



SIERRA SACRAMENTO VALLEY
MEDICAL SOCIETY ALLIANCE

presents

COMMUNITY RESOURCES FOR OLDER ADULTS

with support from

UC DAVIS
HEALTH SYSTEM

SACRAMENTO AREA
JUNE 2007–MAY 2008

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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 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

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 Control (city)	264-7387
(county).....	875-5232 or 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 FranchiseTax 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 Sacramento	498-1000
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	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 City Police Dept.	566-6418
Prevention Programs Info.	
Sacramento County Sheriff's Dept. Emergency only	874-5111
Non-emergency	874-5115
Seniors Eyecare Program	800-222-3937
Senior Legal Hotline	800-222-1753
Social Security Benefits/Info.....	800-772-1213
Suicide Prevention/Crisis Intervention	368-3111
Travelers Aid Emergency Assistance Agency.....	399-9646
Victims of Crime Resource Center ..	800-842-8467
Voters Registration Sacramento County	875-6451
El Dorado County	530-621-7480
Yolo County	530-666-8133
Weather Info. & Forecast	646-2000

ADULT DAY CARE/RESPIRE

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 Carmichael	334-0296
Health for All.....	391-5591
Robertson Adult Day Health Care Center	452-2529
St. Francis	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

Adult and Aging Commission (Ext. 314)	447-7063
American Association of Retired Persons (AARP)	866-448-3614
Area 4 Agency on Aging.....	486-1876
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 Association	923-2200
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. Calif451-4641
 Grey Panthers332-5980
 Health Insurance Counseling and Advocacy
 Program (HICAP) .. 376-8195 or 800-434-0222
 Health Rights Hotline551-2100
 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
 Yolo County Senior Center 530-661-5890

ALCOHOL/DRUGS

Alcohol and Drug Services
 Sacramento County.....874-9754
 Al-Anon Family Groups.....334-2970
 Alcoholics Anonymous Hotline454-1100
 Betty Ford Center 800-854-9211
 California Smokers Helpline.....800-662-8887
 Chemical Dependency Center for Women...448-2951
 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
 UC Davis Alzheimer's Disease Center ...734-5496
 Volunteers of America448-1236
 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 Office537-5098
 UC Davis Veterinary Hospital
 Pet Loss Support Hotline 800-565-1526

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
 Geriatric Network-Med Clinic (mental health)648-2800
 Jewish Family Services484-4400
 Sacramento County Dept of Health & Human Svcs
 Human Services SSI/Medi-Cal.....874-9990
 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/Linkages

CONSUMER AFFAIRS

Better Business Bureau.....443-6843
 California Attorney General445-9555
 California Dept. of Consumer Affairs.....445-1254
 California Dept. of Health Services: 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
 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
 TDO 732-6630

EDUCATION/TRAINING

AARP – Senior Community Service Employment
 Program483-5991
 A. Warren McClaskey Adult Center277-6625
 American River College Reentry Services ...484-8391
 TTY484-8365

California State University Sacramento	
Reentry Service.....	278-5774
Cosumnes River College	691-7344
Del Oro Caregiver Resource Center.....	971-0893
Elderhostel	877-426-8056
Eskaton Senior Connection	334-1072
Folsom Lake College	608-6500
Harvestime – Grant Joint Union HS District	.489-2393
Mental Health Association	366-4600
Renaissance Society, The (CSUS)	278-7834
Sacramento Employment and Training Agency (SETA).....	263-3800
Senior Health Education Program/ Sacramento County DHHS	875-6022
Senior Learning Unlimited	530-752-9695
Senior Net (computer instruction)	485-9572
UC Davis Center for Healthy Aging	734-4768
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 Aging	486-1876
Assistance, Referrals and More for Seniors (ARMS)	264-7324
California Dept. of Rehabilitation	263-7365
California Employment Development Dept. (EDD) Disability Claims	800-480-3287
TTY	800-563-2441
Elder Craftsman, The	264-7676
Experience Works!	227-0357
Hire-a-senior (Hart Senior Center).....	264-5462
Home Folks (house and pet sitting)	782-1658
Kids Crossing (City of Sacramento).....	277-6064
PRIDE Industries	800-550-6005
Sacramento Employment Training Agency	263-3800
Sacramento Professional Network	227-0330
Sacramento Works - One-Stop Career Center TTY	800-735-2929
Sacramento County Locations Include:	
Broadway	324-6202
Citrus Heights	676-2540
Hillsdale	263-4100
La Familia	452-3601
Lemon Hill	433-2620
Mark Sanders (referrals)	263-3800
Mather	228-3127
Meadowview/Franklin	262-3200
South County	689-3560

Senior Worker Advocate Office (CA State)...654-6502

FINANCIAL ASSISTANCE

Adult Services Center-Sacramento County	874-9460
(Medi-Cal Long Term Care)	
California Advocates for Nursing Home Reform	800-474-1116
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)	
Consumer Credit Counseling Service.....	379-3600
Food Stamp Program – Sacramento County ..	874-2063
Franchise Tax Board 7am – 8pm	800-852-5711
Recorded Info:.....	800-338-0505
TTY:	800-822-6268
General Assistance-Sacramento County	874-2063
Home Energy Assistance Program.....	567-5200
Medi-Cal – Sacramento County To Apply	874-2215
Medi-Cal – UC Davis Medical Center Info	734-1600
To Apply	734-1642
Property Tax Postponement California State Controller	324-9251
Reverse Mortgage for Seniors – U.S. HUD insured program message:	498-5220
Reverse Mortgage Hotline	866-698-6322
Reverse Mortgage Booklet: “Use Your Home to Stay at Home” ... www.ncoa.org	
Sacramento Regional County Sanitation Dist. Lifeline Rebate Program	866-347-7743
Salvation Army – Social Services Center Adm./Homeless Shelter	442-0331
Family Services.....	442-0303
Social Security – Sac. Dist. Office	381-9410
National toll free	800-772-1213
Veterans’ Service Office – Sacramento County	874-6811
Weatherization Program Community Resource Project, ext. 299, 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	United Cerebral Palsy.....	565-7700
Alzheimer's Association/Greater Sacramento Area Chapter.....	800-272-3900	Visual/Enhancing Electronic Equipment..	800-722-3393
Alzheimer's Center, UCDMC	734-5496	Medicare/Medi-Cal: In-Home	
American Academy of Ophthalmology National Eye Care Project	800-222-3937	Accent Care Medical Services.....	852-5888
American Cancer Society	446-7933	Always Home	989-6420
American Heart Association	446-6505	Chartwell Home Therapies, UC Davis Medical Center	731-5555
American Lung Association	510-638-5864	Eskaton Visiting Nurse Managed Care (Medi-Cal/Medicare).....	536-3750
American Red Cross	368-3131	First Call Home Care	369-0508
Arthritis Foundation	368-5599	Gentiva Health Services	929-2229
Breathe California of Sacramento.....	444-5900	Health Rights Hotline.....	551-2100
California Association of Homes and Services for the Aging	392-5111	In-Home Support Services (IHSS) Sacramento County	874-9471
California Dept. of Social Services .	800-952-5253	Yolo County	375-6239
California Hospice & Palliative Care Assoc.	925-3770	Interim Health Care	800-300-7696
Canine Companions of Independence TDD.....	707-577-1700 707-577-1756	Mercy Hospice.....	281-3900
Cystic Fibrosis Foundation	866-347-2345	Mercy Lifeline	281-3980
Diabetes Association of Sacramento...	800-342-2383	RX Staffing and Home Care	485-8200
Easter Seal Superior California	485-6711	Sutter Senior Care (South Area).....	424-8412
Family Caregiver Alliance.....	800-445-8106	Sutter Visiting Nurses Association.....	388-6200
Guide Dogs for the Blind.....	800-295-4050	Tender Loving Care.....	646-4852
Health Education Council	556-3344	UC Davis Medical Center Home Health Services	734-2458
Breast Cancer Detection	800-511-2300	Care Management	734-5432
Health Rights Hotline.....	551-2100	Companion/Homemaker Services: In-Home	
HICAP (Health Insurance Counseling and Advocacy Program).....	800-434-0222	A Helpmate.....	364-8763
HMO Help Center	888-466-2219	Accent Care.....	800-834-3059
Multiple Sclerosis Society	927-8000	ApexCare	924-9111
Muscular Dystrophy Association.....	921-9518	Better Living Home Care	800-404-4849
Norcal Center on Deafness	349-7500	Comfort Keepers	780-4300
Parkinson's Disease Association.....	489-0226	Comfort Zone Elderly InHome Services Inc...	453-1344
Public Health El Dorado County	530-621-6100	Craig Cares	863-5221
Sacramento County.....	875-5881	Eskaton Home Care	536-3750
Yolo County	530-666-8645	Essy Care, Inc	685-7545
Sacramento Blood Source.....	800-995-4420	Gentiva Health Services	929-2229
Sacramento County Department of Health and Human Services.....	875-6091	Help at Home Senior Care	625-9172
Senior and Adult Services	874-9400	Home Helpers.....	424-7520
Sacramento County Department of Human Assistance (Medi-Cal Applications)...	874-2215	Home Instead Senior Care	920-2273
Sacramento Society for the Blind	452-8271	Indecare	973-1264
Safe At Home (home safety modifications)	455-1880	Interim Health Care	484-3965
Seniors Eyecare Program	800-222-3937	In-Home Supportive Services – (IHSS) Sacramento County	874-9471
Society for the Blind	452-8271	Yolo County	375-6239
Sutter Senior Care (South Area).....	424-8412	JB Home Care Referral Agency	489-6941
UC Davis Medical Center Alzheimer's Center	734-5496	Kelly Home Care Services.....	484-7701
Geriatric and Senior Services.....	734-5432	Maxim Health Care Services	974-9120
		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
Diamond Springs.....	530-621-2273
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

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	264-7324
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
Ellison Amputee Support Group	442-2451
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 Sacramento County	875-7468
InfoLine Sacramento	498-1000
Jewish Family Services	484-4400
Lifeline Systems Inc.....	800-543-3546
Medical Society, Sierra Sacramento Valley ..	452-2671
Medi-Cal Info (Day)	874-2256
(Night)	874-2558
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	369-0508
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	530-582-3534
UC Davis Medical Center Home Care Services/Hospice	734-2458
Yolo Hospice	800-491-7711

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	800-735-2922
UC Davis Medical Center – Geriatric Center Appointments	734-2737

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

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	422-8500
About Elder Care Referral Services.....	489-8779
Placerville	530-626-5900
California Association of Homes &	
Services for the Aging (referral)	392-5111
Home Options.....	393-7148
Housing Options Made Easy-HOME	977-0188
In Home Support Services	
El Dorado County	530-642-4800
Sacramento County.....	874-9471
Yolo County.....	530-661-2676
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.....	541-4703
California Nursing Home Search .	www.calnhs.org

LEGAL AID

Adult Protective Services El Dorado County	530-642-4800
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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.....	340-6080
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 PagesBusiness Listings, Sacramento County	
Adult Literacy Services.....	966-7323
Book Mobile	433-2029
Telephone Reference Service.....	264-2920
Sutter Resource Library.....	733-3880
UC Davis Medical Center 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
Elder ID Bracelets..... 800-540-3340
Eyecare America 800-222-3937
Medic Alert (bracelets/necklaces)... 800-432-5378
Miracle on Wheels (wheelchairs).... 800-749-8778
(SBC) Teletypewriters/Telecommunications Devices
TTY/TDD 800-772-3140
See Yellow Pages: Medical Equipment and Supplies

MENTAL HEALTH/COUNSELING

Ardent Health Heritage Oaks Hospital....489-3336
Carmichael Presbyterian Counseling Ctr483-2989
CSUS Center for Counseling
and Diagnostic Services.....278-6252
El Dorado County Mental Health 530-621-6200
El Hogar Mental Health and
Community Service Center441-2933
Emotions Anonymous (Info Line).....366-0699
Geriatric Network.....648-2800
Human Resources Consultants485-6500
Jewish Family Services484-4400
Med Clinic Behavioral Health.....924-6400
Mental Health Association (Sacramento).....366-4600
Mental Health Dept.
Ombudsman Info Line 800-896-4042
New Horizons Counseling Center485-1211
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
Adult Service Access Team875-1055
24 hour emergency line.....732-3637
Toll Free Information Line 888-881-4881
Southeast Asian Assistance Center421-1036
Suicide Prevention and Crisis Line368-3111
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 Health393-2203

Widowed Persons Association of California .972-9722
Yolo County Alcohol, Drug and Mental Health Svcs:
Davis530-757-5530
Woodland.....530-666-8630
West Sacramento.....375-6350
Yolo Family Service Agency530-662-2211

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

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

Source: California Department of Health Services

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 Foodlink.....	387-9000
Food Closets, Call InfoLine Sacramento	498-1000
Food Closet, Davis	530-753-4315
Food Closet, Woodland	530-662-7020
Food Locker, West Sacramento	373-3318
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 Services	456-1980
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 Course	866-448-3614
Adult Protective Services	
Sacramento County.....	874-9377
Caring Neighborhoods.....	566-1594
Elder Abuse	
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 Lifeline.....	924-9111
Sutter Auburn Faith Hospital	530-888-4556
Sutter Medical Centers.....	454-6781
Sutter Roseville Hospital	782-4989
UC Davis Medical Center.....	734-2401
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 County	530-757-5696
TLC (telephone reassurance).....	334-1072

SENIOR CENTERS/PROGRAMS

A. Warren McClaskey Adult Center	277-6625
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 Center	277-6060
Belle Cooledge Community Center	808-6060
Cordova Senior Center.....	366-3133

Davis Senior Center	530-757-5696
Dixon Senior Center	707-678-7022
Ethel M. Hart Senior Center	264-5462
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
Galt Senior Citizens Club	209-745-7550
Jose Rizal Community Center	395-0601
La Sierra Community Center	483-7826
Maidu Community Center (Roseville)	774-5960
Sam Pannell Meadowview	
Community Center	433-6680
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
Sierra 2 – Senior Center.....	452-3005
Rio Linda Elverta Rec. & Park Dist.	991-5929
Robertson Community Center	808-6419
Rush Park Community Center.....	725-1585
Stanford Settlement Senior Center.....	927-1303
Sunrise Rec. & Park Dist.	725-1585
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

InfoLine Sacramento, 498-1000.

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	277-6060
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	737-3181
YWCA.....	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
Neighborhood Ride.....	429-2703
Paratransit Information	429-2009
Reservations (pre-registered).....	429-2744
Regional Transit and Light Rail (senior discount).....	321-2877
Road Conditions (CALTRANS).....	800-427-7623
Some taxi services offer special senior discount fares	

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

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 Headquarters	368-3131
Yolo County	530-662-4669
Caring Neighborhoods	
City of Sacramento.....	566-1594
Eskaton TLC Program	334-1072
Foster Grandparent Program	875-3569
Jewish Family Services	484-4400
RSVP-Retired Senior Volunteer Program .	875-3631
Sacramento County Volunteer Referral Prog ..	875-6851
Sacramento Food Bank & Family Services ..	456-1980
Senior Companion Program	875-3622
Senior Gleaners.....	925-3240
Senior Citizens Services (Food Bank)	381-7794
Volunteer Center	567-3100
Volunteers of America	442-3691
Volunteer Opportunities – Woodland ..	530-661-5890

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

Notes: _____
