# Senior Housing Directory

Courtesy of James L. Brulte Senior Center

11200 Base Line Road
Rancho Cucamonga, CA 91701
1-909-477-2780
CENTRAL

Www.RCpark.com

Updated 7/31/2024

# **Preface**

This booklet is designed to provide a quick reference guide for Seniors seeking to upgrade or modify their living arrangements. The following definitions are to clarify the types of housing available to ensure the best choice for you.

**Senior Apartments** are designed for those who are completely independent and who choose to live in a community with other seniors.

Assisted Living Facilities cater to residents who range from the fairly independent to wheelchair-bound or frail/confused individuals. Services provided are as follows: laundry services, medications assistance, bathing, dressing, and assistance with activities provided by the facility.

Residential Care Facilities, formerly Board and Care Homes, are residential type homes located in various communities licensed by the State of California for relatively small numbers of residents. In a family setting, these homes cater to those who might be frail or in need of limited assistance. Basic services such as laundry, and meals may be provided.

Nursing / Convalescent Homes and Skilled Nursing Facilities are for individuals that need 24-hour supervision. These facilities offer medical treatment under the supervision of State licensed nurses.

Mobile Home Parks are mixed age mobile home housing.

The descriptive information included in this booklet was provided by the facilities listed. Inclusion does not constitute an endorsement by the City of Rancho Cucamonga or its employees.

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# **Agency Information**

# Department of Housing and Urban Development (HUD)

#### **HUD Senior Information Website**

715 E. Brier Drive San Bernardino, CA 92408 1-909-890-0644

Maintained by the US Government, the HUD Office contains general information about senior housing throughout the United States. The website contains information including but not limited to:

- Reverse mortgage for seniors
- Federal housing programs for seniors
- Housing Counseling for seniors
- Rural housing loans
- Find affordable rents
- Public Housing information
- Housing Choice Vouchers (Section 8)
- Rural Rental Help
- Housing Discrimination
- Reserve mortgage scams

If you need public housing assistance or would like specific information about public housing programs such as housing choice vouchers, please contact your local Public Housing Agency. Find your local public housing agency (PHA)

# Housing Authority of San Bernardino County

Housing Authority of SB County Website (hacsb.com)

Apply for Housing Assistance

672 South Waterman Avenue San Bernardino, CA 92408 1-909-890-9533

Important Note: The Housing Authority has various affordable housing programs that provide housing assistance to eligible, low-income households. The Housing Authority is only funded by the federal government for a certain number of housing vouchers and units. Even if your household qualifies for rental assistance, you will be placed on a waiting list until a housing voucher or unit is available, which often take years before you receive assistance.

# Housing Authority of San Bernardino County Tenant-Based Voucher Program (Formally known as Section 8)

Tenant Based Voucher Website

424 North Lemon Ontario, CA 91764 1-909-890-5360

The Tenant-Based Voucher Rental Assistance Program, formally known as Section 8 and the Housing Choice Voucher Program, provides eligible low-income households with rental assistance to lease a home or apartment of their choice from a landlord in the regular rental market.

Households assisted in this program are placed into one of the following sub-programs to better serve the various populations on our programs:

Streamlined Lease Assistance Program — provides assistance for elderly and disabled household.

Term-Limited Lease Assistance Program — provides new non-senior/non-disabled households rental assistance for five years.

The waiting list for this program is often closed and only opens every several years because the federal government only provides funding to serve a certain number of households. New households are assisted as current households move off the program. Serving families through attrition causes long wait times even if a family may be eligible.

# Eligibility Requirements/HUD Income Levels

- The head of household must be at least 18 years of age or be a legally emancipated minor.
- The household must meet Section 214 requirements governing U.S. citizenship and eligible immigration status.
- All adults are subject to a criminal background check when your application is processed for eligibility.
- Site based waiting lists have additional eligibility requirements which include meeting the guidelines of acceptable credit.
- For most households, their total gross yearly income must not exceed the federal income limits below at time of final eligibility.
- Tax Credit properties will follow applicable Tax Credit income guidelines.

1 Person	2 People	3 People	4 People	5 People	6 People	7 People	8 People
\$57,400	\$65,600	\$73,800	\$82,000	\$88,600	\$95,150	\$101,650	\$108,250

# **Emergency Housing**

- The Housing Authority does not provide emergency housing. Individuals in need of emergency should call 2-1-1.
- Foothill Family Shelter

1501 W. Ninth Street, Suite D Upland, CA 91786 1-909-920-0453

https://www.foothillfamilyshelter.org/home

# **Additional Agencies**

# California Retirement Registry

# https://www.calregistry.com/

1-800-777-7575

The California Retirement Registry is here for assistance in choosing a convalescent, board and care, or retirement home. Licensed by the California Department of Health Services, this service provides, free of charge, information and referrals for housing offering 24-hour emergency care. Based on an annual inspection and rating, California Retirement Registry can then recommend the most appropriate accommodations as well as finding available vacancies.

## Inland Fair Housing Mediation Board

#### https://www.ifhmb.com/

1500 S. Haven Street Suite 100

Ontario, CA 91762

- Call IFHMB and leave a message at 1-909-984-2254
- To report housing discrimination, call 1-909-984-2554 ext. 175 or 1-800-321-0911
- Foreclosure Prevention Counseling, call 1-909-984-2254 ext. 118
- Contact IFHMB staff via email at info@ifhmb.com or fairhousing@ifhmb.com

Inland Mediation can assist in providing information and mediation regarding services such as applying for ADA certification, problems with the local transit system, applying for HUD certified housing, shared housing programs and many other housing issues.

# Low Income Home Energy Assistance Program (LIHEAP)

The <u>Home Energy Assistance Program (HEAP)</u> helps individuals with low income pay their energy bills.

You may be eligible for HEAP if:

- You and your household members are U.S. Citizens, U.S. non-citizen national or qualified aliens.
- You provide a valid Social Security Number for each household member.
- You receive Food Stamps, Temporary Assistance or Supplemental Security Income.
- Your total monthly household income is at or below the HEAP income guidelines.

To apply or get more information about HEAP, call 1-800-321-0911 ext. 179 <a href="https://www.csd.ca.gov/pages/LIHAPProgram.aspx">www.csd.ca.gov/pages/LIHAPProgram.aspx</a>

# California Community Care Licensing Division

### http://www.ccld.ca.gov/Default.htm

As a service of the California Department of Social Services, the office provides information on current state licensed facilities, applicable laws and regulations. The site also allows individuals to make complaints about facilities and report suspected abuse of patients. Facility inspection files are available to the public through regional and county offices. Site offers contact information for subordinate offences.

Impact Southern California

https://impactsocal.com/ 1-909-353-1269 contact@impactsocal.com Impact SoCal is a community organization located in Rancho Cucamonga, CA. They provide items for formerly homeless households, aim to provide permanent housing for the homeless, and provide rental assistance for those households at risk of becoming homeless.

# Homeless Outreach Proactive Team (HOPE)

1-909-421-4633

https://wp.sbcounty.gov/sheriff/programs/h-o-p-e/

Hope@sbcsd.org

The Homeless Outreach and Proactive Enforcement (H.O.P.E.) program is a pro-active approach intended to ultimately reduce calls for service and other resources currently required to deal with the homeless population. A community policing philosophy will be used to link the homeless population with resources and service providers throughout the county. The objective is to stop the revolving door of arrest, incarceration, and then release regarding homeless related crimes.

#### Office of Homeless Services

1-909-386-8297

www.sbcounty.gov/sbchp

homelessrfp@hss.sbcounty.gov

Serves as the lead agency for the Continuum of Care for the County of San Bernardino.

## California Department of Aging

#### http://www.aging.ca.gov/

1-800-510-2020

The California Department of Aging (CDA) administers programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout the state. The Department administers funds allocated under the federal the <u>Older Californians Act</u> and through the <u>Medi-Cal program</u>.

# Los Angeles County Community and Senior Services

https://lacounty.gov/residents/social-services/seniors-disabled/

1-213-974-1234

Community and Senior Services (CSS) investigates abuse claims against the senior and disabled population, provides nutrition, and other life-enhancing services to seniors. They offer mediation services to avoid court filings.

County of San Bernardino Department of Aging and Adult Services (DAAS)

#### http://hss.sbcounty.gov/daas/

784 E. Hospitality Lane San Bernardino, CA 92415 1-909-891-3900

The Department of Aging and Adult Services (DAAS) is a San Bernardino agency dedicated to help seniors and at-risk individuals to improve or maintain choice, independence and quality of life. The department works to ensure seniors and adults with disabilities have the right to age in place in the least restrictive environment.

# In Home Supportive Services

Visit the <u>IHSS website</u> to see if you are eligible for this program and how to apply. 784 E. Hospitality Lane

San Bernardino, CA 92415

1-909-891-3700

The IHSS Program is a federal, state, and locally funded program designed to help pay for services provided to you so that you can remain safely in your home. To be eligible, you must be 65 years of age, disabled, or blind. Disabled children are also eligible for IHSS. IHSS is considered an alternative to out-of-home care, such as nursing homes or board and care facilities.

## SB County Community Action Partnership — Utility Assistance Program (HEAP)

HEAP assistance is provided in the form of a utility bill credit for gas, electric, water, wood, or propane. Eligible applicants whose utilities are sub-metered or included in their rent will receive a check for the total amount they are eligible for. Credits are paid out directly to the utility companies, or wood and propane vendors.

https://www.capsbc.org/home-energy-assistance-program-heap

utilityassistance@capsbc.org

696 S. Tippecanoe Ave San Bernardino, CA 92408-2607 1-909-723-1500

## This program provides:

- Emergency Utility Bill Assistance (Electricity, Gas, Water)
- Non Emergency Utility Bill Assistance
- Wood or Propane Purchase Assistance

To receive Emergency Assistance, applicants must have a disconnect or part due notice for utility accounts.

# Rancho Cucamonga / Alta Loma

# **Senior Apartments**

Day Creek Senior Villas 62+

#### Website Link

1-909-646-4544 12250 Fire House Court Rancho Cucamonga, CA 91739 Number of Total Units: 140 info@nationalcore.org

Day Creek Villas has 140 apartment homes for seniors, ages 62+, with household income qualifying maximums at various set asides ranging from 30 to 60 percent of applicable area median income (AMI). It is conveniently located within walking distance of restaurants, grocery stores, pharmacies, coffee shops, and parks.

Day Creek Villas is designed to be sustainable and resource-efficient and focuses on measures that reduce energy and water use, such as high-efficiency HVAC systems and drought tolerant landscaping. By utilizing a zero-net energy solar photovoltaic system, National CORE strives not only to reduce its carbon footprint, but to be able to pass on energy savings to its residents through lower utility bills.

Amenities for this stunning gated community include private balconies and patios, a swimming pool and spa, outdoor lounges and fireplaces, and a community center that serves as a hub for resident activities.

#### Fountain Glen at Terra Vista 55+

#### Website Link

1-833-884-3492 7980 Mayten Avenue Rancho Cucamonga, CA 91730 Number of Total Units: 216

Fountain Glen at Terra Vista is a rental community designed especially for the active lifestyle of adults ages 55+. One and two bedroom / one and two bath floor plans, private balconies, elevator service and central mail and laundry centers. Every apartment home is furnished with gas stove, microwave, dishwasher and refrigerator, central heat and air conditioning and washer/dryer connections. Pets are welcome (restrictions and fees apply).

## Heritage Park Full Service Independent Living 55+

#### Website Link

1-833-368-0978 9601 Lomita Court Rancho Cucamonga, CA 91701 Number of Total Units: 232

Community features include a clubhouse, fitness center, hot tub, and laundry facility. Apartment amenities include air conditioning, ceiling fan(s), a refrigerator, and oversized closets. Small pets are also welcome (restrictions and fees apply).

## Heritage Pointe 55+

#### Website Link

1-909-948-7579 8590 Malven Avenue Rancho Cucamonga, CA 91730 Number of Total Units: 49

Designated for seniors ages 55+, the complex has an on-site laundry facility, medical transportation days and a resident-maintained Rose Garden. Pets are also allowed (restrictions and fees apply).

## Monterey Village

#### Website Link

1-909-980-7235 10244 Arrow Route Rancho Cucamonga, CA 91730 Number of Total Units: 224

One and two-bedroom apartments with A/C, balcony/patio, covered parking, wheelchair access, dishwasher, stove, microwave, full size washer/dryer hook ups, fireplace, pet friendly (cats only), some paid utilities, walk-in closet, emergency maintenance, storage, fitness center, gated entrance, laundry facility, playground, public transportation, 2 swimming pools, tennis courts and hot tubs/spa. After school program available. Handicapped units are available. Pets are also welcomed (restrictions and fees apply).

#### Mountainside

#### Website Link

1-909-989-9363 9181 Foothill Boulevard Rancho Cucamonga, CA 91730 Number of Total Units: 384

One and two-bedroom apartments with A/C, dishwasher, cable ready, some utilities paid, emergency maintenance, extra storage, garage, gated access, laundry facility, playground, business center, public transportation, swimming pool, hot tub/spa and covering parking. Pets are also welcome (restrictions and fees apply).

#### Olen Jones 55+

#### Website Link

1-909-373-8555 7125 Amethyst Avenue Rancho Cucamonga, CA 91701 Number of Total Units: 96

One and two bedrooms for seniors ages 55+ independent living and is section 8 approved. Small pets are welcome. Grounds are beautifully landscaped, with a community club house. Washers and dryers in each unit along with refrigerator, stove and garbage disposal.

## Rancho Verde Village

#### Website Link

1-909-981-8121 8837 Grove Avenue Rancho Cucamonga, CA 91730 Number of Total Units: 248

Their community plan provides apartments and flats with emergency maintenance, extra storage, garage, gated access, laundry facility, public transportation, playground, swimming pool, hot tub, covering parking, BBQ-picnic areas, and disability access. Pets are also welcomed (restrictions and fees apply).

# Rudolph-Hendrickson Apartments 55+

#### Website Link

1-909-980-4875 6628 Amethyst Avenue Rancho Cucamonga, CA 91737 Number of Total Units: 168

Active seniors and older welcomed. Apartment includes carpet and floors, central air and heat, kitchen, stove and range, garbage disposal, dishwasher and private balcony. Clubhouse with planned monthly activities, scheduled onsite courtesy shuttle. The community is a non-smoking property, swimming pool and spa, laundry facilities, beautiful green lawns with rose gardens, pleasant views of foothills and mountains; pets are allowed (restrictions and fees apply). Appointments are required for all tours.

# Sycamore Springs

#### Website Link

1-909-989-7866 7127 Archibald Avenue Rancho Cucamonga, CA 91701 Number of Total Units: 240

One and two-bedroom apartments with waterfalls, rocks capes, and waterways throughout the grounds. All apartments are furnished with A/C, dishwashers, washer/dryer connections. Water, trash, sewer and gas are included. Gated community, pool/ spa, one and two car garages, patios/balconies, large and enclosed backyards, laundry facilities are also available.

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## Valencia Commons Retirement Living

#### Website Link

1-909-787-1041 6729 Hermosa Avenue Rancho Cucamonga, CA 91701 Number of Total Units: 116

Community features include activity room, barber/beauty salon, billiard lounge, chapel, fireplace, covered parking, fitness equipment, game room, garden, and TV lounge. Apartment features include cable TV, heating and AC, patio/balcony, refrigerator, walk-in tub, and wheelchair accessible units. Pets are also welcomed (restrictions and fees apply).

# Villa Pacifica Senior Apartments 55+

#### Website Link

1-909-483-1534 9609-9635 Base Line Road Rancho Cucamonga, CA 91730 Number of Total Units: 158

For seniors ages 55+, units include one and two-bedroom apartments, laundry facilities, recreation and activity room, shopping nearby. Convenient bus service. Pets are also welcomed (restrictions and fees apply).

# Villa Pacifica II Senior Apartments 55+

#### Website Link

1-909-297-3191 7418 Archibald Avenue Rancho Cucamonga, CA 91730 Number of Total Units: 60

For seniors ages 55+, units include one and two-bedroom apartments, fitness facility, laundry facilities, elevator, outdoor grills, cable ready rooms, disposal, oven, dishwasher, smoke free facilities, shopping nearby. Convenient bus service. Pets are also welcomed (restrictions and fees apply).

# The Village on 5th 55+

#### Website Link

1-909-727-3780 9400 Fairway View Place Rancho Cucamonga, CA 91730 Number of Total Units: 264

Offers one and two-bedroom apartments. Gated community includes maintenance onsite, lounge, elevator, clubhouse, business center, fitness & recreation center, recycling, playground, spa, picnic area, washer/dryer in unit, dishwasher, Wi-Fi, microwaves, walk-in closets, and cable ready rooms. Pets are also welcomed (restrictions and fees apply).

## Cadence Living

#### Website Link

1-909-918-5546 10459 Church Street Rancho Cucamonga, CA 91730 Number of Total Units: 96

Offers studio, one and two-bedroom apartments. Apartment amenities include kitchens with quartz countertops, private in-suite bathrooms with walk-in shower, concierge services, and onsite security. Pets are allowed with restrictions. Community includes walking paths, fitness center, garden beds, salons, dog parks, and art room.

**TIP: The** Senior Gateway is a one-stop website intended to provide seniors, their families, and caregivers with the information they need to connect to helpful services and resources, to find answers, and solve problems.

Find information on such topics as:

- Avoiding and Reporting Abuse & Neglect
- Preventing Fraud, Financial Abuse & Common Scams
- Health Care Information
- Your Rights

Other Resources <a href="http://www.seniors.ca.gov/">https://eldercare.acl.gov/Public/Index.aspx</a>

# Rancho Cucamonga/Alta Loma

# Assisted Living Facilities

# Allara Senior Living 62+

#### Website Link

1-909-736-1900 9417 19th Street Rancho Cucamonga, CA 91701 Number of Total Units: 78

Provides senior living community as well as personal care services such as assisted living and memory care. Offers one and two-bedroom apartments with 24-hour on-duty nurses and laundry and housekeeping services. Community areas include salon, spa, fitness center, multimedia lounge, outdoor courtyard, activity and game room, and garden terrace.

## **Cadence Living**

#### Website Link

1-909-918-5546 10459 Church Street Rancho Cucamonga, CA 91730 Number of Total Units: 96

Offers studio, one and two-bedroom apartments. Apartment amenities include kitchens with quartz countertops, private in-suite bathrooms with walk-in shower, concierge services, and on-site security. Pets are allowed with restrictions. Community includes walking paths, fitness center, garden beds, salons, dog parks, and art room.

#### **Sunlit Gardens**

#### Website Link

909-285-1075 9428 19th Street Alta Loma, CA 91701 Availability: 60 beds

Assisted daily living include escorting, assistance with dressing, bathing and grooming, assistance with meals and medications, and incontinence assistance. Community amenities include transportation services, fitness classes, outdoor grilling/BBQ stations, and organized activities. Rooms have A/C, heating, Wi-Fi and cable, are pet-friendly, and the grounds have secured outdoors/courtyard. Facility is private pay only.

## Sunrise Assisted Living at Alta Loma

#### Website Link

1-909-941-3001 9519 Baseline Road Rancho Cucamonga, CA 91730 Capacity: 59 units State License Number 366403906.

Private or companion suites complete with full bath and a choice of floor plans, emergency call response system in each suite, elegant community dining room private dining room for family or guests, 24-hour bistro wrap around porch and terrace sunroom media, television and living room areas, beautifully manicured landscaping and gardens, outdoor areas to walk and relax in, Comfortable quality furnishings and art work, Fire safety system, Full-service beauty/barber shop (additional fee), All utilities, phone and TV hook-up (monthly phone and TV service not included), Three delicious, well-balanced meals served daily, featuring a variety of menu choices, Snacks available throughout the day, Weekly housekeeping and daily trash removal.

Weekly personal laundry and linens (except dry cleaning), social, educational, devotional and recreational programs, scheduled group transportation, daily afternoon socials, concierge service, trained staff available 24 hours a day, social and educational programs for families, scheduled resident and family meetings, Monthly wellness visits by a licensed nurse, Personal hygiene and grooming, Showering or bathing, Dressing and clothing selection, Socialization and activities, Medication coordination, Mobility and transferring, Continence management, Monitoring of safety, Assistance with eating.

# Rancho Cucamonga/Alta Loma

# Residential Care Facilities

#### Alta Loma Board and Care

#### Website Link

1-909-254-5531 — For Pricing & Availability 1-909-941-8459 — For Friends & Family 6368 Moonstone Avenue Rancho Cucamonga CA 91701

Capacity: 6

State License Number: 366410686

High staff-to-resident ration, transportation arrangement, assistance with daily living such as personal hygiene, transferring from bed/chairs, meal preparation service, medication management, and dressing, Offers small, organized group activities.

# Atria Del Rey

#### Website Link

1-909-989-4346 8825 Base Line Road Rancho Cucamonga, CA 91730

Capacity: 145

State License Number: 366400985

Atria Del Rey offers Assisted Living, Independent Living, and Memory Care. Apartment options include studios, deluxe studios, and one-bedroom layouts, with walk-in showers and private balconies. All apartments include utilities, housekeeping, laundry, and maintenance services. Community amenities include chef-prepared dining, fitness classes, daily social events, a beauty and barber shop, library, movie theater, garden spaces with fruit trees, and views of Redhill Park. Additional services include 24-hour staff support, on-site physical therapy, and scheduled transportation.

## Ivy Cottage

#### Website Link

1-909-476-7416 6369 Vineyard Avenue Rancho Cucamonga, CA 91701

Capacity: 6

State License Number: 366406646

ivycottage@gmx.com

Ivy Cottage is a women-only assisted living facility. Offers 24/7 non-medical care, personal care, meal preparation, medication management, two tv rooms, games & activities, patios, incontinence care, laundry services, and a vegetable garden.

#### Marsha's Manor

#### Website Link

1-909-254-5531 — Pricing & Availability 1-909-355-6885 — For Friends & Family 14572 Nevada Court Fontana, CA 92336 Capacity: 6

State License Number: 366403137

As a residential care facility for the elderly, Marsha's Manor provides its clients with a large comfortable home environment and personal care such as hygiene and dressing. They also provide small, organized group activities.

**TIP: The Eldercare Locator**, a public service of the Administration on Aging, U.S. Department of Health and Human Services, is a nationwide service that connects older Americans and their caregivers with information on senior services such as:

- Service
- Database
- Outreach Materials
- Contact Information
- Aging Network

http://eldercare.acl.gov

# Rancho Cucamonga/Alta Loma

# Nursing/Convalescent Homes & Skilled Nursing Facilities

# Good Company Senior Care

#### Website Link

1-909-944-5348 or 1-323-932-8700 10013 8th Street Suite Z Rancho Cucamonga, CA 91730 info@goodseniorcare.com

Good Company Senior Care provides full service, private duty home care assistance, and Alzheimer's care. They also provide one-on-one assistance to clients who find themselves in a hospital or other care facility. As a non-medical service, they do not administer medications, but can remind clients to take them. In case of emergency, all staff and caregivers are trained in the most up-to-date CPR techniques, and most of the staff are Certified Nursing Assistants or Medical Assistants. Agency provides services throughout San Bernardino County as well as Los Angeles County. Call today for more information and a free consultation with an eldercare specialist.

#### Rancho Mesa Care Center

#### Website Link

1-909-987-2501 9333 La Mesa Drive Alta Loma, CA 91701 Capacity: 59

Capacity: 59

State License Number: 240000105

A neighborhood care center fulfilling long and short-term needs. They are a full service, licensed, skilled nursing facility providing 24-hour nursing care. They accept Medi-Cal, Medicare and some HMO insurances. The staff can assist with Medi-Cal applications.

## Sunrise Assisted Living of Alta Loma

#### Website Link

1-805-324-6527 — Pricing & Availability 1-909-941-3001 — Friends & Family 9519 Baseline Road Rancho Cucamonga, CA 91730

Assisted living communities provide daily physical fitness, maintenance-free living such as housekeeping, trash and laundry. Trained staff is available 24 hours a day. Three meals a day as well as snacks available throughout the day. Social and education programs for families are provided.

**TIP:** Many older adults prefer to stay at home as they age. It has the advantage of being a familiar place and you know your neighbors and the community. There is a wide range of home care services that can help you maintain your independence within the comfort of your own home, from in-home help to day care.

## Staying at home may be a good option if:

- You have a close network of nearby family, friends, and neighbors.
- Transportation is easily accessible, including alternate transportation to driving.
- Your neighborhood is safe.
- Your home can be modified to reflect your changing needs.
- Home and yard maintenance are not overwhelming.
- Your physical and medical needs do not require a high level of care.
- You have a gregarious personality and are willing and able to reach out for social support.
- You fall within the geographical confines of an integrated community, such as a "village" or NORC (Naturally Occurring Retirement Community).

Aging in place is a less effective senior housing option once your mobility is limited. Being unable to leave your home frequently and socialize with others can lead to isolation, loneliness, and depression in seniors. So, even if you select to age in place today, it's important to have a plan for the future when your needs may change and staying at home may no longer be the best option.

# Rancho Cucamonga/Alta Loma

# **Mobile Home Parks**

## Alta Laguna

1-909-987-2570 10210 Base Line Road Rancho Cucamonga, CA 91701

#### Alta Vista

1-909-987-5622 10350 Base Line Road Rancho Cucamonga, CA 91701

#### Casa Volante

1-909-982-0616 8651 Foothill Boulevard Rancho Cucamonga, CA 91730

# **Chaparral Heights**

1-909-987-3830 6880 Archibald Avenue Rancho Cucamonga, CA 91701

# Foothill Mobile Manor

1-909-987-1014 9340 Foothill Boulevard Rancho Cucamonga, CA 91730

#### **Pines**

1-909-987-5417 9999 Foothill Boulevard Rancho Cucamonga, CA 91730

#### Ramona Villa

1-909-987-7358 9800 Base Line Road Rancho Cucamonga, CA 91701

## Sycamore Villa

1-909-985-1626 8389 Baker Avenue Rancho Cucamonga, CA 91730

**TIP: Understanding costs.** There are a whole range of costs for senior housing, ranging from subsidized senior apartments to nursing homes which can average \$70,000 per year in the U.S. When considering senior housing, the following considerations can factor into cost:

- Location: High cost of living or metropolitan areas will normally be more expensive for all levels of housing.
- Level of care: In general, the higher the level of care, the more you can expect to pay. Nursing homes are the most expensive, but assisted living facilities can also easily run \$3,000 to \$4,000 a month or more.
- Insurance coverage: In the U.S., Medicare, health insurance coverage for seniors, generally does not cover senior housing options other than nursing homes. Medicare also only covers limited stays in nursing homes when skilled nursing care is required. Medicaid, health insurance for limited incomes, may cover some assisted living costs and does provide nursing home coverage. However, facilities are not required to take Medicaid.
- Long-term care insurance: You can purchase insurance to offset some of the costs of long-term care. Coverage and provisions can vary, but frequently some in-home help and assisted living facility costs are covered, as well as nursing homes.
- Home modification cost and in-home help: A home modification may initially seem
  expensive, but it can result in savings over time if it allows you to stay at home longer. You
  can also estimate how much in-home help may cost.

# <u>Upland</u> <u>Senior Apartments</u>

# Sycamore Terrace

#### Website Link

1-909-946-2811 1301 San Bernardino Avenue Upland CA, 91786

Number of Total Units: 100

For Seniors 62+, disabled access. One-bedroom units that include a full kitchen, heating and AC, and carpet and window treatments. Community amenities include laundry room, game room, exercise room, computer room, library, and public transportation. Small pets are okay, rent not to exceed 30% of income.

# Upland Manor/ Christian Senior Living

#### Website Link

1-909-985-1215 1125 W. Arrow Highway Upland CA, 91786 info@uplandmanor.com

Number of Total Units: 50

Offers studios and one and two-bedroom apartments. Apartment amenities include refrigerator, microwave, oven, covered parking, and 24-hour emergency maintenance. Apartments are also pet-friendly. Community amenities include free and low-cost events, gym, library, BBQs, garden, putting green, fountains, and outside meeting areas, transportation to store and church, patios, housekeeping as requested and scheduled activities.

TIP: Senior centers serve as a gateway to the nation's aging network - connecting older adults to vital community services that can help them stay healthy and independent. Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic wellbeing.

- National Council on Aging

# <u>Upland</u> <u>Assisted Living</u>

# **Christian Heritage Gardens**

#### Website Link

1-909-946-5757 1260 E. Arrow Highway Upland, CA 91786

State License Number: 366412382

Capacity: 51

Assisted living and Alzheimer's care in a secured facility with delayed egress alert system. Care is provided 24 hours a day by specially trained certified dementia caregivers. Christian environment ministering to the "whole" person to include their social, mental, physical and spiritual needs. Private and semi-private apartments available. Three meals and snacks served daily. Housekeeping and linens provided. Beauty shop on premises.

# Heritage Park and Skill Nursing

#### Website Link

1-909-254-5531 – Pricing & Availability 1-909-949-4887 – Friends & Family 275 Garnet Way, Bldg. A Upland, CA 91786 Capacity: 70

State License Number: 360902090

Sponsored by Churches of Christ. Offers two levels of care: skilled nursing and retirement center. Central dining/planned activities. Beauty shop on site. Transportation available. LVN on duty. Three meals daily. SSI, Medicare and Medical accepted.

#### Villa Mesa Care Center

#### Website Link

1-909-985-1981 867 East 11th Street Upland, CA 91786

State License Number: 240000203

Rates vary based on private or semi-private occupancy. Attendants on duty 24 hours a day. SSI accepted. Personal care services provided (i.e., bathing and medication dispensation). Three meals and snacks served daily. There are planned activities. We provide transportation for a minimum fee. No smoking, or pets.

# Oakmont of San Antonio Heights

#### Website Link

1-909-957-5017 2419 North Euclid Upland, CA 91784 San-antonio-heights-marketing@oakmontmg.com

Oakmont of San Antonio Heights is a lovely retirement community situated on a lush campus with lovely views, industry renowned dining, and endless on-site amenities such as a movie theater, fitness center, activity room, salon, and day spa. We are also very close to shopping, fine dining, the arts, and world-class entertainment.

# **Upland**

# Nursing/Convalescent Homes & Skilled Nursing Facilities

# Upland Rehabilitation and Care Center

#### Website Link

1-909-985-1903 1221 East Arrow Highway Upland, CA 91786 Capacity: 206

State License Number: 240000215

<u>upland@ensignservices.net</u>

Medi-Care and Medi-Cal accepted. State licensed with nurses and LVNs on duty 24 hours. Medi-Cal Director on call. Planned activities. Therapists and therapy rooms available.

# <u>Upland</u> <u>Mobile Home Parks</u>

#### **Oasis Mobile Home Estates**

1-909-982-1066 1565 W Arrow Highway Upland, CA 91786

# **Upland Cascade Mobile Home Park**

1-909-985-9711 1350 San Bernardino Road Upland, CA 91786

# **Upland View Terrace Mobile Home Estates**

1-909-985-3316 1515 Arrow Highway Upland, CA 91786

# **Upland Meadows Mobile Home Estates**

1-909-982-8382 929 E Foothill Boulevard Upland, CA 9178

# Ontario Senior Apartments

# Mountain View Senior Apartments 55+

#### Website Link

1-909-984-7771 511 North Palmetto Avenue Ontario CA, 91762

Number of Total Units: 104

Mountain View Senior Apartments offer 1-bedroom and 2-bedroom rooms with high-speed internet, oven, range, refrigerator, wheelchair access. The apartments have a clubhouse, spa, pool, laundry facilities, and property manager on site. Utilities include gas, water, heat, trash removal, sewer, cable, and air conditioning. No pets allowed.

## Palm Terrace Apartments

#### Website Link

1-909-984-6400 1433 East D Street Ontario CA, 91764

Number of Total Units: 91

One-bedroom apartments with air conditioning, wheelchair access, range, heating, and oven.

## Cedar Villa Apartments 55+

#### Website Link

1-909-984-5000 301 East Cedar Street Ontario, CA 91761

Number of Total Units: 136

Independent living for 55+, one and two-bedroom units. Pets welcome (restrictions and fees apply). Gated entrance, professionally managed, onsite laundry facilities, onsite library, computer center, planned activities, fitness center, picnic area with grills, public transportation and much more.

# Cinnamon Ridge Senior Apartments

#### Website Link

1-909-983-5541 1051 East 4th Street Ontario, CA 91764

Number of Total Units: 101

One and two-bedroom units with heating, range, and kitchen. Equipped for the handicapped. Planned activities include ice cream socials and potlucks.

#### Seasons at Ontario Plaza 55+

#### Website Link

1-909-983-3308 955 N. Palmetto Avenue Ontario CA, 91762

One and two-bedroom units with dishwasher, air conditioning, balcony, garbage disposal and cable. Gated community with laundry facility, swimming pool, and a pet park. Pets welcome (restrictions and fees apply).

## Villa Plaza Senior Apartments 55+

#### Website Link

1-909-984-6911 1155 West 4th Street Ontario, CA 91762 Number of Total Units: 66

For seniors 55+, one-bedroom units only. Laundry facilities, recreation and activity room, shopping nearby. Utilities include water, trash removal, and sewer. Convenient bus service as well as some covered parking. Planned activities include potlucks and holiday dinners. Pets welcome (restrictions and fees apply).

# **Woodside Senior Apartments**

#### Website Link

1-909-391-4141 408 West "G" Street Ontario, CA 91762 Number of Units: 144

One and two-bedroom apartments. Includes clubhouse, pool and spa, laundry facilities and landscape grounds. Each apartment has either a balcony or patio. Pet friendly. Smoke free. Stoves, refrigerators and dishwashers included. Nearby shopping, banking and dining. Planned activities including dinners, trips and bingo. Utilities include water, trash removal, and sewer.

# Ontario Assisted Living

#### **Brookdale North Euclid**

#### Website Link

1-909-391-2622 1031 North Euclid Avenue Ontario, CA 91762

Capacity: 140

State License Number: 366402583

Private rooms and suites are available, caregivers on duty 24 hours, housekeeping and personal care services provided. Facility provides three meals daily with choice of menu. There are weekly field trips and planned activities as well as transportation provided five days a week. Wellness and nurse coordinators are available, and a medication technician is on staff. Laundry services provided.

#### **Inland Christian Home**

#### Website Link

1-909-983-0084 1950 South Mountain Avenue Ontario, CA 91762

Capacity: 34

State License Number: 360902944

The facility is licensed for 59 skilled nursing beds, 18 Alzheimer's/dementia beds and 86 independent living rooms. There are three care levels within the Inland Christian Home. At the Board and Care level each room is private. There are three meals a day provided and planned activities within the group home. There is 24-hour nursing supervision and housekeeping is provided.

# Ontario Residential Care Facilities

#### **Brookdale North Euclid**

#### Website Link

1-909-391-6266 1031 North Euclid Avenue Ontario, CA 91762 Capacity: 140

Simi-private and private rooms. Three meals a day plus snacks are provided. Some transportation available. Pet friendly.

#### Pleasant Board and Care

#### Website Link

1-909-984-8594 1559 So. Pleasant Avenue Ontario, CA 91761 Capacity: 6

Residential Care offering private and Semi-private rooms Medicare and Medical accepted. Three meals a day and snacks provided. Planned activities and assistance with medication provided. Laundry and transportation available.

# Ontario Mobile Home Parks

# **Action Mobile Homes**

1-909-986-2555 1511 West Holt Boulevard Ontario, CA 91762

# Lamplighter Ontario Mobile Home Park

1-909-987-4119 2139 East 4<sup>th</sup> Street Ontario, CA 91764

# Rancho Ontario Home

1-909-947-4217 1456 East Philadelphia Street Ontario, CA 91761

# Samoa Village Mobile Home

1-909-984-3910 310 East Philadelphia Street Ontario, CA 91761

# Webb's Mobile Home Park

1-909-983-6502 637 Brooks Street Ontario, CA 91762

# Ontario

# Nursing/Convalescent Homes & Skilled Nursing Facilities

# Bella Vista Convalescent Hospital

#### Website Link

1-99-985-2731 933 East Deodar St. Ontario, CA 91764

Capacity: 59

State License Number: 240000113

Bella Vista Healthcare Center is a senior living provider in Ontario, California that offers residents Nursing Homes, Low Income Affordable, and Senior Apartment. Full nursing facility; doctor on staff. Therapy available. Medi-Care and Medi-Cal are accepted. Planned activities.

#### **Ontario Health Care Center**

#### Website Link

1-909-984-6713 1661 South Euclid Avenue Ontario, CA 91762 Capacity: 59

State License Number: 240000181

Ontario Healthcare Center is a 59-bed skilled nursing facility located in the Inland Empire in sunny California. We have been providing personal skilled care 24-hours a day since 1965. An experienced therapy team will provide rehabilitation services at our facility to help you or your loved one regain independence and return home.

Medicare and Medical accepted. Private insurances are also accepted. Nurses and LVNs on duty and a physician on call. Private and semi-private rooms available. Planned activities include bingo, sing-a-longs and exercise class. Church services of various denominations available.

#### Las Colinas Post Acute

#### Website Link

1-909-984-8629 800 East 5th Street Ontario, CA 91764

Capacity: 216

State License Number: 240000187

Las Colinas Post Acute is a rehabilitation and skilled nursing facility located just off the San Bernardino Highway in Ontario, California. This facility is near the San Antonio Regional Hospital. This facility supports 24-hour skilled nursing, wound care and post-stroke rehabilitation services. Las Colinas Post Acute also offers speech, physical and occupational therapy. Nutritional guidance is provided to seniors and transportation accommodations can be arranged upon request. Additional services including comprehensive patient and family counseling are available either in a personal setting or in a support group.

Amenities at Las Colinas Post Acute includes 24/7 emergency care and access to staff organized social events or activity programs. Art and exercise classes are offered by the recreational team to support the wellbeing of patients. Various new events are planned on a monthly basis, ensuring seniors remain physically and mentally active throughout their stay. Arrangements can be made at the attending physician orders to support dental and optometry care as needed. The activity director of Las Colinas Post Acute can make accommodations for religious services as well.

**TIP: Benefits Checkup** is free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington, DC.

Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, state and private benefits programs available to help. But many people don't know these programs exist or how they can apply.

Benefits Checkup asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses. After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form.

Here are the types of expenses you may get help with:

- Medications Food Utilities Legal Health Care Housing
- In-home services Taxes Transportation
- Employment Training
- <a href="http://www.benefitscheckup.org/">http://www.benefitscheckup.org/</a>

# Montclair Senior Apartments

## Heritage Park Montclair Senior Community

#### Website Link

1-888-262-0880 TTY: 771 5205 San Bernardino Street

Montclair, CA 91763

Number of Total Units: 144

Senior community surrounded by a 3.8-acre garden like atmosphere in Montclair, California. Choose from one of four floor plans with designer features such as fully equipped kitchens with eat-in space, plush carpeting, faux wood flooring, air conditioning, generous closets with built-in storage, and vertical blinds. Pets are welcome.

Planned activities in the clubhouse, swimming pool, laundry facility, cable, refrigerator, air conditioning, stove, walk-in closets, carpeted floors and faux wood flooring and on-site management/maintenance.

#### Robert O. Townsend Manor 62+

#### Website Link

1-909-625-2172 9190 Monte Vista Avenue Montclair CA, 91763 Number of Total Units: 48

One-bedroom apartment homes with refrigerators, private patios, on-site laundry facility, clubhouse, full size kitchen, and close to major restaurants and shopping centers.

# San Marino Apartments 62+

#### Website Link

1-909-399-9540 10355 Mills Avenue Montclair, Ca 91763 Number of Total Units: 85

Gated community with one-bedroom and one-bathroom, computer center, community center, stove, refrigerator, laundry facility, air conditioning, smoke free, wheelchair accessible, parking, fitness center, and library. Utilities include water, trash removal and sewer. No pets allowed.

# Montclair Assisted Living

#### **Briarwood Manor**

#### Website Link

1-844-457-9397 9656 Exeter Avenue Montclair, CA 91763

Planned activities as well as 24-hour emergency service. Three meals provided daily. There is an elevator service and laundry facilities. Utilities are paid and transportation is provided. The individual apartments are unfurnished and have small kitchenettes. Linens are provided and there is a housekeeping service. No nursing personnel on staff. Pets are allowed.

## Montclair Royale

#### Website Link

1-909-621-3545 9685 Monte Vista Avenue Montclair, CA 91763

Capacity: 232

State License Number: 360911114

Montclair Royale is a licensed residential care facility for the elderly. Our trained and caring staff can assist residents with their non-medical needs such as medications, assisting with bathing, scheduling medical appointments and 24-hour emergency coverage. This extra care may not be necessary for everyone, but it is comforting to know that this service\* is available. \*See administrator for additional charge.

#### Montclair Guest Home Board & Care

#### Website Link

1-909-624-5575 - For Friends & Family 1-760-742-5130 – Pricing & Availability 4515 Orchard Street Montclair, CA 91763

Capacity: 78

State License Number: 360909015

At this assisted living community, residents can receive full-time non-medical care while also enjoying transportation arrangement and assistance with their activities of daily living (ADLs), some of which include transferring from a bed or a chair, bathing, and maintaining personal hygiene (including oral care). When living at Montclair Guest Home I, residents can participate in community events and activities, such as social hours, movie nights and group outings. Finally, residents at Montclair Guest Home I can enjoy a variety of amenities that include a beauty salon, kitchenettes, and restaurant style dining.

# **Montclair**

# Nursing/Convalescent Homes & Skilled Nursing Facilities

## Community Extended Care Hospital of Montclair

#### Website Link

1-909-621-4751 9620 Fremont Avenue Montclair, CA 91763

Capacity: 140

State License Number: 240000243

Medi-Cal Director on staff. Medi-Care and Medi-Cal accepted. Planned activities. Therapist and I.V. therapy program provided. Semi-private and three to a room also available.

### Montclair Manor Convalescent Hospital

#### Website Link

1-909-626-1294 5119 Bandera Street Montclair, CA 91763

Capacity: 58

State License Number: 240000175

info@montclairmanor.com

Montclair Manor Care Center offers specialized services and resources for short-term rehabilitation, long-term skilled nursing care, and Hospice care to include the following: RN staff available 24 hours a day, LVN support staff, pharmacy services, wound care, wound management, Alzheimer's, dementia, IV therapy, post hospital and surgical care, stroke recovery, physical therapy, hospice, diabetic management, beautician, housekeeping, Wi-Fi, cable programming, nutrition and meals, social services, activities programs and more.

# Montclair Mobile Home Parks

#### Hacienda Mobile Home Park

1-909-627-0095 4361 Mission Boulevard Montclair, CA 91763

## Monterey Manor Mobile Home Park

1-909-628-7616 11250 Ramona Avenue Montclair, CA 91763

# Northern Lights Mobile Homes & Recreation Vehicle Park

1-909-624-8849 4300 Holt Boulevard Montclair, CA 91763

**TIP:** Some chronic conditions like Parkinson's, Alzheimer's, emphysema, diabetes, obesity, heart disease, Lou Gehrig's disease, Multiple Sclerosis, and others might add to the likelihood that you may need assistance with daily activities during your lifetime. Living and aging with a disability may also contribute to your need for assistance.

Not everyone will need long-term care. Each person is different, and each person manages his/her life decisions, including health and wellness, in a unique way. You can make wise decisions by learning more about your health. You can search for medical literature about chronic conditions on the Internet. You can also read about how others manage disabilities on the Internet. New treatments and new assistive devices are developed each year to help people stay well and independent. Staying healthy and connected to your family and community can help you give and receive care in a way that is meaningful throughout your lifetime.

Regardless, it is smart to create a <u>personal long-term care plan</u> to make things much easier should the time come when you need long-term care services and supports.

# **Chino/Chino Hills Senior Apartments**

## **Oakmont Senior Living**

#### Website Link

1-909-538-8642 14837 Peyton Drive Chino Hills, CA 91709 License #: 361880764

Number of Total Units: 118

Apartments for independent living, also provide assisted living and memory care. Community amenities include elegant dining, scheduled transportation, housekeeping, laundry service, group and individual activities, hair salon, library, ballroom, swimming pool, fitness center, and Community Theater.

#### Seasons Senior Villas at the Civic Center 55+

#### Website Link

1-909-464-9020 13160 6th Street Chino Ca, 91710

Units: 104

Gated community with laundry facilities, a clubhouse, high speed internet access, air conditioning and wheelchair accessible rooms. Included utilities are trash removal, sewer and water. No pets allowed.

#### Villa Serena 55+

#### Website Link

1-833-768-4641 11401 Central Avenue Chino, CA 91710 Number of Units: 186

Villa Serena is part of the Heritage Park chain and provides independent living for seniors 55 and over. 1 and 2 bedrooms with 1 bath. Units comes with gas stove, refrigerator, central a/c. Laundry facilities on site. The facility has a pool and 3 spas, and a fitness room. Planned activities include bingo, Bunco, and potlucks. There are 2 shuffleboard courts on the grounds. Transportation is available.

## Gardens of Hillsborough Village 55+

#### Website Link

1-909-590-1143 11902 Central Avenue Chino, CA 91710

Number of Total Units: 196

Located in beautiful Chino, California, Hillsborough Village is the ideal apartment community for those age 55 and over. Our beautiful neighborhood includes palm-tree-lined streets, mountain views, restaurants, shops, and plenty of entertainment. Our close-knit community enjoys a variety of social events, from arts and crafts to movie night to holiday potlucks. Hillsborough Village features a swimming pool and spa, a laundry facility, a courtyard, and an on-site clubhouse for you to enjoy.

Your apartment at Hillsborough Village will include a private balcony or patio, tile floors, extra storage, and a fully equipped kitchen. It's time to enjoy the best years of your life, so make every day a vacation by living at Hillsborough Village Senior Apartments.

# Chino/Chino Hills Assisted Living

#### **Clover Court Gardens**

#### Website Link

1-866-652-8987 6198 Clover Court Chino, CA 91710 Capacity: 6

Six bed Residential care for the elderly. Staff provides assistance with daily activities, bathing, dressing and medical reminders, living spaces, engaging social activities, personalized assistance and care and we make arrangements for non- emergency travel as necessary, Three, delicious, well-balanced meals served daily featuring a variety of menu choices, Snacks available throughout the day.

# **Pacifica Senior Living**

#### Website Link

1-909-858-6986 6500 Butterfield Ranch Road Chino Hills, CA 91709 State License Number: 366425024

At Pacifica Senior Living Chino Hills, they offer a high staff-to-resident ratio and 24-hour care. Their team goes above and beyond to provide residents with an ideal balance of support and independence, using a person-centered approach to create customized care plans that adapt to each resident's needs as those needs change. They offer assisted living and memory care.

Planned daily activities which encourage and promote the socialization, independence and dignity of each resident. One all-inclusive monthly fee includes three nutritious meals per day plus snacks and weekly housekeeping. Transportation available, LVN on duty. Pets are welcome.

# Chino/Chino Hills Residential Care Facilities

## Villa Joy Inn-Board & Care for Elderly

#### Website Link

1-909-591-0174 3867 Durango Street Chino, CA 91710 Capacity: 6

Amenities include assisted living, memory care, nursing home with a dining room, public living area, housekeeping, private bathrooms, social activities, meals included, transportation services, laundry/dry-cleaning, handicap features, maintenance, and smoke alarms.

## 3j's Board and Care Home

#### Website Link

1-909-902-9750 12778 Witherspoon Road Chino, CA 91710 Capacity: 6

3j's Board & Care Home is a licensed Adult Residential in Chino, CA. Adult Residential(s) are licensed individually by state or local governments and surveys are typically completed by local entities, such as the Department of Aging or Veteran's Services. Long-Term Care Ombudsman serve as advocates for residents of all licensed long-term care settings.

# **Chino/ Chino Hills**

# Nursing/Convalescent Homes & Skilled Nursing Facilities

#### Villa Maria Care Home

#### Website Link

1-909-465-0141 13284 Cypress Avenue Chino, CA 91710 Units: 6 beds

Villa Maria Care Home, Inc. is a licensed Adult Residential in Chino, CA. Adult Residential(s) are licensed individually by state or local governments and surveys are typically completed by local entities, such as the Department of Aging or Veteran's Services. Long-Term Care Ombudsman serve as advocates for residents of all licensed long-term care settings.

#### Jace Guest Home

#### Website Link

1-866-653-3721 11393 Yorba Avenue Chino, CA 91710

Offers amenities such as meals, common areas, medication management, ambulatory care, memory care, activities onsite and offsite, and a beautician onsite. Pets are welcome. Staff includes nurses, dentist, speech therapist, doctor on call, physical therapist, and podiatrist.

# Chino/Chino Hills Mobile Home Parks

## Lamplighter Chino Mobile Home Park

1-909-627-3514 4400 Philadelphia Street Chino, CA 91710

#### Lake Los Serranos Club Mobile Home Park

1-909-597-1791 15111 Pipeline Avenue Chino Hills, CA 91709

#### TIP:

2-1-1 call centers are nonprofit organizations specializing in providing free public information. Most 2-1-1 lines provide:

- A 24/7 Call Center
- A comprehensive database of free and low-cost health and human services available A free and confidential phone call
- Staffed by professional, trained, caring people who give information & referrals to appropriate resources

The 2-1-1 concept is the result of the evolution of public information thinking and the innovative marriage of technical and people power. The first experimental 2-1-1 number began operating in Atlanta, Georgia in 1997. In the year 2000, the FCC (Federal Communications Commission) finalized the N11's. 2-1-1 was set aside for health and human services information and referrals.

Nationwide, more than 85% or the US population has 2-1-1 available. That number is over 93% in California. San Bernardino County has 100% coverage with the singular exception of Metro Wireless, which has chosen not to pass 2-1-1 calls anywhere.

San Bernardino County 211
Los Angeles County 211
Riverside County 211

# Fontana Senior Apartments

### Village at Sierra Senior Apartment 55+

#### Website Link

1-909-265-7757 8684 Sierra Avenue Fontana Ca, 92335

Units: 108

Residents of Village at Sierra enjoy a wide variety of amenities, including a community center for resident services and events, a stunning courtyard, a swimming pool and spa, a fitness center, and onsite laundry facilities. The Hope through Housing Foundation offers residents an array of programs and services to promote community, health, and well-being.

Village at Sierra is conveniently located near public transit, the Fontana Community Senior Center, retail, restaurants, and so much more. 1 bedroom, 1 bath. Units include electric stove and refrigerator. Utilities included except for electric. Tax credit available, and Section 8 approved. Community potlucks, gym and pool available. No pets allowed.

#### Redwood Terrace 62+

#### Website Link

1-909-428-4100 8181 Redwood Avenue Fontana Ca, 92335

Units: 68

1-2-bedroom,1 bath, stove, refrigerator, wheelchair accessible, and air conditioning. Clubhouse with activities. 30% of income, small pets welcomed.

## Dino Papavero Senior Centre 62+ and Disabled.

#### Website Link

1-909-350-0575 16707 Marygold Avenue Fontana, CA 92335 Number of Units: 150

Includes planned activities, movies and events. Apartment and Community amenities include an elevator, heating, oven, and range.

#### Sonrise Senior Citizen Villa 62+

#### Website Link

1-909-355-8522 7222 Sierra Avenue Fontana, CA 92336

Units: 80

Property ID: 114334

Pets are welcome. Stove and refrigerator provided. Studio and 1-bedroom options, 80 units. Patio area and BBQ on grounds.

#### Gardens at Sierra

#### Website Link

1-909-854-7400 16838 Ceres Avenue Fontana, CA 92335 Number of Units: 93

This community in the heart of Fontana offers seniors, 55 years and better, high-quality one- and two-bedroom apartment homes at affordable prices.

Residents of Gardens at Sierra enjoy a wide variety of amenities, including a swimming pool and spa, a state-of-the-art computer center, a community center for resident services and events, and a fitness center. The Hope through Housing Foundation offers onsite services promoting community, health, and well-being. No pets allowed.

Gardens at Sierra is located within walking distance of the Fontana Community Senior Center, public transit, retail, restaurants, parks, and so much more.

#### The Fountains at Sierra 55+

#### Website Link

1-909-854-8783 16946 Ceres Avenue Fontana, CA 92335 Number of Units: 93

Located in the heart of Fontana, this award-winning gated community for seniors, ages 55+ years, offers high-quality 1 and 2 bedroom apartment homes at affordable prices.

Residents of the Fountains at Sierra enjoy a wide variety of amenities, including a swimming pool and spa, a community center for resident services and events, an outdoor BBQ station, a fitness center, and onsite laundry facilities. The Hope through Housing Foundation offers residents an array of programs and services to promote community, health, and well-being. No Pets are allowed.

Fountains at Sierra is conveniently located within walking distance of the Fontana Community Senior Center, public transit, retail, restaurants, so much more.

# Fontana Assisted Living

#### Mountain View Board & Care

#### Website Link

1-909-822-5174 – For Friends & Family 9073 Olive Street Fontana, CA 92335

Units: 24

Mountain View Residential Care is a mid-range assisted living facility located in Fontana, CA. The cost at this community starts at \$3,583, while the average cost for a senior living community in Fontana, CA is \$3,500. These are estimated prices.

At this assisted living facility, residents can receive 24-hour non-medical care while also enjoying transportation arrangement and assistance with their activities of daily living (ADLs), some of which include getting dressed, transferring from a bed or a chair, and grooming. When living at Mountain View Residential Care, residents can participate in community events and activities, such as exercise classes, creative arts classes and book clubs. In addition, residents at Mountain View Residential Care can enjoy a variety of amenities that include restaurant-style dining, kitchenettes, and telephones within bedrooms.

#### **Comfort Home**

#### Website Link

1-909-349-0998 – For Friends & Family 1-909-300-7492 – For Pricing & Availability 7101 Verdugo Place Fontana, CA 92336 Capacity: 6 beds

State License number: 366424587

Comfort Home RCFE is a board and care home located in Fontana, Ca that offers a boutique environment. The cost at this property starts at \$2,843, while the average cost for a senior living community in Fontana, CA is \$3,500. These are estimated prices.

At a board and care home, residents can expect to receive a higher staff-to-resident ratio, compared to that of a larger senior living community, while also enjoying transportation arrangement and assistance with their activities of daily living (ADLs), some of which include eating, grooming, and bathing. When living at Comfort Home RCFE, residents can participate in small, organized group activities unique to the resident's lives.

# **Fontana**

# Nursing/Convalescent Homes & Skilled Nursing Facilities

## **Citrus Nursing Center**

#### Website Link

1-909-823-3481 9440 Citrus Avenue Fontana, CA 92335

Capacity: 99

State License Number: 240000127

Private and semi-private rooms available. Transportation available. Medi-Care/Medi- Cal accepted as well as some private insurance. Skilled nursing facilities operate 24 hours a day, 7 days a week and employ a skilled support staff of clinicians, therapists and medical consultants to oversee your overall health, rehab and recovery plan.

# Fontana Mobile Home Parks

#### Aloha Mobile Home Park

1-909-829-8027 8239 Cottonwood Avenue Fontana, CA 92335

#### Fontana Mobile Home Park

1-909-823-5928 15798 Slover Avenue #1A Fontana, CA 92337

# Orangewood Park Mobile Home

1-909-823-1000 8787 Locust Avenue Fontana, CA 92335

#### Sierra Mobile Estates

1-909-823-0988 17333 Valley Boulevard Fontana, CA 92335

#### Sunrise Mobile Home Park

1-909-823-3997 8297 Cottonwood Avenue Fontana, CA 92335 **TIP:** Respite Care. Some nursing homes and hospice care facilities may provide respite care. Respite care is a very short inpatient stay given to a hospice patient so that the usual caregiver can rest. Medicare covers respite care for up to five days if you are getting covered hospice care. Room and board are covered for inpatient respite care and during short-term hospital stays.

Get more information about Medicare coverage of hospice care and who qualifies in booklet Medicare Hospice Benefits.

To get a free copy call 1-800-MEDICARE (1-800-633-4227).

TTY (TeleType) users should call 1-877-486-2048. MediCare.Gov

# Claremont/La Verne Senior Apartments

### **Claremont Villas Senior Apartments**

#### Website Link

1-909-625-2424 100 South Indian Hill Boulevard Claremont, CA 91711 Number of Total Units: 154

One, two and three-bedroom units in a gated community with laundry facilities, a clubhouse, spa, grill, heating, air conditioning, refrigerator, balcony, walk-in closets, range, disposal, wheelchair accessible rooms, and high-speed internet. Pets are allowed (restrictions apply).

## Mountain Village Senior Apartments

#### Website Link

1-909-624-0070 115 N Mountain Avenue Claremont, CA 91711 Number of Total Units: 84

One-bedroom units with access to laundry facilities, security system, planned social activities, elevator, clubhouse, spa, game room, courtyard, lake access, high-speed internet, cable ready, balcony rooms, and air conditioning. Utilities include water and trash removal. Pets are allowed (restrictions apply).

## La Verne Senior Apartments

#### Website Link

1-909-596-5560 2500 Damien Avenue La Verne, CA 91750 Number of Total Units: 85

One and two-bedroom units in a gated community with high-speed internet access, smoke free facilities, balconies, a clubhouse, pool, and spa.

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### Vintage Grove Senior Apartments

#### Website Link

1-909-392-0521 3625 Williams Avenue La Verne, CA 91750

Number of Total Units: 110

One and two-bedroom units in a gated community with laundry facilities, clubhouse, spa, pool, game room, courtyard, wheelchair accessible rooms, heating and A/C, cable ready, range, oven, microwave, disposal, dishwasher, and high-speed internet access. Pets are allowed (restrictions apply).

## Senior Homes Magnolia Courts 55+

#### Website Link

1-909-596-3361 2558 Foothill Boulevard La Verne, CA 91750

Number of Total Units: 101

One and two-bedroom units in a gated community with elevator, a clubhouse, storage space, pool and spa, game room, courtyard with grill, washer/dryer hook up, a/c, cable ready, walk-in closets, dishwasher, disposal, high-speed internet, and smoke free facilities. Pets are allowed (restrictions apply).

# Claremont / La Verne

# **Assisted Living**

## Claremont Place Senior Living

#### Website Link

1-909-480-8616 120 W San Jose Avenue Claremont, CA 91711 Capacity: 98

Services include Restaurant-style Dining, Bistro with Snacks and Beverages, Full-time Concierge, Local Transportation. Weekly Housekeeping and Laundry, Daily Tidy Services Caring, Professional Team to Assist with Daily Personal Care, Emergency Response and Pendant System (24 Hours a Day), Studio and One-Bedroom Apartment, Herb Garden, and Rose Garden Billiards, Library, and Multi-Purpose Activity Room, Recreational Activities, Beauty Salon and Barber Shop, Spacious, Inviting Dining Room, All Utilities Except Telephone and Cable and Private Mailboxes.

#### Claremont Manor Retirement Home

#### Website Link

1-909-626-1227 650 West Harrison Avenue Claremont, CA 91711 Capacity: 278

State License Number: 191505092

There are three levels of care at Claremont Manor. For the more active senior, independent living is stressed. Transportation is provided and there are planned activities. Housekeeping and linens are supplied. Utilities are paid except for the telephone. Three meals a day are furnished. There is emergency nursing available.

#### Oak Park Manor

#### Website Link

1-909-626-0117 501 South College Avenue Claremont, CA 91711

Units: 66

State License Number: 191597737

Residential care facility offering semi-private and private rooms. Personal care services provided. Some transportation available. Three meals and snacks as well as laundry and housekeeping provided. Medi-Cal accepted, no pets.

#### **Sunrise of Claremont**

#### Website Link

1-909-398-4688 2053 North Towne Avenue Claremont, CA 91711

State License Number: 198602882

Capacity: 64

Located in Southern California's beautiful San Gabriel Valley, Sunrise of Claremont offers assisted living and memory care to seniors in Los Angeles, California. Our experienced caregiving team provides individualized care based on each resident's needs in a safe, warm, loving environment. Led by our in-house chef, our Sunrise Signature Dining program uses fresh, seasonal ingredients to prepare three healthy, delicious meals each day. Our residents keep their minds, bodies and spirits active by participating in our robust slate of activities and programming. Our recently remodeled community features lovely outdoor spaces and beautiful, comfortable interiors. With so many cultural destinations located in close proximity, our residents enjoy day trips to locations such as the John R. Rodman Arboretum, the Rancho Santa Ana Botanic Garden, the Folk Music Center Museum, the Claremont Museum of Art and the Pomona College Museum of Art.

#### Hillcrest

#### Website Link

1-909-392-4000 2705 Mountain View Drive La Verne, CA 91750

State License Number: 191501662

Units: 300+

info@livingathillcrest.org

Offers four levels of care plus a 78-bed Convalescent Hospital. Planned activities as well as 24-hour emergency service and nursing care if needed. Depending on the living space chosen, dining, housekeeping and linen services are provided. Transportation is also available.

## Pilgrim Place 60+

#### Website Link

1-909-399-5500 625 Mayflower Road Claremont, CA 91711 <a href="mailto:gtackoor@pilgrimplace.org">gtackoor@pilgrimplace.org</a>

Pilgrim Place is a senior living provider in Claremont, California that offers residents Assisted Living, Nursing Homes, and Continuing Care Communities.

Located on a 32-acre tree-lined campus featuring many historic Spanish Revival buildings and variegated landscaping, Pilgrim Place is centrally located in the center of Claremont, California. Residents entering the community may select one of our private distinctively individual independent residential homes, ranging in size from 600 square feet to 1,800 square feet – all uniquely designed to create an integrated neighborhood.

Applicants are eligible to move to Pilgrim Place after their 60th birthday. (If a couple is making an application one of them must be at least 60 years old.) Applicants submit a personal statement that describes the causes in which they have been engaged either through work or volunteer life. Pilgrim Place is open to all such qualified persons regardless of gender, religion, race, ethnicity, national origin, disability, marital status, or sexual orientation.

# Claremont/La Verne Residential Care Facilities

## Mountain View Guest Home

#### Website Link

909-626-6633 715 Base Line Road Claremont, CA 91711

State License Number: 197801605

Capacity: 6

sales@mvcenters.com

Specializing in Alzheimer's patients and Dementia patients. Each room is semi-private with intermediate care provided. This facility can handle non-ambulatory patients as well as incontinence. Laundry and housekeeping provided as well as planned activities.

# Claremont/ La Verne

# Nursing/Convalescent Homes & Skilled Nursing Facilities

#### Claremont Sheltered Care Center

#### Website Link

1-909-626-3581 650 South Indian Hill Boulevard Claremont, CA 91711

State License Number: 191500017

Units: 70 beds

Claremont Sheltered Care Center Inc is a licensed Adult Residential in Claremont, CA. Assisted living/Alzheimer facility that provides personal care, usual meals, housekeeping, laundry services, scheduled transportation, group activities and field trips.

TIP: Advance Directives. An advance directive (AD) allows a patient to communicate health care preferences in the event that he or she is no longer able to make these decisions. Many see advance care planning (ACP) as a way to help ensure that wishes about end-of-life care are honored. The process includes discussing values and goals of care among the patient, family, and physician, and determining or executing treatment directives. Ideally, ADs are part of the ACP process. Twenty years ago, Congress passed the Patient Self-Determination Act (PSDA) requiring most health care facilities to inform adult patients about their rights to execute an AD. Research indicates that the preference for having an AD can be influenced by individual attitudes, cultural beliefs, health conditions, and trust in health care professionals. Centers for Disease Control