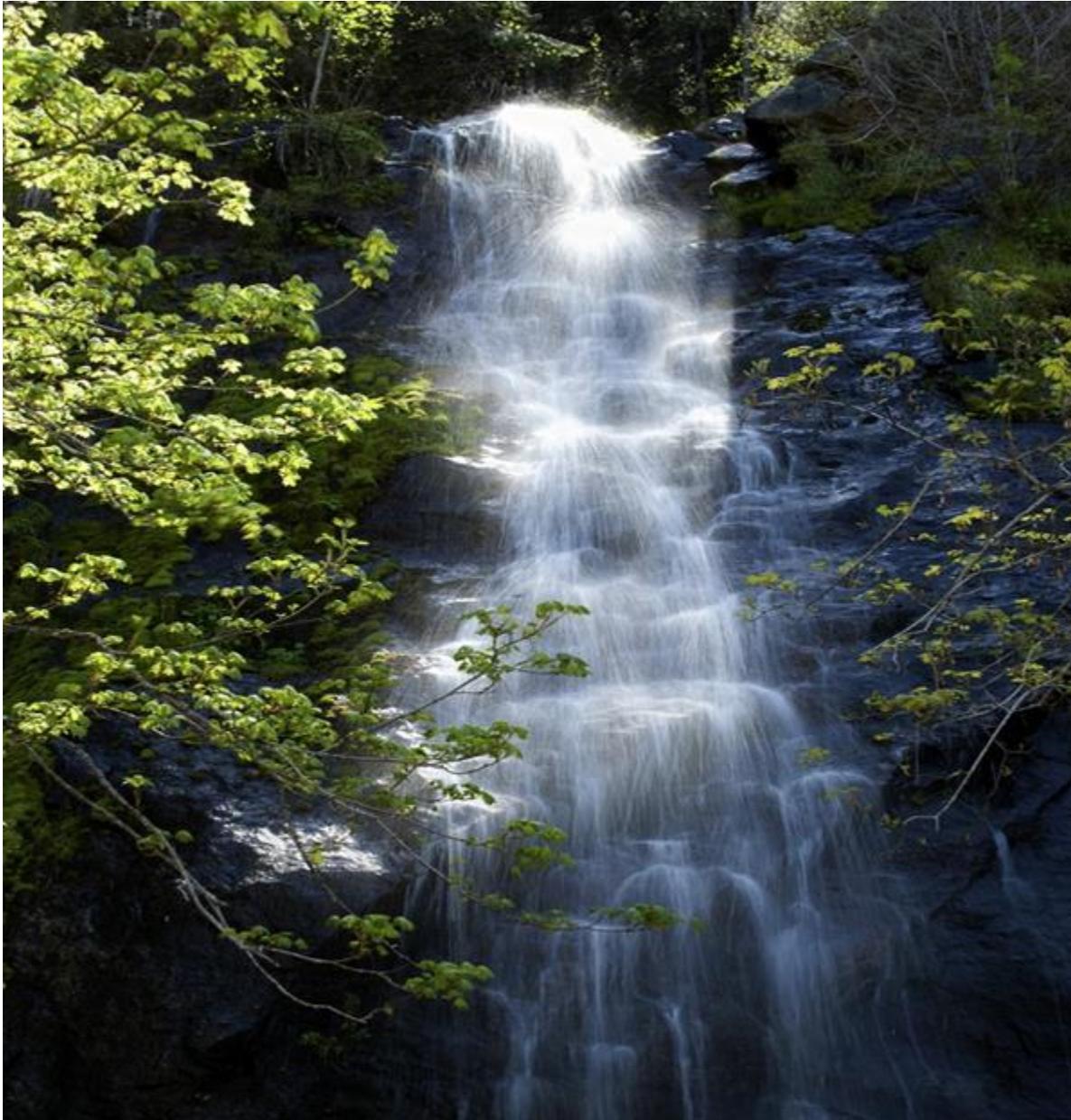




El Dorado County Western Slope Health and Human Services Agency Senior Community Resource Guide

www.edcgov.us/humanservices



Revised: January 2014

* Information in directory may not be current after initial printing.

For information and assistance in El Dorado County call 800-510-2020

Introduction

*This Senior Community Resource Guide is a service directory to assist older adults in locating services, agencies and programs. Every effort has been taken to verify the accuracy of the information included within these pages. Should you become aware of a discrepancy, please let us know by calling 530-621-6369. Further information may be found on a specific agency or program website. You may contact El Dorado County Information and Assistance if you need further assistance.

El Dorado County Information and Assistance.....530-621-6369

Eldercare Locator800-677-1116

This service provides local information, referral resources and contact information for state and local agencies.



Information & Assistance
Bringing People & Services Together



SENIOR

HELPLINE

An Area Agency on Aging Serving El Dorado County

800.510.2020

530.621.6369

El Dorado County Health and Human Services Agency

Area Agency on Aging

Area Agency on Aging (AAA) is a public non-profit agency designated to address the needs and concerns of all older adults in our community. AAA's were established under the Older American's Act (OAA) in 1973 to respond to the needs of Americans aged 60 and older.

Area Agency on Aging PSA 29 530-621-6369 or 800-510-2020

937 Spring St., Placerville www.edcgov.us/humanservices

Director Michelle Hunter 530-621-6161

Board of Supervisors 530-621-5390

3300 Fair Ln., Placerville www.edcgov.us/bos

District 1 Supervisor – Ron Mikulaco..... 530-621-5650

District 2 Supervisor – Ray Nutting..... 530-621-5651

District 3 Supervisor – Brian Veerkamp 530-621-5652

District 4 Supervisor – Ron Briggs 530-621-6513

District 5 Supervisor – Norma Santiago 530-621-6577

Health and Human Services Agency Main Line 530-642-7300

Community Services Division 530-621-6150

Information and Assistance 530-621-6369

Senior Times Newsletter..... 530-621-6255

This is a monthly newsletter that addresses senior related topics, calendar of activities and upcoming events. Yearly subscription is \$5.00.

Mental Health Division530-621-6290 or Crisis Line 530-622-3345

Public Health Division..... 530-621-6100

Social Services Division 530-642-7300

Table of Contents

Adult Day Care and Caregiver Programs and Resources	5
Education and Leisure.....	6
Emergency Assistance and Services.....	10
Employment and Vocational Training.....	12
Energy and Utility Assistance	13
Financial and Legal Services.....	15
Funeral Preplanning and Death Related Services.....	17
General Assistance and Services.....	18
Government Assistance	22
Health Related Agencies and Services	25
Housing	29
Independence Assistance	30
Legal Health Care Information and Assistance	32
Senior Centers and Congregate Meal Sites	35
Transportation	36
Veterans Services.....	37
Volunteer Opportunities.....	38
Senior Services Quick Reference	40

Adult Day Care and Caregiver Programs and Resources

Adult Day Care Programs

Provides a secure environment and therapeutic activities aimed at helping participants to achieve optimal physical, mental and cognitive functioning. Adult Day Care improves the quality of life for older adults by reducing social isolation and increasing social and community engagement. Adult Day Care provides assistance to families and caregivers that care for an adult that may not be able to be left unattended or for supervised socialization. This service may also provide *respite* (an opportunity for a caregiver to take a break from their caregiving duties).

El Dorado County Senior Day Care 530-621-6180
935 A Spring St., Placerville www.edcgov.us/humanservices
Weekday program designed for cognitive and physical stimulation. Fee for services.

Caregiver Support Programs

Helps caregivers to better manage their caregiving responsibilities while ensuring their loved ones remain in the community for as long as possible.

Caregiver Action Network (CAN) 301-942-6430
10400 Connecticut Ave., Ste. 500, Kensington, MD www.caregiveraction.org
Provides education, peer support and resources to family caregivers across the nation (formerly the National Family Caregivers Association).

Del Oro Caregiver Resource Center 916-728-9333 or 800-635-0220
8421 Auburn Blvd., Citrus Heights www.deloro.org
Provides support to caregivers of brain impaired adults through education, respite, counseling and family consultations.

El Dorado County Family Caregiver Support Program (FCSP) 530-621-6151
937 Spring St., Placerville www.edcgov.us/humanservices
Promotes family caregivers through support and care. Caregiver services include extensive information, referral, assistance, education, support, training, care coordination, respite care, support groups and supplemental services.

Education and Leisure

AARP Driver Safety Program **800-350-7025**

937 Spring St., Placerville www.aarpdriverssafety.org

For information and to make a reservation in El Dorado County530-621-6150

This program is a refresher course for drivers age 50 and older.

Folsom Lake College - El Dorado Center **530-642-5644**

6699 Campus Dr., Placerville www.flc.losrios.edu

A branch of Folsom Lake College that provides continued education on various topics.

Folsom Lake College - Folsom Main Campus **916-608-6500**

10 College Parkway, Folsom www.flc.losrios.edu

A branch of Folsom Lake College that provides continued education on various topics.

Marshall Community Health Library..... **530-626-2778**

3581 Palmer Dr., Ste. 101, Cameron Park www.marshallmedical.org/healthlibrary

Public library serving community members and health care providers, free of charge.

Topics include nutrition, mental health, fitness, dementia, pregnancy, caregiving, aging, children's health and complementary therapies.

Senior Activities **530-621-6255**

937 Spring St., Placerville www.edcgov.us/humanservices

Recreational activities designed for seniors such as travel, trips, hiking, painting, bingo, bridge, crafts, yoga, line dancing and more.

Senior Health Education Program (SHEP) **530-621-6151**

937 Spring St., Placerville www.edcgov.us/humanservices

Exercise programs for seniors, community events and educational trainings.

Society for Accessible Travel & Hospitality (SATH)..... **212-447-7284**

347 Fifth Ave., Ste. 605, New York, NY www.sath.org

Educational organization whose mission is to raise awareness of the needs of all travelers with disabilities, remove physical and attitudinal barriers to free access and expand travel opportunities.

Education and Leisure Continued

Computer Labs

Connections One Stop Job Resource Center **530-642-4850**
3047 Briw Rd., Placerville www.edcgov.us/humanservices

El Dorado Hills Senior Center **916-358-3575**
990 Lassen Ln., El Dorado Hills www.edhcsd.org/senior_center.html

Placerville Senior Computer Center..... **530-621-6150**
937 Spring St., Placerville www.placervilleseniors.webs.com

Discount Programs

Don't forget to ask for senior discounts! Restaurants, supermarkets, department stores, travel deals and other types of offers may provide various discounts with different age requirements. Some may start as young as 50!

AARP Membership **888-687-2277**
200 South Robles Ave., Ste. 400, Sacramento www.aarp.org/card

Membership provides valuable discounts on retail products, dining, entertainment, travel and more. Health related discount such as vision, hearing, prescription and fitness are also available.

California Department of Fish and Wildlife **916-928-5805**
1740 North Market Blvd., Sacramento www.dfg.ca.gov/licensing

Free or reduced-fee sport fishing license available for qualified disabled persons, disabled veterans or low-income individuals age 65 or older.

Education and Leisure Continued

California State Parks and Recreation Department..... 800-777-0369
1416 9th St., Ste. 144, Sacramento www.parks.ca.gov

Golden Bear Pass- *low-income individuals age 62 or older or any qualifying person receiving Aid to the Aged, Blind or Disabled under SSI provisions. This is a \$5 year-round pass for vehicle day use in most California State Parks.*

Limited Use Golden Bear Pass- *individuals age 62 or older. This is a \$20 year-round pass for vehicle day use in most California State Parks.*

Senior Citizen Discount- *individuals age 62 or older. This discount provides year-round \$1 discount for vehicle day use and a \$2 discount for family camping in most California State Parks.*

Libraries

Cameron Park Branch..... 530-621-5500
2502 Country Club Dr., Cameron Park www.eldoradolibrary.org/cameron.htm

El Dorado County Law Library..... 530-621-6423
550 Main St., Ste. A, Placerville www.eldoradocountylawlibrary.org

El Dorado County Main Library..... 530-621-5540
345 Fair Ln., Placerville www.eldoradolibrary.org

El Dorado Hills Branch..... 916-358-3500
7455 Silva Valley Parkway, El Dorado Hills www.eldoradolibrary.org/edh.htm

Georgetown Branch..... 530-333-4724
6680 New Orleans St., Georgetown www.eldoradolibrary.org/george.htm

Pollock Pines Branch..... 530-644-2498
6210 Pony Express Trail, Pollock Pines www.eldoradolibrary.org/pollock.htm

South Lake Tahoe Branch..... 530-573-3185
1000 Rufus Allen Blvd., South Lake Tahoe www.eldoradolibrary.org/tahoe.htm

Education and Leisure Continued

Parks and Recreation

Cameron Park Community Service District 530-677-2231

2502 Country Club Dr., Cameron Park

www.cameronpark.org

El Dorado County Parks Department..... 530-621-5300

2850 Fair Lane, Bldg. C, Placerville

www.edcgov.us/parks

El Dorado County Visitors Authority 530-621-5885 or 800-457-6279

542 Main St., Placerville

www.visit-eldorado.com/council.php

Resource for shopping, restaurants, lodging, local farm trails, outdoor recreation, parks, wineries, breweries, arts, entertainment, film commission and more.

El Dorado Hills Community Service District 916-933-6624

1021 Harvard Way, El Dorado Hills

www.edhcsd.org

Maintains many beautiful parks, trails, ball fields, tennis courts and facilities.

Placerville Recreation and Parks 530-642-5232

549 Main St., Placerville

www.cityofplacerville.org/depts/parks/default.asp

Emergency Assistance and Services

IN AN EMERGENCY CALL 911

Emergency Contacts and Information

El Dorado County Adult Protective Services	530-642-4800
El Dorado County Child Protective Services	530-642-7100
El Dorado County Fire Department	530-644-9630
El Dorado County Long-Term Care Ombudsman	530-621-6271
Or Statewide Ombudsman 24-hour CRISIS Line	800-231-4024
El Dorado County Mental Health CRISIS Line	530-622-3345
El Dorado County Sheriff's Department	530-621-5655
Marshall Medical Center.....	530-622-1441
Placerville City Police Department	530-642-5210
Poison Control Center.....	800-876-4766
Road Conditions	800-427-7623
Suicide Crisis Line	800-273-8255

Emergency Assistance and Services Continued

Animal Control Services 530-621-5795
415 Placerville Dr., Ste. N, Placerville www.edcgov.us/AnimalServices

California Poison Control System 800-222-1222
2315 Stockton Blvd., Sacramento www.calpoison.org
Provides immediate, free and expert treatment advice and referral over the telephone in case of exposure to poisonous or toxic substances.

El Dorado County Emergency Medical Services 530-621-6500
415 Placerville Dr., Ste. J, Placerville www.edcgov.us/EMS
Ensures that the EMS system delivers the highest possible quality of prehospital emergency medical care to victims of illness and injury.

Office of Emergency Services (OES) ready.edso.org/
The El Dorado County Sheriff's Office- OES Alert Notification System provides a number of ways in which the county may contact the community in the event of an emergency such as: evacuations due to wildfires or hazardous material spills, or urgent law enforcement operations. The EDSO-OES Alert Notification System may be used to deliver alerts when there is a threat to the health or safety of residents.

Employment and Vocational Training

AARP Senior Community Service Employment Program 866-448-3614

1415 L St., Sacramento

<http://www.aarpworksearch.org>

Provides opportunities for eligible people age 55 or older to obtain new job knowledge to enhance their skills and feel confident in their new found abilities. The goal of the program is for participants to gain skills they need to find and sustain employment in the workforce. Eligible participants are at or below the federally recognized poverty line and are interested in bettering their current employment situation.

Central Sierra Regional Occupational Program (ROP) 530-621-0123

4675 Missouri Flat Rd., Placerville

www.eduhsd.k12.ca.us/CTE/CTE%20Home.htm

ROP is a part of the California public school system and provides course concentrations and advanced training.

Charter Adult Education 530-295-2286

6767 Green Valley Rd., Placerville

<http://aded.edcoe.org/>

Offers courses for adults to meet their various educational needs.

Connections-One Stop Career Center 530-642-4850

3047 Briw Rd., Placerville

www.edcgov.us/humanservices

Connects employment and training services to businesses, employers and job seekers in El Dorado County. Services are available to the public at no cost. The goal of Connections-One Stop is to enhance employer business productivity, facilitate matching employers with job seekers and provide information and referrals relating to workforce issues.

Department of Rehabilitation, State of California 530-626-0900

1166 Broadway, Ste. S, Placerville

www.rehab.cahwnet.gov

Provides advocacy resulting in employment, independent living and equality for individuals with disabilities.

Employment Development Department, State of California 800-300-5616

4535 Missouri Flat Rd., Ste. 1A, Placerville

www.edd.ca.gov

Connects job seekers and employers in an effort to build the economy.

Employment and Vocational Training Continued

Equal Employment Opportunity Commission 800-669-4000

350 The Embarcadero, Ste. 500, San Francisco

www.eeoc.gov

Enforces federal laws that make it illegal to discriminate against a job applicant or an employee because of the person's race, color, religion, sex, pregnancy, national origin, age (40 or older), disability or genetic information. It is also illegal to discriminate against a person because the person complained about discrimination, filed a charge of discrimination or participated in an employment discrimination investigation or lawsuit.

Workforce Investment Act..... 530-642-4850

3047 Briw Rd., Placerville

www.edcgov.us/humanservices

Offers a range of workforce development activities to eligible adults, dislocated workers and youth to promote an increase in the employment, job retention, earnings and occupational skills of the participants.

Energy and Utility Assistance

Other financial assistance programs may be available. Call your utility provider for programs, qualifications and eligibility.

California Lifeline Program 866-272-0349

Website

www.californialifeline.com/en

Provides basic home phone service at a discount to eligible households.

Federal Lifeline Program..... 888-CALL-FCC

Website

www.lifelinesupport.org

Provides discounts on monthly telephone service for a wireless telephone to eligible households. Also offers a discount on the initial installation or activation fees for telephone service if your household qualifies.

California Telephone Access Program (CTAP) 800-806-1191

P.O. Box 30310, Stockton

www.californiaphones.org

Offers a range of free, specialized phones that make it easier to hear, dial and call. Also has phones that are designed for individuals who have restricted mobility, speech impairments or who are blind or deaf.

Deaf and Disabled Telecommunication Program www.ddtp.org

Energy and Utility Assistance Continued

Home Energy Assistance Program (HEAP) 530-621-6150

937 Spring St., Placerville www.edcgov.us/humanservices

Federally funded direct payment program to assist income eligible households in offsetting the cost of heating and/or cooling their homes. Funding is limited please call for program status.

PG&E California Alternative Rates for Energy (CARE)..... 800-743-5000

4636 Missouri Flat Rd., Placerville www.pge.com/care

Provides a monthly discount on energy bills for income-qualified households and housing facilities. Qualifications are based on the number of persons living in your home and your total annual household income.

Relief for Energy Assistance through Community Help (REACH) 530-621-6150

937 Spring St., Placerville www.pge.com/reach

Provides emergency energy assistance to low-income families within the PG&E service area who are in jeopardy of losing their electricity services. REACH is a one-time energy-assistance program sponsored by PG&E and administered through the Salvation Army. Those who have experienced an uncontrollable or unforeseen hardship may receive an energy credit up to \$200, credit amount based on the past due amount of the bill. REACH assistance may be available once within an 18 month period, but exceptions can be made for seniors, the physically challenged and the terminally ill.

Salvation Army Service Extension 530-672-3147

286 Sutter St., Auburn www.salvationarmyusa.org

Temporary emergency needs assistance that is not met by other agencies or organizations.

Financial and Legal Services

Legal Records

El Dorado County Recorder – Clerk Office **530-621-7480**
2850 Fairlane Ct., Placerville www.edcgov.us/countyclerk

County Clerk *issues and registers marriage licenses, accepts and indexes fictitious business name statements, files notary bond certificates, powers of attorney, surety bonds, inventory statements, certain environmental documents and maintains a list of public rosters.*

County Recorder *accepts records and preserves for permanent record, certain legal documents affecting land title and vital statistics. The County Recorder also creates and maintains a daily index of these documents for reference, research and issuance of certified copies.*

County Registrar of Voters *is the department head for the Elections Department. This department provides elections services to all county residents for federal, state, county, city and special district elections.*

Veteran Affairs Office *provides the guidance and advice to help veterans become aware and claim the many benefits they earned and are entitled to while in military service to our country. Entitlements include counseling, education benefits, medical benefits, Cal-Vet home loans programs, disability pensions, military funeral service and burial benefits.*

Legal Resources

California Fair Employment and Housing Department **916-478-7251**
2218 Kausen Dr., Elk Grove www.dfeh.ca.gov

This state agency investigates, conciliates and litigates complaints and enforces laws regarding discrimination in employment, housing, public accommodations and hate violence.

El Dorado County Probation Department **530-621-5625**
3974 Durock Rd., Ste. 205, Shingle Springs www.edcgov.us/probation

Promotes the health and safety of the County of El Dorado by conducting investigations for the Court, enforcing Court Orders, ensuring victim’s rights, engaging in prevention partnerships and facilitating the resocialization of offenders while maintaining integrity and professionalism.

Financial and Legal Services Continued

El Dorado County Senior Legal Services..... 530-621-6154

937 Spring St., Placerville www.edcgov.us/humanservices

Senior Legal Services is intended to help if you are age 60 or older, reside in El Dorado County and are seeking legal assistance with a civil, non-criminal matter. Services include estate planning, public benefits, consumer issues, health care, real property, wills & trusts, power of attorney, abuse and exploitation. Attorneys meet with seniors by appointment only.

Health Insurance Counseling and Advocacy Program (HICAP)..... 530-621-6150

937 Spring St., Placerville www.edcgov.us/humanservices

Provides assistance with Medicare questions, help with health insurance and long term care insurance.

Legal Services of Northern California 916-551-2150

190 Reamer St., Auburn www.lsn.net

Provides legal representation to low-income individuals.

Public Guardian 530-642-4800

937 Spring St., Placerville www.edcgov.us/humanservices

Provides services that are defined and directed by the Probate Division of the Superior Court, contingent upon the appointment of the Public Guardian as conservator for an individual by the Superior Court.

Voluntary Legal Services Program 916-551-2102

517 12th St., Sacramento www.vlsp.org

Volunteer-based, pro bono, legal aid program that provides free assistance with civil legal matters to low-income clients living in the Sacramento region.

Financial and Legal Services Continued

Tax Preparation Assistance

AARP Tax-Aide Program **530-621-6150**

937 Spring St., Placerville www.aarp.org/money/taxaide

Provides seasonal volunteer assistance with tax returns.

Franchise Tax Board **800-852-5711**

3321 Power Inn Rd., Ste. 250, Sacramento www.ftb.ca.gov

Volunteer Income Tax Assistance or Tax Counseling for the Elderly programs provides volunteers to assist people age 60 or older, disabled or low-income with simple stated tax returns. Language assistance is available.

Internal Revenue Service Tax Help Line **800-829-1040**

4330 Watt Ave., Sacramento www.irs.gov

Ask questions to help you prepare your tax return, or ask about a notice you have received.

Funeral Preplanning and Death Related Services

El Dorado County Recorder-Clerk Office **530-621-5490**

360 Fairlane Ct., Placerville www.edcgov.us/countyclerk

For birth and death certificates.

Online Funeral Information, Planning and Guide www.funeralhomesguide.com

Organ and Body Donations

Body Donation – U.C. Davis Health System **916-734-9560**

4800 Broadway, Ste. 100, Sacramento www.ucdmc.ucdavis.edu/bodydonation

Donors assist the medical school with the appropriate quality and quantity of anatomical materials necessary for the medical school curriculum. The mission of the Body Donation Program includes gratitude to the donors and their families, respect for all cultures and beliefs and the program’s duty to serve public education within our community.

Funeral Preplanning and Death Related Services Continued

California Department of Motor Vehicles (DMV)..... **800-777-0133**
2919 Cold Springs Rd., Placerville www.dmv.ca.gov
Provides organ donor cards.

California Transplant Donor Network **510-444-8500**
1000 Broadway, Ste. 600, Oakland www.ctdn.org
Coordinates organ and tissue recovery and distribution and educates health care professionals and the public about the importance of organ and tissue donation and the success of transplantation.

Survivor and Burial Benefits

Department of Veteran Affairs **916-503-8359 or 800-827-1000**
1227 O St., Ste. 105, Sacramento www.cem.va.gov
Counselors are available to answer questions regarding burial, death pension, dependency indemnity compensation and direct deposit.

Social Security Administration **530-626-8421**
4355 B Golden Center Dr., Placerville www.ssa.gov
Report a death, file for survivor benefits or file for burial benefits.

General Assistance and Services

California Retired Teachers Association (CalRTA) **916-923-2200**
800 Howe Ave., Ste. 370, Sacramento www.calrta.org
Fights to protect the benefits of California's retired educators at both the state and national levels.

Call 2-1-1 Sacramento..... **211**
909 12th St., Sacramento www.211sacramento.org
Free, 24 hour information for people looking for community services and resources, such as shelter, food, counseling, employment assistance and more.

General Assistance and Services Continued

El Dorado County Information and Assistance.....530-621-6369 or 800-510-2020

937 Spring St., Placerville

www.edcgov.us/humanservices

One-stop resource to provide seniors with information and referral assistance so that they can make informed choices, continue to live safely and independently, and improve their overall wellbeing.

El Dorado County Public Health Preparedness530-621-7580

415 Placerville Dr., Ste. 5, Placerville

www.edcgov.us/PublicHealthPreparedness

Prepare El Dorado County to effectively respond to public health threats by focusing on public health emergency planning, disease surveillance, detection and control, health risk communication, and public and health provider education and training services.

El Dorado County Public Housing Authority530-621-6300

2900 Fairlane Ct., Placerville

www.edcgov.us/humanservices

Operates under federal guidelines from the U.S. Department of Housing and Urban Development to provide rental subsidy assistance program more commonly known as Section 8.

Friendship Line800-971-0016

Online

www.ioaging.org

Confidential telephone discussions for people age 60 or older, their caregivers and/or younger disabled adults who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide.

Parents, Families and Friends of Lesbians and Gays (PFLAG).....530-621-6700

P.O. Box 504, El Dorado

www.pflagplacerville.org

Educates the community by speaking with community groups, distributing literature on GLBT issues and staffing PFLAG information booths at local health fairs.

Senior Peer Counseling530-621-6304

937 Spring St., Placerville

www.edcgov.us/humanservices

Confidential supportive counseling for people age 55 or older who may be lonely, isolated, grieving, often tired, sad and blue and/or stressed about issues of growing older to increase independence, personal growth and enjoyment of life.

General Assistance and Services Continued

United Way California Capital Region 916-368-3000

10389 Old Placerville Rd., Sacramento www.unitedway.org

Improves lives by mobilizing the caring power of communities around the world to advance the common good.

Clothes and Furniture

Green Valley Community Church 530-622-3231

3500 Missouri Flat Rd., Placerville www.gvcconline.com

Partners in Care..... 530-626-8125

2883 Cold Springs Rd., Placerville www.partnersincareplacerville.org

Seventh Day Adventist Church 530-622-2448

6831 Mother Lode Dr., Placerville www.placervillesda.org

Snowline Hospice Thrift Store..... 530-676-8708

455 Placerville Dr., Placerville www.snowlinehospice.org

St. Patrick's Aid Ministry..... 530-626-8086

3109 Sacramento St., Placerville www.stpatpv.org

Food, Clothing and Shelter

Brown Bag Program..... 530-621-9950

6230 Enterprise Dr., Diamond Springs www.foodbankedc.org

Distributes both surplus and donated foods on a monthly basis to people age 60 or older who are living on low incomes.

Calvary Chapel..... 530-626-8484

6575 Commercial Way, Diamond Springs www.calvaryplacerville.com

Food closet is open on the 2nd and 4th Wednesdays of each month from 10:00 a.m. to 12:00 p.m.

Center for Violence Free Relationships 530-626-1450 or Crisis Line 530-626-1131

344 Placerville Dr., Ste. 11, Placerville www.thecenternow.org

Provides assistance to victims of domestic and/or sexual assaults and their families with shelter, counseling, legal services and children services. Men's groups are available.

General Assistance and Services Continued

Community Resource Center **530-344-1864**
1864 Broadway, Placerville www.edc-crc.vpweb.com
Provides information and referrals to El Dorado County's at-risk and homeless families.

Emergency Food Closets

For contact information regarding an Emergency Food Closet in your area, please call the Food Bank at one of the listed numbers.

Placerville **530-621-9950**
El Dorado Hills **916-939-6774**
South Lake Tahoe **530-541-9950**

First Baptist Church Pollock Pines **530-644-7730**
6361 Pony Express Trail, Pollock Pines www.pollockchurch.com
A hot meal is provided on Fridays from 5:30 p.m. to 6:30 p.m.

Green Valley Community Church **530-622-3231**
3500 Missouri Flat Rd., Placerville www.gvcconline.net
Food closet is open Saturdays at 10:00 a.m.

Community Development Block Grant Program **530-642-4863**
3057 Briw Rd. Ste. A, Placerville www.edcgov.us/humanservices
Assists households with loans to rehabilitate their homes from blight, provide loans to first-time homebuyers, build community facilities to bring services closer to the community in which families live and provide grants to improve infrastructure to a housing development.

Housing Emergency Lodging Program (HELP) **530-306-2352**
P.O. Box 912, Placerville www.stpatpv.org/serve/help.htm
Assists local homeless individuals and their families to secure temporary emergency shelter.

Senior Nutrition Program Congregate Dining Centers **530-621-6160**
937 Spring St., Placerville www.edcgov.us/humanservices
Enables older adults to obtain a nutritious meal at an affordable price. A hot nutritious lunch is served Monday – Friday to individuals age 60 or older, with a suggested donation of \$3 per meal.

General Assistance and Services Continued

Seventh Day Adventist Church 530-622-2446

6831 Motherlode Dr., Placerville www.placervillesda.org

Food Closet is open Wednesdays from 9:00 a.m. to 12:00 p.m.

S.H.A.R.E. Food Closet 530-626-8299

1031 Thompson Way, Placerville www.foodbankedc.org

Recipients can receive three days of food supplies every two months.

The Upper Room Dining Hall..... 530-621-7730

1868 Broadway, Placerville www.stpatpv.org/serve/upper.htm

A hot meal is provided every day from 4:00 p.m. to 5:30 p.m.

Government Assistance and Services

California Department of Consumer Affairs (DCA)..... 800-952-5210

1625 North Market Blvd., Ste. N 122, Sacramento www.dca.ca.gov

Protects and serves California consumers while ensuring a competent and fair marketplace. DCA helps consumers learn how to protect themselves from unscrupulous and unqualified individuals. The DCA also protects professionals from unfair competition by unlicensed practitioners.

California Health and Human Services (CHHS) 916-654-3454

1600 Ninth St., Ste. 460, Sacramento www.chhs.ca.gov

Oversees a range of health care services, social services, mental health services, alcohol and drug treatment services, income assistance and public health services to Californians.

California Department of Social Services www.dss.cahwnet.gov/cdssweb

CalFresh 530-642-7300

3057 Briw Rd., Placerville www.calfresh.ca.gov

Federally funded program that helps low-income people buy the food they need for good health (formerly known as food stamps).

Government Assistance and Services Continued

CalWORKS **530-642-7300**

3057 Briw Rd., Placerville www.cdss.ca.gov/calworks

Provides time-limited cash assistance to families with children.

Citizen Advocates for the Protection of Elders (CAPE) **530-642-4800**

3057 Briw Rd., Placerville www.edcgov.us/humanservices

Identifies and prevents elder abuse. CAPE also provides information about community resources.

Congress of California Seniors **916-442-4474**

1230 N St., Ste. 201, Sacramento www.seniors.org

Focuses its primary attention on legislative and consumer issues that impact older adults.

Family Caregiver Support Program (FCSP) **530-621-6151**

937 Spring St., Placerville www.edcgov.us/humanservices

Promotes family caregivers through support and care. Caregiver services include extensive information, referral, assistance, education, support, training, care coordination, respite care, support groups and supplemental services.

Federal Citizen Information Center, Senior Citizens Resources **800-333-4636**

Online www.usa.gov/Topics/Seniors.shtml

Find government resources for seniors on money, housing, health, consumer protection and more.

General Assistance Program – Human Services Division **530-621-7300**

3057 Briw Rd., Placerville www.edcgov.us/humanservices

Provides assistance for adults without dependent children who meet specific eligibility requirements.

Government Assistance and Services Continued

Home Energy Assistance Program (HEAP) 530-621-6150

937 Spring St., Placerville www.edcgov.us/humanservices

Assists eligible households in offsetting the cost of heating and/or cooling their homes.

Funding is limited. Call for program status.

Housing Choice Voucher Program 530-621-6300

2900 Fairlane Ct., Placerville www.edcgov.us/humanservices

Enables eligible persons to rent privately owned, existing, safe and sanitary housing by

making housing assistance payments to private landlords.

Lilliput’s Kinship Support Services Program (KSSP) 916-941-8799

1190 Suncast Ln., Ste. 2, El Dorado Hills www.lilliput.org

Provides support to kinship families, particularly those formed voluntarily and informally (without the assistance of a child welfare agency). A kinship care arrangement is when children are living full time with their grandparents, other relatives, or near relatives (such as family friends, God Parents, etc.), and these adults have taken on the parental role for the children.

Multipurpose Senior Services Program (MSSP) 530-621-6278

935 Spring St., Placerville www.edcgov.us/humanservices

Care management program that provides assistance in accessing services for Medi-Cal eligible seniors age 65 or older to independently remain in their homes.

National Institute on Aging (NIA) 800-222-2225

Bldg. 31, Rm. 5C27, 31 Center Dr., MSC 2292, Bethesda, MD www.nia.nih.gov

Dedicated to understanding the nature of aging, supporting the health and well-being of older adults, and extending healthy, active years of life for more people.

Government Assistance and Services Continued

Social Security Administration 530-626-8421 or 800-772-1213

4355 Golden Center Dr., Ste. B, Placerville

www.socialsecurity.gov

Independent agency of the United States federal government that administers Social Security, a social insurance program consisting of retirement, disability and survivors benefits.

State of California Office of the Patient Advocate (OPA) 866-466-8900

980 9th St., Ste. 8017, Sacramento

www.opa.ca.gov

Offers consumers the information needed to make the best health insurance decisions by covering health care topics including consumer rights and responsibilities, dealing with problems, and finding health care.

Veterans Services 530-621-5892

130 Placerville Dr., Placerville

www.edcgov.us/humanservices

Assists veterans, their dependents and survivors in obtaining entitlements from federal, state and local agencies administering veteran programs. It is not affiliated with the Federal Department of Veteran Affairs (VA).

Health Related Agencies and Services

Alcohol and Substance Abuse

Alcoholics Anonymous (AA) 530-622-3500

P.O. Box 748, Placerville

www.westernsloped22.org

Al-Anon and Alateen Information 916-334-2970

5429 Palm Ave., Ste. A, Sacramento

www.ncwsa.org/d6-10

El Dorado Council on Alcoholism (EDCA) 530-622-8193

893 Spring St., Placerville

www.california-drug-rehabs.com

Health Related Agencies and Services Continued

Alcohol and Substance Abuse Continued

- Family Connections** 530-626-5164
 2860 Smith Flat Rd., Placerville www.familyconnected.org
- New Morning Youth and Family Services** 530-622-5551
 6765 Green Valley Rd., Placerville www.newmorningyfs.org
- Progress House**..... 530-626-9240
 2844 Coloma St., Placerville www.progresshouseinc.org
- Salvation Army Adult Rehabilitation Center** 916-441-5267
 1615 D St., Sacramento www.tsatoday.org

Health and Disease Management

- ALS Association (Lou Gehrig’s Disease)** 916-979-9265
 2717 Cottage Wy., Ste. 17, Sacramento www.alsac.org
- Alzheimer’s Association**..... 800-272-3900
 1060 La Avenida, Mountain View www.alz.org/norcal
- American Cancer Society** 916-446-7933
 1545 River Park Dr., Ste. 100, Sacramento www.cancer.org
- American Diabetes Association**..... 800-342-2383
 4600 Roseville Rd., Ste. 130, North Highlands www.diabetes.org
- American Heart Association**..... 916-446-6505
 2007 O St., Sacramento www.heart.org
- American Red Cross**..... 916-993-7070
 1565 Exposition Blvd., Sacramento www.sacsierredcross.org
- Arthritis Foundation** 916-486-3533
 5757 Cypress Ave., Carmichael www.arthritis.org
- Bipolar Insights**..... 530-642-0859
 897 Union St., Placerville www.bipolarinsights.com

Health Related Agencies and Services Continued

Health and Disease Management Continued

Lewy Body Dementia Association	800-539-9767
7707 Rush Dr., Sacramento	www.lbda.org
Marshall Cancer Resource Center	530-672-7050
3581 Palmer Dr., Ste. 202, Placerville	www.marshallmedical.org
Muscular Dystrophy Association (MDA)	916-921-9518
3010 Lava Ridge Ct., Roseville	www.mda.org
National Alliance for Hispanic Health	866-783-2645
1501 16 th St., NW Washington, DC	www.hispanichealth.org
National Alliance on Mental Illness (NAMI)	530-577-4740
P.O. Box 550023, South Lake Tahoe	www.nami.org
National Council on Disability (NCD)	202-272-2004
1331 F St., Ste. 850, Washington, DC	www.ncd.gov
National Multiple Sclerosis Society	916-927-8000
4225 Northgate Blvd., Ste. 4, Sacramento	www.nationalmssociety.org
National Stroke Association	800-787-6537
9707 E. Easter Ln., Ste. B, Centennial, CO	www.stroke.org
NorCal Services for Deaf & Hard of Hearing	916-349-7500
4708 Roseville, Ste. 111, North Highlands	www.norcalcenter.org
Parkinson’s Disease Foundation (PDF)	212-923-4700
1359 Broadway, Ste. 1509, New York, NY	www.pdf.org
U.C. Davis Alzheimer’s Disease Research Center	916-734-5496
4860 Y St., Ste. 3900, Sacramento	alzheimer.ucdavis.edu
United Spinal Association	800-404-2898
75-20 Astoria Blvd., East Elmhurst, NY	www.unitedspinal.org

Health Related Agencies and Services Continued

Health and Medical Related Services

Partners in Care..... 530-626-8125
2883 Cold Springs Rd., Placerville www.partnersincareplacerville.org
Services include assistance and support to those dealing with chronic illnesses.

Snowline Hospice 530-621-7820
6520 Pleasant Valley Rd., Diamond Springs www.snowlinehospice.org
Services include supporting terminally ill patients near end-of-life and guiding their loved ones through grief. Hospice benefits are included in Medicare and Medi-Cal and most health insurance plans.

Medical Services and Providers

El Dorado County Community Health Center..... 530-621-7700
4327 Golden Center Dr., Placerville www.edcchc.org
Primary care center that serves El Dorado County and provides a full range of family practice services including Client Advocate, Pharmacy Program and Patient Assistant Program for medications, acupuncture, podiatry, behavioral health and referrals to various services within the community. They accept most private insurances, Medi-Cal, Medicare, the underinsured and those without insurance.

Divide Wellness Center-Marshall Medical Center 530-333-2548
6065 Highway 193, Georgetown www.marshallmedical.org
Community clinic coordinated by Marshall Hospital providing complete family medical care. They accept Medicare and Medi-Cal.

Marshall Medical Center..... 530-622-1441
1100 Marshall Way, Placerville www.marshallmedical.org
Includes a fully-accredited acute care hospital as well as comprehensive physician and outpatient services throughout the Western Slope of El Dorado County.

Medi-Cal 530-642-7300
3057 Briw Rd., Placerville www.edcgov.us/humanservices
Provides assistance in meeting health care expenses for eligible persons.

Health Related Agencies and Services Continued

Shingle Springs Tribal Health Program 530-387-4975

5168 Honpie Rd., Shingle Springs

www.ssthp.org

Provides the community with quality care in a secure and comfortable environment that promotes the total well-being of patients. Services include medical, dental and mental health. Accepts most private insurances, Medi-Cal, Medicare, the underinsured and those without insurance.

Western Sierra Medical Center 530-647-9762

3070 Camino Heights Dr., Camino

www.wsmcmed.org

Primary health care including Preventative Medicine, Adult Exams, Urgent Care for established patients and Minor Office Procedures. Accepts Medi-Cal and Medicare.

Housing

Residential Care Facilities for the Elderly (RCFE)

Sometimes called “Assisted Living” or “Board and Care” facilities are non-medical facilities that provide a level of care that includes assistance with activities of daily living.

Skilled Nursing Facilities (SNF)

Provide 24 hour, 7 days a week expert care for those in need of constant care. This type of facility is for those who need short or long-term care. Medically trained staff provides care with nurses supervising treatments, giving medications and monitoring chronic disorders.

California Advocates for Nursing Home Reform (CANHR) 800-474-1116

650 Harrison St., San Francisco

www.canhr.org/RCFE

Provides information and education about nursing home issues and advocacy for improved quality of life for people in nursing homes.

El Dorado County Public Housing Authority 530-621-6300

2900 Fairlane Ct., Placerville

www.edcgov.us/humanservices

Operates under federal guidelines from the U.S. Department of Housing and Urban Development to provide rental subsidy assistance program more commonly known as Section 8.

Housing Continued

Community Development Block Grant Programs 530-642-4863

3057 Briw Rd. Ste. A, Placerville www.edcgov.us/humanservices

Assists households with loans to rehabilitate their homes from blight, provide loans to first-time homebuyers, build community faculties to bring services closer to the community in which families live, and provide grants to improve Infrastructure to a housing development.

Long-Term Care Ombudsman (LTCO) 530-621-6271

To report elder abuse in a SNF, or RCFE, call your local LTCO office or 800-231-4024

3057 Briw Rd., Placerville www.edcgov.us/humanservices

Advocates for quality of care and quality of life for all residents of Skilled Nursing Facilities and Residential Care Facilities. Visit website for a list of local Licensed Residential Care Homes for the Elderly and Skilled Nursing Facilities.

California Community Care Licensing..... www.cclid.ca.gov

California Department of Public Health www.cdph.ca.gov

Nursing Home Compare..... www.medicare.gov/nhcompare

Detailed information about every Medicare and Medicaid-certified nursing home in the country.

U.S. Department of Housing and Urban Development..... 916-498-5220

650 Capital Mall, Ste. 4-200, Sacramento www.hud.gov

Creates strong, sustainable, inclusive communities and quality, affordable homes for all.

Independence Assistance

Alta California Regional Center 530-626-1353

344 Placerville Dr., Ste. 1, Placerville www.altaregional.org

Assists persons with disabilities and their families. They do this by providing and securing those services and supports necessary to maximize opportunities.

Independence Assistance Continued

Assistive Technology Network 800-390-2699

1234 H St., Ste. 100, Sacramento www.atnet.org

Expands the accessibility of tools, resources and technology that will help increase independence, improve personal productivity and enhance the quality of life for all Californians.

California Foundation for Independent Living Centers..... 916-325-1690

1234 H St., Ste. 100 Sacramento www.cfilc.org

Advocates for barrier-free access and equal opportunity for people with disabilities to participate in community life by increasing the capacity of Independent Living Centers.

National Council on Independent Living (NCIL) www.ncil.org

In-Home Support Services (IHSS)..... 530-642-4800

3047 Briw Rd., Placerville www.edcgov.us/humanservices

Provides assistance to eligible adults age 65 or older, blind or disabled individuals, who are unable to remain safely in their home.

In-Home Support Service Public Authority 530-621-6287

3047 Briw Rd., Placerville www.edcgov.us/humanservices

Assists those receiving IHSS in finding providers.

Multipurpose Senior Services Program (MSSP) 530-621-6278

935 Spring St., Placerville www.edcgov.us/humanservices

Care management services to residents age 65 or older, who are Medi-Cal eligible and at risk of placement in a skilled nursing facility due to frail health.

Motherlode Rehabilitation Enterprises, Inc. (MORE) 530-622-4848

399 Placerville Dr., Placerville www.morerehab.org

Provides the best possible services for adults with developmental disabilities and leading our industry in best practices. In addition MORE assists the community in providing real life opportunities, including work, for those they serve.

Society For The Blind 916-452-8271

1238 S St., Sacramento, CA 95811-7112 www.societyfortheblinding.org

For persons 55 or over and struggling with vision loss, the **Senior Impact Project** helps improve and maintain independence. This federally funded program provides free training in non-visual skills. All services, including transportation to and from select programs, are free of charge.

Independence Assistance Continued

Placer Independent Resource Services (PIRS) 530-885-6100
11768 Atwood Rd., Ste. 29, Auburn www.pirs.org
*Advocates, empowers, educates and provides services for people with disabilities
enabling them to control their alternatives for independent living.*

You Are Not Alone (YANA) 530-621-6255
937 Spring St., Placerville www.edcgov.us/humanservices
*Free daily telephone “check-in” and reassurance services available 7 days a week,
supported by the Sheriff’s and Human Services volunteers.*

Care Management

Care Management is a service where trained social workers assess and assists in getting services into the home. Many home care agencies are now offering this support as well as various non-profit organizations, for a fee.

Multipurpose Senior Services Program (MSSP) 530-621-6278
935 Spring St., Placerville www.edcgov.us/humanservices
Care management services to residents age 65 or older, who are Medi-Cal eligible and at risk of placement in a skilled nursing facility due to frail health.

Legal Health Care Information and Assistance

Advanced Directive

An Advanced Directive is a legal document which states a patient’s preference in treatment and resuscitation if the patient is unable to speak for themselves. There are two types of advanced directives. **Living Will** is a document stating a patient’s wishes in the withholding or withdrawing of life support, if the patient suffers from an incurable and terminal condition. **Durable Power of Attorney for Health Care** is a document that designates another person to make health care decisions if the patient is no longer able to make them. This designated person also has the power to make the final decision about cessation of treatment.

Legal Health Care Information and Assistance Continued

Advanced Health Care Directive for Health

Allows you to name someone to carry out your health care wishes or other medical care decisions should you become incapacitated and not be able to make these decisions yourself. States your health care wishes.

Durable Power of Attorney for Finance

Allows you to name someone to take care of your financial matters should you become incapacitated and cannot handle them yourself. The agent will have whatever financial power you grant them. You can revoke or amend it at any time and it must be notarized.

Living Will (Revocable Trust)

A legal entity you create and to which you transfer property. Is in your control until death when it transfers to those you’ve named to inherit, avoids probate.

Power of Attorney (POA)

Written authorization to represent or act on another’s behalf in private affairs, business or some other legal matter.

Will

Specifies who gets your property upon your death. Also allows the appointment of an executor. Property named normally goes through probate. May be hand written and signed.

California Courts..... www.courts.ca.gov

Official court website provides referrals to a number of self-help legal resources. Click on “Self-Help” link and then select “Finding Free and Low-Cost Legal Help” for a variety of resources and information available. This website also provides forms and rules for your specific court matter.

El Dorado County Bar Association **530-626-4906**

550 Main St., Ste. A, Placerville www.eldoradocountyattorneys.org

Find local attorneys using name, category or location.

Legal Health Care Information and Assistance Continued

El Dorado County District Attorney 530-621-6472
515 Main St., Placerville www.edcgov.us/eldoda
Crimes involving consumer fraud, bad checks, insurance fraud and environmental crimes should be reported directly to the District Attorney’s Consumer/Environmental Protection Unit.

El Dorado County Law Library 530-621-6423
550 Main St., Ste. A, Placerville www.eldoradocountylawlibrary.org
Free legal clinics offered on a first come-first serve basis. Call or visit website for information on classes, services, legal links and guides.

El Dorado County Senior Legal Services..... 530-621-6154
937 Spring St., Placerville www.edcgov.us/humanservices
Senior Legal Services is intended to help if you are age 60 or older, reside in El Dorado County and are seeking legal assistance with a civil, non-criminal matter. Services include estate planning, public benefits, consumer issues, health care, real property, abuse and exploitation. Attorney’s meet with seniors by appointment only.

FindLaw..... www.findlaw.com
Provides legal information about numerous topics. Also offers help with finding a lawyer, legal answers and various legal forms.

Library of Congress..... www.loc.gov
Click on the “Ask a Librarian” link to get help answering questions on a variety of topics, including law (US and International).

Sacramento County Public Law Library 916-874-6012
609 9th St., Sacramento www.saclaw.lib.ca.us
Call the main line or visit the website for information on classes offered, research guides, free forms, online resources and more.

Senior Centers and Congregate Meal Sites

Home Delivered Meals

Individuals who are medically or physically disabled and age 60 or older may be eligible to receive a hot nutritious meal delivered to their home Monday through Friday, with frozen weekend meals available upon request. The suggested donation for home delivered meals is \$3 per meal. Eligibility is determined by staff assessment. Some restrictions apply.

Senior Centers

Older adults can access a variety of services and have an opportunity to participate in individual and group activities.

Senior Meal Sites

Older adults age 60 or older have the opportunity to receive a nutritionally balanced meal once a weekday. Sites are at varied locations. Contributions are suggested but not required. *Meals are served weekdays from 12:00 p.m. to 12:30 p.m.*

Senior Nutrition Program and Home Delivered Meals 530-621-6160
937 Spring St., Placerville www.edcgov.us/humanservices

Senior Congregate Meal Sites

Diamond Springs Lions Hall..... 530-622-8131
4701 Missouri Flat Rd., Diamond Springs www.e-clubhouse.org/sites/motherlodeca

El Dorado Hills Senior Center 916-358-3575
990 Lassen Ln., El Dorado Hills www.edhcsd.org/senior_center.html

Greenwood Community Center 530-885-9160
4411 Hwy. 193, Greenwood www.gdrd.org

Pioneer Park Community Center 530-620-5432
6740 Fairplay Rd., Somerset www.edcgov.us/Parks

Placerville Senior Center..... 530-621-6160
937 Spring St., Placerville www.edcgov.us/humanservices

Pollock Pines Community Center 530-644-4008
2675 Sanders Dr., Pollock Pines www.pollockpinesca.org

Transportation

Senior Shuttle..... 530-621-6369

937 Spring St., Placerville www.edcgov.us/humanservices

Provides weekly scheduled grocery shopping trips in the greater Placerville area. Shuttle riders can enjoy trips to special events and out-of-county activities. Destinations of interest are scheduled throughout the year and highlight some of the area’s best events. The Senior Shuttle is available by advanced reservation and provides curb-to-curb transportation service. Not wheelchair accessible and has a suggested donation.

El Dorado Transit

El Dorado Transit Authority 530-642-5383

6565 Commerce Way, Diamond Springs www.eldoradotransit.com

El Dorado Transit provides four local bus routes serving the western slope of El Dorado County.

ADA Paratransit/Off-Route Deviation Services *is a specialized transportation service for persons who are unable to independently use regular bus route service due to a disability or health related condition some or all of the time, must be certified as eligible. Application for this service is available through El Dorado Transit.*

El Dorado Commuter *provides eleven morning trips from El Dorado County to Sacramento and eleven return trips in the afternoon. It’s the fast, easy way to commute to downtown Sacramento.*

Iron Point Connector *is a direct service from El Dorado County to Folsom with connections to Sacramento Regional Transit Light Rail.*

El Dorado Transit Dial-A-Ride..... 530-642-3696

6565 Commerce Way, Diamond Springs www.eldoradotransit.com/dialaride.html

Dial-A-Ride is available to everyone, however, seniors age 60 or older and persons with disabilities receive priority in the booking process. This is a curb-to-curb transportation service and is available by advanced reservation.

Transportation Continued

Sac-Med Non-Emergency Medical Appointment Transportation 530-642-3696

6565 Commerce Way, Diamond Springs www.eldoradotransit.com

Sac-Med is a shared ride public non-emergency medical appointment transportation service for seniors, disabled and general public passengers. This service operates on Tuesday and Thursday. Ride requests are scheduled on a first come-first serve basis.

Veterans Services

California Department of Veterans Affairs 800-952-5626

1227 O St., Sacramento www.calvet.ca.gov

Homeless Veterans Outreach and Awareness 800-952-5626

2411 Alhambra Blvd., Sacramento www.calvet.ca.gov/VetServices/Housing.aspx

Information regarding housing assistance programs for homeless veterans. Housing and supportive services include Homeless Prevention and Rapid Re-Housing Program, Domiciliary Care for Homeless Veterans, Grant and Per Diem Programs.

Paralyzed Veterans of America (PVA)..... 800-424-8200

801 Eighteenth St., NW Washington, DC www.pva.org

Helps a veteran get back to work or secure benefits that have been denied.

United States Department of Veterans Affairs-Regional Office 800-827-1000

10365 Old Placerville Rd., Sacramento www.va.gov

Provides a wide range of benefits to veterans including, Disability, Education and Training, Vocational Rehabilitation and Employment, Home Loan Guaranty, Dependent and Survivor Benefits, Medical Treatment, Life Insurance and Burial Benefits

Veterans Services Continued

Veteran Affairs Placerville Office 530-621-5892

130 Placerville Dr., Placerville

www.edcgov.us/veterans

The Veteran Affairs Office provides the guidance and advice to help veterans become aware and claim the many benefits they earned and are entitled to, while in military service to our country. Entitlements include counseling, education benefits, medical benefits, Cal-Vet home loans programs, disability pensions, and military funeral service and burial benefits.

Veterans Home of California 707-944-4601

260 California Dr., Yountville

www.calvet.ca.gov/VetHomes/Yountville.aspx

VHC-Yountville is the largest veteran’s home in the United States, offering residential accommodations with a wealth of recreational, social and therapeutic activities for independent living.

Volunteer Opportunities

Big Brothers Big Sisters of El Dorado County 530-626-1222

2914 Cold Springs Rd., Ste. B, Placerville

www.mentors4youth.org

Helps children realize their potential and build their futures. They nurture children and strengthen communities.

Court Appointed Special Advocates (CASA) 530-622-9882

347 Main St., Placerville

www.casaeldorado.org

CASA El Dorado is part of a national non-profit organization that trains volunteers to advocate for abused and neglected children.

El Dorado County Community Services 530-621-6369

937 Spring St., Placerville

www.edcgov.us/humanservices

Volunteer Opportunities Continued

El Dorado County Habitat for Humanity 530-621-2111

6168 Pleasant Valley Rd., Diamond Springs www.edchabitat.com/volunteer

Wide range of opportunities available for groups and individuals. Volunteers can help with new home construction and home restoration, office support, family services, event planning, work in our retail building supplies outlet, and many other aspects of El Dorado County's Habitat's work.

Food Bank of El Dorado County 530-621-9950

3291 B, Coach Ln., Cameron Park www.foodbankedc.org

Provides food assistance on a daily basis in partnership with over 40 local emergency food response agency sites including battered women's shelters, senior centers, local food pantries, under privileged youth programs, youth shelters, soup kitchens, maternity homes and more.

P.A.W.E.D.-Partner, Educate, Train, Save 530-677-2476

4050 Durock R., Ste. 19, Shingle Springs www.pawedpets.org

Dedicated to saving and improving the lives of companion animals in El Dorado County.

Senior Services Quick Reference Guide

Adult Protective Services (APS).....	530-621-4800
CalFresh Program (Food Stamps)	530-642-7300
Elder ID and Care Trak	530-621-6180
El Dorado Transit-Local Bus/Dial-A-Ride.....	530-642-3696
Elder Protection Unit (EPU)	530-642-4800
Family Caregiver Support Program (FCSP).....	530-621-6151
Health Insurance Counseling and Advocacy Program (HICAP).....	530-621-6369
Home Energy Assistance Program (HEAP).....	530-621-6150
In-Home Support Services (IHSS)	530-642-4800
Information and Assistance (I&A).....	530-621-6369 or 800-510-2020
Long-Term Care Ombudsman (LTCO)	530-621-6271 or Crisis Line 800-231-4024
Medi-Cal.....	530-642-7300
Mental Health	530-621-6290 or Crisis Line 530-622-3345
Multipurpose Senior Services Program (MSSP).....	530-642-6278
Public Guardian.....	530-642-4800
Senior Activities	530-621-6255
Senior Computer Center	530-621-6369
Senior Day Care.....	530-621-6180
Senior Health Education Program (SHEP).....	530-621-6151
Senior Legal Services.....	530-621-6154
Senior Nutrition Program.....	530-621-6160
Senior Peer Counseling.....	530-621-6304
Senior Shuttle.....	530-621-6369
Senior Times Newsletter.....	530-621-6255
Suicide Crisis Line	800-273-8255
Veteran Services	530-621-5892
Volunteer Program	530-621-6369
Weatherization Assistance Program.....	530-621-6150
You Are Not Alone (YANA)	530-621-6255