Seniors
CenCal Health partners with many community organizations to ensure that our members not only have access to high quality medical services but to high quality community based services as well. Below you will find contact information for these organizations organized by region.

**South Santa Barbara County**
Senior Connection-Information and Referral (800) 510-2020 www.centralcoastseniors.org
Health Insurance Counseling and Advocacy (HICAP) (800) 434-0222 www.centralcoastseniors.org/senior-connection/
Friendship Center - Adult Day Services (805) 969-0859 www.friendshipcentersb.org
Elder Abuse Reporting-Santa Barbara (805) 681-4550
Meals on Wheels- Santa Barbara (805) 683-1565
In-Home Supportive Services-Santa Barbara (805) 681-4550
Meals on Wheels-Santa Ynez (805) 688-4571
Community Action Commision’s Healthy Senior Lunch (805) 692-4979
Hearing Loss Association of America-Santa Barbara (805) 563-1097 www.hlaa-sbc.org
Meals on Wheels- Santa Barbara (805) 683-1565
Meals on Wheels- Santa Ynez (805) 688-4571
Alzheimer’s Association (24 Hour Helpline) (800) 272-3900 www.alz.org
Villa Caridad (805) 683-4375 www.stvincents-sb.org

**North Santa Barbara County**
Community Partners in Caring (805) 925-8000 www.partnersincaring.org
Senior Connection-Information and Referral (800) 510-2020 www.centralcoastseniors.org
Health Insurance Counseling and Advocacy (HICAP) (800) 434-0222 www.centralcoastseniors.org/senior-connection/
Community Resources (continued)

Elder Abuse Reporting-Santa Maria & Lompoc (844) 751-6729
Meals on Wheels-Santa Maria (805) 925-9554
Meals on Wheels-Lompoc (805) 736-3257
In-Home Supportive Services/ Department of Social Services-Santa Maria (805) 346-7135
In-Home Supportive Services/ Department of Social Services -Lompoc (805) 737-7080
Healthy Senior Lunch-Santa Maria (805) 925-3010
Healthy Senior Lunch-Lompoc (805) 310-1557
Alzheimer’s Association (24 Hour Helpline) (800) 272-3900 www.alz.org

San Luis Obispo County
Senior Connection-Information and Referral (800) 510-2020 www.centralcoastseniors.org
Health Insurance Counseling and Advocacy (HICAP) (800) 434-0222
www.centralcoastseniors.org/senior-connection/
In-Home Supportive Services- North County (805) 461-6110
In-Home Supportive Services- South County (805) 474-2103
5 Cities Meals on Wheels (805) 773-2053
Alzheimer’s Association 24 hr helpline (800) 272-3900 www.alz.org
Meals that Connect (805) 541- 3312