



Project CARE Sites Directory

For further information about partners and associated services, visit <http://www.localcommunities.org/lc/projectcare>

Project Care is a cooperative safety net designed to assure the well-being and independence of older persons and persons with disabilities in our community. Through its component services, Project Care helps people live independently in their homes. **Each community administers a local Project Care site autonomously to meet its unique needs.**

This directory provides a contact list for non-profit and municipal agencies that are providing component services of Project Care in their locale (including Vials of Life, Telephone Reassurance, Gatekeeper, Minor Home Modification, and Safe Return). **Not all sites offer all services. Some sites offer additional services unique to their area. For specific information about an area, it is best to contact the agency serving that area.** This directory provides phone and email contacts.

The back page of this directory lists law enforcement contacts for “home reassurance” visits. Most individual departments offer this service –typically called YANA for You Are Not Alone– through its Senior Volunteer Patrol. **This service is unique to each specific law enforcement agency.** For details on how any particular agency carries out its program, it is best to contact that agency or municipality.

Updated on 12/21/09

Project CARE Sites Directory

Project Care Sites	Zip Codes			
CENTRAL REGION				
1.	Live Well, San Diego Ernie Navarro 4425 Bannock Street San Diego, CA 92117 Mailing: P.O. Box 17366 SD, CA 92177 TEL: (858) 483-5100 FAX (858) 483-3214 ernie.navarro@livewellsandiego.org	92111 92117 92122 92123 92124		
2.	ElderHelp of San Diego Emily Merritt\ Anya Delacruz 4069 30th Street San Diego, CA 92104 TEL: (619) 284-9281 x 18 FAX (619) 284-0214 emerritt@elderhelpofsandiego.org adelacruz@elderhelpofsandiego.org	92103 92102 92104 92105 92115 92116 92119 92120		
3.	San Diego Senior Services Kristi Fenick, Director 202 C Street, 1 st Floor Lobby San Diego, CA 92101 (619) 236-6905 KFenick@sandiego.gov	92101 92102 92103 92104 92105 92106 92107	92108 92109 92110 92111 92115 92116 92117	92121 92122 92123 92124 92126 92131
4.	Neighborhood House Senior Center Jeanette Van, Director 841 South 41 st Street San Diego, CA 92113 Mailing: 795 Boundary St SD, CA 92113 TEL: (619) 263-2108 FAX (619) 263-3087 jvan@neighborhoodhouse.org kfillingim@neighborhoodhouse.org	92102 92113 92114 92139		

5.	Senior Community Centers Paul Downey, Executive Director Noelynn Manio, Project Care x317 928 Broadway San Diego, CA 92101 Mailing: 525 14 th Street, Suite 200 San Diego, CA 92101 TEL: (619) 235-6538 / (619) 235-4182 FAX (619) 544-9811 mary.mazyck@servingseiors.org noelynn.manio@servingseiors.org	92101 92102 92103 92105		
EAST REGION				
6.	Sharp Senior Resource Center Sharp Grossmont Hospital East County Project CARE Andrea Holmberg, Manager P.O. Box 158 La Mesa, CA 91944-0158 TEL: (619) 740-4214 FAX (619) 740-4468 andrea.holmberg@sharp.com	91901 91905 91906 91916 91917 91931 91934	91962 91941 91942 91935 91963 92019 92020	92021 92040 92071 91980 91945 91977 91978
NORTH REGION				
7.	Del Mar Community Connections Shirley King, Chair Heather Glenn, Program Manager P.O. Box 2947 Del Mar, CA 92014 858-792-7565 dmcc@dmcc.cc	92014		
8.	Encinitas Senior Center Christie Goodsell, Senior Center Manager 1140 Oakcrest Park Drive Encinitas, CA 92024 TEL: (760) 943-2250 FAX (760) 943-2252 cgoodsel@ci.encinitas.ca.us Gallicotti@ci.encinitas.ca.us	92007 92024		
9.	Escondido Joslyn Senior Center Ruth Twomey, Project CARE Coordinator 210 Park Ave, Room #7 Escondido, CA 92025 TEL: (760) 839-4049 FAX (760) 745-5837 c1malone@ci.escondido.ca.us	92025 92026 92027 92029		

10.	Fallbrook Health Foundation Judy Larsen, Project CARE Coordinator 135 South Mission Fallbrook 92088 Mailing: P.O. Box 2155 Fallbrook, CA 92088 Tel: (760) 723-7570 Fax: (760) 723-0358 Carevan1@tfb.com jflarsen@aol.com	92003 92028 92088		
11.	Oceanside Senior Citizens Center Maureen Fleming, Senior Center Director Beth Owens, Project CARE Coordinator 455 Country Club Lane Oceanside, CA 92054 TEL: (760) 435-5250 FAX (760) 757-0743 m Fleming@ci.oceanside.ca.us	92054 92056 92057		
12.	San Marcos Project CARE Nadine Kaina, Project Care Coordinator Stan Sweatt, Senior Advocate Interfaith Community Services 111 Richmar Avenue San Marcos, CA 92069 TEL: (760) 744-0467 FAX (760) 744-2653 ssweatt@interfaithservices.org <u>Does Telephone Reassurance for Escondido, Poway, and Back Country areas</u>	92068 92069	92025 92026 92027 92029	92064 92067 92126 92127 92128 92129
13.	Vista Project CARE Nadine Kaina, Project Care Coordinator Interfaith Community Services 1400-B Vale Terrace Vista, CA 92084 TEL: (760) 941-0140 FAX (760) 941-1467 nkaina@interfaithservices.org	92081 92082 92083 92084 92086	92004 92036 92059 92060 92061	92065 92066 92070
SOUTH REGION				
14.	Kimball Senior Center Maria Elena Wright, Senior Services Coord 1221 D Avenue National City, CA 91950 TEL: (619) 336-6760 FAX (619) 336-4292 mwright@ci.national-city.ca.us	91950		

15.	Norman Park Senior Center Denette Myers, Project CARE Coordinator 270 F Street Chula Vista, CA 91910 TEL : (619) 691-5086 FAX (619) 476-8167 NPCNTR@ci.chula-vista.ca.us	91910 91911 91913 91914 91915
16.	Sharp Coronado Hospital Gabriella Madrid, Community/Patient Relations Harriet Sangrey, Manager, Patient/ Administrative Relations 250 Prospect Place Coronado, CA 92118 TEL: (619) 522-3756 (Harriet) Harriet.sangrey@sharp.com (619) 522-3675 (Gabriella) gabriella.madrid@sharp.com FAX (619) 435-5204	92118
<u>NO PROJECT CARE AVAILABLE FOR THE FOLLOWING AREAS</u> Bonita (91902) Imperial Beach (91932) Carlsbad (92008, 92009, 92010, 92011) Mount Laguna (91948) San Luis Rey (92068) San Ysidro (92154, 92173) Solana Beach (92075) Sorrento Valley (92121)		

For additional information about general services, call the Aging & Independence Services Call Center (800) 510-2020.

Aging & Independence Services
9335 Hazard Way
San Diego, CA 92123
Fax: (858) 495-5080

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Volunteer Law Enforcement Contacts

You Are Not Alone (YANA) is a service operated by Law Enforcement Agencies through their Senior Volunteer Patrols. They may assist in well-being checks or telephone reassurance. Call the individual law enforcement agency - listed below for convenience - to find out more.

CENTRAL REGION

Linda Vista (858) 552-1737	Point Loma (619) 291-8228
Clairemont (858) 552-1737	Ocean Beach/ (619) 291-8228
University City (858) 552-1737	Paradise Hills (619) 527-3500 OR 527-3578
North Park (619) 291-8228	Southern (619) 424-0400
College Grove (619) 516-3182	Downtown (619) 685-8207
Mission Valley (619) 291-8228	San Diego/ (619) 291-8228
Pacific Beach (858) 552-1737	Hillcrest
La Jolla (858) 552-1737	

EAST REGION

Alpine (619) 659-2600
Descanso (619) 473-8774
Jacumba (619) 473-8774
La Mesa PD (619) 667-1342
El Cajon (619) 579-3354
Lakeside (619) 956-4000
Santee (619) 956-4048
Lemon Grove (619) 337-2072
Spring Valley (619) 337-2072

NORTH REGION

Carlsbad (760) 931-2214	Poway (858) 513-2800 or (858) 513-2855
Fallbrook (760) 451-3100 or 3145	Encinitas (760) 966-3579
Carmel Valley (858) 523-7021	Ramona (760) 789-9157
Del Mar None	San Marcos (760) 510-5290
Mira Mesa/Miramar/	Vista (760) 940-4434
Rancho Bernardo (858) 538-8146	Bonsall (760) 451-3100 or 3145
Rancho Peñasquitos (858) 538-8092	Julian (760) 765-4718
Scripps/ Miramar (858) 538-8156	Ranchita (760) 782-3353
Oceanside PD (760) 435-4763	Escondido None

SOUTH REGION

National City PD (619) 339-4423
Chula Vista PD (619) 476-2417
Paradise Hills (619) 527-3578
Coronado PD (619) 522-7350