This directory is designed to help seniors, their families and those who provide services to seniors in our community. As this is not a total listing of resources, please call 2-1-1 the Information and Referral Service for the Sacramento area, which maintains specialized information for seniors and is a comprehensive resource.

Listing in this directory does NOT IMPLY A RECOMMENDATION OR AN ENDORSEMENT by the Sierra Sacramento Valley Medical Society Alliance. Check references carefully and verify that the information is still accurate since agencies and services change frequently. Information has been determined to be accurate at the time of publication. Please call (916) 731-4315 with any corrections or possible additions. The Alliance reserves the right to select and limit listings in this publication.

Sierra Sacramento Valley Medical Society
5380 Elvas Avenue
Sacramento, CA 95819
Telephone: (916) 452-2671
Website: www.ssvms.org
Resource booklets are available at our office during the hours of 8:30 a.m.-noon and 1-4:30 p.m. Monday-Friday.

UC Davis Health System is an academic medical center that includes a top-ranked school of medicine, an innovative school of nursing, a 619-bed acute care hospital, a National Cancer Institute-designated comprehensive cancer center, the MIND Institute for the study of neurodevelopmental disorders, a comprehensive children's hospital, a level 1 trauma center and outpatient clinics in communities throughout the Sacramento region. Consistently ranked among the nation's top medical schools and best hospitals, UC Davis has established itself as a national leader in telehealth, rural medicine, cancer, neurodevelopmental disorders, vascular medicine, trauma and emergency medicine and psychiatry and behavioral sciences. For more information, visit healthsystem.ucdavis.edu.

THIS BOOKLET MAY BE COPIED IN FULL OR IN PART WITHOUT OBTAINING PERMISSION.
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<td>6</td>
<td>7</td>
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Please note that all phone numbers listed are in the (916) area code unless otherwise indicated. For all other area codes and for Toll-Free (800) (866) or (888) numbers, you must first dial a (1) when calling from the Sacramento area.

# Important Phone Numbers

**EMERGENCY CALLS ONLY: 9-1-1**

<table>
<thead>
<tr>
<th>Police</th>
<th>Doctor</th>
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<th>Ambulance</th>
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<table>
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<th>Ambulance</th>
<th>Doctor</th>
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<table>
<thead>
<tr>
<th>Ambulance</th>
<th>Doctor</th>
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<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>
**Information/Help Lines**

211 Sacramento (InfoLine) .................................... Dial 2-1-1
Adult Protective Services ........................................ 874-9377
Alzheimer’s Association — Sacramento ..................... 800-272-3900
American Cancer Society ...................................... 800-227-2345
American Council of the Blind ............................... 800-424-8666
American Foundation for the Blind — Info ............... 800-232-5463
American Kidney Fund — Helpline ......................... 800-638-8299
American Lung Association — Helpline .................... 800-548-8252
American Red Cross ........................................... 993-7070
American Speech-Language-Hearing Assoc. ............... 800-638-8255
Amyotrophic Lateral Sclerosis (ALS) Assoc. ............. 979-9265
Animal Care Services — City ................................... 311 or 875-5232
Sacramento County .............................................. 368-7387
Animal Shelter (SPCA) ........................................ 383-7387
Better Business Bureau ........................................ 443-6843
Better Hearing Institute ....................................... 800-327-9355
Braille & Talking Book Library .............................. 800-952-5666
California Advocates for Nursing Home Reform (CANHR) .............. 800-474-1116
California Dept. of Social Services ......................... 800-952-5253
California State Disability Insurance Program .......... 800-480-3287
TTY .............................................................. 800-563-2441
California State Franchise Tax Board ...................... 800-852-5711
TDD ............................................................ 800-822-6268
California Telephone Access Program .................... 800-806-1191
Clear Point Credit Counseling Solutions ................. 800-736-2227
Domestic Violence (WEAVE Crisis Line) ................ 920-2952
Eldercare Locator (outside Sacramento) ................. 800-677-1116
Eyecare America Senior Program ......................... 877-887-6327
Health Insurance Counseling and Advocacy Program (HICAP) .............. 800-434-0222
HMO Help Center (California) .............................. 888-466-2219
Internal Revenue Service .................................... 800-829-1040
International Hearing Society .............................. 800-521-5247
Lifeline Systems, Inc. ......................................... 800-543-3546
Living Bank, The (organ donation) ......................... 800-528-2971
Lung/Respiratory Advice ..................................... 800-222-5864
Medicare Customer Service ................................. 800-633-4227
TTY .............................................................. 877-486-2048
National Health Information Center ....................... 240-453-8280
Parkinson Association No. California ..................... 800-473-4636
Poison Control Center ........................................ 800-222-1222
Postal Info./National Zip Code .............................. 800-275-8777
Psychiatric Crisis Services (Indigent & Medi-Cal) ...... 732-3637
Sacramento County Mental Health Crisis Line
Rape Crisis/Sexual Assault (WEAVE) — 24 hour ........ 920-2952
Sacramento County Sheriff’s Dept.
  Emergencies & Crimes in Progress ....................... 911
  Non-emergency ............................................. 874-5115
  TTY .......................................................... 874-7128
Sacramento Police Dept. (non-emergency) .............. 264-5471
Senior Legal Hotline ......................................... 551-2140 or 800-222-1753
Social Security Benefits/Info ............................... 800-772-1213
TTY .............................................................. 800-325-0778
Suicide Prevention/Crisis Intervention ................... 368-3111
Travelers Aid Assistance Agency .......................... 399-9646
United Cerebral Palsy of Greater Sacramento .......... 565-7700
Victims of Crime Resource Center ......................... 800-842-8467
Voter Registration — Sacramento County ................. 875-6451
  El Dorado County .......................................... 530-621-7480
  Yolo County ............................................... 530-666-8133
**ADULT DAY CARE/RESPITE**

Citizens Who Care (Davis) ........................................530-758-3704
Del Oro Caregiver Resource Center ..................800-635-0220
Eskaton Adult Day Health Center (Carmichael) ....334-0296
Eskaton Respite Care (Orangevale) ..................988-2200
Health for All ......................................................391-5591
St. Francis Assisted Living..................................393-2324
Somerford Place ..................................................772-6500
Sutter Senior Care (Midtown) .........................446-3100
Sutter Senior Care (South Area) .....................424-8412
Triple R Adult Day Program ..........................808-8375
Yolo Adult Day Health Center .......................530-666-8828

**ADVOCACY/ISSUES ON AGING**

American Association of Retired Persons (AARP) ........866-448-3614
Area 4 Agency on Aging ..................486-1876 or 800-211-4545
California Advocates for Nursing Home Reform (CANHR) ....800-474-1116
California Assoc. of Area Agencies on Aging ........443-2800
California Health Advocates .........................800-434-0222
California Partnership for Long-Term Care ........552-8990
California Retired Teachers Association ..........923-2200
Community Care Licensing — Sacramento
(non-medical day or residential care complaints) ..........844-538-8766
Community Link Capital Region ..........................447-7063
Congress of California Seniors ........442-4474 or 800-543-3352
Funeral Consumers Alliance of No. Calif. ..........486-3552
Grey Panthers National Office ...................800-280-5362
Health Insurance Counseling and Advocacy Program (HICAP)
Medicare Beneficiary only ..........................800-434-0222
Ombudsman Services of No. California
(For residents of long-term care facilities)
Sacramento County ........................................376-8910
Yolo County ....................................................530-668-5775
24 hr. Crisis Line ...........................................800-231-4024
Resources for Independent Living .....................446-3074
UC Davis Alzheimer’s Disease Center ............734-5496
Volunteers of America (www.voa.org/talk) ............442-3691
Woodland Senior Center .............................530-661-2001

**ALCOHOL/DRUGS**

Substance Abuse Assistance

Alcohol and Drug Services Sacramento County ..........874-9754
Al-Anon Information Services ..........................334-2970
Alcoholics Anonymous Hotline .......................454-1100
Betty Ford Center (Rancho Mirage, CA) ..........800-854-9211
California Smokers Helpline ..........................800-662-8887
Heritage Oaks Hospital ..................................489-3336
Life Practice Counseling Group ......................300-6576
Narcotics Anonymous (Help Line)
American River Area ........................................866-565-2135
Sierra Foothills Area .................................888-423-3428
National Council on Alcoholism & Drug Dependence (Sac. Region) ..........922-9217
St. Helena Hospital Alcohol & Chemical Recovery Program ..................800-454-4673
Strategies For Change .....................................473-5764
WellSpace Health ............................................737-5555
Yolo County Dept. of Mental Health ..................530-666-8630
Davis .......................................................530-757-5530
West Sacramento ........................................916-375-6350
Woodland ..................................................530-666-8630

Area 4 Agency on Aging offers information on a wide range of services and programs for seniors. Go to www.a4aa.com or call 800-211-4545.
**Bereavement**

Bereavement Network Resources of Sacramento Inc.
(education, information, referral) ....................... 557-5882
Mercy San Juan Medical Center Chaplin’s Office .... 537-5098
UC Davis Medical Center Dept. of Social Services .... 734-2583
Widowed Persons Association of California .......... 972-9722

**Case Management/Assessment/Referral**

Case management usually consists of a comprehensive assessment of the client’s psychosocial and health needs, resulting in an individualized care plan, linkage with community resources, and periodic reassessment and monitoring.

California Health Collaborative ....................... 374-7739
   Multipurpose Senior Services Program, Sacramento,
   Placer and Yolo Counties
California Assisted Living Association ............... 448-1900
Del Oro Caregiver Resource Center .................... 800-635-0220
Eskaton Home Support Network ......................... 334-1072
Sacramento County Department of Health and Human Services
   SSI/Medi-Cal ............................................. 874-3100
   In Home Support Services ............................ 874-9471
   Long-term Care/Medi-Cal .............................. 874-9460
Senior Resources — City of Sacramento ............. Dial 211, Press 6

**Consumer Affairs**

Better Business Bureau ..................................... 443-6843
California Attorney General’s Office: Consumer
   Complaints, Refunds, More ............................ 800-952-5225
California Dept. of Consumer Affairs ................. 800-952-5210
   Cemetery and Funeral Bureau ......................... 574-7870
California Dept. of Public Health: Health Facility
   Licensing and Certification ............................ 800-554-0354
Call Kurtis (KOVR Channel 13) ......................... 374-1313
   Community Care Licensing, Residential Care
   (Assisted Living) ........................................ 263-4700
Consumer Hotline ......................................... 800-952-5210
Contractors State License Board ....................... 800-321-2752
Identity Theft Resource Center ......................... 858-693-7935
Insurance, Dept. of, Consumer Hotline .............. 800-927-4357
KCRA Investigates (KCRA Channel 3) ................. 446-3333
Medical Board of California, Complaints ............ 800-633-2322
Ombudsman Services of No. California ............... 376-8910
Senior Legal Hotline ..................................... 551-2140
Seniors Against Investment Fraud (SAIF) Program 866-275-2677

**Education/Training**

AARP — Senior Community Service Employment
   Program ..................................................... 483-5991
A. Warren McClaskey Adult Center
   Computer training only ............................... 277-6625
American River College ................................ 484-8011
California State University Sacramento
   College of Continuing Education .................... 278-4433

**Do Not Call Registry**

Your phone number will stay on the Do Not Call list unless you direct the Federal Trade Commission to remove it.
Sign up at www.donotcall.gov or call 888-382-1222.
Local churches, hospitals, other district and recreation centers also offer educational programs.

**Employment/Services**

A Helpmate (in home help) ................................................. 364-8763
AARP Senior Employment Program ..................................... 483-5991
Area 4 Agency on Aging ................................................... 486-1876
California Dept. of Rehabilitation ........................................ 324-1313
California Employment Development Dept. (EDD)
  Disability Claims ........ 800-480-3287 (TTY 800-563-2441)
  Paid Family Leave ........ 877-238-4373
PRIDE Industries ............................................................. 800-550-6005
Sacramento Employment Training Agency .................. 263-3800
Sacramento Professional Network .......................... www.sacpronet.com
Sacramento Works — One-Stop Career Center
  TTY ............................................................. 800-735-2929
Sacramento County Locations include:
  Broadway .................................................. 324-6202
  Citrus Heights ............................................. 676-2540
  Franklin .................................................. 563-5151
  Galt ........................................................ 209-744-7702
  Greater Sacramento Urban League .................. 286-8601

Hillsdale ............................................................... 263-4100
Lemon Hill ............................................................ 433-2620
Mark Sanders ...................................................... 227-0301
Rancho Cordova ................................................. 563-5147
South County (Elk Grove) ........................................... 525-4717

**Financial Assistance**

AARP Tax Aid Program ........................................ 888-227-7669
Adult Services Center — Sacramento County ........ 874-9460
  (Medi-Cal Long Term Care)
Cal Fresh Program — Sacramento County .............. 874-2072
California Advocates for Nursing Home Reform; 800-474-1116
Cash Assistance Program for Immigrants; .............. 800-929-8118
  (Legal non-citizens, ages 65+, blind or disabled)
City of Sacramento, Revenue Division ................. 808-8500
  (City Utility Tax Rebate for limited income seniors)
Clear Point Credit Counseling Solutions ............... 800-736-2227
Franchise Tax Board 7am—8pm ......................... 800-852-5711
  Recorded Info: 800-338-0505    TTY: 800-822-6268
General Assistance—Sacramento County .............. 874-2072
Heat, Utility Bill, Assistance Program .................. 567-5200
Internal Revenue Service ....................................... 800-829-1040
Medi-Cal — Sacramento County
  To Apply .................................................... 874-2215
PG&E Medical Baseline Program ......................... 800-743-5000
  www.pge.com/medicalbaseline
  for customers with a qualifying medical condition
Reverse Mortgage for Seniors — U.S. HUD
  Insured program message ............................. 800-225-5342
Salvation Army — Social Services Center ............... 442-0331
  Family Services Dept ................................ 678-4010
Social Security — Sacramento Dist. Office ........... 877-274-5419
  National toll free ...................................... 800-772-1213
SMUD Assistance Programs ................................. 888-742-7683
  Medical equipment discount; Low-income assistance; Senior
  I.D. Program
Veterans’ Service Office — Sacramento County .... 874-6811
Weatherization Program ......................................... 567-5220 ext. 2229
## Health Services

### Agencies/Organizations/Support Groups

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<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>AIDS Medical and Social Services (CARES Prog.)</td>
<td>443-3299</td>
</tr>
<tr>
<td>ALS Association</td>
<td>979-9265</td>
</tr>
<tr>
<td>Alzheimer’s Aid Society of No. Cal.</td>
<td>483-2002 or 800-540-3340</td>
</tr>
<tr>
<td>Alzheimer’s Association/Greater Sacramento Area Chapter</td>
<td>800-272-3900</td>
</tr>
<tr>
<td>Alzheimer’s Disease Center, UC Davis</td>
<td>734-5496</td>
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<tr>
<td>American Cancer Society</td>
<td>446-7933</td>
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<tr>
<td>American Heart and Stroke Association</td>
<td>446-6505</td>
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<tr>
<td>American Lung Association</td>
<td>554-5864</td>
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<td>Arthritis Foundation</td>
<td>368-5599</td>
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<td>Breathe California of Sacramento</td>
<td>444-5900</td>
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<td>CA Dept. Managed Health Care Help Center</td>
<td>888-466-2219</td>
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<td>California Dept. of Social Services</td>
<td>800-952-5253</td>
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<td>California Hospice &amp; Palliative Care Assn.</td>
<td>925-3770</td>
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<td>Canine Companions for Independence</td>
<td>707-577-1700</td>
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<tr>
<td>Center for Hearing Health</td>
<td>732-9040</td>
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<tr>
<td>Del Oro Caregiver Resource Center</td>
<td>800-635-0220</td>
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<tr>
<td>Diabetes Association of Sacramento</td>
<td>800-342-2383</td>
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<tr>
<td>Easter Seal Superior California</td>
<td>485-6711</td>
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<tr>
<td>Eye Care America</td>
<td>800-222-3937</td>
</tr>
<tr>
<td>Family Caregiver Alliance</td>
<td>800-445-8106</td>
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<tr>
<td>Fibromyalgia Support Group</td>
<td>530-756-9153</td>
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<td>Guide Dogs for the Blind</td>
<td>800-295-4050</td>
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<td>Health Education Council</td>
<td>556-3344</td>
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<td>HICAP (Health Insurance Counseling and Advocacy Program)</td>
<td>800-434-0222</td>
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<td>Multiple Sclerosis Society</td>
<td>927-8000</td>
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<tr>
<td>Muscular Dystrophy Association</td>
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<tr>
<td>Norcal Center on Deafness</td>
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<td>Parkinson’s Disease Association</td>
<td>800-473-4636</td>
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<tr>
<td>Prostate Cancer Support Groups</td>
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<tr>
<td>Mercy San Juan/UC Davis</td>
<td>537-5237</td>
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<tr>
<td>Yolo County (Davis and Woodland)</td>
<td>530-756-9153</td>
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<tr>
<td>Public Health — Sacramento County</td>
<td>875-5881</td>
</tr>
<tr>
<td>Public Health — Yolo County</td>
<td>530-666-8645</td>
</tr>
<tr>
<td>Sacramento Blood Source</td>
<td>800-995-4420</td>
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<tr>
<td>Sacramento County Department of Health and Human Services</td>
<td>875-6091</td>
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<tr>
<td>Senior &amp; Adult Services Hotline</td>
<td>874-9377</td>
</tr>
<tr>
<td>Sacramento County Department of Human Assistance (Medi-Cal Applications)</td>
<td>874-2215</td>
</tr>
<tr>
<td>Sacramento Society for the Blind</td>
<td>452-8271</td>
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<tr>
<td>Seniors Eyecare Program (online referral only)</td>
<td>800-222-3937</td>
</tr>
<tr>
<td>Sutter Memory Clinic</td>
<td>454-6850</td>
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<tr>
<td>Sutter Senior Care (South Area)</td>
<td>424-8412</td>
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<tr>
<td>Sutter Stroke Support Group</td>
<td>888-287-2270</td>
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<tr>
<td>UC Davis Alzheimer’s Disease Center</td>
<td>734-5496</td>
</tr>
<tr>
<td>UC Davis Eye Center</td>
<td>734-6603</td>
</tr>
<tr>
<td>United Cerebral Palsy</td>
<td>565-7700</td>
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<tr>
<td>We CARE! Cancer Peer Navigator Program</td>
<td>734-5959</td>
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### Medicare/Medi-Cal: In-Home

<table>
<thead>
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<tbody>
<tr>
<td>Accent Care Medical Services</td>
<td>852-5888</td>
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<tr>
<td>Advanced Home Health</td>
<td>978-0744</td>
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<tr>
<td>Always Home</td>
<td>989-6420</td>
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<tr>
<td>Eskaton Home Health Care (Medi-Cal/Medicare)</td>
<td>536-3750</td>
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<tr>
<td>First Call Home and Hospice Care</td>
<td>725-2580</td>
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<tr>
<td>Gentiva Health Care Services</td>
<td>929-2229 or 800-422-6606</td>
</tr>
<tr>
<td>Health Rights Hotline</td>
<td>551-2100</td>
</tr>
<tr>
<td>In-Home Supportive Services (IHSS)</td>
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<tr>
<td>Sacramento County</td>
<td>874-9471</td>
</tr>
<tr>
<td>Interim Health Care</td>
<td>484-3965</td>
</tr>
<tr>
<td>Mercy Hospice</td>
<td>281-3900</td>
</tr>
<tr>
<td>Ombudsperson, Sac. County. Dept. of Human Assistance</td>
<td>875-3555</td>
</tr>
<tr>
<td>RX Staffing and Home Care</td>
<td>485-8200</td>
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<tr>
<td>Sutter Senior Care (Midtown)</td>
<td>446-3100</td>
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<tr>
<td>Sutter Senior Care (South Area)</td>
<td>424-8412</td>
</tr>
<tr>
<td>Sutter Visiting Nurses Association</td>
<td>388-6200</td>
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<tr>
<td>Tender Loving Care</td>
<td>646-4852</td>
</tr>
<tr>
<td>UC Davis Medical Center Hospice and Home Care</td>
<td>734-2458</td>
</tr>
</tbody>
</table>
### Companion/Homemaker Services: In-Home

<table>
<thead>
<tr>
<th>Service</th>
<th>Telephone</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Helping Hand</td>
<td>530-647-0266</td>
</tr>
<tr>
<td>A Helpmate</td>
<td>364-8763</td>
</tr>
<tr>
<td>Accent Care</td>
<td>800-834-3059</td>
</tr>
<tr>
<td>All For You</td>
<td>479-8554</td>
</tr>
<tr>
<td>ApexCare</td>
<td>924-9111</td>
</tr>
<tr>
<td>Better Living Home Care</td>
<td>361-3000 or 800-404-4849</td>
</tr>
<tr>
<td>Brightstar Healthcare</td>
<td>781-6500 or 481-9600</td>
</tr>
<tr>
<td>Comfort Zone Elderly Inhome Services Inc.</td>
<td>453-1344</td>
</tr>
<tr>
<td>Craig Cares</td>
<td>782-7121</td>
</tr>
<tr>
<td>Gentiva Health Care Services</td>
<td>929-2229</td>
</tr>
<tr>
<td>Home Instead Senior Care</td>
<td>920-2273</td>
</tr>
<tr>
<td>Help at Home Senior Care</td>
<td>625-9172</td>
</tr>
<tr>
<td>Indecare</td>
<td>973-1264</td>
</tr>
<tr>
<td>Interim Health Care Home Health</td>
<td>484-3965</td>
</tr>
</tbody>
</table>

In-Home Supportive Services — (IHSS)
- Sacramento County: 874-9471
- Woodland: 530-661-2955

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### Caregiver Help Online

**Go to** [www.medicare.gov/caregivers](http://www.medicare.gov/caregivers) **for information on navigating through Medicare, health care services, links to partner organizations that assist caregivers and more.**

- JB Home Care Referral Agency: 489-6941
- Maxim Health Care Services: 488-8819
- Palm Valley In-Home Care: 972-7429
- Panda’s Complete Domestic Agency: 985-7676
- Personalized Homecare & Homemaker Agency: 979-4975
- Primrose (Alzheimer’s, Dementia, Memory Care): 392-3510
- Quality In Home Care Specialists: 530-621-2273
- ResCare Home Care Services: 484-7701
- Right at Home Services: 779-0601
- Seniors Helping Seniors: 372-9640
- Visiting Angels: 971-9333

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Check Yellow Pages under Nurses and Nurses Registries or Home Health Services for further resources.

### Information and Referral

- 211 Sacramento (InfoLine): 211
- About Elder Care Referral Services Placerville: 530-626-5900
- ACC Senior Services: 393-9026
- California Partnership for Long Term Care: 552-8990
- Consumer Guide: 800-434-0222
- Davis Senior Center (Yolo): 530-757-5696
- Del Oro Caregiver Resource Center: 800-635-0220
- El Dorado County Senior Assistance: 530-621-6369
- Eskaton Home Support Network: 334-1072
- Health for All, Inc: 391-5591
- Health Insurance Counseling & Advocacy Program (HICAP): 800-434-0222
- Health Rights Hotline: 888-354-4474
- TTY: 551-2180
- Immunization Program Sacramento County: 875-7468
- Lifeline Systems Inc: 800-543-3546
- Medical Society, Sierra Sacramento Valley: 452-2671
- Medi-Cal Info (Day): 874-2072
- Medicare Customer Service: 800-633-4227
- Mental Health America of No. Sacramento: 366-4600
- Resources for Independent Living (disabled persons): 446-3074
- Sacramento City Older Adult Services: 808-5462
- Sacramento District Dental Society: 446-1211
- Sutter Health Information — 24 hours: 733-8800
- UC Davis Health System Resource Center: 800-282-3284
- UC Davis Medical Center — Poison Control: 800-222-1222

For information on the local disposal of unused or expired medications, call 875-9393 or go to [www.dontflushyourmeds.com](http://www.dontflushyourmeds.com)
HOSPICE

National Hospice and Palliative Care Organization 800-658-8898
www.caringinfo.org
California Hospice and Palliative Care Association .......... 925-3770
First Call Hospice ............................................. 725-2580
Kaiser-Permanente Hospice ..................................... 486-5300
Mercy Hospice ...................................................... 281-3900
Mercy San Juan Medical Center .......................... 537-5000
Sutter Access to Care ............................................. 866-652-9178
(Initial Contact for Hospice)
Sutter Hospice/Sacramento General Info ............... 388-6255
Sutter Hospice/Roseville ....................................... 797-7850
UC Davis Medical Center Hospice ....................... 734-2458
Hospice of the Foothills (Western Nevada County) 530-272-5739
Snowline Hospice (El Dorado County) .................. 530-621-7820
Sutter Auburn Faith Hospice ................................. 530-886-6650
(Placer County; parts of El Dorado & Nevada Counties)
Yolo Hospice ......................................................... 800-491-7711
(Yolo County; parts of Solano, Sacramento, Colusa & Sutter counties)
Housing

Advance Directive
Making end of life wishes known
please go to www.makingyourwishesknown.com

Hospitals

Kaiser Permanente (Sacramento) ...................... 973-5000
TTY/TDD — Appts ............ 480-2590, Info ............ 483-8444
Emergency Room TTY/TDD ......................... 486-3806
Kaiser Permanente (South) .......................... 688-2000
TTY/TDD ................................. 800-777-1370
Emergency Room TTY/TDD ......................... 688-2105
Kaiser Permanente (Roseville) ..................... 784-4000
TTY/TDD ............................................. 784-5990
Emergency Room TTY/TDD ......................... 784-5663
Marshall Medical Center ................................. 530-622-1441
TTY/TDD ............................................. 530-626-2970
Mercy Folsom ................................................. 983-7400
Emergency Room TTY/TDD ......................... 983-7409
Mercy General (Sacramento) ......................... 453-4545
TTY/TDD ............................................. 453-4522
Mercy San Juan Medical Center .................. 537-5000
TTY ...................................................... 537-5123
Methodist Hospital of Sacramento .................. 423-3000
TTY ...................................................... 682-3323
Sutter Auburn Faith ....................................... 530-888-4500
Sutter Davis ..................................................... 530-756-6440
Sutter General ............................................... 454-2222
Sutter Roseville ............................................... 781-1000
UC Davis Medical Center .......................... 734-2011
TTY/TDD ................................. 451-1974 or 800-735-2922
VA Northern California Health Care System ...... 800-382-8387

General Assistance
211 Sacramento (InfoLine) ................................. 211
Community Residential Care Association of Calif. .... 455-0723
Older Adult Resource Center
(Residential Care Info Clearing House) ............. 874-9492
Sacramento Self-Help Housing
Low Income Housing ......................................... 341-0593
YWCA of Sacramento County
Single, female, low income housing ................. 264-8066

Information/Placement/Referral
About Elder Care Referral Services, Placerville .. 530-626-5900
Eskaton Home Support Network ......................... 334-1072
Home Options ................................................. 606-1479
Housing Options Made Easy For Elders — HOME .... 977-0188
In Home Support Services ................................. 874-9471
Sacramento County
Placement/referral usually consists of a living needs assessment followed by recommendation to a residential care home or assisted living environment. Some services work on a face-to-face basis while others rely on hospital discharge assessment. Many of the listees provide information and referral to other types of services such as in-home care, etc. Also see the Yellow Pages under Retirement & Life Care Communities and Homes.

**LEGAL AID**

Adult Protective Services  
El Dorado County ........................................ 530-642-4800  
Sacramento County ....................................... 874-9377  
Yolo County .................................................. 888-675-1115  
Del Oro Caregiver Resource Center .................. 800-635-0220  
Legal Services of Northern California ............ 551-2150  
Senior Legal Hotline ..................................... 551-2140  
McGeorge School of Law — Community Legal Services  
Elder Law Clinic .............................................. 340-6080  
Sacramento Mediation Center ................................ 441-7979  
Sacramento County Sheriff’s Department  
Sexual and Elder Abuse Bureau ......................... 874-5115  
(Offices located in various community centers.)  
Sacramento County Vital Records  
(death certificates) ........................................... 875-5345  
Senior Legal Hotline (Sacramento County Only) .. 800-222-1753  
Victim and Witness Assistance Program ............. 874-5701  
Sacramento County  
Victims of Crime Resource Center .................... 800-842-8467  
Voluntary Legal Services Program .................... 551-2102  

**LIBRARIES**

California State Library ......................................... 654-0261  
Braille and Talking Books ................................ 654-0640 or 800-952-5666  
Sacramento Public Library .................................. 800-561-4636 or 264-2700  
TDD ____________________________________________ 264-2998 or 264-2855  
Branch Libraries: See White Pages Business Listings under Sacramento Public Library  
Adult Literacy Services ....................................... 264-2920  
Book Mobile .................................................... 433-2029  
Telephone Reference Service ................................ 264-2920  
Sutter Resource Library, Medical Library ........... 733-3880  
F. William Blaisdell, M.D., Medical Library .......... 734-3529  
Woodland Public Library .................................... 530-661-5980  
Yolo County Library .......................................... 530-666-8005  

**MEDICAL SUPPLIES AND EQUIPMENT**

American Cancer Society — Sacramento .................. 446-7933  
California Telephone Access Program (equipment only)  
English (voice) ................................................ 800-806-1191  
(TTY) ________________________________________ 800-806-4474  
Website: www.ddtp.org (Free specialized phones to persons with hearing, speech, cognitive, mobility or vision disabilities. Medical professional must verify eligibility.)  
Easter Seals Superior California ......................... 485-6711  
Eyecare America ............................................ www.eyecareamerica.org  
Life Alert ...................................................... 800-344-4533  
Manual Mobility Equipment ................................ 679-3287  
Loan Closet  
Medic Alert (bracelets/necklaces) ....................... 800-432-5378  

See Yellow Pages: Medical Equipment and Supplies.
Free Health Information Kit
Offered by U.S. Food and Drug Administration, Office of Women's Health. Topics include managing medicines, reporting adverse reactions and side effects, food safety and avoiding health scams. Order by going to www.publications.usa.gov or call 888-878-3256

Mental Health/Counseling

CSUS Center for Counseling and Diagnostic Services... 278-6252
Del Oro Caregiver Resource Center......................... 800-635-0220
El Hogar Sierra Elder Wellness Program................. 363-1553
Emotions Anonymous (Info Line) ......................... 366-0699
Heritage Oaks Hospital ........................................ 489-3336
Mental Health America of No. California .............. 366-4600
Mental Health Medical Info Line.......................... 800-896-4042
Mercy Med Clinic Behavioral Health.................... 924-6400
National Alliance for Mental Illness (NAMI) .......... 567-0163
National Suicide Prevention Lifeline .................. 800-273-TALK
TTY........................................................... 800-799-4TTY
New Horizons Counseling Center......................... 485-1211
Recovery Int’l Mental Health Support..................... 483-5616
Sacramento County Mental Health
  Adult Service Access Team................................ 875-1055
  After-Hours Information Line.............................. 888-881-4881
Southeast Asian Assistance Center....................... 421-1036
Suicide Prevention Crisis Line
  Sacramento County........................................... 368-3111
  Auburn....................................................... 530-885-2300
  Davis/Yolo County......................................... 530-756-5000
  Woodland..................................................... 530-666-7778
  West Sacramento .......................................... 530-372-6565
  Sutter Center for Psychiatry......................... 386-3000 or 800-801-3077

Widowed Persons Association of California.............. 972-9722
Yolo County Alcohol, Drug and Mental Health Services.......................... 888-965-6647
  TDD.................................................................... 800-735-2929
Yolo Family Service Agency............................... 530-662-2211

See Yellow Pages under Psychologists, Physicians (Psychiatrists) and Mental Health Services.

Domestic Violence & Sexual Assault Emergency Response Services

• WEAVE Crisis Line 866-920-2952 or 920-2952
• Yolo County Residents 530-662-1133
• West Sacramento 371-1907
• My Sister’s House 428-3271

Helpguide.org is a nonprofit organization which provides advice on:

• Mental Health Topics
• Healthy Lifestyles
• Seniors & Aging Topics

Helpguide collaborates with Harvard Health Publications (Harvard Medical School) and selected free educational supplements are available on the Helpguide site.

Visit www.helpguide.org

Mental Health Services:

• 24 hour Mental Health Crisis Line 888-965-6647
• Sacramento County 888-881-4881
Nursing Homes/Convalescent Hospitals

California Association of Health Facilities ......................... 441-6400
www.cahf.org
See Yellow Pages: Hospitals and Nursing Homes.

How to Check Out Nursing Homes

- California Advocates for Nursing Home Reform
  Nursing Home Guide
  Web site searchable by city, county or facility, online at www.nursinghomeguide.org or
call 800-474-1116
- California Health Care Foundation
  calqualitycare.org
- Foundation Aiding the Elderly
- A Sacramento nonprofit foundation offering advice and advocacy
  916-481-8558 or toll free 877-481-8558 or
  online at www.4fate.org.
- Eskaton Information and Assistance
  Offers resources to meet the needs of seniors, call 888-334-3490
  www.eskaton.org

Source: California Department of Health Services

To download a free copy of Talking with Your Doctor, a 50-page guide and workbook by the National Institute on Aging, visit www.niapublications.org/pubs/talking/index.asp.

Nutrition

Congregate and/or Home-Delivered Meals

Meals on Wheels by ACC.................................................... 444-9533
Meals on Wheels by ACC provides a nutritious lunch, home-delivered or at various sites, Monday through Friday.
Call 444-9533 for the site nearest you.
Transportation available to some sites.
Suggested donation of $2.00 per meal.

Meals on Wheels of Yolo County........................... 530-662-7035

Food

California Emergency Foodlink........................................ 387-9000
Food Bank, Elk Grove....................................................... 685-8453
Food Closets, Call Info Line Sacramento.......................... 2-1-1
Food Closet, Woodland..................................................... 530-662-7020
Food Stamps/Sacramento County (Cal Fresh)............... 874-3100
Food Stamps/Yolo County (Cal Fresh)......................... 530-661-2750
Pole Line Rd. Baptist Church (Davis)........................... 530-753-4315
River City Food Bank...................................................... 446-2627
Sacramento Food Bank and Family Services.............. 456-1980
United Christian Centers................................. 372-0200 ext. 1040
Yolo Wayfarer Center (Woodland)......................... 530-661-1218

Safety

AARP Driver’s Safety Course................................. 1-888-227-7669
Adult Protective Services — Sacramento County.......... 874-9377
El Dorado County............................................................ 530-642-4800
Yolo County................................................................. 888-675-1115
Lifeline............................................................... 800-543-3546
(A personal emergency response system)
Local Lifeline Contacts:
Sutter Medical Centers.............................................. 379-4315
Sutter Roseville Hospital............................... 782-4989
Sutter Auburn Faith Hospital.......................... 530-888-4556
UC Davis Medical Center................................. 734-2401
ApexCare............................................................ 924-9111
Medic Alert (bracelets/necklaces) ........................................ 800-432-5378
Rebuilding Together (Home Safety Equipment) ........... 455-1880
Safety Center, Inc. (Mature Driver Class) ................. 800-825-7262
Sexual & Elder Abuse Sheriff’s Department .............. 874-5115
   (Crimes committed in Sacramento County Only)
Telecare (telephone reassurance) ................................ 781-1060
Telephone Reassurance Program - Eskaton ............. 334-1072

**Senior Centers/Programs**

Arden Manor Rec. & Park Dist. ....................................... 487-7851
ACC Senior Services .................................................. 393-9026
Carmichael Senior Club ............................................... 487-5525
Coloma Community Center ......................................... 808-6060
Belle Cooledge Community Center .............................. 808-5610
Cordova Senior Center ............................................... 366-3133
Davis Senior Center .................................................. 530-757-5696
Dixon Senior Center .................................................. 707-678-7022
Ethel M. Hart Senior Center ........................................ 808-5462
Elk Grove Senior Center ............................................. 685-3160
Fair Oaks Rec. & Park Dist. ........................................ 966-1036
Folsom Park & Rec. Dist. ........................................... 355-7285
Fruitridge Community Center ..................................... 422-7610
Fulton – El Camino Rec. & Park Dist. ......................... 927-3802
Hagginwood Community Center ................................. 808-6439
Jose Rizal Community Center ..................................... 395-0601
Maidu Community Center (Roseville) ......................... 774-5960
Sam Pannell Meadowview Community Center ............ 808-6680
Mission Oaks Community Center ............................... 972-0336
Mission Oaks Rec. & Park Dist. ................................. 488-2810
North Highlands Community Center ......................... 332-7440
Oak Park Community Center ....................................... 808-6151
Parks and Recreation Services — Sacramento City ...... 808-6060
Rio Linda Elverta Rec. & Park Dist. ......................... 991-5929
Rusch Park Community Center .................................. 725-1585
Sierra 2 — Senior Center .......................................... 455-6339
Stanford Settlement Senior Center ......................... 927-1303
Sunrise Rec. & Park Dist. ........................................... 725-1585
Swanston Community Center .................................... 333-6464
West Sacramento Center ........................................... 373-5819
Winters Senior Center .............................................. 530-795-4241
Woodland Senior Center ........................................... 530-661-2001

Facilities listed may provide a wide range of activities, including senior nutrition, health/ wellness, education, and recreation/fitness programs. Not all services are available at all the centers listed. **For more information dial 2-1-1 (Sacramento InfoLine).**

**Recreation/Fitness Programs**

50+ Wellness Program (City of Sacramento) ............. 566-1593
America the Beautiful National Park Senior Pass .......... 888-275-8747
   www.nps.gov/findapark/passes.htm
California Dept. Fish and Game (license info.) .......... 928-5805
California State Parks (Capital District) .................... 653-6995
   Reservations .................................................... 800-444-7275
Coloma Community Center ....................................... 808-6060
Elk Grove Senior Center .......................................... 685-3160
Fulton-El Camino Rec. & Park Dist. ......................... 927-3802
Oak Park Community Center ................................... 808-6151
Rusch Park Community Center .................................. 725-1585
YMCA of Superior California (Sacramento Central) .... 452-9622

**Support Groups**

Hospitals (social services departments), churches, and specific agencies (for example, Alzheimer’s Association) have information about support groups available by telephone.

Answers to Health Questions
Visit [www.sharecare.com](http://www.sharecare.com) for health advice on a variety of topics.
Senior Driver Safety Classes

- Road to Driving Wellness classes at Area 4 Agency on Aging at 916-486-1876
- AARP Driver Safety Program. 888-227-7669
- State of California — Information for senior drivers. www.dmv.ca.gov/about/senior

Transportation

A Helpmate.......................................................... 364-8763
ACC Rides — A Community of Caring
   Senior Services ........................................... 393-9026 ext. 33
AMTRAK ........................................................... 800-872-7245
Dial-a-Ride (Folsom residents/55+) .................... 355-8347
DMV (Driver's Licenses) .................................... 800-777-0133
Evan (Elk Grove residents) ............................ 683-8726
Folsom Stageline (Folsom residents) ............... 355-8395
Greyhound Bus ................................................. 800-231-2222
MedStar Van Service ........................................ 669-0550
MV Transportation (Private Pay) ..................... 854-2638
Paratransit Information ........................................ 429-2009
   Reservations (pre-registered) ......................... 429-2744
Regional Transit and Light Rail (senior discount) .... 321-2877
Road Conditions (CALTRANS) ......................... 800-427-7623
Stanford Settlement Senior Center
   (Medical escort, Natomas, No. Sac. residents) ...... 927-1303

Veterans

Federal and State Veteran Benefit Programs
   website: www.govbenefits.gov
Sacramento County Veteran Services .................. 874-6811
Veterans Administration
   Northern Calif. Clinic System ......................... 366-5366
   Medical Appointments ..................... 800-382-8387

Visiting

Eskaton Friendly Visitor Program .......................... 334-1072
Senior Companion Program ............................... 875-4463
   (Sacramento County)
Senior Link Program (El Hogar) ......................... 369-7872

Volunteerism

American Cancer Society Discovery Shop .............. 484-0227
American Red Cross — Sierra-Delta Chapter .......... 993-7070
American Red Cross — Northeastern CA Chapter .... 530-673-1460
Blood-Source .................................................. 453-3054
Davis Senior Center .......................................... 530-757-5696
El Dorado County Dept. Human Services ............ 530-621-6150
Eskaton TLC Program ........................................ 334-1072
Foster Grandparent Program .............................. 875-3569
Friends of the Sacramento Public Library ........... 264-2880
League of Women Voters of California ............... 442-7215
RSVP — Retired Senior Volunteer Program ........... 875-3631
Sacramento County Dept. Health & Human Services
   Volunteer Prog. Coordinator ......................... 875-2027
Sacramento Food Bank & Family Services ........... 456-1980
Senior Companion Program ............................. 875-3622
Volunteers of America ..................................... 442-3691
Volunteer Opportunities —
   West Sacramento Community Center .............. 617-4620
Volunteer Opportunities —
   Woodland Senior Center ............................... 530-661-2001

The Sacramento Community Services Directory is an excellent source for information regarding community resources. It is published by the Community Services Planning Council and may be purchased at local bookstores or by calling 447-7063.