

## Resource List for CNA Seniors and Caregivers

– Some Basics –

Last Reviewed: December 2025

**This list is intended to be a good starting point for those new to exploring resources for seniors and caregivers.** This list has been compiled by the Cherryhill Senior Advocates Committee as a service to our Cherryhill Neighborhood Association. It is a compilation of information we have gathered from a variety of sources. However, we have made no effort to vet the quality of these services. Please feel free to contact the committee with any comments, corrections or additions you might have to share.

Our committee email address is: [SeniorAdvocates@cherryhillna.org](mailto:SeniorAdvocates@cherryhillna.org), or contact Cindy Spencer at 408-368-1645.

**For more resource information, please view the Cherryhill website Senior Advocates webpages at:**  
[www.Cherryhillna.org](http://www.Cherryhillna.org) > “Committees” tab > “Senior Advocates”.

### City of Sunnyvale Resources:

- 1. Sunnyvale Senior Center**      **408-730-7360 (Main #)**  
**408-730-7732 (Case Manager – direct line)**  
[www.sunnyvale.ca.gov](http://www.sunnyvale.ca.gov) > Recreation and Community Tab > Community Centers > Senior Center  
**550 W. Remington Avenue, Sunnyvale, CA 94087**  
Provides a variety of educational, recreational and health-related services for adults age 50 and up. The Center also offers case management, care planning and referrals to community services for seniors and their families.
- 2. Garbage Service – In-yard Cart Assistance**      **408-730-7400 (Rear-yard Garbage Service Request)**  
Request for all garbage containers to be picked up from your yard, without the need to move containers curb-side. The city will provide you with a form to be completed by your doctor, if needed.
- 3. Sewer & Street Flooding Issues**      **408-730-7400**  
[www.sunnyvale.ca.gov](http://www.sunnyvale.ca.gov) > Search for “Access Sunnyvale” page  
> select “Utility” icon  
If you are experiencing a sewer backup in your home, or the lateral clean-out in your front yard is overflowing. Or, if you are experiencing street flooding with pooling water or it is rising above the curb.
- 4. Home Access Grants**      **408-730-7459**  
[www.sunnyvale.ca.gov](http://www.sunnyvale.ca.gov) > Search for “Home Access Grants” > select document titled “Home Improvement Program”  
Grants available up to \$9,500 for seniors and/or disabled lower-income homeowners to retrofit the home to eliminate physical barriers which inhibit use of the home and/or improve accessibility, such as: grab bars, handrails, lifts, or ramps.

### Legal Services:

- 1. Senior Adults Legal Assistance (SALA)**      **408-295-5991**  
[www.sala.org](http://www.sala.org)  
**1425 Koll Circle #109, San Jose, CA 95112**  
SALA is a non-profit elder law office whose mission is to support older persons in their efforts to live safely, independently, non-institutionalized, and with dignity. Established in 1973, SALA provides free legal services and community education to Santa Clara County residents who are age 60 or older. There is no income eligibility qualification to use SALA’s services.

## Santa Clara County Resources:

- 1. Department of Aging and Adult Services**      **408-755-7600**  
[www.sccgov.org/daas](http://www.sccgov.org/daas)  
**353 W. Julian Street, San Jose, CA 95110**  
Assists older adults and adults with disabilities, and their families, to maximize self-sufficiency, safety, health and independence so that they can remain living in the community for as long as possible and maintain the highest quality of life.
- 2. Social Services Agency, Veterans Services Office (VSO)**      **408-918-4980**  
<https://vets.santaclaracounty.gov>  
**68 N. Winchester Blvd., Santa Clara, CA 95050**  
Promotes and honors all veterans and enhances their quality of life and that of their dependents and survivors by assisting in accessing federal, state and local veteran benefits.

## Not-for-profit Agencies:

- 1. Sourcewise**      **408-350-3200**  
[www.mysourcewise.com](http://www.mysourcewise.com)  
**3100 De La Cruz Blvd. #310, Santa Clara, CA 95054**  
Sourcewise is a 501(c)(3) non-profit that started in 1973 with a mission to help older adults get access to the resources they need to live comfortably.
- 2. Avenidas**      **650-289-5400 Main #)**  
**650-289-5499 (Rose Kleiner Center – Adult Daycare Program, Mt. View, CA)**  
**650-289-5409 (Chinese Community Center – Cubberley, Palo Alto, CA)**  
[www.avenidas.org](http://www.avenidas.org)  
**450 Bryant Street, Palo Alto, CA 94301**  
Provides a wide range of programs, information, and services that enable people to stay active, maintain their independence, help their aging parents, or care for a spouse.
- 3. Heart of the Valley**      **408-241-1571**  
[www.servicesforseniors.org](http://www.servicesforseniors.org)  
An all-volunteer organization helping seniors 62 years or older in West Santa Clara Valley by offering services and programs which help them maintain their independence.

## Dementia Information:

- 1. Alzheimer's Association**      **800-272-3900 (available 24/7)**  
[www.alz.org](http://www.alz.org)  
Extensive information on Alzheimer's and other forms of dementia. Get confidential support, crisis assistance, local resources and information in over 200 languages.

## Newsletter Information:

- 1. Aging Well Newsletter** by Janice Walton      <https://agingwell.news> to subscribe  
How to prepare for longevity with a retired psychologist as your guide.