



SIERRA SACRAMENTO VALLEY
MEDICAL SOCIETY ALLIANCE

presents

COMMUNITY RESOURCES FOR OLDER ADULTS

with support from

UCDAVIS
HEALTH SYSTEM

SACRAMENTO AREA
JUNE 2008–MAY 2009

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COMMUNITY RESOURCES FOR OLDER ADULTS

SACRAMENTO AREA

compiled by

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**Sierra Sacramento Valley
Medical Society Alliance**
*Physician spouses dedicated
to a healthy community*
(916) 731-4315

UCDAVIS

HEALTH SYSTEM
(800)-2-UCDAVIS

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 the **InfoLine Sacramento, 498-1000**, 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 the 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, a 577-bed acute care hospital, a National Cancer Institute-designated cancer center, the M.I.N.D. 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 www.ucdmc.ucdavis.edu.

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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 (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**

Police _____	Doctor _____
Fire _____	_____
Sheriff _____	Pharmacy _____
Highway Patrol _____	Relative _____
Ambulance _____	Neighbor _____

INFORMATION/HELP LINES

211 Sacramento (InfoLine) 211 or 498-1000
Adult Protective Services.....874-9377
Alzheimers Association
 Sacramento..... 800-272-3900
American Cancer Society 800-227-2345
American Council of the Blind.....800-424-8666
American Foundation for the Blind . 800-232-5463
American Kidney Fund 800-638-8299
American Speech-Language-Hearing
 Assoc 800-638-8255
Amyotrophic Lateral Sclerosis (ALS)
 Assoc 866-979-9265
Animal Care Services (city)264-7387
 (county)..... 875-5232 or 368-7387
Animal Shelter (SPCA)383-7387
Better Business Bureau443-6843
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 800-822-8668
California Telephone Access Prog . 866-821-3733
Consumer Credit Counseling Service.. 800-736-2227
Domestic Violence (WEAVE Crisis Line) 920-2952
Eldercare Locator
 (outside Sacramento) 800-677-1116
Health Insurance Counseling and
 Advocacy Program (HICAP)..... 800-434-0222
HMO Help Center (California)..... 888-466-2219
InfoLine Sacramento498-1000
Internal Revenue Service 800-829-1040
International Hearing Society..... 800-521-5247
Lifeline Systems, Inc..... 800-451-0525
Living Bank, The (Organ donation) 800-528-2971
Lung/Respiratory Hotline 800-222-5864
MediCare Customer Service..... 800-633-4227
 TTY 877-486-2048
National Health Information Center 800-336-4797
Poison Control Center 800-222-1222
 TDD 800-972-3323
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)920-2952

Red Cross 368-3131 or 800-540-2000
Regional Burn Center
 (UC Davis Medical Center).....734-3636
Sacramento County Sheriff's Dept.
 Emergency only911
 TTY874-7128
 Non-emergency874-5115
Seniors Eyecare Program800-222-3937
Senior Legal Hotline800-222-1753
Social Security Benefits/Info.....800-772-1213
Suicide Prevention/Crisis Intervention368-3111
Travelers Aid Assistance Agency399-9646
Victims of Crime Resource Center ..800-842-8467
Voters Registration
 Sacramento County875-6451
 El Dorado County530-621-7480
 Yolo County530-666-8133
Weather Info. & Forecast646-2000

ADULT DAY CARE/RESPITE

Asian Community Center Respite
 Program(ext.23) 393-9026
Citizens Who Care (Davis)530-758-3704
Del Oro Caregiver
 Resource Center .. 971-0893 or 800-635-0220
Eskaton Adult Day Center
 Carmichael334-0296
Health for All391-5591
Robertson Adult Day Health Care Center452-2529
St. Francis393-2324
Sommerford 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

Adult and Aging Commission (Ext. 314) 447-7063
American Association of
 Retired Persons (AARP)866-448-3614
Area 4 Agency on Aging.....486-1876
 or800-677-1116
California Advocates for Nursing Home Reform
 (CANHR).....800-474-1116
California Assoc. Of Area Agencies on Aging .443-2800
California Department on Aging.....419-7500
California Partnership for Long-Term Care.....552-8990
California Retired Teachers Association923-2200
Community Care Licensing - Sacramento
 (non-medical day or residential care
 complaints)263-4700
Community Services Planning Council...447-7063

Congress of California Seniors	442-4474
or	800-543-3352
Funeral Consumers Alliance of No. Calif	486-3552
Grey Panthers	332-5980
Health Insurance Counseling and Advocacy Program (HICAP)	800-434-0222
Health Rights Hotline	551-2100
Human Rights Fair Housing Commission	444-6903
Tenant-Landlord Hotline.....	444-0178
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	442-3691
Yolo County Senior Center	530-661-5890

Area 4 Agency on Aging offers information on a wide range of services and programs for seniors. Go to www.eldercare.gov or call 800-677-1116

ALCOHOL/DRUGS

Alcohol and Drug Services Sacramento County.....	874-9754
Al-Anon Family Groups.....	334-2970
Alcoholics Anonymous Hotline	454-1100
Betty Ford Center	800-854-9211
California Smokers Helpline.....	800-662-8887
Heritage Oaks Hospital.....	489-3336
Narcotics Anonymous (Help Line)	732-2299
National Council on Alcoholism & Drug Dependence (Sac. Region)	922-9217
Rational Recovery (Info Line)	800-303-2873
St. Helena Hospital Alcohol & Chemical Recovery Program	800-454-4673
Strategies For Change.....	473-5764
Volunteers of America	448-1236
Yolo County Dept. of Health	530-666-8630
Davis	530-757-5537
West Sacramento.....	375-6350
Woodland	530-666-8516

BEREAVEMENT

Bereavement Network Resources of Sacramento Inc. (education, information, referral)	557-5882
Mercy San Juan Medical Center Chaplin's Office	537-5098

UC Davis Veterinary Hospital Pet Loss Support Hotline	800-565-1526
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 Assisted Living Association	448-1900
Eskaton Senior Connection	334-1072
Geriatric Network-Med Clinic (mental health)	648-2800
Jewish Family Services	484-4400
Sacramento County Dept of Health & Human Svcs SSI/Medi-Cal	874-9990
In Home Support Services	874-9471
Long-term Care/Medi-Cal.....	874-9460
Senior Services	874-9598
UC Davis Care Management.....	734-5432
Multipurpose Senior Services Program/Linkages	

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

CONSUMER AFFAIRS

Better Business Bureau.....	443-6843
California Attorney General	445-9555
California Dept. of Consumer Affairs.....	445-1254
California Dept. of Health Services: Health Facility Licensing and Certification	800-554-0354
Call 3 (KCRA TV Channel 3)	447-2255
Consumer Hotline	800-344-9940
Contractors State License Board.....	800-321-2752
Insurance, Dept. of, Consumer Hotline	800-927-4357
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
SMUD Senior Program Info	888-742-7683
TDD.....	732-6630

Information on federal government recalls can be found at www.Recalls.gov

EDUCATION/TRAINING

AARP – Senior Community Service Employment Program483-5991
 A. Warren McClaskey Adult Center.....277-6625
 American River College Reentry Services...484-8391
 TTY484-8798
 California State University Sacramento
 Reentry Service.....278-5774
 Cosumnes River College691-7344
 Del Oro Caregiver Resource Center.....971-0893
 Elderhostel 877-426-8056
 Eskaton Senior Connection334-1072
 Folsom Lake College608-6500
 Harvestime – Grant Joint Union HS District .489-2393
 Mental Health Association366-4600
 Renaissance Society, The (CSUS)278-7834
 Sacramento Employment and
 Training Agency (SETA).....263-3800
 Senior Health Education Program/
 Sacramento County DHHS875-6022
 Senior Learning Unlimited 530-752-9695
 UC Davis Center for Healthy Aging734-4768
 Winterstein Adult Center.....971-7419
 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 Aging486-1876
 or..... 800-677-1116
 Assistance, Referrals and More for Seniors
 (ARMS)264-7324
 California Dept. of Rehabilitation263-7365
 California Employment Development Dept. (EDD)
 Disability Claims 800-480-3287
 TTY 800-563-2441
 Paid Family Leave..... 877-238-4373
 Elder Craftsman, The264-7676
 Hire-a-senior (Hart Senior Center).....808-5462
 Kids Crossing (City of Sacramento).....808-6064
 PRIDE Industries 800-550-6005
 Sacramento Employment Training Agency263-3800
 Sacramento Professional Network227-0330
www.sacpronet.com
 Sacramento Works - One-Stop Career Center

TTY800-735-2929
 Sacramento County Locations Include:
 Broadway324-6202
 Citrus Heights.....676-2540
 Hillsdale263-4100
 La Familia452-3601
 Lemon Hill433-2620
 Mark Sanders (referrals)227-1395
 Mather228-3127
 Meadowview/Franklin262-3200
 South County525-4717
 Senior Worker Advocate Office (CA State)...654-6502

FINANCIAL ASSISTANCE

AARP Tax Aid Program.....888-227-7669
 Adult Services Center-Sacramento County874-9460
 (Medi-Cal Long Term Care)
 California Advocates for
 Nursing Home Reform800-474-1116
 Cash Assistance Prog for Immigrants800-929-8118
 (Legal non-citizens, ages 65+, blind or disabled)
 City of Sacramento, Revenue Division ...808-8500
 (City Utility Tax Rebate for limited income seniors)
 Consumer Credit Counseling Service.....379-3600
 Food Stamp Program – Sacramento County ..874-2063
 Franchise Tax Board 7am – 8pm800-852-5711
 Recorded Info:.....800-338-0505
 TTY:800-822-6268
 General Assistance-Sacramento County874-2063
 Home Energy Assistance Program.....567-5200
 Internal Revenue Service800-829-1040
 Medi-Cal – Sacramento County
 To Apply874-2215
 Medi-Cal – UC Davis Medical Center
 Info734-1600
 To Apply734-1642
 Property Tax Postponement
 California State Controller324-9251
 Reverse Mortgage for Seniors – U.S. HUD
 Insured program message:498-5220
 Reverse Mortgage Hotline866-698-6322
 Reverse Mortgage Booklet:
 “Use Your Home to Stay at Home” ... www.ncoa.org
 Sacramento Regional County Sanitation Dist.
 Lifeline Rebate Program866-347-7743
 Salvation Army – Social Services Center
 Adm./Homeless Shelter442-0331
 Family Services.....442-0303
 Social Security – Sac. Dist. Office381-9410
 National toll free800-772-1213
 Veterans’ Service Office –

Sacramento County.....874-6811
 Weatherization Program
 Community Resource Proj...(ext 2229) 567-5220

HEALTH SERVICES

Agencies/Organizations

Adult Services Center – Sacramento County
 (Medi-Cal)874-9990
 Agency for Hearing.....732-9040
 AIDS Medical and Social Services
 (CARES Program).....443-3299
 ALS Association 866-979-9265
 Alzheimer’s Aid Society of No. Cal . 800-540-3340
 Alzheimer’s Association/Greater
 Sacramento Area Chapter..... 800-272-3900
 Alzheimer’s Disease Center, UC Davis ..734-5496
 American Cancer Society446-7933
 American Heart Association446-6505
 American Lung Association 510-638-5864
 American Red Cross368-3131
 Arthritis Foundation368-5599
 Breathe California of Sacramento.....444-5900
 California Dept. of Social Services . 800-952-5253
 California Hospice &
 Palliative Care Assoc.925-3770
 Canine Companions of Independence 707-577-1700
 TDD..... 707-577-1756
 Cystic Fibrosis Foundation 866-347-2345
 Diabetes Association of Sacramento... 800-342-2383
 Easter Seal Superior California485-6711
 Eye Care America 800-222-3937
 Family Caregiver Alliance.....800-445-8106
 Guide Dogs for the Blind..... 800-295-4050
 Health Education Council556-3344
 Cancer Detection Programs..... 800-511-2300
 Health Rights Hotline.....551-2100
 HICAP (Health Insurance Counseling
 and Advocacy Program)..... 800-434-0222
 HMO Help Center 888-466-2219
 Multiple Sclerosis Society927-8000
 Muscular Dystrophy Association.....921-9518
 Norcal Center on Deafness349-7500
 Parkinson’s Disease Association.....489-0226
 Public Health
 El Dorado County 530-621-6100
 Sacramento County..... (ext 345) 447-7063
 Yolo County 530-666-8645
 Rebuilding Together
 home safety modifications.....455-1880
 Sacramento BloodSource..... 800-995-4420
 Sacramento County Department of

Health and Human Services.....875-6091
 Senior and Adult Services.....874-9400
 Sacramento County Department of
 Human Assistance (Medi-Cal Applications) ...874-2215
 Sacramento Society for the Blind452-8271
 Seniors Eyecare Program800-222-3937
 Society for the Blind452-8271
 Sutter Senior Care (South Area).....424-8412
 UC Davis Medical Center
 Alzheimer’s Center734-5496
 Geriatric and Senior Services.....734-5432
 United Cerebral Palsy.....565-7700
 Visual/Enhancing Electronic Equipment..800-722-3393

Medicare/Medi-Cal: In-Home

Accent Care Medical Services.....852-5888
 Always Home989-6420
 Chartwell Home Therapies,
 UC Davis Medical Center.....731-5555
 Eskaton Home Care
 (Medi-Cal/Medicare).....536-3750
 First Call Home Care725-2580
 Gentiva Health Services929-2229
 Health Rights Hotline.....551-2100
 In-Home Support Services (IHSS)
 El Dorado County530-642-4870
 Sacramento County874-9471
 Yolo County530-661-2676
 Interim Health Care800-300-7696
 Mercy Hospice.....281-3900
 Mercy Lifeline281-3980
 RX Staffing and Home Care485-8200
 Sutter Senior Care (South Area).....424-8412
 Sutter Visiting Nurses Association.....388-6200
 Tender Loving Care.....646-4852
 UC Davis Medical Center
 Home Health Services734-2458
 Care Management734-5432

Companion/Homemaker Services: In-Home

A Helping Hand530-647-0266
 A Helpmate.....364-8763
 Accent Care.....800-834-3059
 ApexCare924-9111
 Better Living Home Care800-404-4849
 Comfort Keepers780-4300
 Comfort Zone Elderly InHome Services Inc...453-1344
 Craig Cares863-5221
 Eskaton Home Care536-3750
 Gentiva Health Services929-2229
 Help at Home Senior Care625-9172
 Home Helpers.....424-7520

Home Instead Senior Care	920-2273	Mental Health Association of Sacramento....	366-4600
Indecare.....	973-1264	Mercy Healthcare Doctor Referral ...	888-800-7688
Interim Health Care	484-3965	Older Adult Resource Center	874-9492
In-Home Supportive Services – (IHSS)		Primrose	
El Dorado County	530-642-4870	(Alzheimer's, Dementia, Memory Care)..	392-3510
Sacramento County	874-9471	Resources for Independent Living	
Yolo County	530-661-2676	(disabled persons).....	446-3074
JB Home Care Referral Agency	489-6941	Sacramento City Older Adult Services ...	566-1590
Maxim Health Care Services	974-9120	Sacramento District Dental Society	446-1211
Palm Valley In-Home Care	972-7429	Senior Connection, The (Eskaton).....	334-1072
Panda's Complete Domestic Agency	985-7676	Sutter Health Doctor Referral	800-478-8837
Personalized Homecare &		Sutter Health Information.....	733-8800
Homemaker Agency.....	979-4975	UC Davis Health System –	
Primrose		Resource Center	800-282-3284
(Alzheimer's, Dementia, Memory Care).....	392-3510	UC Davis Medical Center –	
Quality In Home Care Specialists	988-3732	Poison Control.....	800-222-1222
Diamond Springs.....	530-621-2273	Senior Services	734-5432
ResCare Home Care Services	484-7701		
Senior's Choice	888-824-8848		
Visiting Angels	971-9333		

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

Information and Referral

211 Sacramento (InfoLine)	211
About Elder Care Referral Services.....	489-8779
Placerville	530-626-5900
Asian Community Center	393-9026
California Partnership for Long Term Care ...	552-8990
Consumer Guide	800-434-0222
Catholic Social Services	452-7481
City of Sacramento	808-7324
Assistance, Referral & More for Seniors (ARMS)	
Davis Senior Center (Yolo).....	530-757-5696
Del Oro Caregiver Resource Center.....	971-0893
El Dorado County Senior Assistance.....	530-621-6255
Health for All, Inc.	391-5591
Health Insurance Counseling & Advocacy Program	
(HICAP).....	800-434-0222
Health Rights Hotline .	551-2100 or 888-354-4474
TTY	551-2180
Immunization Program	
El Dorado County	530-621-6100
Sacramento County	875-7468
Yolo County.....	530-666-8645
Jewish Family Services	484-4400
Lifeline Systems Inc.....	800-543-3546
Medical Society, Sierra Sacramento Valley ..	452-2671
Medi-Cal Info (Day)	874-2256
Medicare Customer Service	800-633-4227

Mental Health Association of Sacramento....	366-4600
Mercy Healthcare Doctor Referral ...	888-800-7688
Older Adult Resource Center	874-9492
Primrose	
(Alzheimer's, Dementia, Memory Care)..	392-3510
Resources for Independent Living	
(disabled persons).....	446-3074
Sacramento City Older Adult Services ...	566-1590
Sacramento District Dental Society	446-1211
Senior Connection, The (Eskaton).....	334-1072
Sutter Health Doctor Referral	800-478-8837
Sutter Health Information.....	733-8800
UC Davis Health System –	
Resource Center	800-282-3284
UC Davis Medical Center –	
Poison Control.....	800-222-1222
Senior Services	734-5432

HOSPICE

California Hospice Association	925-3770
First Call Hospice	725-2580
Kaiser-Permanente Hospice.....	486-5300
Mercy Hospice.....	281-3900
Hospice of the Foothills	
(Nevada County)	530-272-5739
National Hospice & Palliative Care Org .	800-658-8898
www.caringinfo.org	
Snowline Hospice (El Dorado).....	530-621-7820
Sutter Auburn Faith Hospice	530-886-6650
Sutter Hospice/Sacramento.....	454-6525
Sutter Hospice/Roseville	797-7850
Tahoe Forest Hospice	530-414-4862
or.....	530-582-3534
(No. Lake Tahoe & Truckee; Incline Village,	
NV., Parts of Sierra & Plumas counties)	
UC Davis Hospice	734-2458
Yolo Hospice	800-491-7711
(Yolo County; parts of Solano, Sacramento,	
Colusa & Sutter counties.)	

HOSPITALS

Kaiser Permanente (Sacramento)	973-5000
TTY/TDD – Appointments	480-2590
Information	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	California Association of Homes &	
TTY/TDD	530-626-2970	Services for the Aging (referral)	392-5111
Mercy Folsom	983-7400	Home Options.....	393-7148
Emergency Room TTY/TDD	983-7409	Housing Options Made Easy-HOME	977-0188
Mercy General (Sacramento)	453-4545	In Home Support Services	
TTY/TDD	453-4522	El Dorado County.....	530-642-4870
Mercy San Juan.....	537-5000	Sacramento County	874-9471
TTY	537-5123	Yolo County.....	530-661-2676
Methodist.....	423-3000	Resources for Independent Living.....	446-3074
TTY	682-3323	Respect Your Elders	
Sutter Auburn Faith	530-888-4500	(assisted living referrals). 422-5050 or 920-5050	
TTY	530-823-3880	Senior Care Solutions.....	965-5565
Sutter Davis.....	530-756-6440	Senior Transition Solutions.....	342-2023
Emergency Room TTY/TDD	530-756-6446	California Nursing Home Search ..	www.calnhs.org
Sutter General	454-2222		
TTY/TDD	454-2277		
Sutter Memorial	454-3333		
TTY/TDD	454-3377		
Sutter Roseville	781-1000		
TTY/TDD	781-1099		
UC Davis Medical Center	734-2011		
TTY/TDD	451-1974		
or.....	800-735-2922		

HOUSING

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.

General Assistance

211 Sacramento (InfoLine)	211
Community Residential Care Assoc. of California	455-0723
Home Assistance & Repair Program for Seniors (HARPS)	264-1515
Human Rights/Fair Housing Commission	444-6903
Tenant-Landlord Hotline.....	444-0178
InfoLine Sacramento	498-1000
Older Adult Resource Center (Residential Care Info Clearing House) ..	874-9492

Information/Placement/Referral

A Senior Solution	866-227-9676
or.....	212-8500
About Elder Care Referral Services.....	489-8779
Placerville.....	530-626-5900

LEGAL AID

Adult Protective Services	
El Dorado County.....	530-642-4800
Sacramento County	874-9377
Yolo County	888-675-1115
Attorney Referral Service	444-2333
Del Oro Caregiver Resource Center.....	971-0893
Elder Abuse	
Calif. Attorney General's Office .	888-436-3600
Legal Services of Northern California.....	551-2150
Senior Legal Hotline.....	551-2140
McGeorge School of Law	
Community Legal Service Center.....	340-6090
or.....	340-6080
Sacramento Mediation Center.....	441-7979
Sacramento County Sheriff's Department	
Sexual and Elder Abuse Bureau	874-5070
Sacramento County Dept of Health and Human Services	
Adult Protective Services	874-9377
Sacramento County Vital Records	
(death certificates).....	875-5345
Senior Connection—"Ask the Attorney"	
(appointments)	334-1072
Senior Legal Hotline	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

Free Legal Guide
Seniors and the Law
 1-888-875-LAWS
Seniors@calbar.ca.gov

LIBRARIES

California State Library	654-0261
Braille and Talking Books	654-0640
El Dorado County Public Library.....	530-621-5540
Sacramento County Public Library	264-2700
TDD	264-2855
Books, tapes, records by mail	575-3450
Branch Libraries: See White Pages	
Business Listings, Sacramento County	
Adult Literacy Services	966-7323
Book Mobile	433-2029
Telephone Reference Service	264-2920
Sutter Resource Library	733-3880
F. William Blaisdell, MD, Medical Library ...	734-3529
Woodland Public Library –	
Books to Go	530-661-5981
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
Easter Seals Superior California.....	485-6711
Eyecare America	800-222-3937
Medic Alert (bracelets/necklaces) ...	800-432-5378
Miracle on Wheels (wheelchairs)....	800-749-8778
See Yellow Pages: Medical Equipment and Supplies	

MENTAL HEALTH/COUNSELING

Ardent Health Heritage Oaks Hospital....	489-3336
Carmichael Presbyterian Counseling Ctr	483-2989
CSUS Center for Counseling	
and Diagnostic Services	278-6252
El Dorado County Mental Health	530-621-6200
El Hogar Mental Health and	
Community Service Center	441-2933
Emotions Anonymous (Info Line).....	366-0699
Geriatric Network	648-2800
Human Resources Consultants	485-6500
Jewish Family Services	484-4400
Med Clinic Behavioral Health.....	924-6400
Mental Health Association (Sacramento).....	366-4600
Mental Health Dept.	
Ombudsman Info Line	800-896-4042
Nat'l Suicide Prevention Lifeline	800-273-8255
TTY	800-799-4889
New Horizons Counseling Center	485-1211

New Pathways Counseling/	
Catholic Social Services.....	452-7481
Northgate Point (northwest area).....	567-4222
Patient's Rights.....	737-7104
Recovery, Inc (Self-Help Mental Health)	483-5616
Sacramento County Mental Health	
24 hour emergency line.....	732-3637
Adult Service Access Team	875-1055
Toll Free Information Line	888-881-4881
Southeast Asian Assistance Center	421-1036
Suicide Prevention and Crisis Line	368-3111
Suicide Prevention Crisis Line (Auburn)	530-885-2300
Suicide Prevention Yolo County	530-756-5000
Sutter Center for Psychiatry	386-3000
or	800-801-3077
Visions Unlimited Mental Health	393-2203
Widowed Persons Association of California .	972-9722
Yolo County Alcohol, Drug and Mental Health Svcs:	
Davis	530-757-5530
Woodland.....	530-666-8630
West Sacramento.....	375-6350
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

NURSING HOMES/ CONVALESCENT HOSPITALS

California Associations of Health Facilities....	441-6400
See Yellow Pages: Hospitals and Nursing Homes.	

How to Check out Nursing Homes

- California Nursing Home Search
At www.calnhs.org, offers guidance and tools to evaluate nursing facilities.
- 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
- 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
- Senior Connection
Offers free information, assistance and consultation on services to meet the needs of seniors, 916-334-1072 or 888-334-3490
www.Eskaton.com

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

NUTRITION

Congregate and/or Home-Delivered Meals

Elderly Nutrition Program

Yolo County 530-662-7035

Senior Nutrition Services/Sacramento Cty*444-9533

Sacramento County provides a nutritious lunch, Monday through Friday, at various sites. Call 444-9533 for the site nearest you. Transportation is available to some sites. Suggested donation of \$2.00 per meal.

Food

California Emergency Foodlink387-9000

Food Closets, Call InfoLine Sacramento211

Food Closet, Davis 530-753-4315

Food Closet, Woodland 530-662-7020

Food Locker, West Sacramento373-3318

Food Stamps

El Dorado County 530-642-7300

Sacramento County.....874-2063

Yolo County 530-661-2750

Prince of Peace Church.....422-2350

(South Sacramento)

Sacramento Food Bank Services456-1980

Senior Citizens Services (Food Bank)381-7794

United Christian Centers(ext. 114) 372-0200

Yolo Wayfarer Center (Woodland)...530-661-1218

SAFETY

AARP Driver's Safety Course866-448-3614

Adult Protective Services

Sacramento County874-9377

Caring Neighborhoods.....566-1594

Elder Abuse Reporting Hotline -

Calif. Attorney General's Office ..888-436-3600

Domestic Violence (WEAVE Crisis Line) 920-2952

Lifeline, a personal emergency response system:

Mercy Regional (all Mercy Hospitals)281-3980

ApexCare Lifeline924-9111

Sutter Auburn Faith Hospital530-888-4556

Sutter Medical Centers.....379-4315

Sutter Roseville Hospital782-4989

UC Davis Medical Center734-2401

Medic Alert (bracelets/necklaces)....800-432-5378

Safety Center, Inc.....800-825-7262

Sexual & Elder Abuse Sheriff's Dept.....874-5070

Telecare (telephone reassurance).....781-1060

Telephone Reassurance Program

Yolo County530-757-5696

TLC Program (telephone reassurance) ..334-1072

SENIOR CENTERS/PROGRAMS

A. Warren McClaskey Adult Center277-6625

Arden Manor Rec. & Park Dist.....487-7851

Asian Community Center.....393-9026

Carmichael Senior Club.....487-5525

Cathedral Neighborhood Senior Center .442-9014

Centro Guadalupe (bilingual).....443-5367

Coloma Community Center808-6060

Belle Cooledge Community Center808-5610

Cordova Senior Center.....366-3133

Davis Senior Center530-757-5696

Dixon Senior Center707-678-7022

Ethel M. Hart Senior Center808-5462

Elk Grove Senior Center.....685-3160

Fair Oaks Rec. & Park Dist.....966-1036

Folsom Park & Rec. Dist.355-7285

Fruitridge Community Center422-7610

Fulton – El Camino Rec & Park Dist.....927-3802

Hagginwood Community Center808-6439

Jose Rizal Community Center395-0601

La Sierra Community Center483-7826

Maidu Community Center (Roseville)774-5960

Sam Pannell Meadowview	
Community Center	808-6622
Mission Oaks Senior Community Ctr	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	277-6060
Rio Linda Elverta Rec. & Park Dist.	991-5929
Robertson Community Center	808-6419
Rush Park Community Center	725-1585
Sierra 2 – Senior Center	452-3005
Stanford Settlement Senior Center	927-1303
Sunrise Rec. & Park Dist.	725-1585
Swanston Community Center	333-6464
West Sacramento Senior Center	373-5819
Winters Senior Center	530-795-4241
Woodland Senior Center	530-661-5890

Facilities may provide a wide range of activities, including senior nutrition, health/wellness education, financial guidance, paralegal assistance, limited geographical transportation, and recreation /fitness programs. Not all services are available at all the centers listed. Ask for specific details when you call. For more information dial 221

InfoLine Sacramento, 221.

Recreation/Fitness

50+ Wellness Program (City of Sacramento) ..	566-1593
California Dept. Fish and Game	
(license Info).....	928-5805
California State Parks (Capitol District)...	445-7373
Reservations	800-444-7275
Coloma Community Center	808-6060
Elk Grove Senior Center	685-3160
Federal Golden Age Passport Program..	978-4400
TTY	978-4419
Fulton – El Camino Rec & Park Dist	927-3802
Life Center –	
CSUS Prog for Healthy Aging	278-5028
Oak Park Community Center	808-6151
Robertson Community Center	808-6419
Rush Park Community Center	725-1585
YMCA of Greater Sacramento	737-3181
YWCA of Sacramento.....	264-8066

SUPPORT GROUPS

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

TRANSPORTATION

A Helpmate.....	364-8763
Asian Community Center	
(ACC Rides) ext. 33	393-9026
AMTRAK	800-872-7245
Davis Community Transit	530-757-4408
Dial-a-Ride (Folsom residents/55+)	355-8347
DMV (Driver’s Licenses).....	800-777-0133
Folsom Stageline (Folsom residents)	355-8395
Foothill Flyers Service	
(El Dorado County)	530-878-0808
Greyhound Bus.....	800-231-2222
MedStar Van Service.....	669-0550
MV Transportation	
Private Pay	854-2638
Medi-Cal.....	707-863-8712
Paratransit	
Information	429-2009
Reservations (pre-registered).....	429-2744
Regional Transit and Light Rail	
(senior discount).....	321-2877
Road Conditions (CALTRANS).....	800-427-7623

Senior Driver Safety Classes

- Road to Driving Wellness Classes at Area 4 Agency on Aging at 486-1876
- AARP Driver Safety Program
Call 888-227-7669 and provide your zip code to find a nearby class.
- AAA Foundation for Traffic Safety's Senior Driver at www.seniordrivers.org

AAA Safe Driving CD-ROM

Available through aaa.com:
Roadwise Review: A Tool to Help Seniors Drive Safely Longer. Free to members (\$7 for non-members).

VETERANS

Federal and State Veteran Benefit Programs	
Website:	www.govbenefits.gov
El Dorado County Veteran Affairs.....	530-621-5892
Sacramento County Veteran Services.....	874-6811
Yolo County Veteran Services.....	530-406-4850
Veterans Administration	
Northern Calif. Clinic System	366-5366
Medical Appointments.....	800-382-8387

VISITING

Eskaton TLC Home Visitors.....334-1072
Mental Health Assoc (Sacramento)366-4600

VOLUNTEERISM

American Red Cross
 El Dorado District Office 866-656-9272
 Sacramento Headquarters368-3131
 Yolo County 530-662-4669
Caring Neighborhoods
 City of Sacramento.....566-1594
Eskaton TLC Program334-1072
Foster Grandparent Program.....875-3569
Jewish Family Services484-4400
RSVP-Retired Senior Volunteer Program . 875-3631
Sacramento County Volunteer Referral Prog.. 875-6851
Sacramento Food Bank & Family Services.. 456-1980
Senior Companion Program875-3622
Senior Gleaners.....925-3240
Senior Citizens Services (Food Bank)381-7794
Volunteer Center567-3100
Volunteers of America442-3691
Volunteer Opportunities – Woodland ..530-661-5890

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

Notes: _____

