

# DESTINATION

# OAKLAND, CALIFORNIA

Oakland is a bustling, diverse metropolitan city just 10 miles from the shopping and dining mecca of San Francisco. It offers the cultural opportunities of an urban environment and uniquely beautiful natural parks and open space. Lake Merritt, America's largest urban saltwater lake, and the surrounding Lakeside Park is the nation's first wildlife refuge. The waterside Jack London Square offers shopping, dining, entertainment and special events year-round. Oakland is home to professional sports teams including the NFL Raiders, the NBA Warriors and the MLB Athletics.

Connecting Oakland to San Francisco and other key cities is a highly efficient and extensive public transportation system, which makes Oakland a fantastic base for working and for exploring the Bay Area. Just north of Oakland is Berkeley, a university town known for street markets, unique shopping and a "hippie" history. Just south is the unique and quaint island city of Alameda.

## YOUR "CAN'T MISS" ITEMS FOR THINGS TO SEE AND DO IN AND AROUND OAKLAND

- Jack London Square
- Oakland Zoo
- Lake Merritt
- Art Deco Paramount Theater
- Knowland State Park Arboretum
- San Francisco



## FACILITY

# KAISER OAKLAND MEDICAL CENTER

The flagship hospital for Kaiser Permanente, the Oakland Medical Center, is a cutting-edge specialty care center with 140 board-certified physicians and surgeons who teach at renowned universities. Highly specialized care units include a comprehensive pediatric care program, cochlear implants, genetics and spine surgery. [Take a virtual tour](#) of Oakland Medical Center.

### FACILITY AT A GLANCE

- Private, non-profit, acute-care hospital
- 341 beds
- 534 physicians
- Public transportation (BART) is easily accessible and used by many employees via the Kaiser shuttle
- Weekly farmers' market held on the grounds
- Inpatient and outpatient services include a pediatric ICU, pediatric neurosurgery, cardiology, critical care, radiation oncology and more

### KAISER PERMANENTE OAKLAND MEDICAL CENTER

280 W. MacArthur Blvd.  
Oakland, CA 94611  
(510) 752-1000

## HOUSING

# ALAMEDA

For over 100 years, Alameda Island has been a resort destination for Bay Area families retreating from city life. With its classic Cape Cod architectural elements and expansive interiors, [Summer House Apartments](#) (433 Buena Vista Avenue, Alameda, CA 94501) invites respite from the urban crush. With unique shops, family-owned restaurants and excellent transportation and schools, the neighborhood offers all the conveniences of modern living while preserving the carefree calm of an earlier era.

Another great choice for housing is [Ballena Village](#) (1375 Ballena Blvd Alameda, CA 94501), also in the island city of Alameda. Although it's only about five miles from the facility, you're right on the bay in a community that has the feel of a small seaside town. Pool, fitness center and spa are available within the complex, and both cats and dogs are welcome. Dog owners especially will enjoy walking their pets to Crab Cove or the local dog park located just three blocks away!