



St. Jude Medical Center Senior Services

HEALTH DEPARTMENT

1. Caring Neighbors Friendly Visitor Program

- ✚ **Free** volunteer service to help low-income seniors increase socialization and reduce isolation and the heart-break of loneliness. We offer regular home visits, friendly phone calls, errands, light housekeeping, cheery conversation, and walks-around-the-block if they'd like.
- ✚ **For more information call: 714-446-7064**

2. Fall Risk Reduction Program

- ✚ **Free** in-home safety assessments for older adults
- ✚ Referrals for needed resources / home repairs / handyman services / personal organizers / placement specialists / etc.
- ✚ **Free** Caregiver Fall Prevention / Reduction Class

3. Medical Transportation For Low-Income Seniors

- ✚ Transportation services for low-income St. Jude seniors who are unable to drive to physician appointments and therapies ****Limited distance and availability**
- ✚ **For more information or resources call: 714-446-7064**

4. Late Life Depression Solutions

- ✚ **Free** in-home depression assessment, care management, and short term counseling with a licensed clinician for low-income seniors, and linkage to community resources
- ✚ **Free** Senior Depression Support Group ~ Learn strategies to combat depression and anxiety and develop tools to strengthen your resilience. Meets **every Monday** from **10:30 am – 12 pm** at **130 W. Bastanchury Road**
- ✚ **For more information call: 714-446-7017**

5. RTH Stroke Foundation Support and Education Group

- ✚ **Free** group for survivors, caregivers and family members features education, resources, supportive suggestions and the opportunity to talk with other survivors
- ✚ Meets **every 1st and 3rd Monday** from **1:30 – 3:00 pm** at **130 W. Bastanchury Rd.**
- ✚ **For more information or to Register call: 877-459-3627**

6. Parkinson's Disease Support and Education Group

- ✚ **Free** group features education, support, resources and helpful information
- ✚ Meets **every 2nd Wednesday** of every month from **4 – 5:30 pm**
- ✚ **For more information or to register call: 714-904-2249**

Senior Services Department

714-446-7035

130 W. Bastanchury Rd.
Fullerton, CA 92835

SERVICES:

- Caring Neighbors / Friendly Visitor Program
- Fall Risk Reduction
- Late Life Depression Solutions
- Senior Resources 101 Class / Resource Guide
- Healthy Living with Chronic Conditions Class
- Medical Transportation
- Advance Care Planning
- Healing Hearts After Loss
- Medicare Insurance Info
- Alzheimer's / Dementia Training
- Parkinson's Support Group
- Stroke Support Group

7. Senior Resources 101 Class / North Orange County Senior Resource Guide

- + **Free** 1 hour class every 4th Wednesday from 7-8 pm at 130 W. Bastanchury Rd.
- + Managing in-home care, insurance concerns and community resources / services
- + Essential legal documents and procedures
- + **Register at: 714-446-7035**

8. Healthy Living with Chronic Conditions

- + **Free** 6 week evidence based, excellent interactive workshop held quarterly
- + Learn how to:
 - Reduce pain, fatigue, and stress
 - Manage your medications and work effectively with your physician
 - Set weekly goals and solve problems creatively and effectively
- + **For more information or to register call: 714-446-7064**

9. Understanding Alzheimer's and Dementia ~ Free Monthly Classes / 1st and 3rd Wednesdays

- + Alzheimer's is not a normal part of aging. If you or someone you know is affected please join us to learn the facts about:
 - Alzheimer's disease stages and risk factors
 - Current research and treatments to address symptoms
 - Effective communication strategies, and more
- + **For more information or to register call: 800-272-3900**

10. Healing Hearts After Loss

- + This **Free** grief recovery support group is for anyone who is working through the pain of loss. Personal and warm ~ wherever you're at in the grieving process.
- + Meets every Thursday from 1:30 - 3:00 pm at 130 W. Bastanchury Road
- + Learn how to:
 - Begin making sense out of life and death
 - Deal with the tasks of mourning, celebrate and remember a life loved
- + **For more information call: 877-459-3627**

11. Advance Care Planning Classes / Information

- + **Free** Advance Care Planning classes held at local St. Jude Heritage Medical Offices and in the Community
- + **Free** Notary services, resources, information and assistance
- + **For more information call: 714-446-7017**

12. Medicare Insurance Plan Information

- + **Barbara Gamboa**, Senior Insurance Specialist can provide **Free** information on:
 - Medicare Benefits (Part A, B, C and D) ; Medicare Supplement (Medigap);
 - All Your Medicare Questions and Concerns
- + **For more information call: 714-446-7154**

Questions About Other Senior Related Issues / Senior Resource Guide

- + Contact **Senior Services** for helpful resources, referrals and information on topics such as Alzheimer's, veterans benefits, caregiver concerns, elder abuse questions, etc.
- + **Call or Email: 714-446-7035 or Karyl.Dupee@stjoe.org**