

# Resource Guide for Seniors



**Calaveras County**

**January 2015**

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#### Disclaimer

The most frequently needed services used by seniors are listed in this guide. Inclusion does not constitute a recommendation or endorsement. All efforts have been made to obtain the most current and accurate information.

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## Support Groups

Alcoholics Anonymous www.aa.org	800-851-1304
Alzheimer's Association www.alznorcal.org	800-272-3900
Behavioral Health Services	754-6525
Cancer Support	754-2609
Domestic Violence & Sexual Assault	754-1300
Family Caregivers	800-510-2020
Foster Grandparents	736-1311
Grandparents Raising Grandchildren	772-3980
Movers & Shakers Parkinson's Group www.sanandreamoversandshakers.org	754-5360
NAMI (National Alliance on Mental Illness) www.nami.org	736-4264
Senior Peer Support Service	754-6642

## Transportation

Blue Mountain Charter	223-5300
Calaveras County Transit www.calaverastransit.com	754-4450
Volunteer Center www.calaverasvolunteer.com	754-1699

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## Assistance & Referrals

Area 12 Agency on Aging <a href="http://www.area12.org">www.area12.org</a>	800-510-2020 532-6272
Calaveras Senior Center <a href="http://www.calaverasseniorcenter.org">www.calaverasseniorcenter.org</a>	754-3967
Catholic Charities - Mother Lode Office <a href="http://www.ccstockton.org">www.ccstockton.org</a>	532-7632
Common Ground Senior Services <a href="http://www.commongroundseniorservices.org">www.commongroundseniorservices.org</a>	223-3015
Murphys Senior Center <a href="http://www.murphyscenter.com">www.murphyscenter.com</a>	728-1672
Resource Center at Mountain Ranch <a href="http://www.mtnranchresourcectr.com">www.mtnranchresourcectr.com</a>	754-4073

## Consumer/Financial Services

Better Business Bureau (24-Hours) <a href="http://www.bbb.org">www.bbb.org</a>	916-443-6843
Calaveras Chamber of Commerce <a href="http://www.calaveras.org">www.calaveras.org</a>	736-2580
Department of Consumer Affairs <a href="http://www.dca.ca.gov">www.dca.ca.gov</a>	800-952-5210
Free Income Tax Preparation - AARP <a href="http://www.aarp.org">www.aarp.org</a>	795-8208
Internal Revenue Service (IRS) <a href="http://www.irs.gov">www.irs.gov</a>	800-829-1040

## Skilled Nursing Facilities

Long-Term Care Ombudsman	532-7632
Mark Twain Convalescent Hospital	754-3823

## Social Services Agencies

Area 12 Agency on Aging <a href="http://www.area12.org">www.area12.org</a>	800-510-2020
California Department on Aging <a href="http://www.aging.ca.gov">www.aging.ca.gov</a>	916-332-5630
Catholic Charities - Mother Lode Office <a href="http://www.ccstockton.org">www.ccstockton.org</a>	532-7632
Common Ground Senior Services <a href="http://www.commongroundseniorservices.org">www.commongroundseniorservices.org</a>	223-3015
Elder Care Locator <a href="http://www.eldercare.gov">www.eldercare.gov</a>	800-667-1116
Social Security Administration <a href="http://www.ssa.gov">www.ssa.gov</a>	800-772-1213



Area 12 Agency on Aging - Serving Alpine, Amador, Calaveras, Mariposa & Tuolumne Counties  
19074 Standard Road, Ste. A  
Sonora, CA 95370  
532-6272 or 1-800-510-2020  
[www.area12.org](http://www.area12.org)

## Other Resources

AARP	888-687-2277
<a href="http://www.aarp.org">www.aarp.org</a>	
AARP - West Point	293-7051
<a href="http://www.myamador.com/AARPOestPoint">www.myamador.com/AARPOestPoint</a>	
California Advocates for Nursing Home Reform	
<a href="http://www.canhr.org">www.canhr.org</a>	800-474-1116
Community Care Licensing Division/Adult & Senior Care Program	916-334-2970
<a href="http://www.cclid.ca.gov">www.cclid.ca.gov</a>	
Consumer Affairs	800-952-5210
<a href="http://www.dca.ca.gov">www.dca.ca.gov</a>	
Elder Care Locator	800-677-1116
<a href="http://www.eldercare.gov">www.eldercare.gov</a>	

## Residential Care

Country Haven Assisted Living	754-4751
<a href="http://www.countryhavenhome.com">www.countryhavenhome.com</a>	
Foothill Village	729-2200
<a href="http://www.foothill-village.com">www.foothill-village.com</a>	
Just Like Home	736-4700
<a href="http://www.justlikehome-vallecito.com">www.justlikehome-vallecito.com</a>	
Long-Term Care Ombudsman	532-7632
Sunrise Country Manor	772-0364

## Employment Services

Mother Lode Job Connection	754-4242
<a href="http://www.motherlodejobconnection.org">www.motherlodejobconnection.org</a>	
SER - Jobs for Progress	536-4705

## Food Sources

Calaveras Senior Center	754-3967
<a href="http://www.calaverasseniorcenter.org">www.calaverasseniorcenter.org</a>	
Lunch Monday - Friday, 11:30 am - 1:00 pm	
No age restrictions. No reservations.	
Donation requested for lunch	
CalFresh (Food Stamps)	754-6448
Common Ground Senior Services	223-3015
Meals-on-Wheels, Congregate Dining Sites, Restaurant Dining Sites	
<a href="http://www.commongroundseniorservices.org">www.commongroundseniorservices.org</a>	
Murphys Senior Center	728-1672
<a href="http://www.murphyscenter.com">www.murphyscenter.com</a>	
Food Pantry Open 9:00 am - 4:00 pm	
Lunch Monday - Wednesday at Noon	
Reservations by 10:30 am	
Donation requested for lunch	
The Resource Connection/Food Bank	754-1257
<a href="http://www.theresourceconnection.net">www.theresourceconnection.net</a>	
Monday - Friday, 9:00 am - 5:00 pm	

Food/Clothing - Contact local churches & shelters  
Grocery Delivery - Contact local markets

## Hospitals & Health Clinics

Angels Camp Prompt Care www.sonoramedicalcenter.org	736-9130
Calaveras Public Health	754-6592
M.A.C.T. San Andreas Community Clinic	855-687-6228
Mark Twain St. Joseph's Hospital www.marktwainhospital.org	754-3521
Medical Clinics	
Angels Camp Clinic	736-0813
Angels Camp Health Care	736-9130
Arnold Clinic	795-4193
Copperopolis Clinic	785-7000
San Andreas	754-4564
Valley Springs Clinic	772-9538
San Andreas Community Clinic	754-1400
Sonora Regional Prompt Care	736-9130
Valley Sleep & Bone Density Clinic	754-5374



Calaveras Senior Center  
956 Mountain Ranch Road  
San Andreas, CA 95249  
754-3967  
www.calaverasseniorcenter.org

## Medical Services & Assistance

AARP Healthcare Options	800-532-5800
Calaveras County	
Behavioral Health Services	754-6525
Public Health Department	754-6460
Substance Abuse Services	754-6555
www.co.calaveras.ca.us	
Caregiver Resource Center	800-635-0220
www.deloro.org	
CTAP (California Telephone Access Program)	800-806-1191
Hospice (See In-Home Health Care)	
Medi-Cal/Social Services	754-6448
Nurse Call Center	800-300-0073

Murphys Senior Center  
65 Mitchler Avenue  
Murphys, CA 95247

728-1672  
murphyscenter@gmail.com  
www.murphyscenter.com



## Medical Equipment & Supplies

### To Borrow:

Calaveras Senior Center 754-3967  
 Murphys Senior Center 728-1672

### To Rent or Buy:

Apria Healthcare 223-7727  
 Butte Therapy Systems 754-0254  
 DRAIL 532-0963  
 Med Mart - Pacific Pulmonary Service 754-4991  
 Sierra Valley Medical Supply 728-8057  
 Sonora O<sup>2</sup> & Medical Supply 736-3760  
 Western Health Care Industries, Inc. 223-7306

### Sharps/Syringe Disposal

Calaveras Dept. of Public Works 754-6402  
[www.co.calaveras.ca.us](http://www.co.calaveras.ca.us)



### Common Ground Senior Services

Common Ground Senior Services  
 Serving Amador & Calaveras Counties  
 229 New York Ranch Road  
 Jackson, CA 95242

(209) 223-3015  
[www.commongroundseniorservices.org](http://www.commongroundseniorservices.org)

## Housing

### EMERGENCY HOUSING RESOURCE

CONNECTION 736-4011

ATCAA - Community Action Agency 533-1397  
 (Amador Tuolumne Community Action Agency)  
[atcaa.org](http://atcaa.org)

California Fair Housing Department 800-884-1687  
[www.dfeh.ca.gov](http://www.dfeh.ca.gov)

Habitat for Humanity 754-5331  
[www.habitatcalaveras.org](http://www.habitatcalaveras.org)

Landlord/Tenant Legal Assistance 754-1443

### Subsidized Housing:

Altaville Apartments 736-0620  
 Bear Mountain Apartments 754-4077  
 Diamond Place Apartments 754-4643  
 Murphys Senior Apartments 728-9114  
 San Andreas Apartments 754-1453  
 Sierra Meadows, Arnold 795-3407

Hospice of Amador & Calaveras  
 1500 South Highway 49, Suite 205  
 Jackson, CA 95642

223-5500  
[www.hospiceofamador.org](http://www.hospiceofamador.org)



## In-Home Health Care Services

At Home Care (Non-Medical) www.aceathomecare.com	877-942-4111
Del Oro Caregiver Resource Center	800-635-0220
Hospice of Amador & Calaveras (24-hours) www.hospiceofamador.org	223-5500
Hospice of the Sierra	533-6800
Interim Health Care (Non-Medical) www.interimhealthcare.com	223-9111
Rescare Homecare (Non-Medical) www.rescarehomecare.com	772-2157
In-Home Supportive Services (IHSS)	754-6544
Seniority Lifecare at Home www.senioritylifecare.com	532-4500
United Home Care	223-3866
Visiting Nurses	736-2338

## Legal Services

Court Legal Assistance Center	754-1443
Senior Legal Hotline www.slh.lsnc.net	800-222-1753

## Living Assistance & Support

Amador Lifeline - Serving Amador & Calaveras Counties	223-1485
American Legion Ambulance Services	223-2963
Calaveras County Health and Human Services Adult Protective Services Public Guardian	754-6448
Common Ground Senior Services Information & Assistance Referrals www.commongroundseniorservices.org	223-3015
DRAIL <u>D</u> isability <u>R</u> esource <u>A</u> gency for <u>I</u> ndependent <u>L</u> iving	532-0963
Ebbetts Pass Fire District	795-1646
HICAP <u>H</u> ealth <u>I</u> nsurance <u>C</u> ounseling & <u>A</u> dvocacy <u>P</u> rogram	800-510-2020
Resource Connection California Alternate Rates for Energy, Food Bank, Low Income Energy Assistance, REACH - Emergency Electrical Help, Santa's Express - Holiday Food Distribution, Clothing/Household Vouchers, Weatherization	754-1257
Volunteer Center www.calaverasvolunteer.com	754-1699