

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.
Asian Community Center Respite	(916) 394-6399 x139	7311 Greenhaven Drive, Suite 187 Sacramento, CA 95831	accsv.org/re/index.php	Linda Revilla	Participants are older adults with physical and cognitive disabilities or impairments and the family member(s) providing their daily care.
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.
Cordova Senior Center	(916) 366-3133	3480 Routier Rd.Sacramento, CA 95827	crpd.com	Heather Schelske Rec Supervisor	Very active center with a number of activities: exercise, bingo & arts & crafts. Plus services: travel ops, community garden, health & advocacy counseling, clubs, speakers, and special events. And a van service to pick up people in the community.
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	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	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	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	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	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	suttermedicalcenter.org	Sally Flynn	Adult Day Health care. Includes meals, health care, different types of therapy, and specialist services.
Triple R Adult Day Program	(916) 808-1591	2921 Truxel Road Sacramento, CA 95833	cityofsacramento.org/parksandrecreation	Stephanie Wilson	Activities include socializing, reminiscing, games, crafts, music and exercise. Offers snacks and lunch.

Triple R Adult Day Program	(916) 808-6475	700 Southgate Road Sacramento, CA 95815	tripler.org	Vera Lifsher	Provides a place for socialization and companionship. Activities to promote independence and self-esteem. Provide exercise program and mental stimulation. Elders in this program have some sort of dementia.
Yolo Adult Day Health Center	(530) 668-8828	20 N. Cottonwood Street, Woodland, CA 95695	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	musictherapy.org		This website gives information about the American Music Therapy Association.
Anne Howard, Music Therapist	(916) 475-5216		annemusictherapy.com	Anne Howard	Teaches piano, voice, and music therapy.
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	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	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	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	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	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.
In Harmony Music Therapy Services	(209) 482-6424	1610 N. El Dorado Street St.12 Stockton, CA 95204	musictherapyservices.com/home.html	Karen Rae Sanchez	Individual or group sessions available for adults or children. Bedside music therapy for hospitals or living facilities. Community programs and workshops offered.
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.
Lotus Garden Meditation Center	(916) 944-8505	7225 Lincoln Ave. Carmichael, CA 95608	lotusgardenmeditation.org/	info@lotusgardenmeditation.org	Provides classes in yoga, Tai Chi and meditation on a drop in basis. Meditation classes are free.
Senior's Network: Reminiscence Project			seniorsnetwork.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	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.
Storytelling Association of California	(916) 399-1999	Eskaton Monroe Lodge 3225 Freeport Blvd. Sacramento, CA 95818	storysaac.org/story-swaps.html	Lawrence Crason	Informal local gathering where stories can be shared.
Sutter General Sacramento	(916) 454-2222	2801 L Street Sacramento, CA 95816	http://www.checksutterfirst.org/integrativehealth	Tara McConnell (916) 996-1589	Music Therapy for children and adults of all ability levels to address a variety of needs.

The European Reminiscence Network	020-8852-9293	15 Camden Row, Blackheath, London, SE3 0QA, UK	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	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	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	assistancedog.org		Provides dogs to nursing homes, hospitals, group homes and schools.
Canine Companions	(825) 803-4438	PO Box 2104 Dublin, CA 94568	.caninecompanions.org		
Carmichael Oaks	(916) 944-2323	8350 Fair Oaks Blvd. Carmichael, CA 95608	carmichaeloaks.com	Evelyn Mathis	Independent living retirement residence with a pet therapy program.
Delta Society	(425) 679-5500	875 124th Avenue NE Suite 101 Bellevue, WA 98005	deltasociety.org		This non-profit organization is dedicated to improving human health through therapy and service animals. Through its Pet Partners program, the Delta Society trains volunteers and their pets (dogs mainly) for registration and certification in animal-assisted activities and animal-assisted therapy throughout the United States and other countries.
Folsom Feline Rescue	(916) 484-4099		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	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	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	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.

The Good Dog Foundation	(888) 859-9992	PO Box 1484 New York, NY 10276	thegooddogfoundation.org		The Good Dog Foundation is a nonprofit organization dedicated to all aspects of AAT. Our activities focus on training, certification, research and awareness. Through the use of professionally- trained handler and therapy dog volunteer teams, we aid in the healing process and enhance the quality of life for the patients and clients that we serve.
Hangtown Kennel Club	(530) 621-4404	5250 Bucks Bar Rd., Placerville CA 95667	hangtownkc.org/index.html	Debra Kelley lucykohi05@gmail.com	This volunteer organization makes regular visits to retirement and convalescent communities for Pet Therapy.
Happy Tails	(916) 556-1155	60001 Folsom Blvd. Sacramento, CA 95819	happytails.org	Carol Jaworski	Volunteer opportunities and pet adoptions.
Hearts & Hooves	(916) 991-3480	P.O. Box 2175 North Highlands, CA 95660	heartsandhooves_sacramento.org	Maureen Ferreria	Hearts and hooves coordinate visiting patients in hospitals, nursing homes, Alzheimer's clinics, and hospices. They bring in certified miniature horses to provide love, support, and grief therapy.
Homeward Bound: Golden Retriever Rescue and Sanctuary, Inc.	(916) 655-1410	7495 Natomas Rd. Elverta, CA 95626	homewardboundgoldens.org	Jody and Mike Jones	Senior Touch program matching elders with golden companions.
Horses for Healing	(530) 887-9573	Stage Stop Ranch 13355 Bell Brook Rd. Auburn, CA 95602	horsesforhealing.org	Diana Kemmerle 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 - Schmooser's Circle	(916) 484-4401	2862 Arden Way, Suite 103 Sacramento, CA 95825	jfssac.org	info@jfssac.org	The Schmooser's 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	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	lendaheart.org	Barbara Street, President, Lendaheart.AAT@gmail.com	The program involves volunteers taking their skilled therapy dogs, rabbits and cats to visit nursing homes, hospitals, convalescent centers, schools or institutions. All visits to facilities are done as a group to provide effective mentoring and guidance. LAH does not certify individual teams to visit on their own.
NARHA – North American Riding For The Handicapped Association			narha.org		local equine assisted activities and members
PARO Robots U.S., Inc.	1380 Hamilton Parkway Itasca, IL 60143	(630) 467-1002	parorobots.com		PARO is an advance interactive robot developed by AIST to provide the benefits of AAT to patients in many different environments. PARO can move its head and legs, make sounds and respond to its name and is an alternative for patients who may not be able to interact with live animals for various reasons.
Pawprints and Purrs, Inc.		P.O. Box 46 Keithville, LA 71047-0046	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	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	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	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 95828	sppca.org	Shari Lowen Senior Services Coordinator	Love on Loan is a program run through the SPCA where volunteers of the SPCA bring their own certified pets to seniors and special care facilities to visit with residents. Seniors for Seniors adoptions program is run through the SPCA in which all adoption fees are waived; so any adoption of a pet older than five years to person age 60 or older are free.
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	4001 J Street Sacramento, CA 95819	mercygeneral.org/Medical_Services/187919	Debra Sujita, Hospice Services Coordinator	Offers terminally ill patients and their families a brief and welcome respite from their often challenging, sometimes overwhelming, daily activities
St. Francis Pet Information Center	(916) 966-6758	11430 Fair Oaks Blvd. Fair Oaks, CA 95628	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		superdog.com		In home dog training
Sutter Medical Center Sacramento, Pet Therapy Program	916-733-8329	Sutter Cancer Center 2800 L St Suite 650 Sacramento CA 95816	suttermedicalcenter.org/volunteer/pet.html	Diane Rose, Volunteer Service Coordinator	Pet Therapy Program Sutter Medical Center Sacramento provides patients with emotional and physiological support by creating an opportunity snuggle up with, talk to, and touch pets.
Love on Loan (SSPCA)	(916) 504-2842	6201 Florin-Perkins Road Sacramento, CA	sppca.org/index.php/program-services/volunteer-program/volunteer-positions/		These animals visit senior communities or nursing facilities to "visit" with residents and don't participate in any specific therapies.
Sutter Cancer Center	(916) 733-8329	2800 L Street Suite 650 Sacramento, CA 95816	suttermedicalcenter.org/volunteer/pet.html		Sutter's program is comprised of canines that travel to different units and departments to cuddle up in bed, or sit obediently in a chair next to the patient.

Sutter Roseville Hospital: WAGS (Worthy Animals Giving Solace)	(916) 797-7860	406 Sunrise Ave. Roseville, CA 95661	suttervnaandhospice.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	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 Inc.	(877) 843-7364	P.O. Box 20227 Cheyenne WY 82003	therapydogs.com	therapydogsin@guestoffice.net	Therapy Dogs, Inc is a national organization with the goal of providing registration, support, and insurance for members who are involved in volunteer animal assisted activities. These activities include, but are not limited to, visits to hospitals, special needs centers, schools, and nursing homes.
Therapy Dogs International, Inc.	973- 252-9800	88 Bartley Road Flanders, NJ 07836	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	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.
Tony La Russa's Animal Rescue Foundation (ARF)	925-256-1273	2890 Mitchell Drive, Walnut Creek, CA 94598	arf.net	ARF's People Connect Specialist, Pat Mills, at 925-296-3176 or email pmills@arf.net	ARF's Pet Hug Pack teams visit hospitals, rehab centers, schools and adult day care facilities throughout Contra Costa County. The Added Touch Program is by appointment only and can be scheduled Monday through Wednesday between 11 a.m. and 3 p.m
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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Aging Care			agingcare.com	
Always Home	(916) 989-6420	8632 Greenback Ln Ste B Orangevale, CA 95662		Nancy Giachino
Alzheimer's Caregiver Support Group	(916) 930-9080	1550 Maidu Road Roseville, CA 95661	roseville.ca.us/parks/adults_n_seniors/senior_support_groups.asp	
Asian Community Center	(916) 393-9026	7375 Park City Drive Sacramento, CA 95831	accsv.org/index.php	
Because We Care: A Guide for People Who Care			aoa.gov/wecare	
Caregiving.com			caregiving.com	
Carmichael Alzheimer's Caregiver Support Group	(916) 231-9427	4050 Walnut Avenue Carmichael, CA 95608	aegisliving.com	Cynda Rennie Program Director
City of Sacramento, Dept. of Parks and Recreation, 50+ Wellness Program	(916) 808-1593	915 27th street Sacramento, CA 95816	cityofsacramento.org/parksandrecreation/ohs/50plus.htm	Pat Goree-Richards, 50+ Wellness Program Coordinator-Tournament Director

ComForcare Senior Services	(916) 784-9233	2007 A Opportunity Dr., Suite 6 Roseville, CA 95678	comforcare.com	Kelly Conklin
The Commons of Elk Grove	(916) 683-6833	9564 Sabrina Lane Elk Grove, CA 95758	commonsatelkgrove.com	Samantha Nielson Renaissance Manager
Del Oro Caregiver Resource Center	(916) 728-9333	8421 Auburn Blvd., Suite 120 Citrus Heights, CA 95610	deloro.org/support.htm	Elizabeth Rawson, MA Family Consultant erawson@deloro.org
Emeritus Senior Assisted Living	(916) 983-9300	780 Harrington Way Folsom, CA 95630	emeritus.com/california/folsom-retirement-community/emeritus-folsom	Robert Godfrey Executive Director
Eskaton - The Senior Connection	(916) 334-1072 (888) 334-3490	5105 Manzanita Ave. Carmichael, CA 95608	eskaton.com	
Family Caregiver Alliance	(415)434-3383 (800) 445-8106	690 Market St. Suite 300 San Francisco, CA	caregiver.org	
Mercy Home Health	(916) 281-2300	3400 Data Drive Rancho Cordova, CA 95670		Glenda Reckner
National Alliance for Caregiving		4720 Montgomery Lane 5th Floor Bethesda, MD 20814	caregiving.org	
National Family Caregivers Association	(800) 896-3650		nfcacares.org	
Network of Care	(415)458-5900	1101 Fifth Ave., Ste 250 San Rafael, CA 94901	networkofcare.org	

Primrose Communities for Seniors with Alzheimer's and Dementia	(916) 392-3510	7707 Rush River Drive Sacramento, CA 95831	primrosealz.com	Kaitlyn O'Hara Community Relations Coordinator
Senior Companions	(916) 875-3622	2433 Marconi Ave. Sacramento, CA 95821	spcsacramento.org	Mark Snaer
UC Davis Care Management	(916) 734-5432	3700 Business Drive, Suite 130, Sacramento CA 95820-2164	ucdmc.ucdavis.edu/internalmedicine/general/caremgmt.html	Beth Hieb, Case Manager
Well Spouse Association	(209) 745-3730	Galt Police Department 455 Industrial Drive Galt, CA 95632	wellspouse.org	Marilyn

Services
<p>This website provides an array of caregiver support information. It even provides an online support group and forum. It provides valuable information about working with family members with diseases such as Alzheimer's. Great website in order to find resources in the local area as well.</p>
<p>Home health and caregiving service to the public</p>
<p>Provides caregivers with an opportunity to meet with other caregivers that are going through similar experiences. Learn positive coping skills. Interactive monthly meetings that provide emotional support. Information about how to handle various behaviors that have worked for other caregivers.</p>
<p>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.</p>
<p>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.</p>
<p>This site offers six online support groups and survival guides.</p>
<p>Provides guidance and support for individuals with Alzheimer's disease, their families and caregivers. Speak with a professional regarding coping skills and stress management. Learn about other forms of community service.</p>
<p>Provide Information on health and wellness. Offer programs to promote health and vitality.</p>

Helps caregivers meet home care needs through companion and hands-on personal care services.
Obtain resource information about day programs, respites, and assisted living programs in your community. Opportunity to share concerns and fears with others in similar situations. Gain support in identifying ways you can cope with strain associated with caregiving.
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.
Support group meetings every 4th Thursday of the month, 6:30 - 7:30pm.
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.
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.
Gives medical, nursing, rehabilitation, social, and health attention services. They provide teaching of skills to caregiver in the patients home.
Advocacy and support.
Extensive education and support services for family caregivers.
Comprehensive caregiving resources.

24-hour residential care on a temporary basis, designed to allow caregivers a break from caregiving. It can be used when the caregiver is traveling, during holidays, vacations or just when there is a need to rest from caregiving responsibilities.

Transportation, socialization/companionship, respite for caregivers

Provides information, assessment, care planning for caregivers and families who need assistance caring for individuals.

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.

Name	Phone	Address	Website	Contact
Aegis of Carmichael	(916) 972-1313 FAX (916) 972-1060	4050 Walnut Ave. Carmichael, CA 95608	www.aegisliving.com	Terry Ervin, Executive Director
Alterra Clare Bridge of Citrus Heights Memory Care	(916) 729-2722	7375 Stock Ranch Rd Citrus Heights, CA 95621		
Alzheimer's Aid Society of Northern California	(916) 488-2002	2641 Cottage Way #4 Sacramento, CA 95825	alzaid.org/	Sheryl Ashby, President
Alzheimer's Association of Northern California and Northern Nevada	(916) 930-9080	Greater Sacramento Area Chapter 530 Bercut Ave, Suite A Sacramento, CA 95814	alznorcal.org	Denise Davis, Program Director
Alzheimer's Association Dementia Caregiver Writing and Poetry Support Group	(916) 930-9080	Greater Sacramento Area Chapter 530 Bercut Ave, Suite A Sacramento, CA 95814	franceskakugawa.wordpress.com	Frances Kakugawa, Facilitator
Alzheimer's Association Support Group	(800) 272-3900	Main Timbers Lodge, Aspen Room 7050 Del Webb Blvd.	alz.org/norcal/index.asp	Jim Drennan and Marge Cowan, Facilitators
Alzheimer's Awareness	(916) 803-3908	3800 Stephen Dr North Highlands, CA 95660		
Alzheimer's Clinic		2801 K St, Suite 505 Sacramento, CA 95835		

Alzheimer's Disease Association	(209) 521-1606	416 Downey Ave Modesto, CA 95355		
Alzheimer's Disease Education and Referral (ADEAR Center)			alzheimers.org	
Alzheimer's Drug Discovery Foundation			alzdiscovery.org	
Alzheimer's Education, Referral & Support Services	(916) 924-9111	Real Care 1600 Sacramento Inn Way, Suite 125 Sacramento, CA 95815		Chris Delalaio
Alzheimer's Foundation of America (AFA)	(866) 232-8484	322 8th Ave., 7th Fl. New York, NY 10001	alzfdn.org	
Alzheimer's Resource Center	(800) 330-1910 FAX (407) 381-4155	1506 Lake Highland Dr. Orlando, FL 32803	alzheimerresourcecenter.org	
Arden Park Villa	(916) 486-1281	3408 Alta Arden Expressway Sacramento, CA 95858		Linda
Austin Gardens Alzheimer Special Care Center	(209) 333-8033	2150 W Kettleman Ln Lodi, CA 95242		Karen Suess
Brain Gymnasium	(530) 756-0700	Atria Covell Gardens 1111 Alvarado Ave. Davis, CA 95616	atriaseniorliving.com	Kathryn Green kathryn.green@atriaseniorliving.com
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		
Exelon Patch			exelonpatch.com	
Fisher's Center for Alzheimer's Research Foundation	(800) 259-4636	West 46th Street & 12th Ave. New York, NY 10036	alzinfo.org	
Good Neighbor Care	(707) 449-1350 FAX (707) 449-9950	431 Nut Tree Road Vacaville, CA 95687	goodneighbor.com	Joy Carter
Greater Sacramento Alzheimer's Association	(916) 482-8290 (800) 660-1993	2222 Watt Ave, Ste. D-1 Sacramento, CA 95825		
Journal of Alzheimer's Disease			j-alz.com	
Kaiser Permanente - Dementia Caregivers Support Group	(916) 972-6165	Kaiser Permanente Sacramento Medical Center	kp.org	
Martinez Clinic	(925) 372-2485	150 Muir Road (127A) Martinez, CA 94553-4612		
Mayo Clinic - Alzheimer's Center			mayoclinic.com/health/alzheimers/AZ99999	
Norwood Pines Alzheimer's Center	(916) 922-7177	500 Jessie Ave Sacramento, CA 95838		Elaine Reed, Admissions
Primrose, Special Alzheimer's Living	(916) 392-3510 FAX (916) 392-3511	7707 Rush River Drive Sacramento, CA 95831	primrosealz.com	Catherine or Misty

Rehabilitation Services of Northern California	(925) 682-6343	490 Golf Club Road, Pleasant Hill, CA 94523-1553	rsnc-centers.org	Rita Hayes, Chair/President
Senior Care Solutions	(916) 965-5565	8910 Sunset Ave. Fair Oaks, CA 95628	seniorcs.com	Carol Kinsel, Family Consultant
Senior Solution	(916) 422-8500 FAX (916) 428-8500	7485 Rush River Dr, Suite 710-281 Sacramento, CA 95831		
Sierra Nevada Memorial Hospital - Alzheimer's Outreach Program	(530) 274-6875	155 Glasson Way Grass Valley, CA 95945		Victoria Johnston
Somerford Assisted Living and Alzheimer's Care	(916) 772-6500	110 Sterling Court Roseville, CA 95661	somerford.com	Laurel Boylan, Director
Stanford Alzheimer's Disease Center	(650) 852-3287	401 Quarry Rd. C305 Stanford, CA 94305	alzheimers.stanford.edu	Jerome Yesavage, Director
Sunrise Senior Living	(916) 863-1499	4820 Hazel Ave. Fair Oaks, CA 95628	sunriseseniorliving.com	
Tahoe Forest Hosptial: Alzheimer's Disease Support Group	(530) 582-3483	10024 Pine Ave. Truckee, CA 96160	tfhd.com	
The Meadows Senior Living Center	(916) 714-3755	9325 East Stockton Blvd Elk Grove, CA 95624	lifestylesllc.com/meadows/index.htm	Tracy McLinn
The Palms Assisted Living and memory care community	(916) 786-7200	100 Sterling Court Roseville, CA 95661	thepalmsalf.com	Danielle Rivas

UC Davis Alzheimer's Disease Center	(916) 734-5496 FAX (916) 456-9350	4860 Y St #3900 Sacramento, CA 95817	alzheimer.ucdavis.edu	Charles DeCarli, MD, Center Director (916) 734-6280
UC San Francisco Alzheimer's Disease Research Center (ADRC)	(415) 476-6242	350 Parnassus Avenue, Suite 706 San Francisco, CA 94143-1207	memory.ucsf.edu	Bruce Miller, MD, Director adrc@memory.ucsf.edu
Vintage Estates of Sacramento	(916) 922-8855 FAX (916) 922-6208	501 Jessie Ave Sacramento, CA 95838		Shirely DeClaire

Services
offers exceptional assisted living services and dedicated care and living spaces for individuals with Alzheimer's or other dementia. See website for additional locations.
Provides patients and caregivers support, education, and compassion through this journey of Alzheimer's disease; and supports medical research and promotes public awareness.
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.
Caregivers gather and share how their month has gone while caring for their loved ones with dementia. They share their feelings and the facilitator helps attendees understand what the phrases or words they use mean to them. These words or phrases are then put into writing form and poetry is created, helping caregivers deal with their emotions and work through them.
Offers a variety of support groups for all individuals living with Alzheimer's disease. Groups are facilitated by trained volunteers. Many locations offer specialized groups for children, those with early-onset and early-stage Alzheimer's, adult caregivers and others with specific needs.
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.
Diagnostic tests, evaluation, and care coordination. Also refer family and patients to community services in area.

Information and education.
Website will help you find current, comprehensive Alzheimer's disease (AD) information and resources from the National Institute on Aging (NIA).
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.
Information and caregiver placement.
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.
National network focused on advancing research & providing education/support for pt.'s & families
Long term respite care for dementia.
Long and short term care for patients suffering from dementia.
Exercise your mind, and help keep it active by attending weekly sessions of The Brain Gymnasium.

Support groups for clients and family members on coping and caregiving.
Website with some Alzheimer's Disease information, prescription information for the patch, etc.
Explains what current research is being done for AD. Creates a Newsletter that the community can sign up to read.
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.
Vast data bank of resources.
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.
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.
Provides diagnostic and treatment services.
Mayo Clinic is a not-for-profit medical practice dedicated to the diagnosis and treatment of virtually every type of complex illness.
Skilled nursing facility with specialty in dementia and Alzheimer's, therapy, rehabilitation.
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.

<p>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.</p>
<p>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.</p>
<p>Helps families find solutions for long-term care and placement.</p>
<p>Help make the transition to living with and caregiving for those with Alzheimer's Disease.</p>
<p>Assisted living, respite care, adult day care in some locations, and specialized care for residents with Alzheimer's Disease and related memory disorders.</p>
<p>Performs research in gerontology including dementia.</p>
<p>Senior assisted living that specializes in Alzheimer's care - different types of living for the different stages of Alzheimer's</p>
<p>Provides support groups for patients and families dealing with Alzheimer's.</p>
<p>Comfortable housing and appropriate service in the atrium, a specialize area designed to support seniors with memory loss, Alzheimer's, and related dementia.</p>
<p>Assistance with personal care to complement their independent lifestyle.</p>

Provide diagnostic work-up for who are experiencing significant memory problems through comprehensive patient evaluations and progressive research.

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.

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			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	1851 Heritage Lane, #183 Sacramento CA 95815	arthritis.org	Roberta Campbell	Forms, literature, physician referrals, films for loan, and support groups. Improves lives through leadership in the prevention, control, and cure of arthritis and related diseases.
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	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	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	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	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	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	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			arthritis.ca		Wealth of information and resources about arthritis.

Name	Phone	Address	Website	Contact
Albie Aware, Inc.	(916) 927-1592	1828 Tribute Road Sacramento, CA 95815	albieaware.org	Cindy Love, Executive Director
American Cancer Society	(916) 446-7933 FAX (916) 325-2351	1545 River Park Dr Suite 100 Sacramento, CA 95815	cancer.org	Nancy Brown
Bay Area Breast Cancer Network	(408) 261-1425 FAX (408) 261-2660	4302 Stevens Creek Blvd, Suite 185 San Jose, CA 95129	babcn.org	
Mercy Center for Breast Health	(916) 536-3060	6660 Coyle Ave., Suite 360 Carmichael, CA 95608	mercysanjuan.org	Michelle Worley
Mercy Healthcare Sacramento, Oncology Program	(916) 453-4407 FAX (916) 453-4463	4001 J St Sacramento, CA 95819	mercygeneral.org	Ruth Crager

National Cancer Institute	(800) 4-CANCER	7 East Lancaster Avenue, 3rd Floor Ardmore, PA 19003	http://www.breastcancer.org/questions/support	
Prostate and Breast Cancer Foundation	(916) 429-9505	14 Afton Ct Sacramento, CA		Jessica
Prostate Cancer Resource	(415) 652-9207	374 Eddy St San Francisco , CA 94102		
Save Ourselves Breast Cancer Organizations	(916) 786-HOPE 24-Hour Hotline (800) 422-9747	4300 Auburn Blvd Suite 201 Sacramento CA, 95841	save-ourselves.org	Cass Brown Capel, President and Program Director sos@save-ourselves.org
Save Ourselves-Y-Me	(916) 448-5432 (916) 686-6646	1400 J Street Sacramento, CA 95814		April
Susan G. Komen Foundation - Sacramento Valley Affiliate	(916) 492-6474 FAX (916) 941-7896	2443 Fair Oaks Blvd #223 Sacramento, CA 95825	komensacramento.org	Donna Sanderson info@komensacramento.org
Sutter Cancer Center	(916) 454-6866	2800 L St. Sacramento, CA 95816	checksutterfirst.org/cancer	

Sutter Health Breast Cancer Support Group	(916) 781-1634	One Medical Plaza Drive Roseville, CA 95661	checksutterfirst.org/cancer/forpatients/support/groups_cancersupport.cfm	
The Leukemia and Lymphoma Society			leukemia-lymphoma.org	
The Wellness Community	(925) 933-0107	3276 McNutt St Walnut Creek, CA 94596		
UC Davis Cancer Center	(916) 734-5959	4501 X Street sacramento, CA 95817	ucdmc.ucdavis.edu/cancer	cancer.center@ucdmc.ucdavis.edu
Women's Cancer Resource Center	(510) 420-7900	5741 Telegraph Ave Berkeley, CA 94609		
YWCA Sacramento Encore Program	(916) 264-8080 FAX (916) 264-8077	1122 17th St Sacramento, CA 95814	ywca.org	Sarbjit Kaur

Services
<p>Makes people aware of cancer prevention methods through nutrition and exercise. Encourages self-examination and a follow-up doctor's appointment for early detection. Information on the diagnostic testing available to determine the best treatment for breast cancer and the early detection of a recurrence.</p> <p>Provides financial assistance when these tests are not covered by the insurance provider. Programs offered: Breast Health Education class, PET testing education, mammography clinics, resource referrals, health fairs, no cost survivor art classes, financial assistance for testing and co-pay assistance.</p> <p>Day-day help. Emotional support. Education about early detection. Free mammogram reminder service. Advocate for important public policies and programs that ensure access to tests and care regardless of ability to pay. Provides wigs, hats, breast forms, and bras. Provides a Cancer Survivor's Network.</p>
<p>Hotline service to connect breast cancer survivors to those currently going through the process.</p>
<p>Screenings, community outreach, prevention, patient support, imaging, hospice, resources, etc.</p>

Information on symptoms and diagnosis of breast cancer, such as the types of breast cancer and screening. Treatment and side effects. Help and support on managing day to day life tasks, such as nutrition, monitoring medical records, and talking to your family and friends about your breast cancer. Frequently asked questions, local hotlines, discussion boards and community blogs to communicate with others both near and far to you that have breast cancer or a loved one with the diagnosis.

Information about breast cancer and offers support groups to those in need.

Wide range of treatments and support services.

Provide support, survivorship, education and advocacy services to women and their families affected by breast cancer. No cost services include continuous breast cancer support groups meeting twice monthly led by professionally trained counselors in English and Spanish, and a monthly Open Door Meeting with guest speakers who address breast cancer health, treatment and support options in a friendly, non-hospital setting.
24-hour telephone hotline. Volunteers provide patient advocacy services in both the clinical and political arenas.

Education and support groups to breast cancer victims.

Advancing research, education, screening and treatment of breast cancer.

Group sessions on pain control, stress management, etc. Centers also available in Roseville, Davis and Auburn. See website.

Exchange information, provide support, discover and express feelings. Learn valuable skills including meditation, visualization, deep relaxation, stress management and assertiveness. Appreciate the effect cancer has on families and learn how to ease everyone's path. Examine life patterns and sometimes risk changing those that are unhelpful.

Free emotional support for people with cancer and their loved ones.

Specialized care and treatment in breast cancer patients.

Information, referral and advocacy.

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		diabeteseducator.org	aade@aadenet.org	Provides resources for its members to help patients self-manage Diabetes. Chapters nationwide.
American Diabetes Association, Sacramento	(916) 924-3232 FAX (916) 924-0529	4600 Roseville Rd Suite 130 North Highlands, CA 95660	diabetes.org	Kelly Hartin, coordinator	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.
Ashley's Diabetes Information Center			elviradarknight.com/diabetes/supportgroupscalifornianorth.html		This is a comprehensive list of diabetes support group available in Northern California.
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	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	caldiabetes.org	diabetes@dhs.ca.gov	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	ucdmc.ucdavis.edu	Joan Werblun weblun@ucdmc.ucdavis.edu	Workshops promoting diabetes wellness.

CDC Diabetes Public Health Resource			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	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	medclinicmedgroup.org		Team approach to diabetes care.
Diabetes Community			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	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.
Diabetic Foot Center	(517) 790-5071	4224 State St		info@diabeticfootcenter.com	
Kaiser Permanente - North	(916) 973-5440	2025 Morse Ave. Sacramento, CA 95825	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	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	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			ndep.nih.gov/		Provides information about how to control diabetes
National Diabetes Information Clearinghouse (NDIC)			diabetes.niddk.nih.gov/		This is the National institute for diabetes disease website. It has information on diabetes treatment, complications, resources, awareness and prevention.
Sutter Central Diabetes Care Center Adult	(916)733-8980	2801 L Street Sacramento, CA 95816	checksutterfirst.org/diabetes/adultdiabetes.html		Sutter offers comprehensive diabetes diagnosis, treatment, and education. This service is available in the Sacramento region.
Sutter Diabetes Care Center	(916) 733-7000	5151 F St. Sacramento, CA 95819	checksutterfirst.org/diabetes		Comprehensive diabetes diagnosis, treatment and educational program, design a treatment plan, patient/family counseling.
Sutter Health Sacramento Sierra Region	(916) 733-7000	Sutter Auburn Faith Hospital 11815 Education Street Auburn, CA 95602	suttermedicalcenter.org/services/diabetes.html		Sutter offers comprehensive diabetes diagnosis, treatment, and education. This service is available in the Sierra region.
UC Davis Internal Medicine Diabetes Clinic	(916) 734-2737	4860 Y Street Suite 0101 Sacramento, CA 95817	ucdmc.ucdavis.edu/cliniclocations/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	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	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	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	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			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	kp-ccm.org/cad.htm		12 month, home based program to address diet, exercise, smoking, etc.
The Mended Hearts	(888) 432-7899		mendedhearts.org		Support groups held in private homes.
Mercy General Hospital Cardiac Conditioning Program	(916) 453-4521	4001 J Street, Sacramento, CA 95819	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	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	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	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	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	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	sacrad.com	John Micheels, Operations Manager	Diagnostic testing
Southgate Suncline Club, Fruitridge Community Center	(916) 422-7610	4000 Fruitridge Rd. Sacramento, CA 95820	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	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.
UC Davis Cardiac Rehabilitation	(916) 734-8407	486D Y Street, Sacramento, CA 95817	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	ucdmc.ucdavis.edu/heart/		Health aids, referrals regarding MI and other heart conditions.
World Hypertension League			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			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	kidneyfund.org		Financial assistance and edu. support.
Capital Nephrology Medical Group	(916) 929-8564	77 Cadillac Dr. Ste. 130 Sacramento, CA 95834	cnmgoonline.com		Provides specialized care for patients with acute kidney failure/Injury, polycystic kidney disease (PKD), chronic kidney disease (CKD), dialysis kidney and kidney-pancreas transplantation, dialysis access management.
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	1(800) 424-6589	777 Campus Commons Rd. Sacramento, CA 95825	davita.com		Provide home peritoneal dialysis and hemodialysis. In-center dialysis and nocturnal dialysis. Information about kidney transplants.
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			
Sutter Transplant and Outpatient Heart Specialty Clinics	(916) 733-8133 (800) 556-8133	5151 F Street Sacramento, CA 95819	checksutterfirst.org/transplant/kidney/		Provide information about kidney transplant process: pre-kidney, evaluation process, and post-kidney transplant. Pre-transplant 7 step evaluation process which includes relevant tests and consultations. Coordinates with Transplant Committee to determine eligibility for transplant.
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 of California	(916) 554-5864	1029 J Street Suite 450 Sacramento, CA 95814	lung.org/associations/states/california/	Nicole Francl nicole.francl@lung.org	Provide information about asthma. There is a lung helpline that can answer your questions.
American Lung Association of San Francisco	(650) 994-5864 / FAX (650) 994-4601	2171 Junipero Serra Blvd. #720 Daly City, CA 94014	supportforfamilies.org		Provides newsletter, classes, and support groups for people disabled by lung disease such as asthma, emphysema, and COPD.
Better Breathers Club	(916) 781-1449	Sutter Roseville 1 Medical Plaza Roseville, CA	lung.org/associations/states/california/programs/better-breathers-clubs/better-breathers-clubs-in-california.html	Lori Wray wrayl@sutterhealth.org	This support group is for socializaion and education for those suffering from COPD, asthma, and emphysema: gives participants tips and techniques to manage their disease.
Better Breathers Support Group - Sutter Auburn Faith Hospital	(530) 888-4500	11515 Education St Auburn, CA 95602	sutterauburnfaith.org/		Support and education for the breathing impaired.
Breathe California of Sacramento-Emigrant Trails	(916) 444-5900 FAX (916) 444-6661	909 12th Street Sacramento, CA 95814	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.
Kaiser Medical Center - Pulmonary Wellness Program - Roseville	(916) 784-4461	1600 Eureka Road Roseville, CA 95661	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.
Mayo Clinic			mayoclinic.com/health/pneumonia/DS00135		Provides up to date pertinent information regarding symptoms, treatment and prevention of pneumonia.
Mercy General Pulmonary Rehabilitation Program (MGPRP)	(916) 453-4268 / FAX (916) 453-4922	4001 J Street Sacramento, CA 95819	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	suttermedicalcenter.org	Darlene Keller	A six week program that focuses on actual treatment of lung disease and improvement of quality of life.
Raley's	(888) 221-9762		raleys.com	service@raleys.com	Provides low cost pneumococcal vaccine shots, \$45 during flu season.
Second Wind			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
Fremont Medical Center	(530) 751-4000	970 Plumas Street Yuba City, CA 95991		
Mercy MS Center	(916) 536-3670	6501 Coyle Avenue Carmichael, CA 95608	mercysacramento.org/cm/content/ms_clinic.asp	
Multiple Sclerosis Society: Sacramento Office	(916) 927-8000	4225 Northgate Blvd. Suite 4 Sacramento, CA 95834	nationalmssociety.org	
Multiple Sclerosis Association of America	(856) 488-4500	706 Haddonfield Road Cherry Hill, NJ 08002	msassociation.org	
National MS Society	(800) 344-4867	733 Third Ave. 3rd Floor New York, NY 10017	nationalmssociety.org	

Services

If you've been diagnosed with multiple sclerosis (MS), this group is a comfortable place to share how MS impacts your life, while providing you with support and education. Speakers present at this interactive, educational forum.

A Comprehensive Center for MS Care and high level of proficiency in the diagnosis and treatment of MS

Updated and general information on multiple sclerosis, care management services, financial assistance, self-help groups, education

MSAA offers a variety of programs and services in all 50 states: Helpline consultations, equipment distribution, MRI diagnostic funding, resource assistance, and public awareness campaigns. MSAA also provides valuable information on the disease and symptom management through its award-winning literature and educational videos.

The Society helps people affected by MS by funding cutting-edge research, driving change through advocacy, facilitating professional education, and providing programs and services that help people with MS and their families move their lives forward.

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			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	1814 Franklin Street, Suite 620 Oakland, CA 94612	fore.org	Ahna@fore.org	Fracture risk calculator and central and peripheral bone density tests.
International Osteoporosis Foundation		Located in Switzerland.	iofbonehealth.org/patients-public/about-osteoporosis/prevention.html	info@iofbonehealth.org	Information about bone health, osteoporosis diagnosis, symptoms and risk factors, prevention, treatment, and falls. Information on nutrition, including a table of foods high in calcium, a calcium calculator, and "bone-friendly" recipes.
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	(800) 231-4222	1150 17th Street NW Suite 850 Washington, DC 20036	www.nof.org		Information on bone basics, detecting osteoporosis, prevention, management, treatment, quality of life, and support groups. Help finding a healthcare provider. To join a support group, contact the National Osteoporosis Foundation for information on the nearest support group to you.
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.
Osteoporosis Helpline of Sacramento	(800) 624-2663		bones.nih.gov		Provides written resource information on metabolic bone diseases such as osteoporosis, to patients, professionals and the public.
Osteoporosis Support Group			dailystrength.org/c/Osteoporosis/support-group		Free anonymous support group for osteoporosis.
Osteoporosis Treatment			treatmyosteoporosis.com		Osteoporosis treatment.
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.
Pamela Spencer	(916) 259-3925	3829 Watt Avenue Sacramento, CA 95821	sacnutritionist.com/	Pamela Spencer	Nutritionist and Dietian who specializes with people who have osteoporosis.

Dr. Priscilla Monroe, RN, ND	(916) 520-6488	5025 J Street Suite 205 Sacramento, CA 95819	drpriscillamonroe.com	Priscilla Monroe	Naturopathic doctor who specializes in Osteoporosis treatment.
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	rosevillehwc.com		Senior strength, conditioning, and balance/coordination program to improve overall strength, balance and increased bone density in older adults.
Sierra Ostelo	(916) 515-4518	1340W N Market Blvd Sacramento CA, 95834			Osteoporosis information and referral services.
Steady Steppers	(916) 733-6997	4001 J St Sacramento, CA 95819			
Summit Orthopedic Specialties	(916) 965-4000	6403 Coyle Ave Suite 170 Carmichael CA 95608	mysummitortho.com/osteoporosis-treatment.aspx		Utilizes the latest medical knowledge and the most advanced techniques to provide you with the best care possible. Services are: Custom orthotics, digital X-ray, electromyography nerve test, ultrasound.
Sutter Health Orthopedics Centers	(800) 478-8837	5151 F St Sacramento, CA 95819	checksutterfirst.com/ortho/		Through Sutter hospitals and outpatient surgery centers provide a range of traditional, arthroscopic and computer-assisted surgeries. Sutter orthopedic specialists offer innovative, less invasive treatments such as cartilage restoration, laser-assisted surgery and shockwave therapy.
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		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.
Dance for Parkinson's in Sacramento	(916) 648-2800	3225 Freeport Blvd. Sacramento CA 95818	danceforparkinsons.org/find-a-class/class-locations/united-states/california	Ruth Rosenberg (530) 752-6113	Free Dance Class every Thursday at 2:00-3:15. Professionally trained dancers are movement experts whose knowledge is useful to persons' with PD.
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	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	marin.org	Tom Reiss	Support groups for patients with Parkinson's disease.
Michael J Fox Foundation	(800) 708-7644		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.
Parkinson's Association of Northern California	(916) 489-0226 Fax: (916) 489-0241	900 Fulton Ave, Suite 100-5 Sacramento, CA 95825-4505	parkinsonsacramento.org	Lauren Hopson, Executive Assistant	Information, resources and support to those with Parkinson's Disease and their caregivers.
Parkinson's Association of Northern California	(916) 489-0226	9555 Sun Poppy Way El Dorado Hills CA	parkinsonsacramento.org	ldalver@sbcglobal.net	Provides information regarding local PD support groups and therapeutic programs in the Sacramento and Northern California area.

Parkinson's Disease Clinic & Research Center, Univ. of CA	(415) 476-9276	5503 Parnassus Ave., Room M-348 San Francisco, CA 94143-0114	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		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	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	city.davis.ca.us/pcs/seniors/supportgroups.cfm		Support group meetings for patients and caregivers.
People Living with Parkinson's			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	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	americanheart.org		AHA organizes community events, provides survivors and their family with information regarding disease.
American Stroke Association			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			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	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			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			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.
San Joaquin County Human Services Agency - Taft Community Center	(209) 468-4168	389 West Downing Ave. Stockton, CA 95206-3755	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	americanheart.org/presenter.jhtml?identifier=3036638	jennifer.halldorson@heart.org	Golf lessons for stroke survivors
St. Joseph's Medical Center (Stroke Club)	(209) 467-6365	1800 North California St. Stockton, CA 95204	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			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	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	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	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	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	sutterroseville.org/healthinfo/calvents.cfm/S/36/AA/R/X/1#Support%20Groups	Mr. Paul Rosenberg rosenbep@sutterhealth.org	Education and support
Sutter Stroke Support Caregivers Group	(916) 455-4821	Sutter Cancer Building 2800 L Street Sacramento, CA 95816	sacstrokesupport.org	Arleen and Spencer Ellis	Informational meetings that offer stroke survivors and caregivers resources, hope, and community.

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	ucdmc.ucdavis.edu/neurology/specialties/cerebrovascular.html		Inpatient and outpatient stroke program

Name	Phone	CA	Website	Contact	Services
Always Best Care Senior Services	(916) 722-6233	1406 Blue Oaks Ave Suite 100 Roseville,	alwaysbestcaresacramento.com/franchisee-home.html	Nicole Akins	Provides 3 optional levels of senior care: non-medical in-home care; free Assisted living placement based on location, care needs, and affordability; skilled home health care.
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	CA	Website
iDry App	iPhone		
NAFC- National Association for Continence	1-800-BLADDER	P.O Box 1019 Charleston, SC 29402-1019	nafc.org
Shield Health Care	(800) 756-8775	27911 Franklin Parkway Valencia, CA 91355 Marriott Hotel 11211 Point East Drive Rancho Cordova, CA 95670	shieldhealthcare.com
Take Back Control: Urinary Incontinence Event	(916) 851-2444	Presenter: Jeffrey Cragun, MD Arden Hills Country Club 1220 Arden Hills Lane Sacramento, CA 95864 Presenter: David Couillard, MD	mercysacramento.org/ m/content/ui_event.as p
Urology Foundation	(410) 689-3700 (800) 828-7866	1000 Corporate Boulevard Linthicum, MD 21090	urologyhealth.org

Contact**Services**

Developed by: National Institute on Aging of the National Institutes of Health and with input from the Department of Urology at a major university.

Log urinary incontinence events, such as when incontinence pads were changed, how much urine was passed, track progress, share progress with doctor.

Women's and Men's health, Overview, Caregivers Q & A, Find and expert database, newsletter, Resources guide for products and services, Pelvic muscle exercise kits, Bathroom access cards, Free tips and news emails.

Incontinence and Urological Supplies

A candid discussion on urinary incontinence and other pelvic health issues and your options to improve condition.

Incontinence and urinary tract infection information, find a urologist database, current research, health living tips, and caregiver resources.

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	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	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	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	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	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	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	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	arp.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.
AAUW Sacramento			sacramento-ca.aauw.net/	Membership Directors Angela Scarlett or Pat Winkle, aauwpw@yahoo.com	AAUW Sacramento supports opportunities for the personal and intellectual growth of women and girls through fellowship, collaboration and shared contribution in our community.
City of Sacramento Volunteer Program	(916) 808-8317	915 I Street Sacramento, CA 95814	citytyofsacramento.org	Mary Lynn Perry, Volunteer Coordinator	Provide volunteer opportunities to young and older adults, allowing them to gain personal satisfaction of making a difference in their communities.
Corporation for National & Community Service			seniorcorps.org		Matches seniors with volunteer opportunities
ElderHostel (Adventures in Lifelong Learning)	(877) 426-8056	11 Avenue de Lafayette Boston, MA 02111-1746	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	edd.ca.gov/eddsw.asp		State agency that assists workers with job placement assistance and development. See the area of their website devoted to senior workers.
Eskaton Care Center Greenhaven	(916) 393-2550	455 Florin Road Sacramento, CA 95831	eskaton.org	Julie McQueen Activity Director/ Volunteer Coordinator	Provide volunteer opportunities to young and older adults, allowing them not only to reinvest in their communities, but also to make a difference in the life of others.
Fairfield-Suisun Adult School	(707) 421-4155	110 Civic Center Dr. Fairfield, CA 94533	fsusd.k12.ca.us/schools/adult/index.html		Variety of classes focused on adult education.
Go60.com			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	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	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	csus.edu/org/rensoc	Sharon & Terese, Managers	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	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.
Road Scholar			roadscholar.org		Gives seniors a chance to go on a vacation and learn something.
RSVP	1-800-942-2677	1201 New York Avenue, NW Washington, DC 20525	seniorcorps.gov/about/programs/rsvp.asp	Inspector General	Offers "one stop shopping" for all volunteers 55 and over who want to find challenging, rewarding, and significant service opportunities in their local communities.
Sacramento City College, GERON 334: Reminiscence Therapy	(916) 558-2103	3835 Freeport Blvd., Sacramento, CA 95822	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	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.
Senior Companion Program	(916) 875-3622	3727 Marconi Ave. Sacramento, CA 95821	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.

Anderson Chiropractic Clinic, Inc.	(916) 485-5433	3517 Marconi, Ave., #102 Sacramento, CA 95821	andersonchiro.com
Area 4 Agency on Aging	(916) 455-1880	2260 Park Towne Circle #100 Sacramento, CA 95825	a4aa.com
Center for Disease Control	(800) 232-4636	1600 Clifton Road Atlanta, GA 30333	cdc.gov
Community and Home Injury Prevention Program for Seniors (CHIPPS)	(415) 581-2418	30 Van Ness Ave., Suite 2300 San Francisco, CA 94102	dph.sf.ca.us/php/chipps.htm
FUNdamentals of Fall Prevention	(916) 483-7826	La Sierra Community Center 5325 Engle Road Carmichael, CA 95608	carmichaelpark.com/pdf/BROCHURE/SENIORSFW.pdf
The Fall Prevention Center of Excellence, University of Southern California	(213) 740-1364	3715 McClintock Ave., Room 228 Los Angeles, CA 90089	stopfalls.org
The Fall Prevention Lady	(916) 821-5715	2350 Northrop Ave. Sacramento, CA 95825	take5toexercise.com thefallpreventionlady.blogspot.com
Fall Prevention for Older Persons			fallprevention.org
Loving Companions Senior Services	(886) 312-2157	2390 Maritime Drive #100 Elk Grove, CA	loving-companions.com
Maidu Community Center/Roseville Senior Center	(916) 774-5960	1550 Maidu Drive Roseville, CA 95661	roseville.ca.us/parks/adults_n_seniors/senior_center.asp
Marion Medical Supply	(916) 415-4461	2508 Franklin Blvd. Sacramento, CA 95818	marionmed.com

A Matter of Balance (Seminar Series)	(916)334-3490	Eskaton 8525 Madison Ave. Fair Oaks, CA 95628	eskaton.org/classes.html
Mayo Clinic	(800) 446-2279	4500 San Pablo Road Jacksonville, FL 32224	mayclinic.com
Medicine Plus		US National Library of Medicine 8600 Rockville Pike, Bethesda, MD 20894	nim.nih.gov/medicineplus
National Safety Council	(800) 621-7615	1121 Spring Lake Drive Itasca, IL 60143	nsc.org/safety_home/HomeandRecreationalSafety/Falls/Pages/Falls.aspx
Rebuilding Together	(916) 774-5960	1550 Maidu Drive Roseville, CA 95661	roseville.ca.us/parks/adults_n_seniors/senior_center.asp
Rebuilding Together Sacramento	(916) 455-1880	PO Box 255584 Sacramento, CA 95825	rebuildingtogether.sacramento.org
Stopping Falls One Step at a Time			stopfalls.org
UC Davis Medical Center Geriatric Falls Evaluation and Management Clinic		Physical Therapy, Suite 1100 Ellison Ambulatory Care Center 4860 Y Street Sacramento, CA 95817	secure.ucdmc.ucdavis.edu/medalumni/newflash/geriatric.html

Dr. Gregg Anderson	<p>Chiropractic care can:</p> <ul style="list-style-type: none"> * improve balance and coordination to prevent injury or disability from falls * restore and maintain good joint function.
Michael Radetsky	<p>Fall prevention for individuals over the age of 60, caregivers, first responders, health care workers and senior service providers.</p> <p>Site contains information on falls related to those who are most at risk and how to prevent falls.</p> <p>CHIPPS helps elders avoid injuries due to falls by creating awareness and providing resources, information and training about recognizing and correcting injury hazards.</p>
Kelly Ward	<p>The Senior connection presents certified FallProof™ balance and mobility specialist Kelly Ward in this one-hour workshop to help reduce your risk of falling. Kelly will share evidence-based balance and mobility training techniques to address fall risk factors. Session includes a variety of seated exercise movements.</p> <p>Identifies best practices for fall prevention for those at risk for falls.</p> <p>Fall prevention exercise DVD sales. Community based FallProof Balance and Mobility training classes. Private 1-on-1 personal fitness and balance training sessions. Educational and interactive fall prevention workshops. Train-the-trainer fall prevention CEU workshops. Customized older adult wellness presentations.</p>
falls@racp.edu.au	<p>Gives information on risk factors and fall prevention.</p>
Annie Aguzzi	<p>Free fall prevention workshops and fall risk assessment</p>
Kate Miller (Senior Park & Recreation Supervisor)	<p>Support groups, education, seminars, exercise classes.</p> <p>Provides medical equipment and supplies, including walking aids, rolling walkers, wheelchairs and transport chairs, bathroom safety and medical beds and mattresses.</p>

info@eskaton.org

This seminar series is designed for elders who have experienced a serious fall or struggle with balance and have a fear of falling.

Site contains fall prevention information.

Site contains public health information.

Provides up to date information about falls and fall prevention.

Kate Miller (Senior
Park & Recreation
Supervisor)

Home safety assessment
Home repairs, safety modifications, safety device installation
Home safety assessment
Home repairs, safety modifications, safety device installation
This is the official website of the Fall Prevention Center of Excellence. Their mission is to identify best practices in fall prevention and to help communities offer fall prevention programs to older people who are at risk of falling.
During first visit there is a physical evaluation for gait and balance and a physical and neurological exam. A care team discusses medical management and recommendations for rehab, exercise routines or a fall exercise class.

Name	Phone	Address	Website	Contact
24 Hour Fitness - Silver Sneakers Fitness Program	(916) 925-7055	1314 Fulton Ave. Sacramento, CA 95825	silversneakers.com	
50+ Wellness Program	(916) 808-1593	2921 Truxel Rd. Sacramento, CA 95833	cityofsacramento.org/parksand recreation/ohs/50+.htm	Kim Metcalf kmetcalf@cityofsacramento.org
50+ Wellness Program	(916) 808-1593	915 27th Street Sacramento, CA 95816	cityofsacramento.org/parksand recreation/ohs/50+.htm	Pat Goree-Richards, Director
Activity Aging Services - West Sacramento Senior Center	(916) 373-5819 FAX: (916) 373-5882	664 Cummins Way West Sacramento, CA 95605	cityofwestsacramento.org/cityh all/departments/pcs/seniors.cfm	Mae Denman maed@cityofwestsacramento.org
Alhambra Athletic Club	(916) 457-9300	1671 Alhambra Blvd. Sacramento, CA 95816	alhambraathleticclub.com	
American Board of Pain Medicine Website			abpm.org	
American Chronic Pain Association	(916) 632-0922 (800) 533-3231	P.O. Box 850 Rocklin, CA 95677-0850	theacpa.org	Joanie
American Senior Fitness Association	(888) 689-6791 (386) 423-6634	P.O. Box 2575 New Smyrna Beach, FL 32170	seniorfitness.net	asfa@ucnsb.net
American Senior Fitness Association			seniorfitness.org	
Arcade Creek Recreational and Park District	(916) 482-8377	4855 Hamilton St. Sacramento, CA 95841	arcadecreekrecreation.com	

The Ballroom of Sacramento- Dance for Life	(916) 723-2773	6009 Folsom Blvd Sacramento, CA 95819		
Bell Coolegge Community Center	(916) 277-6094	5699 S Land Park Dr Sacramento, CA 95822		
Better Fit Fitness Center	(916) 739-8780	1770 36th St Sacramento, CA 95816	melstrainingcenter.com	Mel Salada
Bikram's Yoga College of India (Elk Grove)	(916) 714-YOGA	9384 Elk Grove-Florin Rd., Elk Grove, CA 95624	elkgroveyoga.com	
Burger Rehabilitation Systems, Inc.	(916) 863-5785	6614 Mercy Court Folsom, CA 95628	burger-rehab.com	
California Family Fitness	(916) 944-2900 FAX (916) 944-7460	7941 Fair Oaks Blvd Carmichael, CA 95608	californiafamilyfitness.com	Terri Ziem
Capitol City Health Club	(916) 922-8374 FAX (916) 922-3966	1895 Howe Ave Sacramento, CA 95825		Rob Schroder
Capitol Physical Therapy	(916) 446-1497	1308 28th Street Sacramento, CA 96816	capitolpt.com	
Carmichael Adult Health Care Center	(916) 334-0296	5105 Manzanita Blvd Carmichael, CA 95608		Bill Plum
Carmichael Recreation & Park District	(916) 485-5322	5750 Grant Ave Carmichael, CA 95608	carmichaelpark.com	
City of Rocklin Active Adult Programs	(916) 625-5000	3970 Rocklin Rd, Rocklin, CA 95677	rocklin.ca.us/government/services/default.asp	Mark Riemer, Director of Community Services & Facilities

City of Roseville – Seniors	(916) 774-5200	311 Vernon Street, Roseville, California 95678	roseville.ca.us/parks/seniors/default.asp	Maidu Senior Desk
Coloma Community Center	(916) 808-1590	4623 T Street Sacramento, CA 95819	cityofsacramento.org/parksandrecreation/recreation/c_coloma.htm	
Compass Center for Functional Restoration	(916) 444-9446	2901 K. St., Suite 402 Sacramento, CA 95816	sacpainclinic.com/compass.php	
Cordova Fitness	(916) 363-6584	9555 Folsom Blvd #G Sacramento, CA 95827		Marwan Haidary
Cordova Recreation & Park District	(916) 362-1841	2197 Chase Drive Rancho Cordova, CA 95670	crpd.com	Diane Robinson, Recreation Manager
Courthouse Athletic Club	(530) 885-1964 FAX (530) 885-1411	11558 F Ave Auburn, CA 95602	courthouseathleticclub.com	Christine
Crosswoods Community Center	(916) 725-1585	6742 Auburn Blvd Sacramento, CA 95610	sunriseparks.com	Jerry Jewell
Davis Athletic Club	(530) 753-5282 FAX (530) 753-7086	1809 Picasso Ave., Davis, Ca 95616	daonline.com	
Davis Senior Center	(530) 757-5696	646 A Street (7th & A) Davis, CA 95616	cityofdavis.org/pcs/seniors	Community Services Supervisor - Maria Lucchesi
Easter Seals Disability Services	(916) 485-6711	3205 Hurley Way Sacramento, CA 95864	myeasterseals.org/programs/aquatics.html	Sunny Rainey, Program Director
Endless Pools	(800) 732-8660 (ex.202) / (610) 497-9328	200 E Dutton Mill Road Aston, PA 19014	endlesspools.com	

Elder Treks	(800) 741-7956	597 Markham St., Toronto, ON M6G 2L7, Canada	eldertreks.com/index.php	
Eskaton's Seminar Series: Fallproof	916-334-1072	8525 Madison Avenue Suite 150 Fair Oaks, CA 95628	eskaton.org/public-workshops.html	Kelly Ward
Evelyn Moore Community Center - Chi Gong for Special Populations	(916) 808-1593	1402 Dickson St. Sacramento, CA 95822		
Fair Oaks Community Clubhouse	(916) 966-1036	7997 California Avenue, Fair Oaks, CA 95628	fairoakspark.org	Kimbra Shepherd – Recreation Supervisor
Fair Oaks Recreation and Park District	(916) 966-1036	4150 Temescal St. Fair Oaks, CA 95628	fairoakspark.org	Jennifer Davis, Recreation Coordinator
Family Service Agency of San Francisco	(415)474-7310 x435	1010 Gough Street, San Francisco, CA	fsasf.org/svc_senior.html	
Fit for Life Preventive Health & Fitness			iamfitforlife.com	
Folsom Aquatic Center: Water Aerobics	(916) 355-8318	1200 Riley Street Folsom, CA	folsom.ca.us/depts/parks_n_recreation/aquatic.asp	
Folsom Senior Center	(916)-351-3510	48 Natoma Street Folsom, CA 95630	folsom.ca.us/depts/parks_n_recreation/senior_center/default.asp	
Forever Young Classes	(916) 927-3802	Conzelmann Community Center at Howe Park 2201 Cottage Way Sacramento, CA 95825	fecrecpark.com/seniors.htm#FOREVER%20YOUNG	Victoria Goldblatt, Exercise and Health Consultant, class instructor
Fulton El Camino Recreation and Park District	(916) 927-3802	2201 Cottage Way Sacramento, CA 95825	fecrecpark.com	

Georgie Duke Sports Center	(707) 449-5197	E.Monte Vista, Vacaville, CA 95688		jhicks@ci.vacaville.ca.us
Gold Country Community Center	(530) 273-4961	11350 McCourtney Rd. Grass Valley, CA 95945	goldcountrycenter.org	
HCR Manor Care Health Services - Nursing and Rehabilitation Center	(916) 967-2929	7807 Uplands Way Citrus Heights, CA 95610	hcr-manorcare.com	
Healthy Habits Fitness and Yoga Studio	(916) 444-7729 FAX (916) 444-8884	2224 J. Street Sacramento, CA 95816	healthyhabitsstudio.com	frontdesk@healthyhabitsstudio.com
Hutchins Street Square	(209) 369-6921 (209) 367-5431	125 S. Hutchins St Lodi, CA 95240	hutchinsstreetsquare.com	Kim McClelland
Jazzercise Center #7715	(530) 470-0441	126 South Auburn Street Grass Valley, CA 95945	jazzercise.com	
Kaiser Sacramento Medical Center - Healthy Aging Series	(916) 784-5775	2025 Morse Ave Sacramento, CA 95825	kp.org	Richard Della Penna, MD
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	lodihealth.org/html/rehab.html	jsmith@lodihealth.org
Mercy General Hospital Pool Program	(916) 453-4809	4001 J St Sacramento, CA 95825		
Mercy Mall Walker Program	(916) 733-6966	4001 J Street Sacramento, CA 95819	chwhealth.org/mercyheart	

Mission Oaks Community Center	(916) 972-0336	4701 Gibbons Dr Carmichael, CA 95608	morpd.com	Nncy Pritchard, Senior Adult Coordinator
National Rehabilitation Information Center	(202) 635-5826	4407 8 th St. N.E. Washington, D.C. 20017	nrhrehab.org	Edward B. Healton, Senior VP of Medical Affairs
Natomas Physical Therapy	(916) 419-5202	4170 Truxel Rd., Sacramento, CA 95834	natomasphysicaltherapy.com	
Orangevale Recreation & Park District	(916)-988-4373	6826 Hazel Avenue Orangevale CA 95662	orangevalecommunitycenter.co m/	
Paradigm Sports Club - The Better Half of Life - Del Norte Club	(916) 483-5111 FAX (916) 483- 1105	3040 Becerra Way Sacramento, CA 95821	paradigmclubs.com	
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
Rebuilding Together Sacramento - Safe at Home Program	(916) 455-1880	3021 65th Street Sacramento, CA 95820	rebuildingtogethersactamento.o rg/our-services/repairs-and- modifications	Executive Director - Carrie Grip Program and Development Director- Cindy Spackman
Rizal Community Center	(916) 395-0601	7320 Florin Mall Dr Sacramento, CA	southgaterecandpark.net	

Roseville Health and Wellness Center	(916) 677-1200 FAX (916) 677-1204	1650 Lead Hill Blvd Roseville, CA	rosevillehwc.com/index.php	Lynsee Hartsfield
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
Sacramento City College-Adaptive P.E.	(916) 558-2457	3835 Freeport Blvd Sacramento, CA 95822		Carrie
Sacramento Kung Fu and Tai Chi Association	(916) 965-4469	4864 Tommar Dr Sacramento, CA 95628		Carmine Farruggia carmitsu@aol.com
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
Sacramento Yoga Center	(916) 491-6792	2791 24th Street Sacramento, CA 95818		
The Scooter Store	(916) 419-6453	1170 National Drive Sacramento, Ca 95834	thescooterstore.com/mobility/microsite/02/	
Seek Wellness			seekwellness.com	
Senior Softball-USA	(916) 326-5304	2701 K Street, Suite 101A Sacramento, CA 95816	seniorsoftball.com	
Seniors Only Tai Chi	(916) 973-1115	4132 Manzanita Ave. Carmichael, CA 95608		Carlan Stewart, owner
Stanford Settlement Senior Center	(916) 927-1303	450 West El Camino Ave. Sacramento, CA 95833	stanfordsettlement.org/senior-center	

Sun City Roseville - Lifestyles Fitness Center	(916) 774-3888 FAX (916) 774-3889	7050 Del Webb Blvd Roseville, CA 95747		Tanya Hinchman
Sunrise Recreation and Park District	(916) 725-1585	Rusch Park 7801 Auburn Blvd. Citrus Heights, CA 95610	sunriseparks.com/recreation/senior-programs	
Tai Chi for Health and Martial Arts	(916) 725-7418	7418 Stock Ranch Road Citrus Heights, CA 95621	sacramentotaichi.wordpress.com/seniors-class	
Tai Chi of Sacramento	(916) 961-6093	Please call for information.	taichisacramento.com	Sifu Daniel E. Wold
Tai Chi Network	(916) 454-5526	2526 27th Street Sacramento, CA 95818	taichinetwork.org	David Ptaff
Tara Stiles, Chi Yoga	(916) 454-5526	2791 24th Street Sacramento, CA 95818	chiyoga.net	Tara Stiles
Wackford Community and Aquatics Center	(916) 405-5600	9014 Bruceville Road Elk Grove, CA 95758	yourcsd.com	
West Sacramento Active Aging Services	(916) 617-4620	West Sacramento Community Center 1075 West Capitol Ave. West Sacramento, CA	cityofwestsacramento.org/city/depts/pca/active_aging.asp	Christine P.
West Sacramento Park and Recreation	(916) 617-4620	1110 W. Capitol Ave. West Sacramento, CA 95691	cityofwestsacramento.org	

The Bo Tree BodyMind Center	(530) 757-6463	630 Pena Drive, Ste. 500 Davis, CA 95616	thebotree.com	Debbie Eernisse botree@sbcglobal.net
Ying Jao Pai Kung Fu School	(916) 443-0886	2733 Riverside Blvd Sacramento, CA 95818		
YMCA Greater Sacramento	(916) 452-9622	2021 W Street Sacramento, CA 95818	sacymca.org/centralfamily.htm	Amy Byerhoff, Health and Wellness Coordinator (extension 101)
Yoga to You	(415) 927-8123	164 Donahue St. Marin City, CA 94965	yoga-to-you.com	Dr. Melanie Haan

Services
<p>SilverSneakers group exercise classes offer an opportunity to stay on track toward your health and fitness goals. Classes are designed specifically for older adults and taught by specially trained, certified instructors. Classes include Muscular strength and range of movement, cardio circuit, cardio fit, and yoga stretch.</p>
<p>Offers exercise and dance classes, workshops, senior events, and the California Senior Games for the Sacramento Region.</p>
<p>They provide information on health and wellness as well as offering programs to promote health and vitality for adults over age 50.</p>
<p>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.</p>
<p>Has fitness evaluation, personal training, and aerobic exercise programs and classes geared towards improving healthy living. Some of the classes offered are: aquatic aerobics, cycling, zumba, basic training, multistep.</p>
<p>List of physicians specializing in pain management.</p>
<p>Support groups teaching coping mechanisms for chronic pain.</p>
<p>Since 1992, the Leader in Professional Training and Certification for Older Adult Fitness Specialists</p>
<p>Leader in older adult fitness education and certification.</p>
<p>Various dance, fitness and tai chi classes.</p>

Ballroom dance class especially for seniors.
Exercise classes for all activity levels.
Highly qualified personnel for your fitness needs and a senior-safe environment.
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.
Specializes in physical therapy, occupational therapy, hand therapy, speech therapy and ergonomics.
Basic exercise equipment, free trainers, nutrition information and special aerobic classes designed specifically for the elderly. Several locations in the Sacramento area. See website.
Aerobics, aqua aerobics, yoga, step aerobics, etc. Discounted monthly dues for persons over 55.
Orthopaedic therapy, including comprehensive treatment, education, and professional assessments.
Physical fitness program as treatment for elders who suffer from strokes or serious illness.
Offers exercise and other enrichment classes for seniors, including step aerobics and chair yoga.
If you're fifty years or older the City of Rocklin Sunset Active Adult membership program is designed especially for you. The Sunset Active Adult program will help you remain active, social and fit.

<p>Roseville has a variety of programs, classes, special events and services for adults 50+. Whether you prefer to be active or not so active, we are sure that you'll find something worthwhile and enjoyable to take part in.</p>
<p>Senior dance and fitness programs.</p>
<p>A holistic approach to teaching people with pain how to take charge of their lives, reduce pain, and remain positive and active.</p>
<p>One on one training at no extra cost to design a personalized fitness program for seniors.</p>
<p>Provide exercise programs that are geared towards seniors, but anyone is eligible to join. Senior activities include: ball room dance, beginner and advanced line dancing, exercise, square dance, T'ai Chi Chuan, yoga and zumba gold.</p>
<p>Gym equipment, aerobic classes, and heated swimming pool.</p>
<p>Senior exercise programs Tuesday and Thursday mornings.</p>
<p>Group exercise classes, weight machines, free weights, and personal training (one free personal training session is included with membership).</p>
<p>Through the Davis Senior Center, our program staff is committed to providing the highest quality recreational, social and supportive services for mature adults and their family members.</p>
<p>Offers classes for those with injured backs, stretching/aerobics classes, lap swimming, and individual exercise programs in a warmed pool.</p>
<p>Sells therapy pools for strength training, aerobics, and range of motion</p>

<p>Small group trips to exotic places all over the world for people over 50 years old (companions over 18).</p>
<p>No age limit. For individuals with disability mostly. In eight sessions, balance skills, muscle strength, and flexibility will progressively improve.</p>
<p>Offers exercise classes geared for older adults including Tai Chi.</p>
<p>Programs for all ages, dancing, classes, drama, day camp and special events</p>
<p>Offering exercise classes as well as other recreational services including senior stretch program. Nutrition and wellness classes.</p>
<p>Providing citywide services and workforce opportunities to help older adults remain in the community and age with dignity, security, and a high quality of life.</p>
<p>Devoted to preventative health and fitness. Specialize in products and services for seniors.</p>
<p>Exercise program and social environment. Call for location and times.</p>
<p>Folsom Senior Center is a full service center that offers a variety of social programs, services and classes. Senior adults who are interested in books, puzzles, games, making new friends or greeting old acquaintances love this place.</p>
<p>Classes Monday & Wednesday, 11 - 12:15. Class offers aerobic exercise, strengthening, stretching, and breath work as well as socialization.</p>
<p>Offers exercise, clubs and softball for seniors.</p>

Provide basketball and badminton team sports for 50 and over.
Offers low cost aerobics, ball-room dancing, chair yoga, line dancing, stretch and strength, and Tai Chi classes for seniors.
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.
Offers classes on healthy eating and weight loss in addition to exercise and yoga classes.
Water aerobic exercises for the senior community as well as transportation and day care activities.
Offers a Jazzercise Lite class for beginners, newcomers, seniors, pregnant women, significantly overweight or otherwise physically restricted people.
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.
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
Aerobic pool exercise class.
Weekly walks in local malls with staff support

<p>Variety of exercise classes. Including yoga, hula lessons, Jazzercise, tai chi, and a health faire.</p>
<p>Provides comprehensive treatment and rehabilitative care for patients with physical disabilities.</p>
<p>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.</p>
<p>Orangevale recreation & Park district offers many unique activities for older adults. These activities include a senior nutrition lunch, AARP driver safety program course, painting classes, and a coffee and pie mixer while discussing tours to southern United States.</p>
<p>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.</p>
<p>See above.</p>
<p>The program helps both low income and elder community members by providing home modifications to ensure a safe environment. Modifications for the elderly include grab bars, toilet raisers, shower stools, stair railings, smoke and fire detectors, shower hoses, transfer poles, and transition ramps. Services are free of charge to anyone selected for the home improvements.</p>
<p>Low impact senior aerobics, bowling, cultural groups and nutritional lunch program.</p>

Full exercise facility, fitness classes, indoor aquatic center, internal medicine, chiropractic services, physical therapy, prosthetics and braces fittings.
Trainers specializing with elderly.
Exercise as simple as stretching and as complex as weight training.
Courses in Tai Chi and Kung Fu.
Devoted to promoting healthy aging and enabling older adults to take charge of their health. Fitness activities, guidance, speakers, etc.
Yoga and Tai Chi classes
Client must have some type of physical limitation and must be in need of assistance with transportation, all of which qualify a person for receiving a Motorized Scooter.
Website devoted to wellness information.
Join these active seniors! Website provides information on upcoming games.
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.
The goal of the Senior Center program is to provide support to participants, ages 50 and over, allowing them to continue to live a healthy, independent life. Services include yoga classes and an exercise program.

Specialized equipment, exercise programs, and trainers designed to meet the needs of the elderly.
Provides day trips, scrabble games, exercise and bridge groups.
Tai Chi and Qi Gong are practiced at a slow pace with emphasis on breathing, relaxed strength and balance. This slow paced practice along with the constant flexing of the legs creates the aerobic effect that seniors need but at a safe pace.
Courses in Tai Chi, Aikido, Kung Fu, Qigong.
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.
Private instruction and group classes available. Gentle yoga for seniors and those with health challenges.
Provides a variety of aquatic and aerobic classes to area residents. Complex is open to the public.
The West Sacramento Community Center is a designated focal point serving the West Sacramento 50+ population. All activities offered are designed to promote health and well-being for seniors 50+. They offer fitness classes, information & assistance, leisure activities, & social activities.
Offers active aging services geared towards healthy heart activities that provide a minimum of 30-minutes of moderate physical activity per session. Low impact exercise, Tai Chi, Line Dance, etc. Classes that provide older adults with knowledge about nutrition. Explains why an active and a healthy diet are so important to a happy life.

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.

Eagleclaw style of Tai Chi and Kung Fu

Arthritis Aquatic Program and Senior Fitness. In addition to physical fitness classes they provide educational programs, classes promoting healthier decisions, and a variety of programs that support intellectual and spiritual strength.

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	211sacramento.org	Bob Diercks, manager	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			aoa.gov		
American Association of Retired Person (AARP)			aarp.com		Variety of Information for Seniors
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.
Area 4 Agency on Aging	(916) 486-1876	2260 Park Towne Circle Suite 100 Sacramento, CA 95825	a4aa.com	Deanna Lea	Develops, coordinates, funds and monitors programs for Seniors serving the counties of Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba. Caregiver support, employment services, health promotion, legal services, and transportation services.
Area Agency on Aging - Napa-Solano	(707) 644-6612	601 Sacramento St. Vallejo, CA 94590	aaans.org		Senior information and assistance, transportation, case management, home visits, senior employment services, etc.
ARMS - Assistance, Referrals & More for Seniors	(916) 808-5462	915 27th Street Sacramento, CA 95814	cityofsacramento.org/parksand recreation/ohs/oas-arms.htm		Form Completion, Writing Letters, making calls to agencies, listing housing information, transportation and legal resources, community services, and utility assistance.
CA Department of Aging	(916) 419-7500	1300 National Drive #200 Sacramento, CA 95834	www.aging.ca.gov		Links you to local resources
Community Link, Inc.	(916) 498-1000	909 12th Street Sacramento, CA 95814	a4aa.com/html/information.html	Marjene Streeper	Information and referral to community services.
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.

East Lawn Corporation	(916) 732-2020	5757 Greenback Lane Sacramento CA 95841	eastlawn.com	Lisa West	Power of attorney for medical care packages available. Pre-planning funeral arrangements. Pre-payment options for final wishes.
Elder Care Referral Services	(916) 783-8779	1911 Douglas Blvd, Suite 85-198 Roseville, CA 95661	eldercareservices.com	Linda Himan, Senior Care Consultant	Helps direct you to the type of care you are looking for or residence options.
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.
Eskaton Care Management	(888) 334-3490 or (916) 334-1072	8525 Madison Avenue, Suite 150 Fair Oaks, CA 95628	eskaton.org/care-management.html	Nancy Madrick (RN) Larry Dawes (MSW)	As care managers they are pathfinders for older adults and their family members. They help locate services in order to help fill in the gaps of the support network
FATE (Foundation Aiding the Elderly)	(916) 481-8558	3430 American River Drive, Suite 105 Sacramento, CA 95864	4fate.org	carolh@4fate.org	Provides information, counseling, advice, resources and referrals to those who need assistance in dealing with care of the elderly. Provides direct and on-site advocacy for families or the elderly who are victim to injury or neglect while in long-term care facilities
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.
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.
National Council on Aging			ncoa.org		Provides information on a variety of issues older adults face including health promotion, caregiving, and available services.
Older Women's League (OWL)	(916) 444--2526	1230 N Street, Ste 120 Sacramento, CA 95814			Support and activities for older women.

Sacramento Bee Senior Citizen Events	(916) 321-1000	2100 Q St. Sacramento, CA 95816 P.O. Box 15779 Sacramento, CA 95852	events.sacbee.com/sacramento_ca/events/sacramento+senior+citizen+events		The Sacramento Bee is one of the region's leading media companies. A trusted and valid source of news and information in the Sacramento community. Provides information about upcoming events available to senior citizens in the Sacramento area.
Senior Helpers	(916) 672-2325	5150 Sunrise Blvd. Fair Oaks, CA 95628	Seniorhelpers.com	Terry Bolons	They provide a wide array of services. Placement, veterans, and in-home care services, amongst many other geriatric care management services.
Senior Links	(916) 783-8779	1911 Douglas Blvd. Suite 85-198 Roseville, CA 95661	eldercareservices.com/links.php		Referral agency: directory of resources and agencies.
UC Davis Care Management	(916) 734-5432	4150 V Street Suite 2400 Sacramento, 95817	ucdmc.ucdavis.edu/internalmedicine/general/caremgmt.html	Teresa	Goal of maintaining independence and the ability to remain in their home/community as long as possible. Long term care management assistance for seniors with functional impairment. Educate clients and caregivers about local resources available. Assisting seniors in applying for local services. Care level assessment/reassessment and review of care planning. Advocate for life enhancing services. Transition clients with appropriate level of care to assisted living facilities when no longer able to live independently. Provide caregivers with senior support services to reduce caregiver strain.

Name	Phone	Address	Website	Contact	Services
AARP Grandparent Information Center			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	a4aa.com/html/grandparents.html	mail@a4aa.com	Information for grandparents raising grandchildren.
Grandspace			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	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.
Kinship Care	(916) 551-2140	517 12th Street Sacramento, Ca 95814	a4aa.com/html/grandparents.html	John Tan	Free legal assistance to older adults and community education to grandparents and grandchildren
Senior Legal Hotline - Grandparent Project	(916) 551-2140		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
AARP SMART Program	(209) 536-2700	19890 Cedar Road North Sonora, CA 95370		aarpinfo@sonnet.com
Apria Healthcare	(916) 921-1162	1450 Expo Parkway, Sacramento, CA 95815	apria.com	Patient_Satisfaction@A pria.com
California Health Advocates	(916) 231.5113	5380 Elvas Avenue, Suite 104 Sacramento, CA 95819	cahealthadvocates.org	Marta Erismann, Community Outreach Coordinator
Cares Sacramento	(916) 443-3299	1500 21st Street Sacramento, CA 95811	caresclinic.org	Maureen Pongyan
Center for Disease Control (CDC)			www.cdc.gov	
Centers for Disease Control and Prevention: High Blood Pressure Facts			cdc.gov/bloodpressure/facts.htm	
Centers for Medicare and Medicaid Services (CMS)			cms.hhs.gov	
Clinica Tepati	(530) 752-7028 (916) 874-5303 Clinic, Saturday only	1500 C Street Sacramento, CA 95814	clinatepati.ucdavis.edu	Aime Castillo, community Representative
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

Hartford Institute for Geriatric Nursing			consultgerirn.org/	
Health Access California Sacramento Office	(916) 497.0923	1127 11th Street, Suite 234 Sacramento, CA 95814	http://health-access.org	Elizabeth Abbott, Project Director
HICAP Services of Northern California	(916) 376-8915 (800) 434-0222	3950 Industrial Blvd., Suite 500, West Sacramento, CA 95691	hicapservices.net	Margaret Reilly, Assistant Program Manager
Institute for Safe Medication Practices (ISMP)	(215) 947-7797	1800 Byberry Road, Suite 810, Huntingdon Valley, PA 19006	ismp.org	
Dr. Peter Ly	(916) 399-9910	1355 Florin Rd Suite 6 Sacramento , CA 95822		Dr. Peter Ly
Med Clinic - Geriatric Network	(916) 648-2800	425 University Avenue Suite 222 Sacramento, CA 95825		
Medicare.gov	(800) Medicare		medicare.gov	
Project Inform	(415) 558-8669	273 Ninth Street San Francisco, CA 94103	projectinform.org	Allen McCord

Reducing Risks: Improving Blood Pressure	(916) 734-0718	4860 Y Street Suite 3200 Sacramento, CA 95817	ucdmc.ucdavis.edu/chronicdisease/classes/rriimprovingbpschedule.html	
Sacramento Community Health Center	(916) 733-7060	6950 65th street Sacramento, CA 95823	www.maap.org	Dr. Francisco Aguirre
Sierra Elder Wellness Program	(916) 441-0226	3870 Rosin Court Suite 130 Sacramento, CA 95834	elhogarinc.org	
Social Security Administration	(916) 381.9410	8351 Folsom Blvd Sacramento, CA 95826	ssa.gov	Rose Garcia
Sutter Senior Care (PACE)	(916) 424-8412	7000 Franklin Blvd. Sacramento, CA	checksutterfirst.org/seniorservices/seniorcare.html	Anna Rodrigues, Case manager
Valley Pharmacy	(916) 423-2098	7600 Hospital Dr. Suite A Sacramento, CA	valley-pharm.com	
WebMD			www.webmd.com	
West Side Community Services San Francisco	(415) 355-0311 ext. 1242	245 11th Street San Francisco, CA 94103	Westside-health.org	Andy Sheer

Services
Teaches older adults to be more assertive when asking questions regarding their medication regimens.
This agency offers a wide range of medical equipment that can be used. They also offer patient education, assessments, and ongoing monitoring.
Supports local HICAP offices and helps California Medicare beneficiaries and retirement population with questions about Medicare.
Cares is the largest HIV/AIDS nonprofit clinic in the Sacramento region. It offers resources available to moderate and low-income individuals.
Risk factors, trends, & related news for diseases & conditions
The CDC website provides health and safety information to the general public. This link specifically provides statistical data and facts on high blood pressure and hypertension.
An online resource provides links to resources available for people with Medicare to learn more about Medicare prescription drug coverage.
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.
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.

Resources for older adults, RNs, and educators. Access to nursing associations with emphasis on geriatric care. Information on evidenced based programs and management of geriatric health issues. Opportunity for continuing education credits. Offers Try This assessment series, which offers videos, research articles, and case studies related to care of older adults.

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.

The Health Insurance Counseling and Advocacy Program (HICAP) provide information and assistance to individuals and families with insurance and Medicare problems.

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.

Services to all age, dental care treatment, dentures for elders. Free consultations on oral/dental health treatment.

Crisis intervention for at risk elders, ages 60+ in Sac County. Medication evaluation & education in home. Assessment & treatment planning.

Official U.S. government site for people with Medicare who want the latest information on Medicare enrollment, benefits.

Project Inform is a service agency that offers a HIV info hotline along with publications that promote health and wellness for people with HIV.

<p>Provides a two hour class taught by a Registered Nurse and Dietitian and focuses on incorporating lifestyle changes to lower blood pressure. Topics covered include: understanding high blood pressure, medications, home monitoring, low sodium nutrition</p>
<p>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.</p>
<p>Provides outreach, mental health rehabilitation and therapy, psychiatric medication and follow up services, laboratory services, housing support, and case management.</p>
<p>Federal agency provides information on enrollment and eligibility for Medicare and help paying for the Medicare drug benefit for people with low incomes.</p>
<p>Sutter Senior Care (SSC) is a non-profit health plan exclusively for frail older adults. PACE, or the "Program of All-Inclusive Care for the Elderly", takes steps to keep participants as healthy and independent as possible, and prevents premature nursing home placement.</p>
<p>Small pharmacy that mainly serves big hospital across the street. Pharmacist does not provide polypharmacy preventative education – it is up to the patient and physician/s to monitor medications. Education provided regarding drugs dispensed on site.</p>
<p>Find medical information online.</p>
<p>West Side Community Services serves the County of San Francisco offering assistance to HIV patients with a vast majority of clients over the age of 65.</p>

Name	Phone	Address	Website	Contact	Services
Affordable Hearing Aid Center			affordablehearing.com		Offers analog and digital hearing aids at low cost.
Agency for Hearing	(916) 732-9040	1800 28th St Sacramento, CA 95816	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	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		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	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	carmichaelhearing.com	Vittie Hutcherson (Audiologist)	Hearing Screenings, Counseling and Rehabilitation
Hearing Loss Association of America		7910 Woodmont Ave, Suite 1200, Bethesda MD, 20814	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	hearingsense.com		Hearing Assessments, Community Education
Merck Manual Medical Library			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	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	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	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	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
California Hospice & Palliative Care Association	(916) 925-3770	3841 North Freeway Blvd. Suite 225 Sacramento, CA 95834	calhospice.org	Bonnie Abramson Membership Services
California Hospice Foundation	(916) 441-3770	1510 J St Sacramento, CA 95814		
Center to Advance Palliative Care	(212) 201-2670	1255 Fifth Avenue, Suite C-2 New York, NY 10029	capc.org/	Jennifer Raiten
First Call Home Care	(916) 725-2580	6929 Sunrise Blvd. Suite 180 Citrus Heights, CA 95610	fchosp.com	Cathy Preble
Get Palliative Care			getpalliativecare.org/home/	
Hospice Foundation of America	(800) 854-3402		hospicefoundation.org	info@hospicefoundation.org
Hospice Net		401 Bowling Avenue Suite 51 Nashville, TN 37205-5124	hospicenet.org	info@hospicenet.org
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	hospicecare.com	
Intrim Health Care Services	(916) 484-3965	2941 Fulton Ave. Suite B Sacramento, CA 95821	intrimhealthcare.com	Kellie Morrison
Kaiser Permanente Hospice - Sacramento	(916) 486-5300 FAX (916) 486-5301	3174 Arden Way Sacramento, CA 95828	kp.org	

Lawrence J. Ellison Ambulatory Care Center, Division of Pain	(916) 734-7246	4860 Y. St. Suite 2700 Sacramento, CA 95817	ucdmc.ucdavis.edu/pain/contact-us/	Scott Fishman M.D.
Mercy Hospice	(916) 281-3900	3400 Data Drive, Rancho Cordova, CA 95670		Cherie Sianez
Mercy Hospice	(916) 281-3900	9912 Business Park Drive, Suite #100, Sacramento, CA 95827	mercygeneral.org	
National Hospice and Palliative Care Organization	(703) 837- 1500	1731 King Street Suite 100 Alexandria, VA 22314	nhpco.org/	Chris Olson
Snowline Hospice	(530) 621-7820	6520 Pleasant Valley Road Placerville, CA 95667	snowlinehospice.org	
Sutter VNA and Hospice Sacramento	(916) 388-6255 FAX (916) 381-5135	7300 Folsom Blvd. Suite 100 Sacramento, CA 95826	suttervnaandhospice.org	Home Care Administrator: Sheri Frazier Hospice Administrator: Sharyl Kooyer
UC Davis Hospice Home Care Services	(916) 734-2458 (800) 268-9232 FAX (916) 454-1903	3630 Business Dr. Sacramento, CA 95820	ucdmc.ucdavis.edu/homecare/hospice/	

Vitas Hospice	(916) 925-7010	2710 Gateway Oaks Drive Suite 100 Sacramento, CA 95833	vitas.com	
Yolo Hospice	(530) 758-5566	1909 Galileo Court, Suite A Davis, CA 95616	yolohospice.org	Joseph Lumello

Services
Association that helps with the education such as conferences, regulatory updates, and workshops on hospice care.
Provides training and education for professionals, employment, resources such as seminars and conferences.
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.
Information and education on palliative care versus hospice care. Resources on how to get care and where to get care.
National website with a great deal of information about Hospice.
Website with information about Hospice, services, locations, etc.
Huge selection of information about hospice and palliative care services.
Intrim Hospice and Palliative Care
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.

<p>Provides inpatient and outpatient consultations. Provide education on pain in terminally ill patients.</p>
<p>Provide care to terminally ill patients and their families, bereavement support & pet therapy</p>
<p>Hospice volunteering</p>
<p>Site offers professional resources such as training, employment, membership services, and latest news on palliative care.</p>
<p>Patient comfort and pain management at the end of life. Grief counseling and support. Preliminary consultation and referral regarding advance directives. Assessment of the family's needs and plan-of-care implementation. An individualized plan is developed and a case-management team is assigned that is led by an RN. Care and/or support are offered either at the patient's home or a skilled nursing facility.</p>
<p>Providing compassionate care in the comfort of patient homes is our purpose. We are constantly looking for ways to enhance the health and well-being of the people in the communities we serve. As one of the largest not-for-profit, community based home healthcare and hospice agencies in Northern California, we are committed to providing the most compassionate care possible.</p>
<p>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</p>

VITAS' care team can help to control pain, reduce anxiety and offer spiritual and emotional support to patients and their families in home or in a facility. Covers all prescription drugs, over-the-counter medications, medical equipment and supplies required to treat life-limiting illnesses.

Provides social work, hospice aids, spiritual care, bereavement, community outreach, and newsletters.

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	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	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 Bayside Landing	(209) 473-1300	3318 Brookside Road, Stockton, CA 95219	atriaseniorliving.com	Aron Alexander, Community Sale Director	Independent living and Assisted living. Private.
Atria El Camino Gardens	(916) 488-5722	2426 Garfield Avenue Carmichael, CA 95608	atriaseniorliving.com	Suzie Stagum	Alzheimer's/Related Dementia Care, Assisted Living, Retirement Living Facility
Auburn Oaks Senior Apt.	(916) 729-9200	7501 Sunrise Blvd. Citrus Heights, CA95610	ciminocare.com	Desiree Gallaher Assistant Manager	Senior independent living for low income. Utilities, basic cable, housekeeping, laundry service, and transportation provided with rent.
Bruceville Terrace	(916) 423-6000	8151 Bruceville Road, Sacramento, CA 95823	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	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	carefreeseniors.com	Gloria Banks	Active Adult community that provides many activities and opportunities for seniors to interact with eachother. Provide transportation for seniors to leave the complex.
Carlton Plaza of Sacramento	(916) 971-4800	1075 Fulton Ave. Sacramento, CA 95825	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.

Chateau on Capitol Avenue	(916) 447-4444	2701 Capitol Avenue Sacramento, CA 95816	hankfisherproperties.com	Marianne Richardson, Executive Director	24/7 care, TLC Suites for short-term healing, rehabilitation or hospice care. Assistance available for medications management, dressing, bathing, and other daily activities of daily living. A variety of leisure, religious, and recreational activities.
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.
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	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	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	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	(866) 375-2866	11300 Fair Oaks Boulevard, Fair Oaks, CA 95628	eskaton.org/about-eskaton.html	Janeice Pierce, RN Unit Manager, Assistant Director of Nurses	Includes residential living with services, assisted living, memory care, hospice, skilled nursing, home care and multiple other special programs.
Eskaton Care Center Greenhaven	(916) 393-2550	455 Florin Road Sacramento, CA 95831	eskaton.org/care-center-greenhaven.html	Heather Craig Administrator	Specializes in rehabilitation and skilled care for complex medical patients. Provides 24/7 skilled nursing care, personal care and dynamic rehabilitation programs. Short-term, long-term and respite care are also available. Care is focused to maximize the patient's ability to function as self-reliantly as possible. Provides outpatient care which may take place at the patient's home or the facility.

Eskaton Senior Residences and Services	(916) 334-0810 (888) 334-1072 FAX (916) 338-1248	5105 Manzanita Ave. Carmichael, CA 95608	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.
Eskaton Village Carmichael Independent Living	(916) 974-2000	3939 Walnut Ave, Carmichael, CA 95608	eskaton.org/village-carmichael.html	Jane Ipsen	As a Village resident, he/she can create the lifestyle they want to live – now and for the future. There is an impressive array of life-enriching programs and amenities, guaranteed access to a full continuum of on-site healthcare,
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	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	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	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	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	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	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/loyaltonoffolom/	loyaltonoffolom-ed@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 accommodations 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	horizonwest.com	Joyce Ezell, Nursing Service Director	Provides administrative support and consulting services to skilled nursing and assisted living and retirement communities.
Mercy McMahon Terrace	(916) 733-6510	3865 J Street Sacramento, CA 95816	mercymcmahonterrace.org	Mary Francis	Independent, Assisted, and Skilled Living Facility
Merrill Gardens	(916) 427-1133	6350 Riverside Blvd. Sacramento, CA 95831	merrillgardens.com/loc_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	localcommunities.org/servlet/LocalProcServ/dbpage=page&mode=display&gid=01298001151027457506374291	Katie Cline	A free telephone referral service providing unbiased information about residential care and in-home care 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	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.
The Parkview	(925) 461-3042	100 Valley Avenue, Pleasanton, CA 94566	www.eskaton.org/parkview	Sylvia Zaininger	Assisted Living and Memory Care Affordable housing for 10 low income seniors.

Pioneer Towers - Retirement Housing Foundation	(916) 443-1859	515 P St Sacramento, CA 95814	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	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	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.
River's Edge At Campus Commons	(916) 921-5131	601 Feature Drive Sacramento CA 95825	riversedgeseniorliving.com	Thamsyne Brown	An Independent living community for seniors, provides assisted/independent living care, social support, physical therapy and rehabilitative services, assistance with relocation.
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	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	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	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 Ulatis Drive Vacaville, CA 95687	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	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.
Sunrise Senior Living	(707) 776-2885	815 Wood Sorrel Dr. Petaluma, CA	sunriseseniorliving.com	Michelle Masciorini, Caregiver	Rooms for rent, fitness, nutrition, cognitive programs, and memory care
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	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	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	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	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	accentcare.com		Home health services, assisted living, Medicare services, etc. See website for additional locations.
All For You Home Care	(916) 479-8554	777 Campus Commons Road Suite 200 Sacramento, CA 95825	allforyouhomecare.com	Dani Gourey, Care Coordinator	In home care, 24 hr care, meal prep, house keeping, bathing, transferring, shopping, and medication reminders.
Better Living Home Care	(916) 361-3000	9719 Lincoln Village, Suite 609, Sacramento, CA 95827	blhc.org		Personal Home Care Services- with an experienced in home caregiver that enable clients to live independently at home with dignity, and provide peace of mind for their families. Alzheimer's & Dementia care services. Stroke home care services. Hospice and cancer care services.
Blossom Ridge Home Care	(800) 991-6147	4095 Kingsbarns Drive Roseville, CA 95747	blossomridgehomecare.com		Consultation and placement assistance to different agencies. Care planned and provided on individual bases. Work collaboratively with physicians, health care facilities, senior living complexes, and other health care agencies to provide and enhance the home health care experience. Education and support for caregivers.
CA Dept. of Health and Human Services: Low income Home Energy Assistance Program	(916) 341-4200	P.O. Box 1947 Sacramento, CA 95812-1947	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	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.

Citizens Who Care for the Elderly	530-758-3704	1260 Lake Blvd. Ste 208 Davis, CA 95616	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	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.
Eskaton Live Well at Home	(916) 459-3220	8525 Madison Avenue, Suite 150 Fair Oaks, CA 95628	eskaton.org/livewell/	Terri Becker	Live Well at Home is an active, fun, and comprehensive membership program featuring classes, social activities, access to a preferred network of home services providers, and discounts and special offers from local merchants tailored to people 55 and better.
Gentiva Health Services	(916) 929-2229	2020 Hurley Way Ste. 490, Sacramento, CA 95825-3214	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		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	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	homeinstead.com	Amanda Finn	This is a private business that comes into a senior's home to provide companionship and care.

Indecare	(916) 973-1264	2020 Hurley Way Suite 225 Sacramento, CA 95825	indecareathome.com/interview.htm	afisher@indecareathome.com	Caring companionship, meal planning and preparation, transportation and errands, light housekeeping, laundry service, medication reminders, exercise and appropriate activities, bathing assistance, personal hygiene, dressing assistance, incontinence care, respite care, referral and coordination services. if any medical care is required a home health nurse will be brought in.
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	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	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	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	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	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	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	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). The goal is to provide the elderly with safer homes that decrease fall risk and increase independence.
Resources for Independent Living	(916) 446-3074	420 I Street, Level B: Suite 3 Sacramento, CA 95814	ril-sacramento.org/		Personal Assistive Services, Independent Living Skills, Advocacy, Assistive Technology, Peer Counseling
Response Link	(800) 894-1428		responselink.com		Provide various levels of telephone support. Level of support based on patient needs and package purchased.
Right at Home Care	(916) 779-0601	1401 El Camino Ave. Suite 230 Sacramento, CA 95815	RightAtHome.net		Companionship, homemaking, physical assistance, hygiene, wellness, skilled nursing.
Rx Staffing & Home Care	(916) 485-8200	4640 Marconi Avenue, Suite 1 Sacramento, CA 95821	rxnursing.com		Hourly or live in care: assistance with activities of daily living and instrumental activities of daily living, safety monitoring/supervision, companionship, and transportation.
Sacramento Life Force In-Home Care	(916) 481-6825	2929 Fulton Avenue, Suite 2967 Sacramento, CA 95821	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	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	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
Seniors Helping Seniors	(916) 372-9640	2764 Rogue River Circle West Sacramento, CA 95691	seniorshelpingseniors.com/	Kiran Yocom	Senior service helpers, in- home care, light housekeeping, cooking shopping, mowing the lawn, doctor visits, transportation, personal care and more.
Sierra Nevada Home Care	(530) 274-6350	988 McCourtney Road, Suite A, Grass Valley, CA 95949			Professional home health care
Support for Home Health Care	(916) 482-8484 (530) 792-8484	1333 Howe Ave Suite 206 Sacramento, Ca 95825	supportforhome.com/		Home Care services, Geriatric Care Management, Assisted Medication Management
TLC (Talking, Listening, Caring) Telephone Reassurance Program	(916) 334-1072	5105 Manzanita Avenue, Carmichael, CA 95608	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	visitingangels.com/sacramento1	Racheal Breedlove, HR Supervisor	Living Assistance Services, In home care, bathing, med reminder.

Name	Phone	Address	Website	Contact	Services
Administration on Aging, Elder Abuse Prevention and Treatment Resources	(800) 677-1116		aoa.dhhs.gov		Government agency to help treat and prevent elder abuse.
Administration on Aging	(202) 619-0724	One Massachusetts Avenue NW Washington, DC 20001	aoa.gov		The AoA is the Federal agency responsible for advancing the concerns and interests of older people and their caregivers. AoA works with and through the Aging Services Network to promote the development of a comprehensive and coordinated system of home and community-based long-term care that is responsive to the needs and preferences of older people and their family caregivers.
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) 847-9377	970 Business Park Drive Sacramento, CA 95827	dhhs.saccounty.net		This program receives reports of elder and dependent adult abuse, conducts a social work investigation of the reports, and intervenes when appropriate and necessary.
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.
California Dept. of Justice Bureau of Medical Fraud and Elder Abuse	(800) 722-0432	P.O. Box 944255 Sacramento, CA 94244-2550	oag.ca.gov/bmfea/elder		Investigation and prosecution of abuse, neglect, or inadequate care provided or committed by: individual employees, skilled nursing facilities, care homes. Investigation and prosecution of corporate entities like hospitals, SNFs, and residential care homes who promote or adopt practices or policies that contribute to poor care or neglect.

Center for Substance Abuse Prevention (CSAP) - Prevention Pathways			pathwayscourses.samhsa.gov/elab/elab_2_pg7.htm		Information and education about elder abuse.
El Dorado County Human Services Department	(530) 573-3200 FAX (530) 541-6736	971 Silver Dollar South Lake Tahoe, CA 96150	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.
Elder/Sexual Abuse Bureau	(916) 874-5070	4510 Orange Grove Avenue Sacramento, CA 95841	sacsheriff.com		Detectives are on call for any case 24/7. SEAD staff helps investigate roughly 1800 elder abuse and sexual offense cases and follows through with prosecution. Detectives provide teaching to spread awareness and be proactive.
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	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	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	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, Senior Legal Hotline	(916) 551-2150	515 12th Street Sacramento, CA 95814	slh.lsnr.net/20-help-gps.html	John Tan, Attorney Amy Williams, Attorney	Eligible callers can receive a free telephone consultation with an attorney or paralegal. Through the hotline's web site, seniors can also submit questions by e-mail. This leads to a phone appointment.

National Center on Elder Abuse	(800) 231-4024	4875 Broadway Sacramento, CA 95820	ncea.aoa.gov		The National Center on Elder Abuse (NCEA) serves as a national resource center dedicated to the prevention of elder mistreatment.
Ombudsman Services of Northern California	(916) 486-1876	2260 Park Towne Circle Suite 100 Sacramento, CA 95825	osnc.net	Joan S. Parks and Cliff Wilson, Co- Coordinators admin@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	sacdhhs.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, Elder Abuse Vertical Prosecution Program	(916) 874-6159	901 G St. Sacramento, CA 95814	sacda.org/divisions/units/elder%20abuse.php	Jennifer Bubnes, Elder Abuse Unit bubnesj@sacda.org	Agency files all cases of elder abuse and works closely with victim advocates who provide outreach, support and education to the victims as well as provide assistance in obtaining emergency protective orders.
Sacramento County Public Law Library	(916) 874-6012	609 9th Street Sacramento, CA 95814	saclaw.lib.ca.us		Staff cannot give legal advice but can provide you with resources and referrals to other resources to take care of routine legal matters. Can provide court filing fee waiver information. Many free videos and workshops available online and in person. Some workshops have fees, see website.
Sacramento County Sheriff's Department, Elder Abuse Detail	(916) 874-5070	4510 Orange Grove Ave. Sacramento, CA 95814	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.
Sacramento Department of Health and Human Services, Adult Protective Services	(916) 874-9377	4875 Broadway Sacramento, CA 95820	sacdhhs.com/article.asp?ContentID=270		Investigate allegations of abuse or neglect for eligible adults; provide 24 hour emergency response services; provide referrals to other county and community services; advocate for clients in a variety of situations (landlords, hospitals, etc.).

Sacramento Superior Court County of Sacramento William R. Ridgeway Family Relations Courthouse	(916) 875-3400	3341 Power Inn Road Sacramento, CA 95826	saccourt.ca.gov/locations/wrrfrc.aspx		Elder or Dependent Adult Abuse Restraining orders; probate matters, which include guardianship, conservatorship, and wills and estates.
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.
Senior Legal Hotline	(916) 551-2140	444 N Third St. Suite 312 Sacramento, CA 95811	seniorlegalhotline.org		Provides free legal assistance concerning everything from elder abuse/sexual abuse to grandparents rights. Program that aims at protecting the dignity, independence, safety, and economic stability of the seniors and dependents they serve. Nonprofit legal aid program. Offers civil legal assistance and represents cases for low-income people. Provides consultations on a wide range of legal issues affect people age 60 or older. Consultations can be provided in person or by telephone.
State Long Term Care Ombudsman Program	(916) 419-7510	1300 National Drive Suite 200 Sacramento, CA 9583	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	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	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	sfb.org/womenswisdompg.htm		Run by Sacramento Food Bank and Family Services. Voluntary program that works with women in transition from abuse.

Name	Phone	Address	Website	Contact
ASCP - American Society for Consultant Pharmacists	(703) 739-1300	1321 Duke Street Alexandria, VA 22314-3563	ascp.com	info@ascp.com
Beers List			dcri.duke.edu/ccge/curtis/beers.html	
BenefitsCheckUp			benefitscheckup.org	
Cal Recycle	(916) 876-5393	9850 Goethe Rd Sacramento, CA 95827	calrecycle.ca.gov	Kelli Sequest Solid Waste Planner
Centers for Medicare and Medicaid		7500 Security Blvd. Baltimore MD, 21244	cms.gov	
CVS Pharmacy			cvs.com	
Human Service Agency, San Joaquin County - Medication Management Program	(800) 510-2020 or (209) 468-2202	102 S. San Joaquin St. Stockton, CA 95202	sjaging.org	

Kaiser Permanente	(510) 271-5800	Kaiser Plaza 19th Floor Oakland, CA 94612	kp.org
Longs Drugs Pharmacy	(530) 666-2448	7 W Main St, Woodland, CA 95695	longs.com
Manor Drug Store	(916) 922-9392	2361 Northgate Blvd., Sacramento, CA 95833	
Medicare Rx- Connect			maprx.info
MedicineNet			medicinenet.com/senior_exercise/article.htm
Medline plus		8600 Rockville Pike, Bethesda, MD 20894	www.nlm.nih.gov/medlineplus
Mission Medical Pharmacy	(818) 787-7790	8215 Van Nuys Blvd, Panorama City, CA 91402	
National Coordination Council for Medication Error Reporting and Prevention (NCC MERP)			nccmerp.org
Senior Care Pharmacists			seniorcarepharmacist.com

Walgreens Pharmacy (916) 435-2181 2177 Sunset Blvd.
Rocklin, CA walgreens.com Luciana Mirandola,
pharmacist assistant

**Walgreens Specialty
Pharmacy** (888) 782-8443 walgreens.com

**Woodland Healthcare
Coumadin Clinic** (530) 666-1631 1207 Fairchild Ct,
nurses ext: 6503 Woodland, CA 95695 Troy Fajerson, PA,
Nancy Burnham, RN or
Delva Coopman RN

Services

International professional association that provides leadership, education, advocacy, and resources to advance the practice of consultant and senior care pharmacy.

Beers List: A comprehensive compilation of drugs inappropriate for use by seniors.

An online service to help people explore their drug coverage options and their eligibility for assistance with medication costs.

Any consumer may ask the pharmacist for advice and information. No purchases are necessary.

Provides information about education, events, and drop-off locations for hazardous waste and pharmaceutical waste/sharps.

Drug utilization reviews for all of our members to make sure that they are getting safe and appropriate care. Reviews look for medication problems such as: Possible medication errors. Duplicate drugs that are unnecessary because you are taking another drug to treat the same medical condition. Possible harmful interactions between drugs you are taking.

The pharmacist can answer any questions regarding medications. The pharmacist can check the Beers list for you. Bring in your medications to be checked by a pharmacist for any drug- drug related interactions.

The agency helps with medication management: Provides medication screening. Education for individuals and caregivers to prevent incorrect medication and adverse drug interactions. In-Home Pharmacy Consultation. Repacking of medications. Pre-filled bubble packs, electronic alarm, voice reminders, and automated medication dispensers. Provides resources to help residents understand Medicare and Medicaid drug benefits.

Kaiser Permanente members 18 years and older, offered in partnership with HealthMedia®: a personalized medication action plan; follow-up emails to help you track your progress with your medication; tools to monitor your medications; pharmaceutical health news; the option to share your medication reactions and results with your doctor.

Pharmacist trained to answer questions regarding all over the counter and prescription medications. See website for other area locations.

Sell home health care products and medical supplies.

Website with links to provide information about Medicare Prescription Drug Coverage and answer questions relating to Medicare Part D

Provides answers to many frequently asked questions regarding our bodies as we age, in the form of a slideshow. It also denotes the various benefits of physical activity and directs viewers to other helpful resources.

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.

Pharmaceutical supplies and equipment service.

Helps to inform our thinking on and understanding of patient safety medication issues.

Medication management resources for seniors including a list of local geriatric pharmacists.

Walgreens offers a full pharmacy with a pharmacist present at all hours. The pharmacist is available to discuss with clients the use, doses, side effects and interactions of all prescribed medications. If the client has insurance, Walgreens can track all the medications the client is taking. This computer program automatically red flags any interactions between medications and/or any adverse side effects.

Effective Specialty Pharmacy solutions, from personalized patient support services to medication management programs for health plans

Monitors patients taking coumadin.

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			
Bi-Valley Medical Clinic Inc.	(916) 442-4985	2100 Capitol Ave Sacramento, CA 95816	bi-valley.com		Methadone maintenance, psychiatric clinic and withdrawal programs.
Community Recovery Resources (CoRR)	(530) 273-9541	180 Sierra College Dr. Grass Valley, CA 95945	corr.us	Cindy Santa Cruz-Reed	Outreach to seniors helps elders and their families address substance abuse issues. Help with placement and insurance coverage verification is offered. Inpatient services, detoxification, transitional housing and life skills services.
Community Addiction Recovery Association	(916) 485-2272	2230 Loma Vista Dr. Sacramento, Ca 95825	carasac.org		Acupuncture to help with depression and substance abuse.
International Council on Alcohol and Addictions			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.
Narcotics Anonymous	(800) 600-4673		sacramentona.org	info@sacramentona.org	Twelve step program with a variety of groups that meet to support people with different needs. Non-professional support.
Nicotine Anonymous	(916) 359-1360	2215-R Market St. #229 San Francisco, CA 94114	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 County Alcohol and Drug System of Care	(916) 874-9754	3321 Power Inn Road Suite 120 Sacramento, CA 95826	dhhs.saccounty.net/Pages/Home.aspx		Administers prevention, treatment, and recovery services. Contracts are held with an array of community-based service providers throughout the County. The range of services provided through these organizations includes outpatient treatment, methadone treatment, day treatment, detoxification, and residential services.

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			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	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.
Wellspace Health	(916) 737-5555	1820 J Street Sacramento, CA 95820	wellspacehealth.org/index.htm		Individual and group counseling, detoxification placement, low cost clinics for senior. Offering primary care as well as addiction and mental health treatment services.

Name	Phone	Address	Website	Contact	Services
AARP - Grief and Loss Resources			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	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	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	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	suttervnaandhospice.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	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 Association of Senior Peer Counseling	(916) 368-3282	Mental Health Association SPC, 9719 Lincoln Village Dr. Suite 407 Sacramento, CA, 95827	aaspc.com		This is a volunteer Senior Program that enhances quality of life and creates a brighter future. Their mission is to unify, support and promote the well being of older adults.
American Psychological Association	(800) 374-2721 (TDD/TTY) (202) 336-6123	750 First Street NE Washington, DC 20002-4242	apa.org/index.aspx		Largest scientific and professional organization representing psychology in the United States. Access to information regarding psychology topics, publications, news & events, research, and education.
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	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	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.
Balanced- Bipolar and Depression Support Sacramento	(916) 456-8701	Trinity Lutheran Church 1500 27th Street Sacramento, CA 95816	meetup.com/balanced/		Group is based on three principles: support, care and love. Teaching about depression, bipolar disorder or how to improve quality of life.
Bridges to Recovery	(877) 727-4343	P.O. Box 351809 Los Angeles CA 90035	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	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	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.
Dementia Care Central			dementiacarecentral.com/resourc-center		Links one with resources and gives information about vascular dementia.
East Area Mental Health Clinic	(916) 485-6500	2220-B Watt Ave. Sacramento, CA 95825	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) 441-0226	3870 Rosin Ct. Sacramento, CA 95834	elhogarinc.org/	Ameshia Arthur	Provides prevention and early intervention to support seniors (55+) who show early signs of isolation or depression.
Fall Creek Counseling	(916) 344-0900		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			gmhonline.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	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	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			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			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	This program is operated by consumer staff and provides peer support, linkage, referrals, and resource information to the community.
NAMI - California	(916) 567-0163 FAX (916) 567-1757	1010 Hurley Way, Ste. 195 Sacramento, CA 95825	namicalifornia.org	support@namicalifornia.org	Information, referral and education on mental illness.
National Institute on Aging (NIA)	(301) 496-1752 (800) 222-2225	31 Center Drive, Rm. 5C27 MSC 2292 Bethesda, MD 20892-2292	nia.nih.gov		Free resources and information about vascular dementia and other types of dementia.
National Institute of Mental Health (NIMH)	(301) 443-4513 (866) 415-8051	6001 Executive Boulevard, Room 8184, MSC 9663 Bethesda, MD 20892-9663	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
New Pathways Counseling	(916) 452-7481	5890 Newman Court Sacramento, CA 95819-2608	csssac.org/id5.html	newpathways@csssac.org	Our program specifically exists to assist people, especially families, in overcoming the financial barrier of accessing affordable mental health services by providing these services based on ability to pay. Low cost counseling for individuals, couples, families, and children. Assessment and referral services.
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	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
Psychology Today			therapists.psychologytoday.com/rms/prof_results.php?city=Sacr		Provides easy access to find therapists, psychologists, or psychiatrists based on geographic location, primary language, therapy technique, age, insurance that is accepted, religion, or issues
PTSD Support Services			ptsdsupport.net/whatis_ptsd.html		Offers insight on coping skills, what PTSD is, symptoms, and signs

Sacramento Area PTSD Support Group		Antelope, Ca	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	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	samaritancounseling.com		Provides psychotherapy for depression, anxiety, trauma, grief, and addictions
Sierra Elder Wellness Program	(916) 363-1553	3870 Rosin Ct. Suite 130 Sacramento, CA 95826		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	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	suicidehotlines.com/california.html	Richard Hill, supervisor	Provides suicide crisis intervention.
Sutter Center for Psychiatry, Depression and Bipolar Support Alliance (DBSA) Support Group	(916) 386-3000 FAX (916) 386-3050	7700 Folsom Blvd Sacramento, CA 95826-2608	go.sutterhealth.org dbsasacramento.org/	Andrea Hillerman: (916) 875-4710, Marilyn Hillerman: (916) 875-4710, Tina and Terry Imai: (916) 686-7063	Services are provided every second and fourth Wednesday of each month from 7:30 - 9:00 p.m.

The Effort - Suicide Prevention/Mental Health counseling	(916) 368-3080	1820 J Street Sacramento, CA 95811	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.
Transitional Living and Community Support	(916) 441-0123	2277 Fair Oaks Blvd., Suite 440 Sacramento, CA 95825	tlcssac.org/contact.html	Marlyn Sepulveda (916) 854-1801	Support connecting to Outpatient Mental Health Services. Quick access to Medication Services. Assistance managing persistent mental health symptoms. Services provided in preferred language. Linkage to community resources. Assistance with housing.
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	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			aoa.gov/eldfam/Nutrition/Nutrition.asp		Useful government website giving information about nutrition programs for the elderly
American Association of Retired Persons			aarp.org		A nonprofit, nonpartisan membership organization that helps people 50 and over improve the quality of their lives. This website is a good resource for nutritional facts, recipes and resources.
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	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			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.
Cal Fresh - Sac County Dept of Human Assistance	(916) 874-2072	1725 28th Street Sacramento, Ca 95816	www.dhweb.saccounty.net		This program helps low-income households buy the food they need for an adequate and nutritious diet. It also prevents hunger and improves overall nutrition and health.
Capay Organic	(800) 796-6009	23808 State Hwy 16, Capay, CA 95607			Deliver organic fruits and vegetables to your door each week. All the procedure is grown on their family run organic farm. It is a way to stay up to par on your required "super food" without leaving your home.
Cordova Senior Center	(916) 366-3133 FAX (916) 362-9602	3480 Routier Rd Sacramento, CA 95827	crpd.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	elderlynutrition.org	Nicki McCabe, Executive Director, nmccabe@elderlynutrition.org	Serves over 80,000 noontime meals to 1400 seniors (60+) throughout Yolo County, Davis, West Sacramento, Winters, Esparto, Knights Landing, and Woodland.
Ethel MacLeod Hart Senior Center	916-264-5462	915 27th Street Sacramento, CA 95816	cityofsacramento.org/parksand recreation/ohs/srcenter.htm		Open various hours 7 days a week. Offers many structured activities, about 90% are free. Monday- Friday they have a Senior lunch program for persons over 60, lunch is \$2.
Foodlink-SACK (Sacramento Area Community Kitchen) Senior Meal Program	916-387-9000 ext. 137	5800 Foodlink Street Sacramento, CA 95828	www.cafoodlink.org	Nancy Yavrom	Official Food Bank of Sacramento County. Provides emergency food supply only. If a person needs a food supply for a longer period of time, they should contact a Food Closet. Foodlink gets shelf stable foods from Raley's and redistributes them in brown bags to persons 60 years and older that qualify as low income. Bag contains enough food to feed one person three meals a day for three days. This bag can also be supplemented with the USDA food but will require further income restrictions and paperwork.
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	southgaterecandpark.net/facili ties/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	goldenmeals.org		Senior Nutrition Program of SLO County. Serves lunchtime meals at local sites and delivers hot meals to homebound seniors.
Greater Sacramento Urban League	916-286-8600	3725 Marysville Blvd. Sacramento, CA 95838	gsul.org	Helen Lopez	A free community service that offers transportation services to appointments. Offered Mon-Fri 8:30-4 in selected Sacramento zip codes. Schedule pick-up two days in advance.

High Noon Senior Nutrition Program	(916) 273-4961 VM (916) 273-7375 FAX (916) 273-0785	10433 McCourtney Rd. Grass Valley, CA 95949	nccn.net/~johnrigg/hnsnp.htm		Provides congregate noontime meals for seniors.
Home Care Nutrition			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.	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	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	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 by ACC	(916) 444-9533 FAX (916) 446-1468	7311 Greenhaven Dr., Suite 190 Sacramento, CA 95831	mowaa.org	info@mowsac.org	Persons must be 60 or older, homebound and frail. They receive either one box of five frozen meals/week or one hot meal per day Monday- Friday. Referrals are made by phone. A \$2/week donation is requested but not required.
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	riolindaelevantaparks.org	Beverly	Food services along with recreational programs for seniors

MNA Mini Nutritional Assessment			mna-elderly.com		Website for Mini-Nutritional Assessment and information on under nutrition
National Food Stamp Program			fns.usda.gov/fsp/		Provided vouchers for the purchase of food needed for good health.
Nestle Nutrition Institute			mna-elderly.com		The MNA (Mini Nutritional Assessment) is a validated nutrition screening and assessment tool that can identify geriatric patients age 65 and above who are malnourished or at risk of malnutrition
Nutrition.gov		10301 Baltimore Ave, Beltsville, MD 20705-2351	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.
Pace4You	916-446-3100 TDD/TYY: 916-446-4124		pace4you.org	Sutter SeniorCare Community Outreach Department	An all inclusive Care for the Elderly
Prevention.com			prevention.com		A website focused on providing information on health, beauty, and nutrition. Healthful recipes and general wellness articles are some of the many features located on this website.
Sacramento County Senior and Adult Services In-Home Support Services	(916) 874-9471	9750 Business Park Dr. Sacramento, CA 95827	dhhs.saccounty.net/SAS/Pages/In-Home-Supportive-Services/SP-In-Home-Supportive-Services.aspx	hhs-sas- internet@saccounty.net	Assistance with cooking, feeding and cleaning.
Sacramento Food Bank & Family Services	916-456-1980 Fax: 916-451-5920	3333 Third Ave Sacramento, CA 95817	sacramentofoodbank.org		Provides a 5 day supply of emergency groceries to families in need six days per week.
Sacramento Hunger Commission	(916) 447-7063 x335	909 12 th Street, Suite 200 Sacramento, CA 95814	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	csus.edu/hlth	Shauna Schultz, R.D., Nutritionist schultz@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	cityofsacramento.org/parksandrecreation/recreation/c_meadowview.htm	Walter Cooper	Offers nutritious meals for seniors and gives them an opportunity to socialize.
Senior Cafes by Seniors First	(530) 889-9500 ext. 208	11566 D Ave. Auburn, CA 95603	seniorsfirst.org/senior-nutrition-program		Hot, nutritious lunch is provided at nine cafes in Placer County. The locations are in Auburn, Colfax, Rocklin, Lincoln, and Roseville.
Senior Farmers' Market Nutrition Program	(916) 654-0466	1220 N. N Street Sacramento, CA 95814	cdfa.ca.gov/seniorfarmersmrktnutritionprgm/		Participants are given one \$20 coupon booklet to be used to purchase fresh fruits, vegetables, cut herbs, and raw unprocessed honey. The coupons can be redeemed at any WIC/SFMNP authorized Farmer's Market.
Senior Gleaners, Inc	(916) 925-3240 (800) 585-1530 FAX (916) 568-1528	1951 Bell Avenue, Sacramento, CA 95838	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.
Taylor's Market	(916) 443-6881	2900 Freeport Blvd. Sacramento, CA 95818	taylorsmarket.com	Brian (brian@taylorsmarket.com) or Dave (dave@taylorsmarket.com)	Home delivery of groceries and other in-store items primarily to Land Park, Curtis Park, Hollywood Park, Midtown and other locations (Taylor's Market, 2011).
Tufts University - Friedman School of Nutrition Science and Policy			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			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	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
U.S. Government Nutrition Website		10301 Baltimore Ave Beltsville, MD 20705-2351	nutrition.gov		Provides nutrition information, research articles, fact sheets, and links to MyPyramid.gov resources.
Veterans Administration - Move! Weight Management Program	(916) 843-7351	10535 Hospital Way Sacramento, CA 95655	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		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	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	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.
Always Best Care Senior Services	(916) 416-4113	1406 Blue Oaks Blvd. Suite 175 Roseville, CA 95747	alwaysbestcare.com		<ul style="list-style-type: none"> • Home Care • Assisted Living • Alzheimer's Dementia • Skilled Home Health Care • Veterans Assistance
Asian Community Center	(916) 393-9026	7375 Park City Drive Sacramento, CA 95831	accsv.org	Judie Higashi, Community Nurse Specialist	Help elders with Alzheimer's Disease and dementia, daycare, activities, and exercises.
Bay Respite Care	(707) 644-4491	3272 Sonoma Blvd. Suite 4 Vallejo, CA 94590	bayrespitecare.org		Respite Care Providers to suit needs, able to meet specialized patient needs such as patients with G-tubes. Clients can also hire someone of their choosing and opt for them to complete training with BRC.
A Center for Seniors and Art	(916) 355-7285	48 Natoma St Folsom, CA 95630	folsom.ca.us/depts/parks_n_recreation/senior_center/default.asp	Ryan Erwin, Coordinator 916-351-3510	Senior Citizen Club, daily lunch, coffee and snacks, card games, Mah Jong, etc., dancing, parties
Cordova Senior Center	(916) 366-3133 FAX (916) 363-1487	3480 Routier Rd. Sacramento, CA 95827	crpd.com	Heather Schelske Rec Supervisor	Very active center with a number of activities: exercise, bingo & arts & crafts. Plus services: travel ops, community garden, health & advocacy counseling, clubs, speakers, and special events. And a van service to pick up people in the community.
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 TDD: (530) 757-5666	646 A Street Davis, CA 95616	cityofdavis.org/cs/seniors	Maria Lucchesi mulcchesi@cityofdavis.org	Davis Senior Center provides a variety of health and wellness supports including senior support groups, elderly nutrition supports, exercise classes, health screening clinics, and recreational activities. Additionally, the senior center provides supportive services for elders in the community needing assistance with transportation, meal delivery, caregiver support, and housing services.
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	cityofsacramento.org/parksand recreation/ohs/srcenter.htm	Roseanne Bernardy rbernardy@cityofsacramento.org	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	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	thesceg.org	Diane	Offers Chair Exercise, Gentle Yoga, Tai Chi, Low Impact Aerobics, painting, ceramics, writing group and book club. Provides lunches, classes, trips, game night, bingo, estate planning, and tax preparation assistance.
Eskaton Adult Day Health Center	(916) 334-0296	5105 Manzanita Ave. Carmichael, CA 95608	eskaton.org/adult-day-health-center-carmichael.html		Daytime socialization, therapy, personal assistance and nutrition, provided under medical supervision.
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	southgaterecandpark.net/facilities/fruitcomm.html	Alice Moreno, Sunshine Club for Seniors	Southgate sunshine club has a variety of activities and a hot meal. Fruitridge Community Center has other programs like health screenings and educational presentations for seniors.
Fulton-El Camino Recreation and Park District	(916) 927-3802	2201 Cottage Way Sacramento, CA 95825	fecrecpark.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	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	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	roseville.ca.us/parks/programs_n_classes/seniors/senior_center.asp	Joanie Cameron jcameron@roseville.ca.us	Offers fitness, games, and many different classes. New class catalogs come out per season. Also, can participate in adult sport leagues.
Mission Oaks Community Center	(916) 972-0336 FAX (916) 972-7371	4701 Gibbons Dr. Sacramento, CA 95608	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	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	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	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	stocktongov.com/parks/centers/seifertandstribley.cfm	Sheila (Senior program staff director)	Offers fitness classes, dance, an hot lunches every week day for a small charge
Senior Care Solutions	(916) 965-5565	8910 Sunset Ave. Suite B Fair Oaks, CA 95628	seniorcs.com		<ul style="list-style-type: none"> • In Home Care • Independent Living/Retirement Communities • Assisted Living • Residential Care Homes/Board and Care Homes • Nursing Homes • Alzheimer's Care Facilities
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.
Senior Centers Without Walls	(887) 797-7299	114 Montecito Ave. Oakland, CA 94610	seniorcenterwithoutwalls.org	Terry Englehart, Gerontology Director	Free Program that offers activities, friendly conversation, an assortment of classes and support groups to homebound seniors/elders who find it difficult to go to a community senior center. Only requires a phone.
Shiela Ray Senior Center	(847) 364-7224	225 E. Elk Grove Blvd Elk Grove, CA 94624	elkgroveparks.org/seniors.asp	Marge Hart	Senior Center with fitness classes including lower impact exercise, chair exercise.
Sierra 2 Senior Center	(916) 455-6339	2791 24th St Sacramento, CA 95818	sierra2.org/senior/senior.html	Karen Oosterman	Offers older adults that are 50+ the opportunity to participate in a variety of activities (fitness, leisure, cards and games, education, and events).
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	stanfordsettlement.org	Sister Jeanne	Meals for seniors and socialization opportunities. Promotes healthy aging, builds self esteem and confidence, enables seniors to remain in their homes as long as possible.
West Sacramento Community Center Active Aging	(916) 617-4620	1075 West Capitol Ave. West Sacramento, CA 95691	cityofwestsacramento.org/city/depts/pcs/active_aging.asp		Fitness, fun & games, elderly nutrition program, trips & events (recreational activities) Experience works, Legal Clinic (appointments needed), HI CAP Assistance (appointment needed).
West Sacramento Senior Center	(916) 373-5819	664 Cummins Way West Sacramento, CA 95605	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.
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Name	Phone	Address	Website	Contact	Services
Mercy Sleep Center San Juan Hospital	(916) 864-5874	6401 Coyle Ave, Suite 109 Carmichael, CA 95608	mercysacramento.org		Overnight sleep studies.
National Sleep Foundation			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	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	adventurechristian.org		Sponsored Health Aging Summit 2001; has different seniors programs, and counseling
Ananda Sangha	(916) 361-0891	10450 Coloma Road Rancho Cordova, CA 95670	anandasacramento.org/?page_id=91		Seniors can come here to meditate.
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	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	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	yncnaz.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	diocese-sacramento.org/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	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	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	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	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	
American Automobile Association	(916) 560-0501	6109 Sunrise Blvd. Citrus Heights, CA 95610	seniordriving.aaa.com	Patrick Cane	Self evaluation of driving ability through tests online and at local AAA clubs. Information regarding understanding mind and body changes, including vision, hearing, cognition, medical conditions, and reaction time. Interactive online and local in-person driving courses to give an assessment of driver safety with AAA certified instructors at local branches. Additional resources regarding elderly driver safety and programs. Provision of information regarding traffic safety related to health conditions, human behavior, and general medication interactions with driving. Tips for discussing driving concerns with an elderly family member, as well as what to observe in elders that shouldn't be driving.
AARP - 55-Alive Mature Drivers Course	(916) 391-1907 (866) 448-3615	1415 L Street, Ste 960 Sacramento, CA 95814	aarp.org/families/driver_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			
Amtrak	Reservations & Customer Service: 1-800-872-7245	Local station: 401 I Street Sacramento, CA 95814	amtrak.com		Amtrak provides additional services for customers with disabilities as needed at no extra charge.
Area 4 Agency on Aging Volunteer Driving Service	916-486-1876 Fax: 916-486-9454	Area 4 Agency on Aging 2260 Park Towne Circle #100 Sacramento, CA 95825	a4aa.com	tlove@a4aa.com	Transportation service for Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba Counties.
Bay Area Rapid Transit		BART Customer Service P.O. Box 12688 Oakland, CA 94604	bart.gov		BART offers special accommodations for handicapped individuals.
Bond Driving School	(916) 967-0277	901 Sunrise Ave Fair Oaks/Roseville	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	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	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.
City Ride	(916) 556-0258	Citrus Heights	sacrt.com/citrusheightscityride	(916) 556-0258 Automated	Curb to curb transportation for Citrus Heights area. Mon-Fri 7am-7pm. 1.25 for Senior and disabled
Davis Community Transit	(530) 747-8240	1818 Fifth Street Davis, CA 95616	cityofdavis.org/cs/transit	Linda Alemania	Provides curb-to-curb transportation service in Davis.
DMV Senior Ombudsman Program	(916) 657-6437	2415 First Avenue Sacramento, CA 95818	dmv.ca.gov	Mike Marando, Steve Haskins, Armando Botello, Jan Mendoza	Impose restrictions such as no freeway driving, driving with an additional right side mirror, driving from sunrise to sunset (no nighttime driving), area restriction and wearing lens while driving. Allows community members to report changes in physical or mental conditions that may alter a person's driving skills. Physicians and emergency technicians are required by law to report conditions that affect your ability to operate a vehicle safely. Family, friends and neighbors may also report their opinion on your driving skills. Driving skills reexamination after a new physical or mental condition is reported. Ombudsman Program is specifically tailored to dealing with senior drivers and their families.
Greyhound Lines	1-800-752-4841 Assistance for customers with disabilities	Greyhound Lines, Inc. P.O. Box 660362 Dallas, TX 75266-0362	greyhound.com		Services include assistance with boarding and at rest stops, storing and handling mobility aids, and 50% discounted tickets for personal care attendants.

Mobility Training Program	(916) 868-6220 ext. 6005, 6012 or 6218	2501 Florin Road Sacramento, CA 95822	paratransit.org/php/mobility_training.php	J.D. Culver, Director of Mobility Options, (916) 868-6220, Ext. 6218	Mobility Training provides assistance to people learning how to ride Regional Transit (RT) buses and light rail.
National Center On Senior Transportation	(202) 872-0888	1666 K St, Washington, DC, 20006	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	paratransit.org	Linda Deavens, Chief Executive Officer x7302	Provides transportation services to seniors and those individuals with disabilities. Allows individual to be picked up and dropped off at specific addresses.
Sacramento Regional Transit	(916) 321-2877 TDD (916) 483- 4327	1225 R Street, Sacramento, CA 95812	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	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
Transportation Services for Sacramento Seniors			cityofsacramento.org/parksandrecreation/ohs/pdf/oas-cs-transportation.pdf		Details various transportation options for seniors residing in the Sacramento area.
UC Davis Medical Center Bus	(530) 752-8277	4800 2nd Ave., Suite 1100 Sacramento, CA 95817	ucdmc.ucdavis.edu/parking/transportation/		Transportation from UCD campus to UCDCM for patients and visitors. All shuttles are ADA accessible.
Woodland Community Care Car	(530) 662-7800	2001 East Street, Woodland, CA 95776	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, talking books and play back equipment.
California Council for the Blind	(916) 715-2407	1303 J St. Suite 400 Sacramento, CA	ccbnet.org	Deborah Thompson, Sacramento Chapter President	This organization's goal is to gain equal opportunity for the blind and visually impaired. One of their main concerns is advocacy for the visually impaired at the government level. They also have monthly meetings with each chapter group. They offer support not just emotionally, but also physical support. One of their programs is a scholarship each year. They also have job, education, and training programs
California Department of Rehabilitation: Services for the Blind	(916) 263-8953	2000 Evergreen Street Sacramento, CA 95815	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	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.
California Vision Foundation	(800) 877-5738	2415 K Street Sacramento, CA 95816	californiavision.org/Links.htm		The California Vision Foundation is dedicated to preventing vision loss and enhancing eye health through public education and the provision of services to medically underserved Californians. Optometric charity designed to provide low-income, uninsured families throughout the state of California with free comprehensive eye exams and low cost glasses.
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	communitycenterfortheblind.org	ccbvirehab@sbcglobe.net	Promote cognizance of their potential and self-worth. Prevent institutionalization. Enhance integration into the general mainstream of society.
EyeCare America	(877) 887-6327	P.O. Box 429098 San Francisco, CA 94142-9098	eyecareamerica.org	pubserv@aao.org	A comprehensive, medical eye exam and up to one year of care for any disease diagnosed during the initial exam. Free glaucoma eye exam if uninsured. The initiation of treatment is provided, if deemed necessary by the doctor during the exam.
Glaucoma Support Network	(800) 826-6693	200 Pine St San Francisco, CA 94104	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. Website provides information and videos on the different types of glaucoma.
Glaucoma Research Foundation	(800) 826-6693	251 Post Street, Ste 600 San Francisco, CA 94108	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	
Heritage for the Blind			hftb.org/index.html		A non-profit that gives families and people who are visually impaired a lot of information. One of the coolest things about the site is that it talks to you. All you have to do is rest the mouse over the words and it talks to you. They offer information on agencies that will help the visually impaired. They even have a section just for older adults. This section tells them how to find resources and has a link to Area Agencies on Aging which is also a very good resource. They even give you information on laws that are passed and help you understand them. They have information on all the major eye diseases. They also have links for sports group for the visually impaired.
Low Vision Gateway to the Internet			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.
Medicare	1-800-MEDICARE (1-800-633-4227)	7500 Security Blvd. Baltimore MD 21244-1850	medicare.gov		Eye Care - eyeglasses and contact lenses following cataract surgery, glaucoma screening, treatment of macular degeneration.
Mission Cataract USA	(916) 973-7159	Kaiser Permanente 10725 International Dr. Rancho Cordova, CA	missioncataractUSA.org	Clint McClanahan, MD (916) 973-7159	Free cataract surgery to people of all ages who have no means to pay.
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	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.
New Eyes for the Needy	(973) 376-4903	549 Millburn Ave. Short Hills, NJ 07078	neweyesfortheneedy.org/		Provides vouchers for the purchase of new prescription eyeglasses. Patients must work through a social worker, case worker or agency to submit an application.
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	eyeinfo.org		Services: Free adult vision screening, public/professional education, quarterly newsletter, and research resources.

Sacramento County IHSS Public Authority	(916) 874-9768	3700 Branch Center Rd. Suite A Sacramento, CA 95827	sacihsspa.net		In-Home Supportive Services (IHSS) serves aged, blind, or disabled persons who are unable to perform activities of daily living and cannot remain safely in their own homes without help. Through IHSS, qualified recipients may receive assistance with daily tasks such as bathing, dressing, cooking, cleaning and feeding.
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	1238 S Street Sacramento, CA	societyfortheblind.org	Pat Duffy, Case Manager	Low vision clinics, instructional programs on mobility and adaptable computer skills, inline 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	ucdmc.com		
US Department of Health & Human Services			healthfinder.gov		Online guide to health information, sponsored by the Office of Disease Prevention and Health Promotion.

Name	Phone	Address	Website	Contact	Services
AIDS Info	(800) HIV-0440		aidsinfo.nih.gov	US Dept of Health & Human Services	Guidelines; treatment & prevention of AIDS, vaccines, etc
American Association of Sex Education, Counselors and Therapists	(804) 752-0026 FAX (804) 752-0056	P.O. Box 1960 Ashland, Virginia 23005-1960	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.
American Psychological Association, Aging and Human Sexuality Resource Guide	(202) 336-5500	750 First Street, N. E. Washington, DC 20002-4242	apa.org/pi/aging/resources/guides/sexuality.aspx		An online guide to books, articles, and other media on the topic of aging and sexuality.
California Department of Public Health	(916) 558-1784		cdph.ca.gov/HealthInfo/Pages/NursingHomePatient.aspx		Provide information on nursing home resident's rights and a place to file a complaint.
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	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.
ENCOREplus	(916) 264-8066	1122 17th Street Sacramento, CA 95811	ywcaccc.org/sacto-encore.html	Nancy Jane Atkins njabirds@aol.com	Offers workshops or support groups for clients experiencing sexual dysfunction or decreased sexual desire related to menopause, breast cancer, or cervical cancer. Transitional long-term housing available. Mammograms and cervical screening resources are available.
Harm Reduction Services	(916) 456-4849	4001 12th Avenue, Sacramento, CA 95817	http://harmreductionservices.org/about/services.php	Raven Hoopes- Program Manager	All services are confidential and free. Assisting people with HIV/AIDS access services regarding medical, social, mental health, drug/alcohol services, housing and more. Outreach mobile RV providing medical care.
HIV Health Services Planning Council	(916) 447-7063	909 12th St. Sacramento, CA 95814			Medical and psychosocial services for HIV patients.

Kaiser Permanente - Roseville	(916) 746-3420	1680 E. Roseville Pkway, Roseville, CA 95661	kp.org	Selected health care provider	Education: normal changes in the body, sexual health, medication prescriptions, helpful hints.
Kash Desai, M.D.	(916) 983-8565	1600 Creekside Dr. Suite 2700 Folsom, CA 95630			Urologist specializing in sexual problems.
LivHOME: Sex After 60	(916) 303-4777	1665 Creekside Drive, Suite 101 Folsom, CA 95630	livhome.com/Sacramento/sex-after-60.aspx		At home senior care company. Experienced employees have specialized training in geriatrics, nursing, and mental health. Online resources and podcasts are available for educating the elder population about sexuality. Home care service that provides a care manager (credentialed expert).
North American Menopause Society	(440) 442-7550	P.O. Box 94527 Cleveland, OH 44101	menopause.org		Scientific organization promoting menopause research and education for professionals and consumers.
Openhouse	(415) 296-8995	1800 Market Street, PMB 93 San Francisco, CA 94102	openhouse-sf.org	Matthew Cimino, Office Manager	Non-profit organization designed to assist the low and very-low income LGBT elderly population. New senior housing facility expressly welcoming to LGBT seniors.
Planned Parenthood	(916) 446-6921	201 29th Street Suite B Sacramento, CA 95816	plannedparenthood.org		Planned Parenthood is the nation's leading sexual and reproductive health care provider and advocate. Provides tests and treatments for many STDs. Includes women's health services such as breast exams and pap tests.
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.
Senior Gays of Sacramento		St. Paul's Episcopal Church at 15th Street and J Street in Sacramento.	seniorgays.weebly.com/index.html	Dwight Ginn, Convenor	Provide support and networking for local LGBTs +55y/o

Senior Site			seniorsite.com		A number of resources for seniors, including, but not limited to, sex products, Questions & Answers, sex forums, health facts.
Sexual Health Network		3 Mayflower Lane Shelton, CT 06484	sexualhealth.com		An internet resource for general sexuality information targeted to people with disabilities and chronic illnesses.
Sexuality Information and Education Council of the United States (SIECUS)	(212) 819-9770 FAX (212) 819-9776	130 W. 42nd St. Suite 350 New York, NY 10036-7802	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	home.jps.net/~sfaf/		AIDS/HIV information and support. Locations in Grass Valley, South Lake Tahoe, Auburn and Placerville.
Sutter Medical Center	(916) 791-8426	2801 L Street Sacramento, CA 95816	suttermedicalcenter.org/	Fran Fisher, RN, PhD, Sexologist	Sexuality Counseling & Pelvic Floor rehabilitation offered through Sutter Downtown Integrative Health
Tips for Enjoying a Healthy Sex Life as You Age			helpguide.org/elder/sexuality_a_ging.htm	Robert Segal, Managing Director and Co-Publisher	Helpguide.org is a nonprofit organization that focuses on spreading professional information to promote mental, emotional, and lifestyle health.
UC Davis Medical Center Men's Health Program	(916) 734-2222	4860 Y St., Suite 2200 Sacramento, CA 95817		Alan W. Shindel, M.D	Provides a holistic, couple centered approach to the treatment of sexual problems. Specializes in facilitating open communication between partners about treatment goals. Focuses on men's health issues such as a prostate cancer, cardiovascular disease, sexual dysfunction, decreased sex drive, substance abuse, and osteoporosis.
UC Davis Medical Center Women's Midlife Assessment Center	(916) 734-6363 (888) 281-0930	4869 Y Street, Suite 2500 Sacramento, CA 95817	ucdmc.ucdavis.edu/obgyn/services/midlifeassessment.html		Assessment for conditions common in midlife by doctors and specialists.
Women's Health Care Professionals	(916) 929-1700	1 Scripps Dr, Sacramento, CA 95825			Menopause therapy, infertility, etc.