$36 for a minimum two-  
week period, payable in  
advance. Montclair Meals on  
Wheels is not a Department  
of Aging and Adult Services-  
Public Guardian (DAAS-PG)  
contracted meals provider.

---



## **NUTRITION/FOOD PROGRAMS (cont.)**

### **Big Bear Valley Senior Center\***

**(909) 584-0323**

42651 Big Bear Blvd.  
Big Bear, CA 92315

---

### **Grand Terrace Senior Center\***

**(909) 514-1672**

22627 Grand Terrace Rd.  
Grand Terrace, CA 92313

---

### **Highland Senior Center\***

**(909) 862-8104**

3102 E. Highland Ave.  
Patton, CA 92369

---

### **Loma Linda Senior Center\***

**(909) 799-2820**

25571 Barton Rd.  
Loma Linda, CA 92354

---

### **Lucerne Valley Senior Center\***

**(760) 248-2248**

10431 Allen Wy.  
Lucerne Valley, CA 92356

---

### **Mentone Senior Center and Library\***

**(909) 794-5280**

1331 Opal Ave.  
Mentone, CA 92359

Breakfast provided Tue 7:30-  
8 a.m.

---

### **Redlands Community Senior Center\***

**(909) 798-7579**

111 W. Lugonia  
Redlands, CA 92374

---

### **Casa de la Vista Senior Apartments\***

**(909) 335-8888**

686 E. Redlands Blvd.  
Redlands, CA 92373

---

### **Joshua Tree Community Center\***

**(760) 366-8415**

6171 Sunburst Ave.  
Joshua Tree, CA 92252

---

## **Scherer Yucaipa Senior Center\***

**(909) 797-1177 or**

**(909) 790-3170**

12202 First St.

Yucaipa, CA 92399

Nutrition Line:

**(909) 918-4306**

---

## **29 Palms Senior Center\***

**(760) 367-5780**

6539 Adobe Rd.

Twentynine Palms, CA 92277

---

## **Yucca Valley Senior Center\***

**(760) 853-0069**

57088 29 Palms Hwy.

Yucca Valley, CA 92284

Nutrition Site:

**(760) 257-5761**

---

## **Home Delivered Meals Only Family Service Association**

**(951) 342-3057**

**(951) 686-1096**

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

Serves Yucca Valley, Joshua Tree, Morongo Valley, 29 Palms, Landers and Pioneertown.

---

## **Fontana Community Senior Center**

**(909) 854-5151**

16707 Marygold Ave.

Fontana, CA 92335

Lunch served, Mon - Fri,  
11:30 a.m. - 12:30 p.m.

---

## **MOUNTAIN COMMUNITIES**

### **Crest Forest Senior Citizens Club (Leisure Shores)**

### **San Moritz Lodge\***

**(909) 338-5036**

24658 San Moritz Dr.

Crestline, CA 92325

Offers senior luncheons every Tue at noon and every second and fourth Thu. Suggested donation of \$3.

---



## **NUTRITION/FOOD PROGRAMS (cont.)**

### **RANCHO CUCAMONGA**

#### **James Brulte Senior Center\***

**(909) 477-2780**

11200 Baseline Rd.  
Rancho Cucamonga, CA 91701

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

Hot meals for seniors (60 or older) are provided by Oldtimer's Foundation Mon through Fri, 11:30 a.m. - 12:30 p.m. Deliveries for homebound seniors are available. A \$3.00 donation is suggested.

---

#### **Bonnie Baker Senior Center\***

**(760) 665-2667**

149350 Ukiah Trl.  
Big River, CA 92242

United States Department of Agriculture (USDA) food distribution the second Fri of each month.

### **Victorville Senior Center\***

**(760) 245-5018**

14874 Mojave Rd.  
Victorville, CA 92392

---

#### **Feed My Sheep of the High Desert**

**(760) 243-4343**

15260 Nisqualli Rd.  
Victorville, CA 92395

---

#### **Feed My Sheep - Hesperia (760) 244-3330**

11616 Hesperia Rd.  
Hesperia, CA 92345

---

#### **Feed My Sheep - Apple Valley (760) 247-6488**

21811 Ottawa Rd.  
Apple Valley, CA 92308

Recipients are eligible once a month for goods and services from one of the pantry locations with current California identification. The third week of each month, USDA food is distributed as well. Each pantry site is open to the public one day a week for food distribution, clothing

and assistance with other basic needs.

---

**The Lord's Table**  
**(760) 241-2043**

15512 6th St.  
Victorville, CA 92395

The Lord's Table has a daily soup kitchen for those in need.

---

**Victor Valley Rescue Mission**  
**(760) 955-5958**

15572 7th St.  
Victorville, CA 92394

Victor Valley Rescue Mission serves hot meals, five days a week in Victorville, Adelanto and Apple Valley. Please call the Rescue Mission for locations and times.

---

**Community Health Action Network (CHAN)**  
**(760) 241-9900**

The Senior Food Program  
15000 7th St., Ste. 208G  
Victorville, CA 92395

The Senior Food Program is a CHAN-sponsored program that provides monthly food

packages to eligible low-income seniors.

---

**St. Vincent De Paul**  
**(760) 326 4420**

839 Front St.  
Needles, CA 92363

USDA food commodities the third Saturday of each month. Food pantry.

---

**The Salvation Army**  
**(760) 245-2545 ext. 211**

14585 La Paz Dr.  
Victorville, CA

The Salvation Army offers emergency food and nutrition services, as well as emergency financial services when available. Shut in food delivery and senior lunch is offered on Wed at the location on La Paz Dr.

---

**Adelanto Senior Center\***  
**(760) 246-7736**

11565 Cortez  
Adelanto, CA 92301



## NUTRITION/FOOD PROGRAMS (cont.)

### Percy Bakker Community Center\*

**(760) 244-1680**

9333 E Ave.

Hesperia, CA 92345

---

### Needles Senior Center\*

**(760) 326-4789**

1699 Bailey Ave.

Needles, CA 92363

---

### Barstow Senior Citizens Meals\*

**(760) 256-9111**

555 Melissa Ave.

Barstow, CA 92311

Serves: Adelanto, Apple Valley, Hesperia, Victorville, Baldy Mesa, Oro Grande, Phelan and Piñon Hills.

---

### Ontario Community Senior Center\*

**(909) 395-2021**

225 E. B St.

Ontario, CA 91764

Offers seniors lunch, Mon - Fri, 11:30a.m. - Noon. Also at

Ontario Meals-on-Wheels once a week. Call for additional information.



## REGISTRAR OF VOTERS

### San Bernardino County

### Elections Office of the Registrar of Voters

**1 (800) 881-VOTE**

**(909) 387-8300**

777 E. Rialto Ave.

San Bernardino, CA 92415-0770

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

For general information, voter registration, vote by mail option, local polling places, or to work at the polls, call:

**(909) 387-8300**

Voters are encouraged to register at least 29 days before an election to ensure that they receive their voting materials. Registration forms are available at most post offices, libraries, city and county offices, Department of Motor Vehicles, etc.





**SOCIAL SECURITY**

**U.S. Social Security  
Administration Offices:**

**1 (800) 772-1213**

[www.ssa.gov](http://www.ssa.gov)

---

**San Bernardino Office**

**1 (800) 772-1213**

Local

**1 (866) 331-7132**

TTY

**1 (800) 325-0778**

605 N. Arrowhead Ave. Ste. 101  
San Bernardino, CA 92401

[www.ssa.gov](http://www.ssa.gov)

---

**Fontana Office**

**1 (800) 772-1213**

10668 Sierra Ave.  
Fontana, CA 92337

[www.ssa.gov](http://www.ssa.gov)

---

**Ontario Office**

**1 (866) 331-2216**

**1 (800) 772-1213**

TTY

**1 (800) 325-0778**

1100 E. Holt Blvd.  
Ontario, CA 91761

---

**Yucca Valley Office**

**1 (800) 772-1213**

56492 29 Palms Hwy.  
Yucca Valley, CA 92284

---

**Victorville Office**

**1 (800) 772-1213**

13955 Park Ave.  
Victorville, CA 92392

---

**Needles Office**

**1 (800) 772-1213**

1502 Bailey Ave.  
Needles, CA 92363



**SUPERIOR COURT  
OF CALIFORNIA  
SAN BERNARDINO COUNTY**

## San Bernardino

Civil

**(909) 708-8678**

Criminal

**(909) 384-1888**

Probate

**(909) 521-3388**

247 W. 3rd St.

San Bernardino, CA 92415

[www.sb-court.org](http://www.sb-court.org)

## Family Law

**(909) 521-3136**

351 N. Arrowhead Ave.

San Bernardino, CA 92415

---

## Child Support

**(909) 269-8789**

655 W. 2nd St., 2nd Floor

San Bernardino, CA 92415

[www.sb-court.org](http://www.sb-court.org)

---

## Big Bear Lake

**(909) 366-4040**

477 Summit Blvd.

Big Bear Lake, CA 92315

---

## Fontana

**(909) 350-9322**

17780 Arrow Blvd.

Fontana, CA 92335

---

## Rancho Cucamonga Superior Court

Civil

**(909) 285-3788**

Criminal

**(909) 350-9764**

Traffic

**(909) 350-9761**

Family law

**(909) 285-3559**

Small claims/landlord tenant

**1 (800) 634-9085**

TDD/TTY

**(909) 285-3520**

8303 N. Haven Ave.

Rancho Cucamonga, CA 91730

[www.sb-court.org](http://www.sb-court.org)

---

## Joshua Tree

Civil

**(760) 974-3047**

Criminal/Traffic

**(760) 974-3048**

6527 White Feather Rd.  
Joshua Tree, CA 92252

---

## Barstow District

235 E. Mountain View St.  
Barstow, CA 92311

**(760) 718-3700**

The Barstow District is open Tue, Wed and Thu of each week from 8 a.m. to 3 p.m. The clerk's office is closed on Mon and Fri.

---

## Victorville District

Information

**(760) 245-6215**

Family court services

**(760) 269-4795**

14455 Civic Dr.  
Victorville, CA 92392

Civil Department: Ste. 100  
Criminal/Traffic Department:  
Ste. 200

[www.sb-court.org](http://www.sb-court.org)

Mon - Fri, 8 a.m. - 4 p.m.



## TRANSPORTATION

### Barstow Area Transit

**(760) 256-0311**

---

### Needles Area Transit (NAT)

**(866) 669-6309**

Route deviation request

**(760) 326-4348**

1714 W. Broadway  
Needles, CA 92363

---

### Needles Medical Transport

**(760) 326-4789**

Available Tue and Thu by  
advance pre-pay  
reservation only.

Transportation is provided by  
appointment only to and from  
Bullhead City.

---

### Needles SeniorVan

**(760) 326-4789**

---

### Needles Dial-A-Ride

Reservations and information

**(760) 326-4789**

---



## **TRANSPORTATION (continued)**

until 8:30 p.m.

### **Transportation Reimbursement Escort Program (TREP)**

**1 (800) 510-2020**

Victorville

**(760) 243-8459**

Barstow

**(760) 256-3564**

Eligible participants may receive reimbursement for qualified travel. Eligibility is determined by the Department of Aging and Adult Services-Public Guardian (DAAS-PG).

---

### **Victor Valley Transit Authority (VVTA)**

**(760) 948-3030**

17151 Smoke Tree St.  
Hesperia, CA 92345

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

VVTA operates a fixed route service that serves Victorville, Hesperia, Apple Valley, Adelanto and Lucerne Valley. Buses operate 7 days a week

---

Contact VVTA for routes and schedules. VVTA also operates the new Barstow - San Bernardino Commuter Route, the B-VLink, 3 days per week. VVTA also offers the following programs:

---

### **Transit Ambassador Program**

**(760) 995-3559**

Volunteers provide orientation to the transit system.

---

### **Transportation Reimbursement for Individuals Program (TRIP)**

**(760) 995-3561**

Self-directed mileage reimbursement service. Volunteers such as friends and neighbors transport transit-dependent individuals who are elderly or disabled that live in areas without a transit service.

---

### **ADA Direct Access**

**(760) 948-4021**

Provides personalized trip planning, and introduction

to public transit.

**Victor Valley Community  
Services Council  
(760) 243-9646**

**Senior Transportation**

16692 Mojave Dr.  
Victorville, CA 92395

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

Door-to-door transportation provided to eligible seniors who live in the Victor Valley and surrounding areas.

---

**Mountain Transit**

Big Bear

**(909) 878-5200**

Rim/Crestline

**(909) 338-1113**

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

Provides local and Dial-A-Ride services to Big Bear Valley, Running Springs, Lake Arrowhead and Off-the-Mountain service to San Bernardino. Discounts available for seniors and disabled.

---

**Omnitrans**

**1 (800) 966-6428 or  
(909) 379-7100**

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

Provides bus route services to the San Bernardino Valley. Those with disabilities are provided access to public transportation through Omnitrans' Access Bus program.

In order to ride an Omnitrans Access Bus you must have an ADA certification card or an Omnitrans Disabled I.D. card.

Call **(909) 379-7100**

to obtain an ADA card application.

To schedule a pick-up, call:

**1 (800) 990-2404**

East Valley:

**(909) 383-1680**

---

**RANCHO CUCAMONGA**

**Silver Fox Express Senior  
Transportation System  
Register at the James L.  
Brulte Senior Center**

Call **(909) 477-2780** for registration information.

Once registered, call  
**(909) 987-0777** for





## **TRANSPORTATION (continued)**

reservations.

11200 Baseline Rd.  
Rancho Cucamonga, CA 91701  
[www.rcpark.com](http://www.rcpark.com)

Provides transportation for senior residents of Rancho Cucamonga. Call for more information.

---

### **Community Senior Services Transportation (909) 621-9900**

141 Spring St.  
Claremont, CA 91711  
[www.communityseniorservices.org](http://www.communityseniorservices.org)

A volunteer driver reimbursement program.

---

### **Greyhound**

Travel assistance  
**1 (800) 231-2222**  
TTY  
**1 (800) 345-3109**

[www.greyhound.com](http://www.greyhound.com)  
Discounts to seniors and U.S. Veterans are available.

### **Metrolink 1 (800) 371-5465**

TTY  
**1 (800) 698-4833**

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

Discounts are available to seniors and disabled.

---

### **DVA Transportation (909) 583-6014**

Provides transportation to Veteran Affairs (VA) medical facilities.

---

### **Lift Transportation Services (760) 366-5438**

6530 La Contenta Rd., Ste. 300  
Yucca Valley, CA 92284

Provides free transportation to medical appointments in the Morongo Basin.

---

### **Morongo Basin Transit Authority (MBTA) (760) 366-2395**

62405 Verbena Rd.  
Joshua Tree, CA 92252



---



## OTHER TRANSPORTATION OPTIONS

### Reach Out Morongo Basin 29 Palms Senior Center (760) 361-1410

6539 Adobe Rd.  
Twentynine Palms, CA 92277

Senior transportation service  
to medical appointments.

---

### Community Connections Transportation Reimbursement Program (909) 621-9900, ext. 228

141 Spring St.  
Claremont, CA 91711

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

Community Connections empowers older adults and individuals with disabilities who live in the cities of Chino, Chino Hills, Montclair, Ontario, Rancho Cucamonga and Upland to remain independent by reimbursement for their friends, neighbors and other community members who provide them with rides.

## S.M.A.R.T. Transportation

Information  
(909) 334-3271

13170 Central Ave.  
Chino, CA 91710

The Chino Senior Center provides transportation to help Chino seniors get to the senior center and run errands Mon - Fri. Transportation for medical appointments

is available on Tue. All transportation must be within the Chino city limits. Registration is required. Must register at office in senior center and be a resident of Chino.

### Montclair Golden Express Senior Transportation (909) 625-9452

City of Montclair residents only who are 60 years of age or older. Participants must be pre-registered and have a signed waiver of liability on file before participating in the program. Reservations are required a minimum of two days and a maximum of two weeks in advance. Reservations are provided on a first-come, first-served basis,

---

Tue - Fri, 9 a.m. - 3 p.m.



## OTHER TRANSPORTATION OPTIONS (continued)



## UTILITY ASSISTANCE

### Silver Stars Senior Transportation (909) 395-2021

Ontario Senior Center  
225 E. B St.  
Ontario, CA 91764

For residents of the City of Ontario who are 60 years of age or older. For more information and to make arrangements, call in advance. All pick-up/drop-off times are prescheduled. Mon through Fri, 8:30 a.m. - 4:30 p.m. Apply for transportation at the Ontario Senior Center.

up any senior residing in the Fontana area. Small annual fee.

---

### Fontana Community Senior Center

Transportation Services  
(909) 854-5175

Serves the City of Fontana and has two vans available to pick-

**Community Action  
Partnership (CAP) of San  
Bernardino County  
(909) 723-1500**

Toll free  
**1 (800) 635-4618**

HEAP appointments/  
weatherization  
**(909) 723-1680**

HEAP program assistance  
**(909) 723-1658**

Wood and propane  
**(909) 723-1681**

Application status inquiries  
**(909) 723-1624**

---

## **Low-Income Home Energy Assistance Program (HEAP)**

696 S. Tippecanoe Ave.  
San Bernardino, CA  
92408

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

CAP administers the  
Low- Income Home  
Energy  
Assistance Program, HEAP,  
and weatherization services.  
HEAP provides assistance with

---

either gas or electricity utility service, one time a year for income-qualified households. CAP office hours are Mon through Fri, 8a.m. - 5p.m.

---

## **The Salvation Army (760) 245-2545 ext. 211**

14585 La Paz Dr.  
Victorville, CA

The Salvation Army offers Southwest Gas assistance.

---

## **Pacific Gas and Electric (PG&E) 1 (877) 660-6789**

Residential customer service center  
530S. China Lake Blvd.  
Ridgecrest, CA 93555

---

## **Southern California Edison (SCE)**

Low-income rate assistance  
**1 (800) 447-6620**

Customer service  
**1 (800) 655-4555**

Report power outage  
**1 (800) 611-1911**

TTY  
**1 (800) 352-8580**

---

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

Provides California Alternate Rates for Energy (CARE) and Family Electric Rate Assistance (FERA) programs that give a discount rate for income-qualifying households, as well as a medical baseline discount for household with a medical necessity.

---

## **Southwest Gas Company 1 (877) 860-6020**

Victorville Office  
13471 Mariposa Rd.  
Victorville, CA 92395

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

Provides CARE program that gives a discount rate to income-qualified customers.

---

## **California Lifeline Program 1 (866) 272-0349**

Spanish  
**1 (866) 272-0350**

Universal Lifeline makes local telephone service available to individuals who might not be able to afford phone services. You are eligible to receive a reduced rate on your monthly bill.

---



**UTILITY  
ASSISTANCE (cont.)**

## California LifeLine

Administrator

**1 (877) 858-7463**

[https://californialifeline.com/  
en](https://californialifeline.com/en)

Assists in lowering the cost of phone bills for eligible households and makes telephone service available to individuals who may not be able to afford phone services. Call with application and renewal questions Mon - Fri, 7 a.m. - 7 p.m.

---

## Frontier

Technical support, 24 hrs a day

**1 (800) 239-4430**

Residential customer support

**1 (800) 921-8101**

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

---

## Southern California Gas Company

Gas emergencies/safety issues

**1 (800) 427-2200**

---

**1 (877) 238-0092**

TDD

**1 (800) 252-0259**

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

Provides a variety of rate discount programs for residents with limited income. Call for additional information.

## **American Red Cross**

Available 24 hours a day

**1 (877) 272-7337**

## **American Red Cross - Fort Irwin**

**(760) 380-3697**

1204 Normandy  
Dr. Fort Irwin, CA  
92310

Services to the Armed Forces (SAF) is focused on the emergency services the American Red Cross Inland Empire Chapter provides to active duty military, their families, reservists and retirees.





## **United States Department of Veterans Affairs**

Veteran benefits

**1 (800) 827-1000**

810 Vermont Ave. NW  
Washington, D.C. 20420  
[www.va.gov](http://www.va.gov)

---

## **United States Department of Veterans Affairs**

National call center

**1 (877) 424-3838**

Help for homeless Veterans

[www.va.gov/homeless](http://www.va.gov/homeless)

---

## **Veterans Administration Life Insurance**

Support for servicemembers' Group Life Insurance or

Veterans Group Life Insurance

**1 (800) 419-1473**

All other VA life insurance programs

**1 (800) 669-8477**

[www.va.gov/life-insurance](http://www.va.gov/life-insurance)

---

## **Veterans Administration Loan Guaranty Service**

**1 (800) 827-1000**

Department of Veterans Affairs  
VA Regional Loan Center  
3333 N. Central Ave.  
Phoenix, AZ 85012-2402

<http://www.benefits.va.gov>

---

## **California Department of Veterans Affairs**

**1 (800) 952-5626**

TDD

**1 (800) 324-5966**

[www.calvet.ca.gov](http://www.calvet.ca.gov)

Offers disability benefits, education, training, home loans, vocational rehabilitation and employment, life insurance, health care, etc.

---

## **Cal-Vet Home Loan Information California Department of Veterans Affairs**

**1 (866) 653-2507**

TDD

**1 (800) 324-5966**

[www.calvet.ca.gov](http://www.calvet.ca.gov)

---



## VETERANS AFFAIRS (cont.)

### VALomaLindaMedical Center

**1 (800) 741-8387 or  
(909) 825-7084**

11201 Benton St.  
Loma Linda, CA 92357  
[www.lomalinda.va.gov](http://www.lomalinda.va.gov)

Medical center serves  
Veterans in Riverside and San  
Bernardino counties.

---

### VA Medical Center - Victorville Clinic

**(760) 951-2599**

12138 Industrial Blvd., Ste. 120  
Victorville, CA 92392

---

### Northern Arizona Veterans Resources (Serves Needles, Big River, Lake Havasu)

**(928) 263-8814**

1491 Palma Rd., 120  
Bullhead City, AZ  
Housing assistance and other  
Veteran resources and  
assistance.

### San Bernardino County Department of Veterans Affairs

**(760) 995-8010**

15900 Smoke Tree St.  
Hesperia, CA 92345  
Provides information and  
assistance concerning  
Veterans' services benefits.

---

### San Bernardino County Veterans Affairs - Administration

**(909) 382-3290**

**1 (866)-472-8387**

222 W. Hospitality Ln., 3rd Fl.  
San Bernardino, CA 92415

Before visiting Veterans Affairs  
district offices, please call the  
San Bernardino office to verify  
what hours these offices are  
open.

---

### American Red Cross

Military services  
**(909) 380-7251**

24-hour case worker  
**1 (877) 272-7337**





10600 Trademark Pkwy.,  
Ste. 406  
Rancho Cucamonga, CA 91730

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

Works with Veterans and their families to assist with the claim process in order to ensure Veterans receive their benefits.

---

**Veterans Home of  
California, Barstow  
(760) 252-6200 or  
1 (800) 746-0606**

100 E. Veterans Pkwy.  
Barstow, CA 92311

The Veterans Home provides California Veterans with a living environment that protects their dignity and contributes to their feeling of self-reliance and self-worth. Nearby Barstow College offers many cultural and educational opportunities for home residents to enjoy.

---

**Veterans Administration  
Insurance Center  
1 (877) 222-8387**

[www.insurance.va.gov/health-care](http://www.insurance.va.gov/health-care)

---

**Rancho Cucamonga  
Veteran Affairs Office  
(909) 948-6470**

**(909) 948-6475** Fax

8575 Haven Ave., Ste. 160  
Rancho Cucamonga, CA 91730

Mon - Thu, 8 a.m. - 4 p.m.

Before visiting this office, please call (909) 382-3290 to verify that the office is open as shown.

---

**Rancho Cucamonga VA  
Health Clinic  
(909) 946-5348**

8599 Haven Ave., Ste. 102  
Rancho Cucamonga, CA 91730

[www.lomalinda.va.gov](http://www.lomalinda.va.gov)

Outpatient medical clinic for Veterans. Patients are seen by scheduled appointment.

---



## VETERANS AFFAIRS (cont.)

**MyVA311**  
**1 (844)698-2311**

National toll free number provides menu options that can be selected to route users to the correct place depending on their inquiry.

---

### **San Bernardino County Department of Veterans Affairs**

Bldg. 577  
Fort Irwin, CA 92310

---

### **San Bernardino County Department of Veterans Affairs**

**(760) 228-6341 or**  
**(909) 382-3290**

73629 Sun Valley Dr.  
Twentynine Palms, CA 92277

Open first and third Wed, 9  
a.m. - 2:30 p.m.

---

### **San Bernardino County Department of Veterans Affairs Yucca Valley** **(760) 228-5234**

56357 Pima Trl.  
Yucca Valley, CA 92284

Open first and third Tue, 9 a.m.  
- 2:30 p.m.

---

### **Frazer Community Center** **(909) 889-4424**

1140 W. Mill St.  
San Bernardino, CA 92410

VA services provided: VA Recovery Programs; VA Regulated Free Housing; VA Supervised Case Management. Provides a wide range of services to homeless and low-income persons in the San Bernardino area through government and private grants, businesses, churches, civic organizations and generous individuals.



## HELPFUL WEBSITES

### **AARP**

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

---

### **ABA Commission on Law and Aging**

[www.americanbar.org/groups/law-aging](http://www.americanbar.org/groups/law-aging)

---

### **Alzheimer's Association**

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

---

### **American Bankruptcy Institute**

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

---

### **Benefits Checkup**

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

---

### **California Advocates for Nursing Home Reform**

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

---

### **Center for Medicare Advocacy**

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

---

### **Credit.org**

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

Independent non-profit financial counseling agency.

---

### **Credit Bureaus: [order credit reports]**

#### **Equifax**

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

#### **Experian [formerly TRW]**

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

---

#### **Transunion**

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

---

### **National Academy of Elder Law Attorneys**

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

---

### **National Center on Elder Abuse**

[www.ncea.acl.gov](http://www.ncea.acl.gov)

---

### **National Consumer Voice for Quality Long-Term Care**

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

---

### **Justice in Aging**

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

---







## HELPFUL WEBSITES (cont.)

### The Center for Social Gerontology

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

---

### Administration for Community Living

[www.acl.gov](http://www.acl.gov)

---

### CA - Community Care Licensing Division

[www.cclcd.ca.gov](http://www.cclcd.ca.gov)

---

### San Bernardino County

[www.sbcounty.gov](http://www.sbcounty.gov)

---

### Dept. of Aging and Adult Services-Public Guardian (DAAS-PG)

<http://hss.sbcounty.gov/DAAS>

---

### Federal Trade Commission: Consumer Credit Rights

[www.ftc.gov](http://www.ftc.gov)

---

---

### PublicationsUSA.gov

[pueblo.gpo.gov](http://pueblo.gpo.gov)

---

### Medicare

[www.medicare.gov](http://www.medicare.gov)

---

### National Institute on Aging

[www.nia.nih.gov](http://www.nia.nih.gov)

---

### Consumer Consortium on Assisted Living

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

---

### Consumer Reports

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

---

### Department of Motor Vehicles

[www.dmv.ca.gov](http://www.dmv.ca.gov)

---

### Eldercare Locator

[www.eldercare.gov](http://www.eldercare.gov)

---

### National Council on Aging

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

---

### National Council on Aging - Benefits Check Up

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

Web-based service to screen



for benefits programs for seniors with limited income and resources.

---

**National Association of Consumer Advocates**  
[www.consumeradvocates.org](http://www.consumeradvocates.org)

---

**National Consumer Law Center**  
[www.nclc.org](http://www.nclc.org)

---

**Justice in Aging**  
[www.justiceinaging.com](http://www.justiceinaging.com)

---

**The Center for Social Gerontology**  
[www.tcsg.org](http://www.tcsg.org)

---

**State of California**  
[www.ca.gov](http://www.ca.gov)

---

**State of California Employment Development Department (EDD)**  
**(951) 340-4040**  
[www.edd.ca.gov](http://www.edd.ca.gov)



## OTHER HELPFUL ORGANIZATIONS

**San Bernardino County 2-1-1 Inland Empire United Way**  
**Dial 211 or**  
**1 (888) 435-7565**

9644 Hermosa Ave.  
Rancho Cucamonga, CA 91730  
[www.211sb.com](http://www.211sb.com)

Provides free and confidential information and referrals 24 hours a day, 7 days a week. Food, clothing, shelter, counseling, health and dental care, employment services, elder assistance and crisis services.

---

**American Association of Retired Persons AARP**  
Information  
**1 (888) 687-2277**

Cypress Community Center  
**(909) 428-8375**  
[www.aarp.org](http://www.aarp.org)

---



## **OTHER HELPFUL ORGANIZATIONS (cont.)**

### **California Poison Control System**

**1 (800) 222-1222**

The California Poison Control System (CPCS) is the statewide provider of immediate, free and expert treatment advice and assistance over the telephone in case of exposure to poisonous, hazardous or toxic substances. Call toll free, 24 hours a day, 7 days a week, 365 days a year. Pharmacists, physicians, nurses and poison information providers answer the phones.

---

### **Community Center Caltrans Highway Information Network Road and Highway Information**

**1 (800) 427-7623**

---

### **HICAP Health Insurance Counseling and Advocacy Program**

**1 (800) 434-0222**

9121 Haven Ave., Ste. 220  
Rancho Cucamonga, CA 91739

Provides free and objective information and counseling about Medicare.

---

### **Retired Senior Volunteer Program (RSVP)**

**(909) 384-5414**

600 W. 5th St.  
San Bernardino, CA 92410

[www.sbcity.org/cityhall/parks/senior-services](http://www.sbcity.org/cityhall/parks/senior-services)

Recruits and places seniors 55 years or older for non-profit volunteer work to meet community needs in San Bernardino, Redlands, Loma Linda, Yucaipa, Highland, Mountain Areas, Hesperia, Victorville, Apple Valley and Phelan.

---

### **Asian American Resource Center**

**(909) 383-0164**

1133 S. E St.  
San Bernardino, CA 92408

[www.aarc-ie.org](http://www.aarc-ie.org)

---

## California Department of Public Health

Skilled Nursing Facility  
Consumer Complaints  
**1 (800) 344-2896**

[www.cdph.ca.gov](http://www.cdph.ca.gov)

---

## Community Care Licensing Residential Care Facility Consumer Complaints

**1 (844) 538-8766**

[www.cclid.ca.gov](http://www.cclid.ca.gov)

---

## Inland Caregiver Resource Center

**1 (800) 675-6694**

1430 E. Cooley Dr., Ste. 124  
Colton, CA 92324

---

## Reach Out Morongo Basin - 29 Palms Senior Center

**(760) 361-1410**

6539 Adobe Rd.  
Twentynine Palms, CA 92277

Various programs to assist seniors in the Morongo Basin.

---

## California Department of Public Health Licensing and Certification

Skilled Nursing Facility  
Consumer Complaints  
**1 (800) 344-2896**

**(909) 383-4777**

[www.cdph.ca.gov/  
Programs/CHCQ/Pages/  
PatientsResidentsFamily](http://www.cdph.ca.gov/Programs/CHCQ/Pages/PatientsResidentsFamily)

---

## Family Caregiver Alliance

**1 (800) 445-8106**

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

---

## San Bernardino Sexual Assault Services

24-hour crisis hotline  
**(909) 885-8884**

Victorville  
**(760) 952-0041**



# TABLE OF CONTENTS

## SECTION TWO

### District Resources

#### FIRST DISTRICT

Home Care Services .....	84
Home Repair Services .....	84
Household Hazardous Waste Collection Centers .....	85
Libraries .....	88
Senior Centers .....	89

#### SECOND DISTRICT

Home Care Services .....	92
Home Repair Services .....	92
Household Hazardous Waste Collection Centers .....	93
Libraries .....	94
Senior Centers .....	95

#### THIRD DISTRICT

Home Care Services .....	96
Home Repair Services .....	96
Household Hazardous Waste Collection Centers .....	97
Libraries .....	99
Senior Centers .....	100

#### FOURTH DISTRICT

Home Care Services .....	102
Home Repair Services .....	102
Household Hazardous Waste Collection Centers .....	104
Libraries .....	105
Senior Centers .....	106

#### FIFTH DISTRICT

Home Care Services .....	107
Home Repair Services .....	107
Household Hazardous Waste Collection Centers .....	108
Libraries .....	108
Senior Centers .....	110



## HOME CARE SERVICES

### Community Hospice of Victor Valley

**(760) 946-4730**

16147 Kamana Rd.  
Apple Valley, CA 92307

---

### Inland Caregiver Resource Center (ICRC)

**(909) 514-1404**

**1 (800) 675-6694**

1430 E. Cooley Dr., Ste. 240  
Colton, CA 92324

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

ICRC, under contract with the Department of Aging and Adult Services, provides caregiver training, caregiver support groups and respite care services to family caregivers who are providing care to individuals age 60 years and older living in Adelanto, Apple Valley, Baker, Barstow, Hesperia, Lucerne Valley, Newberry Springs, Victorville and surrounding areas. ICRC also provides limited homemaker services to low-income senior citizens 60 years of age or older.

### Victor Valley Community Services Council

**(760) 243-9646**

16692 Mojave Dr., Ste. A  
Victorville, CA 92395

Under contract with the Department of Aging and Adult Services, provides homemaker and chore services to eligible seniors age 60 or older.



## HOME REPAIR SERVICES

### City of Victorville

Senior Home Repair Program  
**(760) 243-1922**

14343 Civic Dr.  
Victorville, CA 92393

Designed to assist low-income homeowners, at least 60 years of age or who are permanently disabled, to make home repairs to correct code violations and unsafe conditions. Assistance is in the form of a one-time grant of at least \$1,000 and not exceeding \$15,000. Call for information.

---





**Community Action  
Partnership of San  
Bernardino County  
(909) 723-1500  
1 (800) 635-4618**

Energy Education &  
Environmental Services  
Program

696 S. Tippecanoe St.  
San Bernardino, CA 92408

Free weatherization services are available to eligible applicants to improve the energy efficiency of homes. Energy saving services include attic insulation, caulking, water heater blanket, heating/cooling system repair and other conservation measures.



**HOUSEHOLD HAZARDOUS  
WASTE COLLECTION CENTERS**

**San Bernardino County  
Waste Prevention and  
Landfill**

Information line

**1 (800) 722-8004**

---

**San Bernardino County  
Hazardous Waste Program  
1 (800) OILY-CAT (645-  
9228)  
(909) 382-5401**

2824 W St., Bldg. 302  
San Bernardino, CA 92408

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

**Accepted Household  
Generated Wastes:** motor  
oil, oil filters, antifreeze, auto  
and household batteries,  
pesticides, fertilizers, paint  
products, chemical cleaners  
pool supplies, personal  
medications (excluding  
controlled substances, must  
separate solids and liquids).  
See below facilities that accept  
sharps and electronics.



**HOUSEHOLD HAZARDOUS  
WASTE COLLECTION CENTERS  
(continued)**

**Not Accepted:** business wastes, explosives, medical wastes, appliances, furniture, tires, reactives, radioactive wastes, yard wastes, asbestos. Call 1 (800) OILY-CAT for additional information.

---

**Apple Valley Public Works  
Yard  
(760) 240-7000, ext. 7500**

14955 Dale Evans Pkwy.  
Apple Valley, CA 92307

Also accepts household generated sharps in approved container and electronics. Public Yard is open Saturdays only 10 a.m. - 2 p.m. Closed on the fifth Sat of a month and if Sat falls on a holiday.

---

**City of Barstow -  
Corporation Yard  
(760) 255-5141**

900 S. Avenue H  
Barstow, CA 92311

---

**Big River County Fire -  
Station 17  
(760) 665-2303**

150260 Capistrano Wy.  
Earp, CA 92242

Accept only antifreeze, household/auto batteries, motor oil, oil filters, and latex paint. Location is open on the first Sat of the month 8 a.m. - Noon.

---

**Havasu Lake County Fire  
Station  
(760) 858-4395**

148808 Havasu Lake Rd.  
Havasu Lake, CA 92363

Accept only antifreeze, household/auto batteries, motor oil, oil filters, and latex paint. Location is open on the first Saturday of the month, 8 a.m. - Noon.

---

**Helendale County Fire  
Station  
(760) 245-5022**

27089 Helendale Rd.  
Helendale, CA 92342

---

Please call first. Accepts only antifreeze, household/auto batteries, motor oil, oil filters, and latex paint. Location is open the second Sat of the month, 8 a.m. - Noon.

---

## **Hesperia Fire Station (760) 382-5401**

17443 Lemon St.  
Hesperia, CA 92345

Also accepts household generated sharps in approved container and electronics. Location is open Tue and Thu, 9 a.m. - 1 p.m. and Sat, 9 a.m. - 3 p.m.

---

## **Lucerne Valley (760) 248-7322**

Behind the Fire Station  
33269 Old Woman Springs Rd.  
Lucerne Valley, CA 92356

Location is open on the third Sat of every month, 9 a.m. - Noon.

---

## **Trona Fire Station 57 (760) 372-5988**

83732 Trona Rd.  
Trona, CA 93562

**88 FIRST DISTRICT**

Also accepts household generated sharps in approved container and electronics. Location is open the second Sat of the month 8 a.m. - Noon.

---

## **San Bernardino County Solid Waste Disposal Site**

Information line

**1 (800) 722-8004**

Call **(909) 382-5401** or **1 (800) OILY-CAT (645-9228)** to verify operating hours prior to visiting a collection facility. Before transporting waste, call for transportation limits. Call for information on disposal options for business wastes.

Visit [www.sbcfire.org/hazmat/hhw.aspx](http://www.sbcfire.org/hazmat/hhw.aspx) for more information or for collection facilities in San Bernardino County.

---

## **Medical Centers accepting home-generated sharps/ needles:**

**Colorado River Medical  
Center**

**(760) 326-4531, ext. 7184**

1401 Bailey Ave.  
Needles, CA 92363



**HOUSEHOLD HAZARDOUS  
WASTE COLLECTION CENTERS  
(continued)**



**LIBRARIES**

Specific materials accepted:  
home-generated sharps.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

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

---

**Adelanto Branch**  
**(760) 246-5661**

11497 Bartlett Ave.  
Adelanto, CA 92301

---

**Apple Valley Newton T.  
Bass Branch Library**  
**(760) 247-2022**

14901 Dale Evans Pkwy.  
Apple Valley, CA 92307

---

**Barstow Branch**  
**(760) 256-4850**

304 E. Buena Vista St.  
Barstow, CA 92311-2806

---

**Hesperia Branch**  
**(760) 244-4898**

9650 7th Ave.

Hesperia, CA 92345-3242

---

---

---

**Lucerne Valley Branch  
(760) 248-7521**

33103 Old Woman Springs Rd.  
Lucerne Valley, CA 92356

---

**Needles Branch Library  
(760) 326-9255**

1111 Bailey Ave.  
Needles, CA 92363

---

**Phelan Memorial Library  
(760) 868-3053**

9800 Clovis Rd.  
Phelan, CA 92371

---

**Trona Branch Library  
(760) 372-5847**

82805 Mountain View  
Trona, CA 93562

---

**Victorville City Library  
(760) 245-4222**

15011 Circle Dr.  
Victorville, CA 92395

---

**Wrightwood Branch  
(760) 249-4577**

6011 Pine St.  
Wrightwood, CA 92397



**SENIOR CENTERS**

**Adelanto Senior Citizens  
Club  
(760) 246-2300**

11565 Cortez Ave.  
Adelanto, CA 92301

---

**Apple Valley Senior Center  
(760) 247-3155**

13188 Central  
Apple Valley, CA 92308

---

**Barstow Senior Center  
(760) 256-5023**

555 Melissa Ave.  
Barstow, CA 92311

---

**Bonnie Baker Senior Center  
(760) 665-2667**

149350 Ukiah Trl.  
Big River, CA 92242

---

**Hesperia Leisure League  
(760) 244-3223**

9122 Third Ave.  
Hesperia, CA 92345

---



## SENIORCENTERS (continued)

### Lucerne Valley Senior Club (760) 248-2248

10431 Allen Wy.  
Lucerne Valley, CA 92351

---

### Percy Bakker Center (760) 244-5488

9333 E Ave.  
Hesperia, CA 92345

---

### Needles Senior Center (760) 326-4789

1699 Bailey Ave.  
Needles, CA 92363

---

### Newberry Springs Community Center (760) 257-3284

33383 Newberry Rd.  
Newberry Springs, CA 92365

Meals served daily. Not a  
Department of Aging and  
Adult Services contracted  
senior nutrition site.

---

### Phelan Senior Center

Answering machine  
(760) 868-8067  
9463 Sheepecreek Rd.  
Phelan, CA 92371

---

### Pinon Hills Senior Club (760) 868-8637

10433 Mountain Rd.  
Pinon Hills, CA 92372

---

### Trona Community Senior Center (760) 372-5889

13187 Market St.  
Trona, CA 93562

---

### Victorville Senior Citizens Center (760) 245-5018

14874 S. Mojave Dr.  
Victorville, CA 92392

---

### The Victor Valley Community Services Council

Senior Center Activities  
(760) 243-9646

---



16692 Mojave Dr.  
Victorville, CA 92395

The Victor Valley Community Services Council provides a monthly activity for senior citizens at their location on Mojave Street. Transportation is available.

---

**Wrightwood Community  
Center**  
**(760) 249-3205**

P. O. Box 218  
1275 State Highway 2  
Wrightwood, CA 92397



## HOME CARE SERVICES



## HOME REPAIR SERVICES

### Inland Caregivers Resource Center (ICRC)

**(909) 514-1404**

**1 (800) 675-6694**

1430 E. Cooley Dr., Ste. 124  
Colton, CA 92324

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

Provides home care services to eligible seniors and respite care to eligible family caregivers.

---

### Visiting Nurses Association (VNA) Hospice and Palliative Care of Southern California

**1 (800) 969-4862**

1317 W. Foothill Blvd.  
Upland, CA 91786

Branch Office:  
2151 E. Convention Center Way

### Community Action Partnership of San Bernardino County Energy Education and Environmental Services Program

**(909) 723-1500**

**1 (800) 635-4618**

696 S. Tippecanoe Ave.  
San Bernardino, CA 92408

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

Provides weatherization and utility assistance to eligible low-income residents and processes applications for Home Energy Assistance Program.

---

Ste. #100

Ontario, CA 91764

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

**Rebuilding Together:  
Mountain Communities**

**(909) 336-3910**

P. O. Box 3540

Blue Jay, CA

92317

[www.rebuildingtogether-  
mountaincommunities.org](http://www.rebuildingtogether-mountaincommunities.org)

This program helps seniors living in Crestline, Twin Peaks, Lake Arrowhead, Green Valley, Arrow Bear, Running Springs, Blue Jay and Valley of Enchantment rehabilitate their homes.



HOUSEHOLD HAZARDOUS  
WASTE COLLECTION CENTERS

## San Bernardino County Waste Prevention and Landfill

Information line

**1 (800) 722-8004**

---

## San Bernardino County Hazardous Waste Program **1 (800) OILY-CAT (645- 9228)** **(909) 382-5401**

2824 E. W St., Bldg. 302  
San Bernardino, CA 92408

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

**Accepted Household  
Generated Wastes:** motor  
oil, oil filters, antifreeze, auto  
and household batteries,  
pesticides, fertilizers, paint  
products, chemical cleaners

pool supplies, personal  
medications (excluding  
controlled substances, must  
separate solids and liquids).  
See below facilities that accept  
sharps and electronics.

**Not Accepted:** business  
wastes, explosives, medical  
wastes, appliances, furniture,  
tires, reactives, radioactive  
wastes, yard wastes, asbestos.  
Call **1 (800) OILY-CAT** for  
additional information.

---

## Rancho Cucamonga Household Waste (HHW) Facility

8794 Lion St.

Rancho Cucamonga, CA 91730

Sat 8 a.m. - Noon

Also accepts electronics.  
Rancho Cucamonga residents  
call (909) 919-2635 for sharps/  
needles disposal.

---

## Upland City Yard **(909) 382-5401** **1 (800) OILY-CAT**

1370N. Benson Ave.  
Upland, CA 91786



**HOUSEHOLD HAZARDOUS  
WASTE COLLECTION CENTERS  
(continued)**

Saturday, 9 a.m. - 2 p.m.  
Call to verify hours. Also  
accepts household generated  
sharps/needles in approved  
container and electronics.

---

**Big Bear Public Works Yard  
(909) 866-7521**

42040 Garstin Dr.  
Big Bear Lake, CA 92315

Sat 9 a.m. - 2 p.m.

Also accepts household  
generated sharps/needles in  
approved container. Call Big  
Bear Disposal at (909) 866-  
3942 for electronic disposal.  
For Big Bear residents only.

---



**LIBRARIES**

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

---

**Upland Library  
(909) 931-4200**

450 N. Euclid Ave.  
Upland, CA 91786

---

**Archibald Library  
(909) 477-2720**

7368 Archibald Ave.  
Rancho Cucamonga, CA 91730  
[www.rcpl.lib.ca.us](http://www.rcpl.lib.ca.us)

---

**Lewis Library and  
Technology Center  
(909) 574-4500**

8437 Sierra Ave.  
Fontana, CA 92335

---

**Paul A. Biane Library at  
Victoria Gardens  
(909) 477-2720**

12505 Cultural Center Dr.  
Rancho Cucamonga, CA 91739  
[www.rcpl.lib.ca.us](http://www.rcpl.lib.ca.us)

---

**Lake Arrowhead Branch  
(909) 337-3118**

27235 Highway 189  
Blue Jay, CA 92317

---

**Running Springs Branch  
(909) 867-3604**

2477 Whispering Pines Dr.  
Running Springs, CA 92382

---

**Crestline Branch  
(909) 338-3294**

24105 Lake Gregory Dr.  
Crestline, CA 92325



**SENIORCENTERS**

**Fontana Community Senior  
Center**

**(909) 854-5151**

16710 Ceres Ave.  
Fontana, CA 92335

**Crest Forest Senior Citizens  
Club aka Leisure Shores**

**(909) 338-5036**

24658 San Moritz Dr.  
Crestline, CA 92325

**Mountain Communities  
Senior Center**

**(909) 337-1824**

675 Grandview Rd.  
Twin Peaks, CA 92391

**RANCHO CUCAMONGA**

**James L. Brulte Senior  
Center**

**(909) 477-2782**

11200 Baseline Rd.  
Rancho Cucamonga, CA 91737

[www.rcpark.com/seniors/](http://www.rcpark.com/seniors/)

**UPLAND**

**George M. Gibson Senior  
Center**

**(909) 981-4501**

250 N. Third Ave.  
Upland, CA 91786

[www.ci.upland.ca.us/#GSC\\_  
senior-center](http://www.ci.upland.ca.us/#GSC_senior-center)





## HOME CARE SERVICES

### Reach Out Morongo Basin (760) 361-1410

6539 Adobe Rd.  
Twentynine Palms, CA 92277

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

Provides home care services to eligible seniors and respite care to eligible family caregivers in the Morongo Basin.

---

### Inland Caregivers Resource Center (ICRC) (909) 514-1404

1 (800) 675-6694

1430 E. Cooley Dr., Ste. 124  
Colton, CA 92324

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

Provides home care services to eligible seniors and respite care to eligible family caregivers.

### Visiting Nurses Association (VNA) Hospice and Palliative Care of Southern California

1 (800) 969-4862

1317 W. Foothill Blvd.  
Upland, CA 91786

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

Provides home health and hospice care services.



## HOME REPAIR SERVICES

### Community Action Partnership

Home Energy Assistance Program (HEAP) program assistance

(909) 723-1500

1 (800) 635-4618

696 S. Tippecanoe Ave.  
San Bernardino, CA 92408

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

The weatherization and utility assistance programs provide minor home repairs at no cost to qualified residents.





HOUSEHOLD HAZARDOUS  
WASTE COLLECTION CENTERS

## San Bernardino County Waste Prevention and Landfill

Information line

**1 (800) 722-8004**

---

## San Bernardino County Hazardous Waste Program

**1 (800) OILY-CAT (645-9228)  
(909) 382-5401**

2824 E. W St., Bldg. 302  
San Bernardino, CA 92408

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

### Accepted Household

**Generated Wastes:** motor oil, oil filters, antifreeze, auto and household batteries, pesticides, fertilizers, paint products, chemical cleaners pool supplies, personal medications (excluding controlled substances, must separate solids and liquids). See below facilities that accept sharps and electronics.

**Not Accepted:** business

wastes, explosives, medical wastes, appliances, furniture, tires, reactives, radioactive wastes, yard wastes, asbestos. Call **1 (800) OILY-CAT** or **(909) 382-5401** for additional information.

---

## City of Barstow - Corporation Yard (760) 255-5126

900 S. H Ave.

Barstow, CA 92311

Saturday, 9 a.m. - 2 p.m.

Also accepts household generated sharps/needles in approved container. Call Burrtec at (760) 256-2730 for electronic disposal.

---

## City of Big Bear Lake - Public Service Yard (909) 866-7521

42040 Garstin Dr.

Big Bear Lake, CA 92315

Sat 9 a.m. - 2 p.m.

Also accepts household generated sharps/needles in approved container. Call Big Bear Disposal for electronic disposal.



HOUSEHOLD HAZARDOUS  
WASTE COLLECTION CENTERS  
(continued)

**Joshua Tree - West of Solid  
Management Bldg.**

**1 (800) 645-9228 or  
(760) 365-2015**

62499 29 Palms Hwy.  
Joshua Tree, CA 92252

Third Sat 9 a.m. - 1 p.m.

Also accepts household  
generated sharps/needles in  
approved container.

---

**Yucca Valley  
Burrtec Waste and  
Recycling Services**

For electronic disposal only

**(760) 365-2015**

4878 Newton Rd.  
Yucca Valley, CA 92284

---

**Redlands Corporate Yard**

1270 W. Park Ave.  
Redlands, CA 92375

Sat 9:30 a.m. - 12:30 p.m.

Redlands residents call  
**(909) 798-7600** for sharps/  
needles disposal. Also accepts  
electronics.

**98 THIRD DISTRICT**

**Lucerne Valley**

Behind Lucerne Valley Fire  
Station

**(760) 248-7322**

33269 Old Woman Springs Rd.

Lucerne Valley, CA 92356

Third Sat 9 a.m. - Noon

Accepts only antifreeze,  
household/auto batteries,  
motor oil, oil filters, and latex  
paint. Also accepts household  
generated sharps/needles  
in approved container and  
electronics.

---

**San Bernardino**

**S.B. International Airport**

2824 E. W St., Bldg. 302

San Bernardino, CA 92408

Mon - Fri, 9 a.m. - 4 p.m.

Also accepts household  
generated sharps/needles  
in approved container and  
electronics.

---

**County Solid Waste  
Disposal Site**

Information line

**1 (800) 722-8004**

Household Hazardous Waste  
Facility

**(909) 382-5401**







## LIBRARIES

Grand Terrace, CA 92313

---

### **29 Palms Branch Library** **(760) 367-9519**

6078 Adobe Rd.  
Twentynine Palms, CA 92277-  
2354

---

### **Yucca Valley Branch** **(760) 228-5455**

57098 29 Palms Hwy.  
Yucca Valley, CA 92399

---

### **Joshua Tree Branch** **(760) 366-8615**

6465 Park Blvd.  
Joshua Tree, CA 92252

---

### **Big Bear Lake Branch** **(909) 866-5571**

41930 Garstin Dr.  
Big Bear Lake, CA 92315

---

### **Grand Terrace Branch** **(909) 783-0147**

22795 Barton Rd.

---

**Highland Sam J.  
Racadio Library &  
Environmental  
Learning Center  
(909) 425-4700**

7863 Central Ave.  
Highland, CA 92346

**A.K. Smiley Public Library  
(909) 798-7565**

125 W. Vine St.  
Redlands, CA 92373

---

**Mentone Senior Center  
& Library**

**(909) 794-0327**

1331 Opal Ave.  
Mentone, CA 92359

---

**Loma Linda Branch  
(909) 796-8621**

25581 Barton Rd.

---

Loma Linda, CA 92354

---

**Yucaipa Branch  
(909) 790-3146**

12040 5th St.  
Yucaipa, CA 92399



## LIBRARIES (cont.)



## SENIOR CENTERS

### **Barstow Branch (760) 256-4850**

304 E. Buena Vista St.  
Barstow, CA 92311-2806

---

### **Crestline Branch (909) 338-3294**

24105 Lake Gregory Dr.  
Crestline, CA 92325

---

### **Lake Arrowhead Branch (909) 337-3118**

27235 Highway 189  
Blue Jay, CA 92317

---

### **Running Springs Branch (909) 867-3604**

2677 Whispering Pines Dr.  
Running Springs, CA 92382

---

### **Barstow Senior Center (760) 256-5023**

555 Melissa Ave.  
Barstow, CA 92311

---

### **Big Bear Senior Center (909) 584-0323**

42651 Big Bear Blvd.  
Big Bear, CA 92315

---

### **Highland Senior Center (909) 862-8104**

3102 E. Highland Ave.  
Patton, CA 92346

---

### **Joshua Tree Community Center (760) 366-8415**

6171 Sunburst Ave.  
Joshua Tree, CA 92252

---

**Loma Linda Senior  
Center  
(909) 799-2820**

25571 Barton Rd.  
Loma Linda, CA 92354

---

**102 THIRD DISTRICT**



**Lucerne Valley Senior Center**

**(760) 248-2248**

10431 Allen Wy.  
Lucerne Valley, CA 92356

---

**Mentone Senior Center and Library**

**(909) 794-5280**

1331 Opal Ave.  
Mentone, CA 92359

---

**Redlands Community Senior Center**

**(909) 798-7579**

111 W. Lugonia Ave.  
Redlands, CA 92373

---

**Redlands Joslyn Senior Center**

**(909) 798-7550**

21 Grant St.  
Redlands, CA 92373

---

**Yucaipa Senior Center**

**(909) 797-1177**

12202 First St.  
Yucaipa, CA 92399

---

**Yucca Valley Senior Center**

Nutrition site

**(760) 257-5761**

57088 29 Palms Hwy.  
Yucca Valley, CA 92284



## HOME CARE SERVICES

### Visiting Nurses Association (VNA)

**1 (800) 969-4862**

**(909) 624-3574**

VNA Claremont Office  
150 W. First St., Ste. 270  
Claremont, CA 91711-4750

---

### Visiting Nurses Association (VNA)

**(909) 384-0737**

**1 (800) 556-0219**

San Bernardino Office  
412 E. Vanderbilt, Ste. 100  
San Bernardino, CA 92408

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

---

### Inland Caregiver Resource Center ICRC

**(909) 514-1404**

**1 (800) 675-6694**

1430 E. Cooley Dr., Ste. 124  
Colton, CA 92324

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

ICRC, under contract with the Department of Aging and Adult Services - Public Guardian (DAAS-PG), provides adult day care and minor residential repairs and chore services through funding from the Older Americans Act. Additionally, caregiver training, caregiver support groups and respite care services are provided to family caregivers who are providing care to individuals age 60 years and older under the National Family Caregiver Support Program.



## HOME REPAIR SERVICES

### City of Chino Home Improvement Program

**(909) 334-3272**

13220 Central Ave.  
Chino, CA 91710

P. O. Box 667  
Chino, CA 91708-0067

Loan and grant programs available to Chino residents.

---

**Neighborhood Partnership  
Housing Services (NPHS)**  
**(909) 988-5979**

9551 Pittsburg Ave.  
Rancho Cucamonga, CA 91730

Must be a resident of San Bernardino County or Riverside County. Loans for home improvements. Some small home repairs.

---

**Community Action  
Partnership of San  
Bernardino County**  
**(909) 723-1500**  
**1 (800) 635-4618**

Energy Education &  
Environmental Services  
Program

696 S. Tippecanoe Ave.  
San Bernardino, CA 92415

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

Provides weatherization and utility assistance to eligible low-income residents and processes applications for Home Energy Assistance Program. Weatherization services are available to

eligible applicants to improve the energy efficiency of homes. Energysavingservices includes attic insulation, caulking, water heater blanket, heating/cooling system repair, and other conservation measures.

---

**Inland Caregivers Resource  
Center (ICRC)**

**(909) 514-1404**  
**1 (800) 675-6694**

1430 E. Cooley Dr., Ste. 124  
Colton, CA 92324

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

---

**City of Upland**  
**(909) 931-4300**

Housing Division/Economic  
Development

460 N. Euclid Ave.  
Upland, CA 91786



**HOUSEHOLD HAZARDOUS  
WASTE COLLECTION CENTERS**

**San Bernardino County  
Waste Prevention and  
Landfill**

Information line  
**1 (800) 722-8004**

---

**San Bernardino County  
Hazardous Waste Program  
1 (800) OILY-CAT (645-  
9228)  
(909) 382-5401**

2824 E. W St., Bldg. 302  
San Bernardino, CA 92408

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

**Accepted Household  
Generated Wastes:** motor  
oil, oil filters, antifreeze, auto  
and household batteries,  
pesticides, fertilizers, paint  
products, chemical cleaners  
pool supplies, personal  
medications (excluding  
controlled substances, must  
separate solids and liquids).  
See below facilities that accept  
sharps and electronics.

**Not Accepted:** business

wastes, explosives, medical  
wastes, appliances, furniture,  
tires, reactives, radioactive  
wastes, yard wastes, asbestos.  
Call **1 (800) OILY-CAT** or  
**(909) 382-5401** for additional  
information.

---

**City of Montclair  
(909) 625-9472**

Trash and Sewer

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

---

**City of Ontario Recycle  
Hotline  
(909) 395-2040**

1430S. Cucamonga Ave.  
Ontario, CA 91761

Also accepts household  
generated sharps/needles  
in approved containers and  
electronics. Center is open Fri  
and Sat 9 a.m. - 2 p.m.

---

**Montclair Medical Clinic**

Days  
**(909) 281-5800**

Evenings  
**(909) 240-3808**

5050 San Bernardino St.  
Montclair, CA 91763

[www.cityofmontclair.org/  
residents/montclair-medical-  
clinic](http://www.cityofmontclair.org/residents/montclair-medical-clinic)

To dispose of used containers  
for household sharps or to  
obtain new containers, please  
visit the clinic on Wed, 9 a.m.  
- 7 p.m. or Mon - Fri, 8 a.m. - 5  
p.m. and Mon and Thu  
5:30 to 7 p.m.

---

**City of Chino  
Public Works Service Center  
(909) 334-3266**

5050 Schaefer Ave.  
Chino, CA 91710

[www.cityofchino.org/  
government-services/  
publicworks](http://www.cityofchino.org/government-services/publicworks)

Also accepts electronics. Call  
1 (800) OILY-CAT for nearest  
facility accepting household  
generated sharps/needles in  
approved container. Center  
opens every second and  
fourth Sat of the month from 8  
a.m. to 1 p.m. Does not accept  
sharps/needles.



**LIBRARIES**

**Upland Public Library  
(909) 931-4200**

450 N. Euclid Ave.  
Upland, CA 91786

---

**Chino Library  
(909) 465-5280**

13180 Central Ave.  
Chino, CA 91710

---

**Cal Aero Preserve Academy  
Branch Library  
(909) 606-2173**

15850 Main St.  
Chino, CA 91708

---

**James S. Thalman Chino  
Hills Branch Library  
(909) 590-5380**

14020 City Center Dr.  
Chino Hills, CA 91709

---



## LIBRARIES (cont.)

### Montclair Branch Library (909) 624-4671

9955 Fremont Ave.  
Montclair, CA 91763

---

### Ovitt Family Community Library (909) 395-2004

215 E. C St.  
Ontario, CA 91764

---



## SENIORCENTERS

### Chino Senior Center (909) 334-3271

13170 Central Ave.  
Chino, CA 91710

[www.cityofchino.org/  
residents/centers/senior\\_  
center](http://www.cityofchino.org/residents/centers/senior_center)

---

### Chino Hills Community Center (909) 364-2826

### Active Adults 50+ Coordinator (909) 364-2704

14250 Peyton Dr.  
Chino Hills, CA 91709  
[www.chinohills.org](http://www.chinohills.org)

---

### Montclair Community Center (Senior Center) (909) 625-9488

5111 Benito St.  
Montclair, CA 91763  
[www.cityofmontclair.org/  
residents/senior-center](http://www.cityofmontclair.org/residents/senior-center)

---

### Ontario Senior Center (909) 395-2021

225 E. B St.  
Ontario, CA 91764  
[www.ci.ontario.ca.us](http://www.ci.ontario.ca.us)

---

### Upland George M. Gibson Senior Center (909) 981-4501

250 N. Third Ave.  
Upland, CA 91786  
[www.ci.upland.ca.us/#GSC\\_  
senior-center](http://www.ci.upland.ca.us/#GSC_senior-center)



## HOME CARE SERVICES

### Inland Caregivers Resource Center (ICRC)

**(909) 514-1404**

**1 (800) 675-6694**

1430 E. Cooley Dr., Ste. 124  
Colton, CA 92324

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

Provides home care services to eligible seniors and respite care to eligible family caregivers.

---

### Visiting Nurses Association (VNA) Hospice and Palliative Care of Southern California

**1 (800) 969-4862**

1317 W. Foothill Blvd.  
Upland, CA 91786

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

Provides home health and hospice care services.

---

### Senior Companion Program City of San Bernardino **(909) 384-5413**

600 W. 5th St.  
San Bernardino, CA 92410

[www.sbcity.org/cityhall/parks](http://www.sbcity.org/cityhall/parks)

The Senior Companion Program provides limited assistance from a senior volunteer at no cost. Senior companions can assist with grocery shopping and errands, getting to doctor appointments and providing companionship.



## HOME REPAIR SERVICES

### Community Action Partnership

**1 (800) 635-4618**

**(909) 723-1500**

696 S. Tippecanoe Ave.  
San Bernardino, CA 92408

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

The weatherization and utility assistance programs provide minor home repairs at no cost to qualified residents.



HOUSEHOLD HAZARDOUS  
WASTE COLLECTION CENTERS

## San Bernardino County Waste Prevention and Landfill

Information line

**1 (800) 722-8004**

---

## San Bernardino County Hazardous Waste Program 1 (800) OILY-CAT (645- 9228) (909) 382-5401

2824 E. W St., Bldg. 302  
San Bernardino, CA 92408

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

### Accepted Household Generated Wastes: motor

oil, oil filters, antifreeze, auto  
and household batteries,  
pesticides, fertilizers, paint  
products, chemical cleaners  
pool supplies, personal  
medications (excluding  
controlled substances, must  
separate solids and liquids).  
See below facilities that accept  
sharps and electronics. **Not  
Accepted:** business wastes,

explosives, medical wastes,  
appliances, furniture, tires,  
reactives, radioactive wastes,  
yard wastes, asbestos. Call **1  
(800) OILY-CAT** for additional  
information.

---

## County Solid Waste Disposal Site

Information line

**1 (800) 722-8004**

[www.sbcounty.gov/dpw/  
solidwaste](http://www.sbcounty.gov/dpw/solidwaste)

---

## Fontana Public Works (909) 350-6760

16454 Orange Wy.  
Fontana, CA 92335



## LIBRARIES

## Bloomington Branch Library

**(909) 820-0533**

18028 Valley Blvd.  
Bloomington, CA 92316

---

**108 FIFTH DISTRICT**



**Kaiser High School Public  
Library - Fontana  
(909) 357-5900, ext.  
14174**

11155 Almond Ave.  
Fontana, CA 92337

---

**Summit Branch Library  
(909) 357-5950, ext.  
15113**

15551 Summit Ave.  
Fontana, CA 92336

---

**Lewis Library and  
Technology Center -  
Fontana**

**(909) 574-4500**

8437 Sierra Ave.  
Fontana, CA 92335  
[www.sbclib.org](http://www.sbclib.org)

---

**Carter Branch Library  
(909) 854-4100, ext.  
28148**

2630 N. Linden Ave.  
Rialto, CA 92377

**Norman F. Feldheim  
Central Library - San  
Bernardino  
(909) 381-8201**

555 W. 6th St.  
San Bernardino, CA 92410

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

---

**Dorothy Inghram Branch  
Library - San Bernardino  
(909) 887-4494**

1505 W. Highland Ave.  
San Bernardino, CA 92411

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

---

**Howard M. Rowe Branch  
Library - San Bernardino  
(909) 883-3411**

108 E. Marshall Blvd.  
San Bernardino, CA 92404

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

---

**Paul Villasenor Branch  
Library - San Bernardino  
(909) 383-5156**

525 N. Mount Vernon Ave.  
San Bernardino, CA 92411



## SENIORCENTERS

### **Bloomington Senior Center** **(909) 546-1398**

18317 Valley Blvd.  
Bloomington, CA 92316

---

### **Delmann Heights Senior Center** **(909) 887-2115**

2969 N. Flores  
San Bernardino, CA 92407

---

### **Home of Neighborly Senior Center** **(909) 885-3491**

839 N. Mount Vernon  
San Bernardino, CA 92411

---

### **Lawrence Hutton Senior Center** **(909) 370-6168**

660 Colton Ave.  
Colton, CA 92324

---

---

### **Fontana Community Senior Center** **(909) 854-5151**

16710 Ceres Ave.  
Fontana, CA 92335

---

### **Luque Senior Center** **(909) 370-5087**

292 E. O St.  
Colton, CA 92324

---

### **George White Senior Center** **(909) 770-8173**

8565 Nuevo Ave.  
Fontana, CA 92335

---

### **Hutton Senior Center** **(909) 370-6168**

660 Colton Ave.  
Colton, CA 92324

---

### **Perris Hill Senior Center** **(909) 384-5436**

780 E. 21st St.  
San Bernardino, CA 92404

**Rialto Senior Center**

**(909) 877-9706**

1411 S. Riverside Ave.

Rialto, CA 92376

---

**San Bernardino 5th Street  
Senior Center**

**(909) 384-5430**

600 W. 5th St.

San Bernardino, CA 92410









# *The Department of Aging and Adult Services - Public Guardian*

The Department of Aging and Adult Services - Public Guardian (DAAS-PG) is a San Bernardino agency dedicated to helping seniors and at risk individuals to improve or maintain choice, independence and quality of life. The department works to ensure seniors and adults with disabilities have the right to age in place in the least restrictive environment.

<http://hss.SBCounty.gov/daas>



**Aging and Adult Services**  
Public Guardian

784 E. Hospitality Ln., San Bernardino, CA 92415-0640

**Senior Information and Assistance (SIA)**

**1 (800) 510-2020**

Aging and Adult Services - Public Guardian has endeavored to ensure that the information in this publication is correct and current at the time of printing, but takes no responsibility for any error, omission or defect therein, information provided in this publication is intended to provide general information only. Information compiled June 2020.