

Carton 7:11

LEE BROWN

SENIOR RIGHTS ORGANIZING:

1981, 1992

SAN FRANCISCO COMMISSION ON THE AGING

2017/193

San Francisco, Calif

Feb.12., 1981

COPY

Miss Pauline Johnsdon

Executive Director, Commission on the Aging

Miss Pauline Johnsdon,

My name is Lee Brown. A member of the Executive Board
of the Hotel & Restaurant employees and Bartenders

Union, Local 2, also a member of the Retiree Committee of
that Local. I am applying for the position of ^{To you,} ^{Council says} Advisory Counsel.
^{allow}

If I am correct; If not please correct me.

Listed below is my involvement in other organization, and
experience, and qualifications.

I been involed in the Union, and Labor Movement for forthy
are more years. In New Orleans, Louisiana I was the Vice President
, Warehouse and Distrivution Workers Union, Local 207

Member of Political Action Committee Local, ILWU- CIO

Action EXCTIVE SECRETARY LOUISIANA CIVIL RIGHTS CONGRESS YEAR 1951

A MEMBER UNITED PACKINGHOUSE WORKERS OF AMERICA, AFL*CIO. LOCAL 591

~~ASSOCIATED WITH THE NATIONAL COUNCIL OF AMERICA~~

Miscellaneous culinary employees Union. Local 110 AFL-CIO

Shop Steward at the Fairmont Hotel In 1963 S.F.C.

Shop Steward at the Jack Tar Hotel 1968 S.F.C.

Reviced a Ceriticate completing the eight weeks course of the
Union Cousellors Program In Cooperation with the United Bay Area
Crusaed AFL CIO.1973.

Appointed as a Delegated to the Local Joint Exective Board 1970

For the Miscellaneous Culinary Employee Union Local 110 AFL-CIO

Appointed Picket Captain Local 110 1969

Joined the Bay Area Welfare Right Organization Inc. 1979

Member of the Senior Citizen Program 1979

24

15-54-95-13)
FL 01201
Loey

"SENIORS"

SAN FRANCISCO COMMISSION ON THE AGING WILL HOLD ITS
MEETING EVERY 1ST WEDNESDAY OF THE MONTH, AT THE PUBLIC
HEALTH BLDG. ON THE 3RD FLOOR 9:30 A. M. CALL TO CONFIRM.
415-864-6051.

ADVISORY COUNCIL TO THE COMMISSIONER ON THE AGING WILL HOLD
ITS MEETING AT 25 VAN NESS AV SAN FRANCISCO, CA. EVERY 3RD
WEDNESDAY OF THE MONTH. 5TH FLOOR 9:30 A. M. CALL TO CONFIRM.
415-864-6051.

THANK YOU

Lee Brown, a trade-unionist, been in the labor movement over 50
50 years and the struggle for peace, jobs, health-needs for the people
and houses. In 1955 he spoke in Long Beach, Ca. ~~He~~ He and the late
Harry Bridges spoke on a resolution on peace which was passed unanimous-
ly. He also received a peace medal from the executive director from
the National Peace Movement from Helsinki, Saturday, June 20, 1981.

Youth and Student Bill of Rights

The Y.C.L. proposes that the following rights belong to every young person and should be amended to the Constitution.

1. The right to **live** in a peaceful world.
2. The right to a **job** at a living wage with union protection and affirmative action for all hiring and promotion.
3. The right to quality, free **education** through college, with peace studies, ethnic studies, and labor history included. Our schools and curriculum should reflect the cultural diversity of the students and of society.
4. The right to full **equality** regardless of age, race, nationality, sex, sexual orientation or religion. The right to live free from the threat of racist violence and hate crimes.
5. The right to live in a **safe community**, free of drugs, crime and police harassment.
6. The right to free **medical care**, child care and full choice regarding abortion.
7. The right to decent, low-cost **housing**.
8. The right to affordable and accessible **cultural, social and recreational facilities**.
9. The right to an **environment** that is clean and free of nuclear and toxic waste.
10. Extend **freedom of speech, of assembly and of the press** from the community to the campus.

We believe all-youth **unity** and **action** can win some of these rights, but ultimately the best environment for progressive change will be free and democratic **socialism**. Join our movement and fight for the rights of all people!

Y.C.L. OF NORTHERN CALIFORNIA
522 VALENCIA STREET
SAN FRANCISCO, CA 94110
(415) 863-6968

San Francisco



626-1033

Commission on the Aging
Senior Information and Referral

SENIOR INFORMATION DIRECTORY

Emergency 911

(Ambulance, Police and Fire)

POISON CONTROL CENTER..1-800-523-2222

SUICIDE PREVENTION (FRIENDSHIP LINE)
FOR ELDERLY 752-3778

PERSONAL TELEPHONE NUMBERS:

DOCTOR: _____

DENTIST: _____

HOSPITAL: _____

PHARMACY: _____

NEIGHBOR: _____

NEAREST RELATIVES: _____

This is only a partial list of agencies serving the elderly in San Francisco. For further information on these and other agencies, please call:

San Francisco Commission on the Aging
Senior Information and Referral
25 Van Ness Avenue, Suite 650
San Francisco, CA 94102
(415) 626-1033

Office Hours: Monday to Friday
8:00 a.m. - 5:00 p.m.
24 Hour Phone

ADULT DAY HEALTH CENTERS (ADHC)

Bayview/Hunter's Point 826-4774

30th. Street-ADHC 550-2230

Laguna Honda Hospital 759-3360

Mt. Zion Hospital -
Ruth Ann Rosenberg 750-5350

North and South of Market: Mabini Jones St.
..... 882-7301/923-9085

On Lok 292-8888

St. Mary's 334-4000

ALCOHOL/DRUG ABUSE

Alcoholic Anonymous 621-1326

Drug Hotline 362-3488

National Council
on Alcoholism 296-9900

North of Market Alcohol
Counseling and Outreach 885-2274

DENTAL SERVICES

Medi-Cal/Denti-Cal
Referrals 1-800-322-6384

Senior Dental Program 421-1435

Other Dental Referrals 626-1033

EDUCATION (Older Adults Program)

San Francisco Community College
Mission Campus 550-4384

San Francisco State University -
Urban Elders Program 338-2127

University of San Francisco -
Fromm Institute 666-6805

University of California Extension -
Center for Learning in Retirement
(CLIR) 863-4518

ELDER ABUSE

In an emergency call 911

Adult Protective Service (APS) 557-5230

Senior Information and Referral 626-1033

Ombudsman (Nursing Home and
Board and Care Home Abuse) 255-6010
(After hours Crisis Line) 1-800-231-4024

EMPLOYMENT

Civil Service Hotline 557-4888

Employment Development
Department (EDD) 749-7599

National Council
on The Aging 982-7007

Options for Women over 40 837-0157

For list of other employment
agencies 626-1033

FINANCIAL

Financial Resources Assisting
Independent Living(FRAIL) 554-1175

Medi-Cal Information 863-9892

Medicare Information 1-800-952-8627

Social Security/SSI 1-800-772-1213

FOOD

Food Stamps 558-4186

Meals on Wheels 920-1111

Nutrition Sites (for list of) 626-1033

SHARE (food cooperative) ... 1-800-499-2506

Surplus Food Information 247-7847

GERIATRIC CASE MANAGEMENT

Senior Information and
Referral (for referral to
local agencies) 626-1033

HEALTH INSURANCE COUNSELING

Health Insurance Counseling
and Advocacy Project (HICAP) -
Legal Assistance to the Elderly 861-4444

HEALTH SERVICES

Health Center #1
(Mission, Potrero, Noe Valley) 487-7500

Health Center #2
(Marina, Western Addition) 292-1300

Health Center #3
(Southeast, Bayview/Hunter's Pt.) .. 715-0300

Health Center #4
(Chinatown, Northpoint) 705-8500

Health Center #5
(Sunset, Richmond, OMI) 753-8100

Mission Neighborhood
Health Center 552-3870

North of Market Senior Service
(Primary care to seniors of the
Tenderloin) 885-2274

Potrero Hill Health Center 648-3022

San Francisco General Hospital 206-8000

San Francisco Medical Society
(for referrals to physicians) 561-0850

South of Market Health Clinic 626-2951

Southeast Health Center 715-4000

HOUSING

Housing Authority 554-1205

Independent Housing Service 441-6781

Rent Board Arbitration 554-9550

The Housing Committee
(tenant's rights) 749-3700

San Francisco Home
Share Program 759-3760

San Francisco Tenant's Union 282-6622

IN-HOME SUPPORT / HOMEMAKER SERVICES

For information about a referral
to local services 626-1033

LEGAL/ADVOCACY

Asian Law Caucus 391-1655
La Raza Centro Legal 375-3500
Legal Assistance to the Elderly 861-4444
Older Women's League 989-4422
Operation Concern - Gay &
Lesbian Outreach to the Elderly 626-7000
San Francisco Consumer Action 777-9635
San Francisco Neighborhood
Legal Assistance 627-0200

MENTAL HEALTH SERVICES

Emergency Services (S.F. General) 206-8125
Geriatric Community Mental Health Services :
Chinatown and Northbeach 352-2000
Southeast Mission 337-4722
Sunset, Richmond and OMI 753-6073
Tenderloin and Central City 554-3277
Western Addition,
Pacific Heights, Marina 474-7310

NURSING HOME AND BOARD AND CARE INFORMATION

California Advocates for Nursing
Home Reform (CANHR) 474-5171
Licensed Residential Care Home ... 266-8800
Ombudsman 255-6010
(Weekend or after hours) 1-800-231-4024
Residential Care Info & Referral 399-1750

PET SERVICES

Animal Care & Control Center 554-6364
SPCA 554-3000

RECREATION

Recreation and Park Department
Senior Activities 666-7015
Recreation Center for the
Handicapped 665-4100
San Francisco Visitor
Information Center 391-2000
UCSF/Mt. Zion Center on Aging
Artworks (for homebound) 750-4187
Senior Centers and Clubs 626-1033

TRANSPORTATION

BART Information 992-2278
MUNI Information 673-6864
Paratransit (Taxi Scrip & Lift
Van Service) 202-9903
Senior Escort (Main Office) 695-5170

VOLUNTEERS

Retired Senior Volunteer Program . 731-3335
Volunteer Center 982-8999
Other volunteer opportunities 626-1033

ADDITIONAL PHONE NUMBERS:

Elder Care Locator #

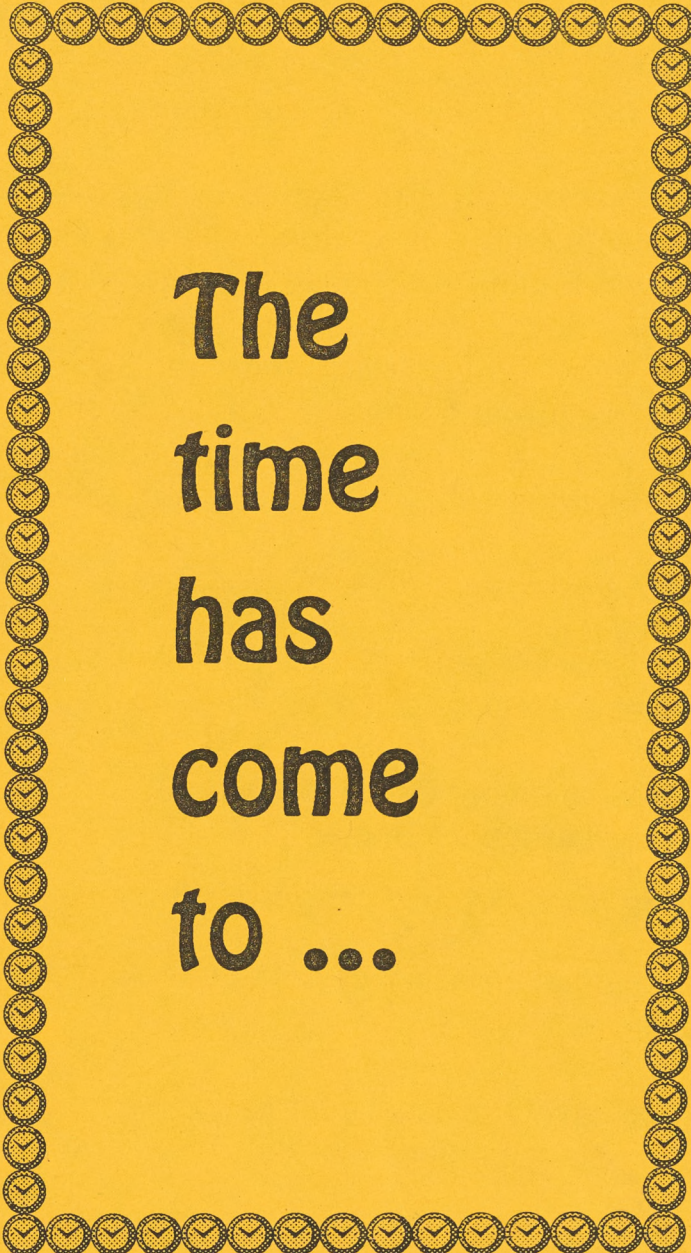
1-800-677-1116

The listed resources are for informational purposes only and are not an endorsement of services or personnel by the San Francisco Commission on the Aging, Senior Information and Referral.

Produced by:

San Francisco Commission on the Aging
Senior Information and Referral

Updated: 6/95



**The
time
has
come
to ...**

Get your new Senior

ID & Gold Card!

Dear Seniors:

The Commission on the Aging is happy to provide seniors with a new Senior ID and Gold Card. This will enable you to take advantage of all the COA funded programs and also receive discounts from participating merchants. The cards are designed to make our work more efficient and at the same time provide additional benefits to all of us.

Benefits to you are:

- ♦ You will not be required to fill out client data forms at every program site.
- ♦ You will have your Gold Card already combined with your Senior ID.

Benefits to the COA and program sites:

- ♦ We will have an accurate count of how many people we serve.
- ♦
- ♦ We will have statistical information we can use to obtain funding.

Mutual Benefit:

- ♦ Improved senior services in San Francisco

Recognizing that change is not easy, we wanted to make a special appeal for your help and cooperation.

How the new cards will work:

- ♦ You will be requested to fill out a Client Intake Form. Once completed, you will receive a Temporary Senior ID and Gold Card, effective July 1, 1995 through December 31, 1995.
- ♦ When you go to other COA funded programs, present your card. This means you will not have to complete the same form at each program.
- ♦ The card will also entitle you to receive **discount** at many participating stores and restaurants (a directory of merchants will be provided).
- ♦ In January 1996, you will receive a **permanent** COA Senior ID and Gold Card. We ask that you use this card whenever you attend a COA funded program.

Let me assure you that all information collected will be kept strictly confidential.

I hope this information is helpful to you and that you will continue to participate in the numerous senior programs San Francisco has to offer.

Thank you again for your support and cooperation.



David Ishida
Executive Director



City and County of San Francisco
Commission on the Aging
25 Van Ness Avenue, Suite 650
San Francisco, CA 94102

Business Phone	(415) 864-6051
Fax Number	(415) 864-3991
Information and Referral	(415) 626-1033

From The Library Of
LEE BROWN

Senior Gold Card

M E R C H A N T ' S D I R E C T O R Y

1992-1993



*A Service of the
San Francisco
Commission
on the Aging*

Printing Funded By

SAN FRANCISCO
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What is the San Francisco Gold Discount Program?

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This is a service of the San Francisco Commission on the Aging's Senior Information and Referral Program. The purpose of the program is to provide discounts to anyone 60 years of age or older on a variety of goods and services available at hundreds of locations throughout San Francisco.

The Gold Card program is an affiliate of the State of California's Golden State Senior Discount program. This means that anyone in California who has a Golden State Senior Discount Card can take advantage of the discounts described in this directory. It also means that San Franciscans who have a Gold Card can purchase discounted goods and services in other California counties that participate in the Golden State Senior Discount program.

What is the Gold Card Merchant's Directory?

This directory lists the over 300 businesses in San Francisco that provide a discount on their merchandise and services to persons over 60 years of age who have a San Francisco Senior Gold Card Discount Card.

How Can You Get a Gold Card?

If you are 60 years of age or older and wish to obtain a Gold Card, come to the Commission on the Aging's, Senior Information and Referral Program, 25 Van Ness Ave., Suite 750 Monday through Friday 8 a.m. to 5 p.m. with any identification that shows your date of birth or call 626-1033 for further information. There is no charge for the Gold Card or for the participating merchant.

Special Thanks

To the San Francisco Independent, Pacific Bell and the Index Inc. Non-Profit Information Network for funding the printing and typesetting of this edition of the Merchant's Gold Card Directory, to Martha Maher for her dedication in coordinating this project and to the staff of Commission on the Aging's Senior Information and Referral Program for their support.

From The Library Of
LEE BROWN

Consumer's Guide to the San Francisco Senior Gold Card Discount Program

This guide is to assist you in being a wise consumer of the goods and services offered by the merchants who have generously offered to participate in the San Francisco Senior Gold Card Discount Program. We hope you will find this guide useful and that it enables you to increase your buying power.

1. The San Francisco Gold Card is for your own use exclusively and not to be loaned to family and friends.
2. Look for the San Francisco Senior Gold Card Placard in store windows and check out stands to identify the merchants participating in the program. If no placard is seen ask the merchant if they are participating in the Gold Card Program.
3. The discounts provided by the merchants listed herein are voluntary, the amount is set by the merchants, and may not be the lowest price available for the product or service.
4. This card is not good on transit busses or for campgrounds. These are different cards. For information about where to get these cards call 626-1033, Monday through Friday, 8 a.m. to 5 p.m.
5. Be a Responsible consumer:
 - Consider all costs, such as delivery, installation, service and finance charges.
 - Know our warranty terms. Read and understand all tags, labels, warranties and contracts and canceled checks. Keep documents in a safe place.
 - Ask for the price before purchasing your items or receiving a service. That way you can make sure merchants are providing you with the discount they have indicated in the directory.
6. Present our San Francisco Senior Gold Card to the participating merchant at the time of purchase.
7. Many businesses not yet enrolled in the program will give discounts to seniors— always ask.
8. If you know of a merchant that would like to participate in this program, please let us know, 626-1033
9. Please notify us if you find a merchant in our program that is out of business or no longer honors the discount.
10. The San Francisco Senior Gold Card Discount Program assumes no responsibility for the offers contained in the directory and makes no warranties, representations or claims concerning the quality, quantity or availability or merchandise or services offered, so again, shop wisely.
11. Always call the merchant before going to see if the item you want to purchase is still involved in the Gold Card program.
12. Before purchasing a large item such as a refrigerator, check the "consumer guide" at the library for the "best buys."
13. When planning major repairs on your home, consult the Better Business Bureau (243-999) for a consumer's report on the Company you are considering to do the work, and also check the Contractor's State License Board, 469-6200.

How to Use This Directory

Merchants are listed alphabetically within the category of service where they most logically fit:

Airport Transportation	1	Housecleaning Service	18
Antiques	1	Ice Cream & Yogurt	18
Appliances	1	Jewelers	18
Automobiles	1	Legal Financial Service	19
Bakeries	3	Medical Care	19
Bookstores	3	Medical Supplies	20
Candy	4	Moving & Storage	20
Chiropractic Services	4	Paints	21
Cleaners	4	Pet Shops & Supplies	21
Delicatessens	5	Pharmacies	22
Dentists	5	Photography	24
Department & Variety Stores	7	Plumbing	25
Entertainment	8	Podiatrists	25
Eye Care	8	Printing	26
Fabrics	10	Real Estate	26
Floor Coverings	10	Restaurants	26
Florists	10	Self Defense Courses	29
Furnaces & Chimney	11	Shoe Sales & Repair	29
Furniture Sales & Repairs	11	Stationers & Office Supplies	30
Glass Companies	12	Tailor	30
Grocery & Health Food	12	TV, VCR & Radio	30
Hair Care	13	Thrift Shop	31
Hardware Stores	14	Travel Services	31
Hearing Aids	15	Veterinarians	32
Home Maintenance	16	Window Coverings	32
Hotel & Motels	16		

Airport Transportation

Quake City Airport Shuttle

(Formerly Good Neighbors
Airport Shuttle)

33 Harriet St. #1

S.F. CA 94103

777-4899 (from S.F.)

255-4899 (from airport)

20% discount: Senior Fare \$8.00

Antiques

Beaver Bros. Antiques

1637 Market St.

S.F. CA 94103

863-4344

10% off except sale items

Biscuit Jar Antiques

2134 Taraval St.

S.F. CA 94116

665-4520

15% discount

Gaslight & Shadows Antiques

2335 Clement St.

S.F. CA 94121

387-0633

20% discount

Appliances

ABC Appliance

2048 Taraval St.

S.F. CA 94116

564-8166

2% off all sale items;

5% off non-sale items

Automobiles

A.A. Quality Auto Reconstruction

280 14th St.

S.F. CA 94103

431-8967

10% off new part ordered
for repairs

AAMCO Transmissions

1633 Valencia St.

S.F. CA 94110

285-1600

10% off all repairs, parts & labor

Auto Motion

185 Bayshore Blvd.

S.F. CA 94124

550-2400

10% off parts & labor on all
foreign & domestic auto repairs,
maintenance & tire services

Bug & Hare Repair

1645 Pacific Ave.

S.F. CA 94109

771-3377

10% off parts only

Car Parts Supply

461 South Van Ness Ave.

S.F. CA 94103

621-0815

10% off parts & labor,
excluding sale items

Fell & Masonic Chevron Service

1698 Fell St.

S.F. CA 94117

921-8188

10% off parts & labor; \$1.00 off
gasoline at full service island

George's Brake & Front End Inc.

2800 Alemany Blvd.

S.F. CA 94112

586-0633

10% off parts

Golden Gate Radiator & Body

1315 - 7th Ave.

S.F. CA 94122

664-8161

10% off any competitor price

J.J. Auto Parts

661 Divisadero St.

S.F. CA 94117

567-4850

10% off parts & labor
(excluding sale items)

Keystone Batteries

1601 Cortland Ave.

S.F. CA 94110

647-5575

10% special discount
with free installation

Kim's Auto Body & Paint Center

1728 Folsom St.

S.F. CA 94103

431-3900

10 - 20% off on labor cost of
collision repair; free rental car
& estimates

Midas Muffler & Brake

1200 Larkin St.

S.F. CA 94109

775-5400

10% off all parts & labor; not
valid with any other discount

Midas Muffler & Brake

165 So. Van Ness Ave.

S.F. CA 94103

626-8384

10% off all parts & labor;
not valid with any other discount

Ocean Avenue Garage

1719 Ocean Ave.

S.F. CA 94112

584-8181

10% off brake & tune-up service
(cash sales only); 10% off labor for
general repairs (cash sales only)

Rolling Stock

695 So. Van Ness Ave.

S.F. CA 94110

558-9121

10% off all parts/products

Rowland's Auto Repair

479 Tenth St.
S.F. CA 94103
863-5111
10% off labor

Scotty's Transmission

834 Divisadero St.
S.F. CA 94117
567-3009
10% off any repairs

Bakeries

Anna's Danish Cookie Co.

3560 - 18th St.
S.F. CA 94110
863-3882
10% off bakery items

Bakery De Leon

30 West Portal Ave.
S.F. CA 94127
564-6946
10% off any sale greater than \$5

House of Bagels

5030 Geary Blvd.
S.F. CA 94118
752-6000
10% off bagels, bread
& bread rolls

Just Desserts

3735 Buchanan St.
S.F. CA 94123
922-8675
10% off full-priced baked goods
& beverages

Just Desserts

248 Church St.
S.F. CA 94114
626-5774
10% off full-priced baked goods,
food & beverages

Tassajara Bread Bakery

1000 Cole St.
S.F. CA 94117
664-8946
10% discount

Zanze's Cheesecake

2405 Ocean Ave.
S.F. CA 94127
334-2264
10% off each cake

Bookstores

Alexander Book Co.

50 Second St.
S.F. CA 94105
495-2992
10% off all reg. priced
merchandise

Bookmonger

2411 Clement St.
S.F. CA 94121
387-2332
10% off marked price

Candy

City Sweets

90 New Montgomery
S.F. CA 94105
495-4883
20% off on candies & chocolates

City Sweets

444 Market St.
S.F. CA 94111
989-0911
20% off on candies & chocolates

Stevie's Sweeties

Ghirardelli Square
900 Northpoint
S.F. CA 94109
474-3346
10% discount

Chiropractic Services

Anspach & Di Leo Chiropractic Clinic

425 Divisadero St., Suite 300
S.F. CA 94117
553-8182
Free initial consultation & exam.
25% off x-rays. Medicare provider.

Balbon, Brian W. Dr.

2515 Ocean Ave. #6
S.F. CA 94132
334-1919
Complimentary exam &
consultation. Medicare accepted

Bay Advanced Chiropractic Clinic

2475 Mission St. #B
S.F. CA 94110
648-6054
Complimentary exam
& consultation

Chidlowsky Chiropractic

1943 Noriega St.
S.F. CA 94122
753-2300
20% discount

Dr. Jeffrey Katz

4865 Mission St.
S.F. CA 94112
584-3042
20% off all service with card

Lakeside Family Chiropractic

2345 Ocean Ave.
S.F. CA 94127
587-1000
Complimentary physical exam
(usual fee - \$60); x-rays \$75
(usually \$116); office visits \$22

Cleaners

Fulton Fabricare Cleaners & Laundry

2900 Fulton St.
S.F. CA 94118
387-6500
15% off dry clean, dry clean by
the pound, wash & fold, \$10
minimum; 15% off shirts laun-
dered; 15% off alterations (\$15
minimum)

Meaders Cleaners

1515 Northpoint
S.F. CA 94123
922-5790
10% discount

Meaders Cleaners

1875 Geary
S.F. CA 94115
922-3300
10% discount

Meaders Cleaners

2671 Ocean Ave.
S.F. CA 94132
334-0400
10% discount

Delicatessens

California Street Creamery

2413 California St.
S.F. CA 94115
929-8610
10% off baked goods;
15% off dairy products

Coffee Cantata Deli

1980 Union St.
S.F. CA 94123
563-7274
10% off total check

Herb's Delicatessen

2132 Taraval St.
S.F. CA 94116
731-4422
20% off all deli products

Dentists

Balaoro, Juan V. D.M.D.

1914 Ocean Ave.
S.F. CA 94127
239-1914
10% off all dental services
including dental restorations

Baldwin Louie, D.D.S., Inc.

646 Clement St.
S.F. CA 94118
221-1324
20% off normal fees

Busterna, Frank D.D.S.

2166 Hayes St.
S.F. CA 94117
752-5223
25% off general dentistry
& bridge work

Castro Street Dental Group

375 Castro St.
S.F. CA 94114
626-4124
15% off PMT to be made before
or at time of treatment

Cohen Dental Care

311 California St.
S.F. CA 94104
433-9032
10% discount

Cole, Ronald E. D.D.S.

2340 Judah St.
S.F. CA 94122
731-0200

15% off all services except x-rays,
cleaning & exams for individuals
65 yrs or older without dental
insurance. Additional 5% dis-
count on bills over \$300 which
are paid in full.

Dumas, Michael D.M.D.

Oral & Maxillofacial Surgeon
2645 Ocean Ave.
S.F. CA 94132
334-5060
15% off usual & customary fees

Ellerhorst, Thomas C. D.D.S.

Silvestri, Ann Marie D.D.S.

2300 Sutter St. #204
S.F. CA 94115
921-0434
10% discount

Gloeckner, Bruce W. D.D.S.

595 Buckingham Way
S.F. CA 94132
664-4733
10% discount

Griffith, Michael D.D.S.

2439 Ocean Ave.
S.F. CA 94127
334-1737
15-20% discount

Lloyd A. Kwok, D.D.S., Inc.

1794 San Jose Ave.
S.F. CA 94112
586-3155
20% off all dental procedures

Michael J. Antonini, D.D.S., Inc.

2827 Franklin St.
S.F. CA 94123
776-1900
10% discount

Pacific Dental Group

Ricci Chan D.M.D.
2001 Union St. Ste. 240
S.F. CA 94123
931-8795
15% off all dental work

Richard A. Parodi, D.D.S., Inc.

2497 San Bruno Ave.
S.F. CA 94134
468-3756
15% discount

Siegel, Walter Mark D.M.D.

Oral Maxillofacial Surgery
4141 Geary Blvd. Ste 406
S.F. CA 94118
387-5885
20% off; cash, Visa, MC or
check at time of service preferred

Yee, Kin F. D.D.S.

760 Market St. Ste 722
S.F. CA 94102
421-5878
20% discount

Department & Variety Stores

Bay Area Cyclery

4537 Mission St.

S.F. CA 94112

585-7480

10% off bikes & exercisers,
cash customers only

Cable Car Music Box Co.

2800 Leavenworth St. #6

S.F. CA 94133

771-7402

10% discount

Coffee Merchant, The

1248 9th Ave.

S.F. CA 94122

665-1915

5% off coffee, tea, & accessories

Global Exchange

Third World Craft Center

3900 24th St.

S.F. CA 94114

648-8068

10% off all purchases when
presenting Gold Card

Headlines

1217 Polk St.

S.F. CA 94109

776-4466

Additional 10% off all purchases

Headlines

5717 Christie (Powell St. Plaza)

Emeryville CA 94605

(510) 547-3324

Additional 10% off all purchases

Headlines

557 Castro St.

S.F. CA 94114

626-8061

Additional 10% off all purchases

Headlines

838 Market St.

S.F. CA 94102

956-4872

Additional 10% off all purchases

Hellenic American Imports

2365 Mission St

S.F. CA 94110

282-2237

10% discount

Hobby Co. of S.F., The

5150 Geary Blvd

S.F. CA 94118

386-2802

10% off minimum \$5.00
purchase, except magazines
& sale items

San Francisco Archery Shop

2302 Taraval St.

S.F. CA 94116

731-3047

10% discount

Entertainment

Blue & Gold Fleet

Pier 39, Box Z-2

S.F. CA 94133

705-5444

\$2.00 off the reg. senior fare
on the 1 1/4 hr. SF Bay Cruise.
May not be used with any other
offer.

International Center

50 Oak St.

S.F. CA 94102

863-7676

\$2.00 per visit for unlimited use
of facilities \$50.00 per quarter

Park Bowl

1855 Haight St.

S.F. CA 94117

752-2366

\$1.25 per game, 10-5 pm, Mon -
Fri. Free shoe rental

Ray Bell Variety Show

992 Anza St.

S.F. CA 94118

387-4456

10% discount

Ripley's Believe It Or Not!

175 Jefferson St.

S.F. CA 94133

771-6188

\$1.45 off adult admission

The Magic Theatre

Fort Mason Center, Bldg D

S.F. CA 94123

441-8822

Half off the single ticket price
on Wed, Thurs, Sunday

Eye Care

Albert, Henry C., Jr., O.D.

760 Market St. Suite 949

S.F. CA 94102

362-2273

10% discount

Baker, Roy O.D.

4596 Mission St.

S.F. CA 94112

585-6588

10% when insurance not utilized

Chun, June, O.D.

4390 Mission St.

S.F. CA 94112

585-4966

10% discount

Dong, Bruce G., O.D.

619 Irving St.

S.F. CA 94122

661-8253

\$65 eye exam fee reduced to \$50
10% off of products

Drs. Hiura & Hiura & Lee

1418 Polk St.

S.F. CA 94109

776-2352

10% off professional services

& prescription lenses;

15% off frames

Four Fifty Sutter Opticians

450 Sutter St., Suite 510

S.F. CA 94108

421-4520

20% off complete pair
of eyeglasses

Gale, Barak Dr.

180 Howard St.

S.F. CA 94105

543-9011

15% off all services & eyeglasses

Monetta, Robert O.D.

2532 Ocean ave.

S.F. CA 94132

239-2544

10% off any service

Oikos Vision Care

1491 Webster St.

S.F. CA 94115

928-3937

20% off comprehensive exam &
materials, ie. lenses, contact lens;

20% to 30% on specific frames

Optical Solution

1635 Divisadero St.

S.F. CA 94115

563-5666

15% - Complete Rx eyeglasses

Purewal, M. S., O.D.

3130 24th St.

S.F. CA 94110

648-2777

Complete eye examination \$25

\$25 off eyeglasses or contact
lenses

Ray Opticians

728 Pacific Ave. #116

S.F. CA 94133

781-3937

20% discount; 1 hour service for
most multivision & single vision
eyeglasses at no extra charge

Robinson, Ronald Optometrist

760 Market St. Suite 446

S.F. CA 94102

392-7274

15% off materials

Ruegg, William F., O.D.

760 Market St. Suite 446

S.F. CA 94102

392-0190

Phone for senior discount

Stamper, Bruce, Dr. O.D.

2508 Mission St.

S.F. CA 94110

824-2374

10% off all services & materials

Fabrics

Discount Fabrics

1432 Haight St.
S.F. CA 94117
621-5584
10% off on all items
except sale items

Discount Fabrics

4556 Mission St.
S.F. CA 94112
334-6192
10% off on all items
except sale items

Discount Fabric

2315 Irving
S.F. CA 94122
564-7333
10% off on all items
except sale items

San Francisco Fabrics

1715 Polk St.
S.F. CA 94109
673-5848
10% off regular priced goods

Floor Coverings

Apollo's Floor Covering

3476 Mission St.
S.F. CA 94110
648-9180
10% off purchase over \$500;
12% off purchase over \$1500

Conklin Bros., Inc.

1100 Selby St.
S.F. CA 94124
282-1822
10% discount

French Bros.

2125 Harrison St.
S.F. CA 94110
621-6627
40% off suggested retail pricing
on most products

Magic of Persia

3775 24th St.
S.F. CA 94114
282-6109
10 - 20% off on nomadic, tribal &
village rugs and decorative art

World of Carpet

1601 Noriega St.
S.F. CA 94122
731-3170
10% off materials

Florists

Accent on Flowers

4080 24th St.
S.F. CA 94114
824-3233
15% off anything, except wire
orders and other promotion
discounts

Hoogasian Flowers

1674 Lombard St.

S.F. CA 94123

885-4321

20% off cash and carry plants
& flowers; delivery orders
flat \$5.00 discount

Parkside Florist

941 Taraval St.

S.F. CA 94116

661-3303/3304

10% discount

Pinelli's Flowerland

714 Clement St.

S.F. CA 94118

751-4142

10% off all local items

San Francisco Florist

1390 Market St

S.F. CA 94102

621-3668

15% off all cash & carry
purchases & local SF delivery

San Francisco Florist

220 Montgomery (Lobby)

S.F. CA 94104

781-5900

15% off all cash & carry
purchases & local SF delivery

***Furnace &
Chimney
Sales & Repairs***

Ace Furnace Co., Inc.

2017 Taraval St.

S.F. CA 94116

661-8000

10% off on furnace parts;

\$5.00 off on Tor-A-Vac
furnace cleaning

***Atlas Heating & Ventilating
Co., Ltd.***

440 8th St.

S.F. CA 94103

552-7000

5% off furnace replacement &
new furnace installation

***Furniture
Sales & Repairs***

Ah Sam Chair Repair

1290 Union St.

S.F. CA 94109

441-4860

10% off cash purchase

Globe Furniture Co.

2243 Mission St.

S.F. CA 94110

826-6910

10% discount

Home Remedy Painting, Etc.

1132 Taylor St.

S.F. CA 94108

885-6878

15% off refinishing

wood cabinets & furniture

Hoot Judkins Furniture

1142 Sutter St.

S.F. CA 94109

673-5454

20% off furniture not on sale

Glass Companies

Avenue Glass

1255 Vicente St.

S.F. CA 94116

564-1517

10% off materials, except when
other discounts are in effect.

Sunset Glass, Inc.

4301 Irving St.

S.F. CA 94122

664-1626

10% off material

Union Glass Works

63 Bonita St.

S.F. CA 94109

673-1105

15% off on glass & labor

Grocery & Health Food

Au Naturel

Health & Nutrition Center

2370 Market St.

S.F. CA 94114

431-9963

10% off all purchases vitamins,
herbs

Diane's Health Foods

3248 22nd St.

S.F. CA 94110

285-4454

10% off vitamins supplements

Good Life Grocery, The

1524 20th St.

S.F. CA 94107

282-9204

10% off all products from 9am-
3pm only; except selected dairy
& sale items

Good Life Grocery, The

448 Cortland Ave.

S.F. CA 94110

648-3221

10% off all products from 9am-
3pm only; except selected dairy
& sale items

Harvest Market

2285 Market St.

S.F. CA 94114

626-0805

10% discount

Inner Sunset

Community Food Store

1319 20th Avenue

S.F. CA 94122

664-0427

10% off; except specially discounted products, dairy products, & purified water

New West Natural Foods

970 Market St.

S.F. CA 94102

775-7760

10% off non-sale supplements

Noe Valley Community Store

1599 Sanchez St.

S.F. CA 94131

824-8022

10% off on total purchase

Other Avenues

Community Food Store

3930 Judah St.

S.F. CA 94122

661-7475

10% off all items; excluding bulk eggs and 1/2 gal. milk

Rainbow Grocery, Inc.

1899 Mission St.

S.F. CA 94103

863-0620 Food store/863-9200

Gen. store

10% off except milk, butter, eggs & already discounted items (sale or w/casediscount)

Shaklee Authorized Distributor

1000 Sutter St. 812

S.F. CA 94109

929-0110

10% off all products (catalog available)

Shaklee Products

2226 41st Ave.

S.F. CA 94116

564-1511

10% off all products

St. Philips Market

4190 24th St.

S.F. CA 94114

647-0293

10% off Monday & Tuesday; 5% off other days; excluding sale items & cigarettes

Hair Care

Chicago Barber Shop #3

1551 Fillmore St.

S.F. CA 94115

563-9793

\$1.00 off total price

Hansen Fontana

536 Bryant St.

S.F. CA 94107

495-8888

10% off all hair replacements, wigs, wiglets, switches, falls & related hair products

Hickman's Hair Styles

900 Cabrillo St.
S.F. CA 94118
752-5097/1374
10% off haircuts;
12% off perms & tints

Mike Barber Shop

1185 Church St.
S.F. CA 94114
282-8445
\$2.00 off Tues. thru Fri.

Moler Barber College

50 Mason St.
S.F. CA 94102-2890
362-5885
Tapered haircut - \$3.00,
Tue.- Fri. only

Orpheum Barber Shop

1180-A Market St.
S.F. CA 94102
621-0300
20% discount

Remy Hairstyling Hut

3410 Judah Ave.
S.F. CA 94122
753-3131
Every tues free manicure with
permanents \$25;
Free shampoo & blowdry with
haircut

Town & Country Beauty Salon

1944 Irving St.
S.F. CA 94122
664-6133
15% off mon-thur. on shampoo &
set; Shampoo & dry, perm-wave
& coloring

Zenzi's Beauty College, Inc.

677 Portola Drive
S.F. CA 94127
564-5802
10% off any hair, skin care or
nail service

Hardware Stores

Bayview Hardware & Annex

6114-6138 Geary Blvd.
S.F. CA 94121
221-4764/386-9112
10% off all merchandise
\$5 minimum

Brownies Hardware

1552 Polk St.
S.F. CA 94109
673-8900
10% off non-sale items

Cole Hardware

3312 Mission St.
S.F. CA 94110
647-8700
10% off except sale items

Cole Hardware

956 Cole St.
S.F. CA 94117
753-2653
10% off except sale items

Creative Paint & Hardware

999 Geary St.
S.F. CA 94109
441-8850
10% off Benjamin Moore paints,
paint supplies & hardware

Crown Hardware & Lock

3615 Balboa St.
S.F. CA 94121
221-9047
10% off all parts & labor

Jules Hardware

1556 Ocean Ave.
S.F. CA 94112
585-3456
10% off,
\$2.00 minimum purchase

MacDonald Paint

1200 Howard St.
S.F. CA 94103
863-0955
20% off list on paint;
10% off sundries

Roberts Hardware

1629 Haight St.
S.F. CA 94117
431-3392
10% discount

Standard Plumbing & Hardware

1019 Clement St.
S.F. CA 94118
221-1888
10% off labor & materials on
plumbing service & drain
cleaning; 10% off in store except
sale items

Workingman's Headquarters

2871 Mission St.
S.F. CA 94110
282-2403
10% discount

Hearing Aids

San Bruno Hearing Aid Center

256 El Camino Real
San Bruno CA 94066
737-5720
10% off manufacturer's suggested
cost for cash purchases

***Sunset Parkmerced
Hearing Aid Center***

2620 Ocean Ave.
S.F. CA 94132
333-3600
10% off regular price for batteries
15% off on instruments when
purchased within 30 days

Vasquez Optical & Hearing

1309 Castro St.
S.F. CA 94114
206-2080
10% discount for cash purchases

Home Maintenance

A.C. Electric & Construction

1775 Egbert Ave.
S.F. CA 94124
626-1181
15% off total price

A.J. Electric

280 Evelyn Way
S.F. CA 94127
586-0191
10% off labor only

City Overhead Doors

5976 Mission St.
S.F. CA 94112
756-4226
5% off total

Door Doctor of San Francisco, The

97 Loomis St.
S.F. CA 94134
468-2826
10% off on installation of new
merchandise, repairs excluded;
free estimates

Sierra Point Lumber & Plywood Company

601 Tunnel Ave.
S.F. CA 94134
468-5620
10% off all merchandise

Standard Roofing Company

1226 Ninth Ave.
S.F. CA 94122
566-2049
5% off total price

Standard Termite & Pest Control

1271 48th Ave. Unit A
S.F. CA 94122-1001
661-7378
5% off residential
pest control only

Hotels & Motels

Atherton Hotel, The

685 Ellis St.
S.F. CA 94109
474-5720
\$45 discounted rate for
standard rooms, single or
double occupancy

Best Western Americana

121 7th St.
S.F. CA 94103
626-0200
10% off all guestroom
accommodations; not applicable
with any other discount

Best Western Carriage Inn

140 7th St.
S.F. CA 94103
552-8600
10% off all guestroom
accommodations; not applicable
with any other discount

Best Western Civic Center

364 9th St.
S.F. CA 94103
621-2826
10% off all guestroom accommodations; not applicable with any other discount

Best Western Flamingo

114 7th St.
S.F. CA 94103
621-0701
10% off all guestroom accommodations; not applicable with any other discount

Friendship Inn

860 Eddy St.
S.F. CA 94109
474-4374
10% discount off rack rates

Hotel Bedford

761 Post St.
S.F. CA 94109
673-6040
\$80 rate, single or double occupancy

Hotel Britton

112 7th St.
S.F. CA 94103
621-7001
10% off all guestroom accommodations; not applicable with any other discount

Hotel California

405 Taylor St.
S.F. CA 94102
885-2500
\$60 single, \$65 double; based on availability

Hotel Richelieu

1050 Van Ness Ave.
S.F. CA 94109
673-4711/1-800-227-3608
\$62 rate for single or double occupancy

Lombard Hotel, The

1015 Geary St.
S.F. CA 94109
673-5232
50% off rack rate, subject to availability, plus tax. When this rate is not available a standard senior rate shall be offered of \$58.00 single/double, plus tax.

Mayflower Apt. Hotel

975 Bush St.
S.F. CA 94109
673-7010
10% off on day rate if paid in cash or traveler's check

Ocean Park Motel

2690 46th Ave.
S.F. CA 94116
566-7020
10% off all posted seasonal rates

Town House Motel

1650 Lombard St.

S.F. CA 94123

885-5163

10% off all guestroom
accommodations; not applicable
with any other discount

Housecleaning Services

Cinderella's Housekeeping

2256 Van Ness Ave.

S.F. CA 94109

775-8900

15% off first visit;

10% off follow - up visits

Heavenly Maids

"The Best On Earth"

P.O.Box 27323

S.F. CA 94127

239-0561

10% off S.F. Seniors on
residential house cleaning

Ice Cream & Yogurt

Penguin's Place

3251 20th Ave. # 250 K

S.F. CA 94132

753-5521

10% off any items purchased;
excludes gift certificates

Jewelers

Broder Jewelry Co.

210 Post St.

S.F. CA 94108

421-9313

30% off custom orders;

30% off repairs

Latin Jewelers

2521 Mission St.

S.F. CA 94110

647-7575

30% off all cash sales

(repairs excluded)

Layne's Jewelers

1005 Market St.

S.F. CA 94103

621-1572

10% on all regular merchandise

Pearl Empire - Jade

127 Geary St.

S.F. CA 94108

362-0606

15% off all merchandise

San Francisco Provident Loan Assn.

932 Mission St.

S.F. CA 94103

982-4400

20% off all jewelry sales

Sidney Mobell Fine Jewelry

Fairmont Hotel Lobby

S.F. CA 94108

421-4747

10 - 25% on everything in store

Union St. Goldsmith

1909 Union St.

S.F. CA 94123

776-8048

10% off merchandise (not repairs or appraisals; not always on custom work)

Zwilling & Co.

760 Market St., Suite 800

S.F. CA 94102

392-4086

40% off retail on diamonds and jewelry

Legal & Financial Services

Divorce Center of California

870 Market St. # 547

S.F. CA 94102

956-5757

20% off fees for divorce, legal separation & annulment. Fees range \$80 - \$250. Court fee also required unless low income

Jeanpierre & Co. CPA

1640 Fulton St.

S.F. CA 94117

929-7770

35% off our standard prices for income tax preparation

Law Offices of Gary D. Berger

One Sansome St. Suite 900

S.F. CA 94104

731-2268

10% off living trusts, wills, living wills, powers of attorney, estate planning

Law Offices of Thomas E. Kararian

323 West Portal Ave. 2nd Fl.

S.F. CA 94127

753-2246

Simple wills - \$75.00; Living Trusts starting at \$400 for single person; Free initial telephone consultation for other legal problems

Prudential Securities

Scott S. Lenhart

1440 Chapin Ave.

Burlingame CA 94010

340-4820

Free Portfolio Analysis & consultation on all investment matters (stocks, bonds, mutual funds, insurance & estate planning)

Medical Care

David L. Chittenden, M.D.

A Medical Corporation

Medical Orthopedic

490 Post St., Suite 1440

S.F. CA 94102

433-5284

10% off first visit

Olsten Health Care

221 Main St. #440
S.F. CA 94105
957-1970
10% for home health aide at
\$14.85/hr; 5% for RN/LVN: RN -
\$45/hr; LVN - \$31/hr

Medical Supplies

Bowerman's Medical Supply

155 9th St.
S.F. CA 94103
863-1020
10% off physical therapy
equipment

Golden Years Medical

Home Health Care Products
1533 Ocean Ave.
S.F. CA 94112
333-0746
10% off all cash items when
Gold Card presented

Moving & Storage

Cardinal Packing

Box 460706
S.F. CA 94146
759-5638
15% off plus free boxes, exclud-
ing boxes for electronics, mirrors,
& pictures

Glenn Hunter

Moving & Storage, Inc.

1240 Minnesota St.
S.F. CA 94107
826-4000
25% off out of state shipments;
10% off local storage

Granny's Movers

906 Divisadero St.
S.F. CA 94115
567-6146
50% off all boxes

Maxson Moving Services, Inc.

339 Kirkham St.
S.F. CA 94122
665-4091
10% off all moving services
& materials

Saagan Moving & Storage Co., Inc.

5501 Third St.
S.F. CA 94124-2606
822-7200
25% off on new packing
materials; 50% off on used
packing materials

Paints

Classic Shades Painting Co., Inc.

187 Coleridge St. #2
S.F. CA 94110
647-6224
5% off regular bid price

Creative Paint & Hardware

999 Geary St.
S.F. CA 94109
441-8850
10% off Benjamin Moore paints,
paint supplies & hardware

Hoffman Paint Co., Inc.

3239 - 22nd St.
S.F. CA 94110
824-1787
10% off retail price

Home Remedy Painting, Etc.

1132 Taylor St.
S.F. CA 94108
885-6878
10% off wallpapering
& interior painting

Kelly Moore Paint Co.

364 Divisadero St.
S.F. CA 94117
552-1606
25% off Kelly-Moore Paint; 10%
off wall coverings & sundries; not
valid on sale items or spray
equipment

Kelly Moore Paint Co.

3414 Army St.
S.F. CA 94110
826-3440
25% off Kelly-Moore Paint; 10%
off wallcoverings & sundries;
not valid on sale items or spray
equipment

Kelly-Moore Paint Co.

638 4th St.
S.F. CA 94107
896-5408
25% off Kelly-Moore paint; 10%
off wallcoverings & sundries;
not valid on sale items or spray
equipment

MacDonald Paint

1200 Howard St.
S.F. CA 94103
863-0955
20% off list on paint;
10% off sundries

Pet Shops & Supplies

Cals Discount Pet Supply

5950 California St.
S.F. CA 94121
386-1720
5% discount

Crown Pet Shop

1700 Ocean Ave.

S.F. CA 94112

333-4858

10% discount; card must be
shown at time of sale

Pharmacies

1800 Sullivan Pharmacy

1800 Sullivan Ave., Suite 102

Daly City CA 94015

756-1800

15% off on all regular non-sale
merchandise, except candy, soda
and tobacco; Rx's at 20% off
regular charge

A-G Pharmacy

3636 Army St.

S.F. CA 94110

647-3757

20% off over-the-counter items,
except candies, magazines & sale
items; 10% off prescriptions

Ace Pharmacy

2505 Noriega St.

S.F. CA 94122

731-3535

10% off Rx & health items

Budget Pharmacy

1738 Polk St.

S.F. CA 94109

441-4885

10% off all merchandise, except
candy and sale items

Civic Center Pharmacy

1198 Market St.

S.F. CA 94102

626-8080

10% off on Rx, sundries & health
& beauty aids upon presentation
of gold card before ring up;
magazines, tobacco, food & sale
items excluded

Dessel's Pharmacy

790 Irving St.

S.F. CA 94122

681-3300

10% off prescriptions
and sundries

Disernia's Pharmacy

3149 Mission St.

S.F. CA 94110

824-4044

10% off durable medical
equipment, complete discount
program on prescriptions-
delivery service

Four-Fifty Sutter Pharmacy

450 Sutter St. #410

S.F. CA 94108

392-4137

10% off prescriptions &
over-the-counter merchandise

Fuller Pharmacy, Inc.

5009 Third St.

S.F. CA 94124

822-8334

Special discount on prescriptions
& 10% off on over-the-counter
merchandise

Hall's Pharmacy

6157 Geary Blvd.

S.F. CA 94121

751-1320

10% off all regularly priced merchandise, except candy, newspapers & sale items

Merrill's

1091 Market St.

S.F. CA 94103

431-7240

10% off all items, except tobacco products

Merrill's

390 Sutter St.

S.F. CA 94108

434-4711

10% off all items, except tobacco products

Merrill's

45 Montgomery St.

S.F. CA 94104

397-1667

10% off all items, except tobacco products

Merrill's

805 Market St.

S.F. CA 94103

781-1667

10% off all items, except tobacco products

Merrill's

265 Winston Dr.

S.F. CA 94132

681-4035

10% off all items, except tobacco products

Merrill's

138 Kearny St.

S.F. CA 94108

391-1334

10% off all items, except tobacco products

Merrill's

98 First St.

S.F. CA 94105

543-0577

10% off all items, except tobacco products

Merrill's

50 Fremont St.

S.F. CA 94105

777-4550

10% off all items, except tobacco products

Merrill's

5280 Geary Boulevard

S.F. CA 94118

668-2040

10% off all items, except tobacco products

Mortar & Pestle Pharmacy

2300 California St.

S.F. CA 94115

931-7200

10% off professional fee on Rx's
& over-the-counter items

Reliable Drug Co.

801 Irving St.

S.F. CA 94122

664-8800

10% off prescriptions & all items
except cigarettes, candy, maga-
zines, liquor & sale items

***St. Francis Medical Center
Pharmacy***

901 Hyde St.

S.F. CA 94109

776-4650

10% off, except candy

Thrifty Drug Co.

9 West Portal Ave.

S.F. CA 94127

681-2215

10% off over-the-counter items;
20% off Rx's

Union Plaza Pharmacy

2001 Union St.

S.F. CA 94123

563-7850

10% off prescriptions & sundries,
except sale items & candy

Visitacion Valley Pharmacy

100 Leland Ave.

S.F. CA 94134

239-5811

10% off over-the-counter items;
5% off Rx's

West Coast Pharmacy

601 Irving St.

S.F. CA 94122

664-0470

10% off over-the-counter
products, except candy & sale
items; special prices on
prescriptions

Photography Services

Cip Ayalin Photography & Video

1155 Geneva Ave.

S.F. CA 94112

333-2524

10% off all photography
& video services

Leetone Studio, Inc.

615 Sansome St.

S.F. CA 94111

391-9890

10% off passport, immigration
photos, fingerprint,
photofinishing & laminations;
(cash only)

Plumbing

Abrass Plumbing

P.O. Box 471586
S.F. CA. 94147-1586
221-5115
10% discount

Bright Plumbing

26-A Steiner St.
S.F. CA 94117
626-3884
10% off material

Clausen-Patten, Inc.

633 Taraval St.
S.F. CA 94116
661-2050
10% off materials, not labor

Grace Santana

Plumbing Contractor

1475 Dolores St.
S.F. CA 94110
641-4740
10% off labor & materials

Magic Plumbing & Rooter Services

275 Monterey Blvd
S.F. CA 94131
334-3371
10% off labor only

Pacific Plumbing & Heating

2445 Greenwich St.
S.F. CA 94123
931-1482
10% off material; residential only

Standard Plumbing & Hardware

1019 Clement St.
S.F. CA 94118
221-1888
10% off labor & materials on
plumbing services & drain
cleaning; 10% off in store except
sale items

Podiatrists

Excelsior Foot & Ankle Clinic

4465 Mission St.
S.F. CA 94112
333-0676
20% off services not covered
by medicare

Farac, Karen, DPM, MS

Podiatric Medicine & Surgery
SF, Bay Area Home Visits
P.O. Box 347425
S.F. CA 94134-7425
333-7393 - S.F.
(408) 281-7474 - San Jose
Medicare assignment accepted;
all others 20% discount

Ocean Avenue Podiatry Group

2411 Ocean Ave. #101
S.F. CA 94127
585-5400
10% off uncovered
medicare services

Pacific Coast Hospital & Clinics

1835 Ellis St.

S.F. CA 94115

563-3444

20% off outpatient surgeries,
clinic therapy & other services

S.F. Foot & Ankle Center,

A Podiatry Group, Inc.

1 Shrader St. Suite 500

S.F. CA 94117

750-1992

Medicare assignments accepted
all others 10% discount

Stern, Joseph D.P.M.

410 16th Ave

S.F. CA 94118

387-7333

20% off uncovered services

Stonestown Podiatry Group

595 Buckingham Way #330

S.F. CA 94132

731-6700

Medicare assignments accepted
all others 10% discount

Printing

H & R Graphics

1385 27th Ave.

S.F. CA 94122

753-8989

20% discount

Real Estate

A & A Realty & Mortgage

3435 Mission St.

S.F. CA 94110

285-1225

10% off all fees & commission

Focus Realty

Robert Farac

101 St. Mary's Ave.

S.F. CA 94112

334-6018

15% off commission

Restaurants

Barbary Coast Restaurant & Bar

215 West Portal

S.F. CA 94127

566-5700

10% discount

Bill's Place

2315 Clement St.

S.F. CA 94121

221-5262

10% off except when another
offer is used

Bobby Rubino's Place for Ribs

245 Jefferson St.

S.F. CA 94133

673-2266

10% off food purchases

Capp's Corner II

1600 Powell

S.F. CA 94133

989-2589

10% off plus one complimentary
glass of wine with lunch or
dinner

Castagnola's Restaurant

286 Jefferson St.

S.F. CA 94133

775-2446

Three daily specials from
\$5.95 - \$7.95; "Catch of the Day"
(fresh fish) \$7.95

Celia's #1 Restaurant

4019 Judah St.

S.F. CA 94122

564-0662

10% off total purchase

Cheese Steak Shop, The

1716 Divisadero St.

S.F. CA 94115

346-3712

10% off; alcoholic beverages not
included & not valid with other
discounts

Cheese Steak Shop, The

1054 University Ave.

Berkeley CA 94710

(510) 845-8689

10% off any purchase

Cheese Steak Shop, The

3308 Lakeshore Ave.

Oakland CA 94610

(510) 832-6717

10% discount

El Toreador

50 West Portal Ave.

S.F. CA 94127

566-8104

10% off on food only; between
11:00 a.m. - 5:30 p.m.

Freddie's Sandwiches, Inc.

300 Francisco St.

S.F. CA 94133

788-9457

10% discount

***Gaspare's Pizza House
& Restaurant***

5546 Geary Blvd.

S.F. CA 94121

387-5025

15% discount

Joe's Cable Car Restaurant

4320 Mission St.

S.F. CA 94112

334-6699

10% off between 2:00 - 6:00 p.m.,
Monday thru Friday

La Posada

2298 Fillmore St.

S.F. CA 94115

922-1722

20% discount on food only

Leticia's

2223 Market St
S.F. CA 94114
621-0442
20% off food only

Line-Up

398 - 7th St.
S.F. CA 94103
861-2887
20% off food only

Lyons Restaurant

2 Poncetta Dr.
Daly City CA 94015
756-6076
10% off entire check

Mabarani

1122 Post St.
S.F. CA 94109
775-1988
10% off on total bill

Mayes Oyster House

1233 Polk St.
S.F. CA 94109
474-7674
Early Dinner 3:30 - 6:00 p.m. -
\$8.50; Senior Special on Saturday,
11:30 a.m. - 4:30 p.m. - \$7.95

Pirro's Pizzeria

2244 Taraval St.
S.F. CA 94116
731-4545
10% off on all items

***Popeye's Famous Fried Chicken
& Biscuits***

1106 Market St.
S.F. CA 94102
864-1800
10% discount

***Popeye's Famous Fried Chicken
& Biscuits***

5201 3rd St.
S.F. CA 94124
822-6862
10% discount

Popeye's Famous Fried Chicken

1426 Fillmore St.
S.F. CA 94115
567-1748
10% discount

Samurai Nippon

2365 Chestnut St.
S.F. CA 94123
346-9399
10% off on Mon. - Wed.
cash customers only

South Pacific Seafood

2500 Noreiga St.
S.F. CA 94122
564-3363
10% off for lunch & brunch

Subway Sandwiches & Salads

1500 Fillmore St.
S.F. CA 94115
771-5583
\$.50 off any 6" sandwich; \$1.00
off any foot long sandwich. Not
to be used with other discounts

Subway Sandwiches & Salads

5650 Geary Blvd.

S.F. CA 94121

386-8223

10% off (excluding sales or promotions) 5% off 6 ft. giant party subs

Subway Sandwiches & Salads

1250 Market St.

S.F. CA 94102

621-1249

10% discount

Zim's Laurel

3473 California St.

S.F. CA 94118

387-7771

10% discount; not good with any other discount or promotions

Zim's Taraval

901 Taraval St.

S.F. CA 94116

681-4743

10% discount; not good with any other discount or promotions

Zim's Van Ness

1090 Van Ness Ave

S.F. CA 94109

885-2620

10% discount; not good with any other discount or promotions

Zim's Van Ness & Market

1498 Market St.

S.F. CA 94102

431-0600

10% discount; not good with any other discount or promotions

Self Defense Courses

Academy of Tae Kwon Do

988 Oak St.

S.F. CA 94117

864-4827

10% off all workshops; 20% off ongoing Tae Kwon Do classes

Boldizar Karate School

1307 Castro St.

S.F. CA 94114

826-6123

20% discount

Shoe Sales & Repairs

Astrid's Rabat Shoes

3909 24th St.

S.F. CA 94114

282-7400

10% off all regularly priced merchandise

Marina Shoe Repair

1951 Chestnut St.

S.F. CA 94123

563-1387

10% off shoe repair

Renato Shoe Repairs

1405 Market St.
S.F. CA 94103
626-0481
15% discount

Wooden Heel Shoe Repair, The

4071 24th St.
S.F. CA 94114
824-9399
10% off all repairs

*Stationers &
Office Supplies*

Downtown Stationers

119 New Montgomery
S.F. CA 94105
392-8085
10% off all listed catalog items

Tailor

Joseph Festinese

1437 Stockton St.
S.F. CA. 94133
392-1245
15% off market price,
except sale items

*Television, VCR
& Radio
Sales & Repairs*

Beta-Tronics

3386 -18th St.
S.F. CA 94110
431-8200
5% off sale; 10% off labor

Ernie's TV Service

503 Jones St.
S.F. CA 94102
673-1356
20% off on all repairs

F & R Electronics

1195 Geneva St.
S.F. CA 94112
585-3110
10% off labor & parts

Flash TV Sale & Service

46 Leland Ave.
S.F. CA 94134
239-6572
\$3.50 off on service calls;
5% off on sales

Melody Video & Sound Corp

2163 Polk St.
S.F. CA 94109
474-6181
10% off services, 5% off
merchandise; sale items excluded

Stanley's TV & Radio

2352 Mission St.
S.F. CA 94110
285-8787
10% off repairs & items
not on sale

Sunset Richmond

T.V. & VCR Repairs

1885 11th Ave.
S.F. CA 94122
564-3890
15% off repairs

Wong's TV-Radio Service

59 Waverly Place
S.F. CA 94108
781-0535
10% off all sales of chinese tapes,
records, CDS, rice cookers, all
other electrical products & all
repairs

Thrift Shops

Cathedral School Shop

1036 Hyde St.
S.F. CA 94109
776-6630
20% off on Wednesdays

Hospice Thrift Shop

1173 Sutter St.
S.F. CA 94109
673-3030
10% off all non-sale items daily;
20% off non-sale items Tuesdays
only

Purple Heart Veterans Thrift Shop

1855 Mission St.
S.F. CA 94103
621-2581
30% off all merchandise on
Mondays, except mattresses &
special purchase items

Travel Services

Cruise Holidays

1299 Church St.
S.F. CA 94114
550-1899
10-50% off over 2,000 Cruises;
In addition Gold Card holders
will receive special onboard ship
credits

Cruise Time

1 Hallidie Plaza #406
S.F. CA 94102
677-0777
5-50% off on every sailing cruise

Ultimate Travel Services

598 Bosworth St. #1
S.F. CA, 94131
239-8990
Airline discount to senior
plus a 5% discount from
Ultimate Travel

Veterinarians

24th Street Animal Clinic

2400 24th Street
S.F. CA 94110
285-9300
10% discount

Animal Farm Pet Hospital

5601 Mission St.
S.F. CA 94112
333-0813
10% discount

Especially Cats

Veterinary Hospital

1339 Taraval St.
S.F. CA. 94116
681-5553
10% off all services; prescriptions
& supplies excluded

Irving Street Veterinary Hospital

1434 Irving St.
S.F. CA 94122
664-0191
10% off professional services-
seniors 65 & older

Marina Pet Hospital

2024 Lombard St
S.F. CA 94123
921-0410
10% off all services

Ocean Ave. Veterinary Hospital

1001 Ocean Ave.
S.F. CA 94112
586-5327
10% off all services, pet food
& supplies

Park Animal Hospital

1207 9th Ave.
S.F. CA 94122
753-8485
10% off on services
not on pharmacy items

Pets Unlimited

2343 Fillmore St.
S.F. CA 94115
563-6700
10% off professional services only

Presidio Way Veterinary Hospital

2701 Sutter St.
S.F. CA. 94115
861-6752
10% off services

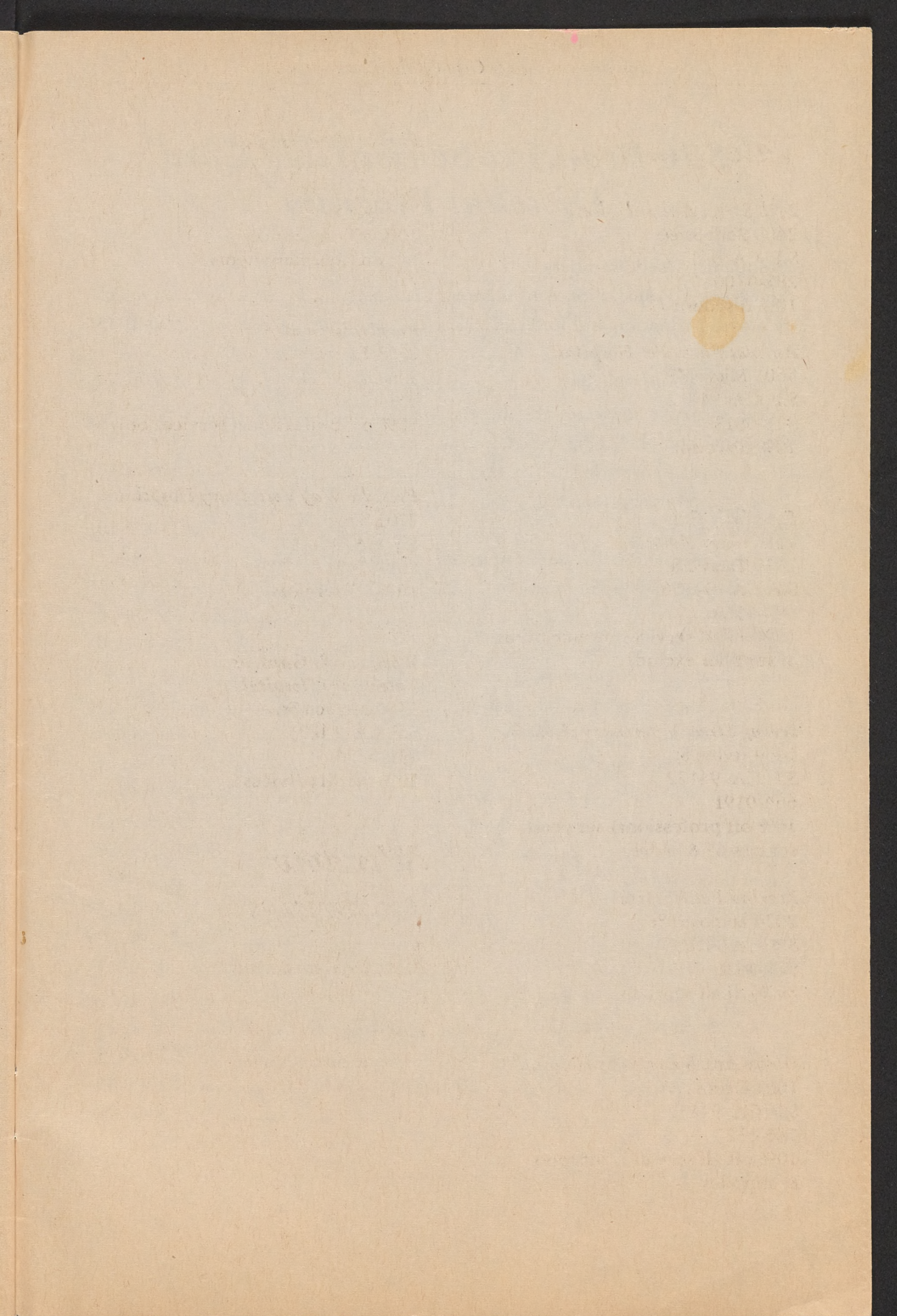
Woodward's Gardens Veterinary Hospital

1760 Mission St.
S.F. CA 94103
431-0220
10% off all services

Window Coverings

Theo Defriese & Sons

2300 Keith St.
S.F. CA 94124
822-1400
10% of cash & carry



San Francisco Senior Gold Card Discount Program

Frequently Used Numbers

Emergency- Police, Fire, Ambulance	911
Senior Information and Referral	626-1033

Adult Day Health Centers	626-1033
Adult Protective Services	557-5230
Commission on the Aging	864-6051
Employment Information	626-1033
Food Stamp Information	558-1000
Friendship Line	752-3778
Geriatric Mental Health (Administration)	255-3441
Gold Card/Muni I.D. Information	626-1033
Gray Panthers	552-8800
Housing Authority	554-1200
Independent Housing Service	441-6781
In-Home Support Services Information	626-1033
Legal Assistance to the Elderly	861-4444
Mayor's Citizen's Assistance	554-7111
Meals on Wheels	495-3333
Medi-Cal	863-9892
Medicare Information	1-800-952-8627
Muni Information	673-6864
Nutrition Sites	626-1033
Ombudsman	255-6010
Paratransit Service	202-9903
Retired Senior Volunteer Program	731-3335
Senior Action Network (SAN)	863-2033
Senior Centers	626-1033
Senior Escort	695-5180
SHARE	362-2506
Social Security	1.800-772-1213
Surplus Food Information	863-2121

SENIOR GOLD CARD MERCHANTS ADDENDUM

Since publication of the Merchant's Directory there have been some changes. This addendum contains information about corrections, deletions and additions. Information is current as of July 1995. Many businesses who offer discounts for seniors have their own special programs and are not mentioned in the directory. Check with such establishments as Cala Markets, Lyon's Restaurants, Ross Dress for Less, and F. W. Woolworth Company Variety Stores for their senior discount days. Please let us know of any other merchants or businesses who offer discounts to their senior customers.

Another suggestion is to read the San Francisco Independent that advertises businesses and restaurants who provide discounts to seniors. Airlines, Amtrak, and Greyhound all have discounts for seniors. Whenever you shop, simply ask the clerk, "Do you offer discounts to seniors?" Most businesses will say "Yes." If you come across a merchant or business interested in participating in the Senior Gold Card Program, have them call us at (415) 626-1033.

CORRECTIONS

Under Hair Care, page 14, Moler Barber College; change description of discount to tapered haircut - \$3.75 instead of \$3.00.

Under Pharmacies, page 22, Civic Center Pharmacy; change description of discount to read 10% off our regular Rx prices, sundries and health and beauty aids upon presentation of gold card before ring up. Magazines, tobacco, food and sale items are excluded.

DELETIONS

Under Department and Variety stores page 7, remove all Headline Stores. They no longer provide a discount to gold card holders.

Under Grocery and Health Food, page 13, remove Shaklee Authorized Distributor 1000 Sutter Street #812, San Francisco, CA 94109.

NEW MERCHANTS

ARTS and CRAFTS

Cooperative Popular Teodosia

Hand Made Arts and Crafts

4300-A Cortland Avenue

San Francisco, CA 94110

Phone: (415) 642-9223

15% to 25% off on everything in the store.

Hours: Tuesday - Friday 1-8 p.m. Sat-Sun-
Holidays 11 a.m. - 7 p.m.

DENTISTS

Creative Dentistry

Ellen C. Gotay, D.D.S.

Phone: (415) 585-6841 - 1-800 SMILES 8

Home visits for dentures, partials and
denture repairs. 10% off all denture work
when gold card presented. No additional
charge for home visit.

Smile America

120 Battery Street

San Francisco, CA 94111

Phone: (415) 391-4466

10% off all services

DEPARTMENT and VARIETY STORES

AFAM COFFEE CO./Home Delivery

1426 Fillmore Street, Ste 207

San Francisco, CA 94115

Order center only.

Phone: (415) 292-5643/1-800-400-5643

10% off all coffees, purchases of \$15.00
or 2 lbs.
(Home delivery service).

DEPARTMENT and VARIETY STORES

(continued)

National Dollar Stores

at the following locations:

1633 Fillmore Street

Phone: (415) 346-5310

English, Chinese and Spanish spoken

929 Market Street

Phone: (415) 546-3828

2610 Mission Street

Phone: (415) 282-2057

660 Broadway

Phone: (415) 362-7533

English and Chinese Spoken

FURNITURE SALES and REPAIRS

Basic Bookshelves

555 Hayes Street

San Francisco, CA 94102

Phone: (415) 863-5864

10% discount - except custom orders.

GOLF

Mission Bay Golf Center

1200 Sixth Street

San Francisco, CA 94107

Phone: (415) 431-7888

\$5.00 for bucket of balls -
includes coffee or tea & muffin

NEW MERCHANTS

HEALTH and FITNESS CENTERS

International Center

50 Oak Street
San Francisco, CA 94102
Phone: (415) 863-7676

\$2.00 per visit for unlimited use of facilities.
\$50.00 per quarter.

Parkside Fitness Club

1647 Taraval Street
San Francisco, CA 94116
Phone: (415) 731-0880

10% off all membership to Gold Card Holders.

HOME MAINTENANCE

Jack of All Trades

Home Maintenance
463 Huron Avenue
San Francisco, CA 94112
Phone: (415) 587-6862

10% discount on all services including labor and material . Free Estimates.

HOTELS

Mosser Victorian Hotel/Market Roastery Restaurant

54 Fourth Street
San Francisco, CA 94103
Phone: (415) 986-4400

20% discount on hotel rooms and 20% discount on dinner menu.

LEGAL

Law Offices of Donald Bloom

3130 24th Street #A
San Francisco, CA 94110
Phone: (415) 282-9955

Simple wills for \$75.00. Complete Living Trust Package for \$400.00. Bankruptcies for \$400.00 or hourly fees at \$50.

Languages: English and Spanish

Law Office of Lane Parker, Esq.

707 Cortland Avenue
San Francisco, CA 94110
Phone: (415) 826-6900

\$80/hour for hourly work and 25% off personal injury and probate.

MEDICAL SUPPLIES

Abbey Home Health Care

390 9th Street
San Francisco, CA 94103
Phone: (415) 864-6999

10% off all cash sales and rentals when gold card presented.

Medical Products Corporation

Medical Supplies
760 Market Street, Ste. 1029
San Francisco, CA 94102
Phone: (415) 397-7070

15% off on cash items. Free delivery

NEW MERCHANTS

MOVING and STORAGE

Galaxy Moving Services

644A San Bruno Avenue
San Francisco, CA 94107
Phone: (415) 285-1518

10% discount off total service cost.

PHARMACIES

Franklin Pharmacy

1508 Franklin Street
San Francisco, CA 94109
Phone: (415) 775-3917

10% off over-the-counter merchandise (not good with any other discount or promotions).
Special discount on prescriptions.

Golden Gate Pharmacy

1844 Noriega Street
San Francisco, CA 94122
Phone: (415) 661-0790

10% off over-the-counter merchandise.
Special discount on prescriptions.

RESTAURANTS

The Barking Basset Cafe

Breakfast and Lunch
803 Cortland Avenue
San Francisco, CA 94110
Phone: (415) 648-2146

10% off any meal.

Hours: 7 a.m. - 3 p.m., Monday - Friday.
8 a.m. - 3 p.m., Saturday and Sunday.
Closed Tuesday.

SHOE SALES and REPAIR

Geary Shoe Repair & Services

6242 Geary Boulevard
San Francisco, CA 94121
Phone: (415) 221-6101

10% on all shoe repair as-well-as women's handbags and making extra holes in leather belts.

Hours: Monday - Friday, 8 a.m. - 7 p.m.
Saturday, 8 a.m.- 6 p.m.

TV, VCR and RADIO

Gene's Stereo Sound Service

1800 Market #133
San Francisco, CA 94102
Phone: (415) 553-3751

10% off labor charges for repair or installation of home and car stereo equipment, VCR's, answering machines and musical instruments amplifiers. Parts at cost. House calls at no extra charge.

VETERINARIANS

Blue Cross Pet Hospital

1386 Golden Gate Avenue
San Francisco, CA 94115
Phone: (415) 931-9302

10% off all professional services.
Pet food and supplies excluded.

CALIFORNIA ASSOCIATION
FOR OLDER AMERICANS

805 HOWARD STREET

SAN FRANCISCO CA

94103-3009

SENIOR GOLD CARD MERCHANTS' DIRECTORY
ADDENDUM

CORRECTIONS:

Under Restaurants page 30, Coffee Cantata, 2030 Union St. change name and address to Coffee Cantata Deli, 1980 Union St.

Under Podiatrists page 28 change the address for Van Ness Podiatry to 2000 Van Ness Ave. Suite #703.

Under T.V./Radio/Video page 33 Downtown T.V. change \$12.50 housecalls, reg. \$19.50 to \$19.50 housecalls, reg. \$29.95.

Under Paints page 23, Kelly-Moore Paint Co. change address from 1653 Valencia St. to 3414 Army St.

Under Entertainment page 10, Magic Theatre change discount to Half off the regular ticket price on any Weds, Thurs, or Sunday performance.

Under Moving & Storage page 22 add another phone number for East Bay 779-7329

Under Hearing Aids page 18, change Stonestown Hearing Aid Center to San Bruno Hearing Aid Center, new address is 256 El Camino Real, San Bruno, Ca. 94066, phone 737-5720

Under Entertainment page 10, San Francisco Museum of Modern Art change admission fee from \$1.50 to \$2.00.

DELETIONS:

Under Bakeries, House of Bagels on 2427 Noriega St. out of business.

Under Furniture page 14 delete Barnal Furniture Co., Inc., Out of Business.

Under Hobby Shops page 18 delete By Design., Retired.

Under Restaurants page 29 delete Bill's Place on 56 Lakeshore Pl. and on 1358 9th Ave.

NEW MERCHANTS:

AIR FILTERS

National Safety Associates-
Independent Distributor
3524 21st St.
S.F. Ca. 94114
821-0432

10% off Air Filters

AIRPORT TRANSPORTATION:

Good Neighbors Airport Shuttle
33 Harriet St. #7
S.F. Ca. 94103
777-4899 (from S.F.)
875-7552 (from airport)

20% discount; senior fare \$8.00

ANTIQUES

Gaslight & Shadows Antiques
2335 Clement St.
S.F. Ca. 94121
387-2834

20% discount

BOTTLED WATER/FILTERS

National Safety Associates-
Independent Distributor
3524 21st. St.
S.F. Ca. 94114
821-0432

10% off water filters

Castle Lanes
1750 Geneva Ave.
S.F. Ca. 94134
586-9550

.75 cents per game 9am-5pm Mon
thru Fri. (Free Shoe Rental)

CANDY

Steve's Sweeties
Ghirardelli Square
900 North Point St.
S.F. Ca. 94109
474-3346

Steve's Sweeties
118 Strawberry Village
Mill Valley, Ca. 94941

10% off all purchases including
truffles, Ghirardelli chocolates,
sugar-free chocolates and candies.

CARPET CLEANING

Ace Chem-Dry
309 Judah St.
S.F. Ca. 94122
681-2858

15% off with \$40 minimum charge

CHIROPRACTORS

Financial Area Chiropractic
607 Market St.
S.F. Ca. 94105
546-6906

Free initial consultation &
examination: 10% off thereafter

DENTAL

Baldwin, Louie D.D.S.
646 Clement St.
S.F. Ca. 94118
221-1324

20% discount

Cohen Dental Care
311 California St.
S.F. Ca. 94104
433-9032

15% discount

Ellerhorst, Thomas C. D.D.S.
Silvestri, Ann Marie D.D.S.
2300 Sutter St. Suite 204
S.F. Ca. 94115
921-0434

10% discount

Gloeckner, Bruce W. D.D.S.
595 Buckingham Way #505
S.F. Ca. 94132
664-4733

10% off all services provided

Syers, Charles S. D.D.S.
Oral & Maxillofacial Surgery
4141 Geary Blvd. Ste. 406
S.F. CA. 94118
387-5885

15% off oral surgery & claim
processing to medicare

EYE CARE

Four Fifty Sutter Opticians
450 Sutter St.
S.F. Ca. 94108
421-4520

20% off complete pair of
eye-glasses

Hiura & Hiura, Drs.
1418 Polk St.
S.F. Ca. 94109
776-2352

10% off professional services
15% off prescription eyewear when
insurance not utilized

Taraval Eye Care - Optometric Center
Dr. Feldman & Dr. Chan
834 Taraval St.
S.F. Ca. 94116
664-2022

10% discount

HARDWARE STORES/RENTAL

Bayview Annex
6138 Geary Blvd.
S.F. Ca. 94121
386-9112

10% off merchandise only

HEALTH FOOD STORE

Harvest Ranch Market
2285 Market St.
S.F. Ca. 94114
628-0805

15% off all purchases

HEALTH MISCELLANEOUS

Nina Galin
Certified Massage Therapist
226 Lexington St.
S.F. Ca. 94110
(415) 282-4928

15% off on a 75 minute massage
treatment (\$29.75 or \$38.25 for
a home visit)

HOME MAINTENANCE

A.J. Electric
3621 Ulloa St.
S.F. Ca. 94116
566-1101

10% discount

Classic Shades Painting
187 Coleridge St. #2
S.F. Ca. 94110
647-6224

10% discount

HOTELS

Richelieu Hotel
1050 Van Ness Ave.
S.F. Ca. 94109
673-4711

\$62.00 senior rate

LEGAL SERVICES

Law Offices of Gary D. Berger
1 Sansome St., Suite 1900
S.F. Ca. 94104
731-2268

10% discount, living trusts, wills,
living wills, power of attorney,
estate planning.

MOVING & STORAGE

Granny's Mover's
906 Divisadero St.
S.F. Ca. 94115
567-6146

50% off on boxes, free delivery
in S.F. if you move with us

PHARMACIES

Fuller Pharmacy, Inc.
5009 Third St.
S.F. Ca. 94124
822-8334

10% off over-the-counter items

PET SHOPS

Birds Everything Cockatiels
5201 Mission St.
S.F. Ca. 94112
469-9911

10% off all birds & related
items, from cages too seeds

Cals Discount Pet Supply
5950 California St.
S.F. Ca. 94121
386-1720

5% discount

PODIATRISTS

Pacific Coast Hospital & Clinics
1210 Scott St.
S.F. Ca. 94115
563-8070

20% off outpatient surgery,
clinic therapy & other services

RESTAURANTS

Bobby Rubino's Place For Ribs
245 Jefferson St.
S.F. Ca. 94133
673-2266

10% off any entree purchase,
not valid with any other
promotion or offer

Bob's Diner
2327 Mission St.
S.F. Ca. 94110
648-0504

10% off everything
except alcohol

RESTAURANTS

Capp's Corner
1600 Powell St.
S.F. Ca. 94133
989-2589

10% off & one complimentary
glass of wine with lunch or
dinner

Charley Brown's
2801 Leavenworth
S.F. Ca. 94101
776-3838

10% off any dinner entree
excluding Prime Time dinners
or other promotional offers

Chez Mollet
527 Bryant St.
S.F. Ca. 94107
495-4527

10% off on dinner, between
5:30 - 7:00pm, Mon-Thurs,
Alcoholic Beverages excluded

Guadalajara De Noche Restaurant
2981-24th St.
S.F. Ca. 94110
695-1190

10% off on food & 50 cents
of any cocktail or beer

La Posada
2298 Fillmore St.
S.F. Ca. 94115
922-1722

20% discount

Leticia's
2223 Market St.
S.F. Ca. 94114
621-0442

20% discount

Line-Up
398-7th St.
S.F. Ca. 94103
861-2887

20% discount

RESTAURANTS CONT'

Lyon's Restaurant
2 Poncetta Dr.
Daly City, Ca. 94015
756-6076

10% off any item

Magic Pan Restaurant
900 Northpoint St.
Ghiraradelli Square
S.F. Ca. 94109
474-6733

Magic Pan Restaurant
341 Sutter St.
S.F. Ca. 94109
788-7397

20% off on purchase of Entree
4-6pm. Daily. Not valid on
specific holidays & with other
promotions. Alcohol not included.

Piano Zinc Restaurant & Take out
708-14th St.
S.F. Ca. 94114
431-5266

10% off on meals & take out food

Subway Sandwiches
1250 Market St.
S.F. Ca. 94102
621-3300

.50 cents off any sandwich or
salad anytime excluding sale or
promotion items.

Subway Sandwiches & Salads
1500 Fillmore St.
S.F. Ca. 94115
771-5583

10% off, not valid on in-store
promotions & 6 feet giant party subs

Tonto's Cantina & Restaurant
3155 Vicente St.
S.F. Ca. 94116
681-3155

20% off on purchase of Entree,
daily from 11:30 to 5:00 pm.
Alcohol not included & not
valid with another promotion

PACKING

Cardinal Packing
BOX 460706
S.F. Ca. 94146
285-1521

15% off plus no charge for
standard size boxes

PLUMBING

Grace M. Santana, Plumbing Contractor
1475 Dolores St.
S.F. Ca. 94110
641-4740

10% off labor & materials

SELF-DEFENSE

National Self-Defense Alliance
988 Oak St.
S.F. Ca. 94117
864-4827

"Dealing with violent behavior"
Self-defense Workshop for Seniors
\$40, Reg. \$50

TRAVEL SERVICES

Ultimate Travel Services
598 Bosworth St. Suite 1
S.F. Ca. 94131

239-8990

5% discount or more,
depending on destination

Updated 12/09/91

gcaddem

SAN FRANCISCO COMMISSION ON THE AGING

[illegible]

PLEASE NOTE: THIS LIST IS FOR INFORMATION PURPOSES ONLY -- IT IS NOT AN ENDORSEMENT OF ANY PARTICULAR LISTING.

Special Preference for Seniors (*) is established by the following criteria:

- 1) Seniors paying more than 50% of income on rent.
- 2) Must move involuntarily (not for cause).
- 3) Living in substandard housing.

OTHER HOUSING RESOURCES TO CHECK:

- 1) INDEPENDENT HOUSING SERVICE -- PAT JONES -- 441-6781
- 2) HOUSING AUTHORITY

FOR HOUSING AND SECTION 8 CERTIFICATES -- 554-1200
FOR ELIGIBILITY/APPLICATIONS -- 554-1205
FOR OTHER HOUSING AUTHORITY QUESTIONS -- 931-6275

- 1) INDEPENDENT HOUSING SERVICE -- PAT JONES -- 441-6781
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FOR ELIGIBILITY/APPLICATIONS -- 554-1205
FOR OTHER HOUSING AUTHORITY QUESTIONS -- 931-6275

NAME	LOCATION	STATUS
THE ALEXANDER Beverly Black, Manager	230 Eddy Street SF, CA 94102 441-0260	All units Section 8. Some vacancies. Accepting applications. Pets permitted. No kitchen appliances allowed. Laundry room available.
ALEXIS APARTMENTS Brenda Thomas, Manager	390 Clementina St. SF, CA 94103 495-3690	Full. Call in Jan. 1993 for application.
ALL HALLOWS COMMUNITY Sister Grace, Manager	1711 Oakdale St. SF, CA 94124 550-1637	Full. Call for an appointment to fill out application.
ALL HALLOWS GARDENS Elizabeth Burns, Manager	65 Navy Road SF, CA 94124 826-5200	Full. Call for a periodic update.
ANTONIA MANOR Gary Sahm, Manager	180 Turk Street SF, CA 94102 771-2446	Full. Accepting applications. Preference given to displaced seniors and disabled. No cooking facilities.
APARTMENTS DE LA ESPERANZA Patty Galvan, Manager	3590 19th Street SF, CA 94110 647-7191	Full. Takes Section 8 tenants. Call for a periodic update. Must be Special Preference Seniors.
ASPEN TENDERLOIN I Ed Senica, Manager	165 Turk St. SF, CA 94102 673-5879	Full. Accepting applications. Will accept disabled. Two year waiting list.
ASPEN TENDERLOIN II Ed Senica, Manager	249 Eddy St. SF, CA 94102 673-5879	Full. Accepting applications. Will accept disabled.
BETHANY CENTER Jerry Brown, Manager	580 Capp St. SF, CA 94110 821-4515	Full.. Taking application for couples, and singles Obtain fact sheet and application in person then get on the waiting list.

CASA COSTANZO Adele Divarco, Manager	615 Union Street SF, CA 94133 397-3350	Vacancies. Accepting applications for 70 years old or younger Italians. Must be ambulatory.
CASA DE VIDA Sherwin Bailey, Manager 9-1 Mon, Tue, Thur & Fri.	5157 Diamond Heights SF, CA 94131 648-4990	Full. Accepting applications for clients using wheelchairs.
CEATRICE POLITE Albert Lee, Manager	321 Clementina SF, CA 94105 543-6207	Full. Call every 6 months for an update.
CRESCENT MANOR Laura Mason, Manager	467 Turk St. SF, CA 94102 441-4919	Full. Accepting applications for waiting list. Apply in person. 100% Section 8. Must be a Special Preference Senior (*).
DOROTHY DAY COMPLEX Gay Weber, Manager	54 McAllister St. SF, CA 94102 431-9155	Full. Check in Nov. '92 for application status.
EL BETHEL ARMS Frances Berks, Manager	1234 McAllister St. SF, CA 94115 567-3950	Full. Call for a periodic update.
EL BETHEL TERRACE Frances Berks, Manager	1055 Fillmore St. SF, CA 94115 567-3950	Full. Call for a periodic update.
EASTERN PARK APARTMENTS Jane Diephis, Manager	711 Eddy St. SF, CA 94109 776-0114	Full. Takes Section 8 & Special Preference Seniors (*). Call for a periodic update.
FELLOWSHIP MANOR Pamela Booth, Manager	1201 Golden Gate Ave. SF, CA 94115 922-0154	Full. Studios only. Takes Section 8 & Special Preference Seniors (*). Call for a update monthly.
FRANCIS OF ASSISI GARDENS Lee Greever, Manager	145 Guerrero St. SF, CA 94103 621-4092	Full. Call for a yearly update.
FRANCISCAN TOWERS Fredia Hall, Manager	217 Eddy St. SF, CA 94102 673-0150	Vacancies. Take Section 8 & Special Preference Seniors (*). Disabled units available.
GOLDEN GATE APARTMENTS Bobb Hodges, Manager	1820 Post St. SF, CA 94115 921-3469	Full. Call for a periodic update.

JONES MEMORIAL HOMES I Betty Figgins, Manager	1640 Steiner St. SF, CA 94115 922-4770	Full. Applications available Sept. 1992. Go in person.
JONES MEMORIAL HOMES II Betty Figgins, Manager	2045 Sutter St. SF, CA 94115 922-4770	Full. Applications available Sept. 1992. Go in person.
JONES SENIOR HOMES Betty Figgins, Manager	1727 Fillmore ST. SF, CA 94115 922-4770	Full. Applications available Sept. 1992. Go in person.
LASSEN APARTMENTS Veronica Simon. Manager	441 Ellis St. SF, CA 94102 885-0407	Full. Sect. 8 bldg. for seniors & disabled. Check in 4/92 for application update.
MARIA MANOR Marty Walsh, Manager	174 Ellis St SF, CA 94102 397-7220	Accepting applications. Takes Section 8 tenants. Apply in person. Income from \$18,500 to \$26,600.
MARLTON MANOR Pat Kinison, Manager	240 Jones St. SF, CA 94102 885-0361	Vacancies. Accepting applications 8 to 5 pm. Meal program.
MARTIN LUTHER TOWER Richard Shinn, Manager	1001 Franklin St. SF, CA 94109 771-9931	Full. Check in Jan. each year for application status. 1 - 3 yr. wait for studio. 3-5 yr. wait for 1 bedroom.
MENDELSON HOUSE Albert Lee, Manager	737 Folsom SF, CA 94103 543-6207	Full. Call for a periodic update.
MENORAH PARK Judy Teitler, Manager	3365 Sacramento St. SF, CA 94118 929-7912	Full. Long waiting list. Call for periodic update.
MERCY TERRACE Bob Prettyman, Manager	333 Baker St. SF, CA 94117 931-2325	Full. Call for a periodic update.
MONSIGNOR/LYNE COMMUNITY Isabel Questell, Manager	118 Diamond St. SF, CA 94114 255-8004	Full. Check once a year in Nov. Possible applications in Jan.'93. Takes Section 8.
NAMIKI APARTMENTS Joyce Evans, Manager	1776 Sutter St. SF, CA 94115 922-1788	Full. Call for a periodic update.
NIHONMACHI TERRACE Carol Park-Li, Manager	1615 Sutter St. SF, CA 94109 346-1200	Full. Call yearly for an application update.

NOTRE DAME APARTMENTS Patricia Gibson, Manager	1590 Broadway SF, CA 94109 673-2011	Full. Call for periodic update.
O'FARRELL TOWERS Wayne Belnap, Manager	477 O'Farrell St. SF, CA 94102 771-2708	Full. Call in Jan. '93 for an application update.
PRESIDIO GATE APARTMENTS Catherine Hoffman, Manager	2770 Lombard St. SF, CA 94123 567-1050	Full. Call to get on mailing list.
ROYAL ADAH ARMS APARTMENTS Barbara Johnson, Manager	1240 Fillmore St. SF, CA 94115 567-3840	Full. Call for a periodic update.
SAN LORENZO RUIZ CENTER (previously named DIMAS ALANG HOUSE) John Garcia, Manager	50 Rizal St. SF, CA 94107 495-5007	Full. Accepting applications for Special Preference Seniors (*). Takes Section 8.
SILVERCREST RESIDENCE Mr. Lance, Manager	133 Shipley St. SF, CA 94107 543-5381	Full. Accepting emergency applications only, from Federal and City agencies.
SUTTER APARTMENTS Marie Lucia, Manager	1480 Sutter St. SF, CA 94109 441-4909	Full. Call Jan. 1993 for update.
VINCENTIAN VILLA Georgette Elizalde, Mgr.	1825 Mission St. SF, CA 94103 621-5305	Full. Accepting applications. Apply in person.
WESTERN PARK APARTMENTS Zachariah White, Manager	1280 Laguna St. SF, CA 94115 922-5436	Full. Call quarterly for an application update.
WHARF PLAZA I AND II Francine Goldstein	150 Francisco St. SF, CA 94133 362-3395	Full. Applications for Special Preference Seniors (*) only. Call for periodic update.
WOOLF HOUSE I AND II Jill Davis, Manager	801 Howard St. SF, CA 94103 981-2165	Full. Call for a periodic update. Will take wheelchair applications now.
YMCA SENIOR APARTMENTS, INC. Cecilia Katz, Manager	940 Powell St. SF, CA 94108 397-6886	Full. Call for a periodic update.



Local Contact: District Director of AARP

*Donald Michalaske
1412 Wawona Street
San Francisco, CA 94116*

(415) 661-3319

<i>CHAPTER MEETINGS</i>	<i>PRESIDENT</i>	<i>TELEPHONE</i>
<i>San Francisco Chapter #99 Odd Fellows Bldg. 26 - 7th Street 1st Friday, 10:30 a.m.</i>	<i>Ms. Isabell Evers</i>	<i>584-9501</i>
<i>Southwest Chapter #1638 Corpus Christi Church 62 Santa Rosa Avenue 2nd Tuesday, 10:00 a.m.</i>	<i>Mrs. Mildred Bencharki</i>	<i>587-4267</i>
<i>San Francisco Ingleside Chapter # 2155 Presbyterian Church 1345 Ocean Avenue 2nd Wednesday, 11:00 a.m.</i>	<i>Ms. Louise Galdieri</i>	<i>587-7096</i>
<i>Pacific Heights Chapter # 2429 Old First Presbyterian Church 1751 Sacramento St. 2nd Tuesday, 1:15 p.m.</i>	<i>Ms. Doris Bebb</i>	<i>387-3551</i>
<i>Sunset Chapter # 2822 Giannini School 3151 Ortega Street 3rd Saturday, 10:00 a.m.</i>	<i>Ms. Louise Sauarces</i>	<i>731-6840</i>
<i>San Francisco Lake Merced Chapter # 2868 Lakeshore School 220 Middlefield Drive 2nd Saturday, 12:30 p.m.</i>	<i>Mrs. Donald L. Michalaske</i>	<i>661-3319</i>

*National: AMERICAN ASSOCIATION OF RETIRED PERSONS
601 "E" Street, N.W.
Washington, D.C. 20045 (202) 434-2277*

8/93

SAN FRANCISCO COMMISSION ON THE AGING

SENIOR INFORMATION AND REFERRAL

List of Lists

Request (✓)	Title of List/Document	Date
	ADULT DAY HEALTH CENTERS	07/95
	AGENCY PROFILE	02/96
	AARP CHAPTERS	04/95
	CAREGIVER SUPPORT	05/95
	EMPLOYMENT AGENCIES	07/95
	(Now that I'm a senior ... are there any) FINANCIAL BENEFITS? (pending)	
	GERIATRIC CASE MANAGEMENT	09/95
	GOLD CARD MERCHANT DIRECTORY	10/92
	GOLD CARD MERCHANT DIRECTORY ADDENDUM	06/95
	GRIEF-RELATED SUPPORT SERVICES	07/95
	HOUSING	07/95
	HOUSING (CONSUMER TIPS ON)	07/92
	IN-HOME SUPPORT	06/95
	INFORMATION AND REFERRAL #'S (Bay Area Counties)	09/95
	LIST OF LISTS	02/96
	NUTRITION SITES	08/95
	OPTIONS FOR SENIORS: Other Things to Do in SF (pending)	
	PUBLIC SPEAKERS (On Senior Issues)	07/95

	RESIDENTIAL HOTELS	12/95
	RESPITE	07/95
	RETIREMENT HOMES	06/95
	SENIOR CENTERS & CLUBS	07/95
	SENIOR MINI-DIRECTORY (Chinese)	09/95
	SENIOR MINI-DIRECTORY (English)	06/95
	SENIOR MINI-DIRECTORY (Spanish)	03/94
	SERVICES FOR THE HOMEBOUND *	07/95
	SKILLED NURSING FACILITIES	10/95
	WEEKEND GUIDE FOR SENIORS (pending)	
	WHEELCHAIR ACCESSIBLE HOUSING (pending)	

Senior Information and Referral is pleased to make these lists available to the public. Should you like any of these materials please send a copy of this list (with check marks) to:

San Francisco Commission on the Aging
Senior Information and Referral
 25 Van Ness Avenue, Suite 650
 San Francisco, CA 94102

(415) 626-1033

The lists are limited to one copy each and they are available at no charge with one exception: (*) Services for the Homebound is free to homebound clients and available to agencies for \$4.00 (payable to the SF Commission on the Aging).

Your name and address: _____

Update: 02/96

SAN FRANCISCO COMMISSION ON THE AGING

SENIOR INFORMATION AND REFERRAL

List of Lists

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	ADULT DAY HEALTH CENTERS	07/95
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	RESPITE	07/95
	RETIREMENT HOMES	06/95
	SENIOR CENTERS & CLUBS	07/95
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Your name and address: _____

Update: 02/96

COPY

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IN-HOME SUPPORT SERVICE LIST

UPDATED: APRIL 1991

NOTE: THIS LISTING OF RESOURCES IS INFORMATIONAL ONLY
AND IS NOT AN ENDORSEMENT OF SERVICES OR PERSONNEL
BY THE OFFICE OF SENIOR INFORMATION, REFERRAL AND HEALTH PROMOTION

DISTRIBUTED BY

SAN FRANCISCO COMMISSION ON THE AGING

SENIOR INFORMATION AND REFERRAL
1182 Market Street, Rm. 320
San Francisco, CA 94102

TELEPHONE NUMBER: (415) 626-1033

IN-HOME SUPPORT SERVICE LIST

NAME, ADDRESS, PHONE NO. DAYS & HOURS AVAILABLE	SERVICE AVAILABLE	LIVE-IN AVAILABLE	LANGUAGE	AREA SERVED	BONDED & INSURED	SOURCE OF PAYMENT
AMERICAN NURSING RESOURCE 801 Lincoln Way San Francisco, CA 94122 753-6005 Mon. to Fri. 8:30-5:30 24-hour service	-Home Health Aide -Part Time Care -Nursing care -Certified Nurse's Aide -R.N. available -Social Service -Respite Care	Yes	Spanish English	San Francisco Daly City	Yes	Workmen's Comp. Direct Pay
ARRIBA JUNTOS CENTER 2017 Mission St., 2nd Fl. San Francisco, CA 94110 863-9307 Mon.to Fri. 8:30-5:00	-Home Health Aide -Homemaker	Yes On Occasion	English Spanish	San Francisco	Screened only	Direct pay to employee
AUNT ANN'S AGENCY 760 Market St., Ste. 539 San Francisco, CA 94102 421-8442 Mon. to Fri. 8:30-5:00 24-hour service 7-days/week	-Home Health Aide -Homemaker -Certified Nurse's Aide -Respite Care -Cook -Driver -Domestic Work	Yes	English Spanish Tagalog Chinese German French Italian	Bay Area	Yes	Direct pay Patient Billing

NAME, ADDRESS, PHONE NO. DAYS & HOURS AVAILABLE	SERVICE AVAILABLE	LIVE-IN AVAILABLE	LANGUAGE	AREA SERVED	BONDED & INSURED	SOURCE OF PAYMENT
BRISTOL HARAN AGENCY 1212 Broadway, Rm 540 San Francisco, CA 94612 775-9100 Mon-Sun, 7 AM - 7 PM	-R.N. available -Certified Nurse's Aide -Licensed Vocational Nurse -Home Health Aide	Yes	English	San Francisco Marin County Oakland Berkeley	Yes	Direct Pay
CAREPOINT NURSING SERVICE 1390 Market Street #901 San Francisco, CA 94102 553-8083 Mon-Fri, 8am - 5pm 24 hr service, 7 days/wk	-Registered Nurse -LVN -Certified Nurse's Aide -Home Health Aide -Respite Care -Homemaker	Yes	English Chinese	San Francisco	Yes	Private pay Insurance Worker's Comp. Will be taking Medi-Cal & Medicare in the future.
CATHOLIC CHARITIES 1049 Market Street San Francisco, CA 94103 864-7400 Mon-Fri, 9:00-5:00	-Homemaker	None	English Spanish Tagalog	San Francisco	Screened only	Direct pay to Employee
CHS HOME HEALTH AGENCY 399 Buena Vista East San Francisco, CA 94117 621-4562 Mon-Fri, 8:30-5:00 24-hour service daily	-RN -Occupational Therapist -Physical Therapist -Speech Therapist -Home Health Aide -Homemaker -Respite care	Yes	English Spanish Polish Tagalog Chinese	San Francisco Marin County So. San Francisco Peninsula Alameda	Yes	Direct Pay MediCal Medicare Insurance Champs Direct billing

NAME, ADDRESS, PHONE NO. DAYS & HOURS AVAILABLE	SERVICE AVAILABLE	LIVE-IN AVAILABLE	LANGUAGE	AREA SERVED	BONDED & INSURED	SOURCE OF PAYMENT
COMPREHENSIVE COMMUNITY HOME HEALTH AND HOSPICE 150 No. Hill Drive, Ste. 20 P.O. Box 358 Brisbane, CA 94005 330-3333 Mon-Fri, 9:00-5:00 24-hr service	-Nurse Care -Personal Care -Physical Therapy -Social Service -Weekend Service -Occupational Therapist -Homemaker -Respite Care	Yes	English Spanish Chinese Tagalog	San Francisco Northern San Mateo County	Yes	MediCal Workmen's Comp Private Insurance Pt. Billing Medicare Direct Pay
ECONOMIC OPPORTUNITY COUNCIL 70-10th Street San Francisco, CA 94103 863-2121, ext. 361	-Homemaker	Yes, on occasion	English Spanish	San Francisco	Screened only	Direct Pay
GAYLE DANZ HOME CARE 4630 Geary Blvd. San Francisco, CA 94118 221-2405 Mon-Fri, 8:30 - 5:30 24 hr service (on call)	-Registered Nurse -LVN -Home Health Aide -Personal Care -Certified Nursing Attendant -Companion -Respite Care -Weekend & 24 hr care	Yes	English Spanish Tagalog Chinese	San Francisco/ Oakland Bay Area	Yes	Worker's Comp. Direct Pay Insurance
HELP AT HOME PROGRAM 1600 Scott Street San Francisco, CA 94115 561-1256 Mon-Fri, 8:30 - 5:00	-Home Care -Housecleaning -Culinary Service -Laundry Service -Certified Nursing Attendant	Yes	English Tagalog	San Francisco	Screened only	Direct Pay, plus placement fee

NAME, ADDRESS, PHONE NO. DAYS & HOURS AVAILABLE	SERVICE AVAILABLE	LIVE-IN AVAILABLE	LANGUAGE	AREA SERVED	BONDED & INSURED	SOURCE OF PAYMENT
HOME SWEET HOME 3169 Sacramento San Francisco, CA 94115 751-1737 Mon-Fri, 8:30 - 5:00	See Brochure	Yes	English	San Francisco and Bay Area	Yes	Direct pay to worker, plus agency fee
HERE'S HELP INC. 3251 Sacramento Street San Francisco, CA 94115 931-4357 Mon-Thur, 9:00-5:30 Mon-Fri, 9:00-5:00	-Home Health Aide -Homemaker -Companion -Cooks -Drivers -Respite Care	Yes	English Spanish French Chinese Tagalog Farsi	San Francisco Bay Area	Agency only	Direct Pay to worker plus agency fee
INDEPENDENT LIVING RESOURCE Center of San Francisco 70 - 10th Street San Francisco, CA 94103 863-0581 Mon-Fri, 9:00-5:00	-Homemaker -Home Health Aide	No	English	San Francisco	Screened only	Direct pay
JEWISH FAMILY & CHILDREN'S SVCS Home Care Division 1600 Scott Street San Francisco, CA 94115 567-8860 Mon-Fri, 8:30-5:00	-Home Health Aide -Homemaker (Jewish clients only)	Yes, when available	Farsi English Yiddish Russian French German Polish Tagalog	San Francisco	Screened only	Direct pay to worker
KAISER FAMILY SERVICE Home Care 2280 Geary Boulevard San Francisco, CA 94115 929-4919 Mon-Fri, 8:30-5:00	-RN, PT, OT -Speech Therapy -Home Aides -Social Worker -Doctor must be on Kaiser staff to refer patients	No	English Spanish Chinese Tagalog	San Francisco	Yes	Kaiser Plan Insurance Medicare

NAME, ADDRESS, PHONE NO. DAYS & HOURS AVAILABLE	SERVICE AVAILABLE	LIVE-IN AVAILABLE	LANGUAGE	AREA SERVED	BONDED & INSURED	SOURCE OF PAYMENT
KIMBERLY QUALITY CARE 717 Market Street #417 San Francisco, CA 94103 957-9933 Mon-Fri, 8:00-5:00 24-hour service everyday	-Psychiatric Aide Tech. -RN -Physical Therapist -Occupational Therapist -Speech Therapist -Homemaker -Nurse Aide -Home Health Aide	Yes	English Tagalog Chinese Spanish French Sign Language	San Francisco Marin East Bay	Yes	Direct Pay Insurance
MEDICAL PERSONAL POOL 1725 Clay Street, #100 San Francisco, CA 94109 673-7500 Mon-Fri, 8:00-5:00 24-hour Service every day	-RN -LVN -Nurse Aide -Home Health Aide -Homemaker -Respite Care	Yes	English Spanish French Greek	San Francisco Bay Area	Yes	Direct Pay Insurance
MEYER CARE 412 Redhill Avenue #14 San Anselmo, CA 94960 453-7722 Mon-Fri, 8:30-5:30 24-hour service every day	-RN -LVN -LPN -Home Health Aide -Certified Home Health Asst -Some Respite Care	Yes	English Chinese Filipino Spanish	San Francisco Marin	Yes	Direct Pay
MT. ZION HOSPITAL AND MEDICAL CENTER Mt. Zion & UCSF Home Care P.O. Box 7921 San Francisco, CA 94120 885-7572 Mon-Fri, 8:00-5:00 24-hr service every day	-Physical Therapist -Occupational Therapist -Speech Therapist -Medical Social Worker -Home Health Aide -Public Health Nurse -Patient needs to be in care of lic. doctor	No	English Tagalog Cantonese Italian Spanish Russian	San Francisco Daly City So. San Francisco San Mateo Marin	Screened Only	MediCal Medicare Direct Pay Insurance

NAME, ADDRESS, PHONE NO. DAYS & HOURS AVAILABLE	SERVICE AVAILABLE	LIVE-IN AVAILABLE	LANGUAGE	AREA SERVED	BONDED & INSURED	SOURCE OF PAYMENT
NATIONAL HOME CARE SYSTEM 1453 Mission St. 4th Fl. San Francisco, CA 94103 863-2474 Mon-Fri, 8:00-5:00	-Homemaker -Home Health Aide	No	English Spanish Tagalog	San Francisco only	Screened only	MediCal contract - All case referred by DSS
OLSTEN HEALTH CARE 870 Market Street, #605 San Francisco, CA 94102 956-8773 Mon-Fri, 8:00-5:00 24-hour service every day	-RN -LVN -Home Health Aide -Homemaker -Respite Care	Yes	English Chinese Spanish Tagalog	San Francisco Bay Area	Yes	Direct Pay Insurance
OPTIONS DOMESTICS Referral Service 3543-18th Street San Francisco, CA 94110 626-2128 Mon-Thur, 10:00-5:00	-Homemaker -Home Health Aide	Yes, on occasion	English Spanish	San Francisco	Screened only	Direct Pay
PERSONAL CARE HEALTH SERVICE 601 Gateway Blvd. #200 So. San Francisco, CA 94080 875-6600 Mon-Fri, 8:30-5:30 24-hour service every day	-RN; LVN -Homemaker; Home Health Aide; Companion -Medical Social Worker -Speech Therapist -Physical Therapist -Occupational Therapist -Respite Care	Yes	English	San Francisco Marin County Bay Area	Yes	MediCal Medicare Direct Pay Insurance Senior Discount

NAME, ADDRESS, PHONE NO. DAYS & HOURS AVAILABLE	SERVICE AVAILABLE	LIVE-IN AVAILABLE	LANGUAGE	AREA SERVED	BONDED & INSURED	SOURCE OF PAYMENT
PHYSICIANS HOME CARE PROGRAM Davies Medical Center 45 Castro Street San Francisco, CA 94114 565-6779, Beeper 14 or 49 Mon-Fri, 8:00-5:00	-RN -Home Health Aide -Physical Therapist -Occupational Therapist -Speech Therapist -Doctor needs to be on staff	No	English Spanish	San Francisco	Insured only	Direct Pay Insurance
PROFESSIONAL NURSES BUREAU 1375 Sutter Street, #412 San Francisco, CA 94109 474-4719 Mon-Fri, 5:00 AM - 12:30 PM 24-hours service every day	-RN -LVN -Certified Nurse Aide -Respite Care -Homemaker -Home Health Aide	Yes	English Chinese Spanish	San Francisco Alameda Marin County Sonoma County	Yes	Direct Pay Insurance
SAN FRANCISCO DEPARTMENT OF SOCIAL SERVICES 170 Otis Street San Francisco, CA 94103 557-5251 Referrals taken from 8:00-5:00, except between 12 noon - 1:00	-Evaluation by Social Worker to determine how many hours of entitlement	No	English	San Francisco	Screened only	SSI Eligibility or based on assets & income eligibility
S.F. HOME CARE 1390 Market St. #1008 San Francisco, CA 94102 861-0600 Mon-Fri, 8:30-5:00 24-hour service everyday	-RN -LVN -Nurse's Aide	No	English Chinese Spanish Tagalog	Primarily San Francisco	Yes	Insurance Direct Pay

NAME, ADDRESS, PHONE NO. DAYS & HOURS AVAILABLE	SERVICE AVAILABLE	LIVE-IN AVAILABLE	LANGUAGE	AREA SERVED	BONDED & INSURED	SOURCE OF PAYMENT
ST. MARY'S HOME HEALTH CARE 450 Stanyan Street San Francisco, CA 94117 750-5575 Mon-Fri, 8:00-5:00	-RN -Home Health Aide -Physical Therapy -Speech Therapy -Social Service -Occupational Therapist -Weekend Service	No	English	San Francisco	Yes	Medicare MediCal Workmen's Comp Insurance Direct Pay Patient Billing
SELF-HELP FOR THE ELDERLY - HOME CARE UNIT 445 Grant Avenue San Francisco, CA 94018 982-9171 Ext. 41 Mon-Fri, 8:30-5:00	-Home Health Aide -RN -Physical Therapist -Occupational Therapist -Social Worker -Speech Therapist	No	English Cantonese	San Francisco	Yes	MediCal Direct Pay Medicare Insurance
SELF-HELP FOR THE ELDERLY SENIOR EMPLOYMENT TRAINING 445 Grant Avenue San Francisco, CA 94108 982-9171 Ext. 19 Mon-Fri, 8:30-5:00	-Homemaker -Home Health Aide	Yes on occasion	English Cantonese	San Francisco	Screened only	Direct Pay to Agency
SELF-HELP FOR THE ELDERLY IN-HOME EMERGENCY PROGRAM 445 Grant Avenue San Francisco, CA 94108 982-9171, Ext. 41 Mon-Fri, 8:30-5:00	-Homemaker -Home Health Aide	No	English Cantonese	San Francisco	Screened only and supervised	Persom must be on SSI MediCal & 60 years and over
STAFF BUILDERS 77 Geary Street San Francisco, CA 94108 391-0123 Mon-Fri, 8:00-4:30 PM 24-hour service everyday	-RN -LVN -Physical Therapist -Occupational Therapist -Home Health Aide -Homemaker -Nurse's Aide -Respite Care	Yes	English Spanish Tagalog Chinese	San Francisco Marin County Bay Area	Yes	Direct Pay Insurance

NAME, ADDRESS, PHONE NO. DAYS & HOURS AVAILABLE	SERVICE AVAILABLE	LIVE-IN AVAILABLE	LANGUAGE	AREA SERVED	BONDED & INSURED	SOURCE OF PAYMENT
STAT NURSING SERVICE 1545 Broadway San Francisco, CA 94109 673-9791 Mon-Fri, 9:00-5:00 24-hour service every day	-RN -LVN -Home Health Aide -Respite Care -Homemaker	Yes, thru the Walnut Creek Office	English	San Francisco Bay Area	Yes	Direct Pay Insurance
UPJOHN HEALTH CARE SERVICE 945 Front Street, #103 San Francisco, CA 94111 956-6222 Mon-Fri, 8:30-5:00 24-hour service every day	-RN -Physical Therapist -Speech Therapist -Medical Social Worker -Dietician -Home Health Aide -Homemaker -Occupational Therapist	Yes	English Chinese Spanish	San Francisco San Mateo	Yes	Direct Pay Medicare Insurance
VISITING NURSES & HOSPICE OF SAN FRANCISCO 1390 Market Street, #510 San Francisco, CA 94103 861-8705 Mon-Fri, 8:30-5:30 7 days a week	-RN -Physical Therapist -Occupational Therapist -Speech Pathologist -Social Worker -Home Health Aide -Hospice Care	Yes on occasion	English Chinese Spanish Tagalog	San Francisco Northern San Mateo County	Yes	MediCal Medicare Insurance Direct Pay Patient Direct Pay
WESTERN MEDICAL SERVICES 2886 Geary Street, #207 San Francisco, CA 94118 921-8709 Mon-Fri, 8:30-5:00 24-hour service everyday	-RN -LVN -Nurse Assistant -Home Health Aide -Homemaker	Yes On occasion	English Spanish Chinese Korean Tagalog	San Francisco Bay Area San Mateo Marin County	Yes	Direct Pay Insurance

GLOSSARY

REGISTERED NURSE:

A graduate trained nurse who has been licensed by a state authority after passing qualifying examinations for registration. Providing Physician prescribed nursing care, treatment medication administration, instruction and teaching.

HOME HEALTH AIDE:

Assistance with personal care and activities of daily living. Assist with the patient's personal care, ambulation and other needs as indicated.

MEDICAL SOCIAL WORKER:

Provides supporting counseling, plans alternative living arrangements, assists with referral services and linkage to community resources. Evaluation of home needs and coordination of community services.

PHYSICAL THERAPIST

Provides specialized treatment to restore function, relieve pain and re-educate muscles to increase the patient's mobility strength, endurance, and balance.

OCCUPATIONAL THERAPIST:

Teaches and re-educates patients on methods to improve and or cope with disabilities that hamper their ability to provide their own personal care.

DIETICIAN:

Assists patients with special diets, nutritional care, and dietary counseling.

SPEECH THERAPIST:

Gives instruction and treatment to patients with speech and language disorders.

HOMEMAKER:

One who manages a household. Assistance to help the family unit function when a family member is incapacitated, ill or absent.

NURSE'S AIDE:

A worker who assists trained nurses in a hospital by performing non-specialized services (as giving baths).

LICENSED PRACTICAL NURSE:

A nurse who cares for the sick professionally without having the training or experience required of a registered nurse.

CONSUMER TIPS ON HIRING IN-HOME SUPPORT SERVICES

1. Before calling for assistance write down a list of of duties you need help with.
2. Check with as many in-home support agencies because prices and care may vary.
3. If you are hiring through an agency and you have checked with at least three, call the Better Business Bureau and check to see whether any complaints have been lodged against the agency you are thinking of using.
4. Make contract that includes the duties to be performed, non-acceptable behavior, your name and the employee's name, salary, work hours, days, and date of contract.
5. When you interview the potential employee have a sample contract for applicant to read.
6. If possible, have someone else there with you to help you with interview. Afterwards each of you write down your impressions and then discuss and compare.
7. Prepare a list of duties to be performed each day.
8. Make sure you get the receipts for all purchases made on your behalf.
9. Avoid Problems: Don't attempt anyone - put money and valuables in a safe place.

Possible questions to ask when hiring someone for in-home care from an agency

- How long has the in-home support person worked for the Agency?
- Where have they worked before?
- Does the in-home support person have references either by phone or in writing?
- How much per hour?
- How much does the agency charge?
- Is there a minimum number of hours required?
- Is the in-home agency and employee bonded and insured? Who is liable and responsible if anything is stolen or if the person is involved in an accident in your home?
- Is there back-up help provided if an in-home support person does not come in?
- Will Medicare or MediCal cover the in-home support service?
- Does the in-home person provide transportation? Do they have a car?
- Is the in-home person supervised by the agency?
- How is the service terminated?
- Is the person trained to performed required duties?

Questions to ask when hiring someone on your own

- Where have you worked before? How long?
- What kinds of things did you do?
- How do you feel about caring for an elderly or disabled person?
- Why are you choosing to do this kind of work?
- What is your attitude about smoking, drinking, or using drugs?
- Is there anything in the job description which you would not do? Will you be able to tell me if you are displeased with some of your duties and responsibilities?
- What commitment to staying on this job are you willing to make?
- Will I be able to depend on you: Are you punctual?
- Will you be able to give a day's notice if you are unable to work?
- Are there any other responsibilities that might prevent you from working for me?
- Ask for some work-related references and a personal one.



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Are you an older adult, or do you know someone who is?

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Senior Telephone News Line

552-6016

Senior Information

1182 Market St., Rm. 212, S.F.

626-1033



626-1033

24 hour
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San Francisco Department of Public Health

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