

INFORMATION/HELP LINES

All numbers are 916 area code unless otherwise indicated

Adult Protective Services	874-9377
AMC Cancer Information	800-525-3777
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
Animal Control (city)	264-7387
(county)	875-5232 or 368-7387
Animal Shelter (SPCA)	383-7387
Better Hearing Institute	800-327-9355
Braille & Talking Book Library	800-952-5666
California Dept. of Aging	800-510-2020
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
Consumer Credit Counseling Service.. ..	800-736-2227
Domestic Violence (WEAVE)	920-2952
Eldercare Locator(outside Sacramento)	800-677-1116
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 Drug Discount Card	800-633-4227
TTY	877-486-2048
MediCare Interactive Customer Service	800-633-4227
National Health Information Center	800-336-4797
Poison Control Center	800-222-1222
TDD	800-972-3323
Psychiatric Emergency Intervention	875-1000
Sacramento County Mental Health Treatment Center	
Rape Crisis/Sexual Assault (WEAVE)	920-2952
Red Cross	368-3131 or 800-540-2000
Red Cross (After hours)	800-696-3873
Red Cross International	800-975-7585
Regional Burn Center(UC Davis Medical Center)	734-3636
Senior Legal Hotline	800-222-1753
Social Security Benefits/Info	800-772-1213
Suicide Prevention/Crisis Intervention	368-3111



Suicide Prevention/ Roseville -----	773-3111
Suicide Prevention, Lincoln-----	645-8866
Travelers Aid	
Emergency Assistance Agency -----	399-9646
Victims of Crime Resource Center -----	800-842-8467
Voters Registration -----	875-6451

ADULT DAY CARE

Citizens Who Care (Davis) -----	530-758-3704
St. Francis-----	393-2324
Somerford Place -----	772-6500
Triple R Adult Day Care -----	264-8375

ADULT DAY HEALTH CARE

Eskaton Carmichael Adult Day Health Center -----	334-0296
Health for All -----	391-5591
Robertson Adult Day Health Care Center -----	452-2529
Sutter Senior Care (South Area) -----	424-8412
Sutter Senior Care (Sacramento) -----	446-3100
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 Commission on Aging -----	419-7591
California Department on Aging -----	419-7000
California Partnership for Long-Term Care -----	552-8990
California Retired Teachers Association -----	923-2200
Community Services Planning Council -----	447-7063
Congress of California Seniors-----	442-4474
Toll Free-----	or 800-543-3352
Funeral Consumers Alliance of No. Calif -----	451-4641
Health Insurance Counseling and Advocacy Program (HICAP)	376-8915
Toll Free-----	or 800-434-0222
Health Rights Hotline-----	551-2100
Human Rights Fair Housing Commission -----	444-6903
Tenant-Landlord Hotline -----	444-0178
Older Women's League of California -----	444-2526
Ombudsman Services of Northern California -----	376-8910
(long term care) 24 hr. Crisis Line -----	800-231-4024
Resources for Independent Living -----	446-3074
UC Davis Alzheimer's Disease Center -----	734-5496
Volunteers of America -----	442-3691
Yolo County Commission on Aging-----	530-661-2750

ALCOHOL/DRUGS

Alcohol and Drug Services Sacramento County	874-9754
Al-Anon Family Groups	334-2970
Alcoholics Anonymous Hotline	454-1100
Betty Ford Center	800-854-9211
California Smokers Helpline	800-662-8887
Chemical Dependency Center for Women	448-2951
Heritage Oaks Hospital	489-3336
Narcotics Anonymous (Help Line)	732-2299
National Council on Alcoholism & Drug Dependence (Sacto)	922-9217
Rational Recovery (Info Line)	800-303-2873
St. Helena Center for Health	800-454-4673
The Effort	325-5556
Volunteers of America	448-1236

BEREAVEMENT

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

CASE MANAGEMENT ASSESSMENT/REFERRAL

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

AdvoLife	564-4155
Assistance, Referrals & More for Seniors (ARMS)	264-7324
California Assisted Living Association	448-1900
Eskaton Senior Connection	334-1072
Geriatric Network (crisis intervention)	648-2800
Jewish Family Services	484-4400
Sacramento County Department of Health and Human Svcs	
SSI/Medi-Cal	874-9990
In Home Support Services	874-9471
Long-term Care/Medi-Cal	874-9460
Senior Services	874-9598
UC Davis Care Management	734-5432

COMPREHENSIVE SENIOR SERVICES LINKAGES

Volunteers of America Community Outreach Services	736-3421
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CONSUMER AFFAIRS

Better Business Bureau	443-6843
California Attorney General	800-952-5225
California Dept. of Consumer Affairs	800-952-5210
California Dept. of Health Services:	
Health Facility Licensing and Certification	800-554-0354
Call 3 (KCRA)	447-2255
Consumer Credit Counseling Service	379-3600
Toll Free	Or 800-736-2227
Contractors State License Board	800-321-2752
Insurance, Dept. of, Consumer Hotline	800-927-4357
Medical Board of California, Complaints	800-633-2322
Ombudsman Services of No. California	376-8910
Seniors Against Investment Fraud (SAIF) Program	866-275-2677
SMUD Senior Program Info	888-742-7683

EDUCATION/TRAINING

A. Warren McClaskey Adult Center	277-6625
American River College Reentry Services	484-8526
TTY	484-8365
CSUS Reentry Service "60 Plus" fee waiver program	278-6750
Cosumnes River College	691-7410
Del Oro Caregiver Resource Center	971-0893
The Elder Craftsman	264-7762
Eskaton Senior Connection	334-1072
Mental Health Association	366-4600
Resources for Independent Living	446-3074
Sacramento City College Reentry Services Center	558-2533
Sacramento Employment and Training Agency (SETA)	263-3800
Senior Health Education Program/Sacramento County DHHS	875-6022
Senior Learning Unlimited	530-752-9695
The Renaissance Society CSUS	278-7834
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 Foundation Senior Employment Program	483-5991
ARMS — Assistance, Referrals and More for Seniors	264-7324
Area 4 Agency on Aging (job/training/employment)	486-1876
California Dept. of Rehabilitation	263-7365
California Employment Development Dept. (EDD)	
Disability Claims	800-480-3287
TTY	800-563-2441

Hire-a-senior (Hart Senior Center) -----	264-5462
Home Folks (house and pet sitting)-----	782-1658
Kids Crossing (City of Sacramento) -----	808-6064
PRIDE Industries-----	800-550-6005
Sacramento Employment Training Agency -----	263-3800
Sacramento Professional Network -----	227-0330
Sacramento Works -----	263-4092
Senior Worker Advocate Office (CA State)-----	654-6502

FINANCIAL AID

Adult Services Center-Sacramento County -----	874-9460
(Medi-Cal Long Term Care)	
Cash Assistance Program for Immigrants -----	929-8118
(Legal residents, non-citizen, ages 65+)	
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 -----	874-2558
Property Tax Postponement California State Controller -----	324-9251
Reverse Mortgage for Seniors – U.S. HUD	
Insured program message: -----	498-5220
Sacramento Regional County Sanitation Dist.	
Lifeline Rebate Program -----	875-5555
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
Veteran's Service Office – Sacramento County -----	874-6811

HEALTH SERVICES

Agencies/Organizations

Agency for Hearing -----	732-9040
AIDS Medical and Social Services (CARES Program) -----	443-3299
Alzheimer's Aid Society of No. Cal -----	800-540-3340
Alzheimer's Association/Greater Sacramento Area Chapter -----	800-660-1993
Alzheimer's Center, UCDCMC -----	734-5496
American Academy of Ophthalmology	
National Eye Care Project -----	800-222-3937
American Cancer Society -----	446-7933

American Heart Association (heart disease & stroke) -----	446-6505
American Lung Association -----	444-5864
American Red Cross -----	368-3131
Arthritis Foundation -----	368-5599
California Association of Homes and Services for the Aging ---	392-5111
California Dept. of Social Services (Medi-Cal, DentiCal & More) -----	800-952-5253
Canine Companions of Independence -----	707-577-1700
TDD -----	707-577-1756
Diabetes Association of Sacramento -----	800-342-2383
Easter Seal Superior California -----	485-6711
Eldercare Services – Call for Care (Yolo) -----	530-666-8675
Family Caregiver Alliance -----	800-445-8106
Guide Dogs for the Blind -----	800-295-4050
Health Education Council -----	556-3344
Breast Cancer Detection -----	800-511-2300
HICAP (Health Insurance Counseling and Advocacy Program) --	800-434-0222
HMO Help Center -----	888-466-2219
Multiple Sclerosis Society -----	927-8000
Muscular Dystrophy Association -----	921-9518
Norcal Center on Deafness -----	349-7500
Parkinson Information -----	489-0226
Public Health Advisory Board -----	447-7063 (ext. 360)
Sacramento Blood Source -----	800-995-4420
Sacramento County Department of Health and Human Services	875-6091
Senior and Adult Services -----	874-9598
Sacramento County Department of Human Assistance (Medi-Cal Applications) -----	874-2215
Sacramento Society for the Blind -----	452-8271
Safe At Home -----	455-1880
(Home safety modifications)	
Sutter Senior Care (South Area) -----	424-8412
UC Davis Medical Center Geriatric and Senior Services -----	734-5432
United Cerebral Palsy -----	565-7700
Visual/Enhancing Electronic Equipment -----	800-722-3393

HEALTH SERVICES

Medicare/Medi-Cal: In-Home

Accent Care -----	563-3831
AllCare Home Health Services -----	852-5888
Always Home -----	989-6420
Chartwell/Davis Infusion Therapy, UC Davis Medical Center ---	734-1402
Eskaton Visiting Nurse Managed Care (Medi-Cal/Medicare) -----	334-3285
First Call Home -----	369-0508
Gentiva Health Services -----	929-2229

In-Home Support Services (IHSS)/Sacramento County HHS ---	874-9471
Interim Health Care -----	800-300-7696
Mercy Hospice -----	281-3900
Mercy Lifeline -----	281-3980
RX Staffing and Home Care -----	485-8200
Sutter Senior Care (South Area) -----	424-8412
Sutter Visiting Nurses Association -----	388-6200
Tender Loving Care -----	646-4852
UC Davis Medical Center Home Health Services -----	734-2458
Care Management -----	734-5432

HEALTH SERVICES

Companion/Homemaker Services: In-Home

A Helpmate -----	364-8763
Accent Care -----	563-3831
Always Home -----	989-6420
An Angel's Touch -----	452-1003
Better Living Home Care -----	800-404-4849
Caregiver Consumer Registry IHSS clients only -----	874-4411
Comfort Keepers -----	780-4300
Comfort Zone Elderly In-Home Services Inc -----	453-1344
Craig Cares -----	863-5221
Eskaton Home Care -----	536-3750
Essy Care, Inc -----	685-7545
Gentiva Health Services -----	929-2229
Help at Home Senior Care -----	625-9172
Home Instead Senior Care -----	920-2273
Interim Health Care -----	484-3965
Kelly Assisted Living Services -----	484-7701
Maxim Health Care Services -----	974-2599
Palm Valley In-Home Care -----	972-7429
Panda's Complete Domestic Agency -----	985-7676
Personalized Homecare -----	979-4975
Primrose (Alzheimer's, Dementia, Memory Care) -----	392-3510
Quality In Home Care Specialists -----	988-3732
(Placerville) -----	530-621-2273
RealCare -----	924-9111
Visiting Angels -----	971-9333

In-home services include all health-related and support services available to seniors in their home setting. Check your Yellow Pages under Nurses and Nurse Registries or Home Health Services for further resources.

HEALTH SERVICES

Information and Referral

About Elder Care Referral Services -----	489-8779
Placerville -----	530-626-5900

Asian Community Center -----	393-9026
Catholic Social Services -----	452-7481
City of Sacramento -----	264-7324
Assistance, Referral & More for Seniors	
Davis Senior Center (Yolo) -----	530-757-5696
Del Oro Caregiver Resource Center -----	971-0893
El Dorado County Senior Assistance -----	530-621-6150
Health Insurance Counseling & Advocacy Program (HICAP) ---	973-3148
Toll free -----	or 800-434-0222
InfoLine Sacramento -----	498-1000
Jewish Family Services -----	484-4400
Medical Society, Sierra Sacramento Valley -----	452-2671
Medi-Cal Info -----	874-2558
Medicare Info -----	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
The Senior Connection (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 -----	441-3770
Kaiser-Permanente Hospice -----	486-5300
Mercy Hospice -----	281-3900
Hospice of the Foothills (Nevada County) -----	530-272-5739
Snowline Hospice (El Dorado) -----	530-621-7820
Sutter Auburn Faith Hospice -----	530-886-6650
Sutter Hospice/Sacramento -----	454-6525
Sutter Hospice/Roseville -----	781-2666
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	483-8444
Emergency Room TTY/TDD	486-3806
Kaiser Permanente (South)	688-2000
TTY/TDD	688-2221
Emergency Room TTY/TDD	688-2105
Kaiser Permanente (Roseville)	784-4000
TTY/TDD	784-5990
Emergency Room TTY/TDD	784-5663
Marshall Hospital	530-622-1441
TTY/TDD	530-626-2667
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
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	454-2277
Sutter Roseville	781-1000
TTY/TDD	781-1099
UC Davis Medical Center	734-2011
TTY/TDD	451-1974

HOUSING

General Assistance

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.

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	874-9492

HOUSING

Information/Placement/Referral

About Elder Care Referral Services	489-8779
Placerville	530-626-5900
California Association of Homes & Services for the Aging	392-5111
Home Options	393-7148
Housing Options Made Easy-HOME	977-0188
RealCare Placement Service for Board/Care	924-9111
Resources for Independent Living	446-3074
Respect Your Elders (assisted living referrals) ----	422-5050 or 920-5050
Secure Tommorrow	978-4880
Senior Care Solutions	965-5565
California Nursing Home Search	www.calnhs.org

LEGAL AID

Attorney Referral Service	444-2333
Del Oro Caregiver Resource Center	971-0893
Legal Center for Elderly and Disabled	488-5298
Legal Services of Northern California	551-2150
Senior Legal Hotline	551-2140
McGeorge School of Law On Campus Clinics	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
Victims of Crime Resource Center	800-842-8467

LIBRARIES

California State Library	654-0261
Braille and Talking Books	654-0640
Sacramento Public Library	264-2700
TDD	264-2855
Books-by-Mail, large print materials, records and tapes	575-3450
Literacy Services	966-7323
Mobile Library	433-2029
Telephone Reference Service	264-2920
Sutter Resource Library	733-3880
UC Davis Medical Center Library	734-3529

Your White Pages Business Listings will provide you with a complete listing of branch libraries.

MEDICAL SUPPLIES & EQUIPMENT

American Cancer Society Sacramento-Amador	446-7933
Yolo County	530-662-3464
California Dept. Rehabilitation	322-8500
California Telephone Access Program (equipment only)	800-806-1191
(TTY)	800-806-4474
DMV (disabled persons placards & plates)	800-777-0133
Easter Seals Superior California	485-6711
Elder ID Bracelets	800-540-3340
Medic Alert (bracelets/necklaces)	800-432-5378
Miracle on Wheels (wheelchairs)	800-749-8778
SBC (Teletypewriters/Telecommunications Devices)	
	TTY/TDD 800-772-3140

Also, check your Yellow Pages under Medical Equipment and Supplies.

MENTAL HEALTH/COUNSELING

Ardent Health Heritage Oaks Hospital	489-3336
Carmichael Presbyterian Counseling Ctr	483-2989
CSUS Center for Counseling and Diagnostic Services	278-6252
El Hogar Mental Health and Community Service Center	441-2933
Emotions Anonymous (Info Line)	366-0699
Geriatric Network	648-2800
Human Resources Consultants	485-6500
Jewish Family Services	484-4400
Med Clinic Behavioral Health	924-6400
Mental Health Association (Sacramento)	366-4600
Mental Health Dept. Ombudsman Info Line	800-896-4042
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 Team	875-1055
24 hour emergency line	732-3637
Toll Free	888-881-4881
Southeast Asian Assistance Center	421-1036
Suicide Prevention and Crisis Line	368-3111
Suicide Prevention Crisis Line (Davis)	530-885-2300
Suicide Prevention Yolo County	530-756-5000
Sutter Center for Psychiatry	386-3000
	or 800-801-3077
Visions Unlimited Mental Health	393-2203
Widowed Persons Association of California	972-9722
Yolo County Alcohol, Drug and Mental Health Svcs:	
Davis	530-757-5530
Woodland	530-666-8630
West Sacramento	375-6350

Yolo Family Service Agency ----- 530-662-2211
Mental health services are available at most local hospitals. Also, see your Yellow Pages under Psychologists, Physicians (Psychiatrists) and Mental Health Services.

NURSING HOMES CONVALESCENT HOSPITALS

California Associations of Health Facilities ----- 441-6400
Check the Yellow Pages under Hospitals and Nursing Homes. For a daily listing of skilled nursing facility vacancies, call
InfoLine Sacramento ----- 440-1392
(24-hour vacancy listing.)

NUTRITION

Congregate and/or Home-Delivered Meals

Meals a la Car, Inc ----- 391-3837

Meals on Wheels ----- 444-9533

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

**Sacramento County provides a nutritious lunch, Monday through Friday, at senior nutrition sites throughout the county and surrounding areas. Call Senior Nutrition Services for the phone number of the site nearest you. Transportation is available to some of the sites. Suggested donation of \$2.00 per meal.*

Food

California Emergency Food Links SACK-Senior Meal Program - 387-9000

Food Closet, Call InfoLine Sacramento ----- 498-1000

Food Stamps/ Sacramento County ----- 874-2063

Prince of Peace Church ----- 422-2350
(South Sacramento)

Sacramento Food Bank ----- 456-1980

Senior Citizens Services (Food Bank) ----- 381-7794

SAFETY

AARP Info/55 Alive ----- 866-448-3614
(driver's safety course)

Adult Protective Services ----- 874-9377
(Sacramento County)

Caring Neighborhoods ----- 566-1594

Domestic Violence (WEAVE) ----- 920-2952

Mercy Regional (all Mercy Hospitals) ----- 281-3980

RealCare 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

Sutter LifeLine -----	782-4989
Telecare (telephone reassurance) -----	781-1060
TLC (telephone reassurance) -----	334-1072

SENIOR CENTERS

LOCATED AT COMMUNITY CENTERS AND PARK AND RECREATION DISTRICTS

Multi-Purpose Facilities

Arden Manor Rec. & Park Dist -----	487-7851
Carmichael Senior Club -----	487-5525
Cathedral Neighborhood Senior Center -----	442-9014
Centro Guadalupe (bilingual) -----	443-5367
Belle Coolege Community Center -----	808-5610
Cordova Senior Center -----	366-3133
Davis Senior Center -----	530-757-5696
Dixon Senior Center -----	707-678-7022
Elk Grove Senior Center -----	685-3160
Fair Oaks Rec. & Park Dist -----	966-1036
Folsom Park & Rec. Dist. -----	355-7285
Fruitridge Community Center -----	422-7610
Hart Senior Center -----	264-5462
Maidu Community Center (Roseville) -----	774-5960
Sam Pannell Meadowview Community Center -----	808-6680
Mission Oaks Community Center -----	972-0336
North Highlands Community Center -----	332-7440
Stanford Settlement Senior Center -----	927-1303
Sunrise Rec. & Park Dist. -----	725-1585
West Sacramento Senior Care -----	373-5819
Woodland Senior Center -----	530-661-5890

Multi-Purpose Facilities may provide a wide range of activities, including senior nutrition, health and wellness, education, financial guidance, paralegal assistance, limited geographical transportation, and recreation and/or 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) -----	277-6094
Coloma Community Center -----	277-6060
Elk Grove Senior Center -----	685-3160
Howe Community Center -----	927-3802
Oak Park Community Center -----	277-6151
Robertson Community Center -----	566-6419
Rush Park Community Center -----	725-1585
YMCA -----	737-3181
YWCA -----	264-8080

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
AMTRAK	800-872-7245
Compassionate Transportation	366-8676
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 Services	669-0550
MV Transportation (Medi-Cal appointments only)	707-863-8980
	ext.3012
Neighborhood Ride	429-2703
Paratransit (Teach elder 75+ and disabled people how to ride RT busses)	
	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.	

VETERANS

Sacramento County Veteran Services	874-6811
Veterans Administration	
Northern Calif. Clinic System	366-5366
Medical Appointments	800-382-8387

VISITING

Eskaton TLC Home Visitors	334-1072
Mental Health Associations (Sacramento)	366-4600
RSVP-Retired & Senior Volunteer Prog	875-3631

VOLUNTEERISM

Caring Neighborhoods	566-1594
Eskaton TLC Program	334-1072
Foster Grandparent Program	875-3569
Jewish Family Services	484-4400
RSVP-Retired and Senior Volunteer Program	875-3631

Sacramento County Volunteer Referral Svs ----- 875-6851
Senior Bridge Builders (Sac. Food Bank) ----- 456-1980
Senior Companion Program ----- 875-3622
Senior Gleaners ----- 925-3240
Senior Citizens Services ----- 381-7794
Volunteers of America ----- 442-3691

Some of these agencies provide in-home volunteer services as well as opportunities for seniors to serve as volunteers.

QUICK ASSISTANCE

Your doctor's name, telephone number: _____

Your pharmacy's number: _____

EMERGENCY CALLS ONLY: 9 – 1 – 1 _____

Fire: _____

Police: _____

Sheriff: _____

Highway Patrol: _____

Ambulance: _____
