



El Dorado County Health and Human Services Agency Senior Resource Guide

www.edcgov.us/HHSA

It's a great day in El Dorado County



*Transforming Lives and
Improving Futures*



Publication of this guide is generously supported by



Updated 3/2016 - Information in directory may not be current after initial printing.

Introduction

This Senior Community Resource Guide is a service directory to assist older adults in locating services, agencies and programs. Every effort has been made 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 the El Dorado County Senior Information and Assistance program if you need further assistance.

El Dorado County Senior Information and Assistance – Senior Helpline

530-621-6369 or 800-510-2020

Hours of Operation Monday–Friday 8:00 a.m. to 5:00 p.m.

Eldercare Locator 800-677-1116

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



SENIOR

HELPLINE

An Area Agency on Aging Serving El Dorado County

800.510.2020

530.621.6369

The El Dorado County Health and Human Service Agency (HHS) is a public agency that partners with the community on health and welfare issues. We help residents stay healthy and become self-sufficient through a variety of health and human services.

Our Vision: Transforming Lives and Improving Futures

Our Mission: With integrity and respect, we provide effective, efficient, collaborative services that strengthen, empower and protect individuals, families and communities, thereby enhancing their quality of life.

El Dorado County Health and Human Services Agency

Area Agency on Aging

The Area Agency on Aging (AAA) is the office designated by the Board of Supervisors to carry out the daily functions and activities for citizens aged 60 and older as required under the Older Americans Act. The AAA operates within the El Dorado County Health and Human Services Agency.

Area Agency on Aging PSA 29 530-621-6369 or 800-510-2020
 937 Spring St., Placerville www.edcgov.us/humanservices
AAA Director Michelle Hunter 530-621-6161

Board of Supervisors 530-621-5390
 330 Fair Ln., Placerville www.edcgov.us/bos
District 1 – Ron Mikulaco
District II – Shiva Frentzen
District III – Brian Veerkamp
District IV – Michael Ranalli
District V – Sue Novasel

Health and Human Services Agency Main Line 530-642-7300
(South Lake Tahoe) 530-573-3200
www.edcgov.us/HHSA

Community Services Division 530-621-6150
(South Lake Tahoe) 530-573-3490
 Information and Assistance 530-621-6369

Mental Health Division 530-621-6290 or Crisis Line 530-622-3345
(South Lake Tahoe) 530-573-7970 or Crisis Line 530-544-2219

Public Health Division 530-621-6100
(South Lake Tahoe) 530-573-3155

Social Services Division 530-642-7300
(South Lake Tahoe) 530-573-3200

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Adult Day Care and Caregiver Programs and Resources

Adult Day Care Programs

Adult Day Care Programs provide a secure environment and therapeutic activities to help participants achieve optimal physical, mental and cognitive functioning. The programs improve 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 who care for an adult who may not be able to be left unattended or who can benefit from supervised socialization. This service may also provide respite (an opportunity for a caregiver to take a break from their caregiving duties). *This is a fee for service program offered weekdays.*

El Dorado County Senior Day Care 530-621-6180

935 A Spring St., Placerville

990 Lassen Ln., El Dorado Hills.....**916-358-3560**

www.edcgov.us/humanservices

Caregiver Support Programs

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

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.

Del Oro Caregiver Resource Center916-728-9333 or 800-635-0220

8421 Auburn Blvd., Ste. 265 Citrus Heights

www.deloro.org

Provides support to caregivers of brain impaired adults through education, respite, counseling and family consultations.

Caregiver Action Network (CAN)202-454-3970

1130 Connecticut Ave., NW, Ste. 300, Washington, DC

www.caregiveraction.org

Provides education, peer support and resources to family caregivers across the nation - (formerly the National Family Caregivers Association).

Education and Leisure

El Dorado County 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.

El Dorado County Senior Health Education Program (SHEP).....530-621-6151

937 Spring St., Placerville

www.edcgov.us/humanservices

Exercise program for seniors and educational trainings.

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 Center530-642-5644

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 Campus916-608-6500

10 College Parkway, Folsom

www.flc.losrios.edu

Folsom Lake College provides educational classes and degrees on various topics.

Lake Tahoe Community College530-541-4660

1 College Drive, South Lake Tahoe

www.ltcc.edu

Lake Tahoe Community College provides educational classes and degrees on various topics.

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

3581 Palmer Dr., Ste. 101, Cameron Park

www.marshallmedical.org/library

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.

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

www.sath.org

Educational organization that raises awareness about the needs of all travelers with disabilities. Strives to remove physical and attitudinal barriers to free access and expand travel opportunities.

Education and Leisure Continued

Computer Labs

El Dorado County Connections One-Stop Center (Western Slope).....530-642-4850

3047 Briw Rd., Placerville

South Lake Tahoe.....530-573-4330

3368 Lake Tahoe Blvd, South Lake Tahoe www.edcgov.us/humanservices

Connections - One Stop helps people find jobs and improve job skills. Services are free.

Computer access is available onsite to conduct job searches, apply online and more.

El Dorado Hills Senior Center916-358-3575

990 Lassen Ln., El Dorado Hills www.edhcsd.org/senior_center.html

Placerville Senior Resource Room.....530-621-6150

937 Spring St., Placerville

South Lake Tahoe Senior Center.....530-573-3130

3050 Lake Tahoe Blvd, South Lake Tahoe

Discount Programs

Many restaurants, supermarkets and department stores offer senior discounts. Travel deals and other types of offers may also be available. Age requirements can vary for each organization, so be sure to ask.

AARP Membership888-687-2277

1415 L Street, Ste. 960, Sacramento www.aarp.org/card

The American Association of Retired People (AARP) membership provides valuable discounts on retail products, dining, entertainment, travel and more. Health related discounts on vision, hearing, prescription and fitness services are also available.

California Department of Fish and Wildlife916-928-5805

1740 North Market Blvd., Sacramento www.wildlife.ca.gov

Offers free or reduced-fee sport fishing licenses for qualified disabled persons, disabled veterans or low-income individuals age 65 or older.

California State Parks and Recreation Department.....800-777-0369

1416 9th St., Ste. 144, Sacramento www.parks.ca.gov

Discount passes are available for persons 62 years of age or older visiting California State Parks.

Education and Leisure Continued

Libraries

El Dorado County Libraries provide public education for all ages. The libraries offer classes, instructional programs and research assistance. They loan print, electric and educational resources in welcoming environments open to the entire community.

- Cameron Park Branch** **530-621-5500**
2500 Country Club Dr., Cameron Park www.eldoradolibrary.org/cameron.htm
- 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
- El Dorado County Law Library** **530-626-1932**
550 Main St., Ste. A, Placerville www.eldoradocountylawlibrary.org



Education and Leisure Continued

Parks and Recreation

Local Parks and Recreation Departments offer many recreational opportunities for community members; many programs and classes are specifically for seniors. Parks and Recreation Departments also maintain, operate and develop parkland and open space.

Cameron Park Community Services District..... 530-677-2231

2502 Country Club Dr., Cameron Park www.cameronpark.org

El Dorado County Parks Department..... 530-621-5360

330 Fair Lane, Bldg. A, Placerville www.edcgov.us/parks

El Dorado Hills Community Services District..... 916-933-6624

1021 Harvard Way, El Dorado Hills www.eldoradohillscsd.org

Placerville Recreation and Parks 530-642-5232

549 Main St., Placerville www.cityofplacerville.org/depts/parks/default.asp

City of South Lake Tahoe Parks and Recreation..... 530-542-6056

1180 Rufus Allen Blvd, South Lake Tahoe www.cityofslt.us

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.



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 District	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
(South Lake Tahoe).....	530-544-2219
El Dorado County Sheriff’s Department	530-621-5655
(South Lake Tahoe).....	530-573-3000
Barton Memorial Hospital	530-541-3450
Marshall Medical Center.....	530-622-1441
Placerville City Police Department	530-642-5210
Poison Control Center.....	800-222-1222
Cal-Trans Road Conditions	800-427-7623
Nevada Department of Transportation Road Conditions	877-687-6237
City of South Lake Tahoe Fire.....	530-542-6160
City of South Lake Tahoe Police	530-542-6100
Suicide Crisis Line	800-273-8255

Emergency Assistance and Services Continued

El Dorado County Animal Services (Western Slope)530-621-5795
6435 Capitol Ave., Diamond Springs

South Lake Tahoe.....530-573-7925
1120 Shakori Drive, South Lake Tahoe www.edcgov.us/AnimalServices
Shelters stray, unwanted, or displaced animals and coordinates foster and volunteer programs. Enforces state statutes and county ordinances regulating animal care and welfare; investigates citizens' complaints of animal neglect or nuisance, and responds to reports of loose and injured animals.

El Dorado County Emergency Medical Services Agency 530-621-6500
2900 Fair Lane Court, 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 in El Dorado County. Certifies and trains emergency responders. In an emergency, call 911.

California Poison Control System800-222-1222
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. In an emergency, call 911.

Office of Emergency Services (OES).....530-621-5895
ready.edso.org/

The El Dorado County Sheriff's Office CodeRED Emergency Notification System provides a number of ways for the County to contact community members in the event of an emergency such as: evacuations due to wildfires or hazardous material spills, or urgent law enforcement operations. The EDSO CodeRED Emergency Notification System may be used to deliver alerts when there is a threat to the health or safety of residents.



Employment and Vocational Training

El Dorado County Connections One-Stop Center530-642-4850

3047 Briw Rd., Placerville

South Lake Tahoe.....530-573-4330

3368 Lake Tahoe Blvd, South Lake Tahoe www.edcgov.us/humanservices

Connections - One Stop helps people find jobs and businesses find employees. Services are available to the public at no cost. Centers have free access to computers, assistance with job searches, career assessments, help with resume development and interview skills, trainings and workshops to improve job skills, and more. Paid work experience and help with school tuition may be available.

El Dorado County Workforce Innovation & Opportunity Act.....530-642-4850

3047 Briw Rd., Placerville

www.edcgov.us/humanservices

South Lake Tahoe530-573-4330

3368 Lake Tahoe Blvd., Ste. 100, South Lake Tahoe

Offers activities to eligible adults, dislocated workers and youth to promote and increase employment, job retention, earnings and occupational skills of participants.

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

4675 Missouri Flat Rd., Placerville

<http://cte.eduhsd.k12.ca.us/>

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

Charter Adult Education530-622-7130

6767 Green Valley Rd., Placerville

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

Offers courses for adults to meet their educational needs.

Department of Rehabilitation, State of California800-952-5544

www.rehab.cahwnet.gov

1166 Broadway, Ste. S, Placerville

530-626-0900

2489 Lake Tahoe Blvd., Ste. 4, South Lake Tahoe

530-541-3226

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

Employment and Vocational Training Continued

AARP Senior Community Service Employment Program 866-448-3614

1415 L St., Sacramento

<http://www.aarpworksearch.org>

This program helps eligible people age 55 or older 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.

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

www.edd.ca.gov

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

Equal Employment Opportunity Commission 800-669-4000

1301 Clay St., Ste 1170-N, Oakland

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.

Energy and Utility Assistance

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

El Dorado County Home Energy Assistance Program (HEAP) 530-621-6150

937 Spring St., Placerville

South Lake Tahoe 530-573-3490

1360 Johnson Blvd, Suite 103, South Lake Tahoe

www.edcgov.us/humanservices

This federally funded direct payment program assists income eligible households in offsetting the cost of heating and/or cooling their homes. Funding is limited. Please call for program status.

Energy and Utility Assistance Continued

Liberty Utilities California Alternative Rates for Energy (CARE)..... 800-782-2506

933 Eloise Ave., South Lake Tahoe

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

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 upon the number of persons living in the home and total annual household income.

Relief for Energy Assistance through Community Help (REACH) 530-344-9178

899 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 service. REACH is a one-time energy-assistance program sponsored by PG&E and administered through the Salvation Army.

Southwest Gas California Alternatives Rates for Energy (CARE) 877-860-6020

400 Eagle Station Lane, Carson City

www.swgas.com

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

California Lifeline Program 866-272-0349

www.californialifeline.com/en

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

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

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.

Energy and Utility Assistance Continued

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 designed for people with restricted mobility or speech impairments, or who are blind or deaf.

Deaf and Disabled Telecommunication Program www.ddtp.org

Salvation Army Service Extension 530-889-3990

286 Sutter St., Auburn www.salvationarmyusa.org

Can provide 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 530-621-5490

360 Fair Lane, Placerville

South Lake Tahoe.....530-573-7955 ext. 5490

3368 Lake Tahoe Blvd., Ste. 108, South Lake Tahoe www.edcgov.us/countyclerk

The 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 and certain environmental documents, and maintains a list of public rosters.

El Dorado County Office of Vital Statistics.....530-621-6121

931 Spring Street, Placerville

South Lake Tahoe.....530-573-7955 ext. 6121

www.edcgov.us/publichealth

The Office of Vital Statistics registers births and deaths that occur in El Dorado County. The office also issues birth and death certificates and burial permits.

Financial and Legal Services Continued

El Dorado County – Elections530-621-7480

2850 Fair Lane Court, Placerville

South Lake Tahoe.....530-573-7955 ext. 7480

www.edcgov.us/Elections

The 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.

El Dorado County Veteran Affairs530-621-5892

130 Placerville Dr., Placerville

South Lake Tahoe530-573-7955 ext. 5892

3050 Lake Tahoe Blvd, South Lake Tahoe

www.edcgov/Veterans

Provides guidance and advice to help veterans become aware of, and claim, the many benefits they are entitled to due to their military service. Entitlements include counseling, education benefits, medical benefits, Cal-Vet home loans programs, disability pensions, military funeral service and burial benefits.

Legal Resources

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

937 Spring St., Placerville

www.edcgov.us/humanservices

Senior Legal Services helps El Dorado County residents age 60 or older who 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.

El Dorado County Public Guardian 530-642-4800

929 Spring St., Placerville

www.edcgov.us/humanservices

The Office of the Public Guardian ensures the physical and financial safety of persons unable to do so on their own, and when there are no viable alternatives to a public conservatorship. Services are defined and directed by the Superior Court. The Superior Court can appoint the Public Guardian as a conservator of the person only, estate only (for probate) or both person and estate.

Financial and Legal Services Continued

El Dorado County Probation Department (Western Slope).....530-621-5625

3974 Durock Rd., Ste. 205, Shingle Springs

South Lake Tahoe530-573-3083

1360 Johnson Blvd., Ste. 102, South Lake Tahoe www.edcgov.us/probation

Promotes the health and safety of residents by conducting investigations, enforcing Court Orders, ensuring victim's rights, engaging in prevention partnerships and facilitating resocialization of offenders.

California Fair Employment and Housing Department.....916-478-7251

2218 Kausen Dr., Elk Grove www.dfeh.ca.gov

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

Health Insurance Counseling and Advocacy Program (HICAP).....530-621-6369

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 California916-551-2150

190 Reamer St., Auburn www.lsn.net

Provides legal representation to low-income individuals.

Voluntary Legal Services Program916-551-2102

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

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

Tax Preparation Assistance

AARP Tax-Aide Program530-621-6150

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

Provides seasonal volunteer assistance with tax returns.

Franchise Tax Board800-852-5711

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

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

Financial and Legal Services Continued

Internal Revenue Service Tax Help Line.....916-974-5225 or 800-829-1040
4330 Watt Ave., Sacramento www.irs.gov
Offers callers information regarding tax return preparation or notices from the IRS.

Funeral Preplanning and Death Related Services

El Dorado County Office of Vital Statistics.....530-621-6121
931 Spring Street, Placerville www.edcgov.us/publichealth

South Lake Tahoe530-573-7955 ext. 6121
The Office of Vital Statistics provides copies of certificates for births and deaths that have occurred in El Dorado County within the current year and immediate past year. They also issue burial permits.

El Dorado County Recorder-Clerk Office.....530-621-5490
360 Fair Lane, Placerville www.edcgov.us/countyclerk
Issues certificates for births and deaths that occurred prior to the current and past year.

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

Organ and Body Donations

Body Donation – U.C. Davis Health System916-734-9560
4800 Broadway, Ste. 100, Sacramento www.ucdmc.ucdavis.edu/bodydonation
Donors assist the medical school with 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 public education within our community.

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

Funeral Preplanning and Death Related Services Continued

California Transplant Donor Network 888-570-9400
12667 Alcosta Blvd., Ste. 500, San Ramon 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.

Survivor and Burial Benefits

Department of Veteran Affairs 916-566-7430 or 800-827-1000
1111 Watt Ave., Ste. 390, Sacramento www.cem.va.gov
Counselors are available to answer questions regarding burial, death pension, dependency indemnity compensation and direct deposit.

Social Security Administration 877-545-5497
3916 Missouri Flat Rd., Ste. A, Placerville www.ssa.gov
Report a death, file for survivor benefits or file for burial benefits.

General Assistance and Services

El Dorado County Senior Information and Assistance.....530-621-6369 or 800-510-2020
937 Spring St., Placerville www.edcgov.us/humanservices
This one-stop resource provides 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 Preparedness and Response530-621-7581
2900 Fair Lane Ct., Placerville www.edcgov.us/PublicHealthPreparedness
Prepares for, and responds to, public health threats and emergencies in El Dorado County. Conducts emergency planning, surveillance, detection and control of diseases, health risk communication, and education and training services for the public and healthcare providers.

General Assistance and Services Continued

El Dorado County Public Housing Authority 530-621-6300

2900 Fair Lane Ct., Placerville www.edcgov.us/humanservices

This program provides rental subsidy assistance (commonly known as Section 8 housing). The program operates under federal guidelines from the U.S. Department of Housing and Urban Development.

El Dorado County Senior Peer Counseling 530-621-6304

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

Offers confidential supportive counseling for people age 55 or older who may be lonely, isolated, grieving, sad and/or stressed about issues of growing older. Strives to help individuals increase independence, personal growth and enjoyment of life.

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.

Call 2-1-1 Sacramento..... 800-500-4931

www.211sacramento.org

Free, 24-hour telephone customer service center for people looking for community services and resources, such as shelter, food, counseling, employment assistance and more in Sacramento County.

Friendship Line, Institute on Aging..... 800-971-0016

www.ioaging.org

Offers confidential telephone discussion 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).... info@pflagplacerville.org

P.O. Box 415, Placerville www.pflagplacerville.org

Educates the community about Lesbian, Gay, Bisexual and Transgender (LGBT) issues.

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.gvconline.com

Live Violence Free..... 530-544-2118
2941 Lake Tahoe Blvd., South Lake Tahoe www.liveviolencefree.org

Seventh Day Adventist Church..... 530-622-2446
6831 Mother Lode Dr., Placerville www.placervillesdachurch.org

Snowline Hospice Thrift Store..... 530-621-1802
455 Placerville Dr., Placerville www.snowlinehospice.org

St. Patrick’s Aid Ministry..... 530-621-7773
3109 Sacramento St., Placerville www.stpatpv.org

Food Assistance and Hot Meals

Home Delivered Meals and Congregate Dining Centers 530-621-6160
937 Spring St., Placerville www.edcgov.us/humanservices
The El Dorado County Senior Nutrition Program enables older adults to obtain a nutritious meal at an affordable price. Meals are available to people aged 60 years and older. Home delivered meals are available to homebound seniors. Lunch is served Monday – Friday at Senior Dining Centers located throughout El Dorado County (see list of congregate meal sites on page 38 of this guide). A suggested donation of \$3 per meal.

Brown Bag Program..... 530-621-9950
4550 Business Dr., Cameron Park 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.

General Assistance and Services Continued

Bread and Broth775-588-3993

www.breadandbroth.org

Grace Hall of St. Theresa Church, 1041 Lyons Ave., South Lake Tahoe -

A hot meal is provided on Mondays from 4:00 to 5:30 p.m.

Lake Tahoe Community Presbyterian Church, 2733 Lake Tahoe Blvd., South Lake Tahoe -

A hot meal is served on Fridays from 4:00 to 5:00 p.m.

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

6575 Commercial Way, Diamond Springs

www.calvaryplacerville.com

The food closet is open on the 2nd and 4th Wednesdays of each month

from 10:00 a.m. to 12:00 p.m.

Christmas Cheer All Year 530-542-4934

1120 Third St., South Lake Tahoe

The food closet is open weekly on Tuesday, Wednesday and Thursday from 11:00 a.m. to

2:00 p.m. Fresh produce is available the 1st, 2nd and 4th Friday each month at 11:00 a.m.

Emergency Food Closets

For contact information about Emergency Food Closets 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 of South Lake Tahoe 530-544-2743

1053 Wildwood Ave., South Lake Tahoe

www.firstbaptistchurchslt.com

Food closet is open on Wednesdays from 12:00 to 1:00 p.m.

Green Valley Community Church 530-622-3231

3500 Missouri Flat Rd., Placerville

www.gvconline.net

Food closet is open Saturdays at 10:00 a.m.

Live Violence Free..... 530-544-2118

2941 Lake Tahoe Blvd., South Lake Tahoe

www.liveviolencefree.org

Food closet is open Monday – Friday from 8:00 a.m. to 4:00 p.m.

General Assistance and Services Continued

Pollock Pines Community Church.....530-644-2133

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.

Seventh Day Adventist Church530-622-2446

6831 Motherlode Dr., Placerville www.placervillesdachurch.org

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

S.H.A.R.E. Food Closet530-626-8299

1031 Thompson Way, Placerville www.foodbankedc.org

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

Tahoe Family Resource Center530-542-0740

3501 Spruce Ave., South Lake Tahoe www.tahoefrc.org

Food closet is open on the 2nd Friday of every month from 9:00 a.m. to 5:00 p.m.

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.

Homeless Assistance

Center for Violence Free Relationships530-626-1450 or Crisis Line 530-626-1131

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

Assists victims of domestic and/or sexual assault and their families. Helps with shelter, counseling, legal services and children's services. Men's groups are available.

Housing Emergency Lodging Program (H.E.L.P.)530-295-4177

P.O. Box 912, Placerville www.stpatpv.org/serve/help.htm

Assists local homeless individuals and their families to secure temporary emergency shelter.

Live Violence Free530-544-2118 or Crisis Line 530-5444-4444

2941 Lake Tahoe Blvd., South Lake Tahoe www.liveviolencefree.org

Assists victims of domestic and/or sexual assault and their families. Helps with shelter, counseling, advocacy, information and referrals.

General Assistance and Services Continued

Only Kindness - Community Resource Center..... 530-344-1864
www.edcrc.com

Provides information and referrals to El Dorado County's at-risk and homeless families.

Tahoe Coalition for the Homeless 775-573-0822
www.tahoehomeless.org

Government Assistance

El Dorado County CalFresh (Western Slope)..... 530-642-7300
3057 Briw Rd., Placerville www.calfresh.ca.gov

South Lake Tahoe 530-573-3200
3368 Lake Tahoe Blvd., Ste. 100, South Lake Tahoe
This program helps low-income people buy the food they need for good health. Formerly known as food stamps, this program is federally funded.

El Dorado County CalWORKs (Western Slope)..... 530-642-7300
3057 Briw Rd., Placerville

South Lake Tahoe 530-573-3200
3368 Lake Tahoe Blvd., Ste. 100, South Lake Tahoe www.cdss.ca.gov/calworks
Provides time-limited cash aid to families with eligible, needy children. CalWORKs is the state implementation of the Federal Temporary Assistance to Needy Families (TANF) program. Housing assistance is also available for CalWORKs clients through the Housing Support Program, which is designed to increase stability for local families by providing assistance and support needed to find a safe, affordable and permanent place to live.

El Dorado County General Assistance Program..... 530-642-7300
3057 Briw Rd., Placerville www.edcgov.us/humanservices

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

El Dorado County 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.

Government Assistance Continued

El Dorado County 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.

El Dorado County In-Home Supportive Services (IHSS).....530-642-4800

3057 Briw Rd., Placerville

www.edcgov.us/humanservices

Helps eligible recipients who are elderly, disabled or blind to stay safely in their homes. Pays providers to come into the home to assist with household and/or personal care tasks that the recipient cannot manage on their own.

El Dorado County Multipurpose Senior Services Program (MSSP) 530-621-6278

935 A Spring St., Placerville

www.edcgov.us/humanservices

This care management program helps Medi-Cal eligible seniors age 65 or older independently remain in their homes.

El Dorado County Veteran Affairs (Western Slope)..... 530-621-5892

130 Placerville Dr., Placerville

South Lake Tahoe 530-573-7955 ext. 5892

3050 Lake Tahoe Blvd., South Lake Tahoe

www.edcgov.us/Veterans

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

El Dorado County Home Weatherization Program (Western Slope) 530-621-6150

937 Spring Street, Placerville

South Lake Tahoe 530-573-3490

1360 Johnson Blvd., Ste. 103, South Lake Tahoe

This federally funded program provides eligible homeowners and renters with free energy efficiency upgrades to their homes to help reduce energy costs.

Government Assistance Continued

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.

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

Congress of California Seniors..... 800-543-3352

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

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

Federal Citizen Information Center, Senior Citizens Resources 844-872-4681

www.usa.gov/Topics/

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

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

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.

Social Security Administration 877-545-5497

3916 Missouri Flat Rd., Ste. A, Placerville www.socialsecurity.gov

Independent agency of the 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) 916-324-6407

980 9th St., Ste. 8017, Sacramento www.opa.ca.gov

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

Health Related Agencies and Services

Alcohol and Substance Abuse

El Dorado County Alcohol and Drug Programs (Western Slope)..... 530-621-6146

768 Pleasant Valley Rd., Diamond Springs

South Lake Tahoe530-573-7959

1900 Lake Tahoe Blvd., South Lake Tahoe

www.edcgov.us/MentalHealth

Offers education, prevention, treatment and counseling services directly and through contracts with community agencies. Also manages various drug court programs.

Alcoholics Anonymous (AA).....530-622-3500

P.O. Box 748, Placerville

www.westernsloped22.org

South Lake Tahoe530-541-1243

www.nnig.org

This international fellowship provides supportive services to men and women who have had a drinking problem. Provides literature and group meetings.

Al-Anon and Alateen Information916-334-2970

5429 Palm Ave., Ste. A, Sacramento

www.ncwsa.org/d6-10

South Lake Tahoe530-541-1243

www.al-anon-alateen.org

Friends and families of problem drinkers find understanding and support at Al-Anon and Alateen meetings.

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

893 Spring St., Placerville

Offers substance abuse treatment.

New Morning Youth and Family Services530-622-5551

6765 Green Valley Rd., Placerville

www.newmorningyfs.org

Provides a safety net of services to troubled youth and their families.

Progress House.....530-626-9240

2844 Coloma St., Placerville

www.progresshouseinc.org

Provides a continuum of care for individuals and families with alcohol and other drug issues.

Health Related Agencies and Services Continued

Tahoe Turning Point **530-541-4594**
 2494 Lake Tahoe Blvd., South Lake Tahoe www.tahoeturningpoint.org
Offers drug and alcohol education and substance abuse treatment and addiction counseling.

Tahoe Youth and Family Services **530-541-2445**
 1021 Freemont Ave., South Lake Tahoe www.tahoeyouth.org
Provides prevention, intervention and outpatient services to adults and youth. Offers DUI counseling for Level 2, 2X and 3.

Salvation Army Adult Rehabilitation Center **530-342-2199**
 13404 Browns Valley Dr., Chico <http://www.gosalarmy.org>
Provides residential substance abuse treatment for individuals with identifiable and treatable needs.

Health and Disease Management

ALS Association (Lou Gehrig’s disease) **916-979-9265**
 2717 Cottage Way., Ste. 17, Sacramento www.alsac.org

Alzheimer’s Association..... **800-272-3900**
 1455 Response Rd., Ste. 190, Sacramento www.alz.org/norcal
 1301 Cordone Avenue, Suite 180, Reno

American Cancer Society **800-227-2345**
www.cancer.org
 1545 River Park Dr., Ste. 100, Sacramento 916-446-7933
 691 Sierra Rose, Ste. A, Reno 775-329-0609

American Diabetes Association..... **800-342-2383 or 916-924-3232**
 1900 Point West Way., Ste. 212, Sacramento www.diabetes.org

American Heart Association..... **800-242-8721**
www.heart.org
 2007 O St., Sacramento 916-446-6505
 155 Country Estates Circle, Ste. 200, Reno 775-322-7065

Health Related Agencies and Services Continued

American Red Cross	916-993-7070
1565 Exposition Blvd., Sacramento	www.redcross.org
Arthritis Foundation	916-368-5599
1851 Heritage Ln. Ste. 183, Sacramento	www.arthritis.org
Bipolar Insights	530-642-0859
897 Union St., Placerville	www.bipolarinsights.com
Carson Tahoe Cancer Resource Center	775-445-7500
1535 Medical Parkway, Carson City	www.carsontahoe.com
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	202-387-5000
1501 16 th St., NW Washington, DC	www.hispanichealth.org
National Alliance on Mental Illness (NAMI), El Dorado County	
P.O. Box 393, El Dorado, CA	www.namielorado.org
West Slope	530-677-2676
South Lake Tahoe	650-740-5776
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. 112, North Highlands	www.norcalcenter.org

Health Related Agencies and Services Continued

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**
 120-34 Queen Blvd. #320, Kew Gardens, NY www.unitedspinal.org

Health Services and Medical Service Providers

El Dorado County Mental Health Division (Western Slope) **530-621-6290**
 768 Pleasant Valley Rd, Ste. 201, Diamond Springs www.edcgov.us/mentalhealth
Crisis Line 530-622-3345

South Lake Tahoe **530-573-7970**
 1900 Lake Tahoe Blvd., South Lake Tahoe **Crisis Line 530-544-2219**
The Mental Health Division has outpatient clinics for adults who meet income and eligibility criteria. Services include screenings, evaluations, individual case management and family work. Mental Health also has two Wellness Center locations on the Western Slope and South Lake Tahoe that provide a welcoming environment where clients and community members can socialize and gain a variety of personal skills, attend peer support groups and learn life skills focusing on managing mental health symptoms.

El Dorado County Public Health Division (Western Slope) **530-621-6100**
 931 Spring Street, Placerville www.edcgov.us/PublicHealth

South Lake Tahoe **530-573-3155**
 1360 Johnson Blvd., Ste. 103, South Lake Tahoe
The Public Health Division monitors the overall health of the community and promotes wellness. Program staff control disease outbreaks, respond to public health emergencies, issue birth/death certificates, certify paramedics and conducts water testing. They also provide home visits and case management for at-risk families, low-cost immunizations, community health education and more.

Health Related Agencies and Services Continued

Barton Health530-541-3420

2170 South Ave., South Lake Tahoe www.bartonhealth.org

Barton Health is a rural health system that provides health and wellness services to Lake Tahoe residents and the area’s visitors. Barton Memorial Hospital has expanded its acute care services to include physician and outpatient facilities.

Divide Wellness Center-Marshall Medical Center 530-333-2548

6065 Highway 193, Georgetown www.marshallmedical.org

This community clinic is coordinated by Marshall Medical Center and provides complete family medical care. They accept Medicare and Medi-Cal.

El Dorado Community Health Center 530-621-7700

4327 Golden Center Dr., Placerville www.edcchc.org

This primary care center provides a full range of family practice services, including Client Advocate, Pharmacy Program and Patient Assistant Program for medications, acupuncture, podiatry, behavioral health and referral services. They accept most private insurances, Medi-Cal, Medicare, the underinsured and those without insurance.

Marshall Medical Center..... 530-622-1441

1100 Marshall Way, Placerville www.marshallmedical.org

Marshall Medical Center includes Marshall Hospital, a fully accredited acute care facility; several outpatient facilities in Cameron Park, Placerville, El Dorado Hills and Georgetown; Marshall Physician Clinic Services, and many community health and education programs.

Medi-Cal (Western Slope) 530-642-7300

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

South Lake Tahoe 530-573-3200

3368 Lake Tahoe Blvd., Ste. 100, South Lake Tahoe

Medi-Cal is California's Medicaid program. This public health insurance program provides health care services for low-income individuals including families with children, seniors, persons with disabilities, and others. Medi-Cal provides assistance in meeting health care expenses for eligible persons.

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. Services include medical, dental and mental health. Accepts most private insurances, Medi-Cal, Medicare, the underinsured and those without insurance.

Health Related Agencies and Services Continued

Western Sierra Medical Center530-647-9762
3070 Camino Heights Dr., Camino www.wsmedicalcenter.com
Provides primary health care including preventative medicine, adult exams, urgent care for established patients and minor office procedures. Accepts Medi-Cal and Medicare.

Hospice Services and Support

Barton Home Health & Hospice530-543-5581
2092 Lake Tahoe Blvd., Ste. 500, South Lake Tahoe www.bartonhealth.org
Home Health services are provided by a team of professionals in the privacy of your home with a doctor’s referral. Hospice services include supporting terminally ill patients near end-of-life and guiding their loved ones through grief. Hospice benefits are included in Medicare, Medi-Cal and most health insurance plans.

Snowline Hospice530-621-7820
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, Medi-Cal and most health insurance plans.

Housing

El Dorado County Long-Term Care Ombudsman (LTCO).....530-621-6271
To report elder abuse in a SNF, or RCFE, call your local LTCO office or800-231-4024
937 Spring St., Placerville www.edcgov.us/humanservices
*The Long-Term Care Ombudsman Program advocates for quality care and quality of life for all residents of Skilled Nursing Facilities and Residential Care Facilities. **Residential Care Facilities for the Elderly (RCFE)**, also referred to as “Assisted Living” or “Board and Care” facilities, are non-medical facilities that provide a level of care that includes assistance with daily living activities. **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 Community Care Licensing.....www.cclid.ca.gov
California Department of Public Healthwww.cdph.ca.gov

Housing Continued

El Dorado County Community Development Block Grant Program 530-621-5595

330 Fair Ln., Placerville

www.edcgov.us/HCED/

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 where families live, and provide grants to improve Infrastructure to a housing development.

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 (more commonly known as Section 8).

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; advocates for improved quality of life for people in nursing homes.

City of South Lake Tahoe Development Services 530-542-7417

1052 Tata Lane, South Lake Tahoe

www.cityofslt.us

Provides lists of affordable housing projects and manages the Housing Hotline to assist residents with landlord-tenant concerns, information and resources, or complaints regarding the condition of their rental unit.

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..... 800-669-9777

650 Capital Mall, Ste. 4-200, Sacramento

www.hud.gov

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

U.S. Department of Agriculture – Rural Development 530-885-6505

11661 Blocker Dr., Ste. 120, Auburn

Committed to the future of rural communities by offering low-cost home loans to purchase a home, or home loans and grants to be used for home repairs.

Independence Assistance

El Dorado County In-Home Supportive Services (IHSS)530-642-4800

3057 Briw Rd., Placerville

www.edcgov.us/humanservices

Helps eligible recipients who are elderly, disabled or blind stay in their homes by paying providers to come into the home and assist with household and/or personal care tasks that the recipient cannot manage on their own.

El Dorado County In-Home Supportive Service Public Authority530-621-6287

937 Spring St., Placerville

www.edcgov.us/humanservices

Assists those receiving IHSS by ensuring access to skilled providers who can help the recipient sustain independent living.

El Dorado County Multipurpose Senior Services Program (MSSP)530-621-6278

935 A Spring St., Placerville

www.edcgov.us/humanservices

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

El Dorado County You Are Not Alone (YANA) Program530-621-6255

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 Department and Human Services volunteers.

Alta California Regional Center530-626-1353

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.

Ability Tools800-390-2699

1000 G St., Ste. 100, Sacramento

www.abilitytools.org

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

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

1000 G St., Ste. 100, Sacramento

www.cfilc.org

Advocates for barrier-free access and equal opportunities for people with disabilities by increasing the capacity of Independent Living Centers.

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

Independence Assistance Continued

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

399 Placerville Dr., Placerville

www.morerehab.org

Provides services for adults with developmental disabilities using best practices. Also 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,

www.societyfortheblind.org

*For persons 55 or over and living with vision loss, the **Senior Impact Project** helps improve and maintain independence. This federally funded program provides no cost training in non-visual skills. All services, including transportation to and from select programs, at no charge.*

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.

Legal Information and Assistance

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.

El Dorado County Law Library 530-626-1932

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.

Legal Information and Assistance Continued

El Dorado County District Attorney **530-621-6472**

515 Main St., Placerville

www.edcgov.us/eldoda

The District Attorney's Office investigates and prosecutes crimes. Crimes involving consumer fraud, bad checks, insurance fraud and environmental crimes should be reported directly to the District Attorney's Consumer/Environmental Protection Unit.

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

Official court website provides referrals to self-help legal resources. Click on "Self-Help" link and select "Finding Free and Low-Cost Legal Help" for resources and information. This website also provides forms and rules for specific court matters.

El Dorado County Bar Association **530-626-5152**

550 Main St., Ste. A, Placerville

www.eldoradocountyattorneys.org

Find local attorneys using name, category or location.

FindLaw..... www.findlaw.com

Provides legal information about numerous topics. Also offers help with finding a lawyer, legal questions 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.org

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 Programs

Senior Centers

El Dorado County has three (3) Senior Centers conveniently located throughout El Dorado County. Each of the Senior Center locations offers daily programs and activities, and access to a variety of services for adults age 60 or older. The Senior Centers are a great way to stay active, socialize and learn new skills.

El Dorado Hills Senior Center**916-358-3575**
990 Lassen Dr., El Dorado Hills

Placerville Senior Center**530-621-6150**
937 Spring St., Placerville

South Lake Tahoe Senior Center**530-573-3130**
3050 Lake Tahoe Blvd., South Lake Tahoe



Senior Centers and Congregate Meal Programs Continued

El Dorado County Senior Nutrition Program and Home Delivered Meals ..530-621-6160

937 Spring St., Placerville

www.edcgov.us/humanservices

Coordinates the Home Delivered Meals program and meals at senior 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 Congregate Meal Sites

Adults age 60 or older have the opportunity to enjoy a nutritionally balanced lunchtime meal once each weekday. Contributions are suggested but not required. Meals are served weekdays from 12:00 p.m. to 12:30 p.m.

Cameron Park Community Center (Mon & Fri only).....530-677-2231

2502 Country Club Dr., Cameron Park

Diamond Springs Lions Hall.....530-622-8131

4701 Missouri Flat Rd., Diamond Springs

El Dorado Hills Senior Center916-358-3575

990 Lassen Ln., El Dorado Hills

Greenwood Community Center530-885-9160

4411 Hwy. 193, Greenwood

Pioneer Park Community Center.....530-620-5432

6740 Fairplay Rd., Somerset

Placerville Senior Center.....530-621-6160

937 Spring St., Placerville

Pollock Pines Community Center530-644-4008

2675 Sanders Dr., Pollock Pines

South Lake Tahoe Senior Center530-573-3130

3050 Lake Tahoe Blvd., South Lake Tahoe

Transportation

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

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

Provides weekly scheduled shopping trips in the greater Placerville area. Shuttle riders can also enjoy trips to special events and out-of-county activities. 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 Authority530-642-5383

6565 Commerce Way, Diamond Springs www.eldoradotransit.com

The El Dorado Transit Authority provides four local bus routes serving the west slope of El Dorado County. They also offer a number of special services:

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 is a fast, easy way to commute to downtown Sacramento.*

50X *provides service hourly between Placerville and the Iron Point Light Rail Station in Folsom; this is a limited stop route that serves Park and Ride locations, Folsom Lake College (Folsom and ED campuses), Cameron Park and the Tribal Health clinic along the Highway 50 Corridor.*

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.

Sac-Med Non-Emergency Medical Appointment Transportation530-642-3696

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.

Transportation Continued

Tahoe Transportation

Tahoe Transportation District 775-589-5500

128 Market St., Ste. 3F, Stateline NV

www.tahoetransportation.org

The Tahoe Transportation District (TTD) currently sponsors two North/West Shore shuttle services and oversees BlueGo transit on the South Shore.

BlueGo 530-541-7149

The South Shore area's coordinated transit system includes local fixed-route bus service and commuter bus service connecting the area with Carson City and Carson Valley. The system also includes winter ski shuttles, summer trolley service to Emerald Bay, and summer bus service between Incline Village and Sand Harbor.

Tahoe Transportation District ADA Demand Response 775-589-5500

128 Market St., Ste. 3F, Stateline NV

www.tahoetransportation.org

This service is administered by TTD and is available for persons who cannot otherwise use the fixed route system due to disabilities or health-related conditions, persons over 60 years of age, and veterans with a "Service-connected Disability" designation on their Veteran's Health Identification Card.

Tahoe Transportation District SLT Specialized Transportation 530-541-7149 ext. 3

The South Lake Tahoe Specialized Transportation Service (SLT-STs) can provide interregional and out-of-area transportation for adults 60 years of age and older and individuals with disabilities. The SLT-STs provides monthly trips to Sacramento, Placerville/Western El Dorado County, North Lake Tahoe/Truckee and Reno/Carson City. The service can also bring those living in outlying neighborhoods to programs and services in the community, as well as provide transportation to regional programs and services they are unable to access without assistance.

Veterans Services

El Dorado County Veteran Affairs530-621-5892

130 Placerville Dr., Placerville

South Lake Tahoe530-573-7855 ext. 5892

3050 Lake Tahoe Blvd., South Lake Tahoe

www.edcgov.us/veterans

The Veteran Affairs Office provides 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.

California Department of Veterans Affairs800-952-5626

1227 O St., Sacramento

www.calvet.ca.gov

Homeless Veterans Outreach and Awareness800-952-5626

1227 O St., 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 Home of California.....800-952-5626

1227 O St., Sacramento

www.calvet.ca.gov



Volunteer Opportunities

El Dorado County Health and Human Services530-621-6369

You can make a difference in the lives of others by volunteering with El Dorado County's Health and Human Services Agency (HHS). Volunteers are needed in many programs including: Animal Services, Senior Services, Public Health, Mental Health and Child Protective Services. For more information about specific volunteer opportunities, visit HHS's website - http://www.edcgov.us/HumanServices/Volunteer_Opportunities.aspx

Big Brothers Big Sisters of El Dorado County530-626-1222

3461 Robin Ln., Cameron Park 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 Habitat for Humanity530-621-2111

6168 Pleasant Valley Rd., Diamond Springs www.edchabitat.com/volunteer
This organization has a wide range of volunteer opportunities 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 the organization's work.

Food Bank of El Dorado County530-621-9950

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, underprivileged youth programs, youth shelters, soup kitchens, maternity homes and more.

Friends of Seniors El Dorado County530-626-6323

P.O. Box 564, Placerville www.friendsofedcseniors.org
Friends of El Dorado County Seniors is a private, non-profit organization supporting wellness, life enrichment, dignity and independence of El Dorado County Seniors and their caregivers through advocacy and financial assistance.

Senior Services Quick Reference Guide

Adult Protective Services (APS).....	530-642-4800
Animal Services (Western Slope)	530-621-5795
Animal Services (South Lake Tahoe)	530-573-7925
Barton Health.....	530-541-3420
CalFresh Program (Food Stamps) (Western Slope)	530-642-7300
CalFresh Program (South Lake Tahoe).....	530-573-3200
CalFresh Program (South Lake Tahoe).....	530-573-3200
Child Protective Services (CPS)/Foster Care	530-642-7100
El Dorado Transit-Local Bus/Dial-A-Ride.....	530-642-3696
Family Caregiver Support Program (FCSP).....	530-621-6151
Health and Human Services Agency (Western Slope)	530-642-7300
Health and Human Services Agency (South Lake Tahoe)	530-573-3200
Health Insurance Counseling and Advocacy Program (HICAP).....	530-621-6369
Home Energy Assistance Program (HEAP) (Western Slope).....	530-621-6150
Home Energy Assistance Program (HEAP) (South Lake Tahoe).....	530-573-3490
In-Home Supportive 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
Marshall Medical Center.....	530-622-1441
Medi-Cal (Western Slope).....	530-642-7300
Medi-Cal (South Lake Tahoe).....	530-573-3200
Mental Health (Western Slope)	530-621-6290 or Crisis Line 530-622-3345
Mental Health (South Lake Tahoe)	530-573-7970 or Crisis Line 530-544-2214
Multipurpose Senior Services Program (MSSP).....	530-621-6278
Public Guardian	530-642-4800
Public Health (Western Slope)	530-621-6100
Public Health (South Lake Tahoe).....	530-573-3155
Senior Activities	530-621-6255
Senior Day Care.....	530-621-6180

Senior Services Quick Reference Guide Continued

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 Resource Room	530-621-6150
Senior Shuttle.....	530-621-6369
Senior Times Newsletter.....	530-621-6255
Sheriff's Office (Western Slope).....	530-621-5655
Sheriff's Office (South Lake Tahoe).....	530-573-3000
Suicide Crisis Line	800-273-8255
Tahoe Transportation District – BlueGo	530-541-7149
Veteran Services	530-621-5892
Veteran Services (South Lake Tahoe)	530-573-7955 ext. 5892
Weatherization Assistance Program (Western Slope)	530-621-6150
Weatherization Assistance Program (South Lake Tahoe).....	530-573-3490
You Are Not Alone (YANA)	530-621-6255