

PLACER COUNTY

Senior Resource Guide

2013 / 2014



KAISER PERMANENTE®



Sutter Health

Sacramento Sierra
Region



Sutter Auburn Faith
Hospital Foundation
Sutter Health



Sutter Roseville
Medical Center
Foundation
Sutter Health



Keeping Seniors Independent



To you it's about making the right choice...*To us, it's personal.*

Whether you are looking for someone to help you or a loved one a few hours a week, or need more comprehensive assistance, Home Instead can help.

- Mobility/Transfer Assistance
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- Light Housekeeping
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- Hospice Care
- Transportation/Errands
- Meal Preparation

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Placer, El Dorado, and Nevada Counties
for over 15 years.

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916.920.2273

Placer/Nevada Counties

530.885.3904


**Home
Instead**
SENIOR CARE®

To us, it's personal.®

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Assisted Living Placements

Seniors First™ has been providing FREE senior housing placements to seniors in our community for over 15 years. We help you locate and understand the options available to seniors and we try and negotiate the best price for you and whether it is:

- **Active Independent Living**
- **Assisted Living**
- **Board & Care Homes**
- **Alzheimer's/Dementia Care**
- **Skilled Nursing Facilities**

530-889-9500 ext 209

Or 800-878-9222 ext 209

“You’re not alone... let us help!”

Seniors First™ is a non-profit dedicated to helping seniors!



Sutter Auburn Faith Hospital Foundation and Sutter Roseville Medical Center Foundation raise funds in support of patient care programs, capital projects and other health-related needs of our community. One hundred percent (100%) of the dollars raised are utilized to support these programs and purchase life-saving and enhancing equipment for our respective facilities. You truly can be a partner in shaping the developing future of your local Sutter hospital through planned giving. Some gifts are advantageous to the donor by providing significant tax benefits and/or income for life while at the same time changing lives in your community.



As a not-for-profit health care organization, Kaiser Permanente's mission is to provide affordable, high-quality health care services to improve the health and well-being of its members and the communities it serves. Founded in 1945, Kaiser Permanente is one of the nation's largest not-for-profit health plans and is committed to helping shape the future of health care. Consistently ranked high in independent surveys for quality and service, it is recognized as one of America's leading health care providers and not-for-profit health plans, serving more than 8.9 million members in nine states and the District of Columbia. Care for members and patients is focused on their total health and guided by their personal physicians, specialists, and team of caregivers.



530-889-9500 or 800-878-9222
11566 D Avenue, Auburn, CA 95603

Senior Nutrition Programs:
Meals on Wheels (ext. 206)

Senior Cafés (ext. 208)

Transportation Programs:
Health Express (ext. 220)

Door to Door Rides
(ext. 201-Auburn Area)
(ext. 202-Roseville Area)

**SeniorLink Information
& Assistance** (ext. 214 & 216)

Friendly Visitor Program (ext. 219)

**Assisted Living/
Senior Care Consultant** (ext. 209)

Handyperson Program (ext. 205)

Vial of Life (ext. 232)

Executive Director (ext. 203)

Registered Dietician (ext. 212)

**Resource Guide Updates
& Copies** (ext. 214)

Volunteer Coordinator (ext. 232)

Finance Manager (ext. 230)

**Fund Development
Coordinator** (ext. 231)

For your convenience, all resources listed in our SeniorLink database are now available online, 24-7. Visit our Seniors First website for free of charge, immediate access to hundreds of resources within Placer County.

www.SeniorsFirst.org

To enter the database website click on the link under Information & Assistance on the right hand side of the home page.

A PDF version of this guide is available on our website.

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Alphabetical Listings

1-800-SUICIDE 800-273-8255
1020 RX 800-710-2079

A

A Touch of Understanding 916-791-4146
A-1 Rooter, Jeffco Plumbing 530-885-6937
AARP American Assoc. of Retired Persons, Auburn Chapter 530-885-7068
AARP Benefits Quick Link Site www.benefitscheckup.org
AARP Grandparents Information Center 888-687-2277
AARP Mobile Home Insurance 800-752-2461
AARP Safe Driver Program 530-885-6100
Able and Ready - Ramp Specialists 888-735-2253
Abundant Life Fellowship Church 916-783-1989
AccentCare 800-585-7353
Accessibility Connection 916-987-3400
AccuQuest Hearing Center Auburn 530-888-7215
AccuQuest Hearing Center Folsom 916-984-1954
AccuQuest Hearing Center Rocklin 916-786-0100
Adams and Hayes Law, Elder Law Attorneys 916-434-2550
Administration on Aging 877-696-6775
Adult Protective Services, Placer County 888-886-5401
Adventist Community Services 530-823-0345
Affordable Cremation and Burial Plans 916-622-6807
Ageless Designs 916-412-9390
AIDS Info 800-448-0440
Air Ambulance America 800-827-0745
Al-Anon Family Group 888-425-2666

Alcoholics Anonymous District 21	
Northern California Interior Area	530-888-3607
Alliance for Aging Research	202-293-2856
ALS Association Lou Gehrig's Disease	916-979-9265
Alzheimer's Aid Society of Northern California	800-540-3340
Alzheimer's Association - California Council	916-447-2731
Alzheimer's Disease Education and Referral Center	800-438-4380
AM 950 KAHI	530-885-5636
American Association of Diabetes Educators	800-338-3633
American Bar Association	800-285-2221
American Cancer Society Sacramento Office	916-446-7933
	TTY 866-228-4327
American Cancer Society Transportation Program	800-227-2345
American Chronic Pain Association	800-533-3231
American Council of the Blind	800-424-8666
American Diabetes Association Western Region	916-924-3232
American Foundation for the Blind	800-232-5463
American Heart Association Sacramento	916-446-6505
American MedEquip, LLC	916-791-2266
American Medical Response	800-913-9112
American Red Cross Placer District	530-885-9392
American River College Gerontology Department	916-484-8512
American Society on Aging	415-974-9600
Americans with Disabilities Act	800-514-0301
	TTY 800-514-0383
Amtrak	800-872-7245
	TTY/TDD 800-523-6590
Animal Spay & Neuter, A Non-Profit Clinic	530-889-8800
Anxiety & Depression Association of America	240-485-1001
Anytime Anywhere Senior Care	916-742-5564

ApotheCare RX Pharmacy	916-660-9031
Applegate Library	530-878-2721
Area 4 Agency on Aging	916-486-1876
Area 4 Agency on Aging - Senior Employment Program . . .	916-486-1876
Aronson Landscape	916-243-9350
Arthritis Foundation	404-872-7100
Arthritis Foundation - Greater Sacramento Valley Office . . .	916-368-5599
Asian American Donor Program	510-568-3700
Assistive Technology Network	800-390-2699
Auburn Animal Control	530-823-4234
Auburn Area Recreation and Park District	530-885-8461
Auburn, City of, Housing Rehabilitation Program	530-823-4211
Auburn Community Concert Association	916-652-5594
Auburn Community Recycling Center	530-889-2267
Auburn Hearing and Speech Center	530-885-8350
Auburn Interfaith Food Closet	530-885-1921
Auburn Library	530-886-4510
Auburn Moving Company	888-233-8685
Auburn Symphony	530-823-6683
Auburn Transit	530-745-7560
	TTY/TDD 888-745-7885
Auburn Transportation	530-401-0444
Audubon Society Sierra Foothills Chapter.	530-265-4677
AWI Landscape Services	530-745-6236

B

Barbershop Chorus	530-823-0339
Bayham, Marian, LTCP, CSA, Long Term Care Insurance	916-257-0795
Be the Match Foundation	800-507-5427
Beltone Hearing Aids Center	530-885-8350
Bernhard Museum and Winery	530-889-6500
Better Breathers Club	530-889-6067

Better Business Bureau of Northern California	916-443-6843
Better Business Bureau Wise Giving Alliance	703-276-0100
Bloch Cancer Hotline	800-433-0464
Blue Oaks Cremation and Burial Service	916-787-6257
Bob’s Handyman Services	916-410-3707
Bookmobile Library	530-886-4560
Brain Gain	916-791-7640
BrightStar Healthcare	916-781-6500
Bristol Hospice	916-782-5511
Bureau of Automotive Repair	800-952-5210
Buttons & Bows Square Dancing	530-878-0588

C

C Horse Ranch	530-888-7766
CA Kinship Navigator Program	800-546-0047
California Advocates for Nursing Home Reform (CANHR)	415-974-5171
California Alternate Rates for Energy, PG&E	866-743-2273
	TTY/TDD 800-652-4712
California Association for Health Services at Home	916-641-5795
California Coalition for Compassionate Care	916-489-2222
California Community Care Licensing	916-657-2346
California Consumer Home Mortgage Information	888-995-4673
California Contractors State License Board	800-321-2752
California Dental Insurance	310-534-3444
California Department of Aging	916-419-7500
California Department of Consumer Affairs	916-445-1254
	TTY/TDD 800-326-2297
California Department of Corporations	866-275-2677
	TTY/TDD 800-735-2922
California Department of Public Health - Licensing and Certification	916-263-5800

California Department of Rehabilitation - Auburn	530-823-4040
California Department of Rehabilitation - Roseville	916-774-4400
California Health Advocates	916-231-5110
California HealthCare Foundation	510-238-1040
California Health Collaborative - MSSP Program	916-374-7739
California HIV and AIDS Service Referrals	800-367-2437
	TTY/TDD 888-225-2437
California Hospice Foundation	888-252-1010
California Lawn Care	530-305-9893
California LifeLine Telephone Program	866-272-0349
California Low Cost Auto Insurance Program	866-602-8861
California Relay Service	800-855-7100
California Senior Legislature	916-552-8056
California Smokers Helpline	800-662-8887
California State Bar	916-442-8018
California State Franchise Tax Board	800-338-0505
California State University Sacramento Gerontology Program	916-278-7163
California Telephone Access Program - CTAP	800-806-1191
	TTY/TDD 800-806-4474
California Welcome Center Auburn	530-887-2111
Californians for Patient Care	916-444-5255
Call Kurtis	916-374-1313
CALSTAR 3 Auburn	530-887-0569
CalWORKS, CA Work Opportunity & Responsibility to Kids	530-823-4631
Cancer Hope Network	908-879-4039
CancerCare Co-Payment Assistance Foundation	212-601-9750
Canine Companions for Independence	800-572-2275
Canine Support Teams	951-301-3625
Capitol Corridor Sacramento	877-974-3322
Career Beauty Academy	916-726-5577

Carrington College Dental Hygiene Clinic	916-361-1660
Centers for Disease Control, Publications	800-452-5231
Center for Healthcare Decisions	916-851-2828
Center for Visually Impaired Adults	530-888-6744
Centers for Disease Control and Prevention	404-639-3311
Chapa De Indian Health Program, Inc. Auburn	530-887-2800
Chapel of the Hills Funeral Services	530-885-3773
Children of Aging Parents	800-227-7294
Cirby Clubhouse	916-787-8995
City of Rocklin Parks and Recreation	916-625-5200
City of Rocklin Senior Center	916-625-5200
	TTY 916-632-4013
Colfax Amtrak Station	800-872-7245
Colfax Library	530-346-8211
ComForcare Senior Services	916-784-9233
Community Transportation Association of America	800-891-0590
Compassionate Relocations	916-966-8745
Congress of California Seniors	800-543-3352
Connections - Auburn	530-823-4631
Connections One Stop - Roseville	916-865-2440
Consumer Assistance Program, LSNC	888-354-4474
Consumer Information Center	916-445-1254
Cooling Centers	877-474-3266
Craig Cares	916-782-7121
CRHMFA Homebuyers Fund	855-740-8422
Crohn's-Colitis Foundation of America	800-241-0758
Crossroads Family Final Care, Inc.	916-408-6505

D

DAV Sacramento Chapter 6	916-429-1663
Dean, Lynn, Elder Law Attorney	916-786-7515

Deborah Genovia, Geriatric Care Manager	916-300-2663
Del Oro Caregiver Resource Center	916-728-9333
Dental Hygiene Out & About	916-988-9767
Dental Lifeline Network California Donated Dental Services	530-241-4222
Dial-A-Ride, South Placer County	916-745-7560
	TTY/TDD 888-745-7885
Disabled American Veterans	530-268-7770
Dogs 4 Diabetics, Inc.	925-246-5785
Door to Door Rides - Seniors First	530-889-9500
Driver Please	877-687-3748

E

E. Ashton Enterprises	530-888-1245
Eagle Accessibility Solutions and Equipment	800-327-3650
Early Alert Canines	925-349-5190
Edward Jones Investments	530-823-3600
Elderhostel, Road Scholar	800-454-5768
Elijah's Jar Food Closet	530-367-3085
Energy Partners, PG&E	800-989-9744
	TTY/TDD 800-652-4712
Epilepsy Foundation	800-213-5821
Eskaton Telephone Reassurance	916-334-1072
Eureka Dental Group	916-783-2273
Experience Works Auburn	530-823-4635
Experience Works Roseville	916-865-2440
EyeCare America	877-887-6327
E-Z Way Driving School	530-885-8109

F

Federal Emergency Management Agency	510-627-7100
FERA Program	800-743-5000

Fire Prevention Fee Service Center	888-310-6447
First 5 Placer Children and Families Commission	530-745-1413
First Responder Emergency Medical Services	916-444-1944
Food and Nutrition Information Center	301-504-5414
Foothill Farmers' Market Association	530-823-6183
Foresthill Divide Museum	530-367-3988
Foresthill Library	530-367-2785
Forgotten Soldier Program, The	530-889-2300
Francia Insurance, Long Term Care Insurance	530-886-0811
Friendly Visitor Program - Seniors First	530-889-9500
Funeral Consumers Alliance of Northern California	916-486-3552

G

Gathering Inn, The	916-791-9355
Gay and Lesbian National Hotline	888-843-4564
Generations United	202-289-3979
Gentiva Home Health Services	916-786-7188
Go Direct, U.S. Treasury Payment Center	800-333-1795
Gold Country Amputee Support Group	916-783-9099
Gold Country Museum	530-823-0373
Gold Country Wildlife Rescue	530-886-5500
Golden Drift Museum	530-889-6500
Grandparents Resource Center	303-980-5707
Grandparents Rights Center	248-646-7191
Granite Bay Library	916-791-5590
Great Books Discussion Group	530-888-6177
Green Valley Hospice	916-757-6800
Greyhound Bus Line	800-231-2222
Grief Support Coalition	916-791-2273

Grief Support for Widowed People 530-885-8298
 Griffith Quarry Museum 530-889-6500
Grilli, Larry & Lynn - Real Estate 530-886-5704
 Guide Dogs for the Blind 415-499-4000

H

Habitat for Humanity Foothills Branch 916-781-9601
 Hair by Angela - Mobile Service 530-263-5908
Handyperson Program - Seniors First 530-889-9500
 Harvest Community Church 916-771-4781
 Health & Harmony Wellness Coaching 530-863-8149
Health Express - Seniors First 530-889-9500
 Heart to Heart Transportation 530-674-1515
Help at Home Senior Care 530-885-7444
 Help Wanted? 916-402-2713
Helping Hearts Foundation, Inc. 916-368-7200
 Heritage Oaks Memorial Chapel 916-791-2273
 HERO Home Emergency Relief Organization 530-368-9869
 HICAP Services of Northern California 800-434-0222
 Home Again Medical 916-773-5959
 Home and Money Matters 530-820-3443
Home Instead Senior Care 530-885-3904
 Home Transitions 916-202-1297
 HomeCare Source, The 916-788-8312
Hopper's Plumbing 530-906-3445
 Horticultural Therapy & Design 530-305-4337
 Hospice of the Foothills 530-272-5739
 Housing Rehabilitation Program - City of Roseville 916-774-5270
 TDD 916-774-5220
 Human Ware 800-722-3393
 Humane Society of the Sierra Foothills 530-823-6828

I

Identity Theft Resource Center	888-400-5530
Immigration Hotline	800-477-7901
In Home Services For You	530-320-7931
In Home Support Services, Placer County (IHSS).	888-886-5401
InSight Visually Impaired Support Group	916-782-2406
Insphere Insurance Solutions	619-746-5000
Institute on Aging	415-750-4111
Interim Hospice	916-779-0811

J

Jaspan Medical	800-400-4210
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K

Kaiser Permanente Cancer Support Group	916-474-2236
Kaiser Permanente Chemical Dependence Recovery Program	916-482-1132
Kaiser Permanente Chronic Conditions Management - Alzheimer’s & Dementia Group	916-973-6165
Kaiser Permanente Chronic Conditions Management - COPD Care Management Program	916-746-3485
Kaiser Permanente Chronic Conditions Management - COPD Pulmonary Rehabilitation Program . .	916-784-4373
Kaiser Permanente Health Education Department	916-688-2428
Kaiser Permanente Hearing Center	916-771-6680
Kaiser Permanente Home Health Department	916-486-5400
Kaiser Permanente Hospice Department	916-486-5300
Kaiser Permanente Medical Financial Assistance Program	866-399-7696
Kaiser Permanente Membership Services	800-464-4000
Kaiser Permanente Physical Medicine & Rehabilitation Department - Stroke Support Group	916-771-6611

Kaiser Permanente Roseville Medical Center 916-784-4000
Kaiser Permanente Senior Health 800-747-2189
Kaiser Permanente Skilled Nursing Facility Dept. 916-648-6881
Kaiser Permanente Social Services Department . . 916-474-2236
Kaiser Permanente Vision Essentials 916-746-3937
 KCRA Call 3 916-447-2255
 Keep Your Home California 888-954-5337
 Kids First Family Resource Center - Auburn 530-887-3536
 Kids First Family Resource Center - Roseville 916-774-6802
 Kimberly's Mobile Hair Care 916-837-1637
 Kings Beach Library 530-546-2021

L

Lambert Funeral Home 916-783-0474
 Lassila Funeral Chapels 530-885-6271
 Lazarus Project 916-772-6833
 Legacy Photography by Diane 916-622-0659
 Legal Services of Northern California - Auburn 530-823-7560
 LifeLine Pilots 800-822-7972
LIFS - LaPlante Insurance & Financial Services . . 530-477-0449
 Light for Seniors, Inc., The 888-413-3113
 Lighthouse Counseling and Family Resource Center 916-645-3300
 Lincoln Parks and Recreation 916-434-3220
 Lincoln Transit 916-745-7560
 TTY/TDD 888-745-7885
 Lincoln Twelve Bridges Library 916-434-2410
 Lisa's House of Style & Mobile Service 530-575-4223
 Loomis Basin Food Pantry 916-652-0469
 Loomis Library 916-652-7061
 Low Income Home Energy Assistance Program 916-567-5200

M

Maidu Community Center, Senior Wing	916-774-5960
Mark D. Phipps, DDS	530-885-0697
Martha Riley Community Library	916-774-5221
Maxim Healthcare Services	916-771-7444
Meadow Vista Library	530-878-2647
Medic Alert Foundation International	888-663-4298
Medical Baseline, PG&E	800-743-5000
Medical Board of California	800-633-2322 TTY 916-263-0935
Medi-Cal Solutions	530-885-8887
Medicare Rights Center Hotline	800-333-4114
MedlinePlus	www.medlineplus.gov
Mental Health America of Northern California	916-787-8832
Mercy Center Auburn	530-887-2019
Mobile 1 Dental Care	530-210-6974
Mobile Home Ombudsman	916-323-9801
Movement With Meaning	530-478-1735
Multiple Sclerosis Support Group	530-888-8388
Multi-Purpose Senior Center - Auburn	530-823-8172

N

Nail Reflections	530-885-6408
National Alliance on Mental Illness - NAMI	916-554-0554
National Association of Professional Geriatric Care Managers	520-881-8008
National Bone Marrow Transplant Link	800-546-5268
National Brain Tumor Society	415-834-9970
National Cancer Institute	800-422-6237
National Center for Chronic Disease	800-232-4636 TTY/TDD 888-232-6348
National Consumer Law Center	617-542-8010

National Council on Aging	202-479-1200
National Council on Alcoholism & Drug Dependence	212-269-7797
National Do Not Call Registry	888-382-1222
	TTY/TDD 866-290-4236
National Do Not Mail List	866-284-5816
National Federation for the Blind	410-659-9314
National Health Information Center	301-565-4167
National Hispanic Council on Aging	202-347-9733
National Institute of Mental Health	301-443-4513
	TTY/TDD 866-415-8051
National Institute on Aging Information Center	800-222-2225
	TTY/TDD 800-222-4225
National Kidney Foundation	855-653-2273
National Stroke Association	800-787-6537
Navis Pack and Ship Centers	916-638-3200
Neuropathy Association Pacific Chapter	877-622-6298
New Mourning Counseling Services	530-887-1300
New Organ Donor Registry in California	866-797-2366
NorCal Services for Deaf & Hard of Hearing	916-349-7500
Nor-Cal Mobility	800-225-7361
North Lake Tahoe Express Airport Shuttle Service	866-216-5222
North Tahoe Family Resource Center	530-546-0952
Nursing Home Nannies	916-987-3400

O

Ombudsman Services of Northern California	530-823-8422
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P

Pacific ADA Center	800-949-4232
Pacific Home Medical	530-823-7413
Parkinson's Support Group	530-889-2988
Partnership for Prescription Assistance	888-477-2669
Pathways to Health	530-888-6534
Patient Advocate Foundation	757-873-6668
Pat's Medical Insurance Counseling	916-408-0411

Peace of Mind Products, Inc.	888-824-8848
Penguin's Home Delivered Meals	530-888-7417
Penny-Wise Senior Services	530-823-3888
Penryn Library	916-663-3621
Personal Assistant, The	916-716-5800
Personalized Home Care & Homemaker Agency, Inc.	916-979-4975
PFLAG, Parents and Friends of Gays and Lesbians Support Group	916-863-9622
Placer Community Foundation	530-885-4920
Placer County Adult System of Care Alcohol and Drug Screening Clinic	530-889-7218
Placer County Adult System of Care - Auburn	530-889-7240
Placer County Adult System of Care - Roseville	916-787-8800
Placer County Animal Control Division	530-886-5500
Placer County Board of Supervisors - Auburn	530-889-4010
Placer County Board of Supervisors - Roseville	916-787-8950
Placer County Board of Supervisors - Tahoe	530-581-0345
Placer County Community Clinic - Auburn	530-889-7215
Placer County Community Clinic - Kings Beach	530-546-1970
Placer County Community Clinic - Roseville	916-784-6444
Placer County Contractors Association	530-889-3953
Placer County District Attorney	916-543-8000
Placer County District Attorney's Victim Services	916-543-2570
Placer County Genealogical Society	www.pcgs.pcgenes.com
Placer County Human Services, CalFresh	888-385-5160
Placer County Human Services, General Assistance	888-385-5160
Placer County Human Services, MCSP	888-385-5160
Placer County Human Services, Medi-Cal	888-385-5160
Placer County Law Enforcement Chaplaincy, Inc.	530-820-3427
Placer County Master Gardeners	530-889-7388
Placer County Mental Health - Auburn	888-886-5401
Placer County Mental Health - Roseville	888-886-5401
Placer County Mosquito Control	916-380-5444
Placer County Office of Emergency Services	530-886-5300

Placer County Older Adult Advisory Commission	530-886-3680
Placer County Public Guardian	530-886-2900
Placer County Public Health Nursing	530-889-7141
Placer County Public Information Officer	530-889-4030
Placer County Senior Information and Assistance -	
SeniorLink - Seniors First	530-889-9500
Placer County Senior Peer Counseling	530-886-3413
Placer County Sheriff, Non-Emergency	530-886-5375
Placer County Sheriff, Welfare-Check	530-886-5375
Placer County SPCA - Auburn	530-885-7387
Placer County SPCA - Roseville	916-782-7722
Placer County Superior Court Legal Help Center	916-408-6446
Placer County Transit	530-745-7560
	TTY/TDD 888-745-7885
Placer County Transportation Planning Agency	530-823-4030
Placer County Veterans Service Office - Rocklin	916-780-3290
Placer Dispute Resolution Services	916-645-9260
Placer Food Bank	916-783-0481
Placer Independent Resource Services - PIRS	530-885-6100
	TTY/TDD 530-885-0326
Placer Nature Center	530-878-6053
Placer-Nevada County Medical Society	888-476-3223
Placer Pacers, The	530-637-4633
Placer School for Adults	530-885-8585
Placer Speech and Hearing Services	530-823-7532
Planning for Seniors	530-671-3308
PMM - Personal Medication Management	916-844-8914
Poison Control Center	800-876-4766
Pre-Existing Condition Insurance Plan	866-717-5826
	TTY/TDD 866-561-1604
PRIDE Industries - Auburn	530-888-0331
Professional Educational Programs	530-889-8737
Professional Fiduciary Association of California	916-669-5330

Professional Hearing Aid Center	530-888-7215
Progressive Home Care	530-823-3896
Project Go (HEAP)	888-524-5705
Project MANA	775-298-0008

R

Recology Auburn Placer	530-885-3735
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Recreation and Respite Social Day Care Program - Sutter Medical Group - Auburn & Lincoln . . 916-781-1559

Right At Home	916-302-4243
Right Size Your Move	916-631-6881
Riley-Quinn, Trudi, Attorney	916-782-8212
Robinson, Lyon & Fulton, Attorney	530-823-2010

Rock Creek Care Center 530-885-7051

Rocklin Library	916-624-3133
Rocklin Recreation Department	916-625-5200
Rocklin, City of, Home Repair Program	916-625-5100
Roger's Automotive Repair	530-823-9469
Roseville Adult School	916-782-3952
Roseville Health and Wellness Center	916-677-1200
Roseville Historical Society	916-773-3003
Roseville Housing Authority	916-774-5270
Roseville Library, Downtown Branch	916-774-5221
Roseville Library, Maidu Branch	916-774-5900
Roseville Parks and Recreation Department	916-774-5505
Roseville Ramblers Line Dance Team	916-774-5960
Roseville Telephone Museum	916-786-1621
Roseville Transit	916-745-7560

TTY/TDD 888-745-7885

S

Sacramento City College Dental Health Department	916-558-2303
Sacramento District Dental Society	916-446-1211
Sacramento Society for the Blind	916-452-8271

Saint Vincent de Paul Society - Auburn	530-885-2920
Saint Vincent de Paul Society - Lincoln	916-645-7201
Saint Vincent de Paul Society - Roseville	916-781-3303
Salt Mine, Vine Life Ministries	916-645-3778
Salvation Army Auburn	530-889-3990
Salvation Army Colfax	530-346-2722
Salvation Army Energy Assistance Program, REACH	530-349-9558
Salvation Army Roseville	916-784-3382
Schwan's Home Delivered Meals	888-724-9267
Scripts 4 Less	855-277-2348
Senior Care Consultant - Seniors First.	530-889-9500
Senior Center Without Walls	877-797-7299
Senior Community Garden DeWitt Center	530-889-7385
Senior Gleaners	916-925-3240
Senior LIFE Center of Loomis	916-660-0543
Senior Nutrition Program - Placer County	
Seniors First	530-889-9500
Senior Safe House Sacramento	916-515-9902
Senior Safety Services	916-872-3175
Seniors First	530-889-9500
Shield Healthcare	916-276-4919
Sierra Cab Service	530-823-5893
Sierra Club Seniors	www.motherlode.sierraclub.org
Sierra College Osher Lifelong Learning Institute	916-781-6290
Sierra Council on Alcoholism	530-885-1961
Sierra Donor Services	916-567-1600
Sierra First Baptist Church	530-389-2168
Sierra Foothills AIDS Foundation	www.sierrafoothillsaids.org
Sierra Foothills Cycling Club	www.sfcyclists.com
Sierra Gold Chapter Sweet Adelines	530-885-4202
Sierra Mental Wellness Group - Auburn	530-885-0441
Sierra Mental Wellness Group - Roseville	916-783-5207
Sierra Mental Wellness Group - Tahoe City	530-581-4054

Sierra Phlebotomy Service	530-906-4305
Sierra Reach Ministries	530-878-2705
Sierra Senior Services Truckee Tahoe	530-550-7600
Sierra Services for the Blind and Visually Impaired	530-265-2121
Sierra Vista Community Center	530-346-8726
Simpson Dental Hygiene Practice, Inc.	530-906-2972
Smith-Mottini Financial Advisors	916-797-1020
Smith, Ralph - State Farm Insurance	530-885-8652
Snider's Roofing	916-415-0355
Social Security Administration - Auburn	866-931-6087
	TTY/TDD 800-325-0778
Social Security Administration - Fraud Hotline	800-269-0271
	TTY/TDD 866-501-2101
Social Security Administration - Roseville	866-348-7830
	TTY/TDD 800-325-0778
Sons In Retirement Placer Gold Branch 37 (SIRS)	530-269-1672
Sons In Retirement Sierra Hills Branch 79 (SIRS)	530-885-6943
Sparks Law Library	530-823-2573
Spinal Decompression Center of Auburn	530-885-3154
Stand Up Placer - Auburn	530-823-6224
Stand Up Placer - Roseville	916-773-7273
Storz Fiduciary Services	916-220-3474
Suicide Prevention Auburn	530-885-2300
Suicide Prevention Crisis Line	530-265-5811
Suicide Prevention Lincoln	916-645-8866
Suicide Prevention Roseville	916-773-3111
Sun City Lincoln Hills Community Association	916-625-4000
Sunrise Macular Degeneration Association	916-725-5885
SuperShuttle	916-648-2500
Sutter Auburn Faith Hospital	530-888-4500
Sutter Auburn Faith Hospital Foundation	530-888-4557
Sutter Auburn Faith Hospital Guild	530-888-4500

Sutter Auburn Faith Hospital Lifeline	530-888-4556
Sutter Auburn Faith Hospital Infusion Care	530-886-6760
Sutter Auburn Faith Hospital Lupus Support Group	530-889-8575
Sutter Auburn Faith Hospital Outpatient Rehab . .	530-889-6088
Sutter Auburn Faith Hospital VNA & Hospice . . .	530-886-6650
Sutter Auburn Faith Hospital Wound Care	530-886-6750
Sutter Care at Home/Hospice	916-797-7850
Sutter Care Coordination Program	530-886-2353
Sutter Caregiver Support Groups -	
Auburn, Lincoln & Roseville	916-781-1559
Sutter Center for Psychiatry	916-386-3000
Sutter Express Care	800-972-5547
Sutter Health Lifeline - Roseville	916-782-4989
Sutter Roseville Medical Center	916-781-1000
Sutter Roseville Medical Center Auxiliary	916-781-1089
Sutter Roseville Medical Center Foundation	916-781-1234
Sutter Roseville Medical Center - Senior Services	916-781-1559
Sutter Roseville Outpatient Rehabilitation	916-781-1117
Sutter Roseville Wound Care Center	916-781-1386

T

Tahoe Area Regional Transit	530-550-1212
	TTY/TDD 530-550-9223
Tahoe City Library	530-583-3382
Tahoe Forest Home Health Hospice	530-582-3244
Tahoe SAFE Alliance	800-736-1060
Tahoe Trolley	530-550-1212
Taylor Marketing Services	916-721-7518
Team Patterson Realty	916-751-1800
Telephone Preference Service, Do Not Call	888-382-1222
Timberlake Medical Supplies	916-423-2198
TLC Transportation	916-368-2222
Toppenberg, Crystal, Hair Stylist	530-949-6598

Traveling Tooth Fairy 916-206-5000

U

UC Davis Alzheimer's Disease Center 916-734-5496

UC Davis Medical Center 916-734-2011

UC Davis School of Law 530-752-0243

United Healthcare/Medicare Solutions -

David LaPlante 530-477-0449

US Benefits Analysts 916-225-7831

US Department of National Park Service 202-208-3818

US Department of Veterans Affairs 800-827-1000

TTY/TDD 800-829-4833

US Senior Vets, National Headquarters 877-245-8387

USDA Rural Development Area 2 530-885-6505

V

VA Northern Healthcare - Mather Hospital 916-366-5366

Veterans Administration Sierra Foothills Outpatient Clinic 530-889-0872

Veteran's Pain Support Group 800-533-3231

Vial of Life 530-889-9500

Vitas Innovative Hospice Care 916-925-7010

VITEK Reverse Mortgage - Todd Warner 530-575-1685

Voluntary Legal Services Program 916-551-2102

W

Warrior's Soul, Inc. 916-719-2520

Water-Wise House Calls 916-774-5761

Weimar Center of Health and Education 530-637-4111

Welcome Center, The 530-889-7200

Welcome Home, Advocates for Mentally Ill Housing 530-878-5088

WellSpace Health 916-978-1738

Western Placer Waste Management 916-543-3960

Western States Concrete 530-823-1710

Whisper Hearing Center 916-434-1110

White, Helga A., Attorney at Law	530-885-4433
Widowed Persons Association of California, Auburn	530-823-5321
Widowed Persons Association of California, Roseville	916-624-1938
Wordell, C. Kipp, Elder Law Attorney	530-470-0900
Wounded Soldier and Family Hotline	800-342-9647
www.asbestos.com	800-615-2270
www.benefitscal.org	website
www.disabilitybenefits101.org	website
www.lawhelp.org	website
www.lymedisease.org	website
www.medicare.gov	website
www.mentalhealthfirstaid.org	website
www.myhealthresource.org	website
www.online-grocery-shopping.net	877-505-4040
www.placermosquito.org	website
www.volunteermatch.org	415-241-6868

Listing by Category

ACTIVITIES

Auburn Area Recreation and Park District	530-885-8461
Auburn Community Concert Association	916-652-5594
Auburn Symphony	530-823-6683
Audubon Society Sierra Foothills Chapter	530-265-4677
Barbershop Chorus	530-823-0339
Bernhard Museum & Winery	530-889-6500
Buttons & Bows Square Dancing	530-878-0588
Cirby Clubhouse	916-787-8995
City of Rocklin Parks and Recreation	916-625-5200
City of Rocklin Senior Center	916-625-5200
Colfax Library	530-346-8211
Elderhostel, Road Scholar	800-454-5768
Foresthill Divide Museum	530-367-3988
Forgotten Soldier Program, The	530-889-2300
Friendly Visitor Program - Seniors First	530-889-9500
Gold Country Museum	530-823-0373
Golden Drift Museum	530-889-6500
Great Books Discussion Group	530-888-6177
Griffith Quarry Museum	530-889-6500
Lincoln Parks and Recreation	916-434-3220
Maidu Community Center, Senior Wing	916-774-5960
Multi-Purpose Senior Center - Auburn	530-823-8172
Placer County Genealogical Society	www.pcgs.pcgenes.com
Placer County Master Gardeners	530-889-7388
Placer Nature Center	530-878-6053

ACTIVITIES, continued

Placer Pacers, The 530-637-4633

Recreation & Respite Social Day Care Program -

Sutter Medical Group - Auburn & Lincoln . . 916-781-1559

Rocklin Recreation Department 916-625-5200

Roseville Health & Wellness Center 916-677-1200

Roseville Historical Society 916-773-3003

Roseville Parks and Recreation Department 916-774-5505

Roseville Ramblers Line Dance Team 916-774-5960

Roseville Telephone Museum 916-786-1621

Senior Center Without Walls 877-797-7299

Senior Community Garden, Dewitt Center 530-889-7385

Senior LIFE Center of Loomis 916-660-0543

Sierra Club Seniors www.motherlode.sierraclub.org

Sierra College Osher Lifelong Learning Institute 916-781-6290

Sierra Foothills Cycling Club www.sfcyclists.com

Sierra Gold Chapter Sweet Adelines 530-885-4202

Sierra Senior Services Truckee Tahoe 530-550-7600

Sierra Vista Community Center 530-346-8726

Sons in Retirement, Gold Branch 37 (SIRS) 530-269-1672

Sons in Retirement, Sierra Hills Branch 79 (SIRS) 530-885-6943

Sun City Lincoln Hills Community Association 916-625-4000

US Department of National Park Service 202-208-3818

ADULT DAY CARE/SOCIAL MODEL

Recreation & Respite Social Day Care Program -

Sutter Medical Group - Auburn & Lincoln . . 916-781-1559

Senior LIFE Center of Loomis 916-660-0543

ADVANCED MEDICAL DIRECTIVE

Center for Healthcare Decisions	916-851-2828
Kaiser Permanente Health Education Department	916-688-2428
Sutter Auburn Faith Hospital	530-888-4500
Sutter Roseville Medical Center	916-781-1000

ADVOCACY & PLANNING

AARP American Association of Retired Persons, Auburn Chapter	530-885-7068
Adult Protective Services - Placer County	888-886-5401
Alliance for Aging Research	202-293-2856
ALS Association Lou Gehrig's Disease	916-979-9265
Alzheimer's Association – California Council	800-272-3900
American Society on Aging	415-974-9600
Americans with Disabilities Act	800-514-0301
Area 4 Agency On Aging	916-486-1876
Be the Match Foundation	800-507-5427
California Advocates for Nursing Home Reform (CANHR)	415-974-5171
California Association of Health Services at Home	916-641-5795
California Coalition for Compassionate Care	916-489-2222
California Department of Aging	916-419-7500
California Department of Consumer Affairs	916-445-1254
California Department of Corporations	866-275-2677
California Health Collaborative - MSSP Program	916-374-7739
California Senior Legislature	916-552-8056
Call Kurtis	916-374-1313
City of Rocklin Senior Center	916-625-5200
Community Transportation Association of America	800-891-0590
Congress of California Seniors	800-543-3352
Consumer Assistance Program, LSNC	888-354-4474

ADVOCACY & PLANNING, continued

Epilepsy Foundation	800-213-5821
Grandparents Rights Center	248-646-7191
HICAP Services of Northern California	800-434-0222
Institute on Aging	415-750-4111
Kaiser Permanente Senior Health	800-747-2189
Kaiser Permanente Membership Services	800-464-4000
KCRA Call 3	916-447-2255
Lazarus Project	916-772-6833
Light for Seniors Inc, The	888-413-3113
Mental Health America of Northern California	916-787-8832
National Alliance on Mental Illness - NAMI	916-554-0554
National Council on Aging	202-479-1200
National Council on Alcoholism and Drug Dependence	212-269-7797
National Hispanic Council on Aging	202-347-9733
National Institute of Mental Health	301-443-4513
North Tahoe Family Resource Center	530-546-0952
Ombudsman Services of Northern California	530-823-8422
Pacific ADA Center	800-949-4232
Patient Advocate Foundation	757-873-6668
Pat’s Medical Insurance Counseling	916-408-0411
PFLAG, Parents and Friends of Gays and Lesbians Support Group	916-863-9622
Placer County Older Adult Advisory Commission	530-886-3680
Placer County Senior Information and Assistance - SeniorLink - Seniors First	530-889-9500
Placer County Senior Peer Counseling	530-886-3413
Placer County Veterans Service Office Rocklin	916-780-3290
Placer Independent Resource Services-PIRS	530-885-6100
Pre-Existing Condition Insurance Plan	866-717-5826

ADVOCACY & PLANNING, continued

PRIDE Industries - Auburn	530-888-0331
Senior Care Consultant-Seniors First	530-889-9500
Seniors First	530-889-9500
Stand Up Placer - Auburn	530-823-6224
Stand Up Placer - Roseville	916-773-7273
Storz Fiduciary Services	916-220-3474
US Senior Vets, National Headquarters	877-245-8387
Welcome Home, Advocates for Mentally Ill Housing . . .	530-878-5088
Wounded Soldier and Family Hotline	800-342-9647
www.benefitscheckup.org	website
www.lawhelp.org	website

AGING

Administration on Aging	877-696-6775
Ageless Designs	916-412-9390
Alliance for Aging Research	202-293-2856
American River College Gerontology Department	916-484-8512
American Society on Aging	415-974-9600
Area 4 Agency On Aging	916-486-1876
California Department of Aging	916-419-7500
California Senior Legislature	916-552-8056
Experience Works - Auburn	530-823-4635
Experience Works - Roseville	916-865-2440
Institute on Aging	415-750-4111
Kaiser Permanente Senior Health	800-747-2189
National Consumer Law Center	617-542-8010
National Council on Aging	202-479-1200
National Hispanic Council on Aging	202-347-9733

AGING, continued

Placer County Older Adult Advisory Commission 530-886-3680
Senior Care Consultant - Seniors First 530-889-9500

AIDS/HIV

AIDS Info 800-448-0440
California HIV and AIDS Service Referrals 800-367-2437
Centers for Disease Control, Publications 800-452-5231
Sierra Foothills AIDS Foundation www.sierrafoothillsaids.org

ALCOHOL/DRUGS

Al-Anon Family Group 800-425-2666
Alcoholics Anonymous District 21 -
 Northern California Interior Area 530-888-3607
Forgotten Soldier Program, The 530-889-2300

Kaiser Permanente Chemical Dependence

Recovery Program 916-482-1132

National Council on Alcoholism and Drug Department . . . 212-269-7797
Placer County Adult System of Care Alcohol and
 Drug Screening Clinic 530-889-7218
Placer County Adult System of Care - Auburn 530-889-7240
Placer County Adult System of Care - Roseville 916-787-8800
Placer County Senior Peer Counseling 530-886-3413
Salt Mine, Vine Life Ministries 916-645-3778
Sierra Council on Alcoholism 530-885-1961
Sierra Mental Wellness Group - Auburn 530-885-0441
Sierra Mental Wellness Group - Roseville 916-783-5207
Sierra Mental Wellness Group - Tahoe City 530-581-4054

ALCOHOL/DRUGS, continued

Sierra Reach Ministries 530-878-2705
Sutter Roseville Medical Center 916-781-1000
WellSpace Health 916-978-1738
www.mentalhealthfirstaid.org website
www.myhealthresource.org website

ALZHEIMER’S/DEMENTIA

Alzheimer’s Aid Society of Northern California 800-540-3340
Alzheimer’s Association – California Council 916-447-2731
Alzheimer’s Disease Education and Referral Center 800-438-4380
Brain Gain 916-791-7640
Del Oro Caregiver Resource Center 916-728-9333

**Kaiser Permanente Chronic Conditions Management -
Alzheimer’s & Dementia Group 916-973-6165**

Maidu Community Center, Senior Wing 916-774-5960
Movement With Meaning 530-478-1735
National Institute on Aging Information Center 800-222-2225

**Recreation & Respite Social Day Care Program -
Sutter Medical Group - Auburn & Lincoln . . 916-781-1559**

Senior Care Consultant - Seniors First 530-889-9500
Seniors First 530-889-9500

UC Davis Alzheimer’s Disease Center 916-734-5496

AMBULANCE

Air Ambulance America 800-827-0745
American Medical Response 800-913-9112
CALSTAR 3 Auburn 530-887-0569
First Responder Emergency Medical Services 916-444-1944
TLC Transportation 916-368-2222

ANIMALS

Animal Spay & Neuter, A Non-Profit Clinic	530-889-8800
Auburn Animal Control	530-823-4234
C Horse Ranch	530-888-7766
Canine Companions for Independence	800-572-2275
Canine Support Teams	951-301-3625
Dogs for Diabetics	925-246-5785
Early Alert Canines	925-349-5190
Gold Country Wildlife Rescue	530-886-5500
Guide Dogs for the Blind	415-499-4000
Humane Society of the Sierra Foothills	530-823-6828
Placer County Animal Control Division	530-886-5500
Placer County SPCA - Auburn	530-885-7387
Placer County SPCA - Roseville	916-782-7722
Warrior's Soul, Inc.	916-719-2520

ASSISTED LIVING

Helping Hearts Foundation	916-368-7200
Ombudsman Services of Northern California	530-823-8422
Senior Care Consultant - Seniors First	530-889-9500
Seniors First	530-889-9500

ASSISTIVE DEVICES

Accessibility Connection	916-987-3400
AccuQuest Hearing Center Auburn	530-888-7215
AccuQuest Hearing Center Rocklin	916-786-0100
ALS Association Lou Gehrig's Disease	916-979-9265
American Foundation for the Blind	800-232-5463

ASSISTIVE DEVICES, *continued*

American MedEquip, LLC	916-791-2266
Assistive Technology Network	800-390-2699
Beltone Hearing Aids Center	530-885-8350
California Telephone Access Program - CTAP	800-806-1191
Dogs 4 Diabetics, Inc	925-246-5785
Eagle Accessibility Solutions and Equipment	800-327-3650
Early Alert Canines	925-349-5190
Human Ware	800-722-3393
Jaspan Medical	800-400-4210
NorCal Services for Deaf and Hard of Hearing	916-349-7500
Nor-Cal Mobility	800-225-7361
Placer County Human Services, Medi-Cal	888-385-5160
Placer Independent Resource Services-PIRS	530-885-6100
Placer Speech and Hearing Services	530-823-7532
Professional Hearing Aid Center	530-888-7215
Sacramento Society for the Blind	916-452-8271
Sierra Services for the Blind and Visually Impaired	530-265-2121
Sutter Auburn Faith Hospital Lifeline	530-888-4556
Sutter Health Lifeline - Roseville	916-782-4989
Taylor Marketing Services	916-721-7518
Whisper Hearing Center	916-434-1110

AUTO REPAIR

Bureau of Automotive Repair	800-952-5210
Roger's Automotive Repair	530-823-9469

BENEFITS

AARP Benefits Quick Link Site	www.benefitscheckup.org
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BENEFITS, continued

Medi-Cal Solutions	530-885-8887
Medicare Rights Center Hotline	800-333-4114
Placer County Human Services, CalFresh	888-385-5160
Placer County Human Services, General Assistance	888-385-5160
Placer County Human Services, Medi-Cal	888-385-5160
Placer County Veterans Service Office - Rocklin	916-780-3290
Social Security Administration - Auburn	866-931-6087
Social Security Administration - Roseville	866-348-7830
US Benefits Analysts	916-225-7831
US Department of Veterans Affairs	800-827-1000
US Senior Vets, National Headquarters	877-245-8387
www.benefitscal.org	website
www.benefitscheckup.org	website
www.disabilitybenefits101.org	website

BEREAVEMENT

1-800-SUICIDE	800-273-8255
Bristol Hospice	916-782-5511
California Hospice Foundation	888-252-1010
Cirby Clubhouse	916-787-8995
Friendly Visitor Program - Seniors First	530-889-9500
Funeral Consumers Alliance of Northern California	916-486-3552
Grief Support Coalition	916-791-2273
Grief Support for Widowed People	530-885-8298
Hospice of the Foothills	530-272-5739
Interim Hospice	916-779-0811
Maidu Community Center, Senior Wing	916-774-5960
Multi-Purpose Senior Center - Auburn	530-823-8172

BEREAVEMENT, continued

New Mourning Counseling Services	530-887-1300
Placer County Law Enforcement Chaplaincy, Inc.	530-820-3427
Placer County Mental Health - Auburn	888-886-5401
Placer County Mental Health - Roseville	888-886-5401
Placer County Senior Peer Counseling	530-886-3413
Sierra Vista Community Center	530-346-8726
Suicide Prevention - Auburn	530-885-2300
Suicide Prevention - Crisis Line	530-265-5811
Suicide Prevention - Lincoln	916-645-8866
Suicide Prevention - Roseville	916-773-3111
Sutter Auburn Faith Hospital VNA & Hospice . . .	530-886-6650
Sutter Care at Home/Hospice	916-797-7850
Sutter Roseville Medical Center	916-781-1000
Tahoe Forest Home Health Hospice	530-582-3244
Vitas Innovative Hospice Care	916-925-7010
Widowed Persons Association of California, Auburn	530-823-5321
Widowed Persons Association of California, Roseville	916-624-1938

BLIND/VISION IMPAIRMENT

American Council of the Blind	800-424-8666
American Foundation for the Blind	800-232-5463
California Department of Rehabilitation - Auburn	530-823-4040
California Department of Rehabilitation - Roseville	916-774-4400
California Telephone Access Program - CTAP	800-806-1191
Center for Visually Impaired Adults	530-888-6744
EyeCare America	877-887-6327
Guide Dogs for the Blind	415-499-4000
Horticultural Therapy & Design	530-305-4337
Human Ware	800-722-3393

BLIND/VISION IMPAIRMENT, continued

In Home Support Services, Placer County (IHSS)	888-886-5401
InSight Visually Impaired Support Group	916-782-2406
Kaiser Permanente Vision Essentials	916-746-3937
National Federation for the Blind	410-659-9314
Sacramento Society for the Blind	916-452-8271
Sierra Services for the Blind and Visually Impaired	530-265-2121
Sunrise Macular Degeneration Association	916-725-5885

BOARD & CARE HOME INFORMATION

Helping Hearts Foundation	916-368-7200
Senior Care Consultant - Seniors First	530-889-9500

BOOKKEEPERS

Help Wanted?	916-402-2713
Home and Money Matters	530-820-3443
Penny-Wise Senior Services	530-823-3888
Personal Assistant, The	916-716-5800
Personalized Home Care & Homemaker Agency, Inc	916-979-4975
Professional Fiduciary Association of California	916-669-5330

CARE MANAGEMENT

Ageless Designs	916-412-9390
California Health Collaborative - MSSP Program	916-374-7739
Deborah Genova, Geriatric Care Manager	916-300-2663
Kaiser Permanente Chronic Conditions Management - COPD Care Management Program	916-746-3485
Kaiser Permanente Chronic Conditions Management - COPD Pulmonary Rehabilitation	916-784-4373
National Association of Professional Geriatric Care Managers	520-881-8008
Patient Advocate Foundation	757-873-6668
Placer County Adult System of Care - Auburn	530-889-7240

CARE MANAGEMENT, continued

Placer County Adult System of Care - Roseville	916-787-8800
Placer County Human Services, MCSP	888-385-5160
PMM - Personal Medication Management	916-844-8914
Sierra Foothills AIDS Foundation	www.sierrafoothillsaids.org
Storz Fiduciary Services	916-220-3474
Sutter Care at Home/Hospice	916-797-7850
Sutter Care Coordination Program	530-886-2353
UC Davis Alzheimer's Disease Center	916-734-5496

CAREGIVER INFORMATION/RESOURCES

Administration on Aging	877-696-6775
Alzheimer's Association – California Council	916-447-2731
Assistive Technology Network	800-390-2699
CA Kinship Navigator Program	800-546-0047
California Association for Health Services at Home	916-641-5795
CancerCare Co-Payment Assistance Foundation	212-601-9750
Children of Aging Parents	800-227-7294
Del Oro Caregiver Resource Center	916-728-9333
Placer Dispute Resolution Services	916-645-9260
Placer Independent Resource Services - PIRS	530-885-6100
Professional Educational Programs	530-889-8737
Senior Care Consultant - Seniors First	530-889-9500
Sutter Caregiver Support Groups - Auburn, Lincoln & Roseville	916-781-1559
UC Davis Alzheimer's Disease Center	916-734-5496

COMMUNITY MEETING ROOMS

Auburn Area Recreation and Park District	530-885-8461
Auburn Library	530-886-4510

COMMUNITY MEETING ROOMS, *continued*

City of Rocklin Parks and Recreation	916-625-5200
City of Rocklin Senior Center	916-625-5200
Foresthill Library	530-367-2785
Lincoln Twelve Bridges Library	916-434-2410
Mercy Center Auburn	530-887-2019
Multi-Purpose Senior Center - Auburn	530-823-8172
Sierra Vista Community Center	530-346-8726

COMPUTER ACCESS

Auburn Library	530-886-4510
Bookmobile Library	530-886-4560
California Welcome Center Auburn	530-887-2111
Connections - Auburn	530-823-4631
Connections One Stop - Roseville	916-865-2440
Foresthill Library	530-367-2785
Granite Bay Library	916-791-5590
Kings Beach Library	530-546-2021
Lincoln Twelve Bridges Library	916-434-2410
Loomis Library	916-652-7061
Martha Riley Community Library	916-774-5221
Meadow Vista Library	530-878-2647
Multi-Purpose Senior Center - Auburn	530-823-8172
Penryn Library	916-663-3621
Roseville Library, Downtown Branch	916-774-5221
Roseville Library, Maidu Branch	916-774-5900
Sparks Law Library	530-823-2573
Tahoe City Library	530-583-3382
Welcome Center, The	530-889-7200

CONSERVATORSHIP

Dean, Lynn, Elder Law Attorney	916-786-7515
Placer County Public Guardian	530-886-2900
Placer County Superior Court Legal Help Center	916-408-6446
Planning For Seniors	530-671-3308
Robinson, Lyon and Fulton, Attorney	530-823-2010
Storz Fiduciary Services	916-220-3474

CONSUMER AFFAIRS

Better Business Bureau of Northern California	916-443-6843
Better Business Bureau Wise Giving Alliance	703-276-0100
Bureau of Automotive Repair	800-952-5210
California Advocates for Nursing Home Reform (CANHR)	415-974-5171
California Community Care Licensing	916-657-2346
California Contractors State License Board	800-321-2752
California Department of Consumer Affairs	916-445-1254
California Department of Public Health - Licensing and Certification	916-263-5800
California State Bar	916-442-8018
California State Franchise Tax Board	800-338-0505
Call Kurtis	916-374-1313
Consumer Information Center	916-445-1254
Fire Prevention Fee Service Center	888-310-6447
Identity Theft Resource Center	888-400-5530
KCRA Call 3	916-447-2255
Medical Board of California	800-633-2322
Mobile Home Ombudsman	916-323-9801
National Do Not Call Registry	888-832-1222
National Do Not Mail List	866-284-5816

CONSUMER AFFAIRS, continued

Pat's Medical Insurance Counseling 916-408-0411

Placer County Board of Supervisors - Auburn	530-889-4010
Placer County Board of Supervisors - Roseville	916-787-8950
Placer County Board of Supervisors - Tahoe	530-581-0345
Placer County Contractors Association	530-889-3953
Placer County Older Adult Advisory Commission	530-886-3680
Sacramento District Dental Society	916-446-1211
Telephone Preference Service, Do Not Call	888-382-1222

COOLING CENTERS

Auburn Library	530-886-4510
Cooling Centers	877-474-3266
Gathering Inn, The	916-791-9355
Lincoln Twelve Bridges Library	916-434-2410
Placer County Public Information Officer	530-889-4030

CRISIS

Adult Protective Services, Placer County	888-886-5401
Cirby Clubhouse	916-787-8995
Gathering Inn, The	916-791-9355
Institute on Aging	415-750-4111
Lazarus Project	916-772-6833
Lighthouse Counseling and Family Resource Center	916-645-3300
National Alliance on Mental Illness - NAMI	916-554-0554
NorCal Services for Deaf and Hard of Hearing	916-349-7500
Ombudsman Services of Northern California	530-823-8422
Placer County Adult System of Care Alcohol and Drug Screening Clinic	530-889-7218

***CRISIS**, continued*

Placer County Adult System of Care - Auburn	530-889-7240
Placer County Adult System of Care - Roseville	916-787-8800
Placer County District Attorney's Victim Services	916-543-2570
Placer County Law Enforcement Chaplaincy, Inc.	530-820-3427
Placer County Mental Health - Auburn	888-886-5401
Placer County Mental Health - Roseville	888-886-5401
Poison Control Center	800-876-4766
Saint Vincent de Paul Society - Auburn	530-885-2920
Saint Vincent de Paul Society - Lincoln	916-645-7201
Saint Vincent de Paul Society - Roseville	916-781-3303
Salt Mine, Vine Life Ministries	916-645-3778
Salvation Army - Auburn	530-889-3990
Salvation Army - Colfax	530-346-2722
Salvation Army - Roseville	916-784-3382
Senior Safe House Sacramento	916-515-9902
Stand Up Placer - Auburn	530-823-6224
Stand Up Placer - Roseville	916-773-7273
Suicide Prevention - Auburn	530-885-2300
Suicide Prevention - Crisis Line	530-265-5811
Suicide Prevention - Lincoln	916-645-8866
Suicide Prevention - Roseville	916-773-3111
Tahoe SAFE Alliance	800-736-1060
Welcome Center, The	530-889-7200
WellSpace Health	916-978-1738

DENTAL CARE

California Dental Insurance	310-534-3444
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DENTAL CARE, continued

Carrington College Dental Hygiene Clinic	916-361-1660
Chapa De Indian Health Program, Inc - Auburn	530-887-2800
Dental Hygiene Out & About	916-988-9767
Dental Lifeline Network California Donated Dental Services	530-241-4222
Eureka Dental Group	916-783-2273
Mark D Phipps, DDS	530-885-0697
Mobile 1 Dental Care	530-210-6974
Sacramento City College Dental Health Department	916-558-2303
Sacramento District Dental Society	916-446-1211
Simpson Dental Hygiene Practice, Inc.	530-906-2972
Traveling Tooth Fairy	916-206-5000
www.myhealthresource.org	website

DISASTER RELIEF

Air Ambulance America	800-827-0745
AM 950 KAHI	530-885-5636
American Red Cross Placer District	530-885-9392
Area 4 Agency On Aging	916-486-1876
DAV Sacramento Chapter 6	916-429-1663
Federal Emergency Management Agency	510-627-7100
Placer County Public Information Officer	530-889-4030
Salvation Army - Auburn	530-889-3990
Salvation Army - Colfax	530-346-2722
Salvation Army - Roseville	916-784-3382

DOMESTIC VIOLENCE

Stand Up Placer - Auburn	530-823-6224
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DOMESTIC VIOLENCE, continued

Stand Up Placer - Roseville	916-773-7273
Suicide Prevention - Auburn	530-885-2300
Suicide Prevention - Lincoln	916-645-8866
Suicide Prevention - Roseville	916-773-3111
Tahoe SAFE Alliance	800-736-1060

DURABLE MEDICAL EQUIPMENT

American MedEquip, LLC	916-791-2266
California Telephone Access Program - CTAP	800-806-1191
Home Again Medical	916-773-5959
Jaspan Medical	800-400-4210
NorCal Services for Deaf and Hard of Hearing	916-349-7500
Shield Healthcare	916-276-4919
Taylor Marketing Services	916-721-7518
Timberlake Medical Supplies	916-423-2198

EDUCATION

A Touch of Understanding	916-791-4146
AARP Safe Driver Program	530-885-6100
Alzheimer's Aid Society of Northern California	800-540-3340
Alzheimer's Disease Education and Referral Center	800-438-4380
American Association of Diabetes Educators	800-338-3633
American Council of the Blind	800-424-8666
American Foundation for the Blind	800-232-5463
American Heart Association Sacramento	916-446-6505
American Red Cross Placer District	530-885-9392
American River College Gerontology Department	916-484-8512
American Society on Aging	415-974-9600
Anxiety & Depression Association of America	240-485-1001

EDUCATION, *continued*

Arthritis Foundation - Greater Sacramento Valley Office . . .	916-368-5599
Auburn Area Recreation and Park District	530-885-8461
California Advocates for Nursing Home Reform (CANHR)	415-974-5171
California Association for Health Services at Home	916-641-5795
California Community Care Licensing	916-657-2346
California State University Sacramento	
Gerontology Program	916-278-7163
City of Rocklin Parks and Recreation	916-625-5200
City of Rocklin Senior Center	916-625-5200
Community Transportation Association of America	800-891-0590
Dental Hygiene Out & About	916-988-9767
Elderhostel, Road Scholar	800-454-5768
Energy Partners, PG&E	800-989-9744
Epilepsy Foundation	800-213-5821
E-Z Way Driving School	530-885-8109
First 5 Placer Children and Families Commission	530-745-1413
Food and Nutrition Information Center	301-504-5414
Go Direct, U.S. Treasury Payment Center	800-333-1795
Grandparents Resource Center	303-980-5707
Great Books Discussion Group	530-888-6177
Horticultural Therapy & Design	530-305-4337
Institute on Aging	415-750-4111
Kaiser Permanente Health Education Department	916-688-2428
Lighthouse Counseling and Family Resource Center	916-645-3300
Lincoln Parks and Recreation	916-434-3220
Maidu Community Center, Senior Wing	916-774-5960
Mercy Center Auburn	530-887-2019
Pacific ADA Center	800-949-4232

EDUCATION, continued

Placer County Adult System of Care Alcohol and
Drug Screening Clinic 530-889-7218

Placer County Master Gardeners 530-889-7388

Placer Nature Center 530-878-6053

Placer School for Adults 530-885-8585

PRIDE Industries Auburn 530-888-0331

Professional Educational Programs 530-889-8737

Rocklin Recreation Department 916-625-5200

Roseville Adult School 916-782-3952

Roseville Parks and Recreation Department 916-774-5505

Sacramento City College Dental Health 916-558-2303

Seniors First 530-889-9500

Sierra College Osher Lifelong Learning Institute 916-781-6290

Sparks Law Library 530-823-2573

UC Davis School of Law 530-752-0243

Vitas Innovative Hospice Care 916-925-7010

Weimar Center of Health and Education 530-637-4111

www.lymedisease.org website

EMERGENCY ALERT

AM 950 KAHI 530-885-5636

Federal Emergency Management Agency 510-627-7100

Placer County Public Information Officer 530-889-4030

EMERGENCY RESPONSE/SERVICES

1-800-SUICIDE 800-273-8255

Air Ambulance America 800-827-0745

American Medical Response 800-913-9112

EMERGENCY RESPONSE/SERVICES, *continued*

American Red Cross Placer District	530-885-9392
CALSTAR 3 Auburn	530-887-0569
Federal Emergency Management Agency	510-627-7100
First Responder Emergency Medical Services	916-444-1944
LifeLine Pilots	800-822-7972
Placer County District Attorney's Victim Services	916-543-2570
Placer County Law Enforcement Chaplaincy, Inc.	530-820-3427
Placer County Mental Health - Auburn	888-886-5401
Placer County Mental Health - Roseville	888-886-5401
Placer County Office of Emergency Services	530-886-5300
Placer County Sheriff, Welfare-Check	530-886-5375
Project Go (HEAP)	888-524-5705
Sacramento District Dental Society	916-446-1211
Saint Vincent de Paul Society - Auburn	530-885-2920
Saint Vincent de Paul Society - Lincoln	916-645-7201
Saint Vincent de Paul Society - Roseville	916-781-3303
Salvation Army - Auburn	530-889-3990
Salvation Army - Colfax	530-346-2722
Salvation Army - Roseville	916-784-3382
Senior Safe House Sacramento	916-515-9902
Stand Up Placer - Auburn	530-823-6224
Stand Up Placer - Roseville	916-773-7273
Suicide Prevention - Auburn	530-885-2300
Suicide Prevention - Crisis Line	530-265-5811
Suicide Prevention - Lincoln	916-645-8866
Suicide Prevention - Roseville	916-773-3111

EMERGENCY RESPONSE/SERVICES, continued

Sutter Auburn Faith Hospital	530-888-4500
Sutter Auburn Faith Hospital Lifeline	530-888-4556
Sutter Center for Psychiatry	916-386-3000
Sutter Health Lifeline - Roseville	916-782-4989
Sutter Roseville Medical Center	916-781-1000
Tahoe SAFE Alliance	800-736-1060
UC Davis Medical Center	916-734-2011
Vial of Life	530-889-9500

EMPLOYMENT

Area 4 Agency On Aging - Senior Employment Program . . .	916-486-1876
California Department of Rehabilitation - Auburn	530-823-4040
California Department of Rehabilitation - Roseville	916-774-4400
California Welcome Center Auburn	530-887-2111
CalWORKS, CA Work Opportunity and Responsibility to Kids	530-823-4631
Connections - Auburn	530-823-4631
Connections One Stop - Roseville	916-865-2440
Experience Works - Auburn	530-823-4635
Experience Works - Roseville	916-865-2440
National Council on Aging	202-479-1200
NorCal Services for Deaf and Hard of Hearing	916-349-7500
PRIDE Industries - Auburn	530-888-0331

END OF LIFE CARE/OPTIONS

Bristol Hospice	916-782-5511
California Coalition for Compassionate Care	916-489-2222
California Hospice Foundation	888-252-1010
Center for Healthcare Decisions	916-851-2828

END OF LIFE CARE/OPTIONS, *continued*

Green Valley Hospice	916-757-6800
Hospice of the Foothills	530-272-5739
Interim Hospice	916-779-0811
Kaiser Permanente Hospice Department	916-486-5300
Sutter Auburn Faith Hospital Lifeline	530-888-4556
Sutter Auburn Faith Hospital VNA & Hospice	530-886-6650
Sutter Care at Home/Hospice	916-797-7850
Sutter Health Lifeline - Roseville	916-782-4989
Tahoe Forest Home Health Hospice	530-582-3244
Vitas Innovative Hospice Care	916-925-7010

ENERGY ASSISTANCE PROGRAMS

CRHMFA Homebuyers Fund	855-740-8422
Energy Partners, PG&E	800-989-9744
FERA Program	800-743-5000
Low Income Home Energy Assistance Program	916-567-5200
Medical Baseline, PG&E	800-743-5000
Project Go (HEAP)	888-524-5705
Salvation Army Energy Assistance Program REACH	530-349-9558

FALL PREVENTION

Ageless Designs	916-412-9390
American MedEquip, LLC	916-791-2266
E. Ashton Enterprises	530-888-1245
Kaiser Permanente Senior Health	800-747-2189
Medic Alert Foundation International	888-663-4298
Peace of Mind Products, Inc.	888-824-8848
Sutter Auburn Faith Hospital Lifeline	530-888-4556

FALL PREVENTION, continued

Sutter Health Lifeline - Roseville 916-782-4989

FINANCIAL COUNSELING

Legal Services of Northern California - Auburn 530-823-7560

LIFS - LaPlante Insurance & Financial Services . . 530-477-0449

Light for Seniors Inc, The 888-413-3113

Patient Advocate Foundation 757-873-6668

Smith-Mottini Financial Advisors 916-797-1020

Storz Fiduciary Services 916-220-3474

US Senior Vets, National Headquarters 877-245-8387

FINANCIAL RESOURCES/OPTIONS

Adventist Community Services 530-823-0345

Auburn, City of, Housing Rehabilitation Program 530-823-4211

California Consumer Home Mortgage Information 888-995-4673

California Department of Corporations 866-275-2677

CalWORKS, CA Work Opportunity and
Responsibility to Kids 530-823-4631

CancerCare Co-Payment Assistance Foundation 212-601-9750

Dental Lifeline Network California Donated
Dental Services 530-241-4222

Edward Jones Investments 530-823-3600

Fire Prevention Fee Service Center 888-310-6447

Home and Money Matters 530-820-3443

Housing Rehabilitation Program - City of Roseville 916-774-5270

Kaiser Permanente Medical

Financial Assistance Program 866-399-7696

FINANCIAL RESOURCES/OPTIONS, *continued*

Keep Your Home California	888-954-5337
Lazarus Project	916-772-6833
LIFS - LaPlante Insurance & Financial Services . .	530-477-0449
Partnership for Prescription Assistance	888-477-2669
Personal Assistant, The	916-716-5800
Planning For Seniors	530-671-3308
Professional Fiduciary of California	916-669-5330
US Benefits Analysts	916-225-7831
VITEK Reverse Mortgage - Todd Warner	530-575-1685

FOOD

Abundant Life Fellowship Church	916-783-1989
Adventist Community Services	530-823-0345
Elijah's Jar Food Closet	530-367-3085
Food and Nutrition Information Center	301-504-5414
Foothill Farmers' Market Association	530-823-6183
Harvest Community Church	916-771-4781
Lighthouse Counseling and Family Resource Center	916-645-3300
Loomis Basin Food Pantry	916-652-0469
Penguin's Home Delivered Meals	530-888-7417
Placer County Human Services, CalFresh	888-385-5160
Project MANA	775-298-0008
Saint Vincent de Paul Society - Auburn	530-885-2920
Saint Vincent de Paul Society - Lincoln	916-645-7201
Saint Vincent de Paul Society - Roseville	916-781-3303
Salt Mine, Vine Life Ministries	916-645-3778

FOOD, continued

Salvation Army - Auburn	530-889-3990
Salvation Army - Colfax	530-346-2722
Salvation Army - Roseville	916-784-3382
Schwan's Home Delivered Meals	888-724-9267
Senior Gleaners	916-925-3240
Senior LIFE Center of Loomis	916-660-0543

Senior Nutrition Program - Placer County -

Seniors First	530-889-9500
Sierra First Baptist Church	530-389-2168
Sierra Reach Ministries	530-878-2705
Welcome Home, Advocates for Mentally Ill Housing	530-878-5088
www.myhealthresource.org	website
www.online-grocery-shopping.net	877-505-4040

FOOD BANKS

Abundant Life Fellowship Church	916-783-1989
Auburn Interfaith Food Closet	530-885-1921
Elijah's Jar Food Closet	530-367-3085
Harvest Community Church	916-771-4781
Loomis Basin Food Pantry	916-652-0469
Placer Food Bank	916-783-0481
Project MANA	775-298-0008
Saint Vincent de Paul Society - Auburn	530-885-2920
Saint Vincent de Paul Society - Lincoln	916-645-7201
Saint Vincent de Paul Society - Roseville	916-781-3303
Salt Mine, Vine Life Ministries	916-645-3778

FOOD BANKS, continued

Salvation Army - Auburn	530-889-3990
Salvation Army - Colfax	530-346-2722
Salvation Army - Roseville	916-784-3382
Sierra First Baptist Church	530-389-2168
Sierra Reach Ministries	530-878-2705

FOOD - SENIOR NUTRITION

Area 4 Agency On Aging	916-486-1876
Foothill Farmers' Market Association	530-823-6183
Placer County Human Services, CalFresh	888-385-5160

Senior Nutrition Program - Placer County -

Seniors First	530-889-9500
Sierra Senior Services Truckee Tahoe	530-550-7600

FRAUD

Better Business Bureau of Northern California	916-443-6843
Better Business Bureau Wise Giving Alliance	703-276-0100
California Department of Corporations	866-275-2677
HICAP Services of Northern California	800-434-0222
Identity Theft Resource Center	888-400-5530
Placer County District Attorney	916-543-8000
Placer County Sheriff, Non-Emergency	530-886-5375
Placer Dispute Resolution Services	916-645-9260
Social Security Administration Fraud Hotline	800-269-0271

FUNERAL SERVICES/OPTIONS

Affordable Cremation and Burial Plans	916-622-6807
Blue Oaks Cremation and Burial Service	916-787-6257
CalWORKS, CA Work Opportunity and Responsibility to Kids	530-823-4631
Chapel of the Hills Funeral Services	530-885-3773
Crossroads Family Final Care, Inc	916-408-6505
Funeral Consumers Alliance of Northern California	916-486-3552
Heritage Oaks Memorial Chapel	916-791-2273
Lambert Funeral Home	916-783-0474
Lassila Funeral Chapels	530-885-6271

HAIR/NAIL CARE

Career Beauty Academy	916-726-5577
Hair By Angela	530-263-5908
In Home Services For You	530-320-7931
Kimberly's Mobile Hair Care	916-837-1637
Lisa's House of Style & Mobile Service	530-575-4223
Nail Reflections	530-885-6408
Toppenberg, Crystal, Hair Stylist	530-949-6598

HANDYMAN SERVICES

A-1 Rooter, Jeffco Plumbing	530-885-6937
Bob's Handyman Services	916-410-3707
Handyperson Program - Seniors First	530-889-9500
Hopper's Plumbing	530-906-3445
Placer Independent Resource Services (PIRS)	530-885-6100

HEALTH EDUCATION/RESOURCES

AIDS Info	800-448-0440
Alliance for Aging Research	202-293-2856
Alzheimer’s Disease Education and Referral Center	916-924-3232
American Association of Diabetes Educators	800-338-3633
American Cancer Society - Sacramento Office	800-424-8666
American Diabetes Association Western Region	916-924-3232
American Heart Association Sacramento	916-446-6505
Arthritis Foundation	404-872-7100
Arthritis Foundation - Greater Sacramento Valley	916-368-5599
Be The Match Foundation	800-507-5427
Better Breathers Club	530-889-6070
Bloch Cancer Hotline	800-433-0464
Californians for Patient Care	916-444-5255
Cancer Hope Network	908-879-4039
Centers for Disease Control, Publications	800-452-5231
Centers for Disease Control and Prevention	404-639-3311
Crohn’s-Colitis Foundation of America	800-241-0758
Epilepsy Foundation	800-213-5821
First 5 Placer Children and Families Commission	530-745-1413
Health & Harmony Wellness Coaching	530-863-8149
Institute on Aging	415-750-4111
Kaiser Permanente Health Education Department	916-688-2428
Kaiser Permanente Roseville Medical Center	916-784-4000
Lighthouse Counseling and Family Resource Center	916-645-3300
MedLine Plus	www.nlm.nih.gov
Multiple Sclerosis Support Group	530-888-8388
National Brain Tumor Society	415-834-9970

HEALTH EDUCATION/RESOURCES, *continued*

National Cancer Institute	800-422-6237
National Center for Chronic Disease	800-232-4636
National Council on Aging	202-479-1200
National Health Information Center	301-565-4167
National Institute on Aging Information Center	800-222-2225
National Kidney Foundation	855-653-2273
National Stroke Association	800-878-6537
Neuropathy Association Pacific Chapter	877-622-6298
Pacific Home Medical	530-823-7413
Parkinson’s Support Group	530-889-2988
Placer County Human Services, CalFresh	888-385-5160
Placer County Mosquito Control	916-380-5444
Placer County Public Health Nursing	530-889-7141
Sierra Senior Services Truckee Tahoe	530-550-7600
Spinal Decompression Center of Auburn	530-885-3154
Sutter Auburn Faith Hospital	530-888-4500
Sutter Roseville Medical Center	916-781-1000
Sutter Roseville Medical Center -	
Senior Services	916-781-1559
UC Davis Alzheimer’s Disease Center	916-734-7131
Vial of Life	530-889-9500
Weimar Center of Health and Education	530-637-4111
WellSpace Health	916-978-1738
www.asbestos.com	800-615-2270
www.lymedisease.org	website
www.placermosquito.org	website

HEALTH INSURANCE

Bayham, Marian, LTCP,CSA, Long Term Care Insurance 916-257-0791

HEALTH INSURANCE, continued

California HealthCare Foundation	510-238-1040
Californians for Patient Care	916-444-5255
Consumer Assistance Program, LSNC	888-354-4474
HICAP Services of Northern California	800-434-0222
Medicare Rights Center Hotline	800-333-4114
Pat's Medical Insurance Counseling	916-408-0411
Placer County Adult System of Care - Auburn	530-889-7240
Placer County Adult System of Care - Roseville	916-787-8800
Placer County Human Services, General Assistance	888-385-5160
Placer County Human Services, MCSP	888-385-5160
Placer County Human Services, Medi-Cal	888-385-5160
Pre-Existing Condition Insurance Plan	866-717-5826
Smith, Ralph - State Farm Insurance	530-885-8652
United Healthcare/Medicare Solutions - Dave LaPlante	530-477-0449
US Department of Veterans Affairs	800-827-1000

HEALTH RIGHTS

California Coalition for Compassionate Care	916-489-2222
Californians for Patient Care	916-444-5255
Consumer Assistance Program, LSNC	888-354-4474
National Council on Aging	202-479-1200
Pat's Medical Insurance Counseling	916-408-0411
Pre-Existing Condition Insurance Plan	866-717-5826
Wounded Soldier and Family Hotline	800-342-9647

HEARING IMPAIRED SERVICES/RESOURCES

AccuQuest Hearing Center Auburn	530-888-7215
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HEARING IMPAIRED SERVICES/RESOURCES, *continued*

AccuQuest Hearing Center Rocklin	916-786-0100
Auburn Hearing and Speech Center	530-885-8350
Beltone Hearing Aids Center	530-885-8350
California Telephone Access Program - CTAP	800-806-1191
Canine Companions for Independence	800-572-2275
Canine Support Teams	951-301-3625
Gentiva Home Health Services	916-786-7188
Horticultural Therapy & Design	530-305-4337
Kaiser Permanente Hearing Center	916-771-6680
NorCal Services for Deaf and Hard of Hearing	916-349-7500
Placer Independent Resource Services-PIRS	530-885-6100
Placer Speech and Hearing Services	530-823-7532
Professional Hearing Aid Center	530-888-7215
Whisper Hearing Center	916-434-1110

HOME MODIFICATION/REPAIRS

Able and Ready - Ramp Specialists	888-735-2253
Accessibility Connection	916-987-3400
American MedEquip, LLC	916-791-2266
Auburn, City of, Housing Rehabilitation Program	530-823-4211
Bob's Handyman Services	916-410-3707
CRHMFA Homebuyers Fund	855-740-8422
Eagle Accessibility Solutions and Equipment	800-327-3650
Energy Partners, PG&E	800-989-9744
Habitat for Humanity Foothills Branch	916-781-9601
Handyperson Program - Seniors First	530-889-9500
Hopper's Plumbing	530-906-3445

HOME MODIFICATION/REPAIRS, *continued*

Housing Rehabilitation Program - City of Roseville	916-774-5270
Placer County Contractors Association	530-889-3953
Placer Independent Resource Services-PIRS	530-885-6100
Project Go (HEAP)	888-524-5705
Rocklin, City of, Home Repair Program	916-625-5100
Roseville Housing Authority	916-774-5270
Senior Safety Services	916-872-3175
Snider's Roofing	916-415-0355
USDA Rural Development Area 2	530-885-6505
Water-Wise House Calls	916-774-5761
Western States Concrete	530-823-1710

HOMELESS

American Red Cross Placer District	530-885-9392
Cirby Clubhouse	916-787-8995
DAV Sacramento Chapter 6	916-429-1663
Gathering Inn, The	916-791-9355
Lazarus Project	916-772-6833
Saint Vincent de Paul Society - Auburn	530-885-2920
Saint Vincent de Paul Society - Lincoln	916-645-7201
Saint Vincent de Paul Society - Roseville	916-781-3303
Salt Mine, Vine Life Ministries	916-645-3778
Salvation Army - Auburn	530-889-3990
Salvation Army - Colfax	530-346-2722
Salvation Army - Roseville	916-784-3382
Senior Safe House Sacramento	916-515-9902
Stand Up Placer - Auburn	530-823-6224
Stand Up Placer - Roseville	916-773-7273

HOMELESS, continued

Welcome Center, The 530-889-7200
Welcome Home, Advocates for Mentally Ill Housing 530-878-5088
www.myhealthresource.org website

HOSPICE CARE

Bristol Hospice 916-782-5511
California Coalition for Compassionate Care 916-489-2222
California Hospice Foundation 888-252-1010
Center for Healthcare Decisions 916-851-2828
Gentiva Home Health Services 916-786-7188
Green Valley Hospice 916-757-6800
Hospice of the Foothills 530-272-5739
Interim Hospice 916-779-0811
Kaiser Permanente Hospice Department 916-486-5300
Sutter Auburn Faith Hospital VNA & Hospice . . . 530-886-6650
Sutter Care at Home/Hospice 916-797-7850
Tahoe Forest Home Health Hospice 530-582-3244
Vitas Innovative Hospice Care 916-925-7010

HOSPITALS

California Department of Public Health -
 Licensing and Certification 916-263-5800
Kaiser Permanente Roseville Medical Center . . . 916-784-4000
Sutter Auburn Faith Hospital 530-888-4500
Sutter Auburn Faith Hospital Outpatient
 Rehabilitation 530-889-6088
Sutter Roseville Medical Center 916-781-1000

HOSPITALS, continued

Sutter Roseville Outpatient Rehabilitation 916-781-1117

UC Davis Medical Center 916-734-2011

VA Northern Healthcare - Mather Hospital 916-366-5366

HOTLINES

1-800-SUICIDE 800-273-8255

American Association of Diabetes Educators 800-338-3633

Bloch Cancer Hotline 800-433-0464

California HIV and AIDS Service Referrals 800-367-2437

California Smokers Helpline 800-662-8887

Cancer Hotline Support and Information 800-422-6237

Gay and Lesbian National Hotline 888-843-4564

Immigration Hotline 800-477-7901

Medicare Rights Center Hotline 800-333-4114

National Alliance on Mental Illness - NAMI 916-554-0554

Placer County Sheriff, Non Emergency 530-886-5375

Social Security Administration Fraud Hotline 800-269-0271

Suicide Prevention - Crisis Line 530-265-5811

Sutter Center for Psychiatry 916-386-3000

Wounded Soldier and Family Hotline 800-342-9647

HOUSING PLACEMENTS

Helping Hearts Foundation, Inc. 916-368-7200

Senior Care Consultant - Seniors First 530-889-9500

Seniors First 530-889-9500

IN-HOME CARE/MEDICAL

AccentCare	800-585-7353
BrightStar Healthcare	916-781-6500
California Health Collaborative - MSSP Program	916-374-7739
Gentiva Home Health Services	916-786-7188
Interim Hospice	916-779-0811
Kaiser Permanente Home Health Department	916-486-5400
Maxim Healthcare Services	916-771-7444
Progressive Home Care	530-823-3896
Simpson Dental Hygiene Practice, Inc.	530-906-2972
Sutter Auburn Faith Hospital VNA & Hospice	530-886-6650
Sutter Care at Home/Hospice	916-797-7850
Tahoe Forest Home Health Hospice	530-582-3244
Vitas Innovative Hospice Care	916-925-7010

IN-HOME CARE NON-MEDICAL

AccentCare	800-585-7353
Anytime Anywhere Senior Care	916-742-5564
BrightStar Healthcare	916-781-6500
California Health Collaborative - MSSP Program	916-374-7739
ComForcare Senior Services	916-784-9233
Craig Cares	916-782-7121
Del Oro Caregiver Resource Center	916-728-9333
Generations United	202-289-3979
Help At Home Senior Care	530-885-7444
Helping Hearts Foundation, Inc.	916-368-7200
Home Instead Senior Care	530-885-3904
HomeCare Source, The	916-788-8312

IN-HOME CARE NON-MEDICAL, *continued*

In Home Support Services, Placer County (IHSS)	888-886-5401
Penny-Wise Senior Services	530-823-3888
Personalized Home Care & Homemaker Agency, Inc . . .	916-979-4975
Placer County Adult System of Care - Auburn	530-889-7240
Placer County Adult System of Care - Roseville	916-787-8800
Placer County Human Services, Medi-Cal	888-385-5160
Placer Independent Resource Services - PIRS	530-885-6100
Right at Home	916-302-4243

INFORMATION & ASSISTANCE

AIDS Info	800-448-0440
ALS Association Lou Gehrig's Disease	916-979-9265
Alzheimer's Aid Society of Northern California	800-540-3340
Alzheimer's Association – California Council	916-447-2731
American Bar Association	800-285-2221
American Chronic Pain Association	800-533-3231
Americans with Disabilities Act	800-514-0301
Area 4 Agency on Aging	916-486-1876
California Contractors State Licensing Board	800-321-2752
Institute on Aging	415-750-4111
Kaiser Permanente Roseville Medical Center	916-784-4000
Placer County Adult System of Care - Auburn	530-889-7240
Placer County Adult System of Care- Roseville	916-787-8800
Placer County Contractors Association	530-889-3953
Placer County District Attorney	916-543-8000
Placer County Senior Information & Assistance -	
SeniorLink - Seniors First	530-889-9500

INSURANCE

AARP American Association of Retired Persons, Auburn Chapter	530-885-7068
AARP Mobile Home Insurance	800-752-2461
Bayham, Marian, LTCP,CSA, Long Term Care Insurance	916-257-0795
California Dental Insurance	310-534-3444
California HealthCare Foundation	510-238-1040
California Low Cost Auto Insurance Program	866-602-8861
Edward Jones Investments	530-823-3600
Francia Insurance, Long Term Care Insurance	530-886-0811
HICAP Services of Northern California	800-434-0222
Insphere Insurance Solutions	619-746-5000
Medicare Rights Center Hotline	800-333-4114
Patient Advocate Foundation	757-873-6668
Pat’s Medical Insurance Counseling	916-408-0411
Smith-Mottini Financial Advisors	916-797-1020
Smith, Ralph - State Farm Insurance	530-885-8652
Social Security Administration - Auburn	866-931-6087
Social Security Administration - Roseville	866-348-7830
United Healthcare/Medicare Solutions - Dave LaPlante	530-477-0449

KINSHIP

AARP Grandparents Information Center	888-687-2277
Area 4 Agency on Aging	916-486-1876
CA Kinship Navigator Program	800-546-0047
First 5 Placer Children and Families Commission	530-745-1413
Generations United	202-289-3979
Grandparents Resource Center	303-980-5707
Grandparents Rights Center	248-646-7191

KINSHIP, continued

- Kids First Family Resource Center - Auburn 530-887-3536
- Kids First Family Resource Center - Roseville 916-774-6802

LEGAL SERVICES/RESOURCES

- Adams and Hayes Law, Elder Law Attorneys 916-434-2550**
- American Bar Association 800-285-2221
- Americans With Disabilities Act 800-514-0301
- California Senior Legislature 916-552-8056
- California State Bar 916-442-8018
- Consumer Assistance Program, LSNC 888-354-4474
- Dean, Lynn, Elder Law Attorney 916-786-7515
- Legal Services of Northern California - Auburn 530-823-7560
- National Consumer Law Center 617-542-8010
- National Council on Aging 202-479-1200
- North Tahoe Family Resource Center 530-546-0952
- Patient Advocate Foundation 757-873-6668
- Placer County District Attorney 916-543-8000
- Placer County District Attorney's Victim Services 916-543-2570
- Placer County Superior Court Legal Help Center 916-408-6446
- Placer Dispute Resolution Services 916-645-9260
- Riley-Quinn, Trudi, Attorney 916-782-8212
- Robinson, Lyon and Fulton, Attorney 530-823-2010
- Spark's Law Library 530-823-2573
- Stand Up Placer - Auburn 530-823-6224
- Stand Up Placer - Roseville 916-773-7273
- Storz Fiduciary Services 916-220-3474**
- Voluntary Legal Services Program 916-551-2102

LEGAL SERVICES/RESOURCES, *continued*

White, Helga A, Attorney at Law 530-885-4433
Wordell, C. Kipp, Elder Law Attorney 530-470-0900
www.lawhelp.org website

LIBRARY/LIBRARY SERVICES

Applegate Library 530-878-2721
Auburn Library 530-886-4510
Bookmobile Library 530-886-4560
Colfax Library 530-346-8211
Foresthill Library 530-367-2785
Granite Bay Library 916-791-5590
Kings Beach Library 530-546-2021
Lincoln Twelve Bridges Library 916-434-2410
Loomis Library 916-652-7061
Martha Riley Community Library 916-774-5221
Meadow Vista Library 530-878-2647
Penryn Library 916-663-3621
Rocklin Library 916-624-3133
Roseville Library, Downtown Branch 916-774-5221
Roseville Library, Maidu Branch 916-774-5900
Sparks Law Library 530-823-2573
Tahoe City Library 530-583-3382

MASSAGE THERAPY

Forgotten Soldier Program, The 530-889-2300
Pathways to Health 530-888-6534
Roseville Health and Wellness Center 916-677-1200

MEDICAL ALERT

Dogs 4 Diabetics, Inc.	925-246-5785
Early Alert Canines	925-349-5190
Medic Alert Foundation International	888-663-4298
Peace of Mind Products, Inc.	888-824-8848
Sutter Auburn Faith Hospital Lifeline	530-888-4556
Sutter Health Lifeline - Roseville	916-782-4989

MEDICAL CARE/RESOURCES

Accent Care	800-585-7353
American Chronic Pain Association	800-533-3231
BrightStar Healthcare	916-781-6500
Cancer Hope Network	908-879-4039
Chapa De Indian Health	530-887-2800
Gathering Inn, The	916-791-9355
Kaiser Permanente Roseville Medical Center	916-784-4000
Placer County Adult System of Care - Auburn	530-889-7240
Placer County Adult System of Care - Roseville	916-787-8810
Placer County Community Clinic - Auburn	530-889-7215
Placer County Community Clinic - Kings Beach	530-546-1970
Placer County Community Clinic - Roseville	916-784-6444
Placer County Human Services Medi-Cal	888-385-5160
Placer County Public Health Nursing	530-889-7141
Placer Independent Resource Services - PIRS	530-885-6100
Placer-Nevada County Medical Society	888-476-3223
Pre-Existing Condition Insurance Plan	866-717-5826
Sierra Phlebotomy Service	530-906-4305

MEDICAL CARE/RESOURCES, *continued*

Spinal Decompression Center of Auburn	530-885-3154
Sutter Auburn Faith Hospital Infusion Care	530-886-6760
Sutter Auburn Faith Hospital Wound Care	530-886-6750
Sutter Express Care	800-972-5547
Sutter Roseville Medical Center	916-781-1000
Sutter Roseville Wound Care Center	916-781-1386
UC Davis Medical Center	916-734-2011
VA Northern Healthcare - Mather Hospital	916-366-5366
Veterans Administration Sierra Foothills Outpatient Clinic	530-889-0872
Veteran's Pain Support Group	800-533-3231
WellSpace Health	916-978-1738
www.medicare.gov	website
www.myhealthresource.org	website

MEDI-CAL

California Advocates for Nursing Home Reform (CANHR)	415-974-5171
California Health Collaborative - MSSP Program.	916-374-7739
CalWORKS, CA Work Opportunity and Responsibility to Kids	530-823-4631
Carrington College Dental Hygiene Clinic	916-361-1660
Chapa De Indian Health Program, Inc - Auburn	530-887-2800
Light for Seniors Inc, The	888-413-3113
Medi-Cal Solutions	530-885-8887
Patient Advocate Foundation	757-873-6668
Placer County Adult System of Care - Auburn	530-889-7240

MEDI-CAL, *continued*

Placer County Adult System of Care - Roseville	916-787-8800
Placer County Community Clinic - Auburn	530-889-7215
Placer County Community Clinic - Kings Beach	530-546-1970
Placer County Community Clinic - Roseville	916-784-6444
Placer County Human Services, General Assistance	888-385-5160
Placer County Human Services, Medi-Cal	888-385-5160
Planning for Seniors	530-671-3308
Riley-Quinn, Trudi, Attorney	916-782-8212
Simpson Dental Hygiene Practice, Inc.	530-906-2972
Wordell, C. Kipp, Elder Law Attorney	530-470-0900
www.benefitscal.org	website

MEDICARE BENEFITS CONSULTING

Administration on Aging	877-696-6775
California Health Advocates	916-231-5110
Consumer Assistance Program, LSNC	888-354-4474
Go Direct, U.S. Treasury Payment Center	800-333-1795
HICAP Services of Northern California	800-434-0222
LIFS - LaPlante Insurance & Financial Services . .	530-477-0449
Light for Seniors, Inc., The	888-413-3113
Medi-Cal Solutions	530-885-8887
Medicare Rights Center Hotline	800-333-4114
Pat's Medical Insurance Counseling	916-408-0411
Patient Advocate Foundation	757-873-6668
Social Security Administration - Auburn	866-931-6087
Social Security Administration - Roseville	866-348-7830

MEDICARE BENEFITS CONSULTING, *continued*

www.medicare.gov website

MEDICATION MANAGEMENT RESOURCES

1020 RX 800-710-2079
ApotheCare RX Pharmacy 916-660-9031
California Health Collaborative - MSSP Program 916-374-7739
Maxim Healthcare Services 916-771-7444
Patient Advocate Foundation 757-873-6668
Peace of Mind Products, Inc. 888-824-8848
Penny-Wise Senior Services 530-823-3888
Placer County Public Health Nursing 530-889-7141
PMM - Personal Medication Management 916-844-8914
Scripts 4 Less 855-277-2348
Sutter Care Coordination Program 530-886-2353

MENTAL HEALTH

1-800-SUICIDE 800-273-8255
AccentCare 800-585-7353
Anxiety & Depression Association of America 240-485-1001
C Horse Ranch 530-888-7766
Canine Companions for Independence 800-572-2275
Chapa De Indian Health Program, Inc - Auburn 530-887-2800
Cirby Clubhouse 916-787-8995
Forgotten Soldier Program, The 530-889-2300
Friendly Visitor Program - Seniors First 530-889-9500
Gathering Inn, The 916-791-9355

MENTAL HEALTH, *continued*

Grief Support Coalition	916-791-2273
Grief Support for Widowed People	530-885-8298
Health & Harmony Wellness Coaching	530-863-8149
Lighthouse Counseling and Family Resource Center	916-645-3300
Mental Health America of Northern California	916-787-8832
National Alliance on Mental Illness - NAMI	916-554-0554
New Mourning Counseling Services	530-887-1300
NorCal Services for Deaf & Hard of Hearing	916-349-7500
Placer County Adult System of Care - Auburn	530-889-7240
Placer County Adult System of Care - Roseville	916-787-8800
Placer County Human Services, Medi-Cal	888-385-5160
Placer County Law Enforcement Chaplaincy, Inc.	530-820-3427
Placer County Mental Health - Auburn	888-886-5401
Placer County Mental Health - Roseville	888-886-5401
Placer County Public Health Nursing	530-889-7141
Placer County Senior Peer Counseling	530-886-3413
Placer County Veterans Service Office - Rocklin	916-780-3290
Placer Independent Resource Services - PIRS	530-885-6100
PRIDE Industries - Auburn	530-888-0331
Salvation Army - Auburn	530-889-3990
Salvation Army - Colfax	530-346-2722
Salvation Army - Roseville	916-784-3382
Sierra Mental Wellness Group - Auburn	530-885-0441
Sierra Mental Wellness Group - Roseville	916-783-5207
Sierra Mental Wellness Group - Tahoe City	530-581-4054

MENTAL HEALTH, continued

Stand Up Placer - Auburn	530-823-6224
Stand Up Placer - Roseville	916-773-7273
Suicide Prevention - Auburn	530-885-2300
Suicide Prevention - Crisis Line	530-265-5811
Suicide Prevention - Lincoln	916-645-8866
Suicide Prevention - Roseville	916-773-3111
Sutter Center for Psychiatry	916-386-3000
Tahoe SAFE Alliance	800-736-1060
UC Davis Alzheimer’s Disease Center	916-734-5496
Warrior’s Soul, Inc.	916-719-2520
Welcome Home, Advocates for Mentally Ill Housing	530-878-5088
WellSpace Health	916-978-1738
www.mentalhealthfirstaid.org	website
www.myhealthresource.org	website

MORTGAGES REVERSE/TRADITIONAL

California Consumer Home Mortgage Information	888-995-4673
Keep Your Home California	888-954-5337
VITEK Reverse Mortgage - Todd Warner	530-575-1685

MOVING SERVICE

Auburn Moving Company	888-233-8685
Compassionate Relocations	916-966-8745
Home Transitions	916-202-1297
Navis Pack and Ship Centers	916-638-3200
Right Size Your Move	916-631-6881

NUTRITION RESOURCES/SERVICES

AARP Benefits Quick Link Site	www.benefitscheckup.org
Alliance for Aging Research	202-293-2856
Chapa De Indian Health Program, Inc - Auburn	530-887-2800
Food and Nutrition Information Center	301-504-5414
Forgotten Soldier Program, The	530-889-2300
Placer County Human Services, CalFresh	888-385-5160

Senior Nutrition Program - Placer County

Seniors First 530-889-9500

OCCUPATIONAL THERAPY

AccentCare	800-585-7353
Gentiva Home Health Services	916-786-7188
Sutter Care at Home/Hospice	916-797-7850
Sutter Auburn Faith Hospital	
Outpatient Rehabilitation	530-889-6088
Sutter Roseville Outpatient Rehabilitation	916-781-1117

ORGAN BANK/DONATIONS

Asian American Donor Program	510-568-3700
Be the Match Foundation	800-507-5427
Center for Healthcare Decisions	916-851-2828
National Bone Marrow Transplant Link	800-546-5268
New Organ Donor Registry in California	866-797-2366
Sierra Donor Services	916-567-1600

ORGANIZING

Compassionate Relocations	916-966-8745
Help Wanted?	916-402-2713
Home and Money Matters	530-820-3443
Home Transitions	916-202-1297
Penny-Wise Senior Services	530-823-3888
Personal Assistant, The	916-716-5800
Right Size Your Move	916-631-6881

OUT OF HOME PLACEMENT

Helping Hearts Foundation, Inc.	916-368-7200
Senior Care Consultant - Seniors First	530-889-9500
Seniors First	530-889-9500

PALLIATIVE CARE

Bristol Hospice	916-782-5511
California Coalition for Compassionate Care	916-489-2222
Gentiva Home Health Services	916-786-7188
Green Valley Hospice	916-757-6800
Hospice of the Foothills	530-272-5739
Interim Hospice	916-779-0811
Kaiser Permanente Hospice Department	916-486-5300
Sutter Care at Home/Hospice	916-797-7850
Sutter Auburn Faith Hospital	530-888-4500
Sutter Auburn Faith Hospital VNA & Hospice	530-886-6500
Sutter Roseville Medical Center	916-781-1000
Tahoe Forest Home Health Hospice	530-582-3244
Vitas Innovative Hospice Care	916-925-7010

PHOTOGRAPHY

Legacy Photography by Diane 916-622-0659

PLACEMENT, OUTSIDE THE HOME

Helping Hearts Foundation, Inc. 916-368-7200

Senior Care Consultant - Seniors First 530-889-9500

Seniors First 530-889-9500

PLANNED GIVING

Placer Community Foundation 530-885-4920

Seniors First 530-889-9500

Smith Mottini Financial Advisors 916-797-1020

Sutter Auburn Faith Hospital Foundation 530-888-4557

Sutter Roseville Medical Center Foundation 916-781-1234

PLUMBING

A-1 Rooter, Jeffco Plumbing 530-885-6937

Hopper's Plumbing 530-906-3445

Water-Wise House Calls 916-774-5761

PROTECTIVE SERVICES

Adult Protective Services, Placer County 888-886-5401

Identity Theft Resource Center 888-400-5530

Legal Services of Northern California - Auburn 530-823-7560

Ombudsman Services of Northern California 530-823-8422

Placer County Adult System of Care - Auburn 530-889-7240

Placer County Adult System of Care - Roseville 916-787-8800

PROTECTIVE SERVICES, continued

Placer County District Attorney	916-543-8000
Placer County District Attorney’s Victim Services	916-543-2570
Placer County Public Guardian	530-886-2900
Stand Up Placer - Auburn	530-823-6224
Stand Up Placer - Roseville	916-773-7273
Tahoe SAFE Alliance	800-736-1060

RAMPS, CONSTRUCTION

Able and Ready - Ramp Specialists	888-735-2253
American MedEquip, LLC	916-791-2266
Placer Independent Resource Services-PIRS	530-885-6100
Roseville Housing Authority	916-774-5270
Senior Safety Services	916-872-3175
USDA Rural Development Area 2	530-885-6505

REAL ESTATE AGENTS

Grilli, Larry & Lynn	530-886-5704
Team Patterson Realty.	916-751-1800

RECYCLING

Auburn Community Recycling Center	530-889-2267
Recology Auburn Placer	530-885-3735
Western Placer Waste Management	916-543-3960

REHABILITATION

AccentCare	800-585-7353
California Department of Rehabilitation - Auburn	530-823-4040

REHABILITATION, continued

California Department of Rehabilitation - Roseville 916-774-4400
Horticultural Therapy & Design 530-305-4337
Kaiser Permanente Chemical Dependence
 Recovery Program 916-482-1132
Kaiser Permanente Chronic Conditions Management -
 COPD Pulmonary Rehabilitation Program . . 916-784-4373
Kaiser Permanente Home Health Department . . . 916-486-5400
Kaiser Permanente Physical Medicine & Rehabilitation
 Department - Stroke Support Group 916-771-6611
Kaiser Permanente Skilled Nursing Facility Dept. 916-648-6881
Rock Creek Care Center 530-885-7051
Sutter Auburn Faith Hospital 530-888-4500
Sutter Auburn Faith Hospital
 Outpatient Rehabilitation 530-889-6088
Sutter Roseville Medical Center 916-781-1000
Sutter Roseville Outpatient Rehabilitation 916-781-1117

SAFETY

Ageless Designs 916-412-9390
Placer County Public Health Nursing 530-889-7141
Senior Safety Services 916-872-3175

SCOOTERS

American MedEquip, LLC 916-791-2266
Home Again Medical 916-773-5959
Jaspan Medical 800-400-4210

SENIOR CENTERS

City of Rocklin Senior Center 916-625-5200

SENIOR CENTERS, continued

Maidu Community Center, Senior Wing	916-774-5960
Multi-Purpose Senior Center - Auburn	530-823-8172
Senior LIFE Center of Loomis	916-660-0543
Sierra Senior Services Truckee Tahoe	530-550-7600
Sierra Vista Community Center	530-346-8726

SKILLED NURSING

California Advocates for Nursing Home Reform (CANHR)	415-974-5171
California Department of Public Health - Licensing and Certification	916-263-5800

Kaiser Permanente Skilled Nursing Facility Dept. 916-648-6881

Ombudsman Services of Northern California	530-823-8422
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Rock Creek Care Center 530-885-7051

Senior Care Consultant - Seniors First 530-889-9500

SOCIAL SECURITY

Go Direct, U.S. Treasury Payment Center	800-333-1795
Patient Advocate Foundation	757-873-6668
Social Security Administration - Auburn	866-931-6087
Social Security Administration - Fraud Hotline	800-269-0271
Social Security Administration - Roseville	866-348-7830

SPANISH SPEAKING

Accent Care 800-585-7353

Immigration Hotline 800-477-7901

SPANISH SPEAKING, continued

Lighthouse Counseling and Family Resource Center	916-645-3300
National Hispanic Council on Aging	202-347-9733
National Institute on Aging Information Center	800-222-2225
Personalized Home Care & Homemaker Agency, Inc. . .	916-979-4975
Placer County Mental Health - Auburn	530-889-7240
Placer County Mental Health - Roseville	916-748-7281
Seniors First	530-889-9500
Simpson Dental Hygiene Practice, Inc.	530-906-2972
Social Security Administration - Auburn	866-931-6087
Social Security Administration - Roseville	866-348-7830

SUICIDE PREVENTION

1-800-SUICIDE	800-273-8255
Forgotten Soldier Program, The	530-889-2300
National Institute of Mental Health	301-443-4513
Placer County Adult System of Care - Auburn	530-889-7240
Placer County Adult System of Care - Roseville	916-787-8800
Placer County Mental Health - Auburn	888-886-5401
Placer County Mental Health - Roseville	888-886-5401
Placer County Senior Peer Counseling	530-886-3413
Suicide Prevention - Auburn	530-885-2300
Suicide Prevention - Crisis Line	530-265-5811
Suicide Prevention - Lincoln	916-645-8866
Suicide Prevention - Roseville	916-773-3111
WellSpace Health	916-978-1738
www.mentalhealthfirstaid.org	website

SUPPORT GROUPS

Al-Anon Family Group	800-425-2666
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SUPPORT GROUPS, *continued*

Alcoholics Anonymous District 21 -

Northern California Interior Area	530-888-3607
Alzheimer’s Aid Society of Northern California	800-540-3340
Alzheimer’s Association – California Council	800-272-3900
American Cancer Society Sacramento Office	916-446-7933
American Chronic Pain Association	800-533-3231
American Diabetes Association Western Region	916-924-3232
Better Breathers Club	530-889-6067
C Horse Ranch	530-888-7766
California HIV and AIDS Service Referrals	800-367-2437
California Hospice Foundation	888-252-1010
CancerCare Co-Payment Assistance Foundation	212-601-9750
Cancer Hope Network	908-879-4039
Children of Aging Parents	800-227-7294
Cirby Clubhouse	916-787-8995
Crohn’s-Colitis Foundation of America	800-241-0758
Del Oro Caregiver Resource Center	916-728-9333
Forgotten Soldier Program, The	530-889-2300
Gold Country Amputee Support Group	916-783-9099
Grief Support Coalition	916-791-2273
Grief Support for Widowed People	530-885-8298
InSight Visually Impaired Support Group	916-782-2406
Kaiser Permanente Cancer Support Group	916-474-2236
Kaiser Permanente Chronic Conditions Management -	
Alzheimer’s & Dementia Group	916-973-6165

SUPPORT GROUPS, continued

Kaiser Permanente Physical Medicine & Rehabilitation

Department - Stroke Support Group	916-771-6611
Kaiser Permanente Roseville Medical Center	916-784-4000
Kaiser Permanente Social Services Department . .	916-474-2236
Lighthouse Counseling and Family Resource Center	916-645-3300
Maidu Community Center, Senior Wing	916-774-5960
Multiple Sclerosis Support Group	530-888-8388
Multi-Purpose Senior Center - Auburn	530-823-8172
National Alliance on Mental Illness - NAMI	916-554-0554
National Brain Tumor Society	415-834-9970
National Council on Alcoholism and Drug Dependence . .	212-269-7797
National Kidney Foundation	855-653-2273
Neuropathy Association Pacific Chapter	877-622-6298
New Mourning Counseling Services	530-887-1300
Parkinson's Support Group	530-889-2988
PFLAG, Parents and Friends of Gays and Lesbians Support Group	916-863-9622
Placer County Senior Peer Counseling	530-886-3413
Placer Independent Resource Services-PIRS	530-885-6100
Rocklin Library	916-624-3133
Salt Mine, Vine Life Ministries	916-645-3778
Senior Center Without Walls	877-797-7299
Sierra Council on Alcoholism	530-885-1961
Sierra Foothills AIDS Foundation	www.sierrafoothillsaids.org
Sierra Mental Wellness Group - Auburn	530-885-0441
Sierra Mental Wellness Group - Roseville	916-783-5207
Sierra Mental Wellness Group - Tahoe City	530-581-4054
Sierra Vista Community Center	530-346-8726
Stand Up Placer - Auburn	530-823-6224
Stand Up Placer - Roseville	916-773-7273

SUPPORT GROUPS, continued

Suicide Prevention - Auburn	530-885-2300
Suicide Prevention - Crisis Line	530-265-5811
Suicide Prevention - Lincoln	916-645-8866
Suicide Prevention - Roseville	916-773-3111
Sunrise Macular Degeneration Association	916-725-5885
Sutter Auburn Faith Hospital	530-888-4500
Sutter Auburn Faith Hospital Lupus Support Group	530-889-8575
Sutter Auburn Faith Hospital VNA & Hospice	530-886-6650
Sutter Caregiver Support Groups -	
Auburn, Lincoln & Roseville	916-781-1559
Sutter Roseville Medical Center	916-781-1000
Tahoe SAFE Alliance	800-736-1060
Veteran's Pain Support Group	800-533-3231
Welcome Center, The	530-889-7200
WellSpace Health	916-978-1738
Widowed Persons Association of California, Auburn	530-823-5321
Widowed Persons Association of California, Roseville	916-624-1938
www.lymedisease.org	website

TAHOE AREA SERVICES

North Lake Tahoe Express Airport Shuttle Service	866-216-5222
North Tahoe Family Resource Center	530-546-0952
Placer County Board of Supervisors - Tahoe	530-581-0345
Placer County Community Clinic - Kings Beach	530-546-1970
Sierra Mental Wellness Group - Tahoe City	530-581-4054
Sierra Senior Services Truckee Tahoe	530-550-7600
Tahoe Area Regional Transit	530-550-1212
Tahoe City Library	530-583-3382

TAHOE AREA SERVICES, *continued*

Tahoe Forest Home Health Hospice	530-582-3244
Tahoe SAFE Alliance	800-736-1060
Tahoe Trolley	530-550-1212

TELEPHONE

California LifeLine Telephone Program	866-272-0349
California Telephone Access Program - CTAP	800-806-1191
National Do Not Call Registry	888-832-1222

TELEPHONE REASSURANCE/SUPPORT

1-800-SUICIDE	800-273-8255
California Smokers Helpline	800-662-8887
Eskaton Telephone Reassurance	916-334-1072
Mental Health America of Northern California	916-787-8832
National Alliance on Mental Illness - NAMI	916-554-0554
Nursing Home Nannies	916-987-3400
Senior Center Without Walls	877-797-7299
Suicide Prevention - Auburn	530-885-2300
Suicide Prevention - Crisis Line	530-265-5811
Suicide Prevention - Lincoln	916-645-8866
Suicide Prevention - Roseville	916-773-3111

TRANSPORTATION

Adventist Community Services	530-823-0345
Air Ambulance America	800-827-0745
American Cancer Society Transportation Program	800-227-2345
American Medical Response	800-913-9112

TRANSPORTATION, *continued*

Amtrak	800-872-7245
Auburn Transit	530-745-7560
Auburn Transportation	530-401-0444
Capitol Corridor Sacramento	877-974-3322
Colfax Amtrak Station	800-872-7245
Community Transportation Association of America	800-891-0590
DAV Sacramento Chapter 6	916-429-1663
Dial-A-Ride, South Placer County	916-745-7560
Disabled American Veterans	530-268-7770
Door to Door Rides - Seniors First	530-889-9500
Driver Please	877-687-3748
First Responder Emergency Medical Services	916-444-1944
Greyhound Bus Line	800-231-2222
Health Express - Seniors First	530-889-9500
Heart To Heart Transportation	530-674-1515
Help Wanted?	916-402-2713
LifeLine Pilots	800-822-7972
Lincoln Transit	916-745-7560
North Lake Tahoe Express Airport Shuttle Service	866-216-5222
Penny-Wise Senior Services	530-823-3888
Placer County Transportation Planning Agency	530-823-4030
Placer County Transit	530-745-7560
Roseville Transit	916-745-7560
Salvation Army - Auburn	530-889-3990
Salvation Army - Colfax	530-346-2722
Seniors First	530-889-9500
Sierra Cab Service	530-823-5893
SuperShuttle	916-648-2500

TRANSPORTATION, *continued*

Tahoe Area Regional Transit	530-550-1212
Tahoe Trolley	530-550-1212
TLC Transportation	916-368-2222
Welcome Home, Advocates for Mentally Ill Housing	530-878-5088

UTILITIES/UTILITY ASSISTANCE

ALS Association Lou Gehrig’s Disease	916-979-9265
California Alternate Rates for Energy, PG&E	866-743-2273
California LifeLine Telephone Program	866-272-0349
Energy Partners, PG&E	800-989-9744
FERA Program	800-743-5000
Habitat for Humanity Foothills Branch	916-781-9601
Medical Baseline, PG&E	800-743-5000
Project Go (HEAP)	888-524-5705
Saint Vincent de Paul Society - Auburn	530-885-2920
Saint Vincent de Paul Society - Lincoln	916-645-7201
Saint Vincent de Paul Society - Roseville	916-781-3303
Salvation Army - Auburn	530-889-3990
Salvation Army - Colfax	530-346-2722
Salvation Army Energy Assistance Program REACH	530-349-9558
Salvation Army - Roseville	916-784-3382

VETERANS

Canine Support Teams	951-301-3625
DAV Sacramento Chapter 6	916-429-1663
Disabled American Veterans	530-268-7770

VETERANS, *continued*

Forgotten Soldier Program, The	530-889-2300
Go Direct, U.S. Treasury Payment Center	800-333-1795
Gold Country Amputee Support Group	916-783-9099
HERO Home Emergency Relief Organization	530-368-9869
Placer County Veterans Service Office - Rocklin	916-780-3290
Placer Independent Resource Services - PIRS	530-885-6100
Riley-Quinn, Trudi, Attorney	916-782-8212
Salvation Army - Auburn	530-889-3990
Salvation Army - Colfax	530-346-2722
Salvation Army - Roseville	916-784-3382
US Benefits Analysts	916-225-7831
US Department of Veterans Affairs	800-827-1000
US Senior Vets, National Headquarters	877-245-8387
VA Northern Healthcare - Mather Hospital	916-366-5366
Veterans Administration Sierra Foothills Outpatient Clinic	530-889-0872
Veteran's Pain Support Group	800-533-3231
Warrior's Soul, Inc.	916-719-2520
Wounded Soldier and Family Hotline	800-342-9647

VISITING SERVICES

Eskaton Telephone Reassurance	916-334-1072
Friendly Visitor Program - Seniors First	530-889-9500
Nursing Home Nannies	916-987-3400
Placer County Senior Peer Counseling	530-886-3413
Salvation Army - Auburn	530-889-3990
Salvation Army - Colfax	530-346-2722
Salvation Army - Roseville	916-784-3382

VOCAL RELAY, TTY/TDD

California Relay Service	800-855-7100
Placer Independent Resource Services-PIRS	530-885-6100

VOLUNTEER OPPORTUNITIES

A Touch of Understanding	916-791-4146
American Cancer Society Sacramento Office	916-446-7933
American Cancer Society Transportation Program	800-227-2345
American Red Cross Placer District	530-885-9392
Auburn Community Concert Association	916-652-5594
Auburn Interfaith Food Closet	530-885-1921
Auburn Library	530-886-4510
Canine Support Teams	951-301-3625
Door to Door Rides - Seniors First	530-889-9500
Elijah's Jar Food Closet	530-367-3085
Epilepsy Foundation	800-213-5821
Eskaton Telephone Reassurance	916-334-1072
Friendly Visitor Program - Seniors First	530-889-9500
Gold Country Wildlife Rescue	530-886-5500
Grief Support for Widowed People	530-885-8298
Multi-Purpose Senior Center - Auburn	530-823-8172
Placer County Senior Information & Assistance - SeniorLink - Seniors First	530-889-9500
Placer County SPCA - Auburn	530-885-7387
Placer County SPCA - Roseville	916-782-7722
Placer Nature Center	530-878-6053
Rocklin Recreation Department	916-625-5200
Roseville Library, Maidu Branch	916-774-5900
Roseville Transit	916-745-7560
Salvation Army - Auburn	530-889-3990

VOLUNTEER OPPORTUNITIES, *continued*

Salvation Army - Colfax	530-346-2722
Salvation Army - Roseville	916-784-3382
Senior Gleaners	916-925-3240

Senior Nutrition Program - Placer County

Seniors First	530-889-9500
Seniors First	530-889-9500
Sierra Senior Services Truckee Tahoe	530-550-7600
Stand Up Placer - Auburn	530-823-6224
Stand Up Placer - Roseville	916-773-7273
Sutter Auburn Faith Hospital Guild	530-888-4500
Sutter Roseville Medical Center Auxiliary	916-781-1089
Sutter Roseville Medical Center - Senior Services	916-781-1559
Tahoe Forest Home Health Hospice	530-582-3244
www.volunteermatch.org	415-241-6868

WOUND CARE

AccentCare	800-585-7353
Gentiva Home Health Services	916-786-7188
Kaiser Permanente Home Health Department	916-486-5400
Sutter Auburn Faith Hospital Wound Care	530-886-6750
Sutter Care at Home/Hospice	916-797-7850
Sutter Roseville Medical Center	916-781-1000

YARDWORK

Aronson Landscape	916-243-9350
AWI Landscape Services	530-745-6236
California Lawn Care	530-305-9893

NOTES: _____



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