



SIERRA SACRAMENTO VALLEY
MEDICAL SOCIETY ALLIANCE

presents

COMMUNITY RESOURCES FOR OLDER ADULTS

Sacramento Area

Fall 2018

DOWNLOAD ADDITIONAL COPIES OF THIS DIRECTORY FROM WWW.SSVMSA.ORG

Community Resources for Older Adults

SACRAMENTO AREA

Compiled by



Sierra Sacramento Valley Medical Society Alliance

(916) 731-4315 www.ssvmsa.org

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

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

Sierra Sacramento Valley Medical Society

5380 Elvas Avenue

Sacramento, CA 95819

Telephone: (916) 452-2671 Website: www.ssvms.org

Resource booklets are available at our office during the hours of
8:30 a.m.-noon and 1-4:30 p.m. Monday-Friday.

Thank you to Kathy Harris and the students of A. Warren McClaskey Adult School
for assisting us with the printing of this guide.

5241 J Street

Sacramento, CA 95831

(916)-277-6625

graphicartsprint@gmail.com

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

Table of Contents

Information/Help Lines.....	1	Hospitals.....	7
Adult Day Care/Respite.....	2	Housing.....	7-8
Advocacy/Issues on Aging.....	2	Legal Aid.....	8
Alcohol/Drugs.....	2	Libraries.....	8
Bereavement.....	3	Medical Supplies & Equipment.....	8
Case Management/Assessment/Referral.....	3	Mental Health/Counseling.....	9
Consumer Affairs.....	3	Nursing Homes/Convalescent Hospitals.....	10
Education/Training.....	3-4	Nutrition.....	10
Employment/Services.....	4	Safety.....	10-11
Financial Assistance.....	4	Senior Centers/Programs.....	11
Health Services		Support Groups.....	11
Agencies/Organizations/Support Groups.....	5	Transportation.....	12
Medicare/Medi-Cal.....	5	Veterans.....	12
Companion/Homemaker.....	6	Visiting.....	12
Information & Referral.....	6	Volunteerism.....	12
Hospice.....	7		

*As of Feb 2018, in the greater Sacramento area you must first dial a (1) plus the area code of the number you wish to dial. Toll free area codes are (800), (866), and (888).

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)	Dial 2-1-1	HMO Help Center (California)	888-466-2219
Adult Protective Services	916-874-9377	Internal Revenue Service.....	800-829-1040
Alzheimers Association-- Sacramento	800-272-3900	International Hearing Society	800-521-5247
American Cancer Society	800-227-2345	Lifeline Systems, Inc.	800-543-3546
American Council of the Blind	800-424-8666	Living Bank, The (organ donation).....	800-528-2971
American Foundation for the Blind-- Info	800-232-5463	Lung/Respiratory Advice	800-222-5864
American Kidney Fund-- Helpline.....	866-300-2900	Medicare Customer Service	800-633-4227
American Lung Association-- Helpline	800-586-4872	TTY	877-486-2048
American Red Cross-- Sierra Delta Chapter.....	916-993-7070	National Health Information Center	240-453-8280
American Speech-Language-Hearing Assoc.....	800-638-8255	National Parkinson's Foundation	800-473-4636
Amyotrophic Lateral Sclerosis (ALS) Assoc.	916-979-9265	Parkinson Association of No. California.....	916-357-6641
Animal Care Services--		Poison Control Center.....	800-222-1222
City	311 or 916-808-PETS	Postal Info./National Zip Code	800-275-8777
Sacramento County	916-368-7387		
Animal Shelter (SPCA).....	916-383-7387	Psychiatric Crisis Services (Indigent & Medi-Cal) Sacramento	
Better Business Bureau	916-443-6843	County Mental Health Crisis Line.....	916-732-3637
Better Hearing Institute	800-327-9355	Rape Crisis/Sexual Assault (WEAVE)-24 hour.....	916-920-2952
Braille & Talking Book Library	800-952-5666	Regional Burn Center(UC Davis Med Center).....	916-734-3636
California Advocates for		Sacramento County Sheriff's Dept.	
Nursing Home Reform (CANHR).....	800-474-1116	Emergencies & Crimes in Progress.....	911
California Dept. on Aging.....	800-510-2020	Non-emergency	916-874-5115
California Dept. of Social Services	800-952-5253	TTY	916-874-7128
California State Disability Insurance Program.....	800-480-3287	Sacramento Police Dept.(non-emergency).....	916-264-5471
TTY	800-563-2441	Senior Legal Hotline.....	800-222-1753 or 916-551-2140
California State Franchise Tax Board	800-8525711	Social Security Benefits/Info.....	800-772-1213
TDD	800-822-6268	TTY.....	800-325-0778
California Telephone Access Program.....	800-806-1191	Suicide Prevention/Crisis Intervention.....	916-368-3111
Clear Point Credit Counseling Solutions.....	800-750-2227	Travelers Aid Assistance Agency.....	916-399-9646
Domestic Violence (WEAVE Crisis Line).....	916-920-2952	United Cerebral Palsy of Greater Sacramento.....	916-565-7700
Eldercare Locator (outside Sacramento).....	800-677-1116	Victims of Crime Resource Center.....	800-842-8467
Eyecare America Senior Program	877-887-6327	Voter Registration--Sacramento County	916-875-6451
Health Insurance Counseling and		El Dorado County.....	530-621-7480
Advocacy Program (HICAP).....	800-434-0222	Yolo County	530-666-8133

Adult Day Care/Respite

Citizens Who Care (Yolo County).....	530-758-3704
Del Oro Caregiver Resource Center.....	916-728-9333
Eskaton Adult Day Health Center (Carmichael).....	916-334-0296
Eskaton Respite Care (Orangevale)	916-988-2200
Revere Court Memory Care	916-392-3510
Somerford Place of Roseville.....	916-772-6500
St. Francis Assisted Living.....	916- 393-2324
Sutter Senior Care (Midtown)	916-446-3100
Sutter Senior Care (South Area)	916-424-8412
Triple R Adult Day Program	916-808-8375
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	800-211-4545 or 916-486-1876
California Advocates for Nursing Home Reform (CANHR).....	800-474-1116
California Assoc. of Area Agencies on Aging.....	916-443-2800
California Dept. on Aging.....	800-510-2020
California Health Advocates.....	800-434-0222
California Partnership for Long-Term Care	916-552-8990
California Retired Teachers Association.....	916-923-2200
Community Care Licensing – Sacramento (non medical day or residential care complaints).....	844-538-8766
Community Link Capital Region	211 or 916-447-7063
Congress of California Seniors...800-543-3352 or 916-442-4474	
Funeral Consumers Alliance of No. Calif.....	650-325-2000
Grey Panthers San Francisco Office	415-552-8800
Health Insurance Counseling and Advocacy Program (HICAP)	
Medicare Beneficiary only.....	800-434-0222
Ombudsman Services of No. California (For residents of long-term care facilities)	
Sacramento County.....	916-376-8910
Yolo County	530-668-5775
24 hr. Crisis Line	800-231-4024

Resources for Independent Living	916-446-3074
UC Davis Alzheimer’s Disease Center.....	916-734-5496
Volunteers of America (www.voa.org/talk).....	916-265-3400
Woodland Senior Center.....	530-661-2001

Alcohol/Drugs Substance Abuse Assistance

Alcohol and Drug Services Sac. County	916-874-9754
Al-Anon Information Services	916-334-2971
Alcoholics Anonymous Hotline.....	916-454-1100
Betty Ford Center (Rancho Mirage, CA).....	855-419-6230
California Smokers Helpline	800-662-8887
DrugRehab.com	877-589-4784
Heritage Oaks Hospital	916-489-3336
Life Practice Counseling Group.....	916-300-6576
Mountain Vista Farm	800-300-6716
Narcotics Anonymous (Help Line)	
American River Area	866-565-2135
Sierra Foothills Area	888-423-3428
National Council on Alcoholism & Drug Dependence (Sac. Region)	800-622-2255
Smoking Helpline.....	1-800 QUIT NOW or 916-784-8669
Strategies For Change	916-473-5764
WellSpace Health.....	916-737-5555
Yolo County Dept. of Mental Health.....	530-666-8630
Yolo County Mental Health Crisis and Access Line.....	888-965-6647

**DrugRehab.com is an informative website
for alcohol and drug addiction resources
DrugRehab.com or 877-589-7484**

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

Bereavement

Bereavement Network Resources of Sacramento Inc.
(education, information, referral).....916-557-5882
Mercy San Juan Medical Center Chaplin's Office.....916-537-5098
UC Davis Med. Center Dept. of Social Services.....916-734-2583
Widowed Persons Association of California..... 916-972-9722

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 916-448-1900
California Health Collaborative 916-374-7739
Multipurpose Senior Services Program, Sacramento,
Placer and Yolo Counties
Del Oro Caregiver Resource Center916-728-9333
Eskaton Home Support Network.....916-334-1072
Sacramento County Department of Health and Human Services
SSI/Medi-Cal.....916-874-3100
In Home Support Services 916-874-9471
Long-term Care/Medi-Cal.....916-874-9460
Senior Resources--City of Sacramento Dial 211

THE 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
or TTY 866-290-4236

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

Consumer Affairs

Better Business Bureau 916-443-6843
California Attorney General's Office: Consumer
Complaints, Refunds, More800-952-5225
California Dept. of Consumer Affairs800-952-5210
Cemetery and Funeral Bureau916-574-7870
California Dept. of Public Health: Health Facility
Licensing and Certificatio.....800-554-0354
Call Kurtis (KOVV Channel 13).....916-374-1313
Community Care Licensing, Residential Care
(Assisted Living)..... 800-538-8766
Consumer Hotline 800-952-5210
Contractors State License Board800-321-2752
Identity Theft Resource Center888-400-5530
Insurance, Dept. of, Consumer Hotline 800-927-4357
KCRA Investigates (KCRA Channel 3) 916-446-3333
Medical Board of California, Complaints 800-633-2322
Ombudsman Services of No. California..... 916-376-8910
Senior Legal Hotline916-551-2140
Seniors Against Investment Fraud
(SAIF) Program..... 866-275-2677

Education/Training

AARP- Senior Community Service Employment
Program.....916-483-5991
American River College 916-484-8011
California State University Sacramento
College of Continuing Education916-278-4433

Cosumnes River College	916-691-7344
Del Oro Caregiver Resource Center.....	916-728-9333
Eskaton Home Support Network.....	916-334-1072
Folsom Lake College	916-608-6500
Mental Health Association	916-366-4600
Osher Lifelong Learning Institute (UC Davis).....	530-752-9695
Renaissance Society, The (CSUS).....	916-278-7834
Road Scholar/Elder Hostel.....	800-454-5768
Sacramento Employment and Training Agency (SETA)	916-263-3800
Senior Health Education Program/ Sacramento County DHHS.....	916-875-6022
Sunrise Tech Center (SJUSD Adult Education).....	916-971-7654

Local churches, hospitals, other district and recreation centers also offer educational programs.

Employment/Services

AARP Senior Employment Program	916-749-4165
Area 4 Agency on Aging	916-486-1876
California Dept. of Rehabilitation.....	916-324-1313
California Employment Development Dept. (EDD) Disability Claims	800-480-3287 (TTY 800-563-2441)
Paid Family Leave	877-238-4373
PRIDE Industries	800-550-6005
Sacramento Employment Training Agency.....	916-263-3800
Sacramento Professional Network	www.sacpronet.com
Sacramento Works – America's Job Center Hearing or Speech Impaired.....	711
Sacramento County Locations include: Broadway/Asian Resoures.....	916-324-6202
Citrus Heights/Crossroads.....	916-676-2540
Folsom/Cordova.....	916-294-9107
Franklin.....	916-563-5151
Greater Sacramento Urban League	916-286-8601

Sacramento Works locations-cont'd Hillsdale.....	916-263-4100
Lemon Hill/ La Familia.....	916-433-2620
Mark Sanders.....	916-227-0301
South County (Elk Grove)	916-525-4717

Financial Assistance

AARP Tax Aid Program	888-227-7669
Adult Services Center – Sacramento County.....	916-874-3100 (Medi-Cal Long Term Care)
Cal Fresh Program – Sacramento County	916-874-3100
California Advocates for Nursing Home Reform.....	800-474-1116
Cash Assistance Program for Immigrants	800-929-8118 (Legal non-citizens, ages 65+, blind or disabled)
City of Sacramento, Revenue Division.....	916-808-7736 (City Utility Tax Rebate for limited income seniors)
Clear Point Credit Counseling Solutions	800-750-2227
Franchise Tax Board 7am-5pm	800-852-5711 Recorded Info: 800-338-0505 TTY:.....800-822-6268
General Assistance–Sacramento County.....	916-874-3100
Heat, Utility Bill, Assistance Program.....	916-567-5200
Internal Revenue Service.....	800-829-1040
Medi-Cal – Sacramento County To Apply.....	916-874-2215
Medi-Cal-- Yolo County.....	866-226-5415
PG&E Medical Baseline Program	800-743-5000 www.pge.com/medicalbaseline for customers with a qualifying medical condition
Reverse Mortgage for Seniors – U.S. HUD Insured program message	800-225-5342
Salvation Army – Social Services Center.....	916-442-0331 Family Services Dept.....916-678-4010
Social Security--Sacramento Dist. Office	877-274-5419 National toll free.....800-772-1213
SMUD Assistance Programs	888-742-7683 Medical equipment discount; Low-income assistance; Senior I.D. Program
Veterans' Service Office--Sacramento County.....	916-874-6811
Weatherization Program	916-567-5220 ext. 2224 Community Resource Project, Inc.

Health Services

Agencies/Organizations/Support Groups

ALS Association	916-979-9265
Alzheimer's Aid Society of No. Cal.....	916-483-2002 or 800-540-3340
Alzheimer's Association/Greater Sacramento Area Chapter	800-272-3900
Alzheimer's Disease Center, UC Davis..	916-734-5496
American Cancer Society.....	916-446-7933
American Heart and Stroke Association	916-446-6505
American Lung Association	916-554-5864
Arthritis Foundation- Helpline	844-571-4357
Breathe California of Sacramento	916-444-5900
CA Dept. Managed Health Care Help Center.....	888-466-2219
California Dept. of Social Services	800-952-5253
California Hospice & Palliative Care Assn.....	916-925-3770
Canine Companions for Independence	800-572-1700
Del Oro Caregiver Resource Center	916-728-9333
Diabetes Association of Northern California.....	800-342-2383
Easter Seals Superior California	916-485-6711
Eye Care America	800-222-3937
Family Caregiver Alliance	800-445-8106
Fibromyalgia Support Group	916-204-7199
Guide Dogs for the Blind	800-295-4050
Health Education Council.....	916-556-3344
HICAP (Health Insurance Counseling and Advocacy Program)	800-434-0222
Multiple Sclerosis Society	916-927-8000
Muscular Dystrophy Association	916-921-9518
Norcal Center on Deafness	916-349-7500
One Community Health	916-443-3299
Parkinson's Disease Association	800-473-4636
Prostate Cancer Support Groups Mercury San Juan/UC Davis	916-537-5237
Yolo County (Davis and Woodland)	530-756-9153

Public Health - Sacramento County.....	916-875-5881
Yolo County.....	530-666-8645
Sacramento Blood Source	800-995-4420
Sacramento County Department of Health Services	916-875-6091
Senior & Adult Protective Services	916-874-9377
Sacramento County Department of Human Assistance (Medi-Cal Applications).....	916-874-2215
Sacramento Society for the Blind	916-452-8271
Seniors Eyecare Program (online referral only).....	800-222-3937
Sutter Memory Clinic.....	916-454-6850
Sutter Senior Care (PACE)	800-698-1273
Sutter Stroke Support Group	888-287-2270
UC Davis Alzheimer's Disease Center.....	916-734-5496
UC Davis Eye Center.....	916-734-6602
United Cerebral Palsy	916-565-7700
We CARE! Cancer Peer Navigator Program.....	916-734-5959

Medicare/Medi-Cal: In-Home

Accent Care Medical Services	916-852-5888
Advanced Home Health and Hospice.....	916-978-0744
Always Home.....	800-662-8146
Eskaton Home Health Care (Medi-Cal/Medicare).....	916-536-3750
First Call Home and Hospice Care.....	916-725-2580
Health Rights Hotline.....	888-354-4474
In-Home Supportive Services (IHSS) Sacramento County.....	916-874-9471
Interim Health Care.....	916-484-3965
Kindred at Home	866-546-3733
Mercy Hospice.....	916-281-3900
Ombudsperson, Sac. County Dept. of Human Assistance.....	916-875-2000
RX Staffing and Home Care.....	916-485-8200
Sutter Senior Care (Midtown).....	916-446-3100
Sutter Senior Care (South Area).....	916-424-8412
Sutter Visiting Nurses Association	916-388-6200
UC Davis Medical Center Hospice and Home Care	916-734-2458

Companion/Homemaker Services: In-Home

123 Home Care.....	916-233-0024 or 866-977-7503
A Better Living Home Care.....	916-361-3000 or 800-404-4849
A Helping Hand.....	530-647-0266
Accent Care	800-834-3059
All For You Home Care.....	916-479-8554
Amada Senior Care	916-945-3515
ApexCare	877-916-9111 or 916-924-9111
Brightstar Healthcare	916-781-6500
Craig Cares	916-782-7121
Help at Home Senior Care.....	916-625-9172
Home Instead Senior Care	916-920-2273
Indecare.....	916-973-1264
Interim Health Care Home Health.....	916-484-3965
In-Home Supportive Services--(IHSS)	
Sacramento County.....	916-874-9471
Woodland	530-661-2955

Medicare Help Online

Go to www.medicare.gov for information on navigating through Medicare, health care services, your benefits and more.

JB Home Care Referral Agency.....	916-489-6941
Kindred at Home	866-546-3733
Maxim Health Care Services	916-488-8819
Panda's Complete Domestic Agency.....	916-985-7676
Personalized Homecare & Homemaker Agency.....	916-979-4975
Quality In Home Care Specialists	866-439-2121
Revere Court Memory Care	916-392-3510
ResCare Home Care Services	916-484-7701
Right at Home Service.....	916-779-0601
Seniors Helping Seniors	916-372-9640
Visiting Angels.....	916-971-9333

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

Information and Referral

211 Sacramento (InfoLine).....	211
ACC Senior Services	916-393-9026
California Partnership for Long Term Care	916-552-8990
Consumer Guide.....	800-434-0222
Davis Senior Center	530-757-5696
Del Oro Caregiver Resource Center	916-728-9333
El Dorado County Dept of Human Services.....	530-621-6150
Eskaton Home Support Network.....	916-334-1072
Health Insurance Counseling & Advocacy Program (HICAP).....	800-434-0222
Health Rights Hotline	888-354-4474
Immunization Program Sacramento County	916-875-7468
Lifeline Systems Inc.	800-543-3546
Medical Society, Sierra Sacramento Valley.....	916-452-2671
Medi-Cal Info (Day)	916-874-2072
Medicare Customer Service	800-633-4227
Mental Health America of Nor. Cal	916-366-4600
Resources for Independent Living (disabled persons).....	916-446-3074
Revere Court Memory Care	916-392-3510
Sacramento City Older Adult Services.....	916-808-5462
Sacramento District Dental Society.....	916-446-1211
UC Davis Health Consumer Resource Center	800-282-3284
UC Davis Medical Center--Poison Control.....	800-222-1222

For information on the local disposal of unused or expired medications, call 916-875-9393 or go to www.dontflushyourmeds.com

Hospice

National Hospice and Palliative Care Organization.....	800-658-8898
www.caringinfo.org	
Advanced Home Health and Hospice	916-874-3100
California Hospice and Palliative Care Associ.....	916-925-3770
First Call Hospice	916-725-2580
Hospice of the Foothills (Placer/Nevada Cty).....	530-272-5739
Interim Healthcare Hospice.....	916-779-0811
Kaiser-Permanente Hospice.....	916-486-5300
Mercy Hospice.....	916-281-3900
Sutter Access to Care	866-652-9178
(Initial Contact for Hospice)	
Sutter Hospice/Sacramento General Info.....	916-388-6255
Sutter Hospice/Roseville	916-797-7850
UC Davis Medical Center Hospice.....	916-734-2458
Snowline Hospice (El Dorado County)	530-621-7820
(Sacramento County).....916-817-2338	
Sutter Auburn Faith Hospice	530-886-6650
(Placer County, and parts of El Dorado & Nevada Counties)	
Yolo Hospice	800-491-7711 or 530-758-5566
(Yolo County, and parts of Solano, Sacramento, Colusa & Sutter counties)	

Advanced Directive

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

Hospitals

Use the California Relay Service 711 for hearing/speech
impaired services

Kaiser Permanente (Sacramento).....	916-973-5000
Kaiser Permanente (South)	916-688-2000
Kaiser Permanente (Roseville)	916-784-4000

Marshall Medical Center.....	530-622-1441
Mercy Folsom	916-983-7400
Mercy General (Sacramento).....	866-553-3261 or 916-453-4545
Mercy San Juan Med. Center.....	844-813-8633 or 916-537-5000
Methodist Hospital of Sacramento	916-423-3000
Sutter Auburn Faith	530-888-4500
Sutter Davis	530-756-6440
Sutter General.....	916-887-0000
Sutter Roseville.....	916-781-1000
UC Davis Medical Center	916-734-2011
TTY/TDD.....916-451-1974	
VA Northern California Health Care System	800-382-8387
Valley Division.....916-843-7000	
Woodland Memorial Hospital.....	530-662-3961 or 844-632-6383

Housing

General Assistance

211 Sacramento (InfoLine).....	211
Older Adult Resource Center (Residential Care Info Clearing House).....	916-874-9492
Sacramento Self-Help Housing Low Income Housing.....	916-341-0593
YWCA of Sacramento County Single, female, low income housing	916-264-8066

Information/Placement/Referral

A Senior Connection	916-208-3338
About Elder Care Referral Services, Placerville.....	530-626-5900
ApexCare	877-916-9111 or 916-924-9111
Eskaton Home Support Network.....	916-334-1072
Housing Options Made Easy For Elders -HOME.....	916-977-0188
In Home Support Services (IHSS) Sacramento County.....	916-874-9471

Resources for Independent Living916-446-3074
 Senior Care Solutions916-965-5565
 CalQualityCare- nursing home ratings. www.calqualitycare.org

**Free Legal Guide : “Seniors” & the Law: A
 Guide for Maturing Californians
 1-888-875-LAWS
www.calbar.ca.gov**

Placement/referral usually consists of a living needs assessment followed by recommendation to a residential care home or assisted living environment. Some services work on a face-to-face basis while others rely on hospital discharge assessment. Many of the listees provide information and referral to other types of services such as in-home care, etc. Also see the Yellow Pages under Retirement & Life Care Communities and Homes.

Legal Aid

Adult Protective Services
 El Dorado County530-642-4800
 Sacramento County.....916-874-9377
 Yolo County.....888-675-1115
 Del Oro Caregiver Resource Center.....916-728-9333
 Legal Services of Northern California.....916-551-2150
 Senior Legal Hotline916-551-2140
 McGeorge School of Law – Community Legal Services
 Elder Law Clinic916-340-6080
 Sacramento Mediation Center.....916-441-7979
 Sacramento County Sheriff’s Department
 Sexual and Elder Abuse Bureau.....916-874-5115
 (Crimes committed in Sacramento County Only)
 Sacramento County Vital Records
 (death certificates)916-875-5345
 Senior Legal Hotline(Sacramento County Only).....800-222-1753
 Victim and Witness Assistance Program916-874-5701
 Sacramento County
 Victims of Crime Resource Center.....800-842-8467
 Voluntary Legal Services Program.....916-551-2102

Libraries

California State Library.....916-654-0261
 Braille and Talking Books...800-952-5666 or 916-654-0640
 Marshall Community Health Library530-626-2778
 Sacramento Public Library.....800-561-4636 or 916-264-2700
 TDD916-264-2998 or 916-264-2855
 Branch Libraries: See White Pages Business Listings*
 under S for Sacramento Public Library or Saclibrary.org
 Adult Literacy Services.....916-264-5032
 Book Mobile916-433-2029
 Telephone Reference Service916-264-2920
 Sutter Resource Library, Medical Library.....916-887-4420
 F. William Blaisdell, M.D., Medical Library.....916-734-3529
 Woodland Public Library530-661-5980
 Yolo County Libraries- Info530-666-8005

Medical Supplies and Equipment

American Cancer Society--Sacramento916-446-7933
 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 Calif. (warmwater pool).....916-485-6711
 Eyecare Americawww.eyecareamerica.org
 Life Alert800-338-9090
 Manual Mobility Equipment (Loan Closet)916-679-3287
 Medic Alert (bracelets/necklaces)800-432-5378

See Yellow Pages: Medical Equipment and Supplies.

Health Information Publications

Offered to download/print 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. Access by going to www.fda.gov/ForConsumers/ByAudience/ForWomen/FreePublications

Mental Health/Counseling

CSUS Center for Counseling and Diagnostic Services.....	916-278-6252
Del Oro Caregiver Resource Center	800-728-9333
El Hogar Sierra Elder Wellness Program.....	916-363-1553
Emotions Anonymous (Info Line).....	916-366-0699
Heritage Oaks Hospital	916-489-3336
Mental Health America of No. California	916-366-4600
Mental Health Medi-Cal Info Line	800-896-4042
Mercy Medical Group Behavioral Health	916-924-6400
National Alliance for Mental Illness (NAMI).....	916-364-1642
National Suicide Prevention Lifeline	800-273-TALK
TTY:.....	800-799-4TTY
Recovery Int'l Mental Health Support.....	916-483-5616
Sacramento County Mental Health	
Adult Service Access Team.....	916-875-1055
After-Hours Information Line	888-881-4881
Southeast Asian Assistance Center.....	916-421-1036
Suicide Prevention Crisis Line	
Sacramento County.....	916-368-3111
Auburn	530-885-2300
Davis/Yolo County	530-756-5000
Roseville.....	916-773-3111
West Sacramento	530-372-6565
Woodland	530-666-7778
Sutter Center for Psychiatry.....	800-801-3077 or 916-386-3000
Widowed Persons Association of California.....	916-972-9722

Yolo County Alcohol, Drug and Mental Health Services.....	888-965-6647
TDD	800-735-2929
Yolo Family Service Agency	530-662-2211

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

Domestic Violence & Sexual Assault Emergency Response Services

- WEAVE Crisis Line 916-920-2952 or 866-920-2952
- Yolo County Residents 530-662-1133
- West Sacramento 916-371-1907
- My Sister’s House 916-930-0626

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

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

Helpguide collaborates with Harvard Health Publications(Harvard Medical School). Selected free educational supplements are available on the helpguide site. Visit www.helpguide.org

Mental Health Services

- 24hour Mental Health Crisis Line 888-965-6647
- Sacramento County 888-881-4881

Nursing Homes/ Convalescent Hospitals

California Association of Health Facilities.....916-441-6400
www.cahf.org
 See Yellow Pages: Hospitals and Nursing Homes.

How to Check Out Nursing Homes

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

Source: California Department of Health Services

The National Institute on aging offers an online video and speaker presentations of "Talking with your Doctor": along with many other health topics.

Visit the National Institute on Aging,
 at <https://www.nia.nih.gov/>

Nutrition

Congregate and/or Home-Delivered Meals

Meals on Wheels by ACC916-444-9533

Meals on Wheels by ACC provides a nutritious lunch, home-delivered or at various sites, Monday through Friday. Call 916-444-9533 for the site nearest you. Transportation available to some sites. Suggested contribution of \$2.00 per meal.

More info at mowsac.org

Meals on Wheels of Yolo County530-662-7035

Food

California Emergency Foodlink 916-387-9000
 Food Bank, Elk Grove..... 916-685-8453
 Food Closets, Call Info Line Sacramento..... 2-1-1
 Food Closet, Woodland 530-662-7020
 Food Stamps/Sacramento County (Cal Fresh)..... 916-874-3100
 Food Stamps/Yolo County (Cal Fresh)530-661-2750
 Fourth and Hope (Woodland).....530-661-1218
 Pole Line Rd. Baptist Church (Davis)530-753-4315
 River City Food Bank 916-446-2627
 Sacramento Food Bank and Family Services.....916-456-1980
 North Sacramento916-925-3240
 Shores of Hope(W. Sac).....916-372-0200
 Yolo Foodbank (Woodland).....916-668-0690

Safety

ApexCare (Lifeline).....916-924-9111
 AARP Driver's Safety Course 888-227-7669
 Adult Protective Services Sacramento County..... 916-874-9377
 El Dorado County530-642-4800
 Yolo County.....888-675-1115
 Lifeline Alert Systems..... 800-543-3546
 Medic Alert (bracelets/necklaces)800-432-5378

safety cont. next page.....

Rebuilding Together (Home Safety Equipment)....916-455-1880
 Safety Center, Inc. (Mature Driver Class)800-825-7262
 Sexual & Elder Abuse Sheriff’s Department..... 916-874-5115
 (Crimes committed in Sacramento County Only)
 Telephone Reassurance Program - Eskaton 916-334-1072

Senior Centers/Programs

Arden Manor Rec. & Park Dist. 916-487-7851
 ACC Senior Services 916-393-9026
 Belle Cooledge Community Center916-808-5610
 Carmichael Senior Club 916-487-5525
 City of Sacramento Older Adult Services..... 916-808-5462
 Coloma Community Center 916-808-6060
 Cordova Senior Center 916-366-3133
 Davis Senior Center530-757-5696
 Dixon Senior Center707-678-7022
 El Dorado County Senior Services 530-621-6150
 Elk Grove Senior Center 916-685-3160
 Ethel M. Hart Senior Center..... 916-808-5462
 Fair Oaks Rec. & Park Dist.....916-966-1036
 Folsom Park & Rec. Dist. 916-355-7285
 Fruitridge Community Center 916-422-7610
 Fulton-El Camino Rec. & Park Dist..... 916-927-3802
 Hagginwood Community Center 916-808-6439
 Jose Rizal Community Center.....916-395-0601
 Maidu Community Center (Roseville).....916-774-5960
 Sam Pannell Meadowview Community Center.....916-808-6680
 Mission Oaks Community Center.....916-972-0336
 Mission Oaks Rec. & Park Dist. 916-488-2810
 North Highlands Community Center 916-332-7440
 Oak Park Community Center..... 916-808-6151
 Rio Linda Elverta Rec. & Park Dist. 916-991-5929
 Rusch Park Community Center.....916-725-1585
 Sierra 2 – Senior Center..... 916-455-6339
 Stanford Settlement Senior Center.....916-927-1303
 Sunrise Rec. and Park District.....916-725-1585
 West Sacramento Senior Center916-617-5320

Winters Senior Center530-795-4241
 Woodland Senior Center530-661-2001

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

Recreation/Fitness Programs

50+ Wellness Program (City of Sacramento)..... 916-566-1593
 America the Beautiful National Park Senior Pass 888-275-8747
 www.nps.gov/findaparkpasses.htm..... 888-275-8747
 California Dept. Fish and Game (license info.)..... 800-565-1458
 California State Parks (Capital District)..... 916-653-6995
 Reservation California..... 800-444-7275
 Carmichael Rec and Park District916-485-5322
 Coloma Community Center 916-808-6060
 Easter Seals Warm Water Therapy Pool 916-485-6711
 Elk Grove Senior Center 916-685-3160
 Fulton-El Camino Rec. & Park Dist. 916-927-3802
 Oak Park Community Center.....916-808-6151
 Parks and Rec Services Sacramento City.....916-808-6060
 Rusch Park Community Center.....916-725-1585
 YMCA of Superior California (Sacramento Central).916-452-9622
 YMCA Woodland530-666-9623

Answers to Health Questions

Visit www.sharecare.com for health advice on a variety of topics.

Support Groups

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

Senior Driver Safety Classes

- Road to Driving Wellness classes at Area Agency on Aging at 916-486-1876
- AARP Foundation Driver Safety Program 888-227-7669
- AAA Foundation - Helping Seniors Drive Safer and Longer. www.SeniorDriving.AAA.com.
- State of California - Information for senior drivers. <https://www.dmv.ca.gov/portal/dmv/detail/about/>

Transportation

123 Easy Rides.....	866-977-7503
ACC Rides – A Community of Caring	
Senior Services	916-393-9026
AMTRAK	800-USA-RAIL 800-872-7245
Dial-a-Ride (Folsom residents/55+)	916-461-6751
DMV (Driver’s Licenses).....	800-777-0133
E-van (Elk Grove residents)	916-683-8726
E-Tran(Elk Grove Transit)	
Folsom Stageline (Folsom residents)	916-461-6750
Greyhound Bus	800-231-2222
MedStar Van Service	916-669-0550
Paratransit Information	916-429-2009
Reservations (pre-registered).....	916-429-2744
TDD.....	916-429-2568
Regional Transit and Light Rail(senior discount).....	916-321-2877
Road Conditions (CALTRANS)	800-427-7623
Stanford Settlement Senior Center	
(Medical escort, Natomas, No. Sac. residents)....	916-927-1303
Woodland Community Care car.....	530-862-7800

Veterans

Federal and State Veteran Benefit Programs	
website: www.govbenefits.gov	
Sacramento County Veteran Services	916-874-6811
Veterans Administration	
Northern Calif. Clinic System	916-366-5366
Medical Appointments	800-382-8387
Veterans Crisis Line	800-273-8255

Visiting

Eskaton Companion Program.....	916-334-1072
Senior Companion Program	916-875-4463
(Sacramento County)	
Senior Link Program (El Hogar)	916-369-7872

Volunteerism

American Cancer Society Discovery Shop.....	916-484-0227
American Red Cross-Gold Country Chapter.....	916-993-7070
American Red Cross- Northeastern CA Chapter.....	530-673-1460
Davis Senior Center	530-757-5696
El Dorado County Dept. Human Services	530-621-6150
Eskaton Volunteer Program.....	916-334-1072
Foster Grandparent Program	916-875-3569
Friends of the Sacramento Public Library	916-264-2880
Book Den	916-731-8493
Hands on Sacramento	916-447-7063
League of Women Voters of California	916-442-7215
RSVP – Retired Senior Volunteer Program.....	916-875-3631
Sacramento Blood Source	800-995-4420
Sacramento County Dept. Health & Human Services	
Volunteer Prog. Coordinator.....	916-875-2027
Sacramento Food Bank & Family Services.....	916-456-1980
Senior Companion Program	916-875-3631
Volunteers of America.....	916-265-3400
Volunteer Opportunities –	
West Sacramento Community Center	916-617-4620
Woodland Senior Center	530-661-2001

The Community Services Planning Council
is an excellent source for information
regarding community resources and
volunteer opportunities.
916-447-7063



SIERRA SACRAMENTO VALLEY
MEDICAL SOCIETY ALLIANCE
5380 ELVAS AVENUE SACRAMENTO, CA 95819

Address Service Requested