



SIERRA SACRAMENTO VALLEY
MEDICAL SOCIETY ALLIANCE

presents

COMMUNITY RESOURCES FOR OLDER ADULTS

with support from

UCDAVIS
HEALTH SYSTEM

SACRAMENTO AREA
2010-2011

DOWNLOAD THIS DIRECTORY FROM WWW.SVMS.ORG

COMMUNITY RESOURCES FOR OLDER ADULTS

SACRAMENTO AREA

compiled by

and printed courtesy of



**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 **2-1-1 Sacramento, Can't dial 2-1-1? Call (916) 498-1000 or 1-800-500-4931**, 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 645-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.

THIS BOOKLET MAY BE COPIED IN FULL OR IN PART WITHOUT OBTAINING PERMISSION.

TABLE OF CONTENTS

Information/Help Lines..... 1	Hospitals 5-6
Adult Day Care/Respite 1	Housing..... 6
Advocacy/Issues on Aging..... 1-2	Legal Aid 6
Alcohol/Drugs 2	Libraries 7
Bereavement 2	Medical Supplies & Equipment 7
Case Management/Assessment/Referral 2	Mental Health/Counseling 7
Consumer Affairs 2	Nursing Homes/Convalescent Hospitals 8
Education/Training..... 3	Nutrition..... 8
Employment/Services 3	Safety..... 8
Financial Assistance 3	Senior Centers/Programs..... 8-9
Health Services:	Support Groups..... 9
Agencies/Organizations 4	Transportation..... 9
Medicare/Medi-Cal: In Home..... 4	Veterans..... 9-10
Companion/Homemaker 4-5	Visiting 10
Information & Referral 5	Volunteerism 10
Hospice..... 5	Notes..... 10

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 Red Cross993-7070
American Speech-Language-Hearing
 Assoc 800-638-8255
Amyotrophic Lateral Sclerosis (ALS)
 Assoc979-9265
Animal Care Services 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
Eyecare America Senior Program .. 800-222-3937
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..... 800-451-0525
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
Parkinson Assoc No. California 866-979-7262
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
Regional Burn Center
 (UC Davis Medical Center).....734-3636
Sacramento County Sheriff's Dept.
 Emergencies & Crimes in progress.....911
 Non-emergency874-5115
 TTY874-7128
Sacramento Police Dept.
 Non-emergency.....264-5471
Senior Legal Hotline800-222-1753
Social Security Benefits/Info800-772-1213
 TTY800-325-0778
Suicide Prevention/Crisis Intervention ...368-3111
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

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

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 Health Advocates 800-434-0222
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 Seniors442-4474
 or 800-543-3352
 Funeral Consumers Alliance of No. Calif486-3552
 Grey Panthers332-5980
 Health Insurance Counseling and Advocacy
 Program (HICAP) 800-434-0222
 Health Rights Hotline.....551-2100
 Human Rights Fair Housing Commission444-6903
 Tenant-Landlord Hotline.....444-0178
 Ombudsman Services of No. California
 (For residents of long-term care facilities)
 Sacramento County376-8910
 Yolo County 530-668-5775
 24 hr. Crisis Line 800-231-4024
 Resources for Independent Living446-3074
 UC Davis Alzheimer's Disease Center ...734-5496
 Volunteers of America442-3691
 Woodland 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 Informations Services334-2970
 Alcoholics Anonymous Hotline454-1100
 Betty Ford Center 800-854-9211
 California Smokers Helpline.....800-662-8887
 Heritage Oaks Hospital.....489-3336
 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
 Volunteers of America448-1236
 Yolo County Dept. of Mental 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 Office537-5098
 UC Davis Medical Center
 Dept. of Social Services734-2583
 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 Association448-1900
 Eskaton Senior Connection334-1072
 Sacramento County Dept of Health & Human Svcs
 SSI/Medi-Cal874-9990
 In Home Support Services874-9471
 Long-term Care/Medi-Cal.....874-9460
 Senior Services874-9598
 UC Davis Care Management.....734-5432
 Multipurpose Senior Services Program

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: Consumer
 Complaints, Refunds, More800-952-5225
 California Dept. of Consumer Affairs.....445-1254
 California Dept. of Public Health: Health Facility
 Licensing and Certification800-554-0354
 Call 3 (KCRA TV Channel 3)447-2255
 Consumer Hotline800-344-9940
 Contractors State License Board.....800-321-2752
 Identity Theft Resource Center.....858-693-7935
 Insurance, Dept. of,
 Consumer Hotline800-927-4357
 Medical Board of California,
 Complaints800-633-2322
 Ombudsman Services of No. California376-8910
 Senior Legal Hotline551-2140

Seniors Against Investment Fraud (SAIF)
 Program 866-275-2677
 SMUD Senior Program Info 888-742-7683
 TDD.....732-6366

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
 Computer training only277-6625
 American River College Reentry Services....484-8391
 California State University Sacramento
 Re-Entry for Adult Students.....278-3625
 Cosumnes River College691-7344
 Del Oro Caregiver Resource Center.....971-0893
 Elderhostel 877-426-8056
 Eskaton Senior Connection334-1072
 Folsom Lake College608-6500
 Harvestime –Twin River Unified School Dist 286-3836
 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
 Senior Net Computer Classes
 Rio Americano High School485-9572
 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 Program483-5991
 Area 4 Agency on Aging486-1876
 California Dept. of Rehabilitation324-1313
 California Employment Development Dept. (EDD)
 Disability Claims 800-480-3287
 TTY 800-563-2441
 Paid Family Leave..... 877-238-4373
 Kids Crossing (City of Sacramento).....808-6064
 PRIDE Industries 800-550-6005
 Sacramento Employment Training Agency263-3800
 Sacramento Professional Network227-0330
 website: www.sacpronet.com
 Sacramento Works - One-Stop Career Center
 TTY 800-735-2929
 Sacramento County Locations include:
 Broadway324-6202

Citrus Heights.....676-2540
 Hillsdale263-4100
 La Familia452-3601
 Lemon Hill433-2620
 Mark Sanders (referrals)227-1395
 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 County ...874-9460
 (Medi-Cal Long Term Care)
 California Advocates for
 Nursing Home Reform800-474-1116
 Cash Assistance Prog 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)
 ClearPoint Financial Solutions.....379-3660
 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
 PG&E Medical Baseline Program
 www.pge.com/medicalbaseline - For
 customers with a qualifying medical condition
 Property Tax Postponement
 California State Controller324-9251
 Reverse Mortgage for Seniors – U.S. HUD
 Insured program message:498-5220
 Reverse Mortgage Counseling Resources .866-698-6322
 Salvation Army – Social Services Center
 Adm./Homeless Shelter442-0331
 Family Services.....678-4010
 Social Security – Sac. Dist. Office ...877-274-5419
 National toll free800-772-1213
 Veterans’ Service Office –
 Sacramento County874-6811
 Weatherization Program
 Community Resource Proj...(ext 2229) 567-5220

HEALTH SERVICES

Agencies/Organizations

Adult Services Center – Sacramento County (Medi-Cal)	874-9990	Senior and Adult Services	874-9400
Agency for Hearing	732-9040	Sacramento Society for the Blind	452-8271
AIDS Medical and Social Services (CARES Program).....	443-3299	Seniors Eyecare Program	800-222-3937
ALS Association	979-9265	Sutter Senior Care (South Area).....	424-8412
Alzheimer's Aid Society of No. Cal .	800-540-3340	UC Davis Health System	
Alzheimer's Association/Greater Sacramento Area Chapter.....	800-272-3900	Alzheimer's Disease Center	734-5496
Alzheimer's Disease Center, UC Davis ..	734-5496	Geriatric, Senior Services	734-5432
American Cancer Society	446-7933	United Cerebral Palsy.....	565-7700
American Heart Association	446-6505	Visual Enhancing Electronic Equipment..	800-722-3393
American Lung Association	554-5864	Medicare/Medi-Cal: In-Home	
Arthritis Foundation	368-5599	Accent Care Medical Services.....	852-5888
Breathe California of Sacramento.....	444-5900	Advanced Home Health.....	978-0744
California Dept. of Social Services .	800-952-5253	Always Home	989-6420
California Hospice & Palliative Care Assoc.	925-3770	Chartwell Home Therapies, UC Davis Medical Center.....	731-5555
Canine Companions of Independence	707-577-1700	Eskaton Home Care (Medi-Cal/Medicare).....	536-3750
TDD.....	707-577-1756	First Call Home and Hospice Care	725-2580
Cystic Fibrosis Foundation	349-1243	Gentiva Health Services	929-2229
Diabetes Association of Sacramento...	800-342-2383	Health Rights Hotline.....	551-2100
Easter Seal Superior California	485-6711	In-Home Support Services (IHSS)	
Eye Care America	800-222-3937	El Dorado County	530-642-4870
Family Caregiver Alliance	800-445-8106	Sacramento County	874-9471
Guide Dogs for the Blind.....	800-295-4050	Yolo County	530-661-2676
Health Education Council	556-3344	Interim Health Care	800-300-7696
Health Rights Hotline	551-2100	Mercy Hospice.....	281-3900
HICAP (Health Insurance Counseling and Advocacy Program).....	800-434-0222	Mercy Lifeline	(Ext. 4822) 800-242-1306
HMO Help Center	888-466-2219	RX Staffing and Home Care	485-8200
Macular Degeneration Association Sunrise Chapter	491-5885	Sutter Senior Care (South Area).....	424-8412
Multiple Sclerosis Society	927-8000	Sutter Visiting Nurses Association.....	388-6200
Muscular Dystrophy Association.....	921-9518	Tender Loving Care.....	646-4852
Norcal Center on Deafness	349-7500	UC Davis Health Systems	
Parkinson's Disease Association.....	489-0226	Hospice and Home Care	734-2458
Prostate Cancer Support Groups		Care Management	734-5432
Sacramento County.....	421-8189	Companion/Homemaker Services: In-Home	
El Dorado County	530-748-7954	A Helping Hand	530-647-0266
Yolo County.....	530-756-9153	A Helpmate.....	364-8763
Public Health		Accent Care.....	800-834-3059
El Dorado County	530-621-6100	All For You.....	479-8554
Sacramento County	875-5881	ApexCare	924-9111
Yolo County	530-666-8645	Better Living Home Care	800-404-4849
Sacramento BloodSource.....	800-995-4420	Bright Star Healthcare	481-9600
Sacramento County Department of Health and Human Services.....	875-6091	Comfort Zone Elderly InHome Services Inc...	453-1344
Human Assistance (Medi-Cal Applications)...	874-2215	Craig Cares	863-5221
		Eskaton Home Care	536-3750
		Gentiva Health Services	929-2229
		Help at Home Senior Care	625-9172
		Home Instead Senior Care	920-2273
		Indecare	973-1264

Caregiver Help Online

Go to www.medicare.gov/caregivers for information on navigating through Medicare, health care services, links to partner organizations that assist caregivers and more.

Interim Health Care	484-3965
In-Home Supportive Services – (IHSS)	
El Dorado County	530-642-4870
Sacramento County	874-9471
Yolo County	530-661-2955
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	988-3732
Placerville	530-621-2273
ResCare Home Care Services	484-7701
Right At Home Services	779-0601
Senior’s Helping Seniors	372-9640
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 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
Davis Senior Center (Yolo)	530-757-5696
Del Oro Caregiver Resource Center	971-0893
El Dorado County Senior Assistance	530-621-6369
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
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 America of No. Sacramento ..	366-4600
Mercy Healthcare Doctor Referral ...	888-800-7688
Primrose (Alzheimer’s, Dementia, Memory Care) ..	392-3510

For information on the local disposal of unused or expired medications, call 875-9393 or go to www.dontflushyourmeds.com

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 Home and Hospice Care	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	388-6255
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
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.....	537-5000
TTY	537-5123
Methodist.....	423-3000
TTY	682-3323
Sutter Auburn Faith	530-888-4500
TTY	530-823-3880
Sutter Davis	530-756-6440
Emergency Room TTY/TDD	530-756-6446
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
Older Adult Resource Center (Residential Care Info Clearing House) ..	874-9492
Sacramento Self Help Housing Low Income Housing.....	341-0593
YWCA of Sacramento County	264-8066
Single, female, low income housing	

Information/Placement/Referral

A Senior Solution	866-227-9676
or.....	212-8500
About Elder Care Referral Services Placerville.....	530-626-5900
California Association of Homes &	
Services for the Aging (referral)	392-5111
Home Options.....	606-1479
Housing Options Made Easy-HOME	977-0188
In Home Support Services El Dorado County	530-642-4870
Sacramento County	874-9471
Yolo County.....	530-661-2955
Resources for Independent Living	446-3074
Respect Your Elders (assisted living referrals). 422-5050 or 920-5050	
Senior Care Solutions.....	965-5565
Senior Transition Solutions.....	342-2023
California Nursing Home Search ..www.calnhs.org	

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.....	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 Services Elder Law Center	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
Toll free	800-209-4627
TDD.....	264-2998 or 264-2855
Books, tapes, records by mail	575-3450
Branch Libraries: See White Pages	
Business Listings, Sacramento County	
Adult Literacy Services.....	264-2920
Book Mobile	433-2029
Telephone Reference Service.....	264-2920
Sutter Resource Library, Medical 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
(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	800-222-3937
Life Alert	800-370-7628
Medic Alert (bracelets/necklaces) ...	800-432-5378
Miracle on Wheels (wheelchairs)....	800-749-8778
Peace of Mind Monitoring Aids	888-824-8848
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 <http://pueblo.gsa.gov>
or call 888-878-3256

MENTAL HEALTH/COUNSELING

Ardent Health Heritage Oaks Hospital....	489-3336
CSUS Center for Counseling and Diagnostic Services.....	278-6252

El Hogar Mental Health and Community Service Center	441-2933
Emotions Anonymous (Info Line).....	366-0699
Human Resources Consultants	485-6500
Med Clinic Behavioral Health	924-6400
Mental Health America of No. California.....	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
Recovery, Inc (Self-Help Mental Health)	483-5616
Sacramento County Mental Health	
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
Volunteers of America	
Mental Health Outreach Services.....	736-6727
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
 Website:..... 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
www.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
- 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/index.asp

NUTRITION

Congregate and/or Home-Delivered Meals

Senior Nutrition Services/Sacramento County ...444-9533

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

Elderly Nutrition Program

Yolo County..... 530-662-7035

Food

California Emergency Foodlink.....387-9000
 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 County874-2063
 Yolo County530-661-2750

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 Course888-227-7669

Adult Protective Services

El Dorado County.....530-642-4800
 Sacramento County874-9377
 Yolo County.....530-661-2955

Lifeline, a personal emergency response system:

Mercy Regional281-3980
 (all Mercy Hospitals) (Ext. 4822) .800-242-1306
 ApexCare Lifeline.....924-9111
 Sutter Auburn Faith Hospital530-888-4556
 Sutter Medical Centers.....379-4315
 Sutter Roseville Hospital782-4989
 UC Davis Medical Center.....734-2401

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

Rebuilding Together

Home Safety Equipment455-1880

Safety Center, Inc

(Mature Driver Class)800-825-7262

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

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

Telephone Reassurance Program

Are You Ok? (Davis Residents Only) 530-757-5696

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

Coloma Community Center808-6060

Belle Coledge 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 Center	808-6439
Jose Rizal Community Center	395-0601
Maidu Community Center (Roseville)	774-5960
Sam Pannell Meadowview Community Center	808-6680
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	455-6339
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 call:

211 Sacramento (InfoLine) 211

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
Northeast YMCA of Sacramento	483-6426
Oak Park Community Center	808-6151
Robertson Community Center	808-6419
Rush Park Community Center	725-1585
YMCA of Superior California	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.

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
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 AAA 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 System366-5366
Medical Appointments 800-382-8387

VISITING

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

VOLUNTEERISM

American Cancer Society Discovery Shop 484-0227
American Red Cross
Sacramento Sierra Chapter.....993-7070
Yolo County Chapter 530-662-4669
Caring Neighborhoods
City of Sacramento.....566-1594
Davis Senior Center 530-757-5696
El Dorado DHS Senior Services 530-621-6150
Eskaton TLC Program334-1072
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 Program Coordinator875-2027
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 – West Sacramento 373-5819
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: _____

