

IN-HOME CARE

- Accredited Home Care Services** 3570 Camino Del Rio North #108 SD 619-265-1234 "Over 35 years of service providing caregiving services in the home! We also offer complimentary in-home assessments and are CAHSAH certified." www.AccreditedNursing.com
- Adult Home Health Care** 10650 Scripps Ranch Blvd Ste 126 SD 619-940-6561 "Your complete solution for all your home care needs. Includes: Home Care Services & Care Equipment, Home Placement, Handyman Service, and Culinary Service." www.AdultHomeHealthCare.com
- AltaGolden In-Home Support and Adult Day Care Program for Dementia, Lic#: 374700084** 858-779-9254 16885 W. Bernardo Dr #212 SD "Experienced caregivers for in-home tasks, appointments, personal care, etc. Call for a free 1/2 day at our licensed Adult Day Care!" www.AltaGolden.com
- BrightStar Care of Poway and Rancho Bernardo** 504 W. Mission Ave, Suite 206 Escondido 760-738-1926 "We are a Home Care and Home Health Company providing a higher standard of home care." www.BrightStarCare.com/Poway-Rancho-Bernardo
- Home Helpers Home Care** 11706 Alderhill Terrace SD 858-218-6090 "Our goal is to deliver the same exceptional in-home care we would expect for ourselves and our families." www.HomeHelpersHomeCare.com/SDCare.com
- Kindred Hospice (Formerly Gentiva Hospice)** 9444 Balboa Ave., Ste 290 SD 858-565-2499 "We are a medical service provided in the home, focusing on pain and symptom management for persons with a terminal illness. Hospice provides physical, emotional and spiritual resources for those with a noted decline in health and increased medical need in the home."
- Seniors Helping Seniors** 16959 Bernardo Center Dr Ste 214 SD 858-774-8194 "We match seniors who want to help OTHER seniors w/ meal"
- Senior Move Masters** 6072 Corte del Cedro Carlsbad 760.942.4525 "Senior relocation services including: downsizing, floor planning, moving and

SENIOR LIVING

- The Gateway and Gateway Gardens** 12751 Gateway Park Rd Poway 858-487-1197 "A non-profit independent & assisted living community with a variety of floor plan housing options for older adults in an environment that enhances quality of life physically, mentally, and spiritually. Call today for a personal visit!"
- The Remington Club I and II** 16916 Hierba Dr SD 858-673-6340 "Resort style retirement community offering independent, assisted living and skilled nursing rehabilitation. Rental apartments available." www.TheRemingtonClub.com
- Seacrest Village@Rancho Bernardo** 12730 Monte Vista Road Poway 858-485-0700 "Senior Living in the Jewish Tradition" www.SeacrestVillage.org
- Sunrise of Sabre Springs** 12515 Springhurst Drive SD 858-391-9160 "Assisted Living and Memory Care. Opening Summer 2017! Stop by sales gallery for more info- located at 12396 World Trade Dr #215, SD" www.SunriseSabreSprings.com

MEMORIAL SERVICES

- Pomerado Cemetery District – Dearborn Memorial Park** 14361 Tierra Bonita Road Poway 858-748-5760 "A non-profit agency located in a beautiful, rural area of Poway. Our caring & compassionate staff of professionals are here to assist you with your burial arrangements, whether you are planning for the future with pre-arrangements, or have an
- Poway Bernardo Mortuary** 13243 Poway Road Poway 858-748-4101 "Poway family owned, full service mortuary located on Poway Rd. We offer cremations and all death care needs"

HEALTH SERVICES

Eyeconic Eye Care Optometry 1265 care."	12650 Sabre Springs Pkwy, Ste #203 SD "We have a caring team of professionals dedicated to providing the highest quality of personalized eye care." www.EyeconicEye.com	858-748-
Harmony Home Medical 560-8177	7640 Clairemont Mesa Blvd SD "Medical equipment & home access solutions. Everything you need to age-in-place in one beautiful, centrally located showroom" www.harmonyhomemedical.com	858-
Hearasist Hearing Aids 391-1224	13342 Poway Road Poway	858-

AUTOMOTIVE

Poway Cruisers Car Club	"A social club for anyone who likes having fun with their automobiles! Club meets monthly and also holds a monthly car show. Check the club website for details on meeting times and places."	
Poway Transmissions 679-8000	13933 Poway Rd Ste. A Poway "Check light on? Making Noise? Let us check it for free and give you a no pressure quote."	858-

HEALTH INSURANCE

Kaiser Permanente Sr Advantage 1250	10990 San Diego Mission Rd San Diego	619-641-
Scan Health Plan 720-9153	12671 High Bluff Dr Ste 170 SD "Dedicated to helping Medicare members stay healthy and independent for over 35"	858-
Sharp Health Plan 499-8360	8520 Tech Way SD "Rated highest in California for overall satisfaction and of of the Top 100 health plans in the nation. Award winning doctors, medical groups and hospitals and the	858-
Simon Loli Insurance 250-1316	8880 Rio San Diego Dr. Ste 800 SD "Independent life & health insurance agent offering no charge consultations and assessments on all Medicare plans, long term care, final expense & more"	619-

FINANCIAL SERVICES

Tony Bevin, F.S.D. Financial Security Designs Medi-Cal and VA Benefits Consultant Lic #0705325 16776 Bernardo Center Dr., Ste. 203 286-7121	15708 Pomerado Rd Ste N209 Poway "Let us handle your Medi-Cal or VA eligibility so you can focus on helping your loved ones get better." www.VABenefitsOnline.com Email:	800-
SharMarc Financial Advisors 451-7722	15708 Pomerado Rd Ste N209 Poway "Offering a unique approach to your financial wellbeing"	858-

REAL ESTATE SERVICES

R.B. Haley Fine Homes & Estate 5006	12396 World Trade Dr, Ste 306 SD "We work with seniors to meet their housing goals. Selling/buying, downsizing, relocating closer to family, retirement living and beyond, or aging in place. Consultations and home valuations are always FREE." www.RBHaley.com	619-405-
Retirement Funding Solutions 1983	3131 Camino del Rio N. Ste. 190 SD "Specializing in Home Equity Conversion Mortgages / Reverse Mortgages"	858-335