

# Resource Guide for Seniors



**Calaveras County**

**January 2019**

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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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or call 209.559.2673

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## Support Groups

Alcoholics Anonymous <a href="http://www.aa.org">www.aa.org</a>	800-851-1304
Alzheimer's Association <a href="http://www.alznorcal.org">www.alznorcal.org</a>	800-272-3900
Bereavement/Grief Support Group - or	736-9442 223-5500
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 <a href="http://www.sanandreamoversandshakers.org">www.sanandreamoversandshakers.org</a>	785-8166
NAMI (National Alliance on Mental Illness) <a href="http://www.nami.org">www.nami.org</a>	736-4264
Senior Peer Support Service	754-6525



**Quality In-Home  
Care Specialists**

Quality In-Home Care Specialists  
Serving Amador, Calaveras, El  
Dorado, Placer and Sacramento  
Counties

866-439-2121

[info@ qualityinhomecare.com](mailto:info@qualityinhomecare.com)

[www.qualityinhomecare.net](http://www.qualityinhomecare.net)

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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 (Now the Mt. Ranch Youth Alliance & Resource Center)	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
Avalon Health Care - San Andreas <a href="http://www.avalonhealthcare.com/sanandreas/">www.avalonhealthcare.com/sanandreas/</a>	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

Avalon Health Care  
900 Mountain Ranch Road  
San Andreas, CA 95249

754-3826  
[www.avalonhealthcare.com/sanandreas/](http://www.avalonhealthcare.com/sanandreas/)



## Other Resources

AARP www.aarp.org	888-687-2277
California Advocates for Nursing Home Reform www.canhr.org	800-474-1116
Community Care Licensing Division Adult & Senior Care Program www.cclid.ca.gov	916-334-2970
Consumer Affairs www.dca.ca.gov	800-952-5210
Elder Care Locator www.eldercare.gov	800-677-1116

## Residential Care

Country Haven Assisted Living www.countryhavenhome.com	754-4751
Foothill Village www.foothillvillageseniorliving.com	729-2200
Long-Term Care Ombudsman	532-7632

Foothill Village  
1400 Foothill Village Drive  
Angeles Camp, CA 95222

729-2200  
www.foothillvillageseniorliving.com



**Foothill Village**  
*Senior Living Community*  
Independent Living • Assisted Living • Memory Care

## Employment Services

Mother Lode Job Connection www.mljt.org	754-4242
SER - Jobs for Progress	536-4705

## Food Sources

Calaveras Senior Center www.calaverasseniorcenter.org Lunch Monday - Friday, 11:00 am - 1:00 pm No age restrictions. No reservations. \$6 donation requested for lunch	754-3967
CalFresh (Food Stamps)	754-6448
Community Covenant Church Free meal every Wednesday - 4:00 - 6:00 pm	754-3881
Common Ground Senior Services Meals-on-Wheels www.commongroundseniorservices.org	223-3015 498-2246
The Resource Connection/Food Bank www.theresourceconnection.net Monday - Friday, 9:00 am - 5:00 pm, San Andreas	754-1257

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



Mother Lode Job Connection  
700 Mountain Ranch Road, Suite A  
San Andreas, CA 95249

754-4242  
www.mljt.org

## Hospitals & Health Clinics

Adventist Health Sonora	732-5000
Angels Camp Prompt Care www.sonoramedicalcenter.org	736-9130
Calaveras Public Health	754-6592
M.A.C.T. San Andreas Community Clinic or 855-687-6228	754-1400
Mark Twain Medical Center 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
Sierra Eye Center	736-6760

## Medical Services & Assistance

AARP Healthcare Options	800-532-5800
Calaveras County	
Behavioral Health Services	754-6525
Public Health Department	754-6460
Substance Abuse Services www.co.calaveras.ca.us	754-6555
Caregiver Resource Center www.deloro.org	800-635-0220
CTAP (California Telephone Access Program)	800-806-1191
Hospice (See In-Home Health Care)	
Medi-Cal/Social Services	754-6448
Nurse Call Center (24 Hours)	800-300-0073
Senior Peer Counseling	754-3114



Calaveras Senior Center  
956 Mountain Ranch Road  
San Andreas, CA 95249

754-3967  
www.calaverasseniorcenter.org

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



## Medical Equipment & Supplies

### To Borrow:

Calaveras Senior Center	754-3967
Moose Lodge in Arnold	795-0739 or 795-3112
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
<a href="http://www.co.calaveras.ca.us">www.co.calaveras.ca.us</a>	



Volunteer Center of Calaveras  
*Volunteer - Add something special to your life.*

PO Box 196  
San Andreas, CA 95249  
(209) 754-1669  
[calaverasvolunteer@sbcglobal.net](mailto:calaverasvolunteer@sbcglobal.net)  
[www.calaverasvolunteer.com](http://www.calaverasvolunteer.com)

## Housing

### EMERGENCY HOUSING RESOURCE

CONNECTION 736-4011

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

Calaveras Housing Repair Program 754-6448

California Fair Housing Department 800-884-1684  
[www.dfeh.ca.gov](http://www.dfeh.ca.gov)

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

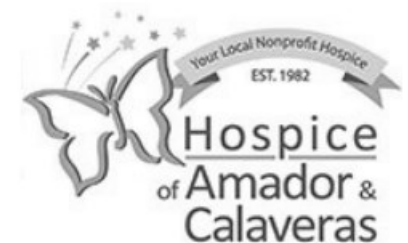
Landlord/Tenant Legal Assistance 754-1443

### 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  
PO Box 595  
Jackson, CA 95642

736-9442 / Calaveras Office  
223-5500 / Amador Office  
[www.hospiceofamador.org](http://www.hospiceofamador.org)



## In-Home Health Care Services

Catholic Charities Senior Services	532-7632
Creative Support Alternatives	754-0056
Elder Care Locator	800-677-1116
Hospice of Amador & Calaveras (24-hours)	223-5500 736-9442
<a href="http://www.hospiceofamador.org">www.hospiceofamador.org</a>	
Hospice of the Sierra	533-6800
In-Home Supportive Services (IHSS)	754-6544
Interim Health Care (Non-Medical)	223-9111
<a href="http://www.interimhealthcare.com">www.interimhealthcare.com</a>	
Long-Term Care Ombudsman	532-7632
Quality In-Home Care Specialists	866-439-2121
<a href="http://www.qualityinhomecare.net">www.qualityinhomecare.net</a>	
Rescare Homecare (Non-Medical)	772-2157
<a href="http://www.rescarehomecare.com">www.rescarehomecare.com</a>	
United Home Care	223-3866
Visiting Nurses	736-2338

## Legal Services

Court Legal Assistance Center	754-1443
Senior Legal Hotline	800-222-1753
<a href="http://www.slh.linc.net">www.slh.linc.net</a>	

## 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 <a href="http://www.commongroundseniorservices.org">www.commongroundseniorservices.org</a>	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
Helping Hands Care givers, yard & house work	283-3838
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 <a href="http://www.calaverasvolunteer.com">www.calaverasvolunteer.com</a>	754-1699