

How to Use the Community Resource Guide

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Name	Phone	Address	Website	Contact	Services
Altamedix ADHC	(916) 648-3999	4234 N. Freeway Blvd. Sacramento, CA 95834		Audrune French	This is an adult day care facility. It allows working caregivers a safe place to leave their parents and know they are safe and enjoying an active day.
California Specialty Hospital-Psychiatric Hospital	(707) 648-2200 (800) 222-8220	525 Oregon Street Vallejo, CA			This hospital provides an adult partial hospitalization program that treats depression and anxiety, isolation and withdrawal, low self-esteem, compulsive behaviors, and dual diagnosis.
Dementia Disease and Related Disorders Association	(800) 272-3900	919 North Michigan Avenue, Suite 1000 Chicago, IL 60611-1676		Steven McConnell advocate@alz.org	This community agency provides services to numerous local chapters across the U.S. Services include donation and volunteer options, general information about dementia and Alzheimer's disease, resource numbers and locations, and a variety of different ways to advocate for supportive public policy.
El Dorado Senior Day Care Center	(530) 621-0729	935- A Spring Street Placerville, CA 95667	www.co.el-dorado.ca.us/humanservices/AdultDayCare.html	Wanda Demarest	Offers physical therapy and support services along with other recreational activities. The program also includes live music, dancing, and fitness improvement training.
Eskaton Adult Day Health Care	(916) 334-0296	5105 Manzanita Ave. Suite C Sacramento, CA 95608		Jill Yungling	This is an adult day health center that is designed to assist the participants and their caregivers by supporting the independence and socialization of the clients during the daytime hours.
Health for All ADHC Meadowview	(916) 391-5591	2730 Florin Road Sacramento, CA 95864	www.health-forall.org	Liza King	This is an active day center that prides itself in providing numerous activities for the senior citizens in the Sacramento area that promotes socialization and community.
Jefferson House Adult Day Health Center	(860) 568-9692	144 Main St. East Hartford, CT 06118	www.jeffersonhouse.org	alaites@harthosp.org	Social atmosphere for nutritional, medical, recreational and spiritual needs.
Mills Station Adult Day Health Center	(916) 369-1113	10086 Mills Station Rd. Rancho Cordova, CA 95827			Care to community based adults with special needs
North Bay Adult Day Center	(707) 454-3112 FAX (707) 454-3127	1020 Nut Tree Rd. Vacaville, CA 95687	www.northbay.org	Sandra Perez, Manager	Adult day care for people with AD and dementia.

Primrose, Special Alzheimer's Living	(916) 392-3510 FAX (916) 392-5111	7707 Rush River Dr. Sacramento, CA 95831	www.primrosealz.com		Uniquely designed residential community offering personalized care plans and multi-sensory activities for individuals with memory impairments. Provides a safe, secure home-like environment which encourages residents and families to be interactive. Offers Respite, Residential, Adult Day Club, and Educational Seminars.
Rancho Cordova Adult Day Health Care Center	(916) 369-1113	10086 Mills Station Rd. Rancho Cordova, CA 95670		Antonio Lopez	This is an adult day health care center that provides care and activities to the elderly population of Sacramento.
Robertson Adult Day Health Care Center	(916) 452-2529	3400 Elvas Ave Sacramento, CA 95819		Wendy Hays	Meals, nursing services, recreation and social service programs to prevent premature institutionalization.
Ruth Ann Rosenberg ADHC Center	(415) 750-5330	3600 Geary Blvd. San Francisco, CA 94118	www.ioaging.org	N/A	This program is designed for seniors with major health problems. It offers recreational activities, art therapies, and physical/occupational therapies.
Sacramento Adult Day Health Care	916-391-5591	2730 Florin Road Sacramento, CA 95822	http://healthforall.org	Liza King, Program Director	Provides health care to low income families.
Saint Francis Adult Day Center	(916) 393-2760 (916) 393-0129	6254 66th Ace Sacramento, CA 95823		Phillip Hill	Social day care, recreational and social activities, lunch and snacks.
Sutter Senior Care Site I	(916) 424-8412 FAX (916) 648-1919	7000 Franklin Bl, Suite 1020 Sacramento, CA	www.suttermedicalcenter.org		Services provided: general activities, drawing, singing, bible discussions nursing; social, nutrition, educational classes, rehabilitation services and therapy.
Sutter Senior Care Site II	(916) 446-3100	1234 U Street Sacramento, CA 95818	www.suttermedicalcenter.org	Sally Flynn	Adult Day Health care. Includes meals, health care, different types of therapy, and specialist services.
Sutter Seniorcare	(916) 446-3100 FAX (916) 446-3600	1234 U St. Sacramento, CA 95818		tedescj@sutterhealth.org	Adult Day Care
Triple R Adult Day Program	(916) 808-1591	2921 Truxel Road Sacramento, CA 95833	www.cityofsacramento.org/parksandcreation	Stephanie Wilson	Activities include socializing, reminiscing, games, crafts, music and exercise. Offers snacks and lunch.
Yolo Adult Day Health Center	(530) 668-8828	20 N. Cottonwood Street, Woodland, CA 95695	www.a4aa.com/html/yolo_county.html	Dawn Purkey Program Manager	Assistance to help manage health conditions related to injury & illness

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Accredited Acupuncture Clinic	(916) 924-7911	87 Scripps Dr. #212 Sacramento, CA 95825			Acupuncture and herbal medications.
Acupuncture & Herb Center	(916) 428-8116	7275 E Southgate Dr. #108 Sacramento, CA 95823			Acupuncture and herbal medications.
Acupuncture Healing Arts	(916) 488-8454	3829 Watt Ave. Sacramento, CA 95821			A holistic medical clinic.
Alternative Solutions	(916) 294-0300	31 Natoma St. Suite 110 Folsom, CA 95630		Lisa Beehrmann	Offers nutrition and exercise counseling as well as aromatherapy and herbs.
American Music Therapy Association	(301) 589-3300	8455 Colesville Road, Suite 1000 Silver Spring, Maryland 20910	www.musictherapy.org		This website gives information about the American Music Therapy Association.
Asian Therapeutics	(916) 444-2177	2830 I St Ste 107, Sacramento, CA			Provides complimentary therapy for pain relief and management.
Capay Organic	(800) 796-6009	23808 State Hwy 16 Capay, CA 95607			Deliver organic fruits and vegetables to your door each week. All the produce is grown on their family run organic farm. It's a way to stay up to par on your required "super food" without leaving your home.
Certification Board for Music Therapists	(610) 269-8900	506 E. Lancaster Ave. Downingtown, PA 19335	www.cbmt.com		This site gives information regarding the certification for music therapists. Includes fact sheets, definition, and general information.
CRISARA Creative Therapy	(916) 422-8862	7000 Franklin Blvd. Sacramento, CA 95823	www.crisara.us	Ava J. Williams	Offers social therapy, creative music an art, relaxation, wellness practice to ages 13-seniors.
Cross Creek Family Counseling	(916) 722-6100	8421 Auburn Blvd. Building 3 Citrus Heights, CA 95610	www.crosscreekcounseling.com/ art_therapy.html		Art therapy
Davis Holistic Health & Acupuncture Clinic	(530) 758-7525	237 D St. Davis, CA 95616			Spiritual-alternative health methods.
Davis Pain Clinic	(530) 758-8414	2655 Portage Bay East Suite 8 Davis, CA 95616		Director: Rob Woodman, PhD	Focuses on using Cognitive Therapy in a holistic approach to relieving chronic pain.
Easter Seal Society	(916) 485-6711	3205 Hurley Way, Sac. CA 95864	www.easterseals.com	Sara Nordio, Program Director	Water Therapy for disabled persons.

Family Chiropractic and Acupuncture	(916) 731-4484	4617 Freeport Blvd. Sacramento, CA 95822			Chiropractic, acupuncture, massage.
Hodson Holistic Health Center	(916) 851-9310	PO Box 2541 Rancho Cordova, CA 95741	www.hodsonholistichealth.com		Offers food-based treatment with emphasis on whole organic foods. Takes food journals to individualize plans, taking into account lifestyle, emotional needs, liquid intake and supplements.
International Institute for Reminiscence and Life Review (IIRLR)	(715) 394-8170 (800) 370-9882	University of Wisconsin-Superior PO Box 2000 Superior, WI 54880-4500	www2.uwsuper.edu/cee/III/IIRLR/	John Kunz jkunz@uwsuper.edu	Conducts research and training in reminiscence therapy techniques.
Senior's Network: Reminiscence Project			www.seniornetwork.co.uk/memories/reminiscence.htm		A treasure trove of memory prompts from the past century!
Stagebridge Senior Theatre Company	(510) 444-4755	2501 Harrison St. Oakland, CA 94612	www.stagebridge.org	Jim Jenkins info@stagebridge.org	The country's oldest Senior Theatre Company. Uses theatre and storytelling to bridge the generation gap and to stimulate positive attitudes toward aging. "Storybuddies" program pairs an elementary school class with a nearby senior center or residence, the Healthy Aging Programs ("See Me!") are geared to reach older adults and educate the healthcare community about older adults, the Living History Programs are remembrance projects that collect and chronicle stories from the periods lived by elders.
The European Reminiscence Network	020-8852-9293	15 Camden Row, Blackheath, London, SE3 0QA, UK	www.europeanreminiscencenetwork.org	Pam Schweitzer schweitzer@beeb.net	The European Reminiscence Network aims to promote best practice in reminiscence work and to share experience across national frontiers. Provides festivals, touring exhibitions, seminars, training courses for practitioners in reminiscence work, etc.
Therapy times	(800) 983-7737	2570 Blvd. of the Generals, Ste 220 Norristown, PA 19403	www.therapytimes.com		This website offers information on various departments of therapy: nutrition, physical, speech, music, occupational, respiratory, and pediatric.

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Aegis of Carmichael	(916) 972-1313	4050 Walnut Ave. Carmichael, CA	www.aegisliving.com	Chris Schoonveld	Facility allows residents to own animals up to 25 lbs and the activities director brings in a dog daily.
Assistance Dog Institute	(707) 585-0300	PO Box 2334 Rohnert Park, CA 94927	www.assisteddog.org		Provides dogs to nursing homes, hospitals, group homes and schools.
Canine Companions	(825) 803-4438	PO Box 2104 Dublin, CA 94568	www.caninecompanions.org		
Carmichael Oaks	(916) 944-2323	8350 Fair Oaks Blvd. Carmichael, CA 95608	www.carmichaeloaks.com	Evelyn Mathis	Independent living retirement residence with a pet therapy program.
Delta Society	(425) 226-7357	289 Perimeter Rd East Renton, WA 98055	www.deltasociety.org		National registry for therapy animals.
Folsom Feline Rescue	(916) 484-4099		www.folsomfelines.org	John Bennett	Occasional visits by human-animal teams.
Foundation for Pet Provided Therapy (Love on a Leash)		P O Box 6308 Oceanside, CA 92058	www.loveonaleash.org		Training, evaluation, and certificate procedures for therapy pets and their owners. Increase public awareness of the benefits of pet provided therapy, provide certificate therapy visitation and provides guidance for the people. Provide a moment of joy and a connection only a pet can provide.
Fountainwood	(916) 988-2200	8773 Oak Avenue Orangevale, CA 95662		Donna Wooley	Assisted living facility with live in pets (cat, ducks, fish, rabbits, and chickens) for the residents to interact with.
Friendship Foundation	(510) 528-9104	P.O.Box 6525 Albany, CA 94706	www.friendship-foundation.org	Elizabeth Soares	Registered dogs for pet therapy. Serving Oakland, Berkeley, Walnut Creek, Richmond, and Orinda
Furry Friends	(877) 4FF-PATS	P.O. Box 5099 San Jose, CA 95150	www.furryfriends.org	Marina Rosales Greenwood	Serving the South Bay counties of Santa Clara, San Mateo, and Santa Cruz. Variety of birds, rabbits, lizards, cats, and dogs.
Homeward Bound: Golden Retriever Rescue and Sanctuary, Inc.	(916) 655-1410	7495 Natomas Rd. Elverta, CA 95626	www.homewardboundgoldens.org	Jody and Mike Jones	Senior Touch program matching elders with golden companions.
Horses for Healing	(530) 887-9573	Stage Stop Ranch Auburn, CA	www.horsesforhealing.org	info@horsesforhealing.org	California non-profit charitable organisation dedicated to improving the physical, mental, and spiritual well-being of disabled individuals, through their involvement with horses.
Hug-a-Pet Humane Society Silicon Valley	(408) 727-3383	2530 Lafayette St. Santa Clara, CA-95050			On-site visits of volunteers and their pets

Jewish Family Services - Schmoozers Circle	(916) 484-4401	2862 Arden Way, Suite 103 Sacramento, CA 95825	www.jfssac.org	info@jfssac.org	The Schmoozers Circle provides socialization for seniors with early memory impairment in the presence of therapeutic animals.
Kaiser Permanente - Pet Partners	(916)973-5744	Kaiser Permanente Sacramento Medical Center Sacramento, CA	www.kp.org	Shawna Watson	Not-for-profit affiliate of the Delta society which provides standards and training for therapy dogs and their handlers. A wheel chair assistance organization providing pet therapy for Kaiser hospital patients.
Lend-a-Heart Animal-Assisted Therapy	(916) 331-5000	P.O. Box 60617 Sacramento, CA 95860	www.lendaheart.org	info@lendaheart.org	Sacramento based program that provides AAT to a variety of locations. The teams are dedicated to improving the well being of the patients they visit.
NARHA – North American Riding For The Handicapped Association			www.narha.org		local equine assisted activities and members
Pawprints and Purrs, Inc.		P.O. Box 46 Keithville, LA 71047-0046	www.sniksnak.com		General information on the benefits of animal therapy/companionship
Pet Assisted Learning Program - Placer School for Adults	(530) 269- 2644	390 Finley Street Auburn, CA 95603		Carol Murschel ideas@puhsk.k12.ca.us	This program happens at five skilled nursing homes and assisted living facilities. She provides an educational aspect along with volunteer/pet visits as an activity once per week as each facility.
Pets Helping Us Recover (PHUR)	(916) 734-2401	UC Davis Medical Center 2330 1/2 Stockton Blvd Sacramento, CA 95817			Facility has pet therapy for UC Davis Medical Center hospital patients only.
Placerville Pines Care Center	(530) 622-3400	1040 Marshall Way Placerville, CA 95667	www.horizonwest.com	Lisa	Pet therapy provided to residents through Therapy Dogs Inc. 1-877-843-7364.
Prescription Pets	(530) 276-9164	14813 Lamoine Drive Redding, CA 96003	www.prescriptionpets.org	contact@prescriptionpets.org	Prescription pets visit hospitals, skilled nursing facilities, and transitional care facilities with Delta Society Pet Partner teams, to enhance the health and quality of life for people. their goal is to educate the public about the values of human-animal bond.
Project R.I.D.E.	(916)685-7433	8840 Southside Ave. Elk Grove, CA	www.projectride.org		Therapeutic horseback riding to children and adults with special needs.

Sacramento SPCA	(916) 383-7387 ext. 9156	6201 Florin-Perkins Rd. Sacramento, CA 95825	www.sspca.org	Adoption Center	Provides a safe and nurturing environment for unwanted, abandoned and mistreated pets until they find loving homes. "Seniors for Seniors" Companion Animal Program; person 60 + can adopt any animal 5 + for free (all fees waived)
Sierra Care and Rehabilitation	(916) 782-3118	310 Oak Ridge Dr. Roseville, CA 95661			Temporary and permanent residence with animal therapy.
Soaring Spirit Therapeutic Equestrian Center	(209) 223-7782	PO Box 937 Jackson, CA 95642			
Source of Unconditional Love (SOUL)	(916) 281-3900	9940 Business Park Dr. Sacramento, CA 95842	www.mercygeneral.org search: SOUL	Debra	Non profit group of human.canine teams who visit hospitals, hospices, homes and skilled nursing facilities.
St. Francis Pet Information Center	(916) 966-6758	11430 Fair Oaks Blvd. Fair Oaks, CA 95628	http://stfrancispet.googlepages.com		Nonprofit organization program which helps educate the community on pet related issues. Goals are to provide the knowledge for people to build relationships with their pets, and encourage people to work with pets as a team.
Sunbridge: Care and Rehabilitation for Carmichael	(916) 944-3100	8336 Fair Oaks Blvd. Carmichael, CA 95608		Brenon Shears	Dependent living residence and rehabilitation center with a pet therapy program.
Super Dog Animal Assisted Therapy	(916) 927-7725		www.superdog.com		In home dog training
Sutter Roseville Hospital: WAGS (Worthy Animals Giving Solace)	(916) 797-7860	406 Sunrise Ave. Roseville, CA 95661	www.sutternvaandhospice.org	Volunteer Services	A pet therapy program at Sutter Roseville Hospital.
Therapet Animal Assisted Therapy Foundation		15632 Highway 110 South, Suite 7 Whitehouse, TX 75791	www.therapet.org	Shari Bernard-Curran	Overall information about pet therapy benefits and certification for volunteers. This organization also offers seminars/videos to the public about pet therapy.
Therapy Dogs International, Inc.	973- 252-9800	88 Bartley Road Flanders, NJ 07836	www.tdi-dog.org		A great resource for finding information about registering/certifying an animal, and offering dates/times for testing events by state

Therapy Pets	(510) 287-9042	P O Box 32288 Oakland, CA 94604-3588	www.therapypets.org		Volunteers and their pets visit various facilities in order to enrich the lives of patients. Provide guidelines, training and education for the owners and their pets to ensure proper etiquette during visits. The volunteer teams are motivated by their desire to share the love that comes from human-animal bond.
Trinity House	(916) 446-4806	2701 Capitol Ave. Sacramento, CA 95816		Bernice	Facility allows residents to own small animals and a Dalmatian visits residents on Sundays.
Winsor House Convalescent Hospital	(707) 448-6458	101 S. Orchard Ave. Vacaville, Ca 95688		Nicole Washington	Winsor House participates in Paws for Healing's program (see above).
Wonderful Animals Giving Service	(916) 781-1000	Sutter Hospice Roseville, 1 Medical Plaza, Roseville, CA 95664			Free pet therapy for patients

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Always Home	(916) 989-6420	8632 Greenback Ln Ste B Orangevale, CA 95662		Nancy Giachino	Home health and caregiving service to the public
Asian Community Center	(916) 393-9026	7375 Park City Drive Sacramento, CA 95831	www.accsv.org/index.php		Respite program offered on Wednesdays and Fridays from 9am-2pm. Participants enjoy physical and social activities while family members get a well deserved five hour respite.
Because We Care: A Guide for People Who Care			www.aoa.gov/wecare		This site is designed for new caregivers from the Administration on Aging. It provides a good overview on housing options, obtaining and paying for long-term care, hiring a home health employee and making home modifications.
Caregiving.com			www.caregiving.com		This site offers six online support groups and survival guides.
ComForcare Senior Services	(916) 784-9233	2007 A Opportunity Dr., Suite 6 Roseville, CA 95678	www.comforcare.com	Kelly Conklin	Helps caregivers meet home care needs through companion and hands-on personal care services.
Del Oro Caregiver Resource Center	(916) 971-0893	5723 Marconi Ave Carmichael, CA 95608	www.deloro.org		Provide information for caregivers, assistance and referral services, training and educational workshops, legal consultation, family consultation (including assessment and care planning), respite care, counseling and support groups.
Eskaton - The Senior Connection	(916) 334-1072 (888) 334-3490	5105 Manzanita Ave. Carmichael, CA 95608	www.eskaton.com		Eskaton offers a vast array of resources and services including assisted living, adult day care, respite services, etc. The Senior Connection offers information and assistance in identifying and accessing resources for older adults.
Family Caregiver Alliance	(415)434-3383 (800) 445-8106	690 Market St. Suite 300 San Francisco, CA	www.caregiver.org		National Center on Caregiving. Provides support services for care givers and family such as educational programs and respite programs. Their services are free or at a low cost.
Mercy Home Health	(916) 281-2300	3400 Data Drive Rancho Cordova, CA 95670		Glenda Reckner	Gives medical, nursing, rehabilitation, social, and health attention services. They provide teaching of skills to caregiver in the patients home.
National Alliance for Caregiving		4720 Montgomery Lane 5th Floor Bethesda, MD 20814	www.caregiving.org		Advocacy and support.

National Family Caregivers Association	(800) 896-3650		www.nfcacares.org		Extensive education and support services for family caregivers.
Network of Care	(415)458-5900	1101 Fifth Ave., Ste 250 San Rafael, CA 94901	www.networkofcare.org		Comprehensive caregiving resources.
UC Davis Care Management	(916) 734-5432	3700 Business Drive, Suite 130, Sacramento CA 95820-2164	www.ucdmc.ucdavis.edu/internalmedicine/general/caremgmt.html	Beth Hieb, Case Manager	Provides information, assessment, care planning for caregivers and families who need assistance caring for individuals.
Well Spouse Association	(209) 745-3730	Galt Police Department 455 Industrial Drive Galt, CA 95632	www.wellspouse.org	Marilyn	Provides emotional support to spouses and partners who serve as caregivers to those who are chronically ill or disabled. Services as a source of information for caregivers.

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Aegis of Carmichael	(916) 972-1313 FAX (916) 972-1060	4050 Walnut Ave. Carmichael, CA 95608	www.aegisliving.com	Terry Ervin, Executive Director	offers exceptional assisted living services and dedicated care and living spaces for individuals with Alzheimer's or other dementia. See website for additional locations.
Alterra Clare Bridge of Citrus Heights Memory Care	(916) 729-2722	7375 Stock Ranch Rd Citrus Heights, CA 95621			
Alzheimer Resource Center	(800) 330-1910 FAX (407) 381-4155	1506 Lake Highland Dr. Orlando, FL 32803	www.alzheimerresourcecenter.org		National network focused on advancing research & providing education/support for pt.'s & families
Alzheimer's Awareness	(916) 803-3908	3800 Stephen Dr North Highlands, CA 95660			Provides information for newly diagnosed Alzheimer's patients and their families. Provides information to the community and encourages the community to participate in fundraisers to raise money for research for treatments for patients with Alzheimer's.
Alzheimer's Drug Discovery Foundation			www.alzdiscovery.org		The ADDF is an affiliated public charity of the Institute for the Study of Aging (ISOA). Mission is supporting scientists pursuing drug discovery research for Alzheimer's disease and related dementias.
Alzheimer's Foundation of America (AFA)	(866) 232-8484	322 8th Ave., 7th Fl. New York, NY 10001	www.alzfdn.org		Mission is to provide optimal care and services to individuals confronting dementia, and to their caregivers and families—through member organizations dedicated to improving quality of life.
Alzheimer's Aid Society of Northern California	(916) 488-7001	2641 Cottage Way #4 Sacramento, CA 95825	www.alzheimersaidsociety.org	info@alzheimersaidsociety.org	Resource for caregivers with questions and any help they may need. Locations also in Lodi and Modesto. See website.
Alzheimer's Association of Northern California and Northern Nevada	(916) 930-9080	Greater Sacramento Area Chapter 530 Bercut Ave, Suite A Sacramento, CA 95814	www.alznorcal.org	Denise Davis, Program Director	Educational and referral services. Help for spouses, children and long-distance caregivers coping with the daily stress of dealing with Alzheimer's disease and related disorders.
Alzheimer's Clinic		2801 K St, Suite 505 Sacramento, CA 95835			Diagnostic tests, evaluation, and care coordination. Also refer family and patients to community services in area.
Alzheimer's Disease Association	(209) 521-1606	416 Downey Ave Modesto, CA 95355			Information and education.

Alzheimer's Disease Education and Referral (ADEAR Center)			www.alzheimers.org		Website will help you find current, comprehensive Alzheimer's disease (AD) information and resources from the National Institute on Aging (NIA).
Alzheimer's Disease Research of Central California	(559) 227-4810	3313 N Hilliard Ln Fresno, CA 93726			Research information.
Alzheimer's Education, Referral & Support Services	(916) 924-9111	Real Care 1600 Sacramento Inn Way, Suite 125 Sacramento, CA 95815		Chris Delalaio	Information and caregiver placement.
Arden Park Villa	(916) 486-1281	3408 Alta Arden Expressway Sacramento, CA 95858		Linda	Long term respite care for dementia.
Austin Gardens Alzheimer Special Care Center	(209) 333-8033	2150 W Kettleman Ln Lodi, CA 95242		Karen Suess	Long and short term care for patients suffering from dementia.
California Alzheimer's Disease Program	(916) 372-4662 FAX (916) 324-7764	MS- 725, PO Box 942732 Sacramento, CA 94234-7320			
California Council of the Alzheimer's Association	(916) 447-2731	921 11th St Sacramento, CA 95814			
El Dorado Hills Senior Center, Memory Connection	(530) 621-6180	990 Lassen Lane El Dorado Hills, CA			Support groups for clients and family members on coping and caregiving.
Exelon Patch			www.exelonpatch.com		Website with some Alzheimer's Disease information, prescription information for the patch, etc.
Fisher's Center for Alzheimer's Research Foundation	(800) 259-4636	West 46th Street & 12th Ave. New York, NY 10036	www.alzinfo.org		Explains what current research is being done for AD. Creates a Newsletter that the community can sign up to read.

Good Neighbor Care	(707) 449-1350 FAX (707) 449-9950	431 Nut Tree Road Vacaville, CA 95687	www.goodneighbor.com	Joy Carter	Living assistance facility offering Alzheimer's and memory loss specialists who make sure that provided care to their residents meets the resident's needs. Agency also offers many activities for its residents and support groups for families.
Greater Sacramento Alzheimer's Association	(916) 482-8290 (800) 660-1993	2222 Watt Ave, Ste. D-1 Sacramento, CA 95825			Vast data bank of resources.
Journal of Alzheimer's Disease			www.j-alz.com		The Journal of Alzheimer's Disease is an international multidisciplinary journal to facilitate progress in understanding the etiology, pathogenesis, epidemiology, genetics, behavior, treatment and psychology of Alzheimer's disease.
Kaiser Permanente - Dementia Caregivers Support Group	(916) 972-6165	Kaiser Permanente Sacramento Medical Center	www.kp.org		Find support and understanding from others who are also caring for a loved one with dementia or Alzheimer's disease. This class is open to the general public. No fee. See website for other Alzheimer's Disease classes and groups.
Martinez Clinic	(925) 372-2485	150 Muir Road (127A) Martinez, CA 94553-4612			Provides diagnostic and treatment services.
Mayo Clinic - Alzheimer's Center			www.mayoclinic.com/health/alzheimers/AZ99999		Mayo Clinic is a not-for-profit medical practice dedicated to the diagnosis and treatment of virtually every type of complex illness.
Norwood Pines Alzheimer's Center	(916) 922-7177	500 Jessie Ave Sacramento, CA 95838		Elaine Reed, Admissions	Skilled nursing facility with specialty in dementia and Alzheimer's, therapy, rehabilitation.
Primrose, Special Alzheimer's Living	(916) 392-3510 FAX (916) 392-3511	7707 Rush River Drive Sacramento, CA 95831	www.primrosealz.com	Catherine or Misty	Both in-home and residential long-term care as well as a Day Club with personalized activities centered on patients of Alzheimer's and other forms of dementia.
Rehabilitation Services of Northern California	(925) 682-6343	490 Golf Club Road, Pleasant Hill, CA 94523-1553	www.rsn-centers.org	Rita Hayes, Chair/President	Programs include Adult Day Health Cares for frail elders and persons with Alzheimer's and related dementias. It is designed for loved ones who can engage in a safe and supportive environment while still living at home with their family members.

Senior Care Solutions	(916) 965-5565	8910 Sunset Ave. Fair Oaks, CA 95628	www.seniorcs.com	Carol Kinsel, Family Consultant	Assists people in finding senior care; have experience in helping those with Alzheimer's and Dementia to find a place that fits their needs. Listening, caring, and guidance is truly the specialty of Senior Care Solutions.
Senior Solution	(916) 422-8500 FAX (916) 428-8500	7485 Rush River Dr, Suite 710-281 Sacramento, CA 95831			Helps families find solutions for long-term care and placement.
Sierra Nevada Memorial Hospital - Alzheimer's Outreach Program	(530) 274-6875	155 Glasson Way Grass Valley, CA 95945		Victoria Johnston	Help make the transition to living with and caregiving for those with Alzheimer's Disease.
Sierra Nevada Memorial Hospital - Coping Skills	(530) 274-6124	155 Glasson Way Grass Valley, CA 95945			A tool box of coping skills that you can use when living with a loved one stricken with Alzheimer's Disease or other progressive dementia.
Somerford Assisted Living and Alzheimer's Care	(916) 772-6500	110 Sterling Court Roseville, CA 95661	www.somerford.com	Laurel Boylan, Director	Assisted living, respite care, adult day care in some locations, and specialized care for residents with Alzheimer's Disease and related memory disorders.
Stanford Alzheimer's Disease Center	(650) 852-3287	401 Quarry Rd. C305 Stanford, CA 94305	http://alzheimers.stanford.edu	Jerome Yesavage, Director	Performs research in gerontology including dementia.
Sunrise Senior Living	(916) 863-1499	4820 Hazel Ave. Fair Oaks, CA 95628	www.sunriseseniorliving.com		Senior assisted living that specializes in Alzheimer's care - different types of living for the different stages of Alzheimer's
Tahoe Forest Hosptial: Alzheimer's Disease Support Group	(530) 582-3483	10024 Pine Ave. Truckee, CA 96160	www.tfhd.com		Provides support groups for patients and families dealing with Alzheimer's.
The Meadows Senior Living Center	(916) 714-3755	9325 East Stockton Blvd Elk Grove, CA 95624	www.lifestylesllc.com/meadows/index.htm	Tracy McLinn	Comfortable housing and appropriate service in the atrium, a specialize area designed to support seniors with memory loss, Alzheimer's, and related dementia.
The Palms Assisted Living and memory care community	(916) 786-7200	100 Sterling Court Roseville, CA 95661	www.thepalmsalf.com	Danielle Rivas	Assistance with personal care to complement their independent lifestyle.

UC Davis Alzheimer's Disease Center	(916) 734-5496 FAX (916) 456-9350	4860 Y St #3900 Sacramento, CA 95817	http://alzheimer.ucdavis.edu	Rebekha Alfaro, Community Health Program Representative	Provide diagnostic work-up for who are experiencing significant memory problems through comprehensive patient evaluations and progressive research.
UC San Francisco Alzheimer's Disease Research Center (ADRC)	(415) 476-6242	350 Parnassus Avenue, Suite 706 San Francisco, CA 94143-1207	http://memory.ucsf.edu	Bruce Miller, MD, Director adrc@memory.ucsf.edu	Research Center focuses on how to find a way to cure and prevent Alzheimer's Disease, and trains health care providers who are interested in research. Also provides diagnosis, consultation on appropriate care and helps families cope with Alzheimer's Disease.
Vintage Estates of Sacramento	(916) 922-8855 FAX (916) 922-6208	501 Jessie Ave Sacramento, CA 95838		Shirely DeClaire	Specialize in the care of residents with Alzheimer's Disease and related dementia.

Name	Phone	Address	Website	Contact	Services
Acupuncture and Herbs	(916) 428-8116	7275 E. Southgate Drive Sacramento, CA 95823			Holistic arthritis treatments.
All About Arthritis			www.allaboutarthritis.com		Provides the latest arthritis information including the treatment options available for patients and caregivers.
American College of Rheumatology	(404) 633-3777	1800 Century Place, Suite 250 Atlanta, GA 30345			
Arthritis Clinic of Roseville	(916) 786-7325	311 Oak Ridge Dr, Roseville, CA			Provides medical services specifically for arthritis through Micheal Thelen MD.
Arthritis Foundation	(916) 368-5599	3040 Explorer Dr, Ste 1 Sacramento, CA 95807	www.arthritis.org	Karen Vicari	Forms, literature, physician referrals, films for loan, and support groups.
Arthritis Home Care	(916) 565-1989	500 University Ave Ste 230, Sacramento, CA 95825			Provides medical services specifically for arthritis through Douglas E. Roberts MD and other doctors.
Arthritis Support Group - Mission Oaks Community Center	(916) 348-0590	4701 Gibbons Dr Carmichael, CA 95608			
California Arthritis Partnership Program	(916) 552-9916 FAX (916) 552-9910	PO Box 997413 Mail Station 7210 Sacramento, CA 95899-7413	www.dhs.ca.gov/arthritis	Pamela Ford-Keach, M.S., Chief	Provides information fact sheets, brochures, and information on other programs. mission is to raise awareness and educate the community.
Cure Arthritis Now!	(916) 296-8444	PO Box 265 Sacramento, CA 95827	www.curearthritisnow.org	Karen Vicari	Main focus is on the disabled, senior citizens, health and medicine.
Dr. Peter N. Sfakianos, M.D.	(916) 984-4500	1611 Creekside Drive #102 Folsom, CA 95630			Orthopaedic surgeon that specializes in knee, hip, and shoulder arthroscopy.
Dr. Wiesner, M.D.(RH)	(916) 922-7021	Scripps Drive # 100 Sacramento, CA-95825			Rheumatologist who treats arthritis.
Hutchins Street Square Senior Center	(209) 369-6921 FAX (209) 368-7563	125 S. Hutchins Street Lodi, CA 95240	www.hutchinsstreetsquare.com	Kimberly McClelland	Arthritis swim classes, indoor pool, activity center, adult daycare center, and support groups.

Joint Surgeons of Sacramento	(916) 733-5066	1020 29th St, Suite 450 Sacramento, CA 95816	http://jointsurgeons.com	Dr. William L. Bargar, Dr. Thomas J. Blumenfeld, Dr. Steven L. Schule	This is an office of three orthopaedic surgeons who specialize in knee and hip replacement, particularly in difficult first time cases and failed revision surgeries. They typically utilize less invasive surgical procedures.
Lupus Foundation of America - California Chapter	(650) 692-2091 (877) 225-8787 FAX (650) 692-2372	840 Hinckley Road, Suite 246 Burlingame, CA 94010	www.lupuscalifornia.org	info@lupuscalifornia.org	Continuing education and support groups for people with Lupus and their caretakers.
Roseville Health and Wellness Center	(916) 677-1200	1650 Lead Hill Blvd. Roseville, CA 95661		Lisa Merrero info@rosevillehealthandwellness.com	Promotes health and wellness of the body through rehabilitations and fitness. Have classes and programs that teach individuals how to maintain health. Aquatic centers allow people with limited mobility to exercise without straining the body.
Sutter Health - Sutter General Hospital Arthritis/Joint Replacement Support Group	(877) 361-BONE	2801 L Street Sacramento, CA 95816 Conference Room C	http://suttermedicalcenter.org/healthinfo/calevents.cfm		9:00am - 10:30am on the 4th Monday of each month. Provides a forum for education, discussion, problem solving and support for anyone who suffers from arthritis, someone who is considering or has undergone joint replacement, and/or families and friends. Facilitated by a Registered Nurse and a physical therapist is available for questions.
TEAM Physical Therapy	(530) 888-8326	295 Grass Valley Hwy Auburn, CA 95603			
The Arthritis Society			www.arthritis.ca		Wealth of information and resources about arthritis.

Name	Phone	Address	Website	Contact	Services
American Cancer Society	(916) 446-7933 FAX (916) 325-2351	1765 Challenge Way, Suite 115 Sacramento, CA 95815	www.cancer.org	Nancy Brown	Educational and emotional support groups to those who have been diagnosed with cancer.
Bay Area Breast Cancer Network	(408) 261-1425 FAX (408) 261-2660	4302 Stevens Creek Blvd, Suite 185 San Jose, CA 95129	www.babcn.org		Hotline service to connect breast cancer survivors to those currently going through the process.
Mercy Center for Breast Health	(916) 536-3060	6660 Coyle Ave., Suite 360 Carmichael, CA 95608	www.mercysanjuan.org	Michelle Worley	
Mercy Healthcare Sacramento, Oncology Program	(916) 453-4407 FAX (916) 453-4463	4001 J St Sacramento, CA 95819	www.mercygeneral.org	Ruth Crager	Screenings, community outreach, prevention, patient support, imaging, hospice, resources, etc.
National Cancer Institute			www.cancer.gov		
Prostate and Breast Cancer Foundation	(916) 429-9505	14 Afton Ct Sacramento, CA		Jessica	Information about breast cancer and offers support groups to those in need.
Prostate Cancer Resource	(415) 652-9207	374 Eddy St San Francisco, CA 94102			Wide range of treatments and support services.
Save Ourselves-Y-Me	(916) 448-5432 (916) 686-6646	1400 J Street Sacramento, CA 95814		April	Education and support groups to breast cancer victims.
Susan G. Komen Foundation - Sacramento Valley Affiliate	(916) 492-6474 FAX (916) 941-7896	2443 Fair Oaks Blvd #223 Sacramento, CA 95825	www.komensacramento.org	Donna Sanderson info@komensacramento.org	Advancing research, education, screening and treatment of breast cancer.
Sutter Cancer Center	(916) 454-6866	2800 L St. Sacramento, CA 95816	www.checksutterfirst.org/cancer		Group sessions on pain control, stress management, etc. Centers also available in Roseville, Davis and Auburn. See website.
The Leukemia and Lymphoma Society			www.leukemia-lymphoma.org		
The Wellness Community	(925) 933-0107	3276 McNutt St Walnut Creek, CA 94596			Free emotional support for people with cancer and their loved ones.
UC Davis Cancer Center	(916) 734-5959	4501 X Street sacramento, CA 95817	www.ucdmc.ucdavis.edu/cancer	cancer.center@ucdmc.ucdavis.edu	Specialized care and treatment in breast cancer patients.

Women's Cancer Resource Center	(510) 420-7900	5741 Telegraph Ave Berkeley, CA 94609			Information, referral and advocacy.
YWCA Sacramento Encore Program	(916) 264-8080 FAX (916) 264-8077	1122 17th St Sacramento, CA 95814	www.ywca.org	Sarbjit Kaur	Exercise and support group for breast cancer survivors. Breast and cervical cancer screening for low income women.

Name	Phone	Address	Website	Contact	Services
ADC Diabetic Care	(877) 659-8871			info@adcare.com	Provides information
American Association of Diabetes Educators	(800) 338-3633		www.diabeteseducator.org	aade@aadenet.org	Provides resources for its members to help patients self-manage Diabetes. Chapters nationwide.
American Diabetes Association	(916) 924-3232 FAX (916) 924-0529	2720 Gateway Oak Dr, Suite 110 Sacramento, CA 95833	www.diabetes.org	Jessica Bitz	Public and professional education, support groups, seminars, speakers, referrals, literature programs, Spanish-speaking and juvenile support groups, October walk-a-thon, other fundraising drives.
American Diabetes Association MedClinic Diabetes Support Group	(916) 536-3365	655 Coyle Ave Carmichael, CA 95608		Cecelia McPeek	Research, information and advocacy.
Auburn Multi-Purpose Senior Center Diabetes Support Group	(530) 889-7164 FAX (530) 823-8172	11577 E Avenue Auburn, CA 95603		Judy Alioto Jalioto@placer.ca.gov ov	Diabetes support group every 2nd Tuesday at 10am.
Bradely, Mike-Aoke Diabetes Research Institute	(916) 455-2374	1935 Stockton Blvd. Sacramento, CA 95816			Information and recent research on diabetes.
California Diabetes Control Program (CDCP)	(916) 327-3053	601 N 7th St, MS 675 PO Box 942732 Sacramento, CA 94234			Guidlines and education for diabetes care.
California Diabetes Program	(916) 552-9888 / FAX (916) 552-9988	1616 Capitol Avenue, MS 7211 Sacramento, CA 95814	www.caldiabetes.org	diabetes@dhs.ca.gov ov	Mission is to prevent diabetes and its complications in California's diverse communities. Offer support groups and can link individuals with a large variety of resources.
Camilla Cottage - UC Davis Medical Center Diabetes Wellness Workshop	(916) 734-3521 FAX (916) 734-3521	2315 Stockton Blvd Sacramento, CA 95817	www.ucdmc.ucdavis.edu	Joan Werblun weblun@ucdmc.ucdavis.edu	Workshops promoting diabetes wellness.
CDC Diabetes Public Health Resource			www.cdc.gov/diabetes		National Center for Chronic Disease Prevention and Health Promotion. Section of their webpage is devoted to Diabetes.

Center for Diabetes, Mt. Diablo Medical Center	(925) 674-2077 FAX (925) 674-2076	2730 Grant St, Suite 7 Concord, CA 94520		Karen Andrade	Group and one-on-one diabetic classes on nutrition & exercise with MD referral.
CHW Mecial Foundation - Woodland Healthcare Diabetes Education Center	(530) 668-2605, ext. 6202	1325 Cottonwood St. Woodland, CA 95695	www.woodlandhealthcare.org		Diabetes education and management classes including: dietary planning, blood sugar testing, medication concerns, lab work, referrals. Spanish speaking class available
CHW Medical Foundation- Diabetes Care	(916) 379-2700	7919 Folsom Blvd Sacramento, CA 95826			
Department of Health Promotion and Education	(916) 875-6022	Senior Health Education 7001 East Parkway Sacramento, CA 95823			Informational classes on diabetes.
Diabetes Care Team	(916) 733-3333	3160 Folsom Blvd Sacramento, CA 95816	www.medclinicmedgroup.org		Team approach to diabetes care.
Diabetes Community			http://communities.msn.com/Diabetes/homepage		Online support group through MSN.
Diabetes Natural Path Center (DNPC), Dr. Dennis Godby, ND	(916) 446-2591 FAX (916) 446-2592	1507 21st Street, Suite 101 Sacramento, CA 95814	www.diabetesnpc.com	DrGodby@diabetesnpc.com	Mission is to prevent, reverse, and treat diabetes, and other chronic conditions, and help patients obtain optimal health, maximum vitality, and improve their quality of life using natural therapies to bring body, mind and spirit into balance.
Diabetes Society of Santa Clara County	(408) 287-3785 / FAX (408) 287-2701	1165 Lincoln Ave., Suite 300 San Jose, CA 95125	www.diabetesscv.org/index.html		Provides camping program for kids with diabetes, diabetes screenings, classes for patients and healthcare professionals, and guidance for individual diabetes management.
Diabetes Society of Solano County	(707) 429-9645 FAX (707) 429-9587	817 Missouri St #4 Fairfield, CA		Diabsocto@aol.com	Free diabetic and nutritional classes.
Diabetic Foot Center	(517) 790-5071	4224 State St		info@diabeticfootcenter.com	

John Muir Diabetes Center, Walnut Creek	(925) 941-5076 / FAX (925) 941-5073	175 La Casa Via Walnut Creek, CA 94598	www.johnmuirhealth.com	Sharon Paulucci, RN, CDE sharon.paulucci@johnmuirhealth.com	Provides services to help patients live better with Diabetes. Programs include diabetes care and management, diabetes and pregnancy, a gestational diabetes exercise program, insulin therapy and pump instruction, and support groups.
Kaiser Permanente - North	(916) 973-5440	2025 Morse Ave. Sacramento, CA 95825	www.kaiserpermanente.org/diabetes		Support groups for emotional needs of living with diabetes and nutrition programs. Available to members and non-members. Guest speakers each month.
Kaiser Permanente - South The Diabetes Clinic Care Management	(916) 688-6377 / FAX (916) 688-6169	6600 Bruceville Road Sacramento, CA 95823	www.kaiserpermanente.org/diabetes		Provides classes and workshops to Kaiser members and the general public. Topics include Diabetes management, Diabetes and Nutrition, Diabetes lo basico (for Spanish speakers), and Carbohydrate counting.
Life Masters	(888) 801-8876	10989 Trade Center Drive, Suite 200 Rancho Cordova, CA 95670			Interactive disease management company.
Mercy Hospital - Diabetes Center Mercy Learning Center	(916) 733-6341	650 Howe Ave., Suite 400 Sacramento, CA 95825	www.mercysacramento.org		Educational classes by a certified diabetic educator, psychosocial adjustment, stress management, nutritional management.
Mercy Medical Clinic	(916) 536-3565	6555 Coyle Ave, Rm 140 Carmichael, CA 95608			General diabetes support group.
National Diabetes Education Program			http://ndep.nih.gov/		Provides information about how to control diabetes
National Diabetes Information Clearinghouse (NDIC)			http://diabetes.niddk.nih.gov/dm/pubs/overview/index.htm		Provides information about diabetes.
Sutter Diabetes Care Center	(916) 733-7000	5151 F St. Sacramento, CA 95819	www.checksutterfirst.org/diabetes		Comprehensive diabetes diagnosis, treatment and educational program, design a treatment plan, patient/family counseling.
UC Davis Internal Medicine Diabetes Clinic	(916) 734-2737	4860 Y Street — Suite 0101 Sacramento, CA 95817	www.ucdmc.ucdavis.edu/clinic/citations/specialtycare/specialties/diabetes.html	Sharon Wang	General Medicine for Diabetes.

Name	Phone	Address	Website	Contact	Services
American Heart Association	(916) 444-6505	2007 O St Sacramento, CA	www.heartsource.org		Support and referrals to support group. Association website has a great deal of information available.
American Society of Hypertension, Inc.	(212) 696-9099	148 Madison Avenue, Fifth Floor, New York, NY 10016	www.ash-us.org	Prakash Deedwania, MD- California Chapter President	ASH is the largest US organization dedicated exclusively to hypertension and related cardiovascular diseases.
California Heart Disease and Stroke Prevention Program	(916) 552-9900	1616 Capitol Avenue Suite 74.420 MS 7212 P.O. Box 997377 Sacramento, CA 95899- 7377	www.dhs.ca.gov/cdic/chdsp/default.htm	heart@cdph.ca.gov	Interventions for Californians at risk for developing heart disease that address the goals of Healthy People 2010
Heart Failure Clinic of South Sacramento	(888) 274-0024	6600 Bruceville Road Sacramento, CA 95823	www.permanente.net/homepage/kaiser/doctor/tammypeacock	Tammy Peacock, RN	Education and guidance for managing heart failure for patients of Kaiser
Heart Failure Society of America			www.hfsa.org		A forum for research, prevention, and management of heart failure
Kaiser Permanente Multifit Cardiac Rehab Program	(916) 486-5115	1650 Response Road, Sacramento, CA 95815	www.kp-ccm.org/cad.htm		12 month, home based program to address diet, exercise, smoking, etc.
Mercy General Hospital Cardiac Conditioning Program	(916) 453-4521	4001 J Street, Sacramento, CA 95819	www.mercygeneral.org	Kenneth Rogaski, MS	Phase I, II, III of cardiac rehab; CHF, Lipid mgmt
Mercy Heart Institute	(916) 564-2880	650 Howe Ave, Suite 700 Sacramento, CA 95825	www.chwhealth.com/mercyheart/	Joyce Higley, Manager	Prevention, wellness, education, and rehabilitation services. Also located at Mercy General Hospital and Mercy San Juan Hospital.
Mercy Heart Institute CHAMP program	(916) 564-2880	650 Howe Ave, Suite 700 Sacramento, CA 95825	www.chwhealth.com/mercyheart/	Laura Uro, RN, BSN Heart Smart/CHAMP Nurse	Case mgmt for Mercy patients diagnosed with CHF stage II and above.
National Heart, Lung, and Blood Institute	(301) 592-8573	NHLBI Health Information Center P.O. Box 30105 Bethesda, MD 20824- 0105	www.nhlbi.nih.gov	nhlbiinfo@nhlbi.nih.gov	Links and information on a large variety of heart issues including CHF

Sacramento Community Clinic Consortium (Health Education Program)	(916) 556-3344	3950 Industrial Blvd. West Sacramento, CA 95691	www.healthedcouncil.org		Program offers community education about many diseases, particularly hypertension. Community-based clinics for people of all ages, cultures, and economic backgrounds.
Sacramento Heart and Vascular Medical Associates	(916) 830-2000 FAX (916) 830-2007	500 University Ave Sacramento, CA 95825	www.sacheart.com	Teri A. Seim	Offers medical diagnosis, treatment, and education about cardiovascular disease to physicians, patients, and the community. Offers free transport service to and from facility.
Sacramento Radiology Medical Group	(916) 363-4040	3291 Ramos Circle Sacramento, CA 95827	www.sacrad.com	John Micheels, Operations Manager	Diagnostic testing
Southgate Sunchine Club, Fruitridge Community Center	(916) 422-7610	4000 Fruitridge Rd. Sacramento, CA 95820	www.southgaterecandpark.net		Offers free blood pressure clinic for seniors on the 2nd Friday of each month from 10am - 1pm.
Sutter Heart Institute at Sutter Memorial Hospital	(916) 733-1789	5151 F Street Sacramento, CA 95819	http://checksutterfirst.org/heartinstitute/patients/		Provides educational classes for preventing heart complications as well as improving the condition of the diseased heart and includes: "Heart Healthy Living Class," "Coronary Club," and "Health Enhancement and Risk Therapy (HEART)". Also has a Cardiac Rehabilitation Program and monitored exercise program.
The Mended Hearts	(888) 432-7899		www.mendedhearts.org		Support groups held in private homes.
UC Davis Cardiac Rehabilitation	(916) 734-8407	486D Y Street, Sacramento, CA 95817	www.ucdmc.ucdavis.edu	Sharon Myers, RN Linda Palmer, EP	Phase II, III, IV of cardiac rehab; CAD reversal, Women's CV health, CHF, Pulmonary, Diabetes.
UC Davis Heart Center	(916) 734-5513 FAX (916) 734-5378	2315 Stockton Blvd. Sacramento, CA 95817	www.ucdmc.ucdavis.edu/heart/		Health aids, referrals regarding MI and other heart conditions.
World Hypertension League			www.worldhypertensionleague.org		Devoted to promoting detection, control and prevention of arterial hypertension in populations.

Name	Phone	Address	Website	Contact	Services
American Association of Kidney Patients			www.aakp.org		Website with information, resources and support. See website for chapter listings in California.
American Kidney Fund	(800) 683-8299 FAX (301) 881-0898	6100 Executive Blvd, 1010 Rockville, MD 20852	www.kidneyfund.org		Financial assistance and edu. support.
Creekside Dialysis Center	(707) 453-1325	141 Parker St Vacaville, CA 95688			A dialysis treatment center. Many dialysis patients have a higher chance of getting a UTI.
DaVita	(707) 425-0315 FAX (425-4685)	604 Empire Fairfield, CA 94533	www.davita.com		Dialysis treatment center. Several treatment centers in the Sacramento area. See website.
Dialysis Clinic, Inc.	(916) 395-7585	7231 E. Southgate Dr. Sacramento, CA 95823			Dialysis services.
Dialysis Patient Support Group	(916) 973-5000	2025 Morse Ave Sacramento, CA			Support to patents and family.
Gambro Health Care	(707) 745-1488	506 1st St, Suite D-103 Benicia, CA 94510			Dialysis services.
National Kidney Foundation	(916) 641-7336	1600 Sacramento Inn Wy Sacramento, CA 95815			
Placerville Dialysis Center	(530) 626-6097	3964 Missouri Flat Rd, Ste. J Placerville, CA			
Total Renal Care Inc.	(916) 920-0256	300 University Ave. Sacramento, CA 95825			Health aids, referrals regarding MI and other heart conditions.

Name	Phone	Address	Website	Contact	Services
American Lung Association	(916) 444-5864	909 12th St Sacramento, CA 95814	www.lungusa.com		Information about smoking cessation and links to local programs.
American Lung Association of San Francisco	(650) 994-5864 / FAX (650) 994-4601	2171 Junipero Serra Blvd. #720 Daly City, CA 94014	www.supportforfamilies.org		Provides newsletter, classes, and support groups for people disabled by lung disease such as asthma, emphysema, and COPD.
Better Breathers - Respiratory Home Care	(916) 274-6087				This support group is for socialization and education for those suffering from COPD, asthma, and emphysema.
Better Breathers Support Group - Sutter Auburn Faith Hospital	(530) 888-4500	11515 Education St Auburn, CA 95602	http://sutterauburnfaith.org/		Support and education for the breathing impaired.
Kaiser Medical Center - Pulmonary Wellness Program - Roseville	(916) 784-4461	1600 Eureka Road Roseville, CA 95661	www.kp.org		A program to give patients with pulmonary diseases a chance to learn more about how to improve their quality of life by learning ways to manage their disease.
Mercy General Pulmonary Rehabilitation Program (MGPRP)	(916) 453-4268 / FAX (916) 453-4922	4001 J Street Sacramento, CA 95819	www.mercygeneral.org		Helps improve the quality of life for persons with asthma, emphysema, chronic bronchitis, pulmonary fibrosis and other chronic pulmonary conditions.
Pulmo Pals (Mercy San Juan Hospital) Better Breathers Club	(916) 537-5299	6555 Coyle Ave. Carmichael, CA 95608		Barbara Rife or Cindy Purinton	Groups meet regularly to learn tips to manage their condition and also to talk to others who may have the same worries.
Pulmonary Rehabilitation Program	(916) 733-8389 / FAX (916) 733-3824	2801 L St Sacramento, CA 95816	www.suttermedicalcenter.org	Darlene Keller	A six week program that focuses on actual treatment of lung disease and improvement of quality of life.
Second Wind			www.2ndwind.org		Website for the Second Wind Lung Transplant Association. Includes information and support.
Sutter Research Library		2800 L St Sacramento, CA 95816			Many current articles on smoking cessation, COPD, chronic bronchitis and emphysema.
UC Davis Medical Center Wellness Class: Easy Breathing	(916) 734-0718	8110 Laguna Blvd. Elk Grove, CA 95758			Designed for patients with chronic lung disorders such as asthma or emphysema. Gives suggestions and strategies to improve breathing and reduce symptoms.

Name	Phone	Address	Website	Contact	Services
Ashbury Park Vursing and Rehabilitation	(916) 481-5500	2257 Fair Oaks Blvd Sacramento, CA 95814		Debbie Morales	Provide rehab services to elders (long term and short term).
Bone Health			www.bonehealth.com		General information about osteoporosis.
California Osteoporosis Prevention and Education Program	(916) 327-6700	601 North 7th St MS 253 PO Box 942732 Sacramento, CA 94234			Education and resources.
Center for Osteoporosis	(916) 786-5595	151 Sunrise Blvd, Suite 1001 Roseville, CA 95661		Tevan Malekian	Measures bone density.
College Oak Nursing and Rehabilitation	(916) 481-7434	4635 College Oak Dr Sacramento, CA 95841			Rehabilitation for hip fractures and long term nursing care
Diagnostic Radiology Imaging	(916) 921-1200	79 Scripps Dr Sacramento, CA			Bone density scans.
Foundation for Osteoporosis Research and Education	(888) 266-3015 (510) 832-2663	300 27th St Oakland, CA 94612		Ahna@fore.org	Osteoporosis risk assessment and bone mineral density testing for \$30.00.
Kangaroo Courts: "Senior Strength"	(916) 782-7711 FAX (916) 781-3682	211 South Harding Blvd Roseville, CA 95678		Mike Sanchez	Weight bearing exercise and nutritional training.
Mercy General Hospital	(916) 435-4508	4100 J St Sacramento, CA 95819			Bone density scans.
Methodist Hospital Outpatient Rehabilitative Services	(916) 423-5939 Fax: (916) 423-5957	100 Frank Richardson Ct Sacramento, CA 95823		Linda Herrera L3herrera@chw.edu	Rehabilitative services for injuries and surgeries.
Michael E. Low, P.T.	(916) 441-7471	2231 J Street, Suite 107 Sacramento, CA 95816		Michael E. Low, P.T.	Physical therapy, specializing in orthopedics.
Mobile Osteoporosis Screening Technologies	(916) 961-4670	6347 Coyle Ave Carmichael, CA 95608			Mobile testing and treatment.

Most Millinnium Osteoporosis	(916) 961-6678 FAX (916) 961-4671	6347 Coyle Ave Carmichael, CA 95608		craig@the-most.com	Public awareness, education, treatment, testing, and screening.
National Institute of Health: National Resource Center for Osteoporosis	(800) 624-2663 TDD (202) 466-4315				Provides patients, professionals, and the public with resources and information on metabolic bone diseases such as osteoporosis, Paget's disease, osteogenesis imperfecta, and primary hyperparathyroidism.
National Osteoporosis Foundation	(916) 984-8114	108 Cheryl Ct Folsom, CA 95630		www.nof.org	Information about and support for Osteoporosis.
NIAMS - Osteoporosis Information				www.osteoporosis.org	National Institute of Arthritis and Musculoskeletal and Skin Diseases. This section of their website is devoted to Osteoporosis.
Osteoporosis Diagnostic Center	(916) 786-5595	151 N Sunrise Ave #1001 Roseville, CA 95661		Mitch	DEXA scan on the lumbar spine and femur.
Radiological Associates of Sacramento	(916) 784-2277	1130 Conroy Lane, 110 Roseville, CA 95661			Bone density scans.
Roseville Health and Wellness Center	(916) 677-1210	1650 Lead Hill Blvd Roseville, CA			Physical therapy department provides strength training classes for the elderly.
Steady Steppers	(916) 733-6997	4001 J St Sacramento, CA 95819			
The Pain Management Center	(916) 927-3046	650 Howe Ave. Sacramento, CA 95825		Beverly	Provides patients with treatment and education on different muscle-skeletal disorders and injuries.
UAB: Tone Your Bones Hotline	(888) 934-2663				Speak with a health professional who can answer questions about everything from calcium supplements to the latest osteoporosis medications. Also request free educational materials.

Name	Phone	Address	Website	Contact	Services
American Parkinson Disease Association	(800) 233-2732		www.apdaparkinson.org		Aim is to "ease the burden and find a cure" for Parkinson's Disease.
Auburn Parkinson Caregiver Support Group	(530) 878-2226	13570 Lincoln Way Auburn, CA			Families can receive the help and support they need.
Central United Methodist Church	(916) 332-5381	5265 H St, Room 108 Sacramento, CA		Annabelle Kenward	Support group third Thursday of every month at 1pm.
Conrad T.E. Pappas, MD. MDS	(916) 943-5910	218 Hatha Way Court Sacramento, CA 95864			
John A. Schafer MD.MDS	(916) 536-3670	6555 Coyle Ave Carmichael, CA 95608			
Kaiser Permanente - Roseville, Neurology Department	(916) 784-5775	1600 Eureka Road Roseville, CA 95661		csa.health-education@kp.org	Offers services for sufferers of Parkinson's. Helpful booklet available.
Kaiser Permanente - San Francisco, Neurology Department	(415) 833-2200	450 6th Ave. San Francisco, CA 94118	www.kp.org		Kaiser's main Neurology Department for Northern California.
Marin County Parkinson's Disease Support Group	(415) 457-8691	176 Morningside Dr. San Anselmo, CA 94960	www.marin.org	Tom Reiss	Support groups for patients with Parkinson's disease.
Michael J Fox Foundation	(800) 708-7644		www.michaeljfox.org		Official website for Michael J. Fox's Foundation for Parkinson's Disease research.
National Parkinson's Foundation	(800) 327-4545	1501 N. West 9 th Ave. Miami, FL 33136	www.parkinson.org	Jose-Garcia Pedrosa, President, CEO	To find a cause and cure of Parkinson's disease through research.
Northstate Parkinson's Chapter		20350 Hole in One Drive, Space 154 Redding, CA 96002			Support group.
Parkinson Association of Northern California	(916) 489-0226 Fax: (916) 489-0241	900 Fulton Ave, Suite 100-5 Sacramento, CA 95825-4505	www.parkinsonsacramento.org	Lauren Hopson, Executive Assistant	Information, resources and support to those with Parkinson's Disease and their caregivers.

Parkinson's Disease Clinic & Research Center, Univ. of CA	(415) 476-9276	5503 Parnassus Ave., Room M-348 San Francisco, CA 94143-0114	www.ucsf.edu/brain/pdcenter	Michael J. Aminoff, Director	Research and clinical trials in search for a cure for Parkinson's Disease.
Parkinson's Disease Foundation	(800) 327-4545		www.pdf.org		Supports Parkinson's Disease Research. Website offer a great deal of information.
Parkinson's Disease Support Group - Maidu Community Center	(916) 543-6601	1550 Maidu Drive Roseville, CA 95661		Linda Krisa	Meets once a month. Large group with a helpful staff.
Parkinson's Institute	(408) 734-2800	1170 Morse Ave Sunnyvale, CA 94089	www.theipi.org	Marilyn Basham	Trying to find the cure for and cause of Parkinson's disease.
Parkinson's Support Group - Davis Senior Center	(530) 757-5696	646 A St Davis, CA 95616	www.city.davis.ca.us/pcs/seniors/supportgroups.cfm		Support group meetings for patients and caregivers.
People Living with Parkinson's			www.plwp.org		Dedicated to Providing quality of life for people with Parkinson's Disease. Offers education and support to patients and caregivers.
PEP USA (Parkinson's Educational Program)	(800) 244-7872	1800 Park Newport #302 Newport, CA 92660			Provides education of symptoms and treatments for patients and families with Parkinson's disease.
Roseville-Sun City Parkinson's Support Group - South Roseville Medical Center	(916) 773-0839 FAX (916) 773-3874	1 Medical Plaza Roseville, CA 95747		Doris Cheney Cheneyde@jps.net	Resources, information, and support from other's with Parkinson's Disease.
South Area Parkinson's Disease Support Group	(916) 489-0226	7375 Park City Drive Sacramento, CA			Provides support for patients who have Parkinson's disease. Patients may come talk with others in their same situation.
Stockton San Joaquin County PD Support Group	(209) 948-4444	415 E Downs St Stockton, CA 95204		Paul Costa	

Sutter Neuroscience Institute	(916) 454-6850 FAX (916) 454-6952	2800 L. Street, Suite 500 Sacramento, CA 95816	www.sutterneuro.org	Linda Ramotowski	Provides people with Parkinson's Disease access to neurologists, a case manager and a social worker, each specializing in movement disorders. Access to other community resources for refferals, including support groups and physical and occupational therapists
Thompson Physical Therapy, Inc.	(530) 674-8850 FAX (530) 674-8855	1747 Live Oak Blvd Yuba City, CA 95991			Develops and monitors a home exercise program.

Name	Phone	Address	Website	Contact	Services
American Heart Association - Sacramento Division	(916) 446-6505	2007 O Street Sacramento, Ca 95814	www.americanheart.org		AHA organizes community events, provides survivors and their family with information regarding disease.
American Stroke Association			www.strokeassociation.org		Website for this division of the American Heart Association.
Easter Seals Stroke Support Goup	(916) 485-7611	4565 Garfield Ave, Carmichael			
Health South	(831) 422-3168	945 S Main St Salinas, CA 93901			
Internet Stroke Center			www.strokecenter.org		Site run by Washington University in St. Louis. Provides a multitude of information including basics, diagnosis, treatment, life adjustments, and current news.
Mercy Stroke Center at Mercy General Hospital	(916) 453-4545 (916) 453-4553	4001 J Street Sacramento, Ca 95819	www.mercygeneral.org		Team consists of expert physicians in stroke neurology and rehabilitation; expert RNs in stroke management; dieticians; physical, speech, and occupational therapists; case managers; and social workers. Aims to provide combined services in stroke diagnosis, treatment and rehabilitation.
Mercy Stroke Support Group	(916) 453-4654	4050 H St Sacramento, CA 95814			
National Institute of Neurological Disorders and Stroke			www.ninds.nih.gov		NINDS conducts research on neurological disorders and stroke and provides information on a variety of disorders via this website.
National Stroke Association			www.stroke.org		Information on stroke, risk factors, prevention, and recovery.
Outpatient Rehabilitation Center	(916) 536-2425	406 ½ Sunrise Ave. Suite 300 Roseville, Ca 95661		Margaret Keeling	Provides services such as physical therapy, speech therapy, occupational therapy, and neuropsychology. Special programs such as home and community reintegration programs and stroke and neurologic care therapy programs.
Positive Strokes Support Group	(916) 733-3049	Sutter General Hospital 4 East			
Rehabilitation Providers	(831) 373-1209	929 Pacific St Monterey, CA 93940			

Rehabilitation Services of Northern California	(925) 778-4171	1811 C Street Antioch, CA 94509	www.rsnc-centers.org	Hilda Newell	RSNC Bedford Center provides adult day care for disabled adults, and support for caregivers.
Salinas Memorial Hospital Acute Center	(831) 757-7333	450 E Romie Ln Salinas, CA 93901			
San Joaquin County Human Services Agency Taft Community Center	(209) 468-4168	389 West Downing Ave. Stockton, CA 95206-3755	www.sjaging.org/Comm_Centers/Taft/default.htm		Blood pressure and wellness clinics provided monthly to the community. A health access van visits each month for check-ups and other medical exams by a physician.
Saving Strokes	(916) 446-6505	Haggin Oaks Golf Complex 3645 Fulton Ave. Sacramento, CA 95821	www.americanheart.org/presenter.jhtml?identifier=3036638	@heart.org	Golf lessons for stroke survivors
St. Joseph's Medical Center (Stroke Club)	(209) 467-6365	1800 North California St. Stockton, CA 95204	www.stjosephscares.org		Club provides information on hypertension and stroke. Meets the first Wednesday of each month from 10am-12pm. Back-up classes offered twice per month. Call to sign up.
Stroke Awareness for Everyone			www.strokesafe.org/Handbook.html		Stroke caregiver handbook
Stroke Club Support Group	(916) 747-2392	1301 East Bidwell St, Suite 201 Folsom, CA 95630			Support group.
Stroke Recovery Group at Lodi Memorial Hospital West	(209) 468-4168	800 South Lower Sacramento Road Lodi, CA 95242	www.lodihealth.org		Provides a support group for individuals who have had a stroke caused by high blood pressure. Meets every third Wednesday from 2-4pm
Sutter Auburn Faith Hospital - Visiting Nurses & Hospice	(530) 886-6650	11795 Education Street, Suite 224, Auburn, CA 95602		Nursing Supervisor	Occupational, physical, and speech therapies; wound care; home health aid; and case management for homebound individuals
Sutter Auburn Faith Hospital- Acute Rehab	(530) 888-4500	11815 Education Street, Auburn, CA 95602	http://sutterauburnfaith.org/services/acute_rehab.html	Diane Kraker, PT Manager, Rehabilitation Services	Inpatient and outpatient rehabilitation: occupational, physical, and speech therapies; stroke support group; and family training
Sutter Neuro Stroke Support Group	(916) 454-6975	2800 L St.Sacramento, CA 95816	http://checksutterfirst.org/neuro/stroke/	Tess Carter	Support Group for survivors and caregivers

Sutter Roseville Medical Center- Acute Rehab	(916) 781-1000	One Medical Plaza, Roseville, CA 95661	http://sutterroseville.org/services/rehab.html	Dennis Sindelar, MBA, Manager, Rehabilitation Services	Inpatient and outpatient rehabilitation: occupational, physical, & speech therapies, including partial body weight support (therapy in pool); stroke support group; and family training
Sutter Roseville Stroke Support Group	(916) 781-1421	1 Medical Plaza Roseville, CA 95661	http://sutterroseville.org/healthinfo/calevents.cfm/S/36/AA/R/X/1#Support%20Groups	Mr. Paul Rosenberg rosenbep@sutterhealth.org	Education and support
Timberlake	(916) 423-2198	8400 Carbide Court, Sacramento, CA 95828			Supplies home routine & specialized home equipment and services
UC Davis Department of Neurology	(916) 734-3588	4860 Y Street Sacramento, CA 95817	www.ucdmc.ucdavis.edu/neurology/specialties/cerebrovascular.html		Inpatient and outpatient stroke program

Name	Phone	Address	Website	Contact	Services
El Dorado Convalescent Hospital	(530) 622-6842	3280 Washington Dr		Patty Bach, Wound Treatment Nurse	Speical care and treatment for residents with skin problems.
Sutter General Wound Care Specialists	(916) 454-2222	2801 L St Sacramento, CA 95816			Skin specialists and treatment.
UCD Medical Center Wound Care	(916) 734-3511	2315 Stockton Blvd Sacramento, CA 95817		Linda Mimnaugh and Barbara Lord	Treatment for Pressure Ulcers.

Name	Phone	Address	Website	Contact	Services
Altamedix Day Health Care Center	(916) 648-3999	4234 N Freeway Blvd. #500 Sacramento, CA 95834			Day program for Russian Americans.
Asian Community Center	(916) 393-9026	7801 Rush River Dr. Sacramento, CA 95831			Sponsors nutrition sites, recreation classes and English classes. Languages: Japanese and Chinese
California Area Indian Health Service	(916) 930-3927 FAX (916) 930-3952	650 Capitol Mall Suite 7-100 Sacramento, CA 95814	www.ihs.gov/FacilitiesServices/AreaOffices/California/Universal/PageMain.cfm?p=10		Primary goal is to raise the health status of American Indians to the highest possible level. Support tribal governments and urban Indian communities in the development and administration of comprehensive health care delivery systems that meet the needs of Indian people.
California Hispanic Resource Council	(916) 451-7151	3510 Stockton Blvd, Sacramento, CA 95820			Information and referral on social services available to the Spanish speaking community and assists with immigration forms.
HACER (Hispanic AIDS Community Education Resource)	(916) 422-5200	6950 65th Street, Sacramento, CA 95823		Eliego Lopez	Established specifically for people of color to reduce the risk of HIV/AIDS by providing community awareness and education.
Harbor Dental	(916) 372-8525	825 Harbor Blvd, West Sacramento, CA 95691			Russian speaking staff members.
Italian Cultural Society	(916) 482-5900	2791 24th Street Rm 13 Sacramento, CA 95818	www.italiancenter.net	Pietra Biundo Peters, program coordinator	The Amici program organizes volunteers to visit alert and conversational elderly Italians living in senior care settings.
Jewish Family Services of Sacramento	(916) 484-4400 FAX (916) 484-4401	2862 Arden Way Suite 103 Sacramento, CA 95864	www.jfssac.org	Kweisstein@jfssac.org	Free one day a week respite, info and referral, Older Adult Counseling in our Clinical Program, JFS Ride for our Extended Agency Community, Medical Loan Closet, Second Hand Rose Thrift Store, Clinical and Senior Service Internships, refugee resettlement, Literacy Little League (with Senior Volunteers).
La Familia Counseling Center	(916) 452-3601	5523 34th St. Sacramento, CA 95820		Tim	Multi-cultural program including outreach services, group activities, employment assistance, interpreting for clients, computer training and referral services.
MidTown Center	(916) 454-0184	3701 J St., 2nd floor Sacramento, CA 95691			Medical center with Russian patients.
National Hispanic Council on Aging	(202) 347-9733	734 15th St, NW - Suite 1050 Washington, DC USA 20005	www.nhcoa.org		Information about legislative updates, programs, projects, health information, a help line, and links to other related sites

National Indian Council on Aging	(505) 292-2001	10501 Montgomery Blvd. NE, Suite 210, Albuquerque, NM 87111	www.nicoa.org		Advocates for improved, comprehensive health and social services to American Indian and Alaska Native Elders.
Native American Indian Housing Council	(202) 789-1754	50 F Street, NW Suite 3300, Washington, DC 20001	www.naihc.net	Wendy Helgemo, Director of Governmental Affairs	Gives assistance to tribes and tribal housing entities in providing affordable housing to American Indians in communities and/or villages. Strives for housing to be of quality, sanitary, safe, and culturally relevant.
Nokomis Learning Center - A Native American Cultural Center	(517) 349-5777	5153 Marsh Road Okemos, Michigan 48864	www.nokomis.org		Filled with information on the Anishinaabe people, which include the Ojibwa, Odawa and Potawatomi nations. Programs, exhibitions and special events.

Name	Phone	Address	Website	Contact	Services
AARP, Senior Community Service Employment Program	(916) 483-5991	4555 Orange Grove Ave. Sacramento, CA 95841	www.aarp.org/scsep	Thomas C. Bennetts, SCSEP Project Director	Work-Training program that provides subsidized, part-time temporary assignments and placement assistance to low-income seniors age 55 and up.
Corporation for National & Community Service			www.seniorcorps.org		Matches seniors with volunteer opportunities
ElderHostel (Adventures in Lifelong Learning)	(877) 426-8056	11 Avenue de Lafayette Boston, MA 02111-1746	www.elderhostel.org		World's Largest not-for-profit educational Travel program for adults 55 and over.
Employment Development Department	(916) 227-0301	Sacramento Workforce Services Office 2901 50th Street Sacramento, CA 95817	www.edd.ca.gov/eddsww.asp		State agency that assists workers with job placement assistance and development. See the area of their website devoted to senior workers.
Fairfield-Suisun Adult School	(707) 421-4155	110 Civic Center Dr. Fairfield, CA 94533	www.fsusd.k12.ca.us/schools/adult/index.html		Variety of classes focused on adult education.
Go60.com			www.go60.com/go60work.htm		Information for older adults re-entering or rejoining in the workforce
One Stop - Sacramento Works	(916) 324-6202	915 Broadway Sacramento, CA 95818	www.seta.net/careercenters/onestop.htm		Network of 12 Career Centers in Sacramento County. Free resources to benefit your search for career training and employment. Available to job seekers and employers. See website for additional locations.
Placer County School for Adults	(530) 885-8585	390 Finley Street Auburn, CA 95603	www.puhsd.k12.ca.us/adult/	ideas@puhsd.k12.ca.us	All activities for seniors, assisted living seniors and disabled seniors.
Renaissance Society, California State University, Sacramento	(916) 278-7834	Adams Building 210 6000 J Street Sacramento, CA 95819-6074	www.csus.edu/org/rensoc		Workshops and seminars for educational enrichment and self-expression, including a Writing Personal Histories seminar.

Retired Senior Volunteer Program	(916) 875-3631	3727 Marconi Avenue, Sacramento, CA 95821	www.rsvpsacramento.org	Carolyn Kneeder	Places seniors over the age of 55 in a variety of public and nonprofit agency volunteer positions. Volunteers are provided with many options concerning location, type of position, etc. Opportunity for elders to volunteer life experience to meet community needs.
Sacramento City College, GERON 334: Reminiscence Therapy	(916) 558-2103	3835 Freeport Blvd., Sacramento, CA 95822	http://web.scc.losrios.edu/foleyj/geron334	Professor Jo-Ann Foley, Family & Consumer Sciences Dept.	Provides training to those interested in facilitating reminiscence therapy.
Sacramento Foster Grandparent Program	(916) 875-4462	3727 Marconi Ave. Sacramento, CA 95821	http://dhaweb.saccounty.net/Senior/fosterGP.htm	Dennis Brodsky	For low income seniors aged 60+ who are willing to working with special needs children 15+ hours per week. Volunteers work in a variety of settings tutoring and mentoring children for a stipend.
Sacramento State Sixty-Plus Fee Waiver Program	(916) 278-3901	Reentry Services 6000 J Street, Sacramento, CA 95819-6050	http://webapps1.csus.edu/adm/content/admission/reentry/sixty_plus_fee_waiver.asp		California residents aged 60+ may enroll in classes on a space available basis. No unit restrictions. May enroll for credit or audit as an undergraduate or graduate student.
Senior Companion Program	(916) 875-3622	3727 Marconi Ave. Sacramento, CA 95821	www.scpsacramento.org		Low-income seniors aged 60+ volunteer 20+ hours per week as companions for other seniors in a variety of settings. Volunteers receive a stipend and meal allowance.

Name	Phone	Address	Website	Contact	Services
24 Hour Fitness - Sacramento Sport	(916) 925-7055	1314 Fulton Ave. Sacramento, CA 95825	www.24hourfitness.com		13+ Clubs in the Sacramento Area. Go online to find contact information for other clubs. Staffed with trainers who can work directly with the elderly to meet their specific exercise needs.
50+ Wellness Program	(916) 808-1593	2921 Truxel Rd. Sacramento, CA 95833	www.cityofsacramento.org/park/sandrecreation/ohs/50+.htm	Kim Metcalf kmetcalf@cityofsacramento.org	Offers exercise and dance classes, workshops, senior events, and the California Senior Games for the Sacramento Region.
Activity Aging Services - West Sacramento Senior Center	(916) 373-5819 FAX: (916) 373-5882	664 Cummins Way West Sacramento, CA 95605	www.cityofwestsacramento.org/cityhall/departments/pcs/seniors.cfm	Mae Denman maed@cityofwestsacramento.org	Provides free fitness classes for people age 50+, as well as transportation to and from the facility by shuttle. Numerous other activities are available such as ceramic classes, bus trips and daily lunch for a nominal fee.
American Board of Pain Medicine Website			www.abpm.org		List of physicians specializing in pain management.
American Chronic Pain Association	(916) 632-0922 (800) 533-3231	P.O. Box 850 Rocklin, CA 95677-0850	www.theacpa.org	Joanie	Support groups teaching coping mechanisms for chronic pain.
American Senior Fitness Association	(888) 689-6791 (386) 423-6634	P.O. Box 2575 New Smyrna Beach, FL 32170	www.seniorfitness.net	asfa@ucnsb.net	Since 1992, the Leader in Professional Training and Certification for Older Adult Fitness Specialists
American Senior Fitness Association			www.seniorfitness.org		Leader in older adult fitness education and certification.
Bell Cooledge Community Center	(916) 277-6094	5699 S Land Park Dr Sacramento, CA 95822			Exercise classes for all activity levels.
Better Fit Fitness Center	(916) 739-8780	1770 36th St Sacramento, CA 95816	www.melstrainingcenter.com	Mel Salada	Highly qualified personnel for your fitness needs and a senior-safe environment.
Bikram's Yoga College of India (Elk Grove)	(916) 714-YOGA	9384 Elk Grove-Florin Rd., Elk Grove, CA 95624	www.elkgroveyoga.com		Bikram Yoga is a way to care for the mind, body and soul through learning and practicing the art of the 26 included postures, breathing exercises, and meditation.
Burger Rehabilitation Systems, Inc.	(916) 863-5785	6614 Mercy Court Folsom, CA 95628	www.burger-rehab.com		Specializes in physical therapy, occupational therapy, hand therapy, speech therapy and ergonomics.

California Family Fitness	(916) 944-2900 FAX (916) 944-7460	7941 Fair Oaks Blvd Carmichael, CA 95608	www.californiafamilyfitness.com	Terri Ziem	Basic exercise equipment, free trainers, nutrition information and special aerobic classes designed specifically for the elderly. Several locations in the Sacramento area. See website.
Capitol City Health Club	(916) 922-8374 FAX (916) 922-3966	1895 Howe Ave Sacramento, CA 95825		Rob Schroder	Aerobics, aqua aerobics, yoga, step aerobics, etc. Discounted monthly dues for persons over 55.
Capitol Physical Therapy	(916) 446-1497	1308 28th Street Sacramento, CA 96816	www.capitolpt.com		Orthopaedic therapy, including comprehensive treatment, education, and professional assessments.
Carmichael Adult Health Care Center	(916) 334-0296	5105 Manzanita Blvd Carmichael, CA 95608		Bill Plum	Physical fitness program as treatment for elders who suffer from strokes or serious illness.
Carmichael Recreation & Park District	(916) 485-5322	5750 Grant Ave Carmichael, CA 95608	www.carmichaelpark.com		Offers exercise and other enrichment classes for seniors.
Chico Sports Club: Senior Programs and Activities	(530) 345-9427	260 Cohasset Rd Chico, CA 95926	www.chicosportsclub.com	Jeff Stover	Fitness programs for seniors
Community and Home Injury Prevention Program for Seniors (CHIPPS)	(415) 581-2418	30 Van Ness Ave., Suite 2300 San Francisco, CA 94102	www.dph.sf.ca.us/php/chipps.htm	Michael Radetsky	CHIPPS helps elders avoid injuries due to falls by creating awareness and providing resources, information and training about recognizing and correcting injury hazards.
Compass Center for Functional Restoration	(916) 444-9446	2901 K. St., Suite 402 Sacramento, CA 95816	www.sacpainclinic.com/compass.php		A holistic approach to teaching people with pain how to take charge of their lives, reduce pain, and remain positive and active.
Cordova Fitness	(916) 363-6584	9555 Folsom Blvd #G Sacramento, CA 95827		Marwan Haidary	One on one training at no extra cost to design a personalized fitness program for seniors.
Courthouse Athletic Club	(530) 885-1964 FAX (530) 885-1411	11558 F Ave Auburn, CA 95602	www.courthouseathleticclub.com	Christine	Gym equipment, aerobic classes, and heated swimming pool.
Crossroads Community Center	(916) 725-1585	6742 Auburn Blvd Sacramento, CA 95610		Jerry Jewell	Senior exercise programs Tuesday and Thursday mornings.
Davis Athletic Club	(530) 753-5282 FAX (530) 753-7086	1809 Picasso Ave., Davis, Ca 95616	www.daonline.com		Group exercise classes, weight machines, free weights, and personal training (one free personal training session is included with membership).

Endless Pools	(800) 732-8660 (ex.202) / (610) 497-9328	200 E Dutton Mill Road Aston, PA 19014	www.endlesspools.com		Sells therapy pools for strength training, aerobics, and range of motion
Evelyn Moore Community Center - Chi Gong for Special Populations	(916) 808-1593	1402 Dickson St. Sacramento, CA 95822			Offers exercise classes geared for older adults including Tai Chi.
Fair Oaks Community Clubhouse	(916) 966-1036	7997 California Avenue, Fair Oaks, CA 95628	www.fairoakspark.org	Kimbra Shepherd – Recreation Supervisor	Programs for all ages, dancing, classes, drama, day camp and special events
Fall Prevention for Older Persons			www.fallsprevention.org.au/resources.htm	falls@racp.edu.au	Gives information on risk factors and fall prevention.
Fierce Fitness	(916) 452-8606	2300 Sutterville Road Sacramento, CA 95822	www.fierce-fitness.com	Carl Fears	Weight resistant training
Fit for Life Preventive Health & Fitness			www.iamfitforlife.com		Devoted to preventative health and fitness. Specialize in products and services for seniors.
Folsom Aquatic Center: Water Aerobics	(916) 355-8318	1200 Riley Street Folsom, CA	www.folsom.ca.us/depts/parks_n_recreation/aquatic.asp		Exercise program and social environment. Call for location and times.
Georgie Duke Sports Center	(707) 449-5197	E.Monte Vista, Vacaville, CA 95688		jhicks@ci.vacaville.ca.us	Provide basketball and badminton team sports for 50 and over.
Gold Country Community Center	(530) 273-4961	11350 McCourtney Rd. Grass Valley, CA 95945	www.goldcountrycenter.org		Offers low cost aerobics, ball-room dancing, chair yoga, line dancing, stretch and strength, and Tai Chi classes for seniors.
Gold's Gym	(916) 853-5646 FAX (916) 853-0544	11327 Folsom Blvd Rancho Cordova, CA 95742	www.goldsgym.com	Lori	See website for additional locations.
Hamilton County Fall Prevention Task Force	(513) 946-7802	250 William Howard Taft Road, 2nd Floor Cincinnati, OH 45219	www.fallpreventiontaskforce.org/resources.htm		Gives information on fall prevention, health care, assistive devices, nutrition, and exercise.
HCR Manor Care Health Services - Nursing and Rehabilitation Center	(916) 967-2929	7807 Uplands Way Citrus Heights, CA 95610	www.hcr-manorcare.com		Provider of short- and long-term medical and rehabilitation care. Care is provided through a nationwide network of skilled nursing and rehabilitation centers, assisted living facilities, outpatient rehabilitation clinics, and hospice and home care agencies.

Healthy Habits Fitness and Yoga Studio	(916) 444-7729 FAX (916) 444-8884	2224 J. Street Sacramento, CA 95816	www.healthyhabitsstudio.com	frontdesk@healthyhabitsstudio.com	Offers classes on healthy eating and weight loss in addition to exercise and yoga classes.
Hutchins Street Square	(209) 369-6921 (209) 367-5431	125 S. Hutchins St Lodi, CA 95240	www.hutchinsstreetsquare.com	Kim McClelland	Water aerobic exerises for the senior community as well as transportation and day care activities.
Incentive Fitness	(916) 481-5004	6001 Fair Oaks Blvd. Carmichael, CA 95608			Fitness center that also offers nutrition classes.
Jazzercise Center #7715	(530) 470-0441	126 South Auburn Street Grass Valley, CA 95945	www.jazzercise.com		Offers a Jazzercise Lite class for beginners, newcomers, seniors, pregnant women, significantly overweight or otherwise physically restricted people.
Kaiser Sacramento Medical Center - Healthy Aging Series	(916) 784-5775	2025 Morse Ave Sacramento, CA 95825	http://members.kaiserpermanente.org/kpweb/entryPage.do?cf=e=415	Richard Della Penna, MD	Get valuable information in this six-part series designed with the health and well-being of seniors in mind. You can participate in any or all of the following classes: Fall Prevention and Balance, The Art of Aging, Physical Activity for Seniors, Nutrition for Seniors, Memory Gain, Care Options for Seniors.
Lodi Memorial Hospital - Acute Physical Rehabilitation	(209) 339-7660 (800) 876-6750 x7660 FAX (209) 339-7652	800 S Lower Sacramento Road Lodi, CA 95242	www.lodihealth.org/html/rehab.html	jsmith@lodihealth.org	24-bed physical rehabilitation unit, Individualized treatment plans, Level one acute rehab, physical medicine & rehab specialist on staff, JCAHO accredited, Medicare #050336, Medi-Cal #HSC 00336F
Mercy General Hospital Pool Program	(916) 453-4809	4001 J St Sacramento, CA 95825			Aerobic pool exercise class.
Mercy Mall Walker Program	(916) 733-6966	4001 J Street Sacramento, CA 95819	www.chwhealth.org/mercyheart		Weekly walks in local malls with staff support
Mission Oaks Recreation and Park District		4701 Gibbons Dr Carmichael, CA 95608	www.morpd.com	Nancy	Variety of exercise classes.
National Rehabilitation Information Center	(202) 635-5826	4407 8 th St. N.E. Washington, D.C. 20017	www.nrhrehab.org	Edward B. Heaton, Senior VP of Medical Affairs	Provides comprehensive treatment and rehabilitative care for patients with physical disabilities.

Natomas Physical Therapy	(916) 419-5202	4170 Truxel Rd., Sacramento, CA 95834	www.natomasphysicaltherapy.com		Provides physical wellness in all types of patients. Can meet a variety of physical therapy needs through hands-on treatment, pain relieving modalities, and an individualized exercise program.
New York Fitness	(209) 223-3236	615 New York Ranch Rd, Suite 1 Jackson, CA			Will design specialized programs.
North Bay YMCA	(707) 421-8746 FAX (707) 421-9635	586 East Wigeon Way Suisin City, CA	www.ymcasf.org/NorthBay/	Tammy Minns (Group Exercise Coordinator)	Nonprofit organization offering support, exercises classes and recreational activities in a family based atmosphere.
Paradigm Sports Club - The Better Half of Life - Del Norte Club	(916) 483-5111 FAX (916) 483-1105	3040 Becerra Way Sacramento, CA 95821	www.paradigmclubs.com		Program is offered for adults 60 years and older; must be members of Paradigm Sports Club. Classes include water aerobics in heated indoor pool, group exercise, tai chi, yoga, and Pilates. Fitness centers and social events available for members.
Paradigm Sports Club - Rollingwood Raquetball Club	(800) 484-8080 (916) 988-1727 FAX (916) 483-1105	9373 Winding Oaks Dr. Fair Oaks, CA 95628		Joy	See above.
Risal Community Center	(916) 685-8997 FAX (916) 685-8997	7320 Florin Mall Dr Sacramento, CA			Low impact senior aerobics and nutritional lunch program.
Roseville Health and Wellness Center	(916) 677-1200 FAX (916) 677-1204	1650 Lead Hill Blvd Roseville, CA	www.rosevillehwc.com/index.php	Lynsee Hartsfield	Full exercise facility, fitness classes, indoor aquatic center, internal medicine, chiropractic services, physical therapy, prosthetics and braces fittings.
Roseville Sports Center - Parks and Recreation Department	(916) 774-5990 FAX (916) 744-5999	1545 Pleasant Grove Blvd Roseville, CA 95747		Sara Rathsack srathsack@roseville.ca.us	Trainers specializing with elderly.
Sacramento City College- Adaptive P.E.	(916) 558-2457	3835 Freeport Blvd Sacramento, CA 95822		Carrie	Exercise as simple as stretching and as complex as weight training.
Sacramento Kung Fu and Tai Chi Association	(916) 965-4469	4864 Tommar Dr Sacramento, CA 95628		Carmine Farruggia carmitsu@aol.com	Courses in Tai Chi and Kung Fu.

Sacramento State LIFE Center - California State University, Sacramento	(916) 278-5028	6000 J Street Sacramento, CA 95819	www.hhs.csus.edu/LifeCenter/index.htm	lifectr@csus.edu	Devoted to promoting healthy aging and enabling older adults to take charge of their health. Fitness activities, guidance, speakers, etc.
Sacramento Yoga Center	(916) 491-6792	2791 24th Street Sacramento, CA 95818			Yoga and Tai Chi classes
Seek Wellness			www.seekwellness.com		Website devoted to wellness information.
Senior Citizens Center	(916) 264-5462 FAX (916) 264-8253	915 27th St Sacramento, CA 95816			Variety of fitness classes ranging from head to toe stretching, low-impact exercises, tai chi, moving meditation and yoga.
Senior Softball-USA	(916) 326-5304	2701 K Street, Suite 101A Sacramento, CA 95816	www.seniorsoftball.com		Join these active seniors! Website provides information on upcoming games.
Seniors Only Tai Chi	(916) 973-1115	4132 Manzanita Ave. Carmichael, CA 95608		Carlan Stewart, owner	Classes are offered for everyone, but there are separate classes on Monday-Friday mornings and on Saturday for seniors only. Senior classes suited for people 65 or older, using slower ranges of movement.
Signature Athletic Club	(916) 485-0714	6001 Fair Oaks Blvd Carmichael, CA 95608		Amber Wilkindorf	Private gym focusing on the satisfaction of its members, with the hope that their exercise routines will give them the desired results. Provides special programs focusing on topics such as weight control, maintaining health and diet control. Facility includes pool, racquet ball, and exercise machines. Classes for seniors may be provided
Sun City Roseville - Lifestyles Fitness Center	(916) 774-3888 FAX (916) 774-3889	7050 Del Webb Blvd Roseville, CA 95747		Tanya Hinchman	Specialized equipment, exercise programs, and trainers designed to meet the needs of the elderly.
Tai Chi of Sacramento	(916) 961-6093	Please call for information.	http://taichisacramento.com	Sifu Daniel E. Wold	Courses in Tai Chi, Aikido, Kung Fu, Qigong.
Tai Chi Network	(916) 454-5526	2526 27th Street Sacramento, CA 95818	www.taichinetwork.org	David Ptaff	Network resource for Tai Chi instructors to find students and vice versa. Students can sign up with the network to be notified when a new instructor/studio joins their geographical region.
Tara Stiles, Chi Yoga	(916) 454-5526	2791 24th Street Sacramento, CA 95818	http://chiyoga.net	Tara Stiles	Private instruction and group classes available. Gentle yoga for seniors and those with health challenges.

The Ballroom of Sacramento- Dance for Life	(916) 723-2773	6009 Folsom Blvd Sacramento, CA 95819			Ballroom dance class especially for seniors.
The Bo Tree BodyMind Center	(530) 757-6463	630 Pena Drive, Ste. 500 Davis, CA 95616	http://www.thebotree.com	Debbie Eernisse botree@sbcglobal.net	Community based yoga center offering over 20 classes per week, ranging from beginning yoga to advanced Prana Vinyasa Flow. Classes for every level, age and body type, including Senior Yoga and Fitness.
World Gym: Health and Fitness Center	(916) 780-3339 FAX (916) 780-6934	4202 Douglas Blvd. # 200 Granite Bay, CA 95746			Certified personal trainers
Ying Jao Pai Kung Fu School	(916) 443-0886	2733 Riverside Blvd Sacramento, CA 95818			Eagleclaw style of Tai Chi and Kung Fu
YMCA Greater Sacramento	(916) 452-9622	2021 W Street Sacramento, CA 95818	www.sacymca.org/centralfamily.htm	Pat Wolfe, Senior Program Director	Arthritis Aquatic Program and Senior Fitness
Yoga to You	(415) 927-8123	164 Donahue St. Marin City, CA 94965	www.yoga-to-you.com	Dr. Melanie Haan	Offers specially designed classes for older adults led by experienced yoga instructors who are specially trained to work with older adults

Name	Phone	Address	Website	Contact	Services
2-1-1 Sacramento	2-1-1 TTY (916) 446-1434 (916) 498-1000 (800) 500-4931	Community Services Planning Council 909 12th Street Suite 200 Sacramento, CA 95814	www.211sacramento.org	info@211sacramento.org	Free, confidential information and referral service available 24/7. Multiple languages; accessible to people with disabilities. Utilizing a comprehensive computerized database of nonprofit and public agency programs, trained information and referral specialists give personalized attention to each caller.
Administration on Aging			www.aoa.gov		
American Association of Retired Person (AARP)			www.aarp.com		Variety of Information for Seniors
Area 4 Agency on Aging	(916) 486-1876	2260 Park Towne Circle Suite 100 Sacramento, CA 95825	www.a4aa.com		Develops, coordinates, funds and monitors programs for Seniors serving the counties of Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba.
Area Agency on Aging - Napa-Solano	(707) 644-6612	601 Sacramento St. Vallejo, CA 94590	www.aaans.org		Senior information and assistance, transportation, case management, home visits, senior employment services, etc.
CA Association of Homes and Services for the Aging (CAHSA)	(916) 392-5111	7311 Greenhaven Drive, Suite 173 Sacramento, CA 95837			
CA Department of Aging	(916) 419-7500	1300 National Drive #200 Sacramento, CA 95834	www.aging.ca.gov		Links you to local resources
Center for Disease Control (CDC)			www.cdc.gov		Risk factors, trends, & related news for diseases & conditions
Congress of California Seniors	(916) 442-2272	1230 N St Sacramento, CA 95814	www.seniors.org	Hank Lacayo, CCS President	Focuses its primary attention on legislative and consumer issues that impact older adults. Health section of website offers information on how to be in charge of your health and wellness.
Department of Health and Human Services- Senior Health Education	(916) 875-6022	9719 Lincoln Village Dr. Suite 300A Sacramento, CA 95827	www.sacdhs.com/article.asp?ContentID=131	Kathy Hickox	Educational services to Sacramento residents' ages 60+, specifically low-income and minorities. Classes on various health topics held at senior centers provide the knowledge and skills necessary to maintain or improve fitness and health.

ElderNet	(617) 277-1330	1330 Beacon Street, Suite 268, Brookline, Massachusetts 02446	www.eldernet.com	Webmaster@ElderNet.com	A link resource pool on a variety of topics of interest to seniors presented in a large font format that is easier to read.
Gray Panthers	(916) 332-5980	5313 Fernwood Way Sacramento, CA 95841		Joan B. Lee Joanblee78@lanset.com	Organization of persons of all ages advocating for social justice for seniors and adults with disabilities.
Greater Sacramento Urban League	(916) 286-8600 FAX (916) 286-8650	3725 Marysville Blvd. Sacramento, CA 95838	http://gsul.org	Cinnamon Rackley	Educational, Health Care, Inmate/ward, mentoring, vocational, family support/counseling, job placement.
Health Access California Sacramento Office	(916) 497.0923	1127 11th Street, Suite 234 Sacramento, CA 95814	http://health-access.org	Elizabeth Abbott, Project Director	Information on federal health programs and the impact they have on beneficiaries and public policy in California. Monthly informational meetings, forums and conferences available for public attendance.
Integrated Immigrant Senior Services Program (IISSP)	(916) 874-9788	1727 K St Sacramento, CA 95817			Materials for leisure activities, mental health counseling and transportation.
International Longevity Center—USA	(212) 288-1468	60 East 86th Street New York, NY 10028	www.ilcusa.org	info@ilcusa.org	A nonprofit, nonpartisan, international research, policy, and education organization formed to educate individuals on how to live longer and better, and advice society on how to maximize the benefits of today's age boom.
MedicineNet			www.medicinenet.com		Online resource providing medical knowledge to the public.
Medline plus		8600 Rockville Pike, Bethesda, MD 20894	www.nlm.nih.gov/medlineplus		Brings together authoritative information from NLM, the National Institutes of Health (NIH), and other government agencies and health-related organizations. MedlinePlus also has extensive information about drugs, an illustrated medical encyclopedia, interactive patient tutorials, and latest health news.
Older Women's League (OWL)	(916) 444--2526	1230 N Street, Ste 120 Sacramento, CA 95814			Support and activities for older women.
Sacramento Community Health Center	(916) 733-7060	6950 65th street Sacramento, CA 95823	www.maap.org	Dr. Francisco Aguirre	Comprehensive community based primary and preventative health care services that include disease prevention, health promotion, and wellness education programs for medically underserved communities of Sacramento.

The American Geriatrics Society	(212) 308-1414	The Empire State Building 350 Fifth Avenue, Suite 801 New York, NY 10118	www.americangeriatrics.org	info@americangeriatrics.org	Provides leadership to healthcare professional, policy makers and the public by implementing and advocating for programs in patient care, research, professional and public education, and public policy.
WebMD			www.webmd.com		Find medical information online.

Name	Phone	Address	Website	Contact	Services
AARP Grandparent Information Center			www.aarp.org/family/grandparenting		AARP website devoted to issues related to grandparenting. Includes information and resources.
Area 4 Agency on Aging	(916) 486-1876 FAX (916) 486-9454	2260 Park Towne Circle #100 Sacramento, CA 95825	www.a4aa.com/html/grandparents.html	mail@a4aa.com	Information for grandparents raising grandchildren.
Grandspace			www.grandspace.org	kathy@grandspace.org	Website devoted to grandparents parenting children. Includes resources, support group directory, message boards, etc.
Greater Sacramento Grandparent Network Support Group	(916) 876-5844	Susie Gaines-Mitchell Building 2450 Florin Road Sacramento, CA 95822	www.a4aa.com/html/gp_support_groups.html	Lonnie Russell, Director	Support group for Grandparents. See Area 4 Agency on Aging's website for additional support groups in Sacramento County.
Senior Legal Hotline - Grandparent Project	(916) 551-2140		www.seniorlegalhotline.org/20-help-gps.html		Provides legal advice to seniors aged 60+. May call in or email questions from the website. Callers can receive a copy of their booklet "Grandparent Rights: Legal Guide to Custody and Visitation of Grandchildren in California."

Name	Phone	Address	Website	Contact	Services
AARP SMART Program	(209) 536-2700	19890 Cedar Road North Sonora, CA 95370		aarpinfo@sonnet.com	Teaches older adults to be more assertive when asking questions regarding their medication regimens.
ASCP - American Society for Consultant Pharmacists	(703) 739-1300	1321 Duke Street, Alexandria, VA 22314-3563	www.ascp.com	info@ascp.com	International professional association that provides leadership, education, advocacy, and resources to advance the practice of consultant and senior care pharmacy.
Beers List			www.dcri.duke.edu/ccge/curtis/beers.html		Beers List: A comprehensive compilation of drugs inappropriate for use by seniors.
BenefitsCheckUp			http://benefitscheckup.org		An online service to help people explore their drug coverage options and their eligibility for assistance with medication costs.
California Health Advocates	(916) 231.5113	5380 Elvas Avenue, Suite 104 Sacramento, CA 95819	http://cahealthadvocates.org	Marta Erismann, Community Outreach Coordinator	Supports local HICAP offices and helps California Medicare beneficiaries and retirement population with questions about Medicare.
Centers for Medicare and Medicaid Services (CMS)			www.cms.hhs.gov		An online resource provides links to resources available for people with Medicare to learn more about Medicare prescription drug coverage.
Clinica Tepati	(530) 752-7028 (916) 874-5303 Clinic, Saturday only	1500 C Street Sacramento, CA 95814	http://clinatepati.ucdavis.edu	Aime Castillo, community Representative	Health care service for people without health insurance. Services include immunizations, physical examinations, diagnosis and treatment of venereal disease and acute illnesses, advice and treatment for chronic ailments.
HICAP Services of Northern California	(800) 434-0222	3950 Industrial Blvd., Suite 500, West Sacramento, CA 95691	www.hicapservices.net	Margaret Reilly, Assistant Program Manager	The Health Insurance Counseling and Advocacy Program (HICAP) provide information and assistance to individuals and families with insurance and Medicare problems.
Institute for Safe Medication Practices (ISMP)	(215) 947-7797	1800 Byberry Road, Suite 810, Huntingdon Valley, PA 19006	www.ismp.org		Nation's only non-profit organization devoted entirely to medication error prevention and safe medication use. ISMP represents more than 30 years of experience in helping healthcare practitioners keep patients safe, and continues to lead efforts to improve the medication use process.
Longs Drugs Pharmacy	(530) 666-2448	7 W Main St, Woodland, CA 95695	www.longs.com		Pharmacist trained to answer questions regarding all over the counter and prescription medications. See website for other area locations.

Manor Drug Store	(916) 922-9392	2361 Northgate Blvd., Sacramento, CA 95833			Sell home health care products and medical supplies.
Medicare Rx- Connect			www.maprx.info		Website with links to provide information about Medicare Prescription Drug Coverage and answer questions relating to Medicare Part D
Medicare.gov	(800) Medicare		www.medicare.gov		Official U.S. government site for people with Medicare who want the latest information on Medicare enrollment, benefits.
Mission Medical Pharmacy	(818) 787-7790	8215 Van Nuys Blvd, Panorama City, CA 91402			Pharmaceutical supplies and equipment service.
National Coordination Council for Medication Error Reporting and Prevention (NCC MERP)			www.nccmerp.org		Helps to inform our thinking on and understanding of patient safety medication issues.
Senior Care Pharmacists			www.seniorcarepharmacist.com		Medication management resources for seniors including a list of local geriatric pharmacists.
Social Security Administration	(916) 381.9410	8351 Folsom Blvd Sacramento, CA 95826	www.ssa.gov	Rose Garcia	Federal agency provides information on enrollment and eligibility for Medicare and help paying for the Medicare drug benefit for people with low incomes.
The Medicine Program	(573) 996-7300	PO Box 515, Doniphan, MP 63935			Free medication to the geriatric population.
Woodland Healthcare Coumadin Clinic	(530) 666-1631 nurses ext: 6503	1207 Fairchild Ct, Woodland, CA 95695		Troy Fajerson, PA, Nancy Burnham, RN or Delva Coopman RN	Monitors patients taking coumadin.

Name	Phone	Address	Website	Contact	Services
Affordable Hearing Aid Center			www.affordablehearing.com		Offers analog and digital hearing aids at low cost.
Agency for Hearing	(916) 732-9040	1800 28th St Sacramento, CA 95816	www.agencyforhearing.org		Hearing services for the community.
All Ears Hearing Aid Center	(916) 448-8108	2231 J St, Suite 105 Sacramento, CA 95816			Dispenses and fixes hearing aids.
American Speech-Language-Hearing Association	(800) 638-8255	2200 Research Blvd. Rockville, MD 20850-3289	www.asha.org		Professional, scientific, and credentialing association for more members and affiliates who are audiologists, speech-language pathologists, and speech, language, and hearing scientists.
Association of Late Deafened Adults (ALDA)	(916) 961-3065	8038 Macintosh Ln. Rockford, IL 61107	www.alda.org	Rick Van Doren (Sac Chapter Coordniator)	Information on Hearing Types, and latest technology (hearing aids)
Avalon Hearing Aid Centers, Inc	(916) 483-9064	2620 Hurley Way Suite B 8146 Sacramento, CA 95864	www.avalonhac.com	Michael W. Kemp (Owner/ Audiologist)	Hearing aids, Hearing Aid Repairs, Ear molds, and swim molds, Assistive Listening devices
California Department of Social Services - Office of Deaf Access	(916) 653-8320 TDD (916) 653-7651 FAX (916) 653-4001	744 P St, Mailstation 6-91 Sacramento, CA 95814		Grant Johnson	Access assistance services for hearing impaired.
California School for the Deaf	(510) 794-3666 FAX (510) 794-2409	39350 Galluedet Dr Freemont, CA 94538		Pam Millard	Community and adult deaf education.
Carmichael Hearing Center	(916) 961-2154	6633 Coyle Ave. Ste.1 Carmichael, CA 95608	www.carmichaelhearing.com	Vittie Hutcherson (Audiologist)	Hearing Screenings, Counseling and Rehabilitation
Hearing Loss Association of America		7910 Woodmont Ave, Suite 1200, Bethesda MD, 20814	www.hearingloss.org		Information on technology for the hearing impaired, and offers a multitude of options for individual support
Hearing Sense Audiology	(916) 646-2477	2335 American River Dr., Ste 408 Sacramento, CA 95825	www.hearingsense.com		Hearing Assessments, Community Education
Merck Manual Medical Library			www.merck.com/pubs/mmanual_home/sec19/210.htm		Merck Manuals available online.

NorCal Center on Deafness	(916) 349-7500	4708 Roseville Road, Suite 112 North Highlands, CA 95660-5172	www.norcalcenter.org		Interpreters (Sign Language, Deaf, Oral, Video), . Real Time Captioning (RTC)/ Computer- Aided Realtime Captioning (CART)
Sacramento Hearing Services Center	(916) 362-7390 FAX (916) 362-1407	9910 Horn Rd, Suite 3 Sacramento, CA 95827		Christine Winger or Rosemary Topper	Hearing services for the community.
Sacramento State: Maryjane Rees Language, Speech, and Hearing Center	(916) 278-6601	Sacramento State Shasta Hall Room 172 6000 J Street Sacramento, CA 95819-6071	www.hhs.csus.edu/spa/clinic.html	Lynda Oldenburg	Hearing Screenings/Evaluations, and Speech Therapy
Sears Hearing Aid Center Arden Fair Shopping Center	(916) 922-3757	1601 Arden Way Sacramento, CA 95815			Supplies for the Disabled-Health Technicians- Doctors and Clinics
Self Help For Hearing Loss	(916) 383-3777	1820 Tribute Way Sacramento, CA	www.shhhsac.org	Jim Ray, Chapter Coordinator	Monthly Educational Meetings, Coping Strategies
Sutter Hearing and Speech Center	(916) 929-2277	2277 Fair Oaks Blvd, Suite 290 Sacramento, CA 95825			Counseling, hearing testing, speech therapy.
The Hearing Solution	(916) 646-2471	2335 American River Dr., Ste 408 Sacramento, CA 95825	www.thehearingsolution.com/library.asp	Julia Ahlquist Tanner CCC-A	Hearing healthcare services, assessments, rehab, education & counseling. Also fits and dispenses hearing aids
UC Davis Medical Center	(916) 734-5400	2521 Stockton Blvd, 6th Floor Sacramento, CA			Counseling, speech therapy, hearing testing, genetics testing, hearing aids.

Name	Phone	Address	Website	Contact	Services
California Hospice & Palliative Care Association	(916) 441-3770 FAX (916) 441-4720	PO Box 160087 Sacramento, CA 95816	http://calhospice.org		Referrals to hospices in California and advocates on hospice issues.
California Hospice Foundation	(916) 441-3770	1510 J St Sacramento, CA 95814			
First Call Home Care	(916)369-0508 FAX (916) 369-1156	9852 Business Park Drive, Suite I Sacramento, CA 95827			Full service Hospice Company. Provide palliative symptom management and comfort care to patients in their homes. Also provide medical social services, spiritual care and counseling, and bereavement counseling for patients and families.
Hospice Foundation of America	(800) 854-3402		www.hospicefoundation.org	info@hospicefoundation.org	National website with a great deal of information about Hospice.
Hospice Net		401 Bowling Avenue Suite 51 Nashville, TN 37205-5124	www.hospicenet.org	info@hospicenet.org	Website with information about Hospice, services, locations, etc.
International Association for Hospice and Palliative Care	(936) 321-9846 (866) 374-2472 FAX (713) 880-2948	5535 Memorial Dr. Suite F Houston, TX 77007	www.hospicecare.com		Huge selection of information about hospice and palliative care services.
Kaiser Permanente Hospice - Sacramento	(916) 486-5300 FAX (916) 486-5301	3174 Arden Way Sacramento, CA 95828	www.kp.org		Provide a Home Care Aid and the following services to patients and their families: Attendant/companion/sitter, elder care/geriatric management, multi-lingual staff, and respite care.
Kaiser Permanente Hospice - Vallejo	(707) 645-2370	1761 Broadway Street, Suite 101 Vallejo, CA 94589	www.kp.org		Service Area: Napa and Solano Counties. Phone advice with hospice nurse always available. Social worker, home health aide, homemaker services, chaplain, volunteer workers trained by hospice; bereavement counseling and help with advanced directives is also available. JCAHO Certification.
Mercy Hospice	(916) 281-3900	3400 Data Drive, Rancho Cordova, CA 95670		Cherie Sianez	Provide care to terminally ill patients and their families, bereavement support & pet therapy

National Hospice and Palliative Care Organization	(800) 658-8898	1700 Diagonal Road Suite 625 Alexandria, VA 22314	www.nhpco.org/	nhpco_info@nhpco.org	Helps locate a hospice program within an unfamiliar state.
Sutter VNA and Hospice Sacramento	(916) 388-6255 FAX (916) 381-5135	7300 Folsom Blvd. Suite 100 Sacramento, CA 95826	www.vnahnc.org/locations/locations_Sacramento.html		Several Sacramento Area Locations. Provides comprehensive Hospice and Home Care Services.
UC Davis Hospice Home Care Services	(916) 734-2458 (800) 268-9232 FAX (916) 454-1903	3630 Business Dr. Sacramento, CA 95820	www.ucdmc.ucdavis.edu/homecare/hospice/		Provides care for patients who are terminally ill and wish to remain at home. Support for patients and their loved ones including coping mechanisms for spiritual and psychosocial issues
Yolo Hospice	(530) 758-5566 FAX (530) 758-5122	1909 Galileo Court, Suite A Davis, CA 95618	www.yolohospice.org		In addition to traditional Hospice services, bereavement services are available to people who have experienced the death of a family member or a close friend. It is an eight week support group, meeting five times per year.

Name	Phone	Address	Website	Contact	Services
AAHSA (American Association of Homes and Services for the Aging)	(202) 783-2242	2519 Connecticut Ave., NW Washington, DC 20008-1520	www.aahsa.org		Several links to resources for long-term care including costs, facilities, and services.
About Edler Care - Elder Care Referral Services	(916) 489-8779 FAX (916) 489-0191	3800 Auburn Blvd., Suite C Sacramento, CA 95821	www.eldercareservices.com	Info@eldercareservices.com	Provide care facility referrals and placement services for seniors in Sacramento.
Annadale Manor	(916) 489-4485	3950 Annadale Ln Sacramento, CA 95821			
Atria El Camino Gardens	(916) 488-5722	2426 Garfield Avenue Carmichael, CA 95608	www.atriaseniorliving.com	Suzie Stagum	Alzheimer's/Related Dementia Care, Assisted Living, Retirement Living Facility
Bruceville Terrace	(916) 423-6000	8151 Bruceville Road, Sacramento, CA 95823	www.methodistsacramento.org/Medical_Services/Bruceville_Terrace_Skilled_Nursing_Facility/index.htm	Timothy M. Moran	Bruceville Terrace is a skilled nursing facility with services that include short and long-term medical and rehab. care, nutritional services, recreational activities, and family education.
California Registry	(800) 777-7575	17853 Santiago Blvd. Suite 107 Villa Park, CA 92861-4113	www.calregistry.com	dir@calregistry.com	Provides senior housing information, counseling, referrals and facility evaluations free of charge.
Carefree Senior Living of Natomas	(916) 928-4548	5601 Natomas Blvd. Sacramento, CA 95835	www.carefreeseniors.com	Gloria Banks	Active Adult community that provides many activities and opportunities for seniors to interact with each other. Provide transportation for seniors to leave the complex.
Carlton Plaza of Sacramento	(916) 971-4800	1075 Fulton Ave. Sacramento, CA 95825	www.thefamilyconnection.com	Shing Moua or Amanda Friedman	Resort-style community. Personal expressions program offers such activities as daily crafts, entertainment and outings. Restaurant-style dining room, billiards room, exercise room, library, movie theater, and on-site physical therapist.
Community Housing Shelter Services	(209) 527-0444	PO Box 881 Modesto, CA 95353			
Cordia Senior Residence	(916) 780-3330	5161 Foothills Blvd Roseville, CA 95747			Independent and assisted living for seniors.
Country Club Manor	(916) 481-9240	2100 Butano Dr. Sacramento, CA 95825		cc-manor@sbcglobal.net	Assisted living facility and residential community providing health care for the elderly.

Courtyards at Pine Creek	(925) 798-3900	1081 Mohr Lane Concord, CA			Assisted living with activities from outdoor trips to salon visits.
Dawson's Lodge	(916) 421-0233	5650 Martin Luther King Blvd Sacramento, CA 95824		Minnie Dawson	Men & women 60+. 3 Meals Daily, snacks, near bus line, transportation provided to doctor's appointments and hairdresser.
Elite Elder Care	(916) 267-1346	2041 Bates Circle Dorado Hills, CA 95762	http://eliteeldercare.us	Danielab26@yahoo.com	Assisted Living Facility, ambulatory and non-ambulatory, hospice care, 6-bed facility.
Emerald Gardens Nursing Center	(916) 391-6011	6821 24 th Street Sacramento, CA 95822	www.covenantcare.com/Pages/Emerald/Home.htm	Richard Thorpe	A skilled nursing facility which provides the services of skilled and long-term care, rehabilitation, comprehensive therapy, diabetic and quality of life services.
Emerald Hills - Emeritus Assisted Living	(530) 888-8847 FAX (530) 886-1669	11550 Education St. Auburn, CA 95602	www.tlchoices.com/emeraldhills	Tracy Dekle	Emeritus assisted living community specializing with ADL assistance, diabetic care, Alzheimer's care, proper diet care, and much more.
Eskaton Senior Residences and Services	(916) 334-0810 (888) 334-1072 FAX (916) 338-1248	5105 Manzanita Ave. Carmichael, CA 95608	www.eskaton.org		Telephone reassurance calls, retirement living options, assisted living rehabilitation and skilled care, home care services, community information and assistance, community classes on senior health, legal services, and other services.
Folsom Convalescent Hospital	(916) 985-3641	510 Mill Street Folsom, CA 95630		Calvin Callaway	Skilled nursing, special care, rehabilitation.
Fountain Wood Assisted Living Facility	(916) 988-2200	8773 Oak Ave Orangevale, CA 95662			Assisted living facility.
Golden Paradise Manor	(916) 456-1776	3014 Capitol Ave Sacramento, CA 95681			
Golden Pond Retirement Community	(916) 369-8967 FAX (916) 369-1831	3415 Mayhew Road Sacramento, CA 95824	www.crmscommunities.com	Meaghan Stine mstine@crmscommunities.com	Personalized care planning, 24 hour trained staff, assistance with ADL's and medication. See their website for a detailed description of their community living, including photos.
Gramercy Court	(916) 482-2200	2200 Gramercy Dr Sacramento, CA 95825	www.gramercycourt.com	admissions@gramercycourt.com	Assisted living care facility.
HOME (Housing Options Made Easy for Seniors)	(916) 977-0188	5431 Auburn Blvd. #385 Sacramento, CA 95841-2801	www.housing-options.com/about.htm	home@housing-options.com	Home placement services helping identify the best housing option for a senior. Will help place seniors related to holistic parameters.

HUD (U.S. Dept. of Housing and Urban Development)	(916) 440-1319	630 I Street Floor 3 Sacramento, CA 95814	www.hud.gov		Public Housing or Section 202 senior housing and financial assistance for low-income seniors 62 years or older.
Ivy Ridge Retirement Home	(916) 451-1212	2030 23rd Street (at "U" Street) Sacramento, CA 95818	www.ivyridgehome.com	Brain Leonard	Assisted Living for over 45, Maximum 36 residents, Private rooms and semi private rooms all with windows.
Laurel Creek and Paradise Valley Estates	(707) 432-1200 FAX (707) 426-1130	2800 Estates Drive Fairfield, CA 94533	www.pvestates.com	yvonnew@pvestates.com	Paradise Vallue is a continuing care retirement facility, and Laurel Creek is its assisted living facility. Laurel Creek offers nursing and rehabilitation services, 24 hour licensed nursing care, hospice services, as well as housekeeping, personal care services, complete meal service and many other amenities.
Loyalton of Folsom - Emeritus Assisted Living	(916) 983-9300 FAX (916) 983-5580	780 Harrington Way Folsom, CA 95630-3458	www.tlchoices.com/loyaltonoffofolsom/	loyaltonoffofolsomed@emeritus.com	Provides assistance with everyday activities 24 hours a day. Services include a part-time licensed nurse, medication management, diabetes management, and recreational opportunities. Special accomodations available for residents with Alzheimer's Disease and moderate dementia.
Manor Care of Citrus Heights	(916) 967-2929	7807 Uplands Way Citrus Heights, CA 95610		citrusheights@hce-manorcare.com	Short-term rehabilitation, long-term skilled nursing, respite care
McKinley Health Care Center - Horizon West	916-452-3592	3700 H Street Sacramento, CA 95816	www.horizonwest.com	Joyce Ezell, Nursing Service Director	Provides administrative support and consulting services to skilled nursing and assisted living and retirement communities.
Mercy McMahan Terrace	(916) 733-6510	3865 J Street Sacramento, CA 95816	www.mercymcmahonterrace.org	Mary Francis	Independent, Assisted, and Skilled Living Facility
Merrill Gardens	(916) 427-1133	6350 Riverside Blvd. Sacramento, CA 95831	www.merrillgardens.com/local_community.php?id=44	Amanda Warren greenhaven@merrillgardens.com	Independent and Assisted Living, 24-hour staff, Anytime Dining served restaurant style, weekly housekeeping and linen service, full activity program, scheduled transportation , on-site maintenance.
Older Adult Resource Center	(916) 874-9492	County of Sacramento DHHS Senior and Adult Services 4875 Broadway Sacramento, CA 95820	www.localcommunities.org/serve/let/lc_ProcServ/dbpage=page&mode=display&gid=01298001151027457506374291	Katie Cline	A free telephone referral service providing unbiased information about residential care and in-home cares options for the Sacramento, Yolo, Placer, and El Dorado Counties.

Palm Valley Care Services	(916) 972-7429	2717 Cottage Way, Suites 18 and 19 Sacramento, CA 95825	www.palmvalleycare.com		Provide elder care referrals and placements.
Park Sacramento	(916) 442-7745	1922 Morse Ave Sacramento, CA 95825			Assistance with ADL's, incontinence and transporting.
Pioneer Towers - Retirement Housing Foundation	(916) 443-1859	515 P St Sacramento, CA 95814	www.pioneertower.org		Spacious apartments in a senior living retirement community. RHF has several communities providing housing and services to older adults who are economically disadvantaged or have a disability.
Plaza Park Care Home	(916) 686-7835 FAX (916) 714-9839	8956 Plaza Park Dr. Elk Grove, CA 95624		Francisco J. Marasigan or Erlinda R. Marasigan	Provides assisted living care for elders in a residential environment. Provides 24 hour supervision, professional care and assistance with activities of daily living for elders.
Pleasant Ridge Lutheran Home	(916) 455-1739	2030 23rd St Sacramento, CA 95818			
Primrose, Special Alzheimer's Living	(916) 392-3510 FAX (916) 392-5111	7707 Rush River Dr. Sacramento, CA 95831	www.primrosealz.com	Misty or Charles	Uniquely designed residential community offering personalized care plans and multi-sensory activities for individuals with memory impairments. Provides a safe, secure home-like environment which encourages residents and families to be interactive. Offers Respite, Residential, Adult Day Club, and Educational Seminars.
Renaissance at Sierra Pointe	(916) 780-3330	5161 Foothills Blvd. Roseville, CA 95747	www.renaissancesl.com/communities/sierrapointe/index.html	pwoollard@vintage-senior.com	Offers generous services and amenities to its retirement and assisted living residents. Offers daily activities, scheduled transportation, restaurant-style dining, daily or weekly housekeeping, and a full-service salon and massage therapy room.
Royal Oaks Convalescent Hospital	(209) 745-1537	144 F Street Galt, CA 95632		Jan Bell	Rehab services, complex medical services, and specialized services
Samaritan Village	(209) 883-3001	7700 Fox Road, Hughson, CA 9326	www.svretirement.org	Dan Aguilar or Charlynnne Bennett	Provides living both Independent living and assisted care living. Runs gift shops, restaurants, beauty parlors and barber shops.
Seniors First/Senior Link	(530) 889-9500 (800) 878-9222	13620 Lincoln Way, Suite 370 Auburn, CA 95603			Non-profit agency specializing in housing options for seniors.

Somer Park Assisted Living	(916) 773-5955	1 Somer Ridge Dr. Roseville, CA 95661			Residence for memory impaired.
St. Claire's Nursing Center	(916) 392-4440	6248 66 th Ave. Sacramento, CA 95823	www.calnhs.org/profiles/index.cfm?action=profiles.main&facid=30001827	Michael Medeiros	Skilled Nursing Facility
St. Francis Senior Residence	(916) 393-2324	6254 66 th St. Sacramento, CA 95823		Mary Mascarenhas	This is an assisted living community, adult day care, respite care and private residential community. It provides activities for its community members to participate in so they stay active in retirement.
St. John's Retirement Village	(916) 421-3863 x85275	135 Woodland Ave Woodland, CA 95695			
St. Patricks Assisted Living	(916) 988-0157	7104 Santa Juanita Ave. Orangevale, CA 95662	www.stpatscare.com	Ed Baltazar	Provides five levels of residential care depending on needs of resident and offers support groups and recreation for residents. Activities and programs include music, pet therapy, gardening, arts and crafts, exercise and spiritual awareness. It also offers respite care for a day or half a day for care providers.
Summerfield Assisted Living Home	(707) 447-7100	1111 Ulati Drive Vacaville, CA 95687	www.summerfieldhousealf.com	Ann Poe	An assisted living and memory care community. Housing, nursing staff, meals, activities, transportation, and much more provided.
Sun Oak Assisted Living	(916) 722-2800 FAX (916) 722-3019	7241 Canelo Hills Dr. Citrus Heights, CA 95610			Offers 24-hour staffing, assisted living and memory care, and mental health residential facilities. It specializes in medication assistance, transportation activities, Alzheimer's care, planned activities, personal care, and beauty salon with podiatrist.
Sunrise of Sacramento	(916) 486-0200 FAX (916) 486-0214	345 Munroe Street Sacramento, CA 95825	www.sunriseseniorliving.com	Liz Morris	Provides three meals each day with menu choices, weekly housekeeping, daily trash take-out, and weekly laundry. Also daily afternoon socials. Community fashioned after country living. Other communities in the Sacramento area. See website.
Taylor Home I	(916) 332-1946	3832 Milton Way North Highlands, CA 95660		Mr. and Mrs. Taylor, owners	Board and home care that specializes in caring for elders with different types of dementia. Services include transportation, home-cooked meals, assistance in bathing and grooming, etc.

The Chateau at Carmichael Park	(916) 482-2850	7125 Fair Oaks Blvd. Carmichael, CA 95608	www.hankfisherproperties.com/html3/assisted/carmichael.htm	Ginny Reefer, VP of Senior Housing	Residential community for seniors, specialized care for those with AD and other forms of memory loss; 24 hour staffing; activity room for residents with TV and craft activities; leisure, religious and recreational activities as well as exercise classes
University Retirement Community - Davis	(888) 238-2058	1515 Shasta Dr Davis, CA 95616	www.retirement.org/davis/	davis@retirement.org	Assisted living and skilled nursing.
Valley Skilled Nursing Facility	(916) 452-6631	2120 Stockton Blvd Sacramento, CA 95817		Jared Bake	Rehabilitation services, intravenous therapies, hospice care, psychosocial services
Veterans Home of California	(800) 404-8387	180 California Dr. Yountville, CA 94599-1421	www.cdva.ca.gov/Homes/Yountville.aspx	Joan Wise	For California veterans, aged 62+. Provides residential accommodations and a variety of recreational, social and therapeutic activities. Assisted living available with 3 levels of care.

Name	Phone	Address	Website	Contact	Services
Abacus Medical Equipment	(916) 965-4352	8510 Madison Ave # D, Fair Oaks, CA	www.abacusmed.com	info@abacusmed.com	Durable medical equipment including wheelchairs, scooters, ramps, mobility aids, bathroom safety, cushions, and medical supplies. Home delivery available.
Accentcare Home Health of Sacramento	(916) 852-5888	2880 Sunrise Blvd., Suite 218 Rancho Cordova, CA 95742-6101	www.accentcare.com		Home health services, assisted living, Medicare services, etc. See website for additional locations.
Better Living Home Care	(916) 361-3000	9719 Lincoln Village, Suite 609, Sacramento, CA 95827	www.blhc.org		Specializing in personal and companion care.
CA Dept. of Health and Human Services: Low income Home Energy Assistance Program	(916) 341-4200	P.O. Box 1947 Sacramento, CA 95812-1947	www.csd.ca.gov/LIHEAP.html		Helps to offset cost of heating and cooling to qualified households. Also provides weatherization service at no cost for low-income customers whose residences are electrically heated.
Caring Neighborhoods Program	(916) 566-1594	South Natomas Community Center, 2921 Truxel Road, Sacramento, CA 95833	www.caringneighborhoods.org/about.htm	Tracey Gray	Facilitates neighbors getting involved in helping their elderly neighbors live independently in their own home.
Chong Partners Architecture	(916) 442-3230	1201 J St. Sacramento, CA 95814		Michelle Duff	Architect and design services, can design for senior environmental needs.
CHS Home Care	(888) 944-4477	23545 Crenshaw Blvd, Suite 203, Torrance, CA 90505			Nurse visits and supplies for home.
Citizens Who Care for the Elderly	530-758-3704	1260 Lake Blvd. Ste 208 Davis, CA 95616	www.dcn.davis.ca.us/go/care/homepage.html	citizenswhocare@omsoft.com	Trained volunteers provide social support services to Yolo County adults & their family caregivers. In-Home Respite Visiting Program, Convalescent Hospital Visiting Program, and Time Off for Caregivers Program (at Davis Senior Center).
Comfort Keepers	(916) 933-8383	777 Campus Common Road, Suite 200 Sacramento, CA 95825	www.comfortkeepers.com	Caren Terry, Director of Client Services	In-home care that enriches clients' lives and helps them maintain the highest possible level of independent living. See website for other locations.
Comfort Zone-Elderly In-Home Services	(916) 453-1344	4420 Del Rio Road Sacramento, CA 95822			In-home services for clients. Services include aiding in ADL performance, supportive guidance for family and client.

Domesticare	(707) 429-0113				Personal care, meal preparation, errands/transportation, medication reminders, hourly and live-in services.
Gentiva Health Services	(916) 929-2229	2020 Hurley Way Ste. 490, Sacramento, CA 95825-3214	www.gentiva.com	Wendy Hiatt wendy.hiatt@gentiva.com	Skilled nursing services, physical, occupational, neurological and speech therapy, home health aids and personal care assistants, home medical equipment, respiratory therapy, rehabilitation, and disease management
Home Assistance and Repair Program for Seniors	(916) 264-1515	1013 7th St, Suite 200, Sacramento, CA 95814		Tina Sater	Assist senior homeowners by performing minor repairs and evaluating home for overall safety.
Home Assistance and Repair Program for Seniors (HARPS)	(916) 264-1515		www.shra.org/Content/Housing/HomeRepair/Harps.htm		Free service that assists senior homeowners make house repairs.
Home Health Care Management	(530) 343-1876	1398 Ridgewood Drive, Chico, Ca 95973	www.homehealthcaremgmt.com	Stacy Ancheta, Intake Coordinator	Health, counseling, education and wellness services.
Home Instead Senior Care	(916) 920-2273	1321 Howe Ave. Ste 210 Sacramento, CA 95823	www.homeinstead.com	Amanda Finn	This is a private business that comes into a senior's home to provide companionship and care.
Independent Living	(707) 435-8174	1545 Webster St, Suite C, Fairfield, CA 95433			Help with personal care such as dressing, bathing, feeding, cooking and housekeeping.
In-Home Supportive Services (IHSS)	(916) 874-2888	3700 Branch Center Rd. Suite A, Sacramento, CA 95827	www.sacihsspa.net		County agency providing quality caregiver services for elderly people who are in need. Available at no cost to those who qualify.
JB Homecare	(916) 489-6941	2222 Watt Avenue, Suite C-8 Sacramento, CA 95825	www.jbhomecare.com	Marie, Office Manager	Private Care; In home meal preparation; 24/7 care
MOMS	(800) 232-7443 (877) HOL-MOMS	24700 Rockefeller Ave, Valencia, CA 91355	www.holisticmoms.org		Bathroom safety equipment, dressing aids, independent living aids. Catalog and home delivery available.
Northern Home Medical	(530) 272-9021	930 Idaho Maryland Rd, Grass Valley, CA, 95945	www.nhm-gv.com	Rudy Antonucci, Mobility Specialist	In home evaluations, wheelchair/scooters, respiratory supplies, bathroom equipment, and some wound care supplies.
Palm Valley Care Services	(916) 972-7429	2717 Cottage Way, Suites 18 & 19 Sacramento, CA, 95825	www.palmvalleycare.com	Sara Downign	Provide in home care services, elder care referral and placement, geriatric care management and residential care facilities.

Personalized Homecare & Homemaker Agency	(916) 979-4975 FAX (916) 979-4976	3300 El Camino Ave. Sacramento, CA 95821	www.personalizedhomecare.com	Celso Avaricio info@personalizedhomecare.com	Home care and homemaker for low income seniors.
Placer County Welfare Dept		11512 B Ave, Auburn, CA 95603			In-home supportive services. In home aid.
Quality In-Home Care Specialists Inc.	(916) 988-3822	9267 Greenback Lane, Suite B-96, Orangevale, CA 95662			Comprehensive in-home assessment, care management services and assistance with skilled personal care.
Rebuilding Together	(916) 455-1880	3021 65th St. Sacramento, CA 95820	www.rebuildingtogethersacramento.org	Caron Shelton	Provides free home modifications, installation of shower grab bars, transfer poles, wheel chair ramps, etc, for low income (less than \$37, 650 annually).
Response Link	(800) 894-1428		www.responselink.com		Provide various levels of telephone support. Level of support based on patient needs and package purchased.
Sacramento Life Force In-Home Care	(916) 481-6825	2929 Fulton Avenue, Suite 2967 Sacramento, CA 95821	www.saclifeforce.com	Christine Bengiovanni, Director	Services provided are: Light Housekeeping, Personal Care, Meal Preparation, Errands, Shopping, Laundry, Doctor and Hospital Appointments, Fill-Ins, Assist with Medication, Passive Range of Motion Exercise, Light Massage, Respite, Walking Companions, General Companionship.
Senior Alternatives	(510) 482-3379 (888) 451-4290	2977 Ygnacio Valley Rd. Walnut Creek, CA 94598	www.bayareaseniorcare.com	Janet Brush- Managing Director	Serving Alameda, Contra Costa, San Mateo, and San Francisco counties. Assessments and Consultations, Depression/ Mental health management, Home care services, Placement services, Education and counseling, Medication Management, Transportation.
Senior Helpline Services	(925) 284-2207	1035A Carol Lane Lafayette, CA 94549	www.seniorhelpline.net	Jane Johnson, Director of Programs	Non-profit human services agency that specialize in communicating with and transporting essentially homebound seniors in Contra Costa County who are trying to age in place, rather than be institutionalized.
Senior Independent Services	(530) 885-7706	11566 D Ave., Auburn, CA 95603			Provides nutritious meals, transportation, home repairs, and friendly visitors to improve or sustain independence and well being for older adults.
Seniors Choice Home Health Services	(209) 369-7712			Anita	Non-medical home services in activities of daily living

Sierra Nevada Home Care	(530) 274-6350	988 McCourtney Road, Suite A, Grass Valley, CA 95949			Professional home health care
TLC (Talking, Listening, Caring) Telephone Reassurance Program	(916) 334-1072	5105 Manzanita Avenue, Carmichael, CA 95608	www.eskaton.org/tlc-reassurance.html	Terry Becker, Program Director	Free service for seniors 55 years or older who live in their own home and want daily contact with someone. Volunteers contact most clients daily by telephone and some by in home visitation.
Visiting Angels	(800) 365-4189	3808 Auburn Blvd., Sacramento, CA 95821	www.visitingangels.com	Ms. Lori	Visiting caregiving agency assisting the elderly with activities of daily living and diet monitoring.

Name	Phone	Address	Website	Contact	Services
Administration on Aging, Elder Abuse Prevention and Treatment Resources	(800) 677-1116		www.aoa.dhhs.gov		Government agency to help treat and prevent elder abuse.
Adult Child Community Emergency Support Services	(916) 787-8860	101 Kerby Hill Dr. Suite 5 Roseville, CA			Provides assistance to a variety of people including children, adults, elderly and the mentally ill. Offer a hotline for suicidal individuals, or to report mistreatment and abuse among the elderly. Also provide In-Home support and services to help take care of the elderly.
Adult Protective Services- Sac County Health & Human Services	(916) 874-9678	4875 Broadway Sacramento, CA 95820		Katy Brown	Receives, investigates and assesses reports of abuse and neglect.
California Advocates for Nursing Home Reform	(800) 474-1116	650 Harrison St. 2nd Floor San Francisco, CA 94107			Pre-placement council, nursing home guides, lawyer referral, public interest litigation and citation reports.
Center for Substance Abuse Prevention (CSAP) - Prevention Pathways			http://pathwayscourses.samhsa.gov/elab/elab_2_pg7.htm		Information and education about elder abuse.
Center Point, Inc.	(415) 492-4444	135 Paul Dr. San Rafael, CA 94903	www.cpinc.org	Richard Jimenez	Substance abuse, inmate/ward, transitional (halfway housing)
El Dorado County Human Services Department	(530) 573-3200 FAX (530) 541-6736	971 Silver Dollar South Lake Tahoe, CA 96150	www.co.el-dorado.ca.us/humanservices/index.asp	Doug Nowka, Director	Protects older adults from abuse, neglect, and exploitation. Help elderly individuals maintain self-sufficiency by offering in-home support services, information and referral.
Elder Abuse Vertical Prosecution Program	(916) 874-6699	901 G Street Sacramento, CA 95814		ElderAbuse.DA@saccounty.net	Handle felony cases of elder and dependent adult abuse including physical, mental, financial and neglect cases.
Foundation Aiding the Elderly	(916) 481-8558	PO Box 254849 Sacramento, CA 95865		Carole Herman	Community may report elderly abuse, which will then be relayed to the appropriate agencies. Keeps track of reports to ensure that regulations are met, especially among care centers. Makes sure that the public is aware of current issues.

Gray Panthers	(916) 332-5980	5313 Fernwood Way Sacramento, CA 95841	www.graypanthers.org	Joan B. Lee joanblee78@lanset.com	Organization of persons of all ages advocating for social justice for seniors and adults with disabilities.
Human Rights Hotline (HRH)	(916) 551-2100	519 12th Street Sacramento, CA 95814	www.hrh.org	Julie Aguilar Rogado, Acting Program Director	Provides free assistance and information about your rights in health care. Serves residents of El Dorado, Placer, Sacramento and Yolo counties in California.
Jacoby & Meyers Law Offices LLP	(916) 924-1109	601 University Ave, Sacramento CA	www.jacobymeyers.com		Provides legal services for medical malpractice.
Legal Center for the Elderly and Disabled	(916) 486-2115	2862 Arden Way, Suite 215 Sacramento, CA 95825		Jon Ellison or Carol Pasch	Provides free legal services to seniors (60+) and low-income, permanently disabled clients of all ages who live in Sacramento, Placer or San Joaquin County.
Legal Services of Northern California	(916) 551-2150	515 12th Street Sacramento, CA 95814	www.lsnr.info	William Kennedy, Managing Attorney	LSNC intercedes and advocates for critical medical remedies that have been denied, resolves complaints about medical plans, dental services, vision care, and medical care.
Ombudsman Services of Northern California	(916) 376-8910	3950 Industrial Blvd. Suite 500 West Sacramento, CA 95691	www.osnc.net		Investigates any reports or suspected incidents of elder abuse or abuse of adults who are residing in long term care facilities. Offers education on the prevention of elder abuse as well as the legal responsibilities of mandated reporters.
Sacramento County Department of Health and Human Services - Adult Protective Services	(916) 874-9377	4875 Broadway, Sacramento, CA 95820	www.sacdhs.com	Debra Morrow	Investigates allegations of physical, sexual, neglect, financial, emotional, and verbal abuse. May arrange for services such as transportation. Advocates between clients and other such as doctors and landlords.
Sacramento County District Attorney	(916) 874-6699	901 G St. Sacramento, CA 95814	www.da.saccounty.net	Jan Scully, District Attorney	Agency files all cases of elder abuse and works with elder abuse victims advocates.
Sacramento County Sheriff's Department, Elder Abuse Detail	(916) 874-5070	4510 Orange Grove Ave. Sacramento, CA 95814	www.sacsheriff.com/organization/investigative & regional services/centralized investigations/elder abuse.cfm		Investigates crimes against the senior population and works closely with outside support agencies. Provides training concerning issues of elder abuse to other law enforcement agencies.
Safe State- Crime and Violence Prevention Center	(916) 322-5295	California Attorney General's Office 1300 I Street Suite 1120 Sacramento, CA 95814			Educate about identifying and reporting cases of elder abuse and neglect.

San Francisco Consortium for Elder Abuse Prevention	(415) 447-1989 x513	3330 Geary Blvd. San Francisco, CA 94118		elderabuse@ioaging.org	Trains individuals to be more aware of how to identify and prevent elder abuse or mistreatment. Also provides case consultation, advocates for maintaining better facilities for the elderly, and develops services in the community such as hotlines and shelters.
Seniors Against Investment Fraud	(866) 275-2677	1515 K St Sacramento, CA 95814			Information and services for victims of financial elder abuse.
State Long Term Care Ombudsman Program	(916) 419-7510	1300 National Drive Suite 200 Sacramento, CA 9583	www.aging.ca.gov/programs/ombudsman.asp	Joseph Rodrigues	Train and educate residents, caregivers, families and the community about issues, rights, advance health care decisions and elder abuse.
TASAEA (Taking a Stand Against Elder Abuse)	(916) 874-9987	P.O Box 5787 Sacramento, CA 95817	www.tasaea.org	Peggy Forseth-Andrews	Local non-profit agency that intervenes on behalf of seniors at risk of abuse/neglect including self-neglect.
Victims of Crime Resource Center	(800) VICTIMS	3200 5th Ave Sacramento, CA 95817	www.1800victims.org	victims2@pacific.edu	Located on the Pacific McGeorge School of Law campus. Under attorney supervision, McGeorge students provide information and referral statewide to victims, their families, victim service providers, and victim advocates
Volunteers In Victim Assistance	(916) 489-3333	2701 Cottage Way Suites 1-3 Sacramento, CA 95825			Counseling and intervention.
Women's Wisdom Project	(916) 456-1980	3333 Third Ave Sacramento, CA 95817	www.sfbs.org/womenswisdomproject.htm		Run by Sacramento Food Bank and Family Services. Voluntary program that works with women in transition from abuse.

Name	Phone	Address	Website	Contact	Services
Alcoholics Anonymous	(916) 334-2970	5429 Palm Ave, Suite A Sacramento, CA 95841			Twelve step program with free, non-professional, mutual support.
Associated Family Therapy for Effective Recovery	(916) 344-0359	5777 Madison Ave, Suite 1220 Sacramento, CA 95841			
Better Breathers Club Queen of the Valley Hospital	(707) 252-4411 FAX (707) 257-4168	1000 Trancas Napa, CA 94558		Jenny Brad jbrad@alac.org	Free support group open to anyone. Meet once a month and offer emotional support, presentations on topics of concern, and a place people can share experiences.
Bi-Valley Medical Clinic Inc.	(916) 442-4985	2100 Capitol Ave Sacramento, CA 95816	www.bi-valley.com		Methadone maintenance, psychiatric clinic and withdrawal programs.
Breathe California of Sacramento-Emigrant Trails	(916) 444-5900 FAX (916) 444-6661	909 12th Street Sacramento, CA 95814	www.sacbreathe.org	Janelle Warren	Provides information and support for anyone suffering from or concerned about emphysema. Provides valuable information and opportunities for support groups and events to raise awareness and prevention.
Community Recovery Resources (CoRR)	(530) 273-9541	440 Henderson St., Suite C Grass Valley, CA 95945	www.corr.us	Jeff Jones	A United Way organization. Senior outreach program helps elderly and their families with drug or alcohol dependency issues.
Community Addiction Recovery Association	(916) 485-2272	2230 Loma Vista Dr. Sacramento, Ca 95825	www.carasac.org		Acupuncture to help with depression and substance abuse.
International Council on Alcohol and Addictions			www.icaa.ch		Dedicated to preventing and reducing the harmful use and effects of alcohol, tobacco, other drugs and addictive behaviours on individuals, families, communities and society.
NCADD	(916) 922-9217	1300 Ethan Way, Suite 250 Sacramento, CA 95825		mycuff@ncaddsac.org	Promote public understanding of alcoholism and drug addiction as a treatable disease.
Nicotine Anonymous	(916) 359-1360	2215-R Market St. #229 San Francisco, CA 94114	www.nica-norcal.org	info@nicotine-anonymous.org	Free 12-Step support group
Out Patient Counseling Services	(916) 325-5556	1820 J St Sacramento, CA 95816			Intervention, counseling and detoxifications.
Sacramento Recovery House, Inc.	(916) 455-6258	1914 22nd St Sacramento, CA 95819			Live-in programs for men based on the 12 step recovery approach.

Sober Recovery			www.soberrecovery.com		Drug Addiction Treatment Center Directory Online
Substance Abuse and Mental Health Services Administration (SAMHSA)	(877) SAMHSA-7	SAMHSA's Health Information Network P.O. Box 2345 Rockville, MD 20847-2345	www.samhsa.gov/shin	SHIN@samhsa.hhs.gov	Focuses its mission on building resilience and facilitating recovery for people with or at risk for mental or substance use disorders.
The Effort	(916) 313-8423	1820 J Street Sacramento, CA 95820		steveprout@theeffort.org	Counseling, medical detox, drug diversion program, low cost evening clinic, dual diagnosis clinic.

Name	Phone	Address	Website	Contact	Services
AARP - Grief and Loss Resources			www.aarp.org/families/grief_loss		Website provides resources and steps to take after the loss of a loved one.
AARP's Widowed Persons Service of Auburn	(916) 362-2804	5757 Shannon Bay Dr Rocklin, CA 95677		Susan Hakala	Grief counseling education and support.
Adult Bereavement Group (Sutter VNA and Hospice)	(916) 454-6536	Sutter Cancer, Rm 220 2800 L St Sacramento, CA 95816		Beachr1@sutterhealth.org	Support and information.
Beginning Experience	(916) 383-7718	2140 Mission Ave Carmichael, CA 95608			Nondenominational grief support.
Bereavement Network Resources of Sacramento	(916) 557-5822	PO Box 660365 Sacramento, CA 95866-0365	www.griefhelpsacramento.com/	Dave Mitchell, MA, DD, Interfaith Chaplain	Education, peer support, support group referrals, speaker's bureau and information.
Bereavement Outreach Sutter Center for Psychiatry	(916) 557-5882	7700 Folsom Blvd Sacramento, CA 95816			
First Congregational Church	(707) 374-2033	230 Sacramento St. Rio Vista, CA 94571			Support group meetings the first and third Mondays of every month. Individual grief counseling as well.
Folsom-Mercy Hospital Support Group Chaplaincy Services	(916) 983-7436	1650 Creekside Dr Folsom, CA			Support groups for anyone experiencing the loss of a loved one.
Kaiser Permanente Sacramento Medical Center Bereavement Support Group	(916) 486-5300	2025 Morse Ave Sacramento, CA 95825	www.kp.org	Kaiser Permanente Hospice Department	Grief counseling & support groups for families of hospice patients
Mercy San Juan Bereavement Program	(916) 537-5098	6501 Coyle Ave Carmichael, CA 95608	www.mercysanjuan.org	Church Urban	Facilitated groups meet 1 st and 3 rd Wednesday of each month
New Horizons Counseling Center	(916) 485-1211	3300 Walnut Ave Carmichael, CA 95608		Marilyn Edgar, LMFT, Director nhcounseling@aol.com	Short and long term counseling by trained and experienced professionals

Placer County Health and Human Services Adult System of Care Senior Peer Counseling	(916) 787-8856 (Roseville) 530-889-7240 (Auburn)	101 Cirby Hills Drive Roseville, CA 95678		Tom Miller County Executive Officer	Senior Peer Counseling in areas of bereavement, family conflicts, caregiver stress, loss of independence, depression, anxiety and loneliness
Sutter VNA & Hospice Adult Bereavement Group	(916) 454-6536	Sutter Cancer Center, Room 220 2800 L Street Sacramento, CA 95826	www.sutternvaandhospice.org/support/support_Sacramento.html	Peggy Gulshen, Coordinator	Professional individual grief counseling & grief support groups
Widowed Persons Association of California, Inc. Sacramento Chapter 1	(916) 972-9722	2628 El Camino Ave Sacramento, CA 95821	www.sacwidowed.org	Beth Scott, President	Telephone counseling, Sunday sharing sessions, grief workshops, and many social activities

Name	Phone	Address	Website	Contact	Services
Adult Access Team	(916) 875-1055	4875 Broadway Sacramento, CA 95812		Carina, Social Worker	Over the phone assessment by a clinician, follow by refers to mental health services in the client's neighborhood.
AFTER Counseling Agency	(916) 344-0249 FAX (916) 344-0739	577 Madison Ave Sacramento, CA 95841		Patty	Individual and group counseling, hypnotherapy, art therapy, behavioral treatment, self-help counseling, and specialized group therapy.
Alhambra Psychotherapy Center		718 Alhambra Blvd Sacramento, CA 95816			Individual and family therapy.
All Saint Care Home	(916) 486-9426	6117 Rutland Dr Carmichael, CA 95608		allstfrances@aol.com	Three locations offering mental health residential facilities and hospice care. Specialize in non- ambulatory, planned activities, and supervised medication.
American River Behavior Health Center	(916) 483-8424	4741 Engle Rd Carmichael, CA 95608		Terry	Locked facility with counseling, medication and rehabilitation for mostly schizophrenic and bipolar patients.
Area 4 Agency on Aging	(916) 486-1873	2260 Park Towne Circle # 100 Sacramento, CA 95825	www.a4aa.com		Dedicated to bringing life-enhancing information and services to seniors and those who are caregivers for seniors in communities throughout Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba countries.
Asian Pacific Community Counseling	(916)383-6783	5330 Power Inn Rd. Suite A. Sacramento, CA 95820	www.apccounseling.org	Kay Park	Assisted Access Program: interpretation and translation services for people suffering from mental illnesses. Visit elderly in their homes to make sure they have resources to live independently and to assess their isolation, loneliness, and depression. Counseling and therapy for all ages suffering from mental illness and referred by assess team.
Bridges to Recovery	(877) 727-4343	P.O. Box 351809 Los Angeles CA 90035	www.bridgestorecovery.com		Deal with psychological, social, and emotional problems. They specialize in depression and PTSD.
Citizens Who Care	(530) 758-3704	1260 Lake Blvd, Suite 208 Davis, CA 95616	www.citizenswhocare.us	Cheri Kerr	In-home Respite Visiting Program provides companionship and social support to both older adult and caregiver. Convalescent Hospital Visiting Program provides companionship and mental stimulation to socially isolated, elderly residents. Time Off for Caregivers Program provide a healthy lunch and stimulating activities.

Consumers Self Help (CSH)	(916) 737-7100	3031 Franklin Blvd., Sacramento, CA 95818	www.consumerselfhelp.org	Linda, Information Clerk	Drop in center provides group activities, self-help groups, peer counseling, peer advocacy, education, vocational and substance abuse groups, social skills training.
East Area Mental Health Clinic	(916) 485-6500	2220-B Watt Ave. Sacramento, CA 95825	www.sacramentopros.org/mentalhealthcare		Outpatient psychiatric medication support and services, social services, family support, accepts Medical/ Medicare.
El Hogar Mental Health and Community Service Center	(916) 441-2933 FAX (916) 446-8070	608 10th St Sacramento, CA 95814		Tou	Multidisciplinary team of mental health care professionals to provides culturally sensitive services to seriously and persistently mentally disabled clients.
Fall Creek Counseling	(916) 344-0900		www.sacramentopsychology.com		Counseling for a variety of issues.
Families United Counseling Services	(916) 965-8011	7844 Madison Ave #145 Fair Oaks, CA 95628			Counseling on mental health issues.
Family Service Agency of San Francisco	(415) 931-4310	1010 Gough St San Francisco, CA 94109			Geriatric outpatient mental health services.
Friends For Survival, Inc.	(916) 392-7322	P.O. Box 214463 Sacramento, CA 95821			Support for those who are contemplating suicide.
Geriatric Mental Health Foundation			www.gmhfonline.org/gmhf		Promoting mental health treatment for older Americans and their families
Geriatric Network	(916) 648-2000 FAX (916) 297-7901	425 University Ave Suite 222 Sacramento, CA 95825	www.medclinicmedgroup.org/service/counseling.html#ger	Laura Simkins, Case Manager	Free outpatient geropsychiatric services to persons over 60.
Guest House	(916) 440-1500	1400 North A Street, Bldg A. Sacramento, CA 95814	www.elhogarinc.org/ghp.htm	Andy Poe, Supervisor info@elhogarinc.org	Provides full-range professional outpatient services, including psychiatric medication evaluation and treatment, mental health nursing, service coordination and linkage/referrals for housing and ongoing services.
Heritage Oaks Hospital	(916) 489-3336 FAX (916) 488-9147	4250 Auburn Blvd Sacramento, CA 95841			Broad range of inpatient, outpatient, and partial hospitalization for seniors

Liana Lianov, MD, MPH	(916) 496-6038				Supportive counseling, cognitive behavioral therapy, and psychiatric medications for individuals coping with depression and anxiety related to chronic conditions (such as cancer, heart disease, diabetes, arthritis, obesity, post-gastric bypass) or menopause and aging issues.
Medclinic Exp Center	(916) 924-6400	1792 Tribute Rd, Suite 350 Sacramento, CA 95815			Counseling, intervention and medication management.
Medicine Net - Depression Center			www.focusondepression.com		Website with information about depression, health news, etc.
Meier Clinics	(888) 7-CLINIC	11344 Coloma Rd, Suite 250 Gold River, CA 95670			Counseling services at low cost.
Mental Health America			www.nmha.org		Country's leading nonprofit dedicated to helping all people live mentally healthier lives.
Mental Health Association - Friendly Faces	(916) 369-8603	91719 Lincoln Village Dr., #407 Sacramento, CA 95827			Provides services for individuals 60+ who are isolated, homebound, and live alone. Senior visitation and telephone reassurance program.
Mental Health Association Sacramento Chapter	(916) 368-3280 FAX (916) 368-3282	8912 Volunteer Ln, Suite 130 Sacramento, CA 95826			Promotes mental well being through education, advocacy and program development
Mental Health Association Sacramento Chapter	(916) 366-4600 (916) 855-5444	9719 Lincoln Village Dr, Suite 407 Sacramento, CA 95827-33331		Ms. Reynolds	Problems evaluated and referrals given.
NAMI - California	(916) 567-0163 FAX (916) 567-1757	1010 Hurley Way, Ste. 195 Sacramento, CA 95825	www.namicalifornia.org	support@namicalifornia.org	Information, referral and education on mental illness.
National Institute of Mental Health (NIMH)	(866) 615-6464	6001 Executive Boulevard, Room 8184, MSC 9663 Bethesda, MD 20892-9663	www.nimh.nih.gov	nimhinfo@nih.gov	The National Institute of Mental Health (NIMH) is the largest scientific organization in the world dedicated to research focused on the understanding, treatment, and prevention of mental disorders and the promotion of mental health

Placer County Health and Human Services Adult System of Care Senior Peer Counseling	916-787-8856 (Roseville) 530-889-7240 (Auburn)	101 Cirby Hills Drive Roseville, CA 95678	www.placer.co.gov	Tom Miller County Executive Officer	Senior Peer Counseling in areas of bereavement, family conflicts, caregiver stress, loss of independence, depression, anxiety and loneliness
PTSD Support Services			www.ptsdsupport.net/whatis_ptsd.html		Offers insight on coping skills, what PTSD is, symptoms, and signs
Sacramento Area PTSD Support Group		Antelope, Ca	www.ptsd.meetup.com		Provides support to veterans that have experienced traumatic events due to war.
Sacramento Mental Health Clinic At Mather	(916) 366-5420 (800) 382-8387	10633 Grissom Rd. Mather, Ca 95655			Psychiatric and Psychological counseling.
Sacramento Vet Center	(916) 566-7430	1111 Howe Ave. Sacramento, Ca 95825			Strictly group and individual counseling.
Sacramento Veterans Resource Center	(916) 393-8387	E. Southgate Dr. Sacramento, Ca 95823	www.vietvets.org		Employment training, legal services, alcohol/drug recovery, and helping veterans mentally and emotionally.
Samaritan Counseling Center of Greater Sacramento	(916) 456-4614	3701 J Street, Suite 207 Sacramento, Ca 95816	www.samaritancounseling.com		Provides psychotherapy for depression, anxiety, trauma, grief, and addictions
Sierra Elder Wellness Program	(916) 363-1553	9265 Folsom Blvd. Suite 500 Sacramento, CA 95814		Charles Stevens, Program Director cstevens@elhogari.nc.org	Outreach, Comprehensive Geriatric Assessment, Mental Health Rehabilitation and Therapy, Psychiatric Medication and Follow Up Services, Family Services, Transportation, Advocacy, Housing Support, etc.
South Sacramento Counseling Center	(916) 731-5330	PO Box 232028 Sacramento, CA 95823			Family counseling and support groups.
Substance Abuse and Mental Health Services Administration's (SAMHSA) National Mental Health Information Center	(800) 789-2647	P.O. Box 42557 Washington, DC 20015	www.mentalhealth.org		Provides information about mental health. The National Mental Health Information Center was developed for users of mental health services and their families, the general public, policy makers, providers, and the media.
Suicide Hotline	(530) 886-5401	101 Cirby Hills Drive Auburn, CA 95678	www.suicidehotlines.com/california.html	Richard Hill, supervisor	Provides suicide crisis intervention.

Sutter Center for Psychiatry	(916) 386-3000 FAX (916) 386-3050	7700 Folsom Blvd Sacramento, CA 95826-2608	www.go.sutterhealth.org	Anna	Inpatient and outpatient care such as counseling, therapy and medication for patients with mental health problems.
The Effort - Suicide Prevention/Mental Health counseling	(916) 368-3080	8912 Volunteer Lane, #100 Sacramento, CA 95826	www.theeffort.org	Ask to speak to an intake worker info@theeffort.org	The Effort has focused on overcoming threats to families by providing child and family therapy, crisis intervention, child abuse prevention, domestic violence prevention, and other health and social services. We have long recognized the effect the breakdown of the family has on the individual and the community.
Town and Country Psychotherapy Center	(916) 488-6020	3055 Fulton Ave Sacramento, CA			Individual and family therapy.
UCD Medical Center	(916) 734-3384	2230 Stockton Blvd. Sacramento, CA 95817			Geropsychiatry care for common psychiatric problems.
Visions Unlimited	(916) 394-0800	7000 Franklin Blvd, Suite 200 Sacramento, CA 95823	www.vuinc.org	Mary Xiong, Intake worker Barbara Reese, Senior Program Manager	Provides outpatient mental health services to children, adults, and seniors with serious mental health issues.

Name	Phone	Address	Website	Contact	Services
Administration on Aging, Nutrition			www.aoa.gov/eldfam/Nutrition/Nutrition.asp		Useful government website giving information about nutrition programs for the elderly
American Dietetic Association	(916) 375-0014	408 Safflower Place West Sacramento, CA 95691			Assistance in healthy eating by a dietician.
American River College - Nutrition for Health and Walk the Talk	(916) 484-8092 (916) 484-8011	4700 College Oak Dr. Sacramento, CA 95841	www.arc.losrios.edu	Prof. Anthony Giusti, Nutrition Department giustia@arc.losrios.edu	Offers classes on nutrition and fitness designed for people interested in wellness in order to increase awareness of food, nutrition, diet selection, food preparation, and physical activity. Includes additional registration for the learning community "walk the talk" physical activity program which emphasizes muscle strength and endurance, cardiovascular endurance, and flexibility.
Area 4 Agency on Aging Senior Nutrition Resources			www.a4aa.com/html/nutrition_services.html		Website with nutrition information and resources for seniors.
Brown Bag Community Resources Council, Inc.	(916) 783-0482 FAX (916) 783-4013	133 Church Street Roseville, CA 95678		Yolanda Mendivil, ymendivil@surewest.net	Home delivered meal program.
Cordova Senior Center	(916) 366-3133 FAX (916) 362-9602	3480 Routier Rd Sacramento, CA 95827	www.crpdc.com	Sal Arrigo	Financial counseling, legal services, respite care, noon meal program for 60+ seniors, bus trips and recreational services.
Elderly Nutrition Program - West Sacramento	(916) 373-5805 FAX (916) 373-5885	664 Cummins Way West Sacramento, CA 95605		Colleen Brock	Lunch for elders Monday through Friday with an encouraged \$2.50 donation. Can be served at the cafeteria or brought to the elder's residence within the city limits of West Sacramento.
Elderly Nutrition Program - Yolo County	(530) 662-7035	40 N East Street, Ste.C Woodland, CA 95776	www.elderlynutrition.org		Serves over 80,000 noontime meals to 1400 seniors (60+) throughout Yolo County, Davis, West Sacramento, Winters, Esparto, Knights Landing, and Woodland.
Elderly Nutrition Program - Yolo County.	(530) 662-7035	40 North East Street Suite C Woodland, CA 95776	http://elderlynutrition.org	Nicki McCabe, Executive Director, nmccabe@elderlynutrition.org	Provides nutritious meals for aged 60 and over

Foothill Volunteer Center Senior Nutrition Project	(916) 780-3389	101 Sterling Ct. Roseville, CA 95661			Provides lunch time meals for seniors in need.
Friendship Service	(707) 644-9062	745 Georgia St Vallejo, CA			Hot meals and emergency food.
Fruitridge Community Center	(916) 422-4770	4000 Fruitridge Rd. Sacramento, CA 95820	www.southgaterecandpark.net/facilities/fruitcomm.html	Alice Moreno	Offers nutritious meals for seniors and gives them an opportunity to socialize.
Golden Meals Network	(805) 541-3312 FAX (805) 541-5631	880 Industrial Way San Luis Obispo, CA 93401	www.goldenmeals.org		Senior Nutrition Program of SLO County. Serves lunchtime meals at local sites and delivers hot meals to homebound seniors.
High Noon Senior Nutrition Program	(916) 273-4961 VM (916) 273-7375 FAX (916) 273-0785	10433 McCourtney Rd. Grass Valley, CA 95949	www.nccn.net/~johnrigg/hnsnp.htm		Provides congregate noontime meals for seniors.
Home Care Nutrition			www.homecarenutrition.com		The primary focus of this website is to inform Seniors about different health conditions they may be experiencing and give them information on how to adapt.
Kaiser Permanente - Health Classes	(916) 614-4979	Go online to find the address of your local medical offices.	www.kp.org		Nutritional classes include weight loss and management, diabetic management, healthy kids and teens, nutrition for kidney disease, etc. Members may consult with a Registered Dietitian or attend classes. Kaiser also has an 8-week program called Healthy Ways. Special fees may apply for non-members.
Loaves and Fishes	(916) 446-0874	1321 North C St Sacramento, CA 95814	www.sacloaves.org	Gail Erlandson	Meals for those who need assistance. Also provides for spiritual needs, social acceptance, respect, and a friendly community. Programs include: Dining Room, Guest Health Outreach, and Legal Clinic.
Marshall Medical Center - Health Promotions	(530) 626-2920	681 Main Street Placerville, CA 95667	www.marshallmedical.org	Kari Homestead, RD	Individual appointments available to discuss nutritional counseling. Physician referral required. \$125/hr, and may be covered by insurance. Diabetes meal planning, cholesterol control, weight management, heart healthy nutrition and many more services available.
Meals a la Car	(916) 391-3837 FAX (916) 391-1644	PO Box 245361 Sacramento, CA 95824		Bill Roseberry	Nutritious meals and evening snacks delivered by volunteers to home bound elderly who are unable to prepare adequately nutritious meals for themselves.

Meals on Wheels	(916) 444-9533 (916) 874-4701 (877) 434-8075 FAX (916) 446-1468	847 F Street Sacramento, CA 95820	www.mowsacramento.org	Sarah Wilson	Delivers meals to homebound seniors and to senior centers after a referral and an assessment.
Meridian Neuro Care	(916) 688-3830	7601 Jacinto Road Elk Grove, CA 95758		Tom White, Administrator	Provides Christmas meals to the elderly
Metro Dining Senior Style	(916) 991-3405	810 Oak Lane Rio Linda, CA 95673	www.riolindaelevertaparks.org	Beverly	Food services along with recreational programs for seniors
MNA Mini Nutritional Assessment			www.mna-elderly.com		Website for Mini-Nutritional Assessment and information on under nutrition
National Food Stamp Program			www.fns.usda.gov/fsp/		Provided vouchers for the purchase of food needed for good health.
Nutrition.gov		10301 Baltimore Ave, Beltsville, MD 20705-2351	www.nutrition.gov		Information on dietary intake, balance between intake and exercise, food safety, and nutrition facts for specific foods.
Oak Park Nutrition Service	(916) 875-2993	5431 Broadway Ave Sacramento, CA 95823			Nutritional services for elders.
Oncology Nutritional Counseling		2800 L St, Suite 340 Sacramento, CA 95816			Nutritional advice from registered dietitian for specialized diets.
Sacramento Hunger Commission	(916) 447-7063 x335	909 12 th Street, Suite 200 Sacramento, CA 95814	www.targethunger.com	proark@communitycouncil.org	Advocate for hunger. Holds community meetings.
Sacramento Senior Nutrition Services	(916) 444-9533 Fax: (916) 446-1468	3013 D St Sacramento, CA 95816		Christine McCracken	Lunch five days a week delivered to home or at congregate dining sites.
Sacramento State Nutrition Services	(916) 278-6038 FAX (916) 278-7359	6000 J Street Sacramento, CA 95819	www.csus.edu/hlth	Shauna Schultz, R.D., Nutritionist schultzs@csus.edu	One-on-one nutrition counseling for students with diabetes, general nutrition concerns, high blood pressure, high cholesterol, sports nutrition, weight loss and other nutritional concerns.
Sam Pannell Meadowview Community Center	(916) 433-6680 (916) 808-1590 (Older Adults Info)	2450 Meadowview Rd. Sacramento, CA 95832	www.cityofsacramento.org/parkandrecreation/recreation/c_meadowview.htm	Walter Cooper	Offers nutritious meals for seniors and gives them an opportunity to socialize.

Senior Gleaners, Inc	(916) 925-3240 (800) 585-1530 FAX (916) 568-1528	1951 Bell Avenue, Sacramento, CA 95838	www.seniorgleaners.org	sgi@seniorgleaners.org	Provides distribution of donated food items to charities that prepare meals. Offers participation for seniors as volunteer employees and provides employment training. All volunteers qualify for a free food box.
Tufts University - Friedman School of Nutrition Science and Policy			http://nutrition.tufts.edu		University's website has research on aging and guidelines on nutritional issues. Their food guide pyramid for elders is an excellent resource.
US Department of Health & Human Services, Dietary Guidelines for Americans			www.health.gov/dietaryguidelines		Government dietary guidelines for people of all ages, along with explanations.
USDA Senior Farmer's Market Nutrition Program	(916) 419-7503 / FAX (916) 324-4989	1300 National Drive, Ste. 200 Sacramento, CA 95834	www.fns.usda.gov/wic/SeniorFMNP/SeniorFMNPoverview.htm	Carole Cory ccory@aging.ca.gov	Provides low-income seniors with coupons that can be exchanged for eligible foods at farmers' markets, roadside stands, and community supported agriculture programs
Veterans Administration - Move! Weight Management Program	(916) 843-7351	10535 Hospital Way Sacramento, CA 95655	www.move.va.gov	Janelle Embree, R.D.	VA is promoting a national program to combat obesity and the increased health risks that accompany being overweight. MOVE! is the VA's weight management program and its goal is to encourage activity and healthier lifestyle changes.

Name	Phone	Address	Website	Contact	Services
American Society for Aesthetic Plastic Surgery	(888) ASAPS-11		www.surgery.org	findasurgeon@surgery.org	Offers assistance in finding a surgeon, answering procedure questions, and pricing estimates.
Plastic Surgery Center Medical Groups, Inc.	(916) 929-1833	95 Scripps Dr. Sacramento, CA 95825			Offers plastic surgery services
UC Davis Plastic and Reconstructive Surgery Clinic	(916) 734-7844 FAX (916) 734-0803	Cannery Park 3301 C Street Suite 1100 Sacramento, CA 95816	www.ucdmc.ucdavis.edu/surgery/specialties/plastic/		Offer aesthetic and cosmetic surgery services. Every surgical procedure is performed by a highly experienced plastic surgeon. Clinical esthetician services to help with skin care needs.
Zimmerman Center	(916) 983-0550	2370 E. Bidwell St. Suite 100 Folsom, CA 95630	www.zimmermancenter.com	zcenter@sbcglobal.net	Plastic, cosmetic and reconstructive surgery. Dr. Zimmerman is a leader in patient education, focusing on the entire needs of the individual when considering improving ones appearance.

Name	Phone	Address	Website	Contact	Services
Amador County Senior Center	(209) 223-0442	229 New York Ranch Rd Jackson, CA 95642			Full service senior center. Education, exercise and nutrition classes/information.
Cordova Senior Center	(916) 366-3133 FAX (916) 363-1487	Routier Rd. Sacramento, CA 95827	www.crpdc.com	Josie Bryant	A variety of exercise and other enrichment programs. Respite care service, financial and legal counseling, handyman service, and some transportation services to the center.
Cottage Senior Citizen's Club	(916) 927-3802	2201 Cottage Way Sacramento, CA 95825			Social club for seniors including luncheons, bingo, and casino trips.
Davis Senior Center	(530) 757-5696 FAX (530) 758-0463 TDD: (530) 757-5666	646 A Street Davis, CA 95616	www.cityofdavis.org/pcs/seniors	Lisa DeAmicis, Information & Assistance Program Coordinator	Provides a range of programs and activities for seniors including: Education & Technology, health and wellness, nutrition, recreation/special interest, service organizations, special events, fee subsidy and scholarships. Also provides information and assistance in assistance programs, referral service, respite services and support groups.
Dixon Senior & Multi-Use Center Senior Travel Program	(707) 678-0442	201 S. First Street Dixon, CA			Planned trips for seniors each calendar month including River Rock Casino and Apple Hill
E.M. Hart Senior Center	(916) 808-5462	915 27th Street Sacramento, CA 95816	www.cityofsacramento.org/park/sandcreation/ohs/srcenter.htm	Linda	Provides programs such as social events, exercising, and volunteering. Also provides legal and medical information. Includes a Triple R program (for Alzheimer's patients), and a Friendship Cafe.
El Dorado Hills Senior Center	(916) 358-3575	990 Lassen Lane El Dorado Hills, CA 95762	www.edhcsd.org	Janet Kenneweg	They have osteoporosis classes along with tai chi and a free walking club.
Elk Grove Senior Center	(916) 685-3160	8830 Sharkey Ave Elk Grove, CA 95624		Therese Schultz	Offers Chair Exercise, Gentle Yoga, Tai Chi and Low Impact Aerobics. Provides lunches, classes, trips, game night, bingo, estate planning, and tax preparation assistance.
Fairfield Senior Center	(707) 428-7421 FAX (707) 429-5687	1200 Civic Center Dr Fairfield, CA 94533			Exercise, yoga and art programs- Monday through Saturday.
Florence Douglas Senior Center	(707) 643-1044	333 Amador Street Vallejo, CA 94590			Hearing testing, health assessment, nutrition program, recreational activities, exercise program

Fruitridge Community Center	(916) 422-7610 x13	4000 Fruitridge Road Sacramento, CA 95820	www.southgaterecandpark.net/facilities/fruitcomm.html	Alice Moreno, Sunshine Club for Seniors	Senior lunches served Monday through Friday at 11:30 AM at the community center.
Fulton-El Camino Recreation and Park District	(916) 927-3802	2201 Cottage Way Sacramento, CA 95825	www.fecrecrepark.com	Becky McDaniel, Superintendent of Recreation	Offer a few programs for seniors. Class called "Forever Young" focusin on aerobics, strength and breath work. Also have Senior softball for 55+.
Gold Country Community Center	(530) 273-4961	11350 McCourtney Rd., Auburn, CA 95602	www.goldcountrycenter.org	Sharolyn Sage, Events Committee Chariman	Computer learning center, Friendship Wednesday Program
Health for All	(530) 885-7343	4065 Grass Valley Hwy #206 Auburn, CA 95602			Adult day health center and Alzheimer's Day Care resource center.
Health for All Meadowview	(916) 391-5591 FAX (916) 393-2711	2730 Florin Rd. Sacramento, CA 95822		marie@healthforall.org	Variety of health, therapeutic and social services.
Hutchins Street Square Senior Center	(209) 369-6921 FAX (209) 368-7563	125 S. Hutchins Street Lodi, CA 95240	www.hutchinsstreetsquare.com	Kimberly McClelland	Arthritis swim classes, indoor pool, activity center, adult daycare center, and support groups.
Loel Community Senior Center	(209) 369-1591	105 S Washington Lodi, CA 95240			Cognitive, social and physical activity during the day.
Maidu Community/Senior Center	(916) 774-5959 TDD (916) 774-5220	1550 Maidu Dr. Roseville, CA 95661	www.roseville.ca.us/parks/programs/classes/seniors/senior_center.asp	Joanie Cameron jcameron@roseville.ca.us	
Mission Oaks Community Center	(916) 972-0336 FAX (916) 972-7371	4701 Gibbons Dr. Sacramento, CA 95608	www.morpd.com	Nancy Pritchard, Senior Adult Coordinator	Lunch programs, clubs, driving classes, trips and tours, and weekly dances. Also provides information on medicare and health insurance, as well as assistance in preparing simple wills and durable powers of attorney.
Modesto Senior Citizen's Center	(209) 491-5944	211 Bodem St Modesto, CA 95350	www.modestogov.com/prnd/programs/recreation/seniors/scc.asp	Shannon Parker, Program Coordinator	Movies, exercises, blood pressure checks, chess, and yoga.
Multipurpose Senior Center	(530) 823-8172	11577 E. Avenue, Auburn, CA 95603	www.seniors.foothill.net	Barbara Crowell, Center Director	Social activities (Bunco, Labor day BBQ), senior health faire, classes, grief recovery group
Oak Park Senior Citizens Center	(209) 937.7777	730 E Fulton St Stockton, CA 95204	www.ci.stockton.ca.us/parks/centers/oakpark.cfm	Brain Uribe, Program Coordinator.	Afternoon and weekend dancing , crafts, exercise.
Placerville Senior Center	(530) 621-6180 FAX (530) 295-0729	937 Spring Street Placerville, CA 95667			Provides support groups for caregivers, adult day care and resources and referrals for respite services.

Seifert Seniors (Seifert Community Center)	209-937-7350	128 W. Benjamin Holt Dr. Stockton, CA 95819	www.stocktongov.com/parks/centers/seifertandstribley.cfm	Sheila (Senior program staff director)	Offers fitness classes, dance, and hot lunches every week day for a small charge
Senior Center	(707) 421-7203 FAX (707) 431-7204	318 Merganser Drive Suisun City, CA 94585		Karen Mickens	Provides seniors with social interactions with others while providing support through social services, nutrition, and recreation. Programs include bingo, movies, exercise, cards, classes on computers, a monthly dinner-dance, trips, dinners, gathering, etc.
Senior Center at the Fairgrounds	(530) 273-4961	11350 McCourtney Grass Valley, CA 95949			Health screening and a nutrition program.
Shiela Ray Senior Center	(847) 364-7224	225 E. Elk Grove Blvd Elk Grove, CA 94624	www.elkgroveparks.org/seniors.asp	Marge Hart	Senior Center with fitness classes including lower impact exercise, chair exercise.
Sierra 2 Senior Center	(916) 452-3005	2791 24th St Sacramento, CA 95818	www.sierra2.org/senior/senior.html	Julie Gerth, Executive Director	Weight Watchers, Yoga, Tai Chi, and Ballet
Southgate Recreation and Park District	(916) 422-7610	4000 Fruitridge Rd. Sacramento, CA		Rose Hidalgo, Receptionist Alice Moreno, Senior Nutrition	Offers social activities everyday from 10-3 including Bingo and card groups. Also has Special Senior events from Mother's Day Fashion Shows to Luau's specifically for Seniors. Offer a Southgate Walking group, Jazzercise, and "Never-too-Late Aerobics" classes for 50+.
Stanford Settlement	(916) 927-1303	450 W El Camino Ave, Sacramento, CA 95833	www.stanfordsettlement.org	Sister Jeanne	Meals for seniors and socialization opportunities
West Sacramento Senior Center	(916) 373-5819	664 Cummins Way West Sacramento, CA 95605	www.cityofwestsacramento.org/cityhall/departments/pcs/seniors.cfm	Irene, Activity Coordinator	Serves the West Sacramento 50 + population. A well-known, comfortable and accessible place, trusted by community residents to provide information, referral and services to older persons and their families. Daily opportunities include exercise classes, billiards, cards, board games, a soda fountain, lunch, volunteer opportunities, social service information and assistance, and social interaction.
Woodland Senior Center	(530) 661-5890	630 Lincoln Ave Woodland, CA 95695			Low impact aerobics, walking, blood pressure clinics, grief & loss support groups
Yuba City Senior Services (Yuba City Parks and Recreation Department)	(530) 822-4608	777 Ainsley Ave. Yuba City, CA 95993	www.yubacity.net	Verna Cook-Stoddard, Rec Supervisor	Offers various programs and activities for adults 50+. Art classes, bingo, weekly socials and meetings, dance classes, water aerobics, exercise classes, and support services.

Name	Phone	Address	Website	Contact	Services
Mercy Sleep Center San Juan Hospital	(916) 864-5874	6401 Coyle Ave, Suite 109 Carmichael, CA 95608	www.mercysacramento.org		Overnight sleep studies.
National Sleep Foundation			www.sleepfoundation.org/publications/sleepage.html		Website and Organization devoted to the importance of healthy sleep.
Sutter Sleep Disorders Center	(916) 646-3300 FAX (916) 646-4603	560 Howe Ave, Suite 910 Sacramento, CA 95825			Information and sleeping disorder test.
UC Davis Medical Center - Sleep Disorders Laboratory	(916) 734-0256	2315 Stockton Blvd, Room 5305 Sacramento, CA 95817	www.ucdmc.ucdavis.edu/neurology/information/sleep_laboratory.html		Overnight sleep studies
UCSF/ Mt. Zion Sleep Disorders Center	(415) 885-7886	1600 Divisadero St San Francisco, CA 94115		Kimberly Trotter kimberly.trotter@ucsfmedctr.org	Information and sleeping disorder test.
Woodland Healthcare Sleep Disorder Center	(530) 668-2695 FAX (530) 662-9174	1325 Cottonwood St Woodland, CA 95695		Connie	Community information and complete sleeping disorder testing.

Name	Phone	Address	Website	Contact	Services
Adventure Christian Church	(916) 771-5683 ext. 128	6401 Stanford Ranch Rd. Roseville, CA 95678	www.adventurechristian.org		Sponsored Health Aging Summit 2001; has different seniors programs, and counseling
Associated Chaplains in California State Service	(916) 492-9667	962 Q Street Sacramento, CA 95814		Jeff Thompson	Faith based, educational, inmate/ward, and Mental Health care.
Awakening A Center for Exploring Living and Dying	(925) 933-7171	227 Los Banos Ave. Walnut Creek, CA 94598			Non-profit, interfaith, educational, and service organization who's purpose is to offer encouragement and support to those who seek the direct personal experience of the sacred within.
Bread of Life Center for Spiritual Formation	(530) 753-1577	412 C St. Davis, CA 95616	http://breadoflife.org		Seminars for seniors, sponsored seniors programs.
Capital Counseling Center- Capital Christain Center	(916) 856-5955	9500 Micron Ave. Suite 132 Sacramento, CA 95827	www.capitalcounselingcenter.com	Robert Bohling	All tpyes of counseling and spiritual well-being.
Church of the Epiphany	(415) 333-7630	827 Vienna St. San Francisco, CA 94112		Brendan O' Brian	Religious and spiritual services
Church of the Nazarene	(530) 671-1130	600 N. George Washington Blvd. Yuba City, CA 95993	http://ycnaz.org/min/index.php	Daniel Park (Korean Outreach) and Nate Gossett (PT Cruisers-Over 50 ministries)	Offers church services in Korean as well as church ministries specific to individuals over the age of 50.
Davis United Methodist Church	(753) 756-2166	1620 Anderson Rd. Davis, CA 95616			Parish nurse program.
Diocese of Sacramento Roman Catholic Social Service Ministry	(916) 733-0253 FAX (916) 733-0224	Pastoral Center 2110 Broadway Sacramento, CA 95818-2518	www.diocese-sacramento.org/social_service_ministry/social_service_ministry.html	Rev. Michael F. Kiernan, Director mkiernan@diocese-sacramento.org	An extensive network of programs and ministries of charity, advocacy, community organizing and development, and global solidarity strive to make a difference in the lives of those who are vulnerable and suffering in body, mind or spirit, in our local communities and around the world.

East West Books White Rose Light Center	(916) 920-3837	2216 Fair Oaks Blvd. Sacramento, CA 95825	www.eastwestbooks.com		Offer books, gifts, music, yoga products, and classes/seminars that uplift the spirit and nourish the soul. Experience personal and spiritual growth by attending events with various presenters, healers, and musicians from around the world.
Jewish Family Services of Sacramento	(916) 484-4400 FAX (916) 484-4401	2862 Arden Way Suite 103 Sacramento, CA 95864	www.jfssac.org	Kweisstein@jfssac.org	Free one day a week respite, info and referral, Older Adult Counseling in our Clinical Program, JFS Ride for our Extended Agency Community, Medical Loan Closet, Second Hand Rose Thrift Store, Clinical and Senior Service Internships, refugee resettlement, Literacy Little League (with Senior Volunteers).
St. Francis of Assisi	(916) 443-8084	2529 K St. Sacramento, CA 95816			Religious and spiritual services.
St. Paul's Lutheran Church	(916) 662-1935	625 W Gibson Rd. Woodland, CA 95695		Karen	Spiritual direction.
Sutter General Hospital	(916) 733-8848	Spiritual Care Services 2800 L St #650 Sacramento, CA 95816			Spiritual care to patients requesting service.
Trinity Episcopal Church - Health Ministries	(209) 267-0255	430 Hwy. 49 Sutter Creek, CA 95685	www.trinitysuttercreek.org	Susan Wahlstrom, Parish Nurse	Ministry intended to fill the "gaps" in health care in the Community. Parish nurses provide services, information and support. Psychological counseling services also available.
Union Gospel Mission	(916) 447-3266	400 Bannon St, Sacramento, CA 95814	www.ugmsac.com	Donald Kirk	Food, clothing, beds, and counseling for seniors

Name	Phone	Address	Website	Contact	Services
A-1 Driving School	(916) 442-7488	920 22nd St Sacramento, CA 95816		office@a1drivingschool.com	
AARP - 55-Alive Mature Drivers Course	(916) 391-1907 (866) 448-3615	1415 L Street, Ste 960 Sacramento, CA 95814	www.aarp.org/families/drivers_safety/	Jim Smith	AARP Driver Safety program is the nation's first and largest classroom driver refresher course specifically designed for motorists ages 50 or better.
All Ways Driving School	(916) 455-8800	4311 Attawa Ave Sacramento, CA 95822			
Bond Driving School	(916) 967-0277	901 Sunrise Ave Fair Oaks/Roseville	www.bonddrivingschool.com	Shannon	
Business Transportation & Housing Agency	(916) 323-5485 Fax: (916) 324-0051	980 9th St, Suite 2450 Sacramento, CA			Report on transportation in CA for individuals who no longer drive.
California Office of Traffic Safety	(916) 262-0990	7000 Franklin Blvd. Ste 440 Sacramento, CA 95823	www.ots.ca.gov/profile/default.asp		Mission is to obtain and effectively administer traffic safety grant funds to reduce deaths, injuries and economic losses resulting from traffic related collisions.
California State Automobile Association (AAA)	(916) 381-3355	49 Bicentennial Circle Sacramento, CA 95826	www.csaa.com (Find senior drivers link of the Car & Traffic safety page)		"Older and Wiser Driver" brochure. "Roadwise Review" DVD for \$10.00. Courses for mature drivers in tandem with AARP. Website includes tips for maintaining good driving health, exploring options for conditional driver licenses, and important advice for family and friends on helping seniors decide whether or not to stop driving.
Davis Community Transit	(530) 757-1772	840 2nd Street Davis, CA 95616	www.city.davis.ca.us/pcs/transit	Linda Alemania	Provides curb-to-curb transportation service in Davis.
National Center On Senior Transportation	(202) 872-0888	1666 K St, Washington, DC, 20006	www.seniortransportation.com	Virginia Dize	Increase transportation options for seniors and enhance their ability to live independently in their community.
Paratransit Inc.	(916) 429-2009	2501 Florin Road, Sacramento, CA 95822	www.paratransit.org	Zasha Perkins	Door to door transportation for seniors.
Sacramento Regional Transit	(916) 831-2877	1225 R Street, Sacramento, CA 95812	www.sacrt.com	Customer Relations Department	Free Lifetime Pass, individuals age 75 and older, providing free public transportation in the Sacramento area.
Sacramento Van Conversions & Mobility	(916) 381-8267	5821 Florin Perkins Rd. Sacramento, CA 95828	www.sacvans.com	Fidel Barajas	Vehicle augmentations

Simply the Best Driving School	(916) 929-7085	648 Northfield Dr. Ste C Sacramento, CA 95833			Driving lessons for disabled drivers
Woodland Community Care Car	(530) 662-7800	2001 East Street, Woodland, CA 95776	www.bayworld.net/carecar		Door to door shuttling services to Woodland senior residents.

Name	Phone	Address	Website	Contact	Services
Braille and Talking Book Library - California State Library	(916) 654-0640	900 N St Sacramento, CA 95814			Lends Braille books and magazines.
California Department of Rehabilitation: Services for the Blind	(916) 263-8953	2000 Evergreen Street Sacramento, CA 95815	www.rehab.cahwnet.gov/ssd/blindser.htm	ccorby@dor.ca.gov	Rehabilitation Counselors for the Blind work with individuals who are blind or visually impaired to find educational and employment opportunities and to help them get a job.
California Department of Social Services	(916) 653-4001	744 P Street, MS 6-94 Sacramento, CA 95814	www.dss.cahwnet.gov/cdssweb/		Information and referral services, training programs provided to state and governmental agencies that are likely to be working with people who have visual impairment, provide information on how to apply for disability benefits.
Cataract & Glaucoma Surgery	(916) 423-4040	7501 Hospital Dr Sacramento, CA 95819			Specific treatment for patients with cataracts or glaucoma.
Center for Sight	(916) 446-2020 FAX (916) 446-3128	3160 J St Sacramento, CA 95816			Facility site where cataract and other eye surgeries are performed. Also provide referrals for other specialties regarding the eye.
Community Center for the Blind and Visually Impaired	(209) 466-3836	130 West Flora Street Stockton, CA 95202	www.communitycenterfortheblind.org	ccbvi@sbcbal.net	Promote cognizance of their potential and self-worth. Prevent institutionalization. Enhance integration into the general mainstream of society.
Glaucoma Support Network	(800) 826-6693	200 Pine St San Francisco, CA 94104	www.glaucoma.org/living/glaucoma_support.php		Glaucoma research and education.
Glaucoma Support Network	(800) 826-6693	200 Pine St San Francisco, CA 94104			Glaucoma research and education.
Glaucoma Research Foundation	(800) 826-6693	251 Post Street, Ste 600 San Francisco, CA 94108	www.glaucoma.org		Funding innovative research to find a cure for glaucoma.
Grutzmacher & Lewis Ophthalmology	(916) 451-2922 FAX (916) 451-1953	3939 J St, Suite 102 Sacramento, CA 95819		rlewismd@pacbell.net	

Low Vision Gateway to the Internet			www.lowvision.org/		Online starting point to the world's resources for vision loss, vision-impairment, blindness, low vision aids and low vision rehabilitation services.
Low Vision Specialist	(916) 446-0125	2131 Capital Ave Sacramento, CA 95816		Dr. Nakamoto	Training on using remaining vision more effectively
Martel Eye Medical Group	(916) 635-6161	3701 J Street 104 Sacramento, CA 95816		Dr. Joseph Martel	
Medical Vision Technology - Low Vision Clinic	(916) 731-5503 FAX (916) 454-4152	1700 Alhambra St Sacramento, CA 95816			Services and visual aids.
National Eye Care Project	(800) 222-3937 (877) 887-6327 FAX (415) 561-8567	PO Box 429098 San Francisco, CA 94104		Gail, Project Leader	Arranges for medical and surgical eye care at no cost.
National Eye Institute	(301) 496-5248	2020 Vision Place Bethesda, MD 20892-3655	www.nei.nih.gov		The National Eye Institute (NEI) conducts and supports research that leads to sight-saving treatments and plays a key role in reducing visual impairment and blindness.
Organization of Macular Friends	(916) 481-2416	PO Box 22942 Sacramento, CA 95822		Dave Phillips	Support to persons with Macular Degeneration and their families.
Outa Sight!	(530) 662-0535	630 Lincoln St. Woodland, CA 95695		Lucinda Talkington lucbobtalk@aol.com	Self-help support groups, peer counseling, computer training, Spanish speaking mentors, and public transportation services.
Placer Visual Service Center	(530) 885-1154	11569 F. Ave. Auburn, CA 95603 In the Dewitt Center		Kathleen Medley	Year-round courses including instructions in arts and crafts and daily living skills.
Prevent Blindness Northern California	(415) 567-7500 FAX (415) 567-7600	1388 Sutter St Suite 408 San Francisco, CA 94109	www.eyeinfo.org		Services: Free adult vision screening, public/professional education, quarterly newsletter, and research resources.
Sacramento Vision Care	(916) 929-9162	1111 Howe Ave, Suite 235 Sacramento, CA 95825			Therapy and preventative treatments.
Society for the Blind	(916) 452-8271	2750 24th St. Sacramento, CA 95818-3299	www.societyfortheblind.org	Jeannie Green frontdesk@societyfortheblind.org	Low vision clinics, instructional programs on mobility and adaptable computer skills, online shop for assistive devices, support groups, provide optometric exams, information on alternate forms of transportation.

Sunrise Macular Degeneration Association	(916) 788-2975				Community support groups.
TriVisual Services, Inc. of Yolo County	(530) 661-6877	725 Main St, Suite 217 Woodland, CA 95695		Lucinda Talkingon	Free services, support groups, education and resources for the visually impaired.
UC Davis Medical Center Eye Clinic	(916) 734-6602	4860 Y St Sacramento, CA 95817	www.ucdmc.com		
US Department of Health & Human Services			www.healthfinder.gov		Online guide to health information, sponsored by the Office of Disease Prevention and Health Promotion.

Name	Phone	Address	Website	Contact	Services
American Association of Sex Education, Counselors and Therapists	(804) 752-0026 FAX (804) 752-0056	P.O. Box 1960 Ashland, Virginia 23005-1960	www.aasect.org	aasect@aasect.org	Not-for-profit, interdisciplinary professional organization comprised of individuals who share an interest in promoting understanding of human sexuality and healthy sexual behavior.
CARES Clinic	(916) 448-2437				HIV support group 1st and 3rd Mondays.
Caring for Women	(530) 753-2728	1340 Covell Blvd Suite 102 Davis, CA	www.caringforwomyn.com	Michael Goodman, MD	Peri-Menopausal medicine, hormone replacement therapy, PMS, etc.
Dr. Nancy Hanks Campbell Ph.D., Ed.D., MFT	(707) 372-0965	915 University Ave. Sacramento, CA 95825			Counseling for female sexuality issues, geriatric sexuality and marital therapy.
HIV Health Services Planning Council	(916) 447-7063	909 12th St. Sacramento, CA 95814			Medical and psychosocial services for HIV patients.
Kash Desai, M.D.	(916) 983-8565	1600 Creekside Dr. Suite 2700 Folsom, CA 95630			Urologist specializing in sexual problems.
Sacramento AIDS Foundation	(916) 448-2437	11330 21st St. Suite 100 Sacramento, CA 95814			Serving those suffering from AIDS.
Sacramento County AIDS Program	(916) 875-6022	9719 Lincoln Village Dr. Suite 300A Sacramento, CA 95827		Andre Shaw	Serving those suffering from AIDS.
Sacramento HELP-Herpes Social Group	(916) 557-8733	PO Box 1817, Rancho Cordova, CA 95741			Group for those with herpes.
San Joaquin Public Health Services	(209) 468-3891	1601 E Hazelton PO Box 2006 Stockton, CA 95201			AIDS prevention and education services.
Sexuality Information and Education Council of the United States (SIECUS)	(212) 819-9770 FAX (212) 819-9776	90 John Street Suite 704 New York, NY 10038	www.siecus.org		Advocates for the right of all people to accurate information, comprehensive education about sexuality, and sexual health services. SIECUS works to create a world that ensures social justice and sexual rights.
Sierra Foothills AIDS Foundation	(530) 889-2437 FAX (530) 889-2443	12183 Locksley Ln. Ste. 205 Auburn, CA 95602	http://home.jps.net/~sfaf/		AIDS/HIV information and support. Locations in Grass Valley, South Lake Tahoe, Auburn and Placerville.

Women's Health Care Professionals	(916) 929-1700	1 Scripps Dr, Sacramento, CA 95825			Menopause therapy, infertility, etc.
Kaiser Permanente - Roseville	(916) 746-3420	1680 E. Roseville Pkway, Roseville, CA 95661	www.kp.org	Selected health care provider	Education: normal changes in the body, sexual health, medication prescriptions, helpful hints.
Sutter Medical Center	(916) 791-8426	2801 L Street Sacramento, CA 95816	http://suttermedicalcenter.org/	Fran Fisher, RN, PhD, Sexologist	Sexuality Counseling & Pelvic Floor rehabilitation offered through Sutter Downtown Integrative Health
Senior Site			www.seniorsite.com		A number of resources for seniors, including, but not limited to, sex products, Questions & Answers, sex forums, health facts.
AIDS Info	(800) HIV-0440		www.aidsinfo.nih.gov	US Dept of Health & Human Services	Guidelines; treatment & prevention of AIDS, vaccines, etc
UC Davis Medical Center Women's Midlife Assessment Center	(916) 734-6363 (888) 281-0930	4869 Y Street, Suite 2500 Sacramento, CA 95817	www.ucdmc.ucdavis.edu/obgyn/services/midlifeassessment.htm ↓		Assessment for conditions common in midlife by doctors and specialists.