



# Visiting Family Guide

South Asian focused information and resources to help plan a fun, comfortable and memorable stay for visiting family members.



[www.concernhealth.com](http://www.concernhealth.com)  
800.344.4222

# Welcome

**Welcome to Silicon Valley, home to one of the most culturally diverse populations in America.** Known to locals as the Valley of Hearts Delight, the area was once abundant with apricot, plum and cherry orchards. Transformed by the digital revolution, the valley now features some of the world's largest and most innovative technology companies.

Situated between San Francisco and San Jose, Silicon Valley covers 1,854 square miles and is home to nearly 3 million people. Drawn by beautiful weather (300 sunny days a year), easy access to mountains, beaches, and wine country, as well as a vibrant tech industry, the population is booming—primarily driven by foreign immigration. The South Asian population alone has spiked 68% in the past 10 years and is still growing. As the South Asian population increases, so are the myriad of businesses and community resources that cater to South Asians.

For more than three decades, Concern Employee Assistance Program has been partnering with Silicon Valley companies to improve the overall health and wellbeing of employees and their families. Tailoring culturally appropriate solutions to meet the evolving needs of our client organizations, we at Concern are very pleased to provide you with this Resource Guide. The guide is organized into four main sections—Healthcare, Recreation, Transportation and Language Assistance —specially designed to meet the needs of South Asian employees and their visiting families. We hope that this information is of value to you, and will help ensure that your experience in this beautiful area will be comfortable and as enjoyable as possible.

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# Healthcare and Medical Insurance

Concern is aware that the South Asian community has unique health disparities as well as specific needs for culturally appropriate health resources. Here are some organizations that can provide you with health education, specialized services, and medical care. Bilingual staff and physicians may be available to provide assistance in your native language.

## Community Health Centers

This section includes healthcare and community resources in Santa Clara county, Milpitas and Fremont. Since there are many services in the community, we have narrowed our selections based on their location and capabilities. In some cases, we have taken into consideration the affordability of services. For example, some clinics listed here provide services on a sliding scale based on income level. Among the listings are services provided by the County or Federal government, volunteers, as well as nonprofit and for-profit organizations.

### Fremont

#### Tri-City Health Center

This is a healthcare center funded by the federal government. This means even if you have no insurance you can be served. The center is also income based for those making an income. This health center offers services such as checkups, primary care, pregnancy care, immunizations and child care, prescription medicine and behavior health. Contact them at the number provided for full details.

**Tri-City Health Center:** *Phone: (510) 770-8040*

39500 Liberty Street, Fremont, CA 94538

**Tri-City Health Center:** *Phone: (510) 770-6690*

39184 State Street, Fremont, CA 94538

**Newark Health Center:** *Phone: (510) 505-1600*

6066 Civic Terrace Avenue, Newark, CA 94560

## Community Health Centers

### Milipitas

#### **India Community Center Medical Clinic**

India Community Center offers compassionate, high quality, free healthcare for uninsured and medically under-served patients of the Bay Area. [www.indiacc.org](http://www.indiacc.org)

525 Los Coches Street, Milpitas, CA 95035

Phone: (408) 934-1130

Fax: (408) 934-1150

E-mail: [info@indiacc.org](mailto:info@indiacc.org)

[www.indiacc.org/medical\\_clinic](http://www.indiacc.org/medical_clinic)

#### **Santa Clara Valley Medical Center Milpitas**

SCVMC Milpitas provides excellent, cost-effective and appropriate medical services in a professional setting that meets the needs of patients and clients.

143 North Main Street, Milpitas, CA 95035

Phone: (888) 334-1000

#### **Services:**

- Cardiology
- Medical Homes for Internal Medicine and Family Practice
- Obstetrics & Gynecology Clinic
- Pediatric Clinic
- Dental Clinic
- Allergy Clinic
- Pediatric Healthy Lifestyle Clinic
- Pharmacy
- Laboratory
- General Radiology

## Santa Clara County

### **Mayview Community Health Center**

Mayview Community Health Center is a nonprofit organization devoted to providing healthcare to low-income families and individuals in northern Santa Clara County and southern San Mateo County.  
[www.mayview.org](http://www.mayview.org)

**Mayview Community Health Center:** *Phone: (650) 965-3323*

900 Miramonte Avenue, 2nd Floor, Mountain View, CA 94040

**Mayview Community Health Center:** *Phone: (408) 746-0455*

785 Morse Avenue, Sunnyvale, CA 94085

**Mayview Community Health Center:** *Phone: (650) 327-8717*

270 Grant Avenue, Palo Alto, CA 94306

### **Valley Health Center Bascom**

Valley Health Center Bascom is one of 50 health centers in the Santa Clara Valley Medical Centers network. VHC Bascom provides world-class care in the community with compassion and respect. [www.scvmc.org](http://www.scvmc.org)

750 S. Bascom Avenue, San Jose, CA 95128

Phone: (888) 334-1000

### **Planned Parenthood**

Planned Parenthood is a provider of a wide range of reproductive health care services including preventive care, primary care, contraception, testing and treatment for sexually transmitted infections, and screening for cervical and other cancers.

225 San Antonio Road, Mountain View, CA 94040

Phone: (877) 855-7526

## Community Resources

### **South Asian Heart Center**

If you are South Asian and have high blood pressure, diabetes, an abnormal cholesterol profile, or a family history of these conditions, heart disease, or stroke, you may be at risk. The South Asian Heart Center provides advanced screening, expert lifestyle intervention, and personal coach-based lifestyle management. The South Asian Heart Center consultation and counseling services are available for self-pay. Processing fees and laboratory cost are \$125 and are payable when scheduling appointments. There is no Physician on site. To learn more go to: [www.southasianheartcenter.org](http://www.southasianheartcenter.org)

### **South Asian Heart Center –**

**Mountain View, El Camino Hospital:** *Phone: (650) 940-SAHC*

2400 Grant Road, Mountain View, CA 94040

### **South Asian Heart Center –**

**Los Gatos, El Camino Hospital:** *Phone: (650) 940-7242*

777 Knowles Drive, Suite 17A, Los Gatos, CA 95032



# Travelers and Medical Insurance

## **Visitors Coverage**

Visitor insurance for USA visitors and international travelers provides health, accident & travel insurance coverage within the USA. It is the most suitable and best visitor insurance, for parents, relatives and business travelers to USA on visitor/business B1 B2 Visa. [www.visitorscoverage.com](http://www.visitorscoverage.com)

2350 Mission College Boulevard, Suite 1140, Santa Clara, CA 95054

Phone: (866) 384-9104

Fax: (408) 934-1150

E-mail: [info@VisitorsCoverage.com](mailto:info@VisitorsCoverage.com)

## **Seven Corners**

Inbound Choice or Inbound Guest, Seven Corners provides visitor medical insurance plans and covers accidents and new illnesses that occur while visiting the United States. [www.sevencorners.com](http://www.sevencorners.com)

303 Congressional Boulevard, Carmel, IN 46032

Toll Free: 1-800-690-6295

Within the U.S.: (317) 818-2808

## **Insurance Services of America**

Insurance Services of America is a leading independent brokerage firm specializing in international health and travel insurance, short-term medical insurance and insurance for visitors and immigrants to the US. [www.bestshorttermplan.com](http://www.bestshorttermplan.com)

1757 E. Baseline Road, #126, Gilbert, AZ 85233

Phone: 1-800-647-4589

Worldwide: 01-480-821-9052

## Mental Health Resources

### **Maitri**

Maitri is a free, confidential, nonprofit organization based in the San Francisco Bay Area, that helps families from South Asia (Bangladesh, India, Nepal, Pakistan, Sri Lanka among others) facing domestic violence, emotional abuse, cultural alienation, human trafficking or family conflict. [www.maitri.org](http://www.maitri.org)

Toll Free Helpline: 1-888-8MAITRI (1-888-862-4874)

Local Helpline: 1-408-436-8398

### **MySahana**

MySahana is a nonprofit organization designed to reduce stigma and increase awareness about emotional health and wellness in the South Asian community. Through easy-to-understand descriptions of numerous emotional health issues, educational workshops and culturally sensitive coping strategies, MySahana hopes to empower the South Asian community to realize their inner fortitude, take charge of their mental health and make better and more informed decisions for a healthy lifestyle. [www.mysahana.org](http://www.mysahana.org)

P.O. Box 361301, Milpitas, CA 95036

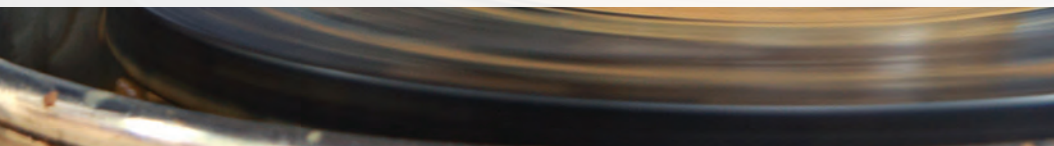
Phone: (408) 657-9569





# Entertainment and Community Resources

Silicon Valley is a multi-cultural community that embraces the heritages and traditions of our South Asian population. There are many ways to enjoy this vibrant and diverse area. Some options are outlined here for your convenience, including: spiritual and cultural organizations; neighborhood-based community centers; a thriving arts community; senior centers featuring a wide range of social, educational and fitness activities; multi-media resources including theater, radio and television broadcast in Hindi and other native languages; and much more.



# Community Centers

## India Community Center

The India Community Center is a place where every generation of the Indian Diaspora can find comfort in various facets of their culture, preserve and practice unique traditions, and celebrate festivals and social milestones. [www.indiacc.org/seniors](http://www.indiacc.org/seniors)

**Milpitas:** *Phone: (408) 934-1130*

525 Los Coches Street, Milpitas, CA 95035

## Cupertino

20589 W. Homestead Road, Cupertino, CA 95014

### Activities include:

#### Senior Programs:

- Jollywood Dancers troupe
- A theater group
- Knitting club
- Bridge club
- Computer class

#### Fitness Center:

ICC Fitness and Health offers a variety of classes, equipment, services, and training that is suited to every individual.

- Group Exercise
- Cardio and Fitness Machines
- Free Classes for Members
- Personal Training
- Yoga
- Massage

#### Community Clubs:

##### ArtICCulators Toastmasters

Free. Open to all. Each meeting, every member has a chance to speak in front of people with prepared or impromptu speeches.

##### Book Club

Meets once every two months to discuss both fiction and non-fiction books. Spicy snacks and pungent arguments are often in abundance.

##### Karaoke

Meets on the 4th Friday January through October. Open Mic. Entry is free for ICC members and non-members.

## Neighborhood Senior Programs

### **Fremont Senior Center**

40086 Paseo Padre Parkway

Fremont, CA 94538

Phone: (510) 790-6600

To recorded weekly activities:

(510) 790-6610

[www.fremont.gov/351/Senior-Center](http://www.fremont.gov/351/Senior-Center)

### **Membership:**

Senior Center members enjoy the benefits of inexpensive lunches, trips, and class fees as well as priority for some events.

- Fremont resident: \$35 Annual Fee
- Nonresident: \$45 Annual Fee

### **Classes and Activities:**

Weekly classes are taught by staff of Fremont Adult School or local volunteers.

### **Ongoing Classes and Activities:**

- AARP Safe Driving Class.  
Registration Required
- Art – Painting, Mosaics
- Billiards, Bingo, Bridge
- Birthday Parties and Entertainment
- Needlecrafts, Creative Writing, Current Events, Quilters
- Dance with a Live Band
- Guitar and Piano, Fremontaires Band, Karaoke/Dancing, Harmonica at Carlton Plaza

- “Walk This Way” Alumni Walking Group, Senior Fitness, Coed Softball
- Yoga/Stretch
- Financial Planning/Senior Finance Issues
- Woodcarvers, Computers, Spanish

### **Cultural and Interest Groups:**

- East Indian Seniors
- FISA - Social Activities and Yoga (Indo-American Sr.)
- INSAF Indo/American Seniors
- Lavender Seniors of East Bay
- Muslim Support Network

### **Support Groups:**

- Caregivers Support
- Parkinson's Support

### **Day Trips:**

- Levi Stadium
- Graton Casino and Resort
- Thunder Valley Casino
- Roaring Camp Railroad

### **Volunteer Opportunities:**

Be a part of an active senior community with over 200 volunteers. To volunteer, visit the Senior Center and pick up an application. Volunteers needed: kitchen helpers, office helpers, greeters, lunch ticket sellers, special skills or interests



## Sunnyvale Senior Center

The City of Sunnyvale Department of Library and Community Services offers classes and programs for families to enjoy, including swimming, dance, health and therapeutic classes, art, youth and adult sports, music and fitness programs and more. Membership fee to participate. [www.sunnyvale.ca.gov/Departments/CommunityServices/Seniors.aspx](http://www.sunnyvale.ca.gov/Departments/CommunityServices/Seniors.aspx)

550 E. Remington Drive, Sunnyvale, CA 94086

Phone: (408) 730-7360

### Senior Drop-In Programs:

- Billiards
- Book Club
- Bridge
- Chess Club
- Computer Help
- Movies

### Classes for Older Adults ages 50+:

- Fitness & Core Strengthening
- Meditation
- Lectures & Senior Services
- Ceramics
- Ballroom Dancing

## Milpitas Community Library

Special programs are offered including story hours, video and compact disc checkout. [www.sccl.org/Locations/Milpitas](http://www.sccl.org/Locations/Milpitas)

160 N. Main Street, Milpitas, CA 95035

Phone: (408) 262-1171

### Programs and Events:

- |                                       |                     |
|---------------------------------------|---------------------|
| • Computer Skills Tutoring for Adults | • Yoga              |
| • ESL Conversation Club               | • Ballroom Dancing  |
| • Guided Mindful Meditation           | • Poetry Recitation |

## Neighborhood Senior Programs

### **Milpitas Community Center**

This facility is the site for many of the City's recreation classes and activities. It houses recreation and community service programs.

[www.ci.milpitas.ca.gov/government/recreation/default.asp](http://www.ci.milpitas.ca.gov/government/recreation/default.asp)

457 E. Calaveras Boulevard, Milpitas, CA 95035

Phone: (408) 586-3210

### **City of Milpitas Community Concert Band**

Musicians skilled in woodwind, brass and percussion instruments are invited to join. Annual membership fee is \$30. New members may join at any time during the season. Members must provide their own instrument and be able to read and play music.

### **The Milpitas Phantom Art Gallery**

Viewing hours are Monday  
Thursday, 8:00 a.m. – 6:00 p.m.  
Fridays 8:00 a.m. – 5:00 p.m.

Additional site is the Milpitas  
Public Library.

### **Milpitas Sports Center**

This center provides sports and fitness classes and programs. There is a locker room and shower facilities, a fitness room with universal and free weights, stair masters, and lifecycles, drop-in basketball, aerobics, water exercise, lap swimming and a variety of other sports programs that are offered year-round. Membership is required.

[www.ci.milpitas.ca.gov/government/recreation/sports\\_center.asp](http://www.ci.milpitas.ca.gov/government/recreation/sports_center.asp)

1325 East Calaveras Boulevard, Milpitas, CA 95035

Phone: (408) 586-3225



## Barbara Lee Senior Center

The facility consists of a Community Room/auditorium, two game rooms (one for table games and one with pool, ping pong and air hockey games), three classrooms, an art room, an exercise/dance room, and a fitness center. The facility also has a lounge and coffee/snack bar area.

[www.ci.milpitas.ca.gov/government/recreation/senior\\_programs.asp](http://www.ci.milpitas.ca.gov/government/recreation/senior_programs.asp)

40 N. Milpitas Boulevard, Milpitas, CA 95035

Phone: (408) 586-3400

### Programs and Events:

- **Live Entertainment**
- **Bingo:** Minimum fee required
- **Book Club:** Space is limited
- **Crochet and Knit:** Visit with others as you work on your projects. Beginners are welcome.
- **Local Shopping Trips:** Shop at a local store, such as Big Lots, Dollar Store, Wal-Mart or Ranch 99. Sign up on the day of the event at the front desk.
- **Two Game Rooms:** Cards, backgammon, checkers, chess, Yahtzee, dominos, pool, ping pong and more.
- **Fitness Programs:** Exercise videos geared towards seniors. Exercises use gentle and non-threatening movements to help you stretch and tone muscles, improve your balance and gait, and enhance the strength in your legs and arms.
- **Star Trackers Walking Group:** A walking program that allows participants to track how far they walk each week. Staff leads Star Trackers on walks around the Senior Center area. As walkers reach certain mileage markers, they will receive incentive rewards.
- **Senior Center Idols:** Sing Karaoke and show us what you've got!

## Neighborhood Senior Programs

### **Mountain View Senior Center**

The Mountain View Senior Center is an all-purpose facility that offers programs and services for adults 55 years of age and over. [www.mountainview.gov/depts/cs/rec/senior/default.asp](http://www.mountainview.gov/depts/cs/rec/senior/default.asp)

266 Escuela Avenue, Mountain View, CA 94040  
Phone: (650) 903-6330

### **Free Drop In Programs:**

Games, movies, special events, workshops, and more!

### **Aquatic Classes:**

#### **Aquatic Fitness:**

Exercises are designed to develop muscle tone, strength and flexibility as the body moves against the resistance of the water.

#### **Deep Water Exercise:**

Aerobic strengthening exercises are performed in deep water with the assistance of a flotation device.

#### **Lap Swim:**

Also available at a discounted rate for seniors. For more information on Lap Swim, please visit the Aquatics Program at [www.mountainview.gov/depts/cs/rec/aquatics/lochour.asp](http://www.mountainview.gov/depts/cs/rec/aquatics/lochour.asp)

### **Saratoga Area Senior Center**

The Saratoga Area Senior Center offers a whole array of resources, classes, day trips, and social events that provide seniors an opportunity to learn, socialize, and just have fun. [www.sascc.org](http://www.sascc.org)

9655 Allendale Avenue  
Saratoga, CA 95070  
Phone: (408) 868-1257

### **Free Drop In Programs:**

- Anandvan Group
- AARP Driver Safety Class
- Exercise Classes
- and much more

## Parks and Recreation, Day Trips

Link to tourist attractions in Silicon Valley including: parks, gardens, cultural, event venues, historical, parks and trails  
[www.en.wikipedia.org/wiki/List\\_of\\_attractions\\_in\\_Silicon\\_Valley#Parks and trails](http://www.en.wikipedia.org/wiki/List_of_attractions_in_Silicon_Valley#Parks_and_trails)

### Central Park

969 Kiely Blvd., Santa Clara, CA 95051  
Phone: (408) 615-3140

A fifty-two acre park provides picnic facilities, children's play area, amphitheater, tennis and basketball courts, and Community Recreation Center.

Other parks in Santa Clara:  
[www.sccgov.org/sites/parks/parkfinder/Pages/parkfinder.aspx](http://www.sccgov.org/sites/parks/parkfinder/Pages/parkfinder.aspx)

### Ed Levin County Park

3100 Calaveras Rd., Milpitas, CA 95035  
Phone: (408) 262-6980

The park's recreational facilities include a hang gliding and paragliding area, a dog park, two lakes and horseback riding areas.

Other parks in Milpitas:  
[www.ci.milpitas.ca.gov/government/recreation/parks.asp](http://www.ci.milpitas.ca.gov/government/recreation/parks.asp)

### Central Park (Lake Elizabeth)

40000 Paseo Padre Pkwy.  
Fremont, CA 94538  
Phone: (510) 790-5541

In the park lies Lake Elizabeth, an 83-acre man-made lake that serves as a scenic place for the residents who come to picnic, play sports, walk or tour the vicinity.

Other parks in Fremont:  
[www.fremont.gov/316/Parks](http://www.fremont.gov/316/Parks)

### Big Basin Redwoods State Park

21600 Big Basin Way  
Boulder Creek, CA 95006  
Phone: (831) 338-8860

18,000 acres of trails, waterfalls, redwoods, many animals, abundant bird life.

[www.en.wikipedia.org/wiki/Big\\_Basin\\_Redwoods\\_State\\_Park](http://www.en.wikipedia.org/wiki/Big_Basin_Redwoods_State_Park)

## Parks and Recreation, Day Trips

### **Henry Cowell Redwoods State Park**

101 Big Trees Park Road,  
Felton, CA 95018  
Phone: (831) 335-4598

4,623 acres of forest, hiking, fishing, birdwatching. Visitor center adjacent to the historic Roaring Camp and Narrow Gauge Railroad.  
[www.en.wikipedia.org/wiki/Henry\\_Cowell\\_Redwoods\\_State\\_Park](http://www.en.wikipedia.org/wiki/Henry_Cowell_Redwoods_State_Park)

### **Kelly Park**

749 Story Road, San Jose, CA 95122  
Phone: (408) 798-2088

156 acres: Happy Hollow Park and Zoo, Japanese Friendship Garden, picnic areas.

[www.en.wikipedia.org/wiki/Kelley\\_Park](http://www.en.wikipedia.org/wiki/Kelley_Park)

### **Rosicrucian Park**

1660 Park Ave., San Jose, CA 95191  
Phone: (408) 947-3635

The park takes up nearly an entire city block and includes the Rosicrucian Egyptian Museum, Planetarium, Peace Garden, and Research Library.

[www.en.wikipedia.org/wiki/Rosicrucian\\_Park](http://www.en.wikipedia.org/wiki/Rosicrucian_Park)

### **Shoreline Park**

3070 N. Shoreline Blvd.  
Mountain View, CA 94043  
Phone: (650) 903-6392

Features an 18 hole golf course, an man-made lake and aquatic center which offers boating rentals and classes. Walking, hiking and biking trails that connect to the Palo Alto Baylands Nature Preserve.

[www.en.wikipedia.org/wiki/Shoreline\\_Park,\\_Mountain\\_View](http://www.en.wikipedia.org/wiki/Shoreline_Park,_Mountain_View)

### **Vasona Park**

333 Blossom Hill Road,  
Los Gatos, CA 95032  
Phone: (408) 356-2729

Vasona Reservoir offers pedal boats for rent and docks for sailing craft, Science and Nature Center, hiking/biking trails.

[www.en.wikipedia.org/wiki/Vasona\\_Park](http://www.en.wikipedia.org/wiki/Vasona_Park)

## Spiritual/Cultural Centers

### **Bochasanwasi Shri Akshar**

#### **Purushottam Swaminarayan Temple**

1430 California Cir., Milpitas, CA 95035

Phone: (408) 263-2277

[www.baps.org/Global-Network/](http://www.baps.org/Global-Network/)

[North-America/SanJose.aspx](http://www.baps.org/Global-Network/North-America/SanJose.aspx)

### **Fremont Hindu Temple**

#### **Vedic Dharma Samaj**

3676 Delaware Dr., Fremont, CA 94538

Phone: (510) 659-0655

[www.fremonttemple.org](http://www.fremonttemple.org)

### **Gurdwara Sahib Fremont**

300 Gurdwara Rd., Fremont, CA 94536

Phone: (408) 274-9373

[www.fremontgurdwara.org](http://www.fremontgurdwara.org)

### **Hindu Community and Cultural Center – Shiva-Vishnu Temple**

1232 Arrowhead Ave., Livermore, CA 94551

Phone: (925) 449-6255

[www.livermoretemple.org](http://www.livermoretemple.org)

### **ISKCON Temple of Silicon Valley**

1965 Latham St., Mountain View, CA 94040

Phone: (650) 336-7993

[www.iskconsiliconvalley.com](http://www.iskconsiliconvalley.com)

### **Islamic Cultural Center of Northern California**

1433 Madison St., Oakland, CA 94612

Phone: (510) 832-7600

[www.iccnc.org](http://www.iccnc.org)

### **Islamic Center of Alameda**

901 Santa Clara Ave., Alameda, CA 94501

Phone: (510) 326-0850

[www.icabayarea.org](http://www.icabayarea.org)

### **Masjid Al-Noor**

1755 Catherine St., Santa Clara, CA 95050

Phone: (408) 246-9822

[www.mcabayarea.org](http://www.mcabayarea.org)

### **Muslim Community Association**

3003 Scott Blvd., Santa Clara, CA 95054

Phone: (408) 727-7277

[www.mcabayarea.org](http://www.mcabayarea.org)

### **Shirdi Sai Parivaar Temple**

1221 California Cir., Milpitas, CA 95035

Phone: (408) 705-7904

[www.shirdisaiparivaar.org](http://www.shirdisaiparivaar.org)

### **Shridi Sai Darbar**

255 San Geronimo Way, Sunnyvale, CA 94085

Phone: (408) 482-0089

[www.shirdisaidarbar.org](http://www.shirdisaidarbar.org)

### **Sikh Gurdwara Sahib**

3636 Murillo Ave., San Jose, CA 95148

Phone: (408) 274-9373

[www.yelp.com/biz/sikh-gurdwara-sahib-san-jose](http://www.yelp.com/biz/sikh-gurdwara-sahib-san-jose)

### **Sunnyvale Hindu Temple and Community Center**

450 Persian Dr., Sunnyvale, CA 94089

Phone: (408) 734-0775

[www.sunnyvale-hindutemple.org](http://www.sunnyvale-hindutemple.org)

## Organizations/Associations

*This is only a sample of the organizations in the Silicon Valley.*

### **Bay Area Prabasi**

Prabasi is a non-profit socio-cultural organization of the Bengalis of the San Francisco Bay Area. Prabasi has four scheduled activities every year: Durga Puja, Kali Puja, Saraswati Puja, Annual Day/Baishakhi/Anandamela. They also arrange other cultural, sports and special events whenever there is enough interest and participation.

P.O. Box 3613, Fremont, CA 94539

[www.prabasi.org](http://www.prabasi.org)

### **Bihar Samaj**

P.O. Box 21223, San Jose, CA 95151

Phone: (925) 846-3744

### **CalifornianGoans**

CalifornianGoans is a community organization serving descendants from Goa, India, living in the San Jose and the San Francisco Bay Area.

3036 Huff Avenue, San Jose, CA 95128

[www.facebook.com/californiangoans](https://www.facebook.com/californiangoans)

### **Gujarati Cultural Association of Bay Area**

Gujarati Cultural Association (GCA) of Bay Area was established as a non-profit, charitable and educational organization to preserve Gujarati heritage by celebrating various Gujarati holidays, encourage friendship among members with entertainment and sporting events, and educate youth about Gujarati customs. [www.gcabayarea.org](http://www.gcabayarea.org)

46560 Fremont Boulevard, #109, Fremont, CA 94538

E-mail ID: [info@gcabayarea.org](mailto:info@gcabayarea.org)

### **Jain Temple of California**

The Jain Center of Northern California (JCNC) is a unique membership-run, non-profit organization incorporating the innovative and progressive life styles of Jain families in the Silicon Valley and San Francisco Bay Area while sustaining the religion with its roots back to 900 B.C. [www.jcnc.org](http://www.jcnc.org)

722 South Main Street, Milpitas, CA 95035

Phone: (408) 262-6242

### **Kannada Koota of Northern California**

KKNC's mission is to strengthen the Kannada community of Northern California by providing a forum to pursue religious, literary, cultural, educational, community development and charity/service activities. [www.kknc.org](http://www.kknc.org)

### **Malayalee Association of Northern California (MANCA)**

MANCA is a non-profit Cultural Organization of people originally from Kerala, the 'land of coconut palm trees'. MANCA is based in the San Francisco Bay area and sponsors numerous cultural activities throughout the year, making it possible for the continued expression of the Malayalee heritage to all, especially to the younger generation. [www.mancaonline.org](http://www.mancaonline.org)

### **Maharashtra Mandal, Bay Area**

MMBA is a non-profit organization serving Northern California and the Bay Area. Our mission is to promote cultural ties among people interested in Maharashtrian culture and serving the community. [www.mmbayarea.org](http://www.mmbayarea.org)

## Organizations/Associations

### **Punjabi-American Cultural Association (PACA)**

5055 Business Center Drive, Suite 108, #165, Fairfield, CA 94534

E-mail: [info@pacassociation.org](mailto:info@pacassociation.org)

[www.pacassociation.org](http://www.pacassociation.org)

### **Sindhi Community of Northern California**

P.O. Box 1478, Fremont, CA 94539

E-mail: [info@sindhicommunity.org](mailto:info@sindhicommunity.org)

[www.sindhicommunity.org](http://www.sindhicommunity.org)

### **Bay Area Tamil Manram**

P.O. Box 362329, Milpitas, CA 95036-2329

[www.bayareatamilmanram.org](http://www.bayareatamilmanram.org)

### **Bay Area Telegu Association**

Non-profit organization devoted to the awareness and promotion of Telugu culture in the Greater San Francisco Bay Area. BATA organizes celebrations for three festivals every year: Sankranti, Ugadi and Deepavali and hosts a picnic in summer. BATA also organizes special cultural events from time to time, performed by artists visiting from India.

39120 Argonaut Way, # 555, Fremont, CA 94538

[www.bata.org](http://www.bata.org)



# Cultural Groups

## **Basant Bahar**

Regularly organizes North Indian Classical concerts bringing in performers from India. [www.basantbahar.org](http://www.basantbahar.org)

## **California Arts Association (CalAA)**

CalAA is a four year-old organization founded by San Francisco Bay Area drama enthusiasts with a mission to produce and preserve creative performing arts. It aims at promoting experimentation while maintaining high quality. [www.calaaonline.com](http://www.calaaonline.com)

## **Mona Khan Company**

Professional dance troupe provides Bollywood entertainment at events. Company also specializes in dance and fitness classes for children, teens and adults. [www.monakhancompany.com/shows.html](http://www.monakhancompany.com/shows.html)

## **Silicon Valley Lotus**

Organization devoted to providing opportunities for budding Indian classical music artists to perform and demonstrate their talent. [www.svlotus.com](http://www.svlotus.com)

2110D Walsh Avenue, Santa Clara, CA 95050

Information and tickets: (408) 499-5692

## **Sangati Arts Center**

Community center that organizes Indian classical music concerts in an intimate setting. E-mail us at: [info@sangaticenter.org](mailto:info@sangaticenter.org)  
[www.sangaticenter.org](http://www.sangaticenter.org)

## **South India Fine Arts**

Classical music and dance lovers can check out this organization that conducts frequent programs in the Bay Area. Check website for events calendar. [www.southindiafinearts.org](http://www.southindiafinearts.org)

## Multi-media Resources

### Websites

#### **Sulekha**

Indian internet and mobile company connecting users with local business service providers including Indian events and tickets, housing classifieds, theaters, travel and more. [www.sulekha.com](http://www.sulekha.com)

#### **SF Indian**

An Indian Community Portal for Indians living in and around San Francisco Bay Area, California. San Francisco Indian provides information on Indian restaurants, grocery stores, events, classifieds, roommates, movies from India and a lot of other topics of relevance to the San Francisco Area Indian Community. [www.sfindian.com](http://www.sfindian.com)

#### **Bay Area Desi**

San Francisco Indian Hub for events, classifieds, business directory and entertainment. [www.bayareadesi.com](http://www.bayareadesi.com)

#### **Bhangra**

One of the largest and most popular Bhangra websites online. The website aims to keep your everyday Bhangra-holic informed on the Bhangra scene, with the latest news, videos and releases all covered, not only from the UK but worldwide. [www.simplybhangra.com](http://www.simplybhangra.com)

#### **India Current**

Monthly internet publication, which explores the heritage and culture of India as it exists in the United States. The online magazine is a comprehensive calendar of Indian events used extensively by readers to plan their leisure and entertainment in the Indian communities of Northern and Southern California and Washington DC. [www.indiacurrents.com](http://www.indiacurrents.com)

## eKnazar

Desi Lifestyle Portal serving Bay Area Desi's events, yellow pages, blog topics, coupons and classifieds. [www.eknazar.com](http://www.eknazar.com)

## Radio

### Desi 1170 AM

Desi 1170 AM is the largest and most powerful Asian Indian radio station serving the Bay Area. Various radio shows covering World/India news, Bollywood news, music, traffic/weather updates, guest interviews, various tip(s)-of-the-day (financial, success, legal, health, tax), a stock market update, and other daily segments. [www.klok1170am.com](http://www.klok1170am.com)

### Urban Desi Radio

Urban Desi Radio spreads awareness and showcases the "Urban Desi" lifestyle through the radio, blogs, podcasts, community events and more. Network with established and, up and coming South Asian artists that are helping cultivate the underground South Asian music scene. [www.urbandesiradio.co.uk](http://www.urbandesiradio.co.uk)

## Newspapers

### India West

India-West is the largest and most prestigious among weekly Indian newspapers on the West Coast of U.S. Indiawest.com is the first of its kind web portal that is designed to be a primary source of news and information for the entire Indian community in the U.S. Not only does it provide news, but also provides a plethora of information on a vast range of subjects such as weddings, real estate, job opportunities, film reviews, event listings, matrimonials, recipes, and much more. [www.indiawest.com](http://www.indiawest.com)

## Cooking Classes

### **CurrySutra**

Chef Teena teaches how to cook healthy, nutrient rich, eclectic vegetarian and vegan Indian cuisine. [www.currysutra.com](http://www.currysutra.com)

Phone: (888) 88-Curry

## Movie Theaters

(Theaters featuring movies from India)

### **AMC Mercado 20**

3111 Mission College Blvd.

Santa Clara, CA 95054

Phone (408) 919-0282

### **Big Cinemas**

39160 Paseo Padre Parkway

Fremont, CA 94538

Phone: (877) 705-5282

### **Century 20 Great Mall**

1010 Great Mall Drive

Milpitas, CA 95035

Phone: (800) CIN-EMAR

### **Serra Theatres**

200 Serra Way #37

Milpitas, CA 95035

Phone: (408) 935-9674

## Indian Community Meetup Groups

([www.meetup.com](http://www.meetup.com))

### **Aria**

Non Profit to focus on the Indian Seniors visiting or based in Bay Area.

[www.meetup.com/Aarini](http://www.meetup.com/Aarini)

### **Spices and curry Indian cooking and foodie**

For anyone interested in learning about Indian cooking. Our goal is to educate people about spices and curries and the amazing dishes that can be made from them. Learn to cook or choose to watch and eat! All are welcome!

[www.meetup.com/San-Mateo-Spices-n-curry-Indian-cooking-foodie-Meetup/](http://www.meetup.com/San-Mateo-Spices-n-curry-Indian-cooking-foodie-Meetup/)







# Transportation Services

At the heart of Silicon Valley is a thoroughly networked public transportation system with numerous options to move both within the valley and out of it with ease. There are also private-pay companies and community-based services for those needing more assistance.

# Community Provided Transportation

## **Santa Clara County Senior Mobility Guide**

Provides information about the wide variety of transportation resources available to Santa Clara and San Mateo Counties: including public transportation, paratransit, volunteer drivers, or driver safety programs. [www.outreach1.org/public/MobilityGuide\\_SCCSMC\\_April2014.pdf](http://www.outreach1.org/public/MobilityGuide_SCCSMC_April2014.pdf)

## **Heart of the Valley – Services for Seniors** *Phone: (408) 241-1571*

Escorted transportation services for seniors aged 59 and older in Santa Clara, Cupertino, Saratoga, Sunnyvale, Los Gatos, Campbell, Monte Sereno. [www.servicesforseniors.org](http://www.servicesforseniors.org)

PO Box 418, Santa Clara, CA 95052

## **RoadRunners Transportation Service** *Phone: (650) 940-7016*

Transportation is provided for medical, dental, or any health related appointments. RoadRunners will also provide door-to-door transportation to senior centers, local banks, beauty shops and markets.

Both the pick-up location and the appointment location need to be within a 10-mile radius of El Camino Hospital Mountain View or an 8-mile radius from El Camino Hospital Los Gatos (excluding mountain geography). There is no wheelchair transportation available. Affiliation with El Camino Hospital is not required. A reservation is required. For fees and details, or to place a reservation for this service, please call RoadRunners directly.

## **Mountain View Community Shuttle** *Phone: (855) 730-RIDE (7433)*

The Mountain View Community Shuttle provides free transportation connections between many residential neighborhoods, senior residences and services, city offices, library, park and recreational facilities, medical offices, shopping centers, and entertainment venues throughout Mountain View. [www.mvcommunityshuttle.com](http://www.mvcommunityshuttle.com)

## Public Transportation

### **Valley Transportation Authority (VTA)** *Phone: (408) 321-2300*

VTA is an independent transportation district that provides community-focused transportation options. All VTA buses, light rail trains and transit facilities are accessible to 3,700 bus stops, 62 light rail stations, and 15 transit centers through Santa Clara County. [www.vta.org](http://www.vta.org)

3331 North 1st Street, San Jose CA 95134

**Daycations:** This program was developed to help local seniors “get out and get adventurous” by helping them navigate the public transit system. A VTA speaker hosts morning trainings immediately followed by a free guided bus and/or light rail ride to entertainment or shopping venues of their choice in Santa Clara County (travel groups: minimum of 5, maximum of 10 per group). Get assistance to plan your trip, and find places of interest. Maps, fees and schedules at [www.vta.org](http://www.vta.org).

### **Caltrain** *Phone: (650) 508-6200*

Caltrain provide commuter rail service along the San Francisco Peninsula. From San Francisco through the South Bay to San Jose and Gilroy. Learn about schedules, fares and rider information: [www.caltrain.com](http://www.caltrain.com)

1250 San Carlos Avenue, San Carlos, CA 94070

### **Bay Area Rapid Transit (BART)**

BART is a rapid transit system serving the San Francisco Bay Area. The heavy-rail public transit and subway system connects San Francisco with cities in the East Bay and suburbs in northern San Mateo County. Seniors age 65 and older are eligible for discount tickets. [www.bart.gov](http://www.bart.gov)

P.O. Box 12688, Oakland, CA 94604



**San Mateo County Transit District (SamTrans)** *Phone: (800) 660-4287*

SamTrans is a public transportation agency serving the cities of Atherton, Belmont, Burlingame, Colma, Daly City, East Palo Alto, Foster City, Half Moon Bay, Hillsborough, Menlo Park, Millbrae, Pacifica, Palo Alto, Redwood City, San Bruno, San Carlos, San Mateo, and South San Francisco. Most routes provide connecting service to BART, Caltrain, or both. There is also regular scheduled service to San Francisco International Airport (SFO) and Transbay Terminal in downtown San Francisco. [www.samtrans.com](http://www.samtrans.com)

P.O. Box 3006, San Carlos, CA 94070

## Private Pay Transportation

### **Taxicab** *Phone: 1-800-TAXI (1-800-829-4872)*

Taxicab companies can fill the need for immediate, direct service, and many of the options below may offer senior discounts to get you where you need to go. [www.1800taxiusa.com](http://www.1800taxiusa.com)

1-800-TAXI-USA's online and telephone referral directory is the most comprehensive and dependable of its kind, offering the convenience of one easy to use, easy to remember toll-free number to quickly connect callers to local taxi companies.

### **Uber**

Uber is an on-demand car service that allows you to request private drivers through applications for iPhone and Android devices. The service utilizes dispatch software to send the nearest driver to your location. The service provides a no-cash-payment solution that charges your ride directly to the credit card on file with your account. Uber will need your name, mobile number, e-mail, language, and billing information and a valid credit card. If you don't have access to the Uber app, you can request a car through the Uber mobile site or by texting your pickup address and city to UBR222. [www.uber.com](http://www.uber.com)

### **SilverRide** *Phone: 415-861-RIDE (7433) Toll Free: 1-877-U-RIDE-10 (874-3310)*

SilverRide provides a flexible transportation option with door-to-door service by driver escorts in a SilverRide luxury cruiser. [www.Silverride.com](http://www.Silverride.com)

**SilverRide Signature Events Series:** Offer exciting monthly social event series, include a variety of therapeutic excursions designed to be special outings for members and non-members to get to know each other and the many interesting things that the Bay Area has to offer. All events include the companionship of our friendly Driver Escorts and always include transportation, if desired.

General Info: [info@silverride.com](mailto:info@silverride.com)

Reservations: [reservations@silverride.com](mailto:reservations@silverride.com)





# Language Assistance

When English isn't your first language, communication can be challenging at best. For assistance, you may want to contact one of the following programs and services.



## **LanguageLine Solutions**

A Personal Interpreter can help communicate with limited language speaking persons in two effortless steps. With no annual contract you only pay for the minutes you use. Personal Interpreter connects you with over 200 languages 24 hours a day 365 days a year. Interpretation services are \$3.95 per minute. The self-service portal is available to update your account information, review usage, and download supporting cell phone app. [www.languageLine.com/solutions/interpretation/personal-interpreter/](http://www.languageLine.com/solutions/interpretation/personal-interpreter/)

## **AT&T On Demand Interpreter**

AT&T On-Demand Interpreter enables cell phone users to connect to interpreters in just seconds. Powered by Language Line Services, users simply dial \*4 to reach professional interpreters offered in more than 170 languages, 24 hours a day, 7 days a week. A per-month, in addition to per-minute per-call rate, will apply. [www.ATT.com](http://www.ATT.com)

## **English as a Second Language Classes (ESL) Phone: (408) 522-2700**

Gaining proficiency in English is a critical skill for many newcomers to the San Francisco Bay Area. ESL classes offer the opportunity to improve English communication skills in reading, writing, vocabulary, listening and pronunciation.

### **Adult and Community Education:**

Fremont Union High School District Adult School  
91 W. Fremont Avenue, Sunnyvale, CA 94087  
Phone: (408) 522-2700 [www.ace.fuhd.org](http://www.ace.fuhd.org)

### **Milpitas Adult Education:** Milpitas Unified School District

1331 E. Calaveras Boulevard, Milpitas, CA 903  
Phone: (408) 636-2692 [www.adulted.musd.org](http://www.adulted.musd.org)

### **Fremont Adult and Continuing Education:**

4700 Calaveras Avenue, Fremont, CA 94538  
Phone (510) 793-6465 [www.face.edu](http://www.face.edu)

# Tips for a pleasant and comfortable visit

**1. Discuss cultural orientation.** First-time visitors can be disoriented by cultural and lifestyle differences between the U.S. and your home country. This is especially true for the older generation. Some preparation may help ease the transition.

- Talk to them about road rules and regulations, paying particular attention to walking, crossing streets, and pedestrian signal lights.
- Familiarize them with social etiquettes, such as exchanging pleasantries, dining in restaurants, and other social norms, like shaking hands when you meet someone, or honoring personal space.
- Accents can lead to confusion and miscommunication. It sometimes takes awhile to acclimate to a new accent. Help them understand the importance of speaking clearly and slowly when conversing with others.

**2. Ensure physical and emotional wellbeing.** A good travel insurance policy will provide your loved ones with a safety net in case of an accident or medical emergency. Once here, there are a number of organizations that provide culturally appropriate medical care. It might be helpful to identify those options in advance of their visit. Depression is a risk factor for aging parents left alone during the day. Help them become familiar with the neighborhood, nearby parks, and organizations that encourage social interaction and support.

**3. Introduce them to the South Asian Community.** Silicon Valley is a multi-cultural community that embraces the heritages and traditions of its South Asian population. There are a number of internationally inspired restaurants, cultural organizations, neighborhood-based community centers, a thriving arts community, and multi-media resources including movie theaters, radio, and television broadcast in Hindi.

**4. Enable mobility.** Identify transportation resources in the area so that your family can make use of nearby facilities and participate in meaningful social, cultural and physical activities.

5. **Explore the Area.** Plan visits to places of interest both within Silicon Valley and beyond. There are many scenic parks nearby that offer a wide range of activities, from hiking and boating to picnic areas and nature centers. San Francisco, one of the world's great cities, is just a short drive to the north. The Bay Area is also home to waterfront towns and dramatic beaches, beautiful forests featuring old-growth redwood trees, and internationally recognized wine country, including Napa Valley and Sonoma.
6. **Visit Spiritual/Cultural Centers.** Introduce your parents to local places of worship; cultural programs and events are often featured at these sites. Your parents may appreciate the opportunity to relax and enjoy their traditions in familiar and comforting surroundings.
7. **Socialize.** Parties and potlucks with friends and relatives will help your family feel more included and give them an opportunity to interact with others in an informal setting.
8. **Take them to local fairs.** The Bay Area now celebrates nearly 200 fairs and art/wine festivals each year, featuring an endless array of food, beverages, crafts, clothing, entertainment, and much more. What better way to give your parents an enjoyable glimpse of life in this country.
9. **Encourage participation.** Ensure that your parents receive enough stimulation to keep their bodies moving, brains active and spirits lifted. Watch for day trips organized by senior centers or parks and recreation departments, exercise and fitness classes, or other activities that may be of interest.
10. **Share your world.** Show your parents what you like about your life here. Take them to your favorite restaurants, the library, theater, or the park where you exercise. The more they see about how comfortable you are, the better they will feel.

## Other resources to keep organized

### **[www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)**

A way to organize help. Post requests for support, like meals for the family, rides to medical appointments or visits from other community members.

### **[www.caremerge.com](http://www.caremerge.com)**

Caremerge offers a cloud-based care coordination platform that keeps the entire care team informed and cohesive through an intuitive interface that enables real-time staff interaction, provides families with peace of mind and improves overall senior wellness.