

# SENIOR LINK OF YOLO COUNTY RESOURCE GUIDE 2013

**A FREE INFORMATION & ASSISTANCE PROGRAM OF  
LEGAL SERVICES OF NORTHERN CALIFORNIA  
619 NORTH STREET  
WOODLAND, CA 95695  
530-207-4250  
877-883-4927**

*Inclusion of an agency does not imply endorsement or recommendation of its services, nor does exclusion reflect negatively on any organization. This guide was based on information available at time of publication. Check references carefully and verify information prior to using services.*

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**SENIOR LINK OF YOLO COUNTY  
RESOURCE GUIDE 2011**

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# CAREGIVING

## **In this section**

- In-Home Health Care
- In-Home Support Services
- Offsite Programs
- Respite/Caregiver Support
- Visiting Services
- Assisted Living

A range of public and private agencies are available in Yolo County to help with caregiving resources. In-Home Health Care provides assistance in the senior's home with the goal of maintaining their independence as long as possible. It may be medical or non-medical assistance. Support Services programs check in on seniors to make sure everything is okay. Offsite Programs offer a change of environment and social activity for the senior, while also providing respite care for the caregiver. Respite/Caregiver Support programs provide breaks for caregivers and support services to help caregivers with the responsibility of caring for their loved one. Visiting Services programs provide human and animal visits to seniors to provide companionship and mental stimulation.

**IN-HOME  
HEALTH CARE  
SERVICES**

***In-Home Care  
Agencies***

**In-Home Supportive  
Services**  
530-661-2955

**In-Home Supportive  
Services Public  
Authority Registry**  
530-661-2676  
25 North Cottonwood St  
Woodland, CA 95695

\* Contact Senior Link for  
information on private pay  
in-home care agencies.

***In-Home Care  
Agencies: Volunteer-  
based (free)***

**Citizens Who Care**  
530-758-3704  
409 Lincoln Ave  
Woodland, CA 95695

***In-Home Care  
Agencies: Referral  
Agencies***

**Moonlite Transitions**  
916-591-6616

**Your Home Nursing**  
530.753.7478

**Support for Home**  
916.482.8484  
530.792.8484  
1333 Howe Ave, Suite 206  
Sacramento, CA 95825

**Senior Living Referral  
Service**  
530-635-2687

**Transitions for  
Veterans**  
888-929-6055

***In-Home Health  
Agencies:  
Nursing/Medical  
Services***  
*Provide medical care.*

**Yolo Hospice**  
530-758-5566 or  
1-800-491-7711  
1909 Galileo Court, Suite A  
Davis, CA 95618

\* Contact Senior Link for  
information on private pay  
in-home health agencies.

**IN-HOME  
SUPPORT  
SERVICES**

**ARE YOU OK?** (Davis)  
530-757-5696

**TLC Telephone  
Reassurance**

1-888-334-3490  
5105 Manzanita Avenue  
Carmichael, CA 95608

**OFFSITE  
PROGRAMS**

**Golden Days**  
916-371-6011  
1215 Merkley Avenue  
West Sacramento, CA  
95691

**Senior Centers**  
*Davis*  
530-757-5696  
646 A Street  
Davis, CA 95616

*West Sacramento*  
916-373-5819  
1075 West Capitol Ave.  
West Sacramento, CA  
95691

*Woodland*  
530-661-2001  
2001 East Street  
Woodland, CA 95695

**Yolo Adult Day  
Health Center**  
530-666-8828  
20 N. Cottonwood St.  
Woodland, CA 95695

**RESPITE/CARE  
GIVER SUPPORT**

**C.A.S.A. Program  
(Alzheimer's Day  
Care)**

530-666-8828  
20 N. Cottonwood St.  
Woodland, CA 95695

**Citizens Who Care:  
Time Off For  
Caregivers**

530-758-3704  
1260 Lake Blvd. Suite 208  
Davis, CA 95616

**Del Oro Caregivers  
Resource Center**

916-971-0893  
8421 Auburn Blvd., Suite  
120  
Citrus Heights, CA 95610

**Golden Days**

916-371-6011  
1215 Merkley Avenue  
West Sacramento, CA  
95691

**Yolo Adult Day  
Health Center—The  
Caregiver**

**Support Program**  
530-666-8828  
20 N. Cottonwood St.  
Woodland, CA 95695

**VISITING  
SERVICES**

**Citizens Who Care:  
Convalescent  
Hospital Visiting  
Program**

530-758-3704

1260 Lake Blvd. Suite 208  
Davis, CA 95616

**ASSISTED  
LIVING  
FACILITIES**

**Grand River Villa**  
509 Michigan  
Boulevard  
West Sacramento, CA  
95691  
(916) 373-1591  
1 Bedroom: \$1,995  
Semi-Private: \$1,595  
Studio: \$2,200

# CIVIC RESOURCES

## **In this section**

- Advocacy
- Community Centers
- Education and Enrichment
- Government Officials
- Recreation and Fitness

**C**ivic resources provide a connection to the wider community. The Advocacy resources allow seniors to connect with agencies that will advocate on their behalf under a variety of subject matters. The Community Centers offer a location where seniors can connect socially, attend meetings, presentations and other community events. Education and Enrichment resources allow seniors to continue learning. The Government Officials provide a link whereby seniors can express their thoughts on the community in which they live. Recreation and Fitness resources offer seniors the opportunity for an active, healthy lifestyle.

## **ADVOCACY**

### **AARP**

1-888-687-2277

### **Aging Services of California**

916-392-5111  
1315 I Street, Suite 100  
Sacramento, CA 95814

### **Area 4 Agency on Aging**

916-486-1876  
2260 Park Towne Circle  
Suite #100  
Sacramento, CA 95825

### **California Commission on Aging**

916-419-7591  
1300 National Drive,  
Suite 173  
Sacramento, CA 95834

### **California Department of Aging**

916-419-7500  
1300 National Drive,  
Suite 200  
Sacramento, CA 95834

### **California Senior Legislature**

916-552-8056  
1020 N Street, Room 513  
Sacramento, CA 95814

### **City of Davis Senior Citizens Commission**

530-757-5696

### **City of West Sacramento Commission on Aging**

916-617-4620  
1110 West Capitol Avenue  
West Sacramento, CA  
95691

### **City of Woodland Commission on Aging**

530-661-2001  
2001 East Street  
Woodland, CA 95695

### **Community Services Planning Council**

916-447-7063  
220 Hurely Way, Suite 420  
Sacramento, CA 95814

### **Del Oro Caregiver Resource Center**

1-800-635-0220  
8421 Auburn Blvd., Suite  
120  
Citrus Heights, CA 95610

### **HICAP (Health Insurance Counseling & Advocacy Program)**

Davis 530-757-5696  
West Sacramento  
916-376-8915  
Woodland 530-661-5890  
3950 Industrial Blvd.,  
Suite 500  
West Sacramento, CA  
95691

### **Legal Services of Northern California**

530-662-1065,  
916-447-5798  
619 North Street  
Woodland, CA 95695

### **Multipurpose Senior Services Program (MSSP)**

916.374.7739  
2012 H Street, Suite 101  
Sacramento, CA 95811

### **Ombudsman Services of Northern California**

916-376-8910,  
530-668-5775  
3950 Industrial Blvd.,  
Suite 500  
West Sacramento, CA  
95691

### **Senior Citizens of Davis, Inc.**

530-757-5696

### **Senior Legal Hotline**

1-800-222-1753

### **Veterans of Foreign Wars—West Sacramento**

916-371-7245  
905 Drever Street  
West Sacramento, CA

### **Veterans' Service Office**

530-406-4850  
120 West Main Street

Suite A  
Woodland, CA  
95695

**Yolo County  
Commission on  
Aging & Adult  
Services**  
530-666-8235

## **COMMUNITY CENTERS**

**City of Winters  
Community Center**  
530-795-4241  
201 Railroad Avenue  
Winters, CA 95694

**Davis Senior Center**  
530-757-5696  
646 A Street  
Davis, CA 95616

**West Sacramento  
Senior Center**  
916-373-5819  
1075 West Capitol Ave.  
West Sacramento, CA  
95691

**Woodland  
Community & Senior  
Center**  
530-661-2001  
2001 East Street  
Woodland, CA 95695

## **EDUCATION AND ENRICHMENT**

### **AAA Driving-Related Education**

530-662-9344  
95 W Lincoln Ave  
Woodland, CA 95695

### **Adult Education**

*Davis*  
530-757-5380  
315 W 14th Street  
Davis, CA 95616

*Woodland*  
530-662-0798  
575 Hays Street  
Woodland, CA 95695

**American Red  
Cross—Yolo**  
530-662-4669

**ASUCD Experimental  
College (UCD)**  
530-752-2568  
260 South Silo UCD  
Davis, CA 95616

**Books to Go  
(Woodland)**  
530-661-5980  
250 First Street  
Woodland, CA 95695

**Braille & Talking  
Book Library**  
1-800-952-5666  
P.O. Box 942837  
Sacramento, CA 94237

**Brain Gymnasium  
Class at Atria Covell  
Gardens**  
530-756-0700  
1111 Alvarado Avenue

Davis, CA. 95616

**Library-Woodland**  
530-661-5980  
250 First Street  
Woodland, CA 95695

**Library-Yolo County**  
530-666-8005  
[www.yolocountylibrary.org](http://www.yolocountylibrary.org)

**Clarksburg Branch  
Library**  
916-744-1755  
52915 Netherland Ave.  
Clarksburg, CA 95612

**Davis Branch Library**  
530-757-5593  
315 E. 14<sup>th</sup> Street  
Davis, CA 95616

**Esparto Regional  
Library**  
530-787-3426  
17065 Yolo Avenue  
Esparto, CA 95627

**Knights Landing  
Branch**  
530-735-6593  
42351 Third Street  
Knights Landing, CA 95645

**South Davis  
Montgomery Satellite**  
530-759-2100  
1441 Danbury Street  
Davis, CA 95616

**Winters Community  
Library**  
530-795-4955  
708 Railroad Ave.

Winters, CA 95694

**West Sacramento  
Branch**

916-375-6465  
1212 Merkley Ave.  
West Sacramento, CA  
95691

**Yolo Branch Library**

530-662-2363  
37750 Sacramento St.  
Yolo CA. 95697

**Literacy Service—  
Woodland Public  
Library**

530-661-5987  
250 First Street  
Woodland, CA 95695

**OLLI—Osher  
Lifelong Learning  
Institute**

530-757-8777  
1333 Research Park Drive  
Davis, CA 95618

**Retired and Senior  
Volunteer Program-  
RSVP**

916.875.3592

**Senior Centers**

*Davis*  
530-757-5696  
646 A Street  
Davis, CA 95616

*West Sacramento*  
916-373-5819

1075 West Capitol Ave.  
West Sacramento, CA  
95691

*Woodland*

530-661-2001  
2001 East Street  
Woodland, CA 95695

**UC Davis Center for  
Healthy Aging**

916-734-6441  
Avenue Suite 2600  
Sacramento, CA 95817

**GOVERNMENT  
OFFICIALS**

Davis City Council  
530-757-5602

Governor Jerry Brown  
916-445-2841

President Barack Obama  
202-456-1111

US Congressman Mike  
Thompson  
530-662-5272

US Senator Barbara Boxer  
916-448-2787

US Senator Dianne  
Feinstein  
415-393-0707

West Sacramento City  
Council  
916-617-4500

Winters City Council

530-795-4910

Woodland City Council  
530-661-5806

Yolo County Board of  
Supervisors  
530-666-8195

**FITNESS AND  
RECREATION**

**Adult Recreation  
Programs, City of  
Davis**

530-757-5626

**Adult Recreation  
Programs, City of  
Woodland**

530-661-5880

**Parks & Recreation,  
City of West  
Sacramento**

916-617-4620  
1110 West Capitol Avenue  
West Sacramento, CA  
95691

# CONSUMER COMPLAINTS

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- Automobile Repair
- Banks, Lenders, Credit & Mortgages
- Child Care
- Contractors—State
- Contractors/Code Compliance—Local
- Doctors/Pharmacies
- General
- Nursing Homes
- Employer Disputes and Workplace Safety
- Environmental Management
- Mail Fraud
- Movers—California
- Movers—Interstate
- Real Estate
- Repairs—Major Appliances & Entertainment Equipment
- Scams, Generally
- Utilities/Telecommunications
- Weights & Measures

**S**eniors can utilize these resources to lodge complaints against consumer providers.

## **ATTORNEYS**

### **California State Bar**

800-843-9053  
180 Howard Street  
San Francisco, CA 94105

## **AUTOMOBILE DEALERS**

### **Arbitration Certification Program**

800-952-5210  
1625 North Market Blvd.  
Ste. N112  
Sacramento, CA 95834

### **California Department of Motor Vehicles**

800-777-0133

#### *Davis*

505 Pole Line Road  
Davis, 95616

#### *West Sacramento*

2528 Evergreen Avenue  
West Sacramento, 95691

#### *Woodland*

825 East St. 306  
Woodland, 95695

### **New Motor Vehicle Board**

916-445-1888  
1507 21st Street, Suite 330  
Sacramento, CA 95814

## **AUTOMOBILE REPAIR**

### **Bureau of Automotive Repair**

916-574-7950

## **BANKS, LENDERS, CREDIT & MORTGAGES**

### **California Attorney General**

800-952-5225  
PO Box 944255  
Sacramento, CA 94244

### **California Department of Corporations Financial Services Division**

1-866-275-2677  
1515 K Street, Suite 200  
Sacramento, CA 95814

### **Clear Point Credit Counseling**

1-800-750-2227

### **Federal Trade Commission—ID Theft Complaint**

1-877-438-4338  
Consumer Response Center  
600 Pennsylvania Ave. NW  
Washington, DC 20580

### **Better Business Bureau**

916-443-6843  
3075 Beacon Boulevard  
West Sacramento, CA  
95691

### **California Department of Consumer Affairs**

800-925-5210  
1625 North Market Blvd.  
Sacramento, CA 95834

### **Yolo County District Attorney, Elder Protection Unit**

530-666-8416  
300 Second Street  
Woodland, CA 95695

## **CHILD CARE**

### **California Department of Social Services**

### **Community Care Licensing Division**

916-229-4500  
Child Care Offices  
Northern California Child  
Care Area Office  
8745 Folsom Boulevard,  
Suite 130, MS: 19-48  
Sacramento CA 95826

## **CONTRACTORS —STATE**

### **CA State Contractors Licensing Board**

800-321-2752

**CONTRACTORS  
/CODE  
COMPLIANCE—  
LOCAL**

**Davis Code  
Enforcement**

530-757-5646  
Community Development  
23 Russell Blvd.  
Davis CA 95616

**West Sacramento  
Code Enforcement**

916-617-4925  
1110 West Capital Ave  
West Sacramento, CA  
95691

**Woodland  
Community  
Development**

530-661-5820  
300 First Street  
Woodland, CA 95695

**Yolo County Building  
Division**

530-661-5820  
292 West Beamer Street  
Woodland, CA 95695

**DOCTORS/  
PHARMACIES**

**Medical Board of  
California**

800-633-2322  
1426 Howe Avenue, #54  
Sacramento, CA 95825

**CA Department of  
Managed  
Health Care (HMO's)**  
888-466-2219  
980 Ninth Street, Suite 500  
Sacramento, CA 95814

**CA Board of  
Pharmacy**

916-574-7900  
1625 North Market Blvd,  
Suite N219  
Sacramento, CA 95834

**GENERAL**

**Call 3 (TV Channel 3)**

916-447-2255

**NURSING  
HOMES**

**CA Department of  
Health Services**

800-554-0354  
630 Bercut Drive, Suite B  
Sacramento, CA 95814

**CA Department of  
Public Health**

916-263-5800 /  
800-554-0354  
3901 Lennane Dr., Ste. 210  
Sacramento, CA 95834

**Ombudsman Services  
of Northern  
California**

916-376-8910/  
530-668-5775

**EMPLOYER  
DISPUTES AND  
WORKPLACE  
SAFETY**

**Department of Labor  
Standards  
Enforcement**

916-263-1811  
2031 Howe Street, Suite 100  
Sacramento, CA 95825

**ENVIRONMENTAL  
MANAGEMENT**

**Yolo County  
Environmental  
Health Services**

530-666-8646  
137 North Cottonwood  
Street, Suite 2400  
Woodland, CA 95695

**Yolo/Solano Air  
Quality Management  
District**

800-287-3650  
3901 Lennane Dr, Suite 210  
Davis, CA 95618

**California  
Environmental  
Protection Agency**

1001 I Street  
P.O. Box 2815  
Sacramento, CA 95812

**US Environmental  
Protection  
Agency-Region 9**  
866-372-9378  
75 Hawthorne Street  
San Francisco, CA, 94105

### **MAIL FRAUD**

**US Postal Inspection  
Service**  
877-876-2455  
PO Box 882528  
San Francisco, CA 94188

### **MOVERS- CALIFORNIA**

**CA Public Utilities  
Commission**  
800-366-4782  
505 Vanness Ave  
San Francisco, CA 95814

### **MOVERS— INTERSTATE**

**Federal Motor Carrier  
Safety  
Administration**  
888-368-7238  
1325 J Street, Suite 1540  
Sacramento, CA 95814

### **REAL ESTATE**

**CA Department of  
Real Estate**  
916-227-0864  
2201 Broadway  
Sacramento, CA 95818

### **REPAIRS— MAJOR APPLIANCES & ENTERTAINMENT EQUIPMENT**

**CA Bureau of  
Electronic &  
Appliance Repair**  
916-574-2069  
3485 Orange Grove Avenue  
North Highlands, CA 95660

### **SCAMS, GENERALLY**

**California  
Department of  
Consumer Affairs**  
800-712-3000  
1625 North Market Blvd.  
Sacramento, CA 95834

**Federal Trade  
Commission**  
1-877-382-4357  
Consumer Response Center  
600 Pennsylvania Ave. NW  
Washington, DC 20580

### **UTILITIES/ TELECOMMUNICATIONS**

**California Public  
Utilities Commission**  
800-649-7570  
770 "L" Street, Ste. 1050  
Sacramento, CA 95814

### **WEIGHTS AND MEASURES**

**Yolo County  
Agriculture  
Department**  
530-666-8140  
70 Cottonwood Street  
Woodland, CA 95695

# CRISIS SERVICES

LIFE THREATENING CALL 9-1-1

## **In this section**

- General Crisis Services
- Emergency Food Assistance
- Emergency Shelter Programs

**I**f a senior is experiencing a crisis and needs someone to talk to, or emergency food or shelter resources, the resources in this section will help connect them to the assistance they need immediately.

**Adult Protective Services**

1-888-675-1115 or  
530-661-2955  
(after hour emergency)  
25 N. Cottonwood Street  
Woodland, CA 95695

**Department of Alcohol, Drugs & Mental Health Services, Yolo County, 24 hour Crisis Line**

888-965-6647  
137 N. Cottonwood St.  
Woodland, CA 95695  
Davis: 530-757-5530  
West Sacramento:  
916-375-6350  
Woodland: 530-666-8630

**Emergency Food Assistance Programs**

***St. Anthony's Bread***

530-795-2230  
511 Main Street  
Winters, CA 95694

***Food Bank***

530-668-0690  
1244 Fortna Avenue  
Woodland, CA 95776

***Woodland Volunteer***

***Food Closet***

530-662-7020  
PO Box 803  
Woodland, CA 95776

**Emergency Shelter Programs**

***Davis Community***

***Meals***

530-753-9204  
202 F St.  
Davis CA 95616

***Wayfarers Center***

530-661-1218  
PO Box 1248  
Woodland, CA 95776

***Grace in Action***

(homeless rest & respite,  
12-4 pm)  
530-792-1053  
PO Box 4393  
Davis, CA 95617

**Homeless Prevention & Rapid**

**Rehousing Program**

530-406-7221  
Lead Agency:  
Yolo Family Resource  
Center  
828 Court Street  
Woodland, CA 95695

**Safe Harbor Crisis**

**House (mental illness)**

530-661-3213  
584 Kentucky Ave  
Woodland, CA 95695

**Sexual Assault & Domestic Violence Center (24 hour crisis line)**

530-662-1133 or  
916-371-1907  
175 Walnut St.  
Woodland, CA 95695

**Short Term Emergency Aid Committee (STEAC)**

530-758-8435  
1900 East 8th Street  
Davis, CA 95616

**Suicide Prevention of Yolo County (24-hour crisis line)**

P.O. Box 622  
Davis, CA 95617  
Davis: 530-756-7542  
West Sacramento:  
916-372-6565  
Woodland: 530-666-7778

**Friendship Line**

Suicide hotline for seniors.

800.971.0016 or  
415.752.3778

**The Effort**

Suicide and crisis services.

800.273.8255  
916.368.3111

# DISABILITY ASSISTANCE

## **In this section**

- Aids for Independent Living
- Communication Assistance
- Employment Assistance
- Legal Disability Rights Assistance
- Residential Homes

**T**here are numerous resources available to assist Yolo County disabled seniors in maintaining their independence and also accessing the resources they need. Aids for Independent Living provide adaptive technology to accommodate a person's disability. The Communication Assistance resources offer technology or services to allow disabled seniors to continue communicating in person and by phone. Employment Assistance provides assistance for disabled seniors to obtain and retain employment. The Legal Disability Rights Assistance programs provide legal advice and representation to ensure that the legal rights of disabled seniors are being protected. The Residential Homes provide a home for disabled adults in a non-institutional setting.

**AIDS FOR  
INDEPENDENT  
LIVING**

**AgrAbility**  
1-800-477-6129

**AT (assistive  
technology) Network**  
1-800-390-2699  
1234 H Street, Suite 100  
Sacramento, CA 95814  
TTY: (916) 325-1695

**ATT Customer  
Service**  
1-800-772-3140

**Agency for Hearing**  
1-888-725-8372  
1800 28th Street  
Sacramento, CA 95816

**Braille & Talking  
Book Library**  
1-800-952-5666  
P.O. Box 942837  
Sacramento, CA 94237

**California Telephone  
Access Program**  
1-800-806-1191  
2033 Howe Avenue,  
Suite 150  
Sacramento, CA 95825

**Deaf & Disabled  
Telecommunications  
(Relay Service)**  
7-1-1

**Eyecare America**

1-800-222-3937

**Norcal Center on  
Deafness**  
916-349-7500  
4708 Roseville Road,  
Suite 112  
North Highlands, CA 95660

**Prevent Blindness  
Northern California**  
1-800-338-3041  
169 Hartnell Avenue, #207  
Redding, CA 96002

**Society for the Blind  
Low Vision Clinic**  
916-452-8271 ext 505  
1238 S Street  
Sacramento, CA 95811

**COMMUNICATION  
ASSISTANCE**

**California Telephone  
Access Program**  
1-800-806-1191  
Sacramento Service Center  
2033 Howe Avenue,  
Suite 150  
Sacramento, CA 95825

**Deaf & Disabled  
Telecommunications  
(Relay Services)**  
7-1-1

**NorCal Center on  
Deafness**  
916-349-7500  
4708 Roseville, Suite 111  
North Highlands, CA 95660

**EMPLOYMENT  
ASSISTANCE**

**CA Department of  
Rehabilitation**  
916-324-1313/  
916-558-5807 (TTY)  
721 Capitol Mall  
Sacramento, CA 95814

**LEGAL  
DISABILITY  
RIGHTS  
ASSISTANCE**

**Disability Rights  
California**  
916-504-5800/  
800-719-5798 (TTY)  
1831 K Street  
Sacramento, CA 95811

**Disability Rights  
California-The Client  
Assistance Program  
(CAP)**  
800.776.5746  
Or  
800.719.5798

**Legal Services of  
Northern  
California**  
530-662-1065 or  
916-447-5798  
619 North Street  
Woodland, CA 95695

**RESIDENTIAL  
HOMES**

**Davis Summer House  
Adult Residence**

530-662-2763  
PO Box 1724

Woodland, CA 95776

# EMPLOYMENT

**T**he employment resources in this section can help link seniors to employment opportunities.

**AARP-Senior Employment**

916-483-5991

**CA Department of  
Fair Employment  
& Housing**

1-800-884-1684

Sacramento District Office

2218 Kausen Drive,

Suite 100

Elk Grove, CA 95758

**CA Department of  
Rehabilitation**

916-324-1313/

916-558-5807 (TTY)

721 Capitol Mall

Sacramento, CA 95814

**Employment  
Development**

**Department**

1-866-333-4606 (UIB),

1-800-480-3287 (SDI)

P.O. Box 826880 - UIPCD,

MIC 40

Sacramento, CA 94280

**Department of  
Employment & Social  
Services**

530-661-2641

Woodland Office

25 North Cottonwood St.

Woodland, CA 95695

916-375-6200

West Sacramento Office

500-A Jefferson Blvd.,

Suite 100

West Sacramento, CA

95605

**Experience Works**

(income eligible)

916-375-6285

1443 Main St, Suite 102

Napa, CA 94559

**VOLUNTEER  
OPPORTUNITIES**

**Retired Senior**

**Volunteer Program  
(RSVP)**

916-875-3631

2433 Marconi Ave.

Sacramento, CA 95821

# END OF LIFE ISSUES

One of the most difficult topics to think about are the issues surrounding a senior's death. The resources in this section provide assistance with planning for a senior's end of life, programs and services available when the end of life is near, and assistance after the senior has passed away.

**Bereavement  
Network Resources of  
Sacramento, Inc**

916-557-5882  
PO Box 660365  
Sacramento, CA 95866

**Funeral Consumers  
Alliance**

916-486-3552

**Legal Services of  
Northern California**

530-662-1065 or  
916-447-5798  
619 North Street  
Woodland, CA 95695

**UCD Dept. of  
Human Anatomy:  
Donated Body  
Program**

916-734-9560  
4800 Broadway Suite 100  
Sacramento, CA 95820

**Yolo County Public  
Guardian/  
Public Administrator**

530-666-8100  
625 Court Street Rm. #107  
Woodland, CA 95695

**Yolo Hospice**

530-758-5566 or  
1-800-491-7711  
1909 Galileo Court, Suite A  
Davis, CA 95618

# FINANCIAL ASSISTANCE

## **In this section**

- Utility Discounts
- Debt Counseling
- Public Benefits

**T**he resources in this section link seniors with available discount programs to assist with their monthly expenses, counseling services when the senior has debt concerns, and the available benefit programs a senior may be eligible for in order to provide additional monthly income.

**UTILITY  
DISCOUNTS**

**AT&T Discounts**  
1-800-772-3140

**California Alternate  
Rates for Energy  
(CARE), PG&E**  
866-743-2273

**HEAP Utility Refund**  
1-800-233-4480

**Low Income Home  
Energy  
Assistance Program  
(LIHEAP)**  
1-866-675-6623

**REACH/Energy  
Assistance**  
1-800-933-9677

**Waste Management –  
Solid Waste Services  
Discount Program  
(Woodland)**  
530-662-8748

**Water Assistance  
Program  
(Woodland)**  
530-661-5820

**DEBT  
COUNSELING**

**Clear Point Credit  
Counseling**  
1-800-750-2227

**Legal Services of  
Northern California**  
530-662-1065 or  
916-447-5798  
619 North Street  
Woodland, CA 95695

**PUBLIC  
BENEFITS**

**California Kinship  
Navigator Program**  
1-800-547-0047

**CalWORKS**  
530-661-2641,  
916-375-6200

**Department of  
Employment & Social  
Services, Yolo County**

25 North Cottonwood St.  
Woodland, CA 95695  
530-661-2641

500-A Jefferson Blvd.  
Suite 100  
West Sacramento, CA  
95605  
916-375-6200

**Food Stamps**  
530-661-2641,  
916-375-6200

**General Assistance**  
530-661-2641,  
916-375-6200

**Social Security/SSI**  
1-866-726-8136  
825 Riverside Parkway,  
Suite 1000  
West Sacramento, CA  
95605

# FOOD AND CLOTHING RESOURCES

## **In this section**

- Clothing
- Food Services

**T**his section provides resources for clothing and food available to seniors.

## **CLOTHING**

### **Davis Community Meals Resource Center**

530-753-9204  
202 F St.  
Davis CA 95616

### **Seventh Day Adventist Church**

530-662-2940

## **FOOD SERVICES**

### **Department of Employment & Social Services (DESS)**

530-661-2750  
25 North Cottonwood  
Street  
Woodland, CA 95695

### **Meals on Wheels**

530-662-7035  
40 N. East St., Suite C,  
Woodland, CA 95776

## **FOOD RESOURCES BY REGION**

Contact Senior Link at  
530-207-4250 or 877-883-  
4927 or the Yolo County  
Food Bank at 530-668-0690  
for referrals to region-  
specific programs.

# HEALTH SERVICES

## **In this section**

- Alcohol and Drug
- Dental Care
- Health and Wellness Services
- Health Insurance
- Hospitals and Clinics
- Mental Health and Counseling

**O**ne of the most important resources for seniors is health services. This section provides referrals to numerous types of health services, from health and dental clinics to counseling services.

## **ALCOHOL AND DRUG**

**Alcoholics  
Anonymous**  
916-454-1771

**Alcohol, Drug and  
Mental Health,  
Yolo County  
Department**  
530-666-8516  
137 N. Cottonwood Street,  
Suite 1510  
Woodland, CA 95695

**Al-Anon Information  
Services**  
916-334-2970

**East Yolo Info Center  
for Alcohol &  
Other Drug Abuse**  
916-372-3360  
920 Drever Street  
West Sacramento, CA  
95691-3319

**Mi Casa Alcohol and  
Drug Recovery Home**  
916-394-2320  
2515 48th Avenue  
Sacramento, CA 95822

## **CommuniCare Health Centers Substance Abuse Treatment Programs**

*John H. Jones Woodland Clinic*  
530-668-2400  
804 Court Street  
Woodland, CA 95695

*Salud Clinic, West Sacramento*  
916-403-2960  
500B Jefferson Blvd. #180  
West Sacramento, CA  
95605

## **DENTAL CARE**

**Chapa-De Indian  
Health Services**  
530-661-4400  
175 W. Court Street  
Woodland CA 95695

**CommuniCare Health  
Centers  
*Davis Community  
Clinic***  
530-757-4667  
2051 John Jones Road  
Davis, CA 95616

***Esparto***  
530-787-4972  
16827 Fremont Street  
Esparto, CA 95627

***Peterson Clinic,  
Woodland***  
530-666-8954  
8 North Cottonwood  
Woodland, CA 95695

***Salud Clinic, West  
Sacramento***  
916-403-2960  
500B Jefferson Blvd. #180  
West Sacramento, CA  
95605

**Denti-Cal**  
1-800-322-6384

**Sacramento City  
College Dental  
Health Clinic**  
916-558-2303  
3835 Freeport Boulevard  
Sacramento, California  
95822

**HEALTH CARE  
AND WELLNESS  
SERVICES**

**Blood Pressure Clinic**  
530-661-2001  
Woodland Senior Center  
2001 East St.  
Woodland, CA 95695

**California Advocates  
for Nursing Home  
Reform**  
800-474-1116  
650 Harrison Street,  
2nd Floor  
San Francisco, CA 94107

**California Health  
Advocates  
(Medicare advocacy)**  
916-231-5110  
5380 Elvas Avenue,  
Suite 214  
Sacramento, CA 95819

**California Smokers'  
Helpline**  
1-800-662-8887

**Cancer Detection  
Program:  
Every Woman Counts**  
1-800-511-2300

**Davis Senior Center  
Medical Equipment  
Closet**  
530-757-5696

**Immunization Clinics  
(Yolo County Health  
Department)**  
530-666-8645

137 N. Cottonwood  
Woodland, CA 95695

**Northern California  
Research**  
916-484-0500  
3840 Watt Avenue, Bldg. E  
Sacramento, CA 95821

**Woodland Health  
Ministries/American  
Lutheran  
Church Medical  
Equipment Closet**  
530-662-6338  
1114 College St  
Woodland, CA 95695

**Yolo County Health  
Department**  
530-666-8645  
137 N. Cottonwood Street  
Woodland, CA 95695

**HEALTH  
INSURANCE**

**Health Services  
Advisory Group, Inc.  
(HSAG)  
Medicare Helpline**  
1-800-841-1602

**Department of  
Consumer Affairs,  
Consumer Hotline**  
1-800-952-5210

**Health Insurance  
Counseling &  
Advocacy Program  
(HICAP)**

Davis 530-757-5696  
Woodland 530-661-5890  
West Sacramento  
916-376-8915  
3950 Industrial Blvd.,  
Suite 500  
West Sacramento, CA  
95691

**HMO Help Center—  
Managed Health Care**  
1-888-466-2219  
Department of Managed  
Health Care  
California Help Center  
980 9th Street, Suite 500  
Sacramento, CA 95814

**Medi-Cal**  
1-800-541-5555  
Woodland Office  
25 North Cottonwood St  
Woodland, CA 95695  
530-661-2750

West Sacramento Office  
500-A Jefferson Blvd.,  
Suite 100  
West Sacramento, CA  
95605  
916-375-6200

**Medicare**  
1-800-633-4227

## **YCHIP**

Peterson Clinic  
530-666-8980  
8 North Cottonwood Street  
Woodland, CA

Salud Clinic  
916-375-6200 x9857  
500-B Jefferson Blvd,  
Suite #180  
West Sacramento, CA

## **HOSPITALS AND HEALTH CLINICS**

**Chapa-De Indian  
Health Program, Inc**  
530-661-4410  
175 W. Court Street  
Woodland CA 95695

**CommuniCare Health  
Centers**  
*CommuniCare Health  
Centers, Davis  
Community Clinic*  
530-758-2060  
2051 John Jones Road  
Davis, CA 95616

*CommuniCare Health  
Centers, Peterson  
Clinic, Woodland*  
530-666-8960  
8 North Cottonwood  
Woodland, CA 95695

## ***CommuniCare Health Centers, Salud Clinic, West Sacramento***

916-403-2960  
500B Jefferson Blvd. #180  
West Sacramento, CA  
95605

## ***John H. Jones Woodland Clinic***

530-668-2400  
804 Court Street  
Woodland, CA 95695

## **Dixon Family Practice, Community Medical Centers**

707-635-1600  
131 W. A Street Suite 1  
Dixon, CA 95620

## **Esparto Family Practice**

530-787-3454  
17050 S. Grafton St.  
Esparto, CA 95627

## **Sutter-Davis Hospital**

530-756-6440  
2000 Sutter Place  
Davis, CA 95616

## **UCDMC Alzheimer's Disease Diagnostic & Treatment Center**

916-734-5496  
4860 Y Street, Suite 3900  
Sacramento, CA 95817

## **Winters Healthcare Foundation, Health Clinic**

530-795-4377  
23 Main Street  
Winters, CA 95694

## **Woodland Healthcare**

530-662-3961  
1325 Cottonwood St  
Woodland, CA 95695

## **MENTAL HEALTH/ COUNSELING**

## **Del Oro Caregiver Resource Center**

1-800-635-0220  
8421 Auburn Blvd.,  
Suite 120  
Citrus Heights, CA 95610

## **Family Caregiver Support Program**

530-666-8828  
Yolo Adult Day Health  
Center  
20 Cottonwood St.  
Woodland, CA 95695

## **Yolo County Department of Alcohol, Drugs, and Mental Health Services**

137 N. Cottonwood St.  
Woodland, CA 95695  
Davis: 530-757-5530  
West Sacramento:  
916-375-6350  
Woodland: 530-666-8630

**National Alliance on  
Mental Illness**

530-756-8181  
PO Box 447  
Davis, CA 95617

**Senior Peer  
Counseling**

530-757-5534  
600 A St.  
Davis, Ca. 95616

**Sexual Assault &  
Domestic  
Violence Center**

530-662-1133 or  
916-371-1907  
933 Court Street  
Woodland, CA 95695

**Yolo Community  
Care Continuum**

530-758-2160  
168 College Street  
Woodland, CA 95695

**Yolo Family Service  
Agency**

530-662-2211 or  
916-372-8061  
455 1st Street  
Woodland, CA 95695

**Yolo Hospice**

530-758-5566 or  
1-800-491-7711  
1909 Galileo Court, Suite A  
Davis, CA 95618

# HOUSING

## **In this section**

- Home Maintenance & Repair
- Housing Assistance

**M**any seniors want to remain in their homes as they age. This section provides resources for home maintenance and housing assistance for these seniors.

## **HANDYMAN ASSISTANCE**

**Handy Helpers  
(Davis)**  
530-757-5696

**Kiwanis Handy  
Helpers for Seniors  
(Woodland)**  
530-661-2001

**Rebuilding Together  
(West Sacramento)**  
916-455-1880  
3021 65th Street  
Sacramento, CA 95820

## **HOME REHABILITATION**

**City of Winters Senior  
Rehabilitation  
Program**  
530-795-4910 ext. 118  
318 First Street  
Winters, CA 95694  
\*Program is on hold but  
can be put on a waiting list.

**NeighborWorks  
Sacramento  
Mobile Home  
Rehabilitation and  
Replacement  
Program (West  
Sacramento)**  
916-452-5356  
P.O. Box 5420  
Sacramento, CA 95817  
Fax (916) 431-3209

**Owner Occupied  
Rehab Program  
(Woodland)**  
530-519-1282

**Yolo County Housing  
Rehabilitation  
Program  
(unincorporated areas  
only)**  
530-666-8069  
147 W. Main St.  
Woodland, CA 95695

## **HOUSING ASSISTANCE**

**Community Housing  
Opportunities  
Corporation (CHOC)**  
530-757-4444  
Corporate Office:  
1490 Drew Ave., Suite 160  
Davis, CA 95618

**Department of Fair  
Employment &  
Housing**  
1-800-233-3212

**Davis Mediation**  
530-757-5623  
604 2<sup>nd</sup> St.  
Davis, CA 95616

## **Homeless Prevention & Rapid Rehousing Program**

530-406-7221  
Lead Agency: Yolo Family  
Resource Center  
828 Court Street  
Woodland, CA 95695

## **Broderick Christian Center Transitional Housing Program**

916-372-0200  
PO Box 188150  
Sacramento, CA 95818

## **Yolo County Housing**

530-662-5428  
147 W. Main St.  
Woodland, CA 95695

## **SPECIFIC TYPES OF CARE HOUSING FACILITIES**

(Alzheimer's &  
Dementia Care units,  
Assisted Living &  
Residential Care  
Facilities, Continuing  
Care Communities,  
Senior Housing  
Complexes/Low  
Income Senior  
Housing, Skilled  
Nursing Facilities):  
Contact Senior Link at  
530-207-4250 or 877-  
883-4927 for these  
referrals.

**Veterans Family**

**Services**

Provides housing services for homeless or nearly homeless veterans.

Contact 916.228.3153 to be screened for program eligibility.

Or email [info@voa-sac.org](mailto:info@voa-sac.org)

# INFORMATION AND REFERRAL

**M**any agencies provide information and referral services for seniors to help connect them with the programs and services that meet their needs.

**2-1-1 Sacramento**

2-1-1

**AT (assistive technology) network**

1-800-390-2699

1234 H Street, Suite 100  
Sacramento, CA 95814

**Centro Guadalupe**

916-443-5367

730 S Street  
Sacramento, CA 95814

**Davis Senior Center**

530-757-5696

646 A Street  
Davis, CA 95616

**Del Oro Caregiver Resource Center**

1-800-635-0220

8421 Auburn Blvd., Suite 120  
Citrus Heights, CA 95610

**Eldercare Locator**

1-800-677-1116

**Family Caregiver Support Program**

530-666-8828

Yolo Adult Day Health Center  
20 N. Cottonwood St.  
Woodland, CA 95695

**RISE, Inc**

530-787-4110

17317 Fremont Street  
Esparto, CA 95627

**Vaughn Resource Center**

**(Sutter Davis Hospital)**

530-757-5110

**West Sacramento Senior Center**

916-373-5819

1075 West Capitol Ave.  
West Sacramento, CA 95691

**YoloLINK**

[www.yololink.org](http://www.yololink.org)

(530) 666-8007

**Yolo Family Resource Center**

530-406-7221

828 Court Street  
Woodland, CA 95695

**Yolo Hospice**

530-758-5566 or

1-800-491-7711

1909 Galileo Court, Suite A  
Davis, CA 95618

# INSURANCE

**T**his section provides information about health insurance agencies and programs that can assist seniors in understanding and/or applying for health insurance.

## **HEALTH INSURANCE**

### **Health Services Advisory Group, Inc. (HSAG)**

#### **Medicare Helpline**

1-800-841-1602

### **Department of Consumer Affairs, Consumer Hotline**

1-800-952-5210

### **Health Insurance Counseling & Advocacy Program (HICAP)**

Davis 530-757-5696

Woodland 530-661-5890

West Sacramento

916-376-8915

3950 Industrial Blvd.,

Suite 500

West Sacramento, CA

95691

### **Health Rights Hotline**

1-888-354-4474

519 12th Street

Sacramento, CA 95814

### **HMO Help Center— Managed Health Care**

1-888-466-2219

Department of Managed

Health Care

California Help Center

980 9th Street, Suite 500

Sacramento, CA 95814

### **Medi-Cal**

1-800-541-5555

Woodland Office

25 North Cottonwood St

Woodland, CA 95695

530-661-2750

West Sacramento Office

500-A Jefferson Blvd.,

Suite 100

West Sacramento, CA

95605

916-375-6200

### **Medicare**

1-800-633-4227

### **Social Security Administration**

1-866-726-8136

825 Riverside Parkway, STE

1000

West Sacramento, CA

95605

### **YCHIP**

Peterson Clinic

8 North Cottonwood Street

Woodland, CA

530-666-8690

Salud Clinic

500-B Jefferson Blvd.,

Suite #180

West Sacramento, CA

916-375-6200 x9857

# LEGAL

**T**his section includes local legal services available for seniors.

**Centro Guadalupe  
(immigration)**

916-443-5367  
730 S Street  
Sacramento, CA 95811

**Consumer Fraud  
Unit, District  
Attorney**

530-666-8424  
301 Second Street  
Woodland, CA 95695

**Davis Senior Center**

530-757-5696  
646 A Street  
Davis, CA 95616

**Del Oro Caregiver  
Resource Center**

1-800-635-0220  
8421 Auburn Blvd., Suite  
120  
Citrus Heights, CA 95610

**Family Law  
Facilitator**

530-406-6794  
1100 Main Street, 3<sup>rd</sup> Floor  
Woodland, CA 95695

**Legal Services of  
Northern California**

530-662-1065 or  
916-447-5798  
619 North Street  
Woodland, CA 95695

**Notary Service for  
Seniors**

530-661-2001  
Woodland Senior Center  
2001 East Street  
Woodland, CA 95695

**Ombudsman Services  
of Northern  
California**

530-668-5775

**Public Guardian,  
Yolo County**

530-666-8100  
624 Court Street  
Woodland, CA 95695

**Sacramento County  
Bar Association  
Lawyer Referral  
Service**

916-564-6707

**Self Help Center**

530-406-6794  
1100 Main Street, 3<sup>rd</sup> Floor  
Woodland, CA 95695

**Senior Legal Hotline**

1-800-222-1753

**Small Claims Court,  
Advisor**

1-866-404-3288  
275 First Street  
Woodland, CA 95695

**Victim-Witness  
Assistance Program**

530-666-8187

**Woodland Senior  
Center**

530-661-2001  
2001 East Street  
Woodland, CA 95695

**West Sacramento  
Senior Center**

916-373-5819  
1075 West Capitol Ave.  
West Sacramento, CA  
95691

# SUPPORT GROUPS

**Y**olo County offers numerous support groups that provide moral support, as well as advice and information on a variety of topics relating to seniors and their loved ones to help when one faces a challenging time.

**Alzheimer's/  
Dementia**

***Davis***

530-757-5696

***Woodland***

530-666-8828

**Arthritis**

530-661-2001

**Bereavement**

***The Californian***

530-666-2433

1224 Cottonwood Street  
Woodland, CA 95695

***Yolo Family Service  
Agency***

530-662-2211

455 1st Street  
Woodland, CA 95695

***Yolo Hospice***

530-758-5566,

800-491-7711

1909 Galileo Court, Suite A  
Davis, CA 95618

***GriefShare***

***Seminar/Support Group***

530-867-4762

Church On The Rock  
630 Cottonwood Street  
Woodland, CA 95695

**Breathers (Breathing  
and Pulmonary  
Problems)**

530-757-5696

**Cancer**

***Living with Cancer  
(Woodland)***

530-669-5305

Woolsey Health Sciences

Library

Woodland Surgery Center

Medical Building

1321 Cottonwood Street,

First Level

Woodland, CA 95695

***Breast Cancer Network of  
Strength***

866-616-4882

***Woodland Healthcare  
Foundation***

530-669-5680

1321 Cottonwood Street

Woodland, CA 95695

**Caregivers**

***Davis Senior Center***

530-757-5696

***Yolo Adult Day Health  
Center***

530-666-8828

20 N. Cottonwood St.

Woodland, CA 95695

***Winters Healthcare  
Foundation***

800-272-3900

23 Main Street

Winters, CA 95694

**Caregivers of people  
with  
psychiatric  
disabilities**

530-756-8181

**Changes to Choices**

530-661-2001

**Diabetes, Davis  
Senior Center**

530-757-5696

**Domestic Violence**

**Sexual Assault &  
Domestic Violence  
Center**

530-662-1133 or

916-371-1907

933 Court St.

Woodland, CA 95695

**Hearing Loss**

**Hear, Here! Hearing  
Loss Group**

***Davis***

530-757-5696

***Woodland***

530-661-2001

**Parkinson's**

***Davis***

530-757-5696

***Woodland***

530-661-2001

**Peripheral  
Neuropathy**

530-756-5102

**Prostate**

530-757-5696

**Seniors**

530-666-8630

**Stroke Survivors**

530-669-5341

**Transitions**

530-757-5696

**Visually Impaired**

*Davis*

530-757-5696

*Woodland—Outa Sight*

530-661-2001

# TAX HELP

**D**uring tax season there are a variety of services to help answer your tax-related questions and complete the necessary paperwork.

**AARP Tax Aide  
Program**

530-757-5696

**City of Davis Park &  
Open Space Tax  
Low-Income Refund  
Program**

530-757-5651

**Davis Library Parcel  
Tax Exemption**

707-430-4300

**Davis School District  
Senior Tax  
Exemptions**

530-757-5300 ext. 122

**Taxpayer Advocate  
Service**

877-777-4778

**Yolo County  
Children's Alliance  
EITC Clinic**

866-607-4030

Davis Office:  
600 A Street, Suite Y  
Davis, CA 95616  
(530) 757-5558 or (866)  
607-4030

(Yolo County Residents  
only)

Step by Step/Paso a Paso:  
(530) 757-5560

West Sacramento Office:  
Alyce Norman Education  
Center  
1200 Anna Street, Portable  
21  
West Sacramento, CA  
95605  
(916) 572-0560

Woodland Office:  
Department of  
Employment and Social  
Services, Woodland  
25 N. Cottonwood Street  
Woodland, CA 95695

**Yolo Family Resource  
Center Tax Clinics**

530-406-7221  
828 Court Street  
Woodland, CA 95695

# TRANSPORTATION

**Y**olo County offers a variety of transportation services that seniors can access.

**American Cancer Society (cancer patients only)**  
1-800-227-2345

**Amtrak/Capitol Corridor**  
1-877-974-3322

**Broderick Christian Center**  
916-372-0200 ext. 100

**Community Care Car (Woodland)**  
530-662-7800  
2001 East Street  
Woodland, CA 95776

**Davis Community Transit (Davis)**  
530-757-4408  
840 Second Street  
Davis, CA 95616

**Mercy General Community – Shuttle Program**  
916-453-4722  
4001 J Street  
Sacramento, CA 95819

**Regional Transit**  
916-321-2877  
1225 R Street  
Sacramento, CA 95811

**Senior Transportation Voucher Program**  
*Yolo Adult Day Health Center*  
530-666-8828

*Senior Link*  
530-207-4250 or  
877-883-4927

**Sutter Medical Center – Shuttle Program**  
916-734-8630  
2315 Stockton Blvd.  
Sacramento, CA 95817

**UC Davis Medical Center – Shuttle Program**  
916-361-5466  
5151 F Street  
Sacramento, CA 95817

**Unitrans (Davis)**  
530-752-2877

**Veterans Van**  
530-406-4850

**West Sacramento Senior Center Transportation**  
916-373-5819

**Winters Medical Appointments Van**  
530-795-4910

**Yolo Bus**  
530-666-2877

**Yolo Bus Special**  
530-666-2877