

Tulungan-Alalayan in Excelsior District

San Francisco – With the opening of the Aging and Disability Resource Center (ADRC) at the Filipino Community Center on Mission Street in Excelsior District, Filipino seniors and their families have found a welcoming place where they can get free and up-to-date information, referral and assistance to help maximize self-sufficiency, safety, health and independence.

But the seniors who come to the twice-a-month program (every second Tuesday and fourth Thursday, from 3:00 pm to 5:00 pm) at the Center have transformed the conventional service delivery format; from a one-to-one or individual counseling into seniors helping seniors approach.

The approach is aptly called in Filipino “Tulungan-Alalayan-Talakayan,” which literally means helping, carefully holding a hand, and sharing. Participants are encouraged and free to share their problems, issues and concerns, needs and options to the group, while

others may offer their thoughts and insights.

The session is facilitated by an ADRC staff and participated by seniors and persons with disabilities. The staff may provide pertinent information and overview on the issues and concerns being discussed.

ADRC Talakayan usually covers various benefits available to the seniors and persons with disabilities such as Medicare, Medi-Cal, Calfresh (food stamps), Social Security, housing opportunities, paratransit, congregate meals, food distribution, Home Energy Assistance Program, in-home support services and other money-saving benefits.

ADRC is a program of the Episcopal Community Services of San Francisco which is funded by the Department of Aging and Adult Services and works closely with the DAAS Integrated Intake Unit and other senior and disability service organizations.

Through the efforts of Supervisor John Avalos the services of ADRC is expanding in District 11 to better serve the seniors and persons with disabilities residents.

ADRC is housed at the Filipino Community Center which is located on 4681 Mission Street near Ocean Avenue. The Center provides a safe space where Filipinos can access services, meet, and hold activities.

The other ADRC outstations are also strategically located throughout San Francisco where services are offered to residents in their neighborhood and in their languages (English, Spanish, Chinese, Russian, and Tagalog).

ADRC services are free and available to the public. For more information about ADRC and its services in other outstations, please call 415-487-3370. For services in Filipino call MC Canlas at 415-487-3370 extension 6821.