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- Mobility/Transfer Assistance
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- Transportation/Errands
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- Personal Care
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- Hospice Care
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Providing long-term support and services to help Placer County older adults maintain their independence and thrive

Senior Nutrition Programs
- Senior Cafés

Transportation Programs
- My Rides
- Health Express

Friendly Visitor

Home Modification & Safety Repair

Information & Assistance
- Senior Resource Guide
- Vial of Life
- Housing Options
- Senior Care Consultants

Web: www.seniorsfirst.org
Twitter: @SeniorsFirst1
Facebook: facebook.com/sfplacer

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As a not-for-profit health care organization, Kaiser Permanente’s mission is to provide affordable, high-quality health care services to improve the health and well-being of its members and the communities it serves. Founded in 1945, Kaiser Permanente is one of the nation’s largest not-for-profit health plans and is committed to helping shape the future of health care. Consistently ranked high in independent surveys for quality and service, it is recognized as one of America’s leading health care providers and not-for-profit health plans, serving nearly 9.8 million members in eight states and the District of Columbia. Care for members and patients is focused on their total health and guided by their personal physicians, specialists, and team of caregivers.

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

At Seniors First, our mission is to provide long-term support and services to help Placer County older adults maintain their independence and thrive.

We provide programs and services that keep Placer County seniors safe, in their homes, and independent for as long as possible. These programs are made possible by grants, contributions, and individual donations from the community.

How To Use This Guide

Beginning on page 7 is an alphabetical listing of all individual resource names in the guide. Beginning on page 32 is an alphabetical listing of all categories and services, with associated resources. If you know the name of the resource you need then start at page 7. If you don’t know the name then start at page 32 to identify the type of service you need. In this second section we have provided a selection of recommended resources for you to contact.

If you would like an electronic version of this publication you can download a copy from our website http://www.seniorsfirst.org.

Only the most common resources are included in this publication. If you want additional resources call Seniors First’s resource specialists at 530-889-9500 and they can provide additional information. They are waiting to help you.
## Alphabetical Listings

### A

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<td>530-889-2970</td>
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<td>Able and Ready-Ramp Specialists</td>
<td>530-906-0680</td>
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<td>Abundant Life Fellowship</td>
<td>916-783-1989</td>
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<td><strong>AccentCare</strong></td>
<td>800-834-3059</td>
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<tr>
<td>Accessibility Connection</td>
<td>916-202-2863</td>
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<td>Acton Arboriculture</td>
<td>530-272-8224</td>
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<td>ADT Medical Alert</td>
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<td>Adult Protective Services – Intake</td>
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<td>Adventist Community Services</td>
<td>530-823-0345</td>
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<td>Affordable Dentures – Yuba City</td>
<td>530-775-3787</td>
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<td>Ageless Designs</td>
<td>916-412-9390</td>
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<td><strong>Aging Plan-it</strong></td>
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<td>Alcoholics Anonymous District 21 – Nor Cal Interior</td>
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Seniors First (530) 889-9500 / (800) 878-9222
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<td>ALS Association Greater Sacramento Chapter</td>
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<td>Alzheimer’s Association Support Group</td>
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<td>Alzheimer’s Aid Society of Northern California</td>
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<td>Amada Senior Care</td>
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<td>American Cancer Society</td>
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<td>American Council of the Blind</td>
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<td>American Diabetes Association Sacramento Office</td>
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<td>American MedEquip, LLC</td>
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<td>American River College Gerontology</td>
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<td>Animal Spay &amp; Neuter, A Non-Profit Clinic</td>
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<td>Anytime Anywhere Senior Care</td>
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<td>Applegate Library</td>
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<td>Area 4 Agency On Aging</td>
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<td>Arthritis Foundation-Greater Sacramento Office</td>
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<td>Ascent Wealth Management</td>
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<td>Attorney General – Privacy Enforcement &amp; Protection</td>
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<td>Auburn Area Recreation and Park District</td>
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<td>Auburn Interfaith Food Closet</td>
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<td>Auburn Moving Company</td>
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<td>Auburn Seventh Day Adventist Church</td>
<td>530-885-4232</td>
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<td>Auburn Symphony</td>
<td>530-823-6683</td>
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<tr>
<td>Auburn Transit</td>
<td>530-823-4211 Opt.3 888-745-7885 TTY/TDD</td>
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<td>Better Business Bureau of Northern California</td>
<td>916-443-6843</td>
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<td>Blue Oaks Cremation and Burial Service</td>
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<td>Bookmobile Library</td>
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<td>Bright Now Dental</td>
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<td>Bunker Insurance Solutions</td>
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<td>C Horse Ranch</td>
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<td>California Advocates for Nursing Home Reform</td>
<td>415-974-5171</td>
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<td>California Alternate Rates for Energy, PG&amp;E</td>
<td>866-743-2273</td>
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<td>800-735-2929 TTY/TDD</td>
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<td>California State Bar</td>
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<td><strong>California CareGivers</strong></td>
<td>916-478-2828</td>
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<tr>
<td>Coalition for Compassionate Care California</td>
<td>916-489-2222</td>
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Community Care Licensing Division California 916-657-2592
California Contractors State License Board 800-321-2752
California Department of Public Health-Licensing & Certification 916-263-5800
California Department of Rehabilitation-Auburn 530-823-4040
California Department of Rehabilitation-Roseville 916-774-4400
California Department of Veteran’s Affairs 800-952-5626
California Health Collaborative Multipurpose Senior Services Program (MSSP) 916-374-7739
California Hospice Foundation 888-252-1010
California Lifeline Telephone Program 866-272-0349
California Low Cost Auto Insurance Program 866-602-8861
California Medical Board 800-633-2322
California Medi-Cal Information 800-541-5555
California Poison Control 800-876-4766
California Relay Service 866-461-4288
California Rural Legal Assistance Foundation 916-446-7904
California Senior Legislature 916-552-8056
California Telephone Access Program (CTAP) 800-806-1191
California Welcome Center – Auburn 530-887-2111
916-263-9035 TTY/TDD
866-660-4288 TTY/TDD
California Advocates for Nursing Home Reform 415-974-5171
Area 4 Agency on Aging 916-486-1876
Kaiser Permanente Hospital 916-688-2428
Gilbert, Justin M. Attorney 916-932-7416
UC Cooperative Extension Senior Garden 530-889-7385
Sierra Foothills Audubon Society 530-265-4677
Robinson and Fulton Law 530-823-2010
Widowed Persons Association of California-Auburn 530-823-5321
ALS Association Greater Sacramento Chapter 916-979-9265
Adult Protective Services Intake 888-886-5401
Senior LIFE Center of Loomis 916-660-0543
Sutter Auburn Faith Hospital 530-888-4500
Sutter Roseville Medical Center 916-781-1422
Seniors First (530) 889-9500 / (800) 878-9222

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CancerCare Co-Payment Assistance Foundation 212-601-9750
Canine Companions for Independence NW
Reg Training Ctr 707-577-1700
CapTel Captioned Telephone 800-233-9130
**Care Patrol** 530-305-4085
Carrington College 916-361-1660
Center for Healthcare Decisions 916-333-5046
Center for Visually Impaired Adults 530-863-0072
Centers for Medicare and Medicaid 800-633-4227

877-486-2048 TTY/TDD

Chapa De Indian Health Program 530-887-2800
Cirby Clubhouse 916-787-8995
Colfax Library 530-346-8211
**ComForcare Senior Care** 916-784-9233
Community Recovery Resources 530-885-1961
Compassionate Relocations 916-966-8745
Congress of California Seniors 916-442-4474

**Cotney, Ed – Family Wealth Counselor** 530-269-1515
CSU Sacramento Gerontology Program 916-278-7163
**Cunningham, James L Jr – Attorney at Law** 530-269-1515
**CunninghamLegal** 530-269-1515
D

Del Oro Caregiver Resource Center 916-728-9333
Dementia Care Advisor, LLC 866-689-5413
Dental Hygiene Out & About (Mobile Dental) 916-849-6695
Department of Business Oversight 866-275-2677
Department of Consumer Affairs 800-952-5210

Dial-A-Ride, South Placer County 916-745-7560
888-745-7885 TTY/TDD
Disability Rights of California 800-776-5746
800-719-5798 TTY/TDD
Disabled American Veterans 916-429-1663
Dogs 4 Diabetics, Inc. 925-246-5785

E

Eagle Accessibility Solutions & Equipment 530-820-9114
Elder Options, Inc. 530-626-6939
Elijah’s Jar Food Closet 530-367-3085
Eureka Dental Group 916-783-2273
Experience Works – Auburn 530-823-4635 ext. 248
Experience Works – Roseville 916-865-2466
916-774-4067 TTY/TDD
Express Scripts 800-282-2881
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<td>Foresthill Library</td>
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<td>Freedom Mobility Center</td>
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<td><strong>Friendly Visitor Program – Seniors First</strong></td>
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<td>Funeral Consumers Alliance of Northern California</td>
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<td>Generations United</td>
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<td>Genovia, Debra Geriatric Care Manager</td>
<td>916-300-2663</td>
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<td><strong>Gilbert, Justin M. Attorney</strong></td>
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<td>Gold Country Amputee Support Group</td>
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<td>Granite Bay Library</td>
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<td>Greater Placer Pharmacy</td>
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<td>Green Valley Hospice</td>
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<td>Grief Support Coalition</td>
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H & H Integrative Pharmacy
Hair by Angela 530-263-5908
Hair Care by Kimberley 916-837-1637
Harmony Home Health 916-933-9777
Harvest Community Church 916-771-4781
Health Express – Seniors First 530-889-9500
Health & Harmony Wellness Coaching 530-863-8149
Help At Home Senior Care 877-404-6636
Help Wanted, Your Personal Assistant 916-402-2713
Helping Hearts Foundation 916-368-7200
Helpline Nevada County – Information and Assistance 530-273-2273
Heritage Oaks Memorial Chapel 916-791-2273
HICAP Services of Northern California 800-434-0222
Home Care Assistance 916-226-3737
Home Instead Senior Care 530-885-3904
Home Ownership Preservation Foundation 888-995-4673
Home Transitions 916-202-1297
Hospice of the Foothills 530-272-5739
Hoss Lee Beauty Academy 916-580-3280
Housing Rehabilitation Program City of Roseville 916-774-5270
Human Ware 800-722-3393

Seniors First (530) 889-9500 / (800) 878-9222
Identity Theft Resource Center 888-400-5530
In Home Support Services, Placer County (IHSS) 530-889-7261
Integra In Home Care 888-982-5955

K
Kaiser Permanente Acute Care Hospital 916-784-4000
Kaiser Permanente Cancer Support Group 916-474-2236
Kaiser Permanente Chemical Dependence Recovery Program 916-482-1132
Kaiser Permanente Chronic Conditions Management Alzheimer’s & Dementia Group 916-973-6165
Kaiser Permanente Chronic Conditions Management — COPD Pulmonary Rehabilitation 916-784-4373
Kaiser Permanente Health Education Department 916-688-2428
Kaiser Permanente Healthy Aging Services 916-784-5775
Kaiser Permanente Hearing Center 916-771-6680
Kaiser Permanente Home Health 916-486-5400
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<td>KCRA Channel 3 NBC</td>
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<td>Keep Your Home California</td>
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<td>Kings Beach Library</td>
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<td>Lincoln Twelve Bridges Library</td>
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Maidu Community Center, Senior Wing 916-774-5960
Meadow Vista Library 530-878-2647
Medic Alert Foundation International 888-633-4298
Medicare Done Right 530-432-7988
Medicare Rights Center Hotline 800-333-4114
Mental Health America of Northern California 916-787-8832
Mobile Dentistry 530-210-6974
Mobile Home Ombudsman 916-323-9801
Moving Crew 916-730-8305
Multiple Sclerosis Support Group 530-888-8388
Multi-Purpose Senior Center – Auburn 530-823-8172
My Rides – Seniors First 530-889-9500

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National Alliance on Mental Illness 916-554-0554
National Association of Professional Geriatric Care Managers 520-881-8008
National Bone Marrow Donor Program 916-456-1500
National Cancer Institute 800-422-6237
800-332-8615 TTY/TDD
National Center for Chronic Disease 800-232-4636
888-232-6348 TTY/TDD
National Consumer Voice for Quality
Long-Term Care 202-332-2275
National Do Not Call Registry 888-382-1222
866-290-4236 TTY/TDD
National Do Not Mail List 866-284-5816
National Federation for the Blind 410-659-9314
National Health Information Center 240-453-8280
National Institute of Mental Health 301-443-4513
866-415-8051 TTY/TDD
National Institute on Aging Information Center 800-222-2225
800-222-4225 TTY/TDD
Neuropathy Association, Pacific Chapter 877-622-6298
New Mourning Counseling Services 530-887-1300
NOR-CAL Clean and Sober Living 916-676-2825
Norcal Services for Deaf & Hard of Hearing 916-349-7500
916-774-4067 TTY/TDD
North Tahoe Family Resource Center 530-546-0952
Northern California Lawyer Referral Service 530-272-5962
Nursing Home Nannies 916-987-3400
### O

- Ombudsman Services of Northern California: 530-823-8422
- On The Spot Mobile Notary Service: 916-835-8797
- Osteoporosis and Related Bone Diseases: 202-223-0344
  202-466-4315 TTY/TDD

### P

- PFLAG – Lesbian and Gay Support Group: 916-863-9622
- PG&E Energy Savings Assistance Program: 800-989-9744
- PG&E Medical Baseline and FERA Program: 800-743-5000
- Parkinson’s Support Group: 530-889-2988
- **Partners In Care**: 530-268-7423
- Pathways to Health: 530-888-6534
- Patient Advocate Foundation: 757-873-6668
- **Pat’s Medical Insurance Counseling**: 916-408-0411
- Penryn Library: 916-663-3621
- Personal Medication Management: 916-844-8914
  800-652-4712 TTY/TDD
- PALS – Free Reading Help: 530-886-4530
- Placer Community Foundation: 530-885-4920
- Placer County Adult System of Care: 530-889-7240
Placer County Adult System of Care Substance Use Services Program 530-889-7218
Placer County Adult System of Care-Roseville 916-787-8800
Placer County Animal Shelter 530-886-5500
Placer County Board of Supervisors 530-889-4010
Placer County Community Clinic - Auburn 530-889-7215
Placer County Contractors Association 530-889-3953
Placer County District Attorney 916-543-8000
Placer County District Attorney’s Victim Services 916-543-2570
Placer County Housing Authority 530-889-7676
Placer County Human Services, CalFresh 530-889-7610
Placer County Human Services, General Information 888-385-5160
Placer County Human Services, Medi-Cal 888-385-5160
Placer County Human Services, Rocklin 916-784-6000
Placer County Human Services, Tahoe 888-385-5160
Placer County Law Enforcement Chaplaincy, Inc. 916-672-6984
Placer County Master Gardeners 530-889-7385
Placer County Medical Clinic – Kings Beach 530-546-1970
Placer County Office of Emergency Services 530-886-5300
Placer County Owner Occupant Housing
Rehabilitation Loan Program 530-745-3170
Placer County Public Health 530-889-7141
Placer County Public Guardian 530-886-2900
Placer County Public Information Officer 530-889-4030
Placer County Sheriff 530-889-7800
Placer County Sheriff, Non-Emergency 530-886-5375
Placer County SPCA – Auburn 530-823-7722
Placer County SPCA – Roseville 916-782-7722
Placer County Superior Court Legal Help Center 916-408-6446
Placer County Transit 530-745-7570
888-745-7885 TTY/TDD
Placer County Veterans Service Office – Rocklin 916-780-3290
Placer Dispute Resolution Services 916-771-0108
Placer Food Bank 916-783-0481
Placer Independent Resource Services 530-885-6100
530-885-0326 TTY/TDD
Placer Mosquito & Vector Control 916-380-5444
Placer Nature Center 530-878-6053
Placer-Nevada County Medical Society 530-822-7770
Placer School for Adults 530-885-8585
Placer Speech and Hearing Services 530-823-7532
Arlan Pope, Photographer 916-412-6908
Pride Industries 916-788-2100
Professional Education Programs 530-889-8737
Professional Fiduciary Association of California
Progressive Home Care
Project Go-HEAP

R

Recreation and Respite Social Day Care Program 530-878-5717
Right Size Your Move 916-631-6881
Riley-Quinn, Trudi Attorney 916-782-8212
Roberts and Adams Law 916-434-2550

Robinson and Fulton Law 530-823-2010
Rocklin Library 916-624-3133
Rocklin Parks and Recreation 916-625-5200
916-632-4013 TTY/TDD
Rocklin Senior Center 916-625-5200
916-632-4013 TTY/TDD
Roger’s Automotive Repair 530-823-9469
Roseville Adult School 916-782-3952
Roseville Housing Rehabilitation Program 916-774-5270
Roseville Parks and Recreation 916-774-5505
Roseville Public Library 916-774-5221
Roseville Transit 916-745-7560
888-745-7885 TTY/TDD
St. Vincent de Paul Society – Auburn 530-885-2920
St. Vincent de Paul Society – Lincoln 916-645-7201
St. Vincent de Paul Society – Roseville 916-781-3303
Sacramento Area Emergency Housing Center 916-454-2120
Sacramento City College Dental Health Department 916-558-2303
Sacramento District Dental Society 916-446-1211
Sacramento Society for the Blind 916-452-8271
Salt Mine Ministries 916-645-3778
Salvation Army – Auburn 530-889-3990
Salvation Army – Colfax 530-346-2722
Salvation Army – Roseville 916-784-3382
Scripts 4 Less 888-983-7839
Secure the Call 800-813-0344
**Senior Care Consultant – Seniors First** 530-889-9500
**Senior Care Consulting** 916-209-8471
Senior Center Without Walls 877-797-7299
**Senior Information & Assistance – Seniors First** 530-889-9500
Senior LIFE Center of Loomis 916-660-0543
Senior Legal Hotline – Pensions 916-551-2140
800-222-1753 Toll Free
**Senior Nutrition Program – Seniors First** 530-889-9500
Senior Peer Counseling  530-886-3413
Senior Safe House  916-515-9902

**Seniors First**  530-889-9500
Sierra Club Seniors  916-383-6457
Sierra College Osher Lifelong Learning Institute  916-781-6290
Sierra First Baptist Church  530-389-2168
Sierra Foothills AIDS Foundation  530-889-2437
Sierra Foothills Audubon Society  530-265-4677
Sierra Mental Wellness Group-Auburn  530-885-0441
Sierra Mental Wellness Group-Roseville  916-783-5207
Sierra Mental Wellness Group-Tahoe City  530-581-4054
Sierra Phlebotomy Service  530-906-4305
Sierra Reach Ministries  530-878-2705
Sierra Senior Services – Truckee Tahoe  530-550-7600
Sierra Services for the Blind and Visually Impaired  530-265-2121
Sierra Vista Community Center  530-346-8726
Simpson Dental Hygiene Practice  530-906-2972

**Smith-Mottini Financial Advisors**  916-797-1020
Social Security Administration – Auburn  866-931-6087
Social Security Administration – Fraud Hotline  800-269-0271
   866-501-2101 TTY/TDD
Social Security Administration – Roseville  866-348-7830
Sparks Law Library 530-823-2573
Stand Up Placer 530-823-6224
Stand Up Placer – Roseville 916-773-7273
Storz Fiduciary Services 916-220-3474
Suicide Prevention Lincoln and Roseville 916-645-8866
Support for Home 530-792-8484
Sutter Auburn Faith Hospital 530-888-4500
Sutter Auburn Faith Hospital Foundation 530-886-6763
Sutter Auburn Faith Hospital Infusion Care 530-886-6760
Sutter Auburn Faith Hospital Lifeline 530-888-4556
Sutter Auburn Faith Hospital Lupus Support Group 530-889-8575
Sutter Auburn Faith Hospital Oncology Nurse Navigator 530-886-6712
Sutter Auburn Faith Hospital Outpatient Rehab 530-889-6088
Sutter Auburn Faith Hospital Wound Care 530-886-6750
Sutter Auburn Faith Hospital VNA & Hospice 530-886-6650
Sutter Cancer Nutrition Class 916-781-5000
Sutter Care at Home/Hospice 916-797-7850
Sutter Care Coordination Program 530-886-2353
Sutter Caregiver Support Group 916-781-1559
Sutter Center for Psychiatry 916-386-3077
Sutter Express Care 800-972-5547
Sutter Health Coordination Program 888-833-4566
Sutter Health Lifeline – Roseville 916-782-4989
Sutter Roseville Cancer Support Groups 916-781-5000
Sutter Roseville Cancer Wig Bank 916-781-5000
Sutter Roseville Lymphedema Education 916-781-5000
Sutter Roseville Medical Center 916-781-1000

Sutter Roseville Medical Center Foundation 916-781-1234
Sutter Roseville Medical Center Senior Services 916-781-1559
Sutter Roseville Outpatient Rehab 916-781-1117
Sutter Roseville Wound Care Center 916-781-1386
Sutter Urgent Care – Auburn 530-889-7470
Sutter Urgent Care – Roseville 916-865-1400

Tahoe City Library 530-583-3382
Tahoe SAFE Alliance 800-736-1060
Timberlake Medical Supplies 916-423-2198
Traveling Tooth Fairy 916-206-5000

916-781-1099 TTY/TDD
**U**

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<th>Organization</th>
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<tr>
<td>UC Cooperative Extension Senior Garden</td>
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<td>UC Davis Alzheimer’s Disease Center</td>
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<td>UC Davis Medical Center</td>
<td>916-734-2011</td>
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<td>US Senior Vets, National Headquarters</td>
<td>877-245-8387</td>
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**V**

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<td>Veteran’s Administration Sierra Foothills Outpatient</td>
<td>530-889-0872</td>
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<td>Voluntary Legal Services Program (VLSP)</td>
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<tr>
<td>Weimar Center of Health and Education</td>
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<td>Welcome Home Advocates for Mentally Ill Housing</td>
<td>530-878-5088</td>
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<tr>
<td>Welcome Home Care</td>
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<td>Wellness Health</td>
<td>916-978-1738</td>
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<td>WellSpace Health</td>
<td>916-978-1738</td>
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<tr>
<td>What Would Jesus Do?</td>
<td>916-786-9953</td>
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<tr>
<td>Widowed Persons Association of California – Auburn</td>
<td>530-823-5321</td>
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<tr>
<td>Widowed Persons Association of California – Roseville</td>
<td>916-624-1938</td>
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</table>
Do you know Seniors First provides the following services:

1. Every year our drivers and cafeteria personnel provide more than 25,000 hot meals to seniors in our Senior Cafés.

2. Every year our volunteers drive more than 100,000 miles providing rides to seniors who have no other means of transportation, to medical appointments and essential errands, such as grocery shopping.

3. Our Information and Assistance team provide resources to more than 450 clients every month.

4. Our Friendly Visitors average 85 senior visits per month.

5. Last year our handypersons performed minor Home Modification and Repair Services to 505 seniors.

6. Last year our placement specialists assisted 200 clients in understanding and identifying appropriate out-of-home living options.

Information and Assistance is the main resource for senior focused services and programs in Placer County. Our large database contains more than 1,100 resources that are known to be reliable services for seniors and their families. Call Seniors First if the service you are looking for is not listed in this publication. (530) 889-9500
Friendly Visitor provides screened and trained volunteers who make weekly social visits to lonely and isolated seniors in Placer County. “Nothing improves my mental health and well-being more than a sharing, caring and compassionate friend”. (530) 889-9500

Nutrition Program provides hot nutritious healthy lunches Monday through Friday to seniors aged 60 and over at our 8 Senior Café locations. Our Cafés help maintain a sense of family and community, and are served for a small discretionary donation.

Senior Café Locations [Call 48 hours ahead for a reservation]

Auburn  Valley Oaks, 600 Auburn Ravine Rd  (530) 217-8633
Colfax  Methodist Church, 59 W Church Street  (530) 305-6362
Lincoln  United Methodist Church, 629 I Street  (916) 316-1422
Rocklin  Rolling Oaks, 5725 Shannon Bay Dr.  (916) 622-1295
Roseville  Maidu Village, 101 Sterling Ct.  (916) 622-8524
Roseville  Manzanita, 1019 Madden Lane  (530) 368-2404
Roseville  Sutter Terrace, 6725 Fiddyment Rd.  (530) 368-9146
Roseville  Woodcreek Terrace, 1295 Hemmingway (530) 305-0274
**Transportation** offers seniors a variety of free options, including rides to and from medical appointments, and rides for errands such as grocery shopping, banking and other essential services in the community. The transportation programs ensure our senior clients have the support they need to maintain their health and independence. *(530) 889-9500*

**Home Modification & Safety Repair** offer free home safety checks and repairs for low income seniors and veterans. Maintaining a safe and healthy living environment becomes ever more difficult as we age. If you own your own home then we can help with small repairs such as grab bars, safety rails, minor plumbing and electrical repairs, smoke and carbon monoxide alarms, light bulbs, small appliances, windows/doors/locks. *(530) 889-9500*

**Assisted Living Placement** has more than 25 years experience assisting families across Northern California in finding and negotiating appropriate accommodations for every situation. Finding the right living arrangement for a senior family member or friend can be a significant challenge and we can help you. *(530) 889-9500*
Planned Giving Programs are designed to provide a future legacy for seniors in Placer County. Seniors First has established the Seniors First Endowment Fund at Placer Community Foundation. When you give to this fund, you benefit seniors in the community for years to come. Your gift is pooled with others and invested over time. Earnings from the fund are distributed back to Seniors First. Your gift, and all future earnings, is a permanent source of support for Seniors First, helping them serve the changing needs of our seniors today and in the future. All donations are used to continue services and improve programs. You can help support this critical work by donating one of two ways: Make a lasting gift to the Endowment Fund at Placer Community Foundation. Contact us to learn about making your gift; Make a gift directly to Seniors First to support senior needs today.

(530) 889-9500
### Listing by Category

#### ACTIVITIES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Auburn Area Recreation and Park District</td>
<td>530-885-8461</td>
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<tr>
<td>Auburn Symphony</td>
<td>530-823-6683</td>
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<td>California Welcome Center-Auburn</td>
<td>530-887-2111</td>
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<tr>
<td>Center for Visually Impaired Adults</td>
<td>530-863-0072</td>
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<tr>
<td>Cirby Clubhouse</td>
<td>916-787-8995</td>
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<tr>
<td><strong>Friendly Visitor Program – Seniors First</strong></td>
<td><strong>530-889-9500</strong></td>
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<tr>
<td>Lincoln Parks and Recreation</td>
<td>916-434-3220</td>
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<tr>
<td>Maidu Community Center, Senior Wing</td>
<td>916-774-5960</td>
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<tr>
<td>Multi-Purpose Senior Center, Auburn</td>
<td>530-823-8172</td>
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<tr>
<td><strong>Recreation and Respite Social Day Care Program</strong></td>
<td><strong>530-878-5717</strong></td>
</tr>
<tr>
<td>Rocklin Parks and Recreation</td>
<td>916-625-5200</td>
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<td><strong>916-632-4013 TTY/TDD</strong></td>
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<tr>
<td>Rocklin Senior Center</td>
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<td><strong>916-632-4013 TTY/TDD</strong></td>
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<tr>
<td>Roseville Parks and Recreation</td>
<td>916-774-5505</td>
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<tr>
<td>Senior Center Without Walls</td>
<td>877-797-7299</td>
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<tr>
<td>Senior LIFE Center of Loomis</td>
<td>916-660-0543</td>
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<tr>
<td>Sierra Club Seniors</td>
<td>916-383-6457</td>
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<td>Sierra College Osher Lifelong Learning Institute</td>
<td>916-781-6290</td>
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<tr>
<td>Sierra Foothills Audubon Society</td>
<td>530-265-4677</td>
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</table>
Sierra Vista Community Center 530-346-8726
UC Cooperative Extension Senior Garden 530-889-7385
Widowed Persons Association of California – Auburn 530-823-5321

**ADULT DAY CARE SOCIAL MODEL**

Recreation and Respite Social Day Care Program 530-878-5717
Senior LIFE Center of Loomis 916-660-0543

**ADVANCED MEDICAL DIRECTIVE**

California Hospice Foundation 888-252-1010
Center for Healthcare Decisions 916-333-5046
Gilbert, Justin M. Attorney 916-932-7416
Kaiser Permanente Hospital 916-688-2428
Robinson and Fulton Law 530-823-2010
Sutter Auburn Faith Hospital 530-888-4500
Sutter Roseville Medical Center 916-781-1422

**ADVOCACY AND PLANNING**

AARP American Assoc. of Retired Persons 530-885-7068
Adult Protective Services Intake 888-886-5401
ALS Association Greater Sacramento Chapter 916-979-9265
Area 4 Agency on Aging 916-486-1876
California Advocates for Nursing Home Reform 415-974-5171
<table>
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<th>Entity</th>
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<tr>
<td>California Senior Legislature</td>
<td>916-552-8056</td>
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<tr>
<td>Coalition for Compassionate Care California</td>
<td>916-489-2222</td>
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<tr>
<td>California Health Collaborative Multipurpose Senior Services Program (MSSP)</td>
<td>916-374-7739</td>
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<td>California Rural Legal Assistance Foundation</td>
<td>916-446-7904</td>
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<td>California Senior Legislature</td>
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<tr>
<td>Congress of California Seniors</td>
<td>916-442-4474</td>
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<td><strong>Dementia Care Advisor, LLC</strong></td>
<td><strong>866-689-5413</strong></td>
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<td>Department of Business Oversight</td>
<td>866-275-2677</td>
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<td>800-735-2922 TTY/TDD</td>
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<td>Department of Consumer Affairs</td>
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<td>800-326-2297 TTY/TDD</td>
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<td>Disability Rights California</td>
<td>800-776-5746</td>
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<td>800-719-5798 TTY/TDD</td>
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<td>Grandparents Rights Organization</td>
<td>248-646-7191</td>
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<td>HICAP Services of Northern California</td>
<td>800-434-0222</td>
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<td><strong>Kaiser Permanente Membership Services</strong></td>
<td><strong>800-464-4000</strong></td>
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<td><strong>Kaiser Permanente Senior Advantage HMO</strong></td>
<td><strong>800-747-2189</strong></td>
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<td>KCRA Channel 3 NBC</td>
<td>916-446-3333</td>
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<td>Legal Services of Northern California</td>
<td>530-823-7560</td>
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<td>Mental Health America of Northern California</td>
<td>916-787-8832</td>
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<tr>
<td>Mobile Home Ombudsman</td>
<td>916-323-9801</td>
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<td>National Alliance on Mental Illness</td>
<td>916-554-0554</td>
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National Consumer Voice for Quality Long-Term Care  202-332-2275
North Tahoe Family Resource Center  530-546-0952
Ombudsman Services of Northern California  530-823-8422
PFLAG – Lesbian and Gay Support Group  916-863-9622
Patient Advocate Foundation  757-873-6668
**Pat’s Medical Insurance Counseling**  **916-408-0411**
Placer County Adult System of Care-Roseville  916-787-8800
Placer County Veteran’s Service Office-Rocklin  916-780-3290
Placer Independent Resource Services  530-885-6100
530-885-0326 TTY/TDD
Pride Industries  916-788-2100
Senior Peer Counseling  530-886-3413
**Seniors First**  **530-889-9500**
Sierra Foothills AIDS Foundation  530-889-2437
Stand Up Placer  530-823-6224
Stand UP Placer – Roseville  916-773-7273
**Storz Fiduciary Services**  **916-220-3474**
US Senior Vets, National Headquarters  877-245-8387
Welcome Home, Advocates for Mentally Ill Housing  530-878-5088
### AGING

<table>
<thead>
<tr>
<th>Organization</th>
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<tr>
<td>America River College Gerontology Department</td>
<td>916-484-8512</td>
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<td>Area 4 Agency on Aging</td>
<td>916-486-1876</td>
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<td>California Advocates for Nursing Home Reform</td>
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<td>California Senior Legislature</td>
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<td>Congress of California Seniors</td>
<td>916-442-4474</td>
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<td>CSU Sacramento Gerontology Program</td>
<td>916-278-7163</td>
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<td>Dementia Care Advisor, LLC</td>
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<td><strong>Kaiser Permanente Healthy Aging Services</strong></td>
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### ALCOHOL/DRUGS

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<tr>
<td>Al-Anon Family Group</td>
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<td>Community Recovery Resources</td>
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<td>Forgotten Soldier Program, The</td>
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Sierra Mental Wellness Group – Auburn 530-885-0441
Sierra Mental Wellness Group – Roseville 916-783-5207
Sierra Mental Wellness Group – Tahoe City 916-783-5207
Sierra Reach Ministries 530-878-2705
WellSpace Health 916-978-1738

ALZHEIMER’S/DEMENTIA

Alzheimer’s Aid Society 916-483-2002
Alzheimer’s Aid Society of Northern California 800-540-3340
Alzheimer’s Association Support Group 916-930-9080
Del Oro Caregiver Resource Center 916-728-9333
Dementia Care Advisor, LLC 866-689-5413
Kaiser Permanente Chronic Conditions Management 916-973-6165
Recreation and Respite Social Day Care Program 530-878-5717
Seniors First 530-889-9500
UC Davis Alzheimer’s Disease Center 916-734-5496

ANIMALS

Animal Spay & Neuter, A Non-Profit Clinic 530-889-8800
C Horse Ranch 530-888-7766
Canine Companions for Independence
NW Reg Training Ctr. 707-577-1700
### ASSISTED LIVING

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<td>Care Patrol</td>
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<td>Dementia Care Advisor, LLC</td>
<td>866-689-5413</td>
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<tr>
<td>Helping Hearts Foundation</td>
<td>916-368-7200</td>
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<td>Senior Care Consulting</td>
<td>916-209-8471</td>
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<td>Seniors First</td>
<td>530-889-9500</td>
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### ASSISTIVE DEVICES

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<td>ALS Association Greater Sacramento Chapter</td>
<td>916-979-9265</td>
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<tr>
<td>American MedEquip, LLC</td>
<td>916-791-2266</td>
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<tr>
<td>California Telephone Access Program (CTAP)</td>
<td>800-806-1191</td>
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<tr>
<td>CapTel Captioned Telephone</td>
<td>800-233-9130</td>
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<td>Dogs 4 Diabetics, Inc.</td>
<td>925-246-5785</td>
</tr>
<tr>
<td>Eagle Accessibility Solutions and Equipment</td>
<td>530-820-9114</td>
</tr>
<tr>
<td>Human Ware</td>
<td>800-722-3393</td>
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</table>
Senior Resource Guide

Medic Alert Foundation International  888-633-4298
Placer Independent Resource Services  530-885-6100
  530-885-0326 TTY/TDD
Placer Speech & Hearing  530-823-7532
Sacramento Society for the Blind  916-452-8271
Sierra Services for the Blind and Visually Impaired  530-265-2121
**Sutter Auburn Faith Hospital Lifeline**  **530-888-4556**
*Sutter Health Lifeline-Roseville*  **916-782-4989**

**AUTO REPAIR**

Department of Consumer Affairs  800-952-5210
  800-326-2297 TTY/TDD
Roger’s Automotive Repair  530-823-9469

**BENEFITS**

Disability Rights California  800-776-5746
  800-719-5798 TTY/TDD
Disabled American Veterans  916-429-1663
HICAP Services of Northern California  800-434-0222
Medicare Rights Center Hotline  800-333-4114
Placer County Human Services, CalFresh  530-889-7680
Placer County Veteran’s Service Office-Rocklin  916-780-3290
Social Security Administration – Auburn  866-931-6087
  530-889-1484 TTY

Seniors First (530) 889-9500 / (800) 878-9222 39
Social Security Administration – Fraud Hotline  800-269-0271
866-501-2101 TTY/TDD
Social Security Administration – Roseville  866-348-7830
800-325-0778 TTY/TDD
Sutter Health Lifeline – Roseville  \textbf{916-782-4989}

\section*{BEREAVEMENT}

California Hospice Foundation  888-252-1010
Funeral Consumers Alliance of Northern California  916-486-3552
Grief Support for Widowed People  530-885-8298
Maidu Community Center, Senior Wing  916-774-5960
New Mourning Counseling Services  530-887-1300
Placer County Law Enforcement Chaplaincy, Inc.  916-672-6984
Senior Peer Counseling  530-886-3413
\textbf{Seniors First – Friendly Visitors Program}  \textbf{530-889-9500}
Sierra Vista Community Center  530-346-8726
Suicide Prevention – Auburn  530-885-2300
Suicide Prevention Lincoln/Roseville  916-645-8866
\textbf{Sutter Auburn Faith Hospital VNA & Hospice}  \textbf{530-886-6650}
\textbf{Sutter Care at Home/Hospice}  \textbf{916-797-7850}
\textbf{Sutter Roseville Medical Center}  \textbf{916-781-1000}
Widowed Persons Association of California – Auburn  530-823-5321
Widowed Persons Association of California – Roseville  916-624-1938
BLIND/VISION IMPAIRMENT

American Council of The Blind  800-424-8666
California Department of Rehabilitation – Auburn  530-823-4040
California Department of Rehabilitation – Roseville  916-774-4400
California LifeLine Telephone Program  866-272-0349
California Telephone Access Program CTAP  800-806-1191
In Home Support Services, Placer County (IHSS)  530-889-7261
Kaiser Permanente Vision Essentials  916-746-3937
National Federation for the Blind  410-659-9314
Sacramento Society for the Blind  916-452-8271
Sierra Services for the Blind and Visually Impaired  530-265-2121

CARE MANAGEMENT

Aging Plan-it  916-790-5131
California Health Collaborative Multipurpose Senior Services Program (MSSP)  916-374-7739
Elder Options, Inc.  530-626-6939
Genovia, Debra Geriatric Care Manager  916-300-2663
National Association of Professional Geriatric Care Managers  520-881-8008
Patient Advocate Foundation  757-873-6668
Placer County Adult System of Care – Roseville  916-787-8800
Sierra Foothills AIDS Foundation  530-889-2437
Support for Home  530-482-8484  
Sutter Care at Home/Hospice  916-797-7850  
UC Davis Alzheimer’s Disease Center  916-734-5496  
VA Northern Healthcare-Mather Hospital  916-366-5366  

CAREGIVER INFO/RESOURCES  
Alzheimer’s Association Support Group  800-272-3900  
Alzheimer’s Aid Society Caregiver Support Group, Auburn  800-540-3340  
Community Care Licensing Division California  916-657-2592  
California Hospice Foundation  888-252-1010  
CancerCare Co-Payment Assistance Foundation  212-601-9750  
Center for Healthcare Decisions  916-333-5046  
Del Oro Caregiver Resource Center  916-728-9333  
Multiple Sclerosis Support Group  530-888-8388  
Parkinson’s Support Group  530-889-2988  
Placer County Adult System of Care – Roseville  916-787-8800  
Placer County Sheriff  530-889-7800  
Placer Independent Resource Services  530-885-6100  
530-885-0326 TTY/TDD  
Professional Education Programs  530-889-8737  
Progressive Home Care  530-823-3896  
Seniors First  530-889-9500
### COMMUNITY MEETING ROOMS

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<td>Colfax Library</td>
<td>530-346-8211</td>
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<td>Foresthill Library</td>
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<td>Lincoln Twelve Bridges Library</td>
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<td>916-632-4013 TTY/TDD</td>
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<td>Sierra Vista Community Center</td>
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COMPUTER ACCESS

Applegate Library 530-878-2721
Auburn Library 530-886-4510
Colfax Library 530-346-8211
Foresthill Library 530-367-2785
Kings Beach Library 530-546-2021
Loomis Library 916-652-7061
Roseville Public Library 916-774-5221
Sparks Law Library 530-823-2573

CONSERVATORSHIP

Aanestad, Erik – Associate Attorney 530-269-1515
Cotney, Ed – Family Wealth Counselor 530-269-1515
Cunningham, James L Jr. – Attorney at Law 530-269-1515
Cunningham Legal 530-269-1515
Gilbert, Justin M. Attorney 916-932-7416
Placer County Public Guardian 530-886-2900
Robinson and Fulton Law 530-823-2010
Storz Fiduciary Services 916-220-3474

CONSUMER AFFAIRS

Attorney General – Privacy Enforcement & Protection 800-952-5225
Better Business Bureau of Northern California 916-443-6843
CA Department of Public Health-Licensing & Certification 916-263-5800
Department of Consumer Affairs 800-952-5210 800-326-2297 TTY/TDD
California Advocates for Nursing Home Reform 415-974-5171
California State Bar 415-538-2000
Community Care Licensing Division California 916-657-2592
California Contractors State License Board 800-321-2752
California Department of Public Health Licensing & Certification 916-263-5800
California Medical Board 800-633-2322 916-263-9035 TTY/TDD
California State Bar 916-442-8018
California Telephone Access Program (CTAP) 800-806-1191 800-806-4474 TTY/TDD
Department of Business Oversight 866-275-2677 800-735-2922 TTY/TDD
Disability Rights California 800-776-5746 800-719-5798 TTY/TDD
Home Ownership Preservation Foundation 888-995-4673
Identity Theft Resource Center 888-400-5530
KCRA Call 3 916-447-2255
Mobile Home Ombudsman 916-323-9801
National Do Not Call Registry 888-382-1222
866-290-4236 TTY/TDD

National Do Not Mail List 866-284-5816

Ombudsman Services of Northern California 530-823-8422

**Pat’s Medical Insurance Counseling** 916-408-0411

Placer County Board of Supervisors 530-889-4010

Placer County Contractors Association 530-889-3953

Placer County District Attorney 916-543-8000

Placer County Older Adults Advisory Commission 530-886-3683

Sacramento District Dental Society 916-446-1211

### COOLING CENTERS

Auburn Library 530-886-4510

Lincoln Twelve Bridges Library 916-434-2410

Placer County Public Information Officer 530-889-4030

### CRISIS

Adult Protective Services – Intake 888-886-5401

National Alliance on Mental Illness 916-554-0554

Placer County Law Enforcement Chaplaincy, Inc. 916-672-6984

Stand Up Placer 530-823-6224

Stand Up Placer – Roseville 916-773-7273

Suicide Prevention – Auburn 530-885-2300
Suicide Prevention Lincoln/Roseville  
916-645-8866

**Sutter Center For Psychiatry**  
916-386-3077

Tahoe SAFE Alliance  
800-736-1060

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**DENTAL CARE**

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<td>Affordable Dentures – Yuba City</td>
<td>530-775-3787</td>
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<td>Bright Now Dental</td>
<td>916-865-2252</td>
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<td>Carrington College</td>
<td>916-361-1660</td>
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<td>Chapa De Indian Health Program</td>
<td>530-887-2800</td>
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<tr>
<td>Dental Hygiene Out &amp; About (Mobile Dental)</td>
<td>916-849-6695</td>
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<td>Eureka Dental Group</td>
<td>916-783-2273</td>
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<td>Mobile Dentistry</td>
<td>530-210-6974</td>
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<tr>
<td>Placer County Public Health</td>
<td>530-889-7141</td>
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<tr>
<td>Sacramento City College Dental Health Department</td>
<td>916-558-2303</td>
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<tr>
<td>Sacramento District Dental Society</td>
<td>916-446-1211</td>
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<tr>
<td>Simpson Dental Hygiene Practice, Inc.</td>
<td>530-906-2972</td>
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<td>Traveling Tooth Fairy</td>
<td>916-206-5000</td>
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**DISASTER RELIEF**

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<td>Placer County Office of Emergency Services</td>
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**DOMESTIC VIOLENCE**

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<td>Placer County Adult System of Care – Roseville</td>
<td>916-787-8800</td>
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Senior Legal Hotline – Pensions 916-551-2140
Stand Up Placer 530-823-6224
Stand Up Placer – Roseville 916-773-7273
Tahoe SAFE Alliance 800-736-1060

**DURABLE MEDICAL EQUIPMENT**

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<td>Able and Ready-Ramp Specialists</td>
<td>530-906-0680</td>
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<td>Freedom Mobility Center</td>
<td>800-980-5696</td>
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<td>H &amp; H Integrative Pharmacy</td>
<td>916-259-2558</td>
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<td>Timberlake Medical Supplies</td>
<td>916-423-2198</td>
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**EDUCATION**

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<td>A Touch of Understanding</td>
<td>916-791-4146</td>
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<td>AARP Safe Driver Program</td>
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<td>Ageless Designs</td>
<td>916-412-9390</td>
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<td>Alzheimer’s Aid Society</td>
<td>916-930-9080</td>
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<td>Alzheimer’s Aid Society of Northern California</td>
<td>800-540-3340</td>
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<td>Alzheimer’s Association</td>
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<td>American Council of The Blind</td>
<td>800-424-8666</td>
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<td>American Diabetes Association Sacramento Office</td>
<td>916-924-3232</td>
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<td>American Red Cross</td>
<td>800-733-2767</td>
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<td>American River College Gerontology Department</td>
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<td>Arthritis Foundation – Greater Sacramento Valley Office</td>
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#### Contact Information

- **Auburn Area Recreation and Park District**
  - Phone: 530-885-8461
- **California Advocates for Nursing Home Reform**
  - Phone: 415-974-5171
- **California Department of Rehabilitation – Auburn**
  - Phone: 530-823-4040
- **California Department of Rehabilitation – Roseville**
  - Phone: 916-774-4400
- **California Poison Control**
  - Phone: 800-876-4766
- **California Rural Legal Assistance Foundation**
  - Phone: 916-446-7904
  - Phone: 916-278-7163
- **California Telephone Access Program (CTAP)**
  - Phone: 800-806-1191
  - Phone: 800-826-4474 TTY/TDD
- **CancerCare Co-Payment Assistance Foundation**
  - Phone: 212-601-9750
- **Center for Visually Impaired Adults**
  - Phone: 530-863-0072
- **Community Recovery Resources**
  - Phone: 530-885-1961
- **CSU Sacramento Gerontology Program**
  - Phone: 916-278-7163
- **Department of Consumer Affairs**
  - Phone: 800-952-5210
  - Phone: 800-326-2297 TTY/TDD
- **E-Z Way Driving School**
  - Phone: 530-885-8109
- **Kaiser Permanente Health Education Department**
  - Phone: 916-688-2428
- **Lincoln Parks and Recreation**
  - Phone: 916-434-3220
- **Maidu Community Center, Senior Wing**
  - Phone: 916-774-5960
- **Multi-Purpose Senior Center-Auburn**
  - Phone: 530-823-8172
- **National Cancer Institute**
  - Phone: 800-422-6237
- **National Center for Chronic Disease**
  - Phone: 800-232-4636
  - Phone: 888-232-6348 TTY/TDD

---

Seniors First (530) 889-9500 / (800) 878-9222
PALs – Free Reading Help 530-886-4530
Placer County Adult System of Care Substance Use Services Program 530-889-7218
Placer County Medical Clinic – Auburn 530-889-7215
Placer County Master Gardeners 530-889-7385
Placer County Superior Court Legal Help Center 916-408-6446
Placer Mosquito & Vector Control 916-380-5444
Placer Nature Center 530-878-6053
Placer School for Adults 530-885-8585
Pride Industries 916-788-2100
Professional Education Programs 530-889-8737
Rocklin Library 916-624-3133
Rocklin Parks and Recreation 916-625-5200
Rocklin Senior Center 916-625-5200
Roseville Adult School 916-782-3952
Roseville Public Library 916-774-5221
Roseville Parks and Recreation 916-774-5505
Sacramento City College Dental Health Department 916-558-2303
Senior Center Without Walls 877-797-7299

**Seniors First** 530-889-9500

Sierra College Osher Lifelong Learning Institute 916-781-6290
### ELDERS ABUSE

- California Advocates for Nursing Home Reform: 415-974-5171
- Legal Services of Northern California: 530-823-7560
- Ombudsman Services of Northern California: 530-823-8422
- Placer County District Attorney: 916-543-8000
- Placer County District Attorney’s Victim Services: 916-543-2570
- Placer County Law Enforcement Chaplaincy, Inc.: 916-672-6984
- Tahoe SAFE Alliance: 800-736-1060

### EMERGENCY ALERT/RESPONSE

- Adult Protective Service: 916-787-8860
- American Red Cross: 800-733-2767
- **Kaiser Permanente Acute Care Hospital** 916-784-4000
- Placer County District Attorney’s Victim Services: 916-543-2570
- Placer County Law Enforcement Chaplaincy, Inc.: 916-672-6984
- Placer County Office of Emergency Services: 530-886-5300
- Placer County Public Information Officer: 530-889-4030
St. Vincent de Paul Society – Auburn 530-885-2920
St. Vincent de Paul Society – Lincoln 916-645-7201
St. Vincent de Paul Society – Roseville 916-781-3303
Sacramento Area Emergency Housing Center 916-454-2120
Salvation Army – Auburn 530-889-3990
Salvation Army – Colfax 530-346-2722
Salvation Army – Roseville 916-784-3382
Secure the Call 800-813-0344
Senior Safe House 916-515-9902
Sierra Foothills AIDS Foundation 530-889-2437
Suicide Prevention Auburn 530-885-2300
Suicide Prevention Lincoln and Roseville 916-645-8866
**Sutter Auburn Faith Hospital** 530-888-4500
**Sutter Auburn Faith Hospital Lifeline** 530-888-4556
**Sutter Center For Psychiatry** 916-386-3077
**Sutter Health Lifeline-Roseville** 916-782-4989
**Sutter Roseville Medical Center** 916-781-1000
UC Davis Medical Center 916-734-2011
VA Northern Healthcare – Mather Hospital 916-366-5366

**EMPLOYMENT**

Area 4 Agency on Aging 916-486-1876
Experience Works – Auburn 530-823-4635 ext. 248
Experience Works – Roseville                916-865-2466
                                  916-774-4067 TTY/TDD
Pride Industries                                                                 916-788-2100

**END OF LIFE CARE AND OPTIONS**

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<th>Organization</th>
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<td>Coalition for Compassionate Care California</td>
<td>916-489-2222</td>
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<td>California Hospice Foundation</td>
<td>888-252-1010</td>
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<tr>
<td>Center for Healthcare Decisions</td>
<td>916-333-5046</td>
</tr>
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<td>Funeral Consumer Alliance of Nor Cal</td>
<td>916-486-3552</td>
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<td>Hospice of the Foothills</td>
<td>530-272-5739</td>
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<tr>
<td><strong>Kaiser Permanente Hospice Department</strong></td>
<td><strong>916-486-5300</strong></td>
</tr>
<tr>
<td><strong>Sutter Auburn Faith Hospital</strong></td>
<td><strong>530-888-4500</strong></td>
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<tr>
<td><strong>Sutter Auburn Faith VNA and Hospice</strong></td>
<td><strong>530-886-6650</strong></td>
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<td><strong>Sutter Care at Home/Hospice</strong></td>
<td><strong>916-797-7850</strong></td>
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<td><strong>Sutter Roseville Medical Center</strong></td>
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**ENERGY ASSISTANCE/PROGRAMS**

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<tr>
<td>California Alternate Rates for Energy, PG&amp;E</td>
<td>866-743-2273</td>
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                                  800-735-2929 TTY/TDD
| Project Go HEAP                                   | 800-655-7705       |

**FALL PREVENTION**

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Freedom Mobility Center, LLC  800-980-5696
Health & Harmony Wellness Coaching  530-863-8149
Sutter Auburn Faith Hospital Lifeline  530-888-4556
Sutter Health Lifeline – Roseville  916-782-4989

**FIDUCIARY SERVICES**

Gilbert, Justin M. Attorney  916-932-7416
Professional Fiduciary Association of California  866-886-7322
Robinson and Fulton Law  530-823-2010
Storz Fiduciary Services  916-220-3474

**FINANCIAL COUNSELING**

Ascent Wealth Management  530-392-4035
Patient Advocate Foundation  757-873-6668
Smith-Mottini Financial Advisors  916-797-1020
Storz Fiduciary Services  916-220-3474
US Senior Vets, National Headquarters  877-245-8387

**FINANCIAL RESOURCES/OPTIONS**

AARP Tax Assistance Program  530-613-2974
Ascent Wealth Management  530-392-4035
Bunker Insurance Solutions  916-759-1802
California Lifeline Telephone Program  866-272-0349
California Telephone Access Program – CTAP  800-806-1191
CancerCare Co-Payment Assistance Foundation 212-601-9750
CapTel Captioned Telephone 800-233-9130

**Kaiser Permanente Medical Financial Assistance Program**
866-399-7696

Keep Your Home California 888-954-5337
Patient Advocate Foundation 757-873-6668
Placer County Housing Authority 530-889-7676
Placer County Human Services, CalFresh 530-889-7680
Placer County Human Services, General Assistance 888-385-5160

Placer County Owner Occupant Housing Rehabilitation Loan Program 530-745-3170
Placer County Veteran’s Service Office-Rocklin 916-780-3290
Professional Fiduciary Association of California 866-886-7322
Project Go-HEAP 800-655-7705
Roseville Housing Rehabilitation Program 916-774-5270
Sierra Foothills AIDS Foundation 530-889-2437
Social Security Administration – Auburn 866-931-6087
Social Security Administration – Roseville 866-348-7830
800-325-0778 TTY/TDD

**FOOD/BANKS**

Abundant Life Fellowship Church 916-783-1989
Adventist Community Services 530-823-0345
Auburn Interfaith Food Closet 530-885-1921
Auburn Seventh Day Adventist Church 530-885 4232
Life Community Church New Food Closet 916-788-2697
Elijah’s Jar Food Closet 530-367-3085
Foothill Farmers Market Association 530-823-6183
Harvest Community Church 916-771-4781
Loomis Basin Food Pantry 916-652-0469
Placer County Human Services-CalFresh 530-889-76801
Placer Food Bank 916-783-0481
St. Vincent de Paul Society – Auburn 530-885-2920
St. Vincent de Paul Society – Lincoln 916-645-7201
St. Vincent de Paul Society – Roseville 916-781-3303
Salt Mine Ministries 916-645-3778
Salvation Army – Auburn 530-889-3990
Salvation Army – Colfax 530-346-2722
Salvation Army – Roseville 916-784-3382

**Senior Nutrition Program – Seniors First** 530-889-9500

Sierra First Baptist Church 530 389-2168
Sierra Foothills AIDS Foundation 530-889-2437
Sierra Reach Ministries 530-878-2705
Sierra Senior Services – Truckee Tahoe 530-550-7600
Welcome Home, Advocates for Mentally Ill Housing 530-878-5088
What Would Jesus Do? 916-786-9953
FRAUD

Adult Protective Services Intake 888-886-5401
Better Business Bureau of Northern California 916-443-6843
California Medical Board 800-633-2322
916-263-9035 TTY/TDD
Centers for Medicare and Medicaid 800-633-4227
877-486-2048 TTY/TDD
Department of Business Oversight 866-275-2677
800-735-2922 TTY/TDD
HICAP Services of Northern California 800-434-0222
Identity Theft Resource Center 888-400-5530
Ombudsman Services of Northern California 530-823-8422
Placer County District Attorney 916-543-8000
Placer County Sheriff, Non-Emergency 530-886-5375
Placer Dispute Resolution Services 916-645-9260
Social Security Administration – Fraud Hotline 800-269-0271
866-501-2101 TTY/TDD

FUNERAL SERVICES/OPTIONS

Blue Oaks Cremation and Burial Service 916-787-6257
Funeral Consumer Alliances of Nor-Cal 916-486-3552
Heritage Oaks Memorial Chapel 916-791-2273
Lassila Funeral Chapel 530-885-6271
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<td>530-263-5908</td>
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<td>Hoss Lee Beauty Academy</td>
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<td><strong>Sutter Roseville Cancer Wig Bank</strong></td>
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<tr>
<td>American Diabetes Association Sacramento Office</td>
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<td>Health and Harmony Wellness Coaching</td>
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<td><strong>Health Express – Seniors First</strong></td>
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<td>Kaiser Permanente Health Education Department</td>
<td>916-688-2428</td>
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<tr>
<td>Kaiser Permanente Roseville Medical Center</td>
<td>916-784-4000</td>
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<td>Lighthouse Counseling &amp; Family Resource Center</td>
<td>916-645-3300</td>
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<td>National Center for Chronic Disease</td>
<td>800-232-4636</td>
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<td>888-232-6348 TTY/TDD</td>
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<td>National Health Information Center</td>
<td>240-453-8280</td>
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<td>National Institute on Aging Information Center</td>
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<td>800-222-4225 TTY/TDD</td>
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<td>National Stroke Association</td>
<td>800-787-6537</td>
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<td>Neuropathy Association, Pacific Chapter</td>
<td>877-622-6298</td>
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<td>Placer County Medical Clinic – Auburn</td>
<td>530-889-7215</td>
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<td>Placer County Public Health</td>
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Sutter Auburn Faith Hospital  
530-888-4500

Sutter Auburn Faith Hospital Oncology Nurse Navigator  
530-886-6712

Sutter Roseville Cancer Wig Bank  
916-781-5000

Sutter Roseville Lymphedema Education  
916-781-5000

Sutter Roseville Medical Center  
916-781-1000

Sutter Roseville Medical Center Senior Services  
916-781-1559

Weimar Center of Health and Education  
530-637-4111

Wellness Health  
916-978-1738

**HEALTH**

**Bunker Insurance Solutions**  
916-759-1802

Centers for Medicare and Medicaid  
800-633-4227

**Pat’s Medical Insurance**  
916-408-0411

Placer County Human Services, Medi-Cal  
888-385-5160

Placer County Veteran’s Service Office – Rocklin  
916-780-3290

Social Security Administration – Auburn  
866-931-6087

Social Security Administration – Roseville  
866-348-7830

877-486-2048 TTY/TDD

HICAP Services of Northern California  
800-434-0222

Medicare Done Right  
530-432-7988

Placer County Veteran’s Service Office – Rocklin  
916-780-3290

Social Security Administration – Auburn  
866-931-6087

Social Security Administration – Roseville  
866-348-7830

877-486-2048 TTY/TDD
**HEALTH RIGHTS**

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<tr>
<th>Service</th>
<th>Phone Number</th>
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<tr>
<td>California Advocates for Nursing Home Reform</td>
<td>415-974-5171</td>
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<td>California Medi-Cal Information</td>
<td>800-541-5555</td>
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<td>Disability Rights of California</td>
<td>800-776-5746</td>
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<td>800-719-5798</td>
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<td>HICAP Services of Northern California</td>
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<td>Legal Services of Northern California</td>
<td>530-823-7560</td>
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<td>Medicare Rights Center Hotline</td>
<td>800-333-4114</td>
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<td>National Health Information Center</td>
<td>240-453-8280</td>
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<td><strong>Pat’s Medical Insurance Counseling</strong></td>
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**HEARING IMPAIRED SERVICES/RESOURCES**

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<td>California Relay Services</td>
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<td>California Telephone Access Program (CTAP)</td>
<td>800-806-1191</td>
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<td>800-806-4474 TTY/TDD</td>
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<td>Freedom Mobility Center, LLC</td>
<td>800-980-5696</td>
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<td><strong>Kaiser Permanente Hearing Center</strong></td>
<td><strong>916-771-6680</strong></td>
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<td>NorCal Services for Deaf &amp; Hard of Hearing</td>
<td>916-349-7500</td>
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<td>Placer Independent Resource Services</td>
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<td>Placer Speech and Hearing Services</td>
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<td>Sutter Auburn Faith VNA and Hospice</td>
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### HOME REPAIR/MODIFICATIONS

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<td>A-1 Rooter, Jeffco Plumbing</td>
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<td>Able and Ready – Ramp Specialists</td>
<td>530-906-0680</td>
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<td>Accessibility Connection</td>
<td>916-202-2863</td>
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<td>Acton Arboriculture</td>
<td>530-272-8224</td>
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<td>Ageless Designs</td>
<td>916-412-9390</td>
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<tr>
<td>California Contractors State License Board</td>
<td>800-321-2752</td>
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<td>Eagle Accessibility Solutions and Equipment</td>
<td>530-820-9114</td>
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<td>Placer County Contractors Association,</td>
<td>530-889-3953</td>
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<td>Placer County Housing Authority</td>
<td>530-889-7676</td>
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<td>Rocklin Home Repair Program</td>
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<td>Roseville Housing Rehabilitation Program</td>
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<td><strong>Seniors First</strong></td>
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**HOMELESS**

Abundant Life Fellowship Church  
Adventist Community Services  
Auburn Interfaith Food Closet  
Cirby Clubhouse  
Elijah’s Jar Food Closet  
Gathering Inn, The  
Harvest Community Church  
Sacramento Area Emergency Housing Center  
St. Vincent de Paul Society – Auburn  
St. Vincent de Paul Society – Lincoln  
St. Vincent de Paul Society – Roseville  
Salt Mine Ministries  
Salvation Army – Auburn  
Salvation Army – Colfax  
Salvation Army – Roseville  
Senior Safe House  
Sierra Reach Ministries  
What Would Jesus Do?  

**HOSPICE CARE**

Coalition for Compassionate Care California  
California Hospice Foundation
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<td>Center for Healthcare Decisions</td>
<td>916-333-5046</td>
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<tr>
<td>Green Valley Hospice</td>
<td>916-757-6800</td>
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<tr>
<td>Hospice of the Foothills</td>
<td>530-272-5739</td>
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<tr>
<td><strong>Integra In Home Care</strong></td>
<td><strong>888-982-5955</strong></td>
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<tr>
<td><strong>Kaiser Permanente Hospice</strong></td>
<td><strong>916-486-5300</strong></td>
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<td>Sutter Auburn Faith Hospital</td>
<td>530-888-4500</td>
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<tr>
<td>Sutter Auburn Faith VNA and Hospice</td>
<td>530-886-6650</td>
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<tr>
<td>Sutter Care at Home/Hospice</td>
<td>916-797-7850</td>
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<tr>
<td>Sutter Roseville Medical Center</td>
<td>916-781-1000</td>
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<td>Kaiser Permanente Acute Care Hospital</td>
<td>916-784-4000</td>
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<td>Sutter Auburn Faith Hospital</td>
<td>530-888-4500</td>
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<td>Sutter Auburn Faith Hospital Outpatient Rehab</td>
<td>530-889-6088</td>
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<td>Sutter Roseville Medical Center</td>
<td>916-781-1000</td>
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<td>UC Davis Medical Center</td>
<td>916-734-2011</td>
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<td>VA Northern Healthcare – Mather Hospital</td>
<td>916-366-5366</td>
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<td><strong>HOUSING PLACEMENT</strong></td>
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<td>Amada Senior Care</td>
<td>916-945-3515</td>
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<td>Care Patrol</td>
<td>530-305-4085</td>
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<td>Community Care Licensing Division California</td>
<td>916-657-2592</td>
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<td>Dementia Care Advisor, LLC</td>
<td>866-689-5413</td>
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<td>Helping Hearts Foundation</td>
<td>916-368-7200</td>
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<td>Senior Care Consulting</td>
<td>916-209-8471</td>
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**IN HOME CARE/CLINICAL**

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<td>AccentCare</td>
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<td>BrightStar Healthcare</td>
<td>916-781-6500</td>
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<td>California Health Collaborative Multipurpose Senior Services Program (MSSP)</td>
<td>916-374-7739</td>
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<tr>
<td>Integra In Home Care</td>
<td>888-982-5955</td>
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<tr>
<td>Kaiser Permanente Home Health Department</td>
<td>916-486-5400</td>
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<td>Placer County Public Health</td>
<td>530-889-7141</td>
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<td>Progressive Home Care</td>
<td>530-823-3896</td>
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<td>Sierra Phlebotomy Service</td>
<td>530-906-4305</td>
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<td>Sutter Auburn Faith VNA and Hospice</td>
<td>530-886-6650</td>
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<td>Sutter Care at Home/Hospice</td>
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**IN HOME CARE/NON CLINICAL**

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<td>Anytime Anywhere Senior Care</td>
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BrightStar Healthcare  916-781-6500
California CareGivers  916-478-2828
California Health Collaborative Multipurpose Senior Services Program (MSSP)  916-374-7739
ComForcare Senior Care  916-784-9233
Harmony Home Health  916-933-9777
Help at Home Senior Care  877-404-6636
Helping Hearts Foundation  916-368-7200
Home Care Assistance  916-226-3737
Home Instead Senior Care  530-885-3904
Love at Home – Quality In Home Care  916-966-5550
Integra In Home Care  916-678-5800
Partners in Care  530-268-7423
Placer County Adult System of Care – Roseville  916-787-8800
Support for Home  916-482-8484
Welcome Home Care  916-778-7150

INFORMATION AND ASSISTANCE
Alzheimer’s Aid Society of Northern California  800-540-3340
American Diabetes Association Sacramento Office  916-924-3232
Arthritis Foundation – Greater Sacramento Valley Office  916-368-5599
Attorney General – Privacy Enforcement & Protection  800-952-5225
California Department of Rehabilitation – Auburn  530-823-4040
California Department of Rehabilitation – Roseville  916-774-4400
Del Oro Caregiver Resource Center  916-728-9333
Department of Consumer Affairs  916-445-1254
                      800-326-2297 TTY/TDD
Helpline Nevada County – Information and Assistance  530-273-2273
National Center for Chronic Disease  800-232-4636
                      888-232-6348 TTY/TDD
National Consumer Voice for Quality Long-Term Care  202-332-2275
National Federation for the Blind  410-659-9314
National Health Information Center  240-453-8280
National Institute on Aging Information Center  800-222-2225
                      800-222-4225 TTY/TDD
National Institute of Mental Health  301-443-4513
                      866-415-8051 TTY/TDD
Northern California Lawyer Referral Service  530-272-5962
Osteoporosis and Related Bone Diseases  202-223-0344
                      202-466-4315 TTY/TDD
Placer County System of Care  530-889-7218
Senior Information & Assistance – Seniors First  530-889-9500
INSURANCE

AARP 530-885-7068
Ascent Wealth Management 530-392-4035
Bunker Insurance Solutions 916-759-1802
California Low Cost Auto Insurance Program 866-602-8861
California Medi-Cal Information 800-541-5555
Pat’s Medical Insurance Counseling 916-408-0411
Smith-Mottini Financial Advisors 916-797-1020
Social Security Administration – Auburn 866-931-6087
Social Security – Roseville 866-348-7830
800-325-0778 TTY/TDD

KINSHIP

AARP Grandparents Information Center 888-687-2277
Generations United 202-289-3979
Grandparents Rights Organization 248-646-7191
Legal Services of Northern California 530-823-7560

LEGAL SERVICES/RESOURCES

Aanestad, Erik – Associate Attorney 530-269-1515
California Advocates for Nursing Home Reform 415-974-5171
California Bar 415-538-2000
California Rural Legal Assistance Foundation 916-446-7904
California State Bar 916-442-8018
Cotney, Ed – Family Wealth Counselor  530-269-1515
Cunningham, James L Jr. – Attorney at Law  530-269-1515
CunninghamLegal  530-269-1515
Gilbert, Justin M. – Attorney  916-932-7416
Legal Services of Northern California – Auburn  530-823-7560
Northern California Lawyer Referral Service  530-272-5962
Patient Advocate Foundation  757-873-6668
Placer County District Attorney  916-543-8000
Placer County District Attorney’s Victim Services  916-543-2570
Placer County Superior Court Legal Help Center  916-408-6446
Placer Dispute Resolution Services  916-645-9260
Riley-Quinn, Trudi Attorney  916-782-8212
Roberts and Adams Law  916-434-2550
Robinson and Fulton Law  530-823-2010
Senior Legal Hotline – Pensions  916-551-2140
Sparks Law Library  530-823-2573
Tahoe City Library  530-583-3382
Voluntary Legal Services Program (VLSP)  916-551-2102

LGBT RESOURCES/SERVICES
Mental Health America of Northern California  916-787-8832
PFLAG – Lesbian and Gay Support Group  916-863-9622
Senior Center Without Walls  877-797-7299
LIBRARIES AND SERVICES

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

MASSAGE THERAPY

Aging Plan-it 916-790-5131
Forgotten Soldier Program, The 530-889-2300
Pathways to Health 530-888-6534
MEDICAL ALERT

Dogs For Diabetics 925-246-5785
Medic Alert Foundation International 888-633-4298
Sutter Auburn Faith Hospital Lifeline 530-888-4556
Sutter Health Lifeline-Roseville 916-782-4989

MEDICAL CARE/RESOURCES

Accent Care 800-585-7353
BrightStar Care 916-781-6500
California Health Collaborative Multipurpose Senior Services Program (MSSP) 916-374-7739
California Medi-Cal Information 800-541-5555
Chapa De Indian Health Program 530-887-2800
Gathering Inn, The 916-791-9355
Kaiser Permanente Acute Care Hospital 916-784-4000
National Bone Marrow Donor Program 916-456-1500
National Cancer Institute 800-422-6237
Osteoporosis and Related Bone Diseases 202-223-0344
202-466-4315 TTY/TDD
Personal Medication Management 916-844-8914
Placer County Medical Clinic – Auburn 530-889-7215
Placer County Human Services, Tahoe 888-385-5160
Placer County Veteran’s Service Office – Rocklin 916-780-3290
Placer-Nevada County Medical Society 530-822-7770
Progressive Home Care 530-823-3896
St. Vincent de Paul Society – Roseville 916-781-3303
Sierra Phlebotomy Service 530-906-4305
**Sutter Auburn Faith Hospital** 530-888-4500
**Sutter Auburn Faith Hospital Infusion Care** 530-886-6760
**Sutter Auburn Faith Hospital Oncology Nurse Navigator** 530-886-6712
**Sutter Auburn Faith Hospital Wound Care** 530-886-6750
**Sutter Express Care** 800-972-5547
**Sutter Health Coordination Program** 888-833-4566
**Sutter Roseville Cancer Wig Bank** 916-781-5000
**Sutter Roseville Medical Center** 916-781-1000
**Sutter Roseville Wound Care Center** 916-781-1386
Veteran’s Admin. Sierra Foothills Outpatient Clinic 530-889-0872
WellSpace Health 916-978-1738

**MEDI-CAL/MEDICAID**

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California Medi-Cal Information  800-541-5555  
Carrington College  916-361-1660  
Centers for Medicare and Medicaid  800-633-4227  
877-486-2048 TTY/TDD  
Chapa De Indian Health Program  530-887-2800  
**Cotney, Ed – Family Wealth Counselor**  **530-269-1515**  
**Cunningham, James L Jr. – Attorney at Law**  **530-269-1515**  
**CunninghamLegal**  **530-269-1515**  
Eureka Dental Group  916-783-2273  
Freedom Mobility Center  800-980-5696  
**Gilbert, Justin M. – Attorney**  **916-932-7416**  
Greater Placer Pharmacy  530-885-8582  
**Helping Hearts Foundation**  **916-368-7200**  
Light For Seniors, The  888-413-3113  
Patient Advocate Foundation  757-873-6668  
Placer County Medical Clinic – Auburn  530-889-7215  
Placer County Medical Clinic – Kings Beach  530-546-1970  
Placer County Human Services, Medi-Cal  888-385-5160  
Placer County Public Health  530-889-7141  
**Robinson and Fulton Law**  **530-823-2010**  
Simpson Dental Hygiene Practice, Inc.  530-906-2972  
WellSpace Health  916-978-1738
MEDICARE BENEFITS CONSULTING

Centers for Medicare and Medicaid 800-633-4227
  877-486-2048 TTY/TDD
HICAP Services of Northern California 800-434-0222
Medicare Done Right 530-432-7988
Medicare Rights Center Hotline 800-333-4114
Pat’s Medical Insurance Counseling 916-408-0411
Social Security Administration – Auburn 866-931-6087
Social Security Administration – Fraud Hotline 800-269-0271
  866-501-2101 TTY/TDD
Social Security Administration – Roseville 866-348-7830
  800-325-0778 TTY/TDD

MEDICATION MANAGEMENT & RESOURCES

BrightStar Care 916-781-6500
Express Scripts 800-282-2881
Greater Placer Pharmacy 530-885-8582
H & H Integrative Pharmacy 916-259-2558
Personal Medication Management 916-844-8914
Placer County Public Health 530-889-7141
Scripts 4 Less 888-983-7839
Sutter Care Coordination Program 530-886-2353
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Suicide Prevention Lincoln and Roseville 916-645-8866
**Sutter Center For Psychiatry** 916-386-3077
Tahoe SAFE Alliance 800-736-1060
Welcome Home, Advocates for Mentally Ill Housing 530-878-5088
WellSpace Health 916-978-1738
What Would Jesus Do? 916-786-9953

**MOBILE SERVICES**

Bookmobile Library 530-886-4560
Dental Hygiene Out and About 916-849-6695
Hair by Angela 530-263-5908
Hair Care by Kimberley 916-837-1637
Lisa’s Mobile Hair Care 530-575-4223
Mobile Dentistry 530-210-6974
On The Spot Mobile Notary Service 916-835-8797
Pathways to Health 530-888-6534
Personal Medication Management 916-844-8914
Sierra Phlebotomy Service 530-906-4305
Simpson Dental Hygiene Practice, Inc. 530-906-2972
Traveling Tooth Fairy 916-206-5000
MORTGAGES TRADITIONAL & REVERSE
Home Ownership Preservation Foundation 888-995-4673
Keep Your Home California 888-954-5337

MOVING SERVICES
All in Organizing 916-660-3948
Auburn Moving Company 888-233-8685
Home Transitions 916-202-1297
Moving Crew 916-730-8305
Right Size Your Move 916-631-6881

NUTRITION
Sutter Cancer Nutrition Class 916-781-5000

ORGAN BANK/DONATIONS
Center for Healthcare Decisions 916-333-5046

ORGANIZING
All in Organizing 916-660-3948
Compassionate Relocations 916-966-8745
Help Wanted, Your Personal Assistant 916-402-2713
Home Transitions 916-202-1297
Right Size Your Move 916-631-6881
OUT OF HOME PLACEMENT

Aging Plan-it 916-790-5131
Amada Senior Care 916-945-3515
Care Patrol 530-305-4085
Dementia Care Advisor, LLC 866-689-5413
Helping Hearts Foundation 916-368-7200
Senior Care Consultant – Seniors First 530-889-9500
Senior Care Consulting 916-209-8471

PALLIATIVE CARE

Coalition for Compassionate Care California 916-489-2222
Green Valley Hospice 916-757-6800
Integra In Home Care 888-982-5955
Kaiser Permanente Hospice Department 916-486-5300
Sutter Auburn Faith Hospital 530-888-4500
Sutter Auburn Faith Hospital VNA & Hospice 530-886-6650
Sutter Care at Home/Hospice 916-797-7850
Sutter Roseville Medical Center 916-781-1000

PHOTOGRAPHY

Legacy Photography by Diane 916-622-0659
Arlan Pope, Photographer 916-412-6908
# PLANNED GIVING

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# PROTECTIVE SERVICES

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<td>Placer County District Attorney’s Victim Services</td>
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<td>Placer County Public Guardian</td>
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Placer County Sheriff 530-889-7800

**RAMPS**

Able and Ready – Ramp Specialists 530-906-0680
American MedEquip, LLC 916-791-2266
Eagle Accessibility Solutions & Equipment 530-820-9114
Freedom Mobility Center, LLC 800-980-5696
Placer Independent Resource Services 530-885-6100

530-885-0326 TTY/TDD

**REHABILITATION**

California Department of Rehabilitation – Auburn 530-823-4040
California Department of Rehabilitation – Roseville 916-774-4400

**Kaiser Permanente Chemical Dependence Recovery Program**

Kaiser Permanente Chronic Conditions Management — COPD Pulmonary Rehabilitation 916-784-4373
Kaiser Permanente Home Health 916-486-5400

**Kaiser Permanente Physical Medicine & Rehab Dept. – Stroke Support**

Kaiser Permanente Skilled Nursing Facility 916-648-6881
NOR-CAL Clean and Sober Living 916-676-2825
NorCal Services for Deaf & Hard of Hearing 916-349-7500

916-774-4067 TTY/TDD
SCOOTERS

American MedEquip, LLC  916-791-2266
Freedom Mobility Center  800-980-5696

SENIOR CENTERS

Maidu Community Center, Senior Wing  916-774-5960
Multi-Purpose Senior Center – Auburn  530-823-8172
Rocklin Senior Center  916-625-5200
Senior Center Without Walls  877-797-7299
Senior LIFE Center of Loomis  916-660-0543
Sierra Senior Services – Truckee Tahoe  530-550-7600
Sierra Vista Community Center  530-346-8726

SUICIDE PREVENTION

Forgotten Soldier Program, The  530-889-2300
Senior Peer Counseling  530-886-3413
Suicide Prevention Auburn  530-885-2300
Suicide Prevention Lincoln and Roseville  916-645-8866
WellSpace Health  916-978-1738
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530-885-0326 TTY/TDD
Sutter Auburn Faith Hospital Lupus Support Group  530-889-8575
Sutter Caregiver Support Group  916-781-1559
Sutter Roseville Cancer Support Groups  916-781-5000
Sutter Roseville Medical Center  916-781-1000
Veteran’s Administration Sierra Foothills Outpatient  530-889-0872
Widowed Persons Association of California – Auburn  530-823-5321
Widowed Persons Association of California – Roseville  916-624-1938

TAHOE AREA SERVICES

Kings Beach Library  530-546-2021
North Tahoe Family Resource Center  530-546-0952
Placer County Human Services, Tahoe  888-385-5160
Placer County Medical Clinic – Kings Beach  530-546-1970
Sierra Mental Wellness Group  530-581-4054
Sierra Senior Services – Truckee Tahoe  530-550-7600
Tahoe City Library  530-583-3382

TRANSPORTATION

American Cancer Society Transportation Program  800-227-2345
Auburn Transit  530-823-4211 Opt.3
888-745-7885 TTY/TDD
Dial-A-Ride, South Placer County  916-745-7560
888-745-7885 TTY/TDD
**UTILITIES AND ASSISTANCE**

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<td>California Lifeline Telephone Program</td>
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<td>California Telephone Access Program CTAP</td>
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<td>Project Go-HEEL</td>
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<td>Recology Auburn Placer</td>
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**VETERANS**

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Cotney, Ed – Family Wealth Counselor 530-269-1515
Cunningham, James L Jr. – Attorney at Law 530-269-1515
CunninghamLegal 530-269-1515
Disabled American Veteran’s 916-429-1663
Placer County Veteran’s Service Office-Rocklin 916-780-3290
Salvation Army – Auburn 530-889-3990
Salvation Army – Colfax 530-346-2722
Salvation Army – Roseville 916-784-3382
US Senior Vets, National Headquarters 877-245-8387
VA Northern Healthcare – Mather Hospital 916-366-5366
Veteran’s Administration Sierra Foothills Outpatient 530-889-0872
What Would Jesus Do? 916-786-9953

VISITING SERVICES

Friendly Visitor Program – Seniors First 530-889-9500
Nursing Home Nannies 916-987-3400

VISUAL IMPAIRMENT/VISION SVCS

California Telephone Access Program (CTAP) 800-806-1191 800-806-4474 TTY/TDD
Center for Visually Impaired Adults 530-863-0072
EyeCare America 877-887-6327
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<td><strong>VOLUNTEER OPPORTUNITIES</strong></td>
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<td>A Touch of Understanding</td>
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Penryn Library 916-663-3621
Placer Adult Literacy 800-488-4308
Placer Food Bank 916-783-0481
Placer Independent Resource Services 530-885-6100
530-885-0326 TTY/TDD
Placer Nature Center 530-878-6053
Recreation and Respite Social Day Care Program 530-878-5717
Rocklin Library 916-624-3133
Rocklin Parks and Recreation 916-625-5200
916-632-4013 TTY/TDD
Rocklin Senior Center 916-625-5200
916-632-4013 TTY/TDD
Roseville Public Library 916-774-5221
Sacramento Society for the Blind 916-452-8271
Salvation Army – Auburn 530-889-3990
Salvation Army – Colfax 530-346-2722
Salvation Army – Roseville 916-784-3382
Seniors First 530-889-9500
Sierra Senior Services – Truckee Tahoe 530-550-7600
SPCA Roseville 916-782-7722
Stand Up Placer 530-823-6224
Stand Up Placer – Roseville 916-773-7273
Sutter Auburn Faith Hospital Guild 530-888-4500
Sutter Roseville Medical Center 916-781-1000

WOUND CARE

BrightStar Care 916-781-6500
Harmony Home Health 916-933-9777
Kaiser Permanente Medical Care 916-973-5000
Kaiser Permanente Home Health 916-486-5400
Sutter Auburn Faith Hospital Wound Care 530-886-6750
Sutter Care at Home/Hospice 916-797-7850
Sutter Roseville Wound Care Center 916-781-1386

YARDWORK

Aronson Landscape 916-243-9350
AWI Landscape Services 530-745-6236
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