

Resource Guide for Seniors



Calaveras County

July 2018

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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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Emergency Services

Call 911

for all life-threatening emergency situations

24-Hour Older Adult Friendship Line	800-971-0016
Adult Protective Services	754-6452
Behavioral Health 24-Hour Crisis Line	754-3239
Domestic Violence/Sexual Assault Crisis Line	754-4011
Highway Patrol	754-3541
Nurse Call Center	800-500-5061
Poison Control	800-222-1222
Police - Angels Camp	736-2567
Red Cross Emergency Services	532-4112
Sheriff	754-6500

All numbers listed are in the
209 area code unless otherwise noted.

Transportation

Blue Mountain Charter	223-5300
Calaveras County Transit www.calaverastransit.com	754-4450
Common Ground Senior Services Amador Office	226-3015
Calaveras Office www.commongroundseniorservices.org	498-2246
Volunteer Center www.calaverasvolunteer.com	754-1699

Notes

Support Groups

Alcoholics Anonymous www.aa.org	800-851-1304
Alzheimer's Association www.alznorcal.org	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 www.sanandreamoversandshakers.org	754-5360
NAMI (National Alliance on Mental Illness) www.nami.org	736-4264
Senior Peer Support Service	754-6642



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

PO Box 196
San Andreas, CA 95249
(209) 754-1669
calaverasvolunteer@sbcglobal.net

www.calaverasvolunteer.com

Table of Contents

	Page
Assistance & Referrals	1
Consumer/Financial Services	1
Employment Services	2
Food Sources	2
Hospitals & Health Clinics	3
Housing	4
In-Home Health Care	5
Legal Services	5
Living Assistance & Support	6
Medical Equipment & Supplies	7
Medical Services & Assistance	8
Other Resources	9
Residential Care	9
Skilled Nursing Facilities	10
Social Services Agencies	10
Support Groups	11
Transportation	12

Assistance & Referrals

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

Consumer/Financial Services

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

Skilled Nursing Facilities

Long-Term Care Ombudsman	532-7632
Avalon Convalescent Hospital	754-3823

Social Services Agencies

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

Other Resources

AARP www.aarp.org	888-687-2277
AARP - West Point www.myamador.com/AARPWestPoint	293-7051
California Advocates for Nursing Home Reform www.canhr.org	800-474-1116
Community Care Licensing Division/Adult & Senior Care Program www.cclcd.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
Dignity Health 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
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 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

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
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 ² & 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	



Common Ground Senior Services
Serving Amador & Calaveras Counties
229 New York Ranch Road
Jackson, CA 95242
(209) 223-3015

130 East St. Charles Street
San Andreas CA 95249
(209) 498-2246

www.commongroundseniorservices.org

Housing

EMERGENCY HOUSING RESOURCE

CONNECTION 736-4011

ATCAA - Community Action Agency 533-1397
(Amador Tuolumne Community Action Agency)
atcaa.org

Calaveras Housing Repair Program 754-6448

California Fair Housing Department 800-884-1684
www.dfeh.ca.gov

Habitat for Humanity 754-5331
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



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) www.hospiceofamador.org	223-5500 736-9442
Hospice of the Sierra	533-6800
In-Home Supportive Services (IHSS)	754-6544
Interim Health Care (Non-Medical) www.interimhealthcare.com	223-9111
Long-Term Care Ombudsman	532-7632
Rescare Homecare (Non-Medical) www.rescarehomecare.com	772-2157
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.linc.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
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 www.calaverasvolunteer.com	754-1699