

*THE CAREGIVERS' DIRECTORY OF COMMUNITY RESOURCES
IN SACRAMENTO COUNTY*

Resource Directory for Caregivers, Seniors, and Consumers



Serving Nevada, Placer, Sacramento, Sierra, Sutter, Yolo & Yuba Counties

Area 4 Agency on Aging
2260 Park Towne Circle, Suite 100
Sacramento, CA 95825
(916) 486-1876 • www.a4aa.com

The Caregivers' Directory of Community Resources in Sacramento County is intended for those who are caregivers, seniors, and consumers in need of information about community services offered in Sacramento County.

Information printed in this directory was provided voluntarily by the agencies participating. Inclusion of an agency does not imply endorsement or recommendation of its services, nor does exclusion reflect negatively on any organization. Check references carefully and verify information prior to using services.

Area 4 Agency on Aging (A4AA) realizes it is impossible to include every agency and organization serving the caregiver and elderly population. Please contact A4AA for additional resources not included in this directory. We apologize for any errors or omissions.

This directory is available in print and on the A4AA website, www.a4aa.com, in the Caregiver section. Individuals can address their requests for copies to:

Area 4 Agency on Aging
Attn: Ruth Ann Dariella
2260 Park Towne Circle, Suite 100
Sacramento, CA 95825
(916) 486-1876
www.a4aa.com

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ADULT DAYCARE **(Also see Caregiver Respite)**

Chateau at Carmichael Park

7125 Fair Oaks Blvd.

Carmichael, CA 95608

(916) 482-2850

memorycare@hankfisherproperties.com

Comments: Social day care program; companionship and recreation; lunch & snacks provided; personal care needs monitored.

Primrose Adult Day Club

7707 Rush River Drive

Sacramento, CA 95831

(916) 392-3510

sacramento@primrose.alz.com

Comments: Day program for people with dementia or Alzheimers; flexible days/hours to provide respite for caregivers; lunch is provided.

Saint Francis Adult Day Care

6254 66th Avenue

Sacramento, CA 95823

(916) 393-2760

Spanish, Hindi, Tagalog, Ilocano

Comments: Social day care (except for dementia or Alzheimers); recreational and social activities, lunch & snacks; no transportation.

Triple R Adult Day Care *A4AA Provider

7375 Park City Drive

Sacramento, CA 95831

(916) 433-4003

www.TripleR.org

mtakagi@cityofSacramento.org

Cantonese, Mandarin, Tagalog, Ngnai, Haqua, Hmong, French, Spanish, German, and Japanese
Comments: Social day care program with Asian culture focus; lunch & snacks provided; personal care needs monitored.

Triple R Adult Day Care *A4AA Provider

915 27th Street

Sacramento, CA 95816

(916) 264-8375

www.TripleR.org

mtakagi@cityofsacramento.org

Cantonese, Mandarin, Tagalog, Ngnai, Haqua, Hmong, French, Spanish, German, and Japanese
Comments: Social day care program, companionship & recreation; lunch & snacks; personal care needs are monitored; no transportation.

Triple R Adult Day Care *A4AA Provider

700 Southgate Road

Sacramento, CA 95815

(916) 566-6475

www.TripleR.org

mtakagi@cityofsacramento.org

Cantonese, Mandarin, Tagalog, Ngnai, Haqua, Hmong, French, Spanish, German, and Japanese
Comments: Social emphasis on inter- generational program; lunch & snacks; personal care needs monitored.

ADULT DAY HEALTHCARE

Altamedix Adult Day Health Care Center

4234 North Freeway Blvd. #500

Sacramento, CA 95834

(916) 648-3999

Russian

Comments: Transportation van.

Easter Seal Superior California - Help to Recovery *A4AA Provider

3205 Hurley Way

Sacramento, CA 95864

(916) 485-6711

www.easter-seals.org

Spanish

Comments: Focus on brain-injured adults; transportation arranged with Paratransit.

Eskaton Adult Day Health Center

5105 Manzanita Avenue, Suite D

Carmichael, CA 95608

(916) 334-0296

www.eskaton.org

(for referrals) Bill.plumb@eskaton.org

Comments: Transportation usually available through Paratransit and center transportation available for zip codes: 956: 08, 10, 21, 28, 30, 62, 71, and more.

Golden Days

1215 Merkley Avenue
West Sacramento, CA 95691
(916) 371-6011

Comments: Transportation available.

Health for All, Inc.

2730 Florin Road
Sacramento, CA 95822
(916) 391-5591
www.health-forall.org
healthforalladhc@yahoo.com

Various languages

Comments: Transportation available. Call for more information.

Rancho Cordova Adult Day Health Care

10086 Mills Sation Road
Sacramento, CA 95827
(916) 369-1113

Russian, Spanish, Chinese, Japanese, Ukraine, Mildova, Romanian

Comments: Transportation to and from all of Sacramento, Elk Grove, West Sacramento, Natomas, Rocklin, and Folsom.

Robertson Adult Day Health Care Center

3400 Elvas Avenue
Sacramento, CA 95819
(916) 452-2529

Spanish

Comments: Adult day health care. Medi-Cal certified. Physical therapy and occupational therapy on-site.

Sutter SeniorCare - PACE

7000 Franklin Blvd., Suite 1020
Sacramento, CA 95823
(916) 424-8412

www.suttermedicalcenter.org
sscintake@sutterhealth.org

Spanish and Chinese

Comments: Transportation available for zip codes: 958: 17, 18, 20, 22, 23, 24, 26, 28, 31 and 32.

Sutter SeniorCare - PACE

1234 U Street
Sacramento, CA 95818
(916) 446-3100

www.suttermedicalcenter.org
sscintake@sutterhealth.org

Spanish, Chinese, and Greek

Comments: Transportation available for zip codes: 95605, 95608, 958: 14, 15, 16, 19, 21, 25, 33, 38 and 64.

AGING/ADVOCACY

Adult and Aging Commission

909 12th Street, Suite 200
Sacramento, CA 95814
(916) 447-7063

www.communitycouncil.org
nyavrom@communitycouncil.org

Comments: Advises the County Board of Supervisors on matters relating to dependent and older adults through its roles as advocate, systems oversight body, and voice in the community.

Aging Services of California

1315 I Street, Suite 100
Sacramento, CA 95814
(916) 392-5111

www.aging.org

Comments: Advocacy and education for members.

American Association of Retired Persons - AARP

1415 L Street, Suite 960
Sacramento, CA 95814
(866) 448-3614

www.aarp.org

www.casacramento@aarp.org

Spanish

Comments: A nonprofit, nonpartisan membership organization for people over 50.

Area 4 Agency on Aging

2260 Park Towne Circle, Suite 100
Sacramento, CA 95825
(916) 486-1876

www.a4aa.com

Spanish

Comments: Develops, coordinates, and funds services that help persons 60 years and older to maintain their health and independence. Helps government and community based organizations implement successful programs.

California Commission on Aging

1300 National Drive, Suite 173

Sacramento, CA 93834

(916) 419-7591

www.ccoa.org

Comments: Purposes of commission are to provide leadership in statewide advocacy and policy development including advisory to the governor and legislature.

California Department on Aging

1300 National Drive, Suite 200

Sacramento, CA 95834

(916) 419-7500

www.aging.ca.gov

Comments: Administers a broad range of home and community based services throughout California working primarily with the Area Agencies on Aging who serve seniors, adults with disabilities, and caregivers.

California Senior Legislature

1300 National Drive, Suite 173

Sacramento, CA 95834

(916) 419-7591

www.4csl.org

Comments: Gathers ideas for legislation at the state and federal levels, presents proposals to members of the Legislature or Congress, and advocates for implementation of laws to enhance the lives of older Californians and their families.

Congress of California Seniors

1230 N Street, #201

Sacramento, CA 95814

(916) 442-4474

(800) 543-3352

www.seniors.org

info@seniors.org

Comments: Advocates in the legislature on behalf of California seniors. Educates consumers and encourages citizen action on important issues.

Gray Panthers

P.O. Box 19438

Sacramento, CA 95819

(916) 332-5980

www.gpcal.org

Comments: An activist/education group that supports issues of peace, health care, Social Security, housing, jobs and political reform, and an end to racism, sexism, and ageism.

Older Women's League

P.O. Box 161646

Sacramento, CA 95816

(916) 444-2526

www.owl-national.org

Comments: Focuses on issues unique to women as they age. Educates about and advocates for health, economic security, and quality of life issues.

Ombudsman Services of Northern California

***A4AA Provider**

3950 Industrial Blvd., Suite 500

West Sacramento, CA 95691

(916) 376-8910

www.osnc.net

jparks@osnc.net

Comments: Investigate and resolve problems for residents of long-term care facilities, monitor facilities, and educate about issues, rights, and elder abuse.

ASSESSMENT/CARE MANAGEMENT

A Place for Mom

2101-4th Avenue, Suite 1750

Seattle, WA 98121

(877) 666-3239 Toll free

www.aplaceformom.com

advisor@aplaceformom.com

Comments: Eldercare referral service.

Assistance, Referrals & More for Seniors (ARMS)

c/o Hart Senior Center

915 27th Street

Sacramento, CA 95816

(916) 264-5462

www.sacto.org/ohs/srcenter.htm

mlueras@cityofsacramento.org

Spanish

Comments: Assistance and guidance to anyone 50 years or over with completing forms, telephone communications, accessing benefits, and other issues of concern.

Del Oro Caregiver Resource Center *A4AA Provider

5723 Marconi Avenue, Suite A

Carmichael, CA 95608

(916) 971-0893

(800) 635-0220

www.deloro.org

crc@deloro.org

Spanish and Chinese

Comments: Serve families and caregivers of cognitively-impaired and frail elderly. Provides information and referral; family counseling, respite care, support groups, educational training programs, and ongoing supportive assistance.

Geriatric Network - CHW Medical Foundation

425 University Avenue, Suite 222

Sacramento, CA 95825

(916) 648-2800

www.medclinicmedgroup.org

psingh@chw.edu

Language line

Comments: A mobile team of mental health professionals specializing in treating older adults ages 60+.

Senior Care Solutions

8910 Sunset Blvd., Suite B

Fair Oaks, CA 95628

(916) 965-5565

(916) 965-5547

www.seniorcs.com

ckinsel@seniorcs.com

Comments: Free information and referral source for senior housing and care options.

The Senior Connection

5105 Manzanita Avenue

Carmichael, CA 95608

(916) 334-1072

(888) 334-3490

www.eskaton.org

Comments: Assists seniors ages 50+ and their caregivers in finding resources and services to meet their needs. Referral and consultation services. Fee based.

U.C. Davis Care Management Services

Linkages/M.S.S.P./Caregiver Support

*A4AA Provider

3700 Business Drive, Suite 130

Sacramento, CA 95820

(916) 734-5432

www.ucdmc.ucdavis.edu

janet.heath@ucdmc.ucdavis.edu

Most languages and ASL by arrangement

Comments: Long-term case management.

BEREAVEMENT

Bereavement Network

Resources of Sacramento, Inc.

P.O. Box 660365

Sacramento, CA 95866

(916) 557-5882

www.griefhelpsacramento.com

Comments: Information and referral source for community support groups helping those who are grieving; sponsors the Bereavement Outreach program. Weekly bereavement outreach meetings on Thursdays, 7:30 pm - 9:00 pm.

Friends for Survival, Inc.

P.O. Box 214463

Sacramento, CA 95821

(916) 392-0664

www.friendsforsurvival.org

Comments: Outreach program for family and friends after a suicide death. Support group meets monthly.

Mental Health Association of Sacramento -

Senior Peer Counseling

9719 Lincoln Village Drive, Suite 407

Sacramento, CA 95827

(916) 855-5444

www.mhasc.org

friendlyfaces@mhasc.org

Comments: Volunteers visit seniors and offer emotional support and friendship for those isolated and lonely.

Mercy San Juan Medical Center - Bereavement Program

6501 Coyle Avenue

Sacramento, CA 95608

(916) 537-5098

www.mercysanjuan.org

Comments: Goal is to help participants understand the grieving process and share emotional and spiritual support. Group meets first and third Wednesdays of each month, 6:00 - 7:00 pm.

Volunteers in Victim Assistance (VIVA)

8912 Volunteer Lane, Suite 110A

Sacramento, CA 95826

(916) 368-8482

www.victimassistance.us

viva7018@sbcglobal.net

Comments: Provides individual, family, and group therapy, emotional support/information and criminal justice advocacy for survivors of homicide, accidental death, suicide, DUI, assault, robbery, and family violence.

CAREGIVER RESPITE (Also see Adult Day Care, Adult Day Health Care, In-Home Care Services, and In-Home Health Care

Asian Community Center *A4AA Provider

7375 Park City Drive
Sacramento, CA 95831
(916)393-9026
doreeneh@accsv.org

Comments: Drop-in respite program for family caregivers and a socialization program for the care receiver. Meets up to 5 hours one and/or two days a week; Wednesday and Friday.

Cordova Neighborhood Church *A4AA Provider

10600 Coloma Road
Rancho Cordova, CA 95670
(916) 635-5992
office@cchurch.org

Comments: Drop-in respite for older adults with limited abilities. Leave loved ones in a safe and caring environment where a stimulating program is offered for care receivers. Mondays and Tuesdays.

Del Oro Caregiver Resource Center

***A4AA Provider**
5723 Marconi Avenue, Suite A
Carmichael, CA 95608
(916) 971-0893
(800) 635-0220
www.deloro.org
crc@deloro.org
Spanish and Chinese

Comments: Serves families and caregivers of cognitively-impaired and frail elderly. Provides information and referral, family counseling, respite care, support groups, educational training programs, and ongoing supportive assistance.

Jewish Family Service *A4AA Provider

3400 Cottage Way, 3rd Floor, Suite P
Sacramento, CA 95825
(916) 484-4400

www.jfssac.org

admin@seniorcs.com

Comments: Drop-in respite program known as the Schmoozers Circle. Offered to older adults with early dementia on Wednesdays. Transportation may be available. Non-sectarian program.

Personalized Home Care *A4AA Provider

3300 El Camino Avenue
Sacramento, CA 95821
(916) 979-4975

www.personalizedhomecare.com
rhowe@sbcglobal.net or via website

Comments: Personal care, companionship, light Housekeeping, errands, shopping, meal and caregiver respite.

HEALTH EDUCATION

50+ Wellness Program

2921 Truxel Road
Sacramento, CA 95833
(916) 808-1593
www.cityofsacramento.org/parksandrecreation/ohs./50+htm
fiftypluswellness@cityofsacramento.org

Comments: Offers educational information on health promotion, sponsors community events classes, exercise program, and work groups for seniors.

American River College Re-entry Center

4700 College Oak Drive
Sacramento, CA 95841
(916) 484-8391

www.arc.losrios.edu/reentry

Spanish, Russian, Japanese, and Chinese

Comments: Answer questions, meet with returning students, free workshops, support groups, referral to counselors, lending library, and community resources.

California State University

Sacramento, Gerontology Program

6000 J Street
Sacramento, CA 95819-6096
(916) 278-7163

www.csus.edu/gero

osbornec@csus.edu

Comments: Community classes; minor, certificate, and BS in Gerontology; special masters degree and

graduate certificate program. 60+ program offers affordable courses, easier enrollment.

**California State University Sacramento,
Renaissance Society**

6000 J Street
Adams Bldg., Room 210
Sacramento, CA 95819
(916) 278-7834
wwwcsus.edu/org/rensoc
rensoc@csus.edu

Comments: A participatory center for learning in retirement. Members study topics proposed by other members in informal, non-competitive seminar groups. CSUS faculty and community members make presentations at a forum on various issues. Meetings are every Friday.

Del Oro Caregiver Resource Center

***A4AA Provider**
5723 Marconi Avenue, Suite A
Carmichael, CA 95608
(916) 971-0893
(800) 635-0220
www.deloro.org
crc@deloro.org

Spanish and Chinese
Comments: Serves families and caregivers of cognitively-impaired and frail elderly. Provides information and referral, family counseling, respite care, support groups, educational training programs, and ongoing supportive assistance.

Eldercare Locator

1730 Rhode Island Avenue, Suite 1200
Washington, DC 20036
(800) 510-2020
(800) 677-1116
www.n4a.org
or www.eldercare.gov
smaack@n4a.org

Spanish (9am- 5:30 pm)
Comments: Referrals to senior information and referral services nationwide.

Mercy Learning Center

650 Howe Avenue, Suite 400
Sacramento, CA 95825
(916) 733-6330
www.mercysacramento.org

Comments: Various educational classes.

Educational calendar is available on line at
www.mercysacramento.org

Senior Health Education Program

9719 Lincoln Village Drive, Suite 300-A
Sacramento, CA 95827
(916) 875-6041

Comments: Offers educational services including classes on stress, health and injury prevention for seniors, senior physical fitness classes.

The Senior Connection

5105 Manzanita Avenue
Carmichael, CA 95608
(916) 334-1072
(888) 334-3490

www.eskaton.org
Comments: Quarterly classes on various topics of interest to seniors and those who care for them.

HEALTH INSURANCE

**California Department of Health Services -
Health Insurance Section**

(800) 952-5294
Comments: Offers an automated information system that can provide telephone numbers for specific Medi-Cal programs, state and federal agencies, and private insurance.

**California Department of Insurance - Consumer
Hotline**

300 S. Spring Street, 9th Floor South Tower
Los Angeles, CA 90013
(800) 927-4357
www.insurance.ca.gov
fraud@insurance.ca.gov
Language translation available
Comments: Toll free hotline for consumers seeking insurance information or wishing to register a complaint. Answers questions or concerns regarding private insurance companies; does not assist with claims regarding Medi-Cal, Medicare, HMOs, self insurance plans or Worker's Compensation.

California Department of Veterans Affairs

1227 O Street, 4th Floor
Sacramento, CA 95814
(800) 952-5626
www.cdva.ca.gov
E-mail via website

Comments: Offers information on benefits and services for California veterans.

California Partnership for Long Term Care

1501 Capitol Avenue, Suite 71.3052, MS 4100
Sacramento, CA 95899

(916) 552-8990

www.dhs.ca.gov/cpltc

cpltc@dhs.ca.gov

Spanish

Comments: Offers information and publications on long-term care insurance and Medi-Cal.

Health Care Options

(800) 430-4263

Comments: Enrolls and disenrolls Medi-Cal beneficiaries in geographic managed care medical and dental plans; offers packets of information regarding managed care options in California.

HICAP Services of Northern California

***A4AA Provider**

3950 Industrial Blvd., Ste. 500

Sacramento, CA 95691

(916) 376-8915

(800) 434-0222

Some other languages with prior arrangement.

Comments: Provides free assistance with Medicare problems, help with health insurance and long-term care insurance. The program provides unbiased information to help consumers make the best choice for individual health care needs.

Health Rights Hotline

519 12th Street

Sacramento, CA 95814

(916) 551-2100

(888) 354-4474

www.hrh.org

Language line, Spanish, Russian, Hmong

Comments: Provides a free independent source of information and assistance for health care consumers regarding managed care plans, Medicare and other insurance carriers.

Lumetra - Medicare Hotline

(800) 841-1602

www.lumetra.com

Language line

Comments: Medicare resource line. Offers consumer information on Medicare and limitations;

accepts complaints or concerns regarding quality of care issues.

Medicare Hotline

(800) 633-4227

Comments: General information on Medicare benefits, including Medi-gap policies, fraud and claims.

HOSPICE (Also see Bereavement)

California Hospice & Palliative Care Association

3841 N. Freeway Blvd., Suite 225

Sacramento, CA 95834

(916) 925-3770 (888) 252-1010

www.calhospice.org

mclausen@calhospice.org

Comments: Offers referrals to hospices in California and Nevada; offers educational programs for hospice workers; advocates on hospice issues

Kaiser Permanente Hospice

3240 Arden Way

Sacramento, CA 95825

(916) 486-5300

Interpreters available

Comments: Hospice services for Kaiser members offered by a physician-directed team of nurses, social workers, home health aides, chaplain, and volunteer services; respite, support, and follow-up bereavement services are available.

Mercy Home Health, Hospice, and Lifeline

3400 Data Drive

Rancho Cordova, CA 95670

(916) 281-3900

www.chw.edu

Comments: Hospice services offered by a physician-directed team of nurses, social workers, home health aides, chaplain and volunteer services; respite, support, and follow-up bereavement services are available.

Sutter Hospice Sacramento

7300 Folsom Blvd., #100

Sacramento, CA 95826

(916) 388-6255

www.suttervnaandhospice.org

Interpreter service

Comments: Hospice services offered by a physician-directed team of nurses, social workers,

home health aides, chaplain and volunteer services; respite, support, and follow-up bereavement services are available.

U.C. Davis Home Healthcare and Hospice Program

3630 Business Drive
Sacramento, CA 95820

(916) 734-2458

www.ucdmc.ucdavis.edu/homecare/hospice

Comments: Hospice services offered by a physician-directed team of nurses, social workers, home health aides, chaplain and volunteer services; respite, support, and follow-up bereavement services are available.

HOUSING/MINOR REPAIR

About Elder Care Referral Services

3800 Auburn Blvd., Suite C

Sacramento, CA 95821

(916) 489-8779

www.eldercareservices.com

info@eldercareservices.com

Comments: Free service assisting families in finding appropriate care: assisted living, private care homes, Alzheimers, and dementia care.

California Nursing Home Search

www.calnhs.org

Comments: Comprehensive online resource that helps people find quality nursing homes, home health care agencies, hospices, and other long-term care services.

Community Residential Care Association of California

P.O. Box 163270

1924 Alhambra Blvd.

Sacramento, CA 95816

(916) 455-0723

crcac@comcast.net

Comments: Provide services to community, residential care homes/assisted living for the elderly, developmentally disabled, mentally ill, and group homes in California.

Home Assistance and Repair Program for Seniors - HARPS

1013 Seventh Street, Suite 200

Sacramento, CA 95814

(916) 264-1515

bdunham@shra.org

Comments: Skilled volunteers assist senior homeowners by performing minor handyman repairs on seniors' homes.

Housing Options Made Easy for Elders (HOME)

5431 Auburn Blvd., Suite 385

Sacramento, CA 95841

(916) 977-0188

www.housing-options.com

Comments: Free information and referral service to help seniors locate housing.

Rebuilding Together *A4AA Provider

P.O. Box 255584

Sacramento, CA 95825

(916) 455-1880

www.rebuildingtogethersacramento.org

cgrip@sacramentorebuildingtogether.org

Spanish

Comments: Home modifications for elderly or disabled people or families with children. Homes must be structurally sound and need minor modifications such as grab bars, shower stools, and ramps. Must be living in home. Serves Sacramento and Yolo counties.

Senior Care Solutions

8910 Sunert Ave. Suite B

Fair Oaks, CA 95628

(916) 965-5565

www.seniors.com

ckinsel@seniorcs.com

Spanish

Comments: Resource center for community services for seniors specializing in placement options for seniors at all levels of care. Free services to families with additional services available.

INFORMATION & ASSISTANCE

2-1-1 Sacramento *A4AA Provider

Community Services Planning Council, Inc.

909 12th Street, Suite 200

Sacramento, CA 95814

(916) 498-1000

www.communitycouncil.org

infoline@communitycouncil.org

Language line

Comments: Formerly InfoLine. Comprehensive, multi-lingual telephone information and referral service that puts callers in touch with the services they need. Provides information on resources available in the community. See also www.beehivesacramento.org.

Area 4 Agency on Aging

2260 Park Towne Circle, Suite 100

Sacramento, CA 95825

(916) 486-1876

www.a4aa.com

info@a4aa.com

Spanish

Comments: Plans and coordinates programs and services for older people. Sub-contracted services cover wide range of needs: information and referral, transportation, meal programs, adult day health care, health services, employment, caregiver services, insurance counseling, housing, home repairs and more.

Assistance, Referrals & More for Seniors (ARMS)

Hart Senior Center

915 27th Street

Sacramento, CA 95816

(916) 264-7324

www.cityofsacramento.org/parksandrecreation

mlueras@cityofsacramento.org

Spanish

Comments: Assistance and guidance to anyone 50 years or over with completing forms, telephone communications, accessing benefits, and other issues of concern.

Del Oro Caregiver Resource Center

***A4AA Provider**

5723 Marconi Avenue, Suite A

Carmichael, CA 95608

(916) 971-0893

(800) 635-0220

www.deloro.org

crc.deloro.org

Spanish and Chinese

Comments: Serve families and caregivers of cognitively-impaired and frail elderly. Provides information and referral; family counseling, respite care, support groups, educational training programs, and ongoing supportive assistance.

Eldercare Locator

1730 Rhode Island

Avenue, Suite 1200

Washington, DC 20036

(800) 677-1116

(800) 510-2020

www.n4a.org or www.eldercare.gov

sreynolds@n4a.org

Spanish (usually evening hours)

Comments: Referrals to senior information and referral services nationwide.

Older Adult Resource Center

4875 Broadway

Sacramento, CA 95820

(916) 874-9492

www.sacdhhhs.com

OARC@saccounty.net

Language line

Comments: Information to help individuals make residential care and care need decisions.

Resources for Independent Living

420 I Street, Level B: Suite 3

Sacramento, CA 95814

(916) 446-3074

www.ril-sacramento.org

Spanish

Comments: Promoting the socio-economic independence of persons with disabilities.

Sacramento County Network of Care On-Line Resource

www.sacramento.networkofcare.org

Comments: On-line resource for Sacramento County.

The Senior Connection

5105 Manzanita Avenue

Carmichael, CA 95608

(916) 334-1072 (888) 334-3490 toll free

www.eskaton.org

By appointment

Comments: Assists seniors ages 50+ and those who care for them in finding resources and services to meet their needs. Provides assessment, referral and consultation services, telephone reassurance, and education for caregivers and professionals. Offers transportation and moving services (fee based).

IN-HOME CARE SERVICES

AccentCare

2143 Hurley Way, Suite 240

Sacramento, CA 95825

(916) 563-3831

www.accentcare.com

info@accentcare.com

Spanish

Comments: Personal care, errands, transportation, meal preparation, bath service.

Active Nurse Registry

6530 Viscount Way

Citrus Heights, CA 95621

(916) 944-8065

German, Russian, Fikian, Romanian, and Tongan

Comments: Hospice total care, respite care, and companionship.

All Saints Frances, Inc.

PMB 331-4005 Manzanita Avenue, Suite 6

Carmichael, CA 95608

(916) 484-1298

allstfrances@aol.com

Spanish, Russian, and German

Comments: Personal care, errands, shopping, transportation, meal preparation.

Always Best Care

6939 Sunrise Blvd., Suite 203

Citrus Heights, CA 95610

(916) 722-6233 (888) 430-2273

www.alwaysbestcare.com

cakins@alwaysbestcare.com

Comments: Personal care, errands, transportation, meal preparation, bath service. Can also provide LVN, RN, OT, PT services.

Always Home Nursing Service

8632 Greenback Lane, Suite B

Orangevale, CA 95662

(916) 989-6420

www.alwayshomenursing.com

anhs@alwayshomenursing.com

Comments: Light housekeeping, meal preparation, bathing, transportation, shopping, errands, personal care, grooming, assistance with feeding and companionship. 24-hour care with 4 hour minimum.

Angels of the Valley

P.O. Box 247048

Sacramento, CA 95824

(916) 838-4738

angels_of_the_valley@yahoo.com

Comments: Caregiver referral service. Light housekeeping, errands/shopping, meal preparation, personal care, companionship, short and long term care, and hospice care.

Apex Care

1600 Sacramento Inn Way, Suite 125

Sacramento, CA 95815

(916) 924-9111

www.apexcare.com

info@apexcare.com

Mandarin, Japanese, Spanish, and Arabic

Comments: Placements, in-home care, emergency response unit and case management. (Non-medical)

Assisting The Angels

8638 Cord Way

Sacramento, CA 95828

(916) 591-8360 (916) 682-6701

Spanish and German

Comments: Personal care, light housekeeping, meal preparation, companionship. Minimum of 4 hours to 24 hours.

A Better Living Home Care Agency

9719 Lincoln Village Drive, Suite 609

Sacramento, CA 95827

(916) 361-3000

www.blhc.org

jay-betterliving@pacbell.net

Spanish and others

Comments: Live-in or hourly caregivers provide transportation, bathing, dressing, continence, wheelchair/walkers, meals, meds, shopping, housekeeping, companionship and more. 2 hour minimum.

ComForcare Seniors Services

2007A Opportunity Drive #6

Roseville, CA 94678

(916) 784-9233

www.comforcare.com

rosevilleca@comforcare.com

Tongan, Russian, and Spanish

Comments: Meal preparation, medication reminders, companionship, transportation, errands, grooming and hygiene, and family respite.

Comfort Keepers

7250 Auburn Blvd., #225
Citrus Heights, CA 95610
(916) 780-4300

www.comfortkeepers.com

nesacramento@comfortkeepers.com

Comments: Personal care, meal preparation, transportation, errands, light housekeeping, laundry, and respite. Wake and Tuck service - 2 hours a.m., 2 hours p.m.

Comfort Zone-Elderly In-Home Services Inc.

4420 Del Rio Road
Sacramento, CA 95822
(916) 453-1344

Spanish

Comments: Personal care, meal preparation, transportation, errands, companionship, light housekeeping, sleepover services available.

Craig Cares

576 N. Sunrise Ave, Suite 110B
Roseville, CA 95661
(916) 782-7121

www.craigcares.com

cfalk@craigcares.com

Comments: Personal care, meal preparation, transportation, errands, companionship, light housekeeping.

Elder Options

82 Main Street
Placerville, CA 95667
(800) 336-1709

www.elderoptionsca.com

Comments: Shopping, housekeeping, personal care, meal preparation, transportation.

Eskaton Home Care

9722 Fair Oaks Blvd., Suite A
Fair Oaks, CA 95682
(916) 536-3750
(800) 499-8662

www.eskaton.org

sandii@eskaton.org

Comments: Nursing, physical therapy, speech

therapy, occupational therapy, medical social work, and Certified HHA.

Help at Home Senior Care

2641 Cottage Way, Suite 10
Sacramento, CA 95825
(916) 625-9172

www.helpathomeonline.com

laura@heritageseniorservices.net

Spanish, French, American Sign Language

Comments: Light housekeeping, meal preparation, transportation, laundry, errands, companionship and personal care.

Home Instead Senior Care

1321 Howe Avenue, Suite 210
Sacramento, CA 95825
(916) 920-2273

www.homeinstead.com

amanda.finn@homeinstead.com

Comments: Personal care, companionship, meal preparation, light housekeeping, shopping and transportation. Trained dementia personnel.

In Home Specialty Services

105 Morning Dove Lane
Folsom, CA 95630
(916) 989-3188

Comments: Personal care, companionship, light housekeeping, transportation, Alzheimers care, hospice, live-in care.

Interim HomeStyle Services

2941 Fulton Avenue, #B
Sacramento, CA 95821
(916) 486-8181
(800) 300-7696

www.interimhealthcare.com

dklaeser@interimhealthcare.com

Comments: Companionship, bathing, personal care, meal preparation, homemaking, transportation, and medication reminders.

JB Home Care Referral Agency

2100 Watt Avenue, Suite 130
Sacramento, CA 95825
(916) 489-6941

jbhomecare2002@yahoo.com

Spanish

Comments: Light housekeeping, meals, bathing,

transportation, shopping, errands, 24 hour care, hospice, and companion care.

Kash Healthcare Staffing

2949 Fulton Avenue, Suite A

Sacramento, CA 95821

(916) 978-0700

kashcarecollege@att.net

Spanish, French, Russian, Tagalog, Hindi, Ibo, and Mandarin

Comments: Companion, light housekeeping, errands transportation, personal care, and meal preparation.

Maxim Healthcare Services

1050 Fulton Avenue, Suite 212

Sacramento, CA 95825

(916) 488-8819

www.maxhealth.com

maximinfo@maxhealth.com

Comments: Personal care, light housekeeping, meal preparation, errands, transportation, live-in care.

Personalized Home Care *A4AA Provider

3300 El Camino Avenue

Sacramento, CA 95821

(916) 979-4975

www.personalizedhomecare.com

howe@sbcglobal.net or via website

Comments: Personal care, companionship, light housekeeping, errands, shopping, meal preparation and caregiver respite.

Quality In-Home Care Specialists

9267 Greenback Lane, Suite B-93

Orangevale, CA 95662

(916) 988-3732

www.qualityinhomecare.com

pete.quality@sbcglobal.net

Comments: Assists with activities of daily living. Covers as little as transportation all the way up to assisting with the end of life. No hourly minimum. Covers Sacramento and Placer counties. For El Dorado and Amador counties, call 530-621-2273.

ResCare HomeCare (formerly Kelly Home Care)

900 Fulton Avenue, Suite 220

Sacramento, CA 95825

(916) 484-7701

www.rescarehomecare.com

kmilliron@rescare.com

Comments: Personal care, companionship, homemaker services, transportation, errands, meal preparation, live-in care. sleep-over services and visits.

Rx Staffing and Home Care

4640 Marconi Avenue, Suite 1

Sacramento, CA 95821

(916) 485-8200

www.Rx-Staffing.com

info@Rx-Staffing.com

Spanish and Chinese

Comments: Private duty attendant care.

The Saints In-Home Care

631 Eleanor Avenue

Sacramento, CA 95816

(916) 568-5093 (916) 879-6392

www.thesos.org

marywalkerwiththesaints@yahoo.com

Comments: In-home care, sit-a-friend, housecleaning, bathing, transporting service.

Visiting Angels

3808 Auburn Blvd., Suite 52

Sacramento, CA 95821

(916) 971-9333

www.visitingangels.com

Comments: Personal care, meal preparation, light housekeeping, companionship, errands, shopping, and medication monitoring.

IN-HOME HEALTH CARE

Country Home Care

9370 W. Stockton Blvd., #130

Elk Grove, CA 95758

(916) 691-4100

Comments: Home care

Eskaton Home Care

9722 Fair Oaks Blvd., Suite A

Fair Oaks, CA 95628

(916) 536-3750

www.eskaton.org

sandii@eskaton.org

Comments: Home patient care. Skilled nursing. Occupational therapy and speech therapy. Physical therapy. Medical social work.

First Call Home Care and Hospice

6929 Sunrise Blvd., #180
 Citrus Heights, CA 95610
 (916) 369-0508

www.firstcallhospice.com

fchospice@pacbell.net

Comments: Provide care for the terminally ill.

Gentiva Health Care

2020 Hurley Way, Suite 490
 Sacramento, CA 95825
 (916) 929-2229

www.gentiva.com

cindy.brown@gentiva.com

Spanish, Russian

Comments: Home health agency. Nursing and therapies.

Interim Healthcare, Inc.

2941 Fulton Avenue, Suite B
 Sacramento, CA 95821
 (916) 486-8181

www.interimhealthcare.com

dklaeser@interimhealthcare.com

Comments: Skilled home health, RN; physical therapy, occupational therapy, speech therapy, medical social worker and aides.

Maxim Healthcare Services

1050 Fulton Avenue, Suite 212
 Sacramento, CA 95825
 (916) 488-8819

www.maximhomecare.com

maximinfo@maxhealth.com

Comments: Health care recruiters.

Mercy Home Health, Hospice, and Lifeline

3400 Data Drive
 Rancho Cordova, CA 95670
 (916) 281-2300

www.chw.edu

Comments: Health services at home.

Rx Staffing and Home Care

4640 Marconi Avenue, Suite 1
 Sacramento, CA 95821
 (916) 485-8200

www.Rx-Staffing.com

info@Rx-Staffing.com

Spanish and Chinese

Comments: Primarily nursing support.

Sutter Visiting Nurses Association and Hospice

7300 Folsom Blvd., Suite 100
 Sacramento, CA 95826
 (916) 388-6200

www.suttervnaandhospice.org

svnahospice@sutterhealth.org

Several languages

Comments: Provides skilled care to homebound patients. Need doctor's order.

Tender Loving Care Home Health Care Services

3841 North Freeway Blvd., Suite 130
 Sacramento, CA 95834
 (916) 646-4852

www.tlcathe.com

Russian, Spanish, German, Arabic, Romanian, and Tagalog

Comments: Offer skilled services; RN and LVN nursing; physical, occupational, and speech therapy; home health aides; social workers.

University of California Davis - Home Health

3630 Business Drive
 Sacramento, CA 95820
 (916) 734-2458
 (800) 268-9232

Comments: Offers home health aid care, hospice care, skilled nursing, physical therapy, speech therapy, occupational therapy, and medical social worker.

Veterans Home-Based Primary Care (HBPC)

McClellan OPC,
 5342 Dudley Blvd., Bldg. 98
 McClellan, CA 95652
 (916) 561-7520

Spanish

Comments: Provides individualized health care services to veterans in the comfort of their homes. Available to veterans who qualify.

LEGAL ASSISTANCE**Community Legal Services**

McGeorge School of Law
 3200 5th Avenue
 Sacramento, CA 95817
 (916) 340-6080

Comments: Wills, guardianships, debtor and creditor, domestic law, landlord tenant clinic.

Victims of Crime Resource Center (916) 739-7061.
Low income eligibility.

Legal Services of Northern California

***A4AA Provider**

517 12th Street
Sacramento, CA 95814
(916) 551-2150

Comments: Legal assistance with civil, health, housing, welfare, Social Security, probate, unemployment discrimination and other legal issues; no fee to low-income clients of all ages.

Legal Services of Northern California - Senior

Legal Hotline *A4AA Provider

444 North 3rd Street, Suite 312
Sacramento, CA 95814
(916) 551-2140
(800) 222-1753

www.seniorlegalhotline.org

Spanish, others by arrangement.

Comments: Free legal assistance with civil, health, housing, welfare, Social Security, probate, unemployment discrimination and all other legal issues. Age 60+. Intake via Senior Legal Hotline.

Superior California Legal Clinic and Special Services, Inc.

3220 El Camino Avenue
Sacramento, CA 95821
(916) 972-1188

Comments: Legal document assistance services including divorce, nullities, legal separation, and other family law services for low and middle income consumers. Utilizes paralegals under attorney supervision. Wills and bankruptcies by referrals. Appointments only.

The Senior Connection "Ask the Attorney"

5105 Manzanita Avenue
Carmichael, CA 95608
(916) 334-1072

Comments: Free legal consultation (up to 45 minutes) for seniors and their caregivers on senior legal issues, elder law, probate, and estate planning.

MENTAL HEALTH SERVICES

Asian Pacific Community Counseling

***A4AA Provider**

5330 Power Inn Road, Suite A

Sacramento, CA 95820

(916) 383-6783

www.apccounseling.org

admin@apccounseling.org

Chinese, Japanese, Korean, Filipino, Tongan, Vietnamese, and Hmong

Comments: Provides assisted access for psychiatric treatment at county outpatient clinics. Access to social services for Korean, Vietnamese and Chinese population. Substance abuse education.

Capital Counseling Center – Capital Christian Center

9500 Micron Avenue, Suite 132
Sacramento, CA 95827
(916) 856-5955

Comments: Offers counseling for individuals and families; counselors are licensed or interning MFTs or LCSWs; fee for service or sliding scale.

East Area Mental Health Clinic Human Resources Consultants

2220-B Watt Avenue
Sacramento, CA 95825
(916) 485-6500

Spanish, Russian, Chinese, Vietnamese, Japanese, Ukrainian, Urdu, Cantonese, Hmong, Mandarin, and Hindi

Comments: Serves the eastern portion of the county; accepts Medi-Cal and Medicare; outpatient psychiatric and medication support services, social services and family support. Eligibility determined through Sacramento County mental health ACCESS program.

ElderCare Advisor

1421 27th Street
Sacramento, CA 95816
(916) 731-7278

idhellman@sbcglobal.net

Comments: Dr. Irving Hellman - caring for your parents, geriatric assessments, mental capacity consultations, and elder abuse training.

Geriatric Network - CHW Medical Foundation

425 University Avenue, Suite 222
Sacramento, CA 95825
(916) 648-2800

Interpreters scheduled as needed.

Comments: Crisis prevention and intervention, assessment, psychotherapy and mental health case

management, referrals and linkages to resources for Sacramento County residents over 60.

Jewish Family Service *A4AA Provider

3400 Cottage Way, 3rd Floor, Suite P

Sacramento, CA 95825

(916) 484-4400

www.jfssac.org

Hebrew, Russian, and Yiddish

Comments: Counseling services for adults and seniors; sliding scale.

New Horizons Counseling Center

3300 Walnut Avenue

Carmichael, CA 95608

(916) 485-1211

nhcounseling@aol.com

Comments: Counseling services for individuals, couples, and families; sliding scale.

New Pathways (Division of Catholic Social Services)

5890 Newman Court, 2nd Floor

Sacramento, CA 95819

(916) 452-7481

www.csssac.org

Spanish

Comments: Mental health counseling services for individuals, seniors, children, and families; non-sectarian; sliding scale is available.

Sacramento County Mental Health Treatment Center

2150 Stockton Blvd.

Sacramento, CA 95817

(916) 875-1000

24-Hour Line:

(916) 732-3637

www.sacdhhhs.com

Interpreters available

Comments: Provides emergency crisis intervention; accepts indigent individuals and Medi-Cal; does not have a specific geriatric unit.

Sacramento Mental Health Association

9719 Lincoln Village Drive, Suite #503

Sacramento, CA 95827

(916) 366-4600

www.mhasc.org

information@mhasc.org

Comments: Promotes mental well-being, advocacy, and delivery of services; offers information and referrals to therapists and self-help groups; senior peer counseling program available.

Samaritan Counseling Center

3701 J Street, Suite 207

Sacramento, CA 95816

(916) 456-4614

www.samaritancounseling.com

center@samaritancounseling.com

Comments: Counseling to individuals, seniors and families on a variety of issues; specialists available in individual, couples and family counseling, and spiritual needs; sliding scale is available.

South Sacramento Counseling Center

7486 Center Parkway

Sacramento, CA 95823

(916) 427-5208

Spanish, Hmong

Comments: Professional staff offers counseling offers counseling on acute and chronic illness or emotional issues; sliding scale is available.

Turning Point Community Programs

3440 Viking Drive, Suite 114

Sacramento, CA 95827

(916) 364-8395

www.tpcp.org

joyatienza@tpcp.org

22 languages

Comments: Mental health services and advocacy to adults with disabilities and their families.

Visions Unlimited Inc.

7000 Franklin Blvd., Suite 200

Sacramento, CA 95823

(916) 393-2203

Hmong, Min, Hindi, Vietnamese, Spanish,

Cambodian, Chinese, and Cantonese

Comments: Outpatient mental health clinics offering brief mental health services to minorities and seniors. Provides screening, assessment, therapy and medication management; sliding scale.

WEAVE Counseling Center

1900 K Street

Sacramento, CA 95814

(916) 920-2952 crisis

(916) 448-2321 business

www.weaveinc.org
info@weaveinc.org
Spanish and interpreters
Comments: Crisis intervention and counseling for victims of domestic violence or sexual assault.

NUTRITION AND MEALS

Northminster Presbyterian Church - Brown Bag Program

3235 Pope Avenue
Sacramento, CA 95821
(916) 487-5192
office@northminsteronline.org
Comments: Bags of food available to seniors ages 60+. Must be on SSI or lower income. No delivery available.

Prince of Peace Church

7501 Franklin Blvd.
Sacramento, CA 95823
(916) 422-2350
pop2@cwnet.com
Comments: Program on the first Wednesday of the month for seniors with limited income. Sliding scale.

Senior Nutrition Services – Meals on Wheels

***A4AA Provider**
847 F Street
West Sacramento, CA 95605
(916) 874-4701
www.mowsacramento.org\
brownjani@saccounty.net
Spanish, Hmong, Tagalog, Ilokano, Japanese, Indonesian, and Cantonese
Comments: Congregate noon meals for seniors (60+) at 24 locations throughout Sacramento. Call for site nearest you. Meals on Wheels Program for homebound seniors.

SENIOR CENTERS SENIOR ACTIVITIES

A. Warren McClaskey Adult Center

5241 J Street
Sacramento, CA 95819
(916) 277-6625
www.scudsd.edu/adult_education
Spanish

Comments: Activities for those 55+ in arts and crafts, personal sewing, upholstery, electrical appliance repair, and computers. Classes also for developmentally delayed students.

Arcade Creek Recreation and Park District

4855 Hamilton Street
Sacramento, CA 95841
(916) 482-8377
www.arcadecreekrecreation.com
acrpd@arcadecreekrecreation.com
Comments: Senior drop-in program. Participants meet to learn about and discuss current topics, community resources, fine arts and applied arts. Watercolor and oil painting, needlework, sewing, ceramics, and other craft projects.

Asian Community Center *A4AA Provider

7375 Park City Drive
Sacramento, CA 95816
(916) 393-9026
www.accsv.org
info@accsv.org
Cantonese, Japanese, Mandarin, and Tagalog
Comments: Senior activities, special events, dance, health, arts, culture, technology and cooking classes, informational and supportive workshops.

Belle Coolegge Community Center

5699 South Land Park Drive
Sacramento, CA 95822
(916) 264-5610
www.cityofsacramento/parksandrecreation.org
Comments: Offers aerobics and exercise classes, ballroom dancing, bridge, senior sewing, stretch classes and calligraphy classes.

Carmichael Recreation and Park District

5750 Grant Avenue
Carmichael, CA 95608
(916) 485-5322
www.carmichaelpark.com
info@carmichaelpark.com
Comments: Various activities for all ages including senior citizens' club, trips, dances and arts and crafts.

Cathedral Neighborhood Senior Center

711 J Street
Sacramento, CA 95814
(916) 442-9014

Spanish

Comments: Drop-in coffee, breakfast, movies and socialization.

Chabolla Community Center

600 Chabolla Avenue
Galt, CA 95632
(209) 366-7180

Comments: Recreational activities, dancing and arts; senior meal program and senior services programs are available.

City of Folsom Community Center

52 Natoma Street
Folsom, CA 95630
(916) 355-7299

www.folsom.ca.us

Comments: Health and recreational activities.

Coloma Community Center

4623 T Street
Sacramento, CA 95819
(916) 277-6060

Comments: Aerobics, shuffle board, education classes, bridge and sewing, City Safari tours, and park reservations..

Cordova Senior Activities Center

3480 Routier Road
Sacramento, CA 95827
(916) 366-3133

cordovarscenter@sbcglobal.net

Comments: Recreational activities including exercise, tai chi, yoga, line and ballroom dancing, genealogy, oil painting, watercolors, floral techniques, arts and crafts. Respite care service, financial and legal counseling, handyman service, nutrition program and some transportation services to center.

Ethel Hart Senior Center

915 27th Street
Sacramento, CA 95816
(916) 808-5462

www.cityofsacramento.org/hartcenter

Spanish, Cantonese, and Tagalog

Comments: Health and fitness services, writing and art classes, ceramics, stitchery, tax and legal assistance, computer classes and much more. Social day care program for memory-impaired adults is available five times a week; senior lunch program.

Fair Oaks Recreation and Park District

4150 Temescal Street
Fair Oaks, CA 95628
(916) 966-1036

www.fairoakspark.org

jdavis@fairoakspark.org

Comments: Health and fitness for those 50+: yoga, cards, arts and crafts, gardening, ballroom dancing, east coast swing, and the Program for Active Seniors which offers social gatherings, trips, health information, bingo, potlucks, meetings the 2nd and 4th Wednesday of the month and much more.

Fulton-El Camino Recreation and Park District

2201 Cottage Way
Sacramento, CA 95825
(916) 927-3802

www.fecrecrepark.com

Comments: Social club; exercise classes on Monday and Wednesday mornings.

George Sim Community Center

6207 Logan Street
Sacramento, CA 95824
(916) 382-3761

Comments: Bingo on Monday, Wednesday and Friday; offers a general activity room.

Joe Mims Jr. Hagginwood Community Center

3271 Marysville Blvd.
Sacramento, CA 95815
(916) 808-6439

www.cityofsacramento.org/ns

Interpreter line, if needed

Comments: Site for senior citizens group Monday-Friday, 10:00 a.m.-1:00 p.m.

Johnston Community Center

231 Eleanor Avenue
Sacramento, CA 95815
(916) 566-6442

Comments: Provides an opportunity for recreation, activities, ceramics; bingo on Thursday and exercise on Monday-Wednesday; walking club on Wednesday, senior lunch program is available.

Mission Oaks Community Center

4701 Gibbons Drive
Carmichael, CA 95608
(916) 972-0336

www.morpd.com
TMcAdam@morpd.com

Comments: Recreation, dances, van tours, bridge, computer, genealogy, ballroom dance, line dance, tap dance, and other classes; arts and crafts, seminars, motorcoach trips, blood pressure screening and tax services; lunch program.

Oak Park Community Center

3425 Martin Luther King Blvd.
Sacramento, CA 95817
(916) 808-6151

Comments: Classes and special events; game room, Senior program including potlucks, field trips, dances, cards and games.

Rio Linda Elverta Recreation and Park District

810 Oak Lane
Rio Linda, CA 95673
(916) 991-5929
www.riolindaelvertaparks.org
rleparkdistrict@rcip.com
Spanish

Comments: Arts, crafts, bingo, trips, adult sports, Senior programs and Senior lunch program.

Robertson Community Center

3525 Norwood Avenue
Sacramento, CA 95838
(916) 566-6419
Hmong

Comments: Offers ceramics, arts and crafts, pool, and ping pong. Senior program.

Rusch Park Community Center

7801 Auburn Blvd.
Citrus Heights, CA 95621
(916) 725-1585
sunrise@sunriserecreationpark.org
Spanish

Comments: Offers a senior exercise program, tennis courts (lessons), karate, yoga, cards.

St. Mel's Catholic Church-Adult Activity Site

4745 Pennsylvania Avenue
Fair Oaks, CA 95628
(916) 967-1229

Comments: Senior activities available every Tuesday; varying art projects including ceramics, silk painting, water colors/acrylic painting, copper enameling and more.

Senior Center of Elk Grove

8830 Sharkey Avenue
Elk Grove, CA 95624
(916) 685-3160
Under construction
tmschultzsceg@yahoo.com

Spanish

Comments: Recreational activities, educational, exercise, and nutrition programs, arts and crafts, seminars, cards, bingo, blood pressure screenings, computer classes, and some transportation is available through Dial-A-Ride program.

Senior Center at Sierra 2

2791 24th Street
Sacramento, CA 95818
(916) 452-3005
www.sierra2.org

seniorcenter@Sierra2.org

Comments: Yoga, tai chi, monthly potluck, field trips, bridge and pinochle, life history writing, crafts, open art studio, ukulele, book club, Monday movie, guest speaker forum, May flea market

Southgate Recreation & Park District - Fruitridge Community Center

4000 Fruitridge Road
Sacramento, CA 95820
(916) 422-7610
www.southgaterecandpark.net
Spanish

Comments: Recreational activities, bingo, senior clubs and seminars, senior nutrition program, casino bus trips, card playing groups.

Stanford Settlement *A4AA Provider

450 West El Camino Avenue
Sacramento, CA 95833
(916) 927-1303
www.stanfordsettlement.org
srjfelion@aol.com
Spanish

Comments: Drop-in center, information and assistance, health and wellness activities. Recreation, ceramics, podiatry care, limited transportation, brown bag program and senior lunch program.

Women's Civic Improvement Center

3555 3rd Avenue
Sacramento, CA 95817

(916) 457-8661
www.wcicinc.org
American Sign Language, Hmong, Mien, Spanish
Comments: Senior nutrition program for those 60+;
donations are accepted.

YMCA of Greater Sacramento

2021 W Street
Sacramento, CA 95818
(916) 452-9622
www.sacymca.org
member@sacymca
French

Comments: Senior programs and active adult
exercise programs. Arthritis water program, ball
stretching classes, healthy back, senior yoga classes,
and other active senior programs.

YMCA - Northeast Branch

3127 Eastern Avenue
Sacramento, CA 95821
(916) 483-6426
www.sacymca.org

Comments: Offers a variety of senior classes and
activities including adult fitness and yoga; aquatics
program available Monday - Thursday (pool open
June-August).

SUPPORT GROUPS

Al-Anon/Alateen

5429 Palm Avenue, Suite A
Sacramento, CA 95841
(916) 334-2970
(916) 334-2971

Alcoholics Anonymous

7500 14th Avenue, Suite 27
Sacramento, CA 95820
(916) 454-1100
www.aasacramento.org
centraloffice@aasacramento.org
Spanish

Alzheimers Aid Society of Northern California

2641 Cottage Way, Suite 4
Sacramento, CA 95825
(916) 448-7001
(800) 540-3340
www.alzheimersaidsociety.org
infoatalzherimersaidsociety.org

Alzheimers Association

530 Bercut Drive, Suite A
Sacramento, CA 95814
(916) 930-9080
(800) 272-3900
www.alznorcal.org
denise.davis@alznorcal.org
Language Line

American Association of Kidney Patients

3505 E. Frontage Road, #315
Tampa, FL 33607
(800) 749-2257
www.aakp.org
info@aakp.org

American Cancer Society

1765 Challenge Way, Suite 115
Sacramento, CA 95815
(916) 446-7933
(800) 227-2345
www.cancer.org
Spanish and Language Line

American Chronic Pain Association

P.O. Box 850
Rocklin, CA 95677
(916) 632-0922
(800) 533-3231
www.theacpa.org
acpa@pacbell.net

American Diabetes Association

2720 Gateway Oaks Drive, Suite 110
Sacramento, CA 95833
(916) 924-3232
www.diabetes.org
NSelph@diabetes.org
Spanish

American Stroke Association

2007 O Street
Sacramento, CA 95814
(888) 478-7653
www.strokeassociation.org
Spanish

Amyotrophic Lateral Sclerosis Association - Greater Sacramento

2717 Cottage Way, Suite 8
Sacramento, CA 95825

(916) 979-9265
www.alssac.org
patientservices@alssac.org

Arthritis Foundation
3040 Explorer Drive, Suite 1
Sacramento, CA 95827
(916) 368-5599
(800) 571-3456
www.arthritis.org
info.neca@arthritis.org

Bereavement Network Resources of Sacramento
P.O. Box 660365
Sacramento, CA 95866
(916) 557-5882
www.griefhelpsacramento.com

Breathe California of Sacramento Emigrant Trails
909 12th Street
Sacramento, CA 95814
(916) 444-5900
www.sacbreathe.org
staff@sacbreathe.org
Spanish

Caregiver Support Group, Sutter Roseville Hospital, Senior Service
One Medical Plaza
Roseville, CA 95661
(916) 781-1559
www.sutterhealth.org

Caregiver Support Group
St. Marks United Methodist Church
2391 St. Marks Way
Sacramento, CA 95864
(916) 483-7848
www.stmarksumc.com

Del Oro Caregiver Resource Center
***A4AA Provider**
5723 Marconi Avenue, Suite A
Carmichael, CA 95608
(916) 971-0893
(800) 635-0220
www.deloro.com
crc@deloro.org
Spanish and Chinese

Essential Tremor Support Group
5265 H Street
Sacramento, CA 95816
(916) 332-5381

Family and Friends of Aging Adults
Eskaton Adult Day Health Center
5105 Manzanita Avenue
Carmichael, CA 95608
(916) 334-1072
www.eskaton.org

Huntington's Disease Society of Northern California
2860 Gateway Oaks Drive, Suite 300
Sacramento, CA 95833
(888) 828-7343
www.hdsanortherncalifornia.org
plriley@sundt.com

Leukemia and Lymphoma Society
4604 Roseville Road, Suite 100
North Highlands, CA 95660
(916) 348-1793
www.lls.org/sac
susan.anthes@lls.org
Spanish

Lupus Foundation of America, Northern California Chapter
2775 Cottage Way, Suite 5
Sacramento, CA 95825
(916) 973-0776
www.lupuscalifornia.org
Jenny@lupuscalifornia.org

National Multiple Sclerosis Society
4225 Northgate Blvd., Suite 4
Sacramento, CA 95834
(916) 927-8000
www.msconnection.org
Spanish

Muscular Dystrophy Association
650 University Avenue, Suite 108
Sacramento, CA 95825
(916) 921-9518
www.mdausa.org
sacramento.mda@mdausa.org

NorCal Center on Deafness/Hearing Loss

4708 Roseville Road, Suite 111
 North Highlands, CA 95660
 (916) 349-7500
www.norcalcenter.org
info@norcalcenter.org cnoble@norcalcenter.org

Parkinson Association of Northern California

900 Fulton Avenue, Suite 100-5
 Sacramento, CA 95825
 (916) 489-0226
www.parkinsonsacramento.org
sacvalleypda@aol.com

Sacramento Area Brain Tumor Support Group

U.C.D. Medical Center, Ambulatory Care Center
 4860 Y Street, Room 3015
 Sacramento, CA 95817
 (916) 734-5613
kksmith@ucdavis.edu

Sacramento Mental Health Association

9719 Lincoln Village Drive, Suite 503
 Sacramento, CA 95827
 (916) 366-4600
www.mhasc.org
information@mhasc.org
 Comments: Promotes mental well-being, advocacy and delivery of services; offers information and referrals to therapists and self-help groups; senior peer counseling program available.

Sacramento Post Polio Support Group

P.O. Box 3043
 Citrus Heights, CA 95611
 (916) 725-4077 (800) 215-0381
sppsg@cwnet.com

Society for the Blind

2750 24th Street
 Sacramento, CA 95818
 (916) 452-8271
www.societyfortheblind.org

Sutter Stroke Support Group

Sutter General Hospital
 2800 L Street
 Sacramento, CA 95816
 (916) 454-6976
 (916) 454-6979
www.sutterhealth.org

cartert2@sutterhealth.org
 Spanish, Russian, Cantonese, Hispanic, and German

United Cerebral Palsy Association of Greater Sacramento

191 Lathrope Way, Suite N
 Sacramento, CA 95815
 (916) 565-7700
www.ucpsacto.org
ucp@ucpsacto.org
 Spanish

TRANSPORTATION**American Cancer Society**

1765 Challenge Way, Suite 115
 Sacramento, CA 95815
 (800) 227-2345
www.cancer.org
 Multiple Language Line
 Comments: Free to cancer patients.

Asian Community Center *A4AA Provider

7375 Park City Drive
 Sacramento, CA 95831
 (916) 393-9026, ext. 33
www.accsv.org
rides@accsv.org
 Cantonese, Japanese, Mandarin, and Tagalog
 Comments: Door-to-door transportation to older adults residing in the 95814, 95831, 95822, 95823, and 95818 zip codes. Priority to attendees at the Asian Community Center classes and respite programs.

Folsom Stage Line

50 Natoma Street
 Folsom, CA 95630
 (916) 355-8395
www.folsom.ca.us
kgary@folsom.ca.us
 Comments: Commuter service to light rail stations, M-F. Public transit service within Folsom.

Dial A Ride

50 Natoma Street
 Folsom, CA 95630
 (916) 355-8347
www.folsom.ca.us
kgary@folsom.ca.us

Comments: Curb-to-curb transportation service within Folsom city limits for seniors 55+ and residents who have a physical, developmental, or mental disability.

Med Star

P.O. Box 292007
Sacramento, CA 95829
(916) 961-5905
Spanish
Comments: Sacramento and El Dorado counties; long distance services available; reservations required. Monday-Saturday, 7:30 a.m.-4:30 p.m.

Paratransit, Inc.

2501 Florin Road
Sacramento, CA 95822
(916) 429-2009
www.paratransit.org
Spanish
Comments: Transportation for individuals with disabilities who are prevented from using public transit some or all of the time and seniors over the age of 75. Must register for eligibility.

Pride Industries Transportation

10030 Foothills Blvd.
Roseville, CA 95747
(530) 888-7433
Tralstlation services
Comments: Medical transportation. Must originate in Placer County, but goes into Sacramento County and further depending on availability. Monday-Friday, minimum of 24 hours notice medical transportation. Booking up to two weeks in advance. First-come, first-served.

Sacramento Regional Transit

1400 29th Street
Sacramento, CA 95816
(916) 321-2877
www.sacrt.com
Comments: Seniors (62+) and disabled; \$1.00 each way; daily pass \$2.50; semi-monthly pass \$21.25, monthly pass, \$42.50; wheelchair lifts and ramps.

South County Services *A4AA Provider

539 N. Lincoln Way
Galt, CA 95632
(209) 745-9174
dirconcilio@sbcglobal.net

Spanish

Comments: No charge, but donations accepted. Transportation to medical appointments; no wheelchair lift. Two working days notice required.

Stewart & Sons

P.O. Box 221041
Sacramento, CA 95831
(916) 548-0500
Comments: Sacramento County, 7 days a week, wheelchair lift, gurney service, long distance available.

TLC Transportation

5751 Excelsior Road
Sacramento, CA 95827
(916) 368-5202 (ambulance/gurney)
(916) 663-5584 (wheelchair/ taxi)
www.transportmenow.com
tlctransportation@juno.com
Comments: Ambulance, gurney, wheelchair, taxi. Greater Sacramento area; local and long distance service available; Monday-Saturday, 24-hour ambulance (bills insurance.)

VETERANS SERVICES

California Department of Veterans Affairs

1227 O Street, 1st Fl., Rm. 105
Sacramento, CA 95814
(800) 952-5626
www.cdva.ca.gov
vetservices@cdva.ca.gov
Comments: Provides California veterans and their families with aid and assistance in presenting their claims for veterans' benefits.

Sacramento County Veterans Service Office

2007 19th Street
Sacramento, CA 95818
(916) 874-6811
www.dhaweb.saccounty.net
Comments: Assists veterans and dependents with claims and services including federal, state, and local veterans' benefits and programs.

Sacramento Veterans Resource Center

7270 E. Southgate Drive
Sacramento, CA 95823
(916) 393-8387
www.vietvets.org

Comments: Homeless veterans service organization. Offering transitional housing employment services, residential drug and alcohol treatment, and limited assistance to employment focused veterans.

Veterans Affairs Department - Hospital & Outpatient Clinic

10535 Hospital Way

Mather, CA 95655

(916) 843-7000 and dial "O" for operator

www.va.gov

Comments: Most medical services. Urgi-Center 24 hours/7 days a week.

Veterans of Foreign Wars

1510 J Street, Suite 110

Sacramento, CA 95814

(916) 449-8850

www.vfwca.org

info@vfwca.org

Comments: Represents veterans and their families with claims for benefits from the VA, the armed forces, the Social Security Administration, and other government agencies. Veterans need not be VFW members to take advantage of this assistance, which is provided free