

Western Nevada County

Guide to Elder Care

Resources and Services

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Elder Care Providers' Coalition

www.ElderCareProvidersCoalition.org

Mission Statement

The mission of the Elder Care Providers' Coalition is to provide an open forum for professional care providers in order that they may enhance the quality of services for the frail elderly and their caregivers.

Visit us online at
www.ElderCareProvidersCoalition.org

E-mail any changes or new information to
info@ElderCareProvidersCoalition.org

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RSVP/HelpLine: 530-273-2273

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ALL phone numbers are area code (530) unless otherwise noted

2-1-1, www.dial211.com	2-1-1
AARP Mature Driver Safety Classes.....	273-2273
AARP Volunteer Tax Assistance.....	273-2273
AT&T Accessibility Resources	1-800-806-1191
.....	TTY 1-800-806-4474
Adult Protective Services - www.mynevadacounty.com/aps/index.cfm ...	265-1639
.....	24 Hour Emergency Line 265-1217
.....	Toll Free 1-800-339-7248
Alcoholics Anonymous (AL-ANON).....	Crisis Line 272-6287
Always Best Care Senior Services.....	1-866-485-9990
Doug Johnson - www.auburn-grassvalley.alwaysbestcare.com	
Alzheimer's Aid Society of Northern California.....	1-800-540-3340
Alzheimer's Assoc., Greater Sacramento Chapter.....	1-800-272-3900
Alzheimer's Outreach Project.....	274-6350 ext. 250
Evelyn Donaldson – www.evelyn.donaldson@snmh.chw.edu	
AMAH Homecare, Inc. – www.amahhomecare.com	272-5700
Lynn Mehren-Costa – www.amahhomecare@yahoo.com	
Apria Health Care	273-7237
Area 4 Agency on Aging	Sacramento (916) 486-1876
Area 4 Senior Health & Outreach Nurse	273-8440
Audiology Associates Hearing Services Center	272-2247
Aurora Residence - www.auroraresidence.com	559-2935
Austin, Martha (Home Bookkeeper) homebookkeeper@yahoo.com	265-4432
AWAKE-N - Melissa Horton – www.awake-n.org	478-1136
Banner Crest Residential Care Home	272-4513
Bay Alarm Medical – www.bayalarmmedical.com	
www.sdalton@bayalarmmedical.com	(916) 947-6303
Bernadett, Andrew MBA, Fiduciary	265-4432
Bereavement Support-Hospice of the Foothills.....	272-5739
www.hospiceofthefoothills.org	
Blaha, William, M.D.Neurologist.....	272-2858
Blue Oaks Country Home \$	268-0621
Book Buddy Program (Nevada County Library)	265-1407
Bowman-Solinsky Warm Water Pool	265-3245
Breast Imaging Center @ Sierra Nevada Memorial Hospital	274-6246

Brunswick Village – www.robby@brunswickvillage.org274-1992
 Bryars Healing Massage, Pamela Bryars477-8725 / 798-9210
 www.pamelabryars@massagetherapy.com
 California Advocate for Nursing Home Reform 1-800-474-1116
 California State Department of Social Services 1-800-952-5253
 Nevada County265-1639
 Calvary Bible Church Men’s 12-step bereavement273-1343
 Cancer Aid Thrift273-2006 Office / 273-2365 Store
 Cancer Information Line (SNMH Cancer Center).....274-6600
 Cancer Support Groups Sierra Nevada Memorial Hospital.....274-6656
 Canine Companions for Independence..... 1-877-865-7224
 Caregivers' Christian Support Group (any dementia)..... 274-6350 ext.250
 Casa Loma \$272-7549
 Chapa De Indian Health Program477-1753
 Chapa De Indian Dental Offices.....477-6172 and 477-9560
 Chapa De Indian Mental Health Program, Auburn..... 887-2828
 CoLiving Network – Senior Housing – www.colivingnetwork.org
 Christy Stevens.....263-7733
 Comfort Keepers –Peter Stack- www.comfortkeepers.com274-8600
 Community Recovery Resources.....273-9541
 Truckee 587-8194
 Crawford, Helen, M.D., Psychiatrist265-9043
 Davita-Grass Valley (dialysis)477-0734
 Del Oro Caregiver Resource Center–Carmichael 1-800-635-0220
 Michelle Nevins - www.deloro.org
 Dementia Whisperers, The (916) 792-7512
 www.laura@dementiawhisperers.com
 Dental Hygiene, Door 2 Door, Tanya Steel.....913-2985
 Doland, Marcelle - LVN Caregiver - marcelle_doland@yahoo.com 432-8748
 Domestic Violence/Sexual Assault Coalition.....**Crisis Line 272-3467**
 Business Line 272-2046
 Drew’s Place265-0719
 EASE - Eagle Accessibility Solutions & Equipment 820-9114
 www.accesswithease.com / info@accesswithease.com
 ECHO support for the Hearing Impaired265-4444
 Elder Care Locator (Area Agencies on Aging) Toll free 1-800-677-1116
Emergency Housing (Oct. to April) Hospitality House271-7144
 Eskaton Village, Grass Valley – www.eskaton.org.....273-1778

Eskaton Telephone Reassurance	1-888-334-3490
Falls Prevention Coalition of Nevada County	273-2273
www.mynevadacounty.com/dss	
Family Preservation Team	265-1546
Fire Safe Council—weed abatement for seniors/disabled persons	272-1122
Food Bank of Nevada County, Inc.	272-3796
FREED - Center for Independent Living	265-4444
.....	TDD 265-4944
Friendly Visitor Program	265-4444
Gold Country Community Council	273-4961
Gold Country Estate Planning Council	470-5119
Gold Country Hearing Center	477-8114
Gold Country Seniors Alive	274-8574
Jackie Finley, Jackie@theunion.net	
Dr. Judith Pruess-Mellow, judithpm@theunion.net	
Gold Country Stage	477-0103
Gold Country Telecare - www.GoldCountryTelecare.org	272-1710
Golden Empire Convalescent Hospital	273-1316
Grass Valley Care Center	273-4447
Greenwald, Susan, Neurologist	477-1197
Gresham, Kathe (The Paper Chase)	268-8157
Harper, Sarah, RN - 4MAA777@gmail.com	478-1325
Healing through Loss & Grief Support Group	265-3258
Health Insurance Counseling & Advocacy Program (HICAP)	273-2273
Healthy Feet Plus	272-6766
Debra Stoneking, R.N. - dstoneking@mac.com	
Heinzel, Sara - R.N., Certified Senior Personal Trainer	432-0766
sara43@theunion.net	
Help at Home Senior Care – www.helpathomeonline.com	885-7444
.....	1-877-404-6636
HelpLine Senior Information and Assistance	273-2273
Helping Hands Caregiver Resources (Penn Valley)	432-2540
Helping Hearts Senior Care Services LLC, Office	274-1234
tohelpinghearts@yahoo.com	
Helping Hearts Senior Care Services LLC, Gracie Robinson	205-6343
Helping Hearts Senior Care Services LLC, Jana Chehrazi	277-7747
Heritage Oaks Hospital	(916) 489-3336
Hibbard, Nancy, MS Caregiver - sidneygibbon@suddenlink.net	272-3333

HICAP (Health Insurance Consulting & Advocacy Program)	273-2273
High Noon Senior Nutrition Program.....	273-4961
Highgate Senior Living and Dementia Care	272-8002
highgategvrc@sbcglobal.net	
Home Delivered Meals.....	273-4961
Home Helpers Registry (FREED) and Fix-It Home Repair.....	265-4444
Home Instead Senior Home Care	885-3904
Lilli Peterson - www.livehomeinstead.com	Toll free 1-800-HOMECARE
Homeowners & Renters Tax Assistance.....	273-2273
Hospice of the Foothills – www.hospiceofthefoothills.org	272-5739
Hospitality House	271-7144
In-Home Supportive Services (Nev. Co. Human Services).....	265-1639
Information and Assistance Internet Site	www.dial211.com
Interfaith Food Ministries.....	273-8132
Interim HomeStyle Services	
www.interimhealthcare.com/nevadacountyca/	272-0300
Lake Wildwood Manor \$	432-7788
Larsen, Barbara, M.A. Ed. - Private Geriatric Care Manager	478-1735
www.movementwithmeaningalz.com, blarsen@nccn.net	
Latter, Stephen DPM (Podiatrist)	477-7200
Legal Services of Northern California	470-8562
Lawyer Referral Service - www.nclawyeraccess.org	272-5962
LifeLine (Emergency Response System).....	274-6327
Logsdon, Valerie – Attorney - valerielogsdon@sbcglobal.net.....	477-7973
Lydelle’s Elderly Home Care \$.....	477-2884
Lyon, Beverly - Attorney – www.mtnlyonlaw.com	575-9192
McNulty, Lin JD MWS, LCSW	274-7560
Meadow View Manor	272-2273
Medi-Cal (CA Dept. of Social Services--24-hour auto. #).....	1-800-952-5253
Medi-Cal (Nevada County Social Services Department)	265-1340
MedicAlert Foundation	1-800-432-5378
Medicare General Information.....	1-800-633-4227
Mill Street Counseling	272-2811
Miners Family Health Clinic.....	273-9339
Mountain View Care Home \$	273-7820
NAMI-National Alliance for the Mentally Ill	272-4566
Nevada County Adult Services Commission.....	265-1639

Nevada County Department of Behavioral Health	265-1437
.....	Crisis Line 265-5811
..... Truckee	582-7803
Nevada County Public Health Department	265-1450
Nevada County Department of Social Services Medi-Cal Eligibility	265-1340
Nevada County Hearing Aid Center	470-8897
Allen Krosner, NCHAC@sbcglobal.net	
Nevada County Housing Program-housing & utility LIHEAP help	265-1388
Nevada County Superior Court, Public Law Center	470-2594
Nevada County Television Cable Channel 11	478-6400 ext.250
Nevada County Victim/Witness Assistance	265-1246
Nevada-Sierra Regional Public Authority Care Provider	274-5601
North San Juan Senior Center	292-9048
Northern California Lawyer Referral Service	272-5962
Northern Home Medical	272-9021
Nova, Lily - Memory Improvement Classes - novalil@yahoo.com	477-8514
Ombudsman Services of Northern California	(916) 376-8910
.....	Crisis Line 1-800-231-4024
Ostomy Support Group - www.ostomysupport.com	432-2389
Parkinson Support Group	272-7950
Placer Speech and Hearing	823-7532
Placer/Nevada Counties Medical Society	822-7770
Plumas Hearing Center-Truckee	550-9068
Progress House	265-9045
Progressive Home Care, Inc.	823-3896
Quail Ridge Senior Living – quailridgemkg@isllc.com	272-1055
Quail Ridge Senior Living Support Group (last Thurs month 5 pm)	272-1055
Ramondino, Stephen MD, Psychiatrist	477-1777
Red Cross, 3 Rivers Chapter, Yuba/Nevada Counties	272-3265
Retired and Senior Volunteer Program (RSVP): Age 55 and over	271-0255
Robinson, Maria - Caregiver and Elder Activities	288-3570
mariar2622@sbcglobal.net	
RSVP - rsvp@nccn.net	271-0255
Senior Care Coordination	1-888-332-3490
Senior Center, North San Juan	292-9048
Senior Health & Nurses Outreach- Nevada County Adult Services	265-1470
Senior Legal Hotline	1-800-222-1753
Senior New Ways - judithpm@seniornewways.org	(650) 209-1119

Senior Peer Counselors of Nevada County	265-1265
Seniors First.....	889-9500
Theresa Haleen - housing@seniorsfirst.org	
Shepherds Financial Coaching	432-6861
Shekinah Care - susanwaters@shekinahcare.com	265-0545
Sierra Family Medical Clinic and Dental Care	292-3478
Sierra Foothill AIDS Foundation....	889-2437
Sierra Guest House #2	273-3163
Sierra Nevada Community Health Plan - Physician referral.....	271-3203
Sierra Nevada Home Care -	274-6350
Sierra Nevada Home Care Caregiver Support Group.....	274-6350
Sierra Nevada Lifeline.....	274-6327
Sierra Nevada Memorial Hospital (SNMH) Grass Valley	274-6000
Cancer Center	274-6600
Schedule of support groups and/or classes	274-6124
Stroke Outreach	274-6771
Transitional Care Unit.....	274-6182
Wellness Center	274-6124
Sierra Nevada TBI support group (neurology referral only)	273-2219
Sierra Nevada Wellness Center.....	274-6124
Sierra Senior Services	Truckee 550-7600
Sierra Services for the Blind.....	265-2121
Pinky Zalkin - www.sierraservices.org	
Sierra View Manor \$	273-4849
Sierra Wheelchairs.....	477-1004
Simmons, Sandra, RN - sandras@stardustweb.net.....	432-9435
Snider-Lipa, Joanna, LCSW - jeslipa@amsoft.com	308-4521
Social Security Administration, Auburn	1-800-772-1213
Spence, Dennis DVM, "Vet on Wheels"	273-5331
Spirit Center–Peer Support Groups–Grass Valley location.....	274-1431
Spring Hill Manor Convalescent Hospital	273-7247
State Dept. of Social Services, Community Care Licensing.....	1-800-952-5253
Stevens, Christy - christy@cjstevens.com	273-7403
Supplemental Security Income (SSI)	1-800-772-1213
Sutter Auburn Faith Hospital	Auburn 888-4500
Sutter Auburn Faith Visiting Nurse & Hospice.....	Auburn 886-6650
Tahoe Forest Hospital.....	587-6011
Tax Assistance (HelpLine for seasonal appointments)	273-2273

Telecare Senior and Disabled Transportation.....	272-1710
T.L.C. Home Care Nurses.....	432-0619
Tomorrow’s Nurse - Seyler, Carolyn, RN, MS.....	265-4296
cseyler@earthlink.net	
Transitions (Pre-Hospice)- www.hospiceofthefoothills.org.....	272-5011
Twin Cities Hearing Aid Center	272-8952
UC Davis Medical Center.....	(916) 734-5496
Unraveling Tension for Fall Prevention	263-3323
www.focusmindandbody.com	
VA Sierra Outpatient Clinic.....	Auburn 889-0872 / 1-888-227-5404
Veterans Administration Information and Assistance.....	(916) 566-7430
Veterans Services of Nevada County	273-3396
.....	Truckee 582-7803
Victim/Witness Elder Abuse Programs	265-1246
Village, The - at The Northern Queen Inn	265-3973
Darylann Ogden – www.thevillagecateredretirement.com	
“Yes I Can” series.....	274-6350 ext 250
YUBAdocs walk-in clinic 7 days per week	274-5020

LISTING BY CATEGORY

\$ = fee based agency or service

ALL phone numbers are area code (530) unless otherwise noted

ADULT DAY CARE

Helping Hands Caregiver Resource (Penn Valley) \$432-2540

ADULT PROTECTION/ADVOCACY

Adult Services, Nevada County Human Services Agency

Adult Protective Services – www.mynevadacounty.com/aps/index.cfm

.....265-1639

..... **24 Hour Emergency Line** 265-1217

..... Toll Free 1-800-339-7248

Domestic Violence/Sexual Assault Coalition..... **Crisis Line** 272-3467

..... Business Line 272-2046

Health Insurance Counseling & Advocacy Program (**HICAP**)273-2273

Nevada County Adult and Family Services Council470-2506

Ombudsman Services of Northern California (Residential Care and Nursing
Homes) Sacramento (916) 376-8910

..... **Crisis Line** 1-800-231-4024

Nevada County Victim/Witness Assistance265-1246

California Advocate for Nursing Home Reform.....1-800-474-1116
(Pre-placement Counseling)

State Dept. of Social Services, Community Care Licensing..... 1-800-952-5253
(Residential Care/Assisted Living Facility Information)

ALCOHOL/DRUG COUNSELING/TREATMENT

Alcoholics Anonymous (AL-ANON)..... **Crisis Line** 272-6287

Progress House (alcohol & drug recovery residential care) \$265-9045

Community Recovery Resources (Treatment & Recovery Services)

Counseling, information & referral \$ 273-9541

Truckee \$ 587-8194

ALZHEIMER'S DIAGNOSTIC RESOURCES

Blaha, William, Neurologist \$	272-2858
Crawford, Helen, M.D., Psychiatrist (referral from primary care physician) \$	265-9043
Greenwald, Susan, Neurologist \$	477-1197
Nevada County Department of Behavioral Health (Mental Health Evaluation) \$	265-1437
..... Crisis Line	265-5811
..... Truckee	582-7803
Ramondino, Stephen MD, Psychiatrist \$	477-1777
Senior Peer Counselors	265-1265
UC Davis Medical Center \$ (diagnosis of memory problems).....	(916) 734-5496

ALZHEIMER'S DISEASE & OTHER DEMENTIAS

Information and/or assessment for significant memory loss

Alzheimer's Association, Greater Sacramento Area Chapter and the "Safe Return Program" for wanderers	1-800-272-3900
Alzheimer's Outreach Project (Sierra Nevada Home Care)	274-6350 ext. 250
Alzheimer's Aid Society of Northern California..	1-800-540-3340
AWAKE-N, (neurotherapy & trauma)	478-1136
Barbara Larsen, M.A. Ed. - Private Geriatric Care Manager \$	478-1735
Heritage Oaks Hospital (psychiatric) Sacramento area \$	(916) 489-3336
Del Oro Caregiver Resource Center (for caregivers of brain impaired adults)	(916) 971-0893 or 1-800-635-0220
Senior Health & Outreach Nurses, Nevada Co. Social Service Dept.....	265-1470
Sierra Nevada Home Care (in-home assessment) \$	274-6350
<i>(also see "Respite Care" in this Guide)</i>	

ALZHEIMER'S FACILITIES – LICENSED

Aurora Residence www.auroraresidence.com	559-2935
Brunswick Village (assisted living/Alzheimer's unit) \$	274-1992
Eskaton Village, Grass Valley (memory care) \$	273-1778
Golden Empire Convalescent Hospital (secured wing) \$	273-1316
Highgate Senior Living and Dementia Care \$	272-8002
Quail Ridge Senior Living, The Atrium \$	272-1055
<i>(For Assisted Living Facilities contact Helpline 273-2273)</i>	

ASSISTED LIVING (Residential Care Facilities for the Elderly)

Aurora Residence www.auroraresidence.com	559-2935
Banner Crest Care Home \$.....	272-0432
Blue Oaks Country Home \$	268-0621
Brunswick Village \$.....	274-1992
Casa Loma \$	272-7549
Eskaton \$.....	273-1778
Highgate Senior Living \$	272-8002
Lake Wildwood Manor \$	432-7788
Lydelle’s Elderly Home Care \$.....	477-2884
Mountain View Care Home \$	273-7820
Quail Ridge Senior Living \$.....	272-1055
Sierra Guest Home #2 \$	273-3163
Sierra View Manor \$	273-4849

BLIND/VISUALLY IMPAIRED

AT&T Devices (services for visual and hearing impaired).....	1-800-806-1191
Sierra Services for the Blind classes and support services.....	265-2121
Book Buddy Program (Nevada County Library).....	265-1407
Books, audiotapes, and video deliveries to the homebound by volunteers	

CAREGIVER SERVICES

Alzheimer’s Outreach Project.....	274-6350 ext. 250
Del Oro Caregiver Resource Center	1-800-635-0220
Helping Hands Caregiver Resource (Penn Valley) \$	432-2540
<i>(See Home Care Services and Home Health Care in this guide)</i>	

CAREGIVER SUPPORT GROUPS

Hospice of the Foothills (terminal diagnosis).....	272-5739	
Caregivers’ Christian Support Group (any dementia)	274-6350 Ext. 250	
Caregiver’s Support at Helping Hands (2 nd & 4 th Tues., 1:00-2:30) P.V. ...	432-2540	
Classes for non-professional caregiving “Yes I Can” series (twice a yr. 7 wks.)		
Contact: Evelyn Donaldson		274-6350 Ext. 250
Parkinson Support Group	1-866-979-7262	

Quail Ridge Senior Living Support Group (last Thurs month 5 pm) 272-1055
 Sierra Nevada Home Care (2nd & 4th Tuesday, 1:30-3:30)274-6350
 Sierra Nevada TBI support (neurology referral only).....273-2219
 Transitions (support for terminal illness)272-5011
 (See —Support Groups in this directory)

CASE MANAGEMENT

Del Oro Caregiver Resource Center (Carmichael)..... 1-800-635-0220
 Hospice of the Foothills.....272-5739
 National Assoc. of Professional Geriatric Care Managers (521) 881-8008
 Nevada County Department of Behavioral Health \$265-1437
 Crisis Line 265-5811
 Truckee 582-7803
 Senior Peer Counselors of Nevada County265-1265
 Senior Care Coordination..... 1-888-332-3490
 Seniors First \$889-9500
 Theresa Haleen - housing@seniorsfirst.org
 Senior Health & Outreach Nurses - Area 4, Social Service Dept.....265-1470
 Tomorrow’s Nurse, Seyler, Carolyn, R.N., M.S. \$.....265-4296
 cseyler@earthlink.net
 Sierra Foothill AIDS Foundation \$.....889-2437

CONSERVATORSHIP(PERSON/ESTATE) Assistance with Finances

Public Conservator/Guardian:

Nevada County Adult Services - www.mynevadacounty.com/aps/index.cfm
265-1639
 **24 Hour Emergency** Line 265-1217
 Toll Free 1-800-339-7248

Licensed Professional Fiduciaries (in-home):

Austin, Martha (The Home Bookkeeper, Fiduciary) \$265-4432
 Bernadett, Andrew MBA, Fiduciary \$477-9321
 Gresham Kathe (The Paper Chase) \$268-8157

Bonded – In Home Assistance with Finances

Stevens, Christy \$.....273-7403
 (Also see “Attorneys: Probate Law & Estate Planning“ in the “Yellow Pages”)

DENTAL SERVICES

Chapa De Indian (accepts Medi-Cal) \$477-6172 and 477-9560
Door 2 Door Dental Hygienist – Tanya Steel \$913-2985
Sierra Family Medical Clinic and Dental Care \$.....292-347
(For a complete listing of dentists who accept
Medi-Cal or Denti-Cal, call 1-800-322-6384)

DISABILITY SERVICES

AT&T Services and devices for vision and hearing impaired 1-800-806-1191
Bay Alarm Medical – Stacy Dalton \$..... (916) 947-6303
Bowman-Solinsky Warm Water Pool \$265-3245
Canine Companions for Independence..... (707) 577-1700
FREED-resources & assistance for disabled individualsVoice 265-4444
..... TDD 265-4944
Lifeline (Emergency Response System) \$.....274-6327
Medic-Alert Foundation \$..... 1-800-432-5378
Sierra Services for the Blind \$265-2121
(Also see “Rehabilitation” in the “Yellow Pages”)

EDUCATION AND OUTREACH

Gold Country Seniors Alive \$.....274-8574
Falls Prevention Coalition of Nevada County.....273-2273
www.mynevadacounty.com/dss
Larsen, Barbara, M.A. Ed, Private Geriatric Care Manager \$478-1735
“Yes I Can” Series (classes for non-professional caregiving)
Contact: Evelyn Donaldson274-6350 Ext. 250

FINANCIAL ASSISTANCE

AARP Mature Driver classes (lowers auto insurance) \$273-2273
Cancer Aid Thrift (supplemental funds for medical expenses, prosthetics,
equipment, transportation) Office 273-2365
..... Thrift Store 273-2365
HICAP (for Medicare Supplement and Long Term Care Info).....273-2273
Homeowners & Renters Tax Assistance.....273-2273

Nevada County Department of Social Services Medi-Cal Eligibility	265-1340
In-Home Supportive Services	265-1639
Nevada County Housing Program (housing & utility help)	265-1388
Social Security Administration , Auburn and SSI.....	1-800-772-1213
Tax Assistance (HelpLine Information for seasonal appointments)	273-2273
Veterans Services of Nevada County	273-3396
..... Truckee	582-7803

FOOD PROGRAMS & SERVICES

Gold Country Community Council.....	273-4961
High Noon Senior Nutrition Program (congregate meals) and Home Delivered Meals	
Food Bank of Nevada County, Inc.	272-3796
Interfaith Food Ministries.....	273-8132

HEALTH SERVICES

Breast Imaging Center-Sierra Nevada Memorial Hospital \$.....	274-6246
Cancer Aid Thrift (supplemental funds for medical expenses, prosthetics, equipment, transportation)	273-2006
Cancer Support Groups -Sierra Nevada Memorial Hospital	274-6656
Chapa De Indian Health Program \$	477-1753
Davita-Grass Valley (dialysis) \$	477-0734
Health Insurance Counseling & Advocacy Program (HICAP).....	273-2273
Helping Hands Caregiver Resource (Penn Valley) \$	432-2540
Hospice of the Foothills.....	272-5739
Medic Alert Foundation \$	1-800-432-5378
Miners Family Health Clinic \$.....	273-9339
Nevada County Public Health Department	265-1450
Senior Outreach Program with Nevada County Adult Services	265-1470
Sierra Nevada Community Health Plan	271-3203
Sierra Nevada Wellness Center (Healthy Living classes) \$.....	274-6124
Sierra Family Medical Clinic (near San Juan Ridge area) \$.....	292-3478
Sutter-Auburn Faith Visiting Nurse (VNA) & Hospice \$.....	886-6650
YUBAdocs walk-in clinic 7 days per week \$.....	274-5020

*(See also in this Guide "Alzheimer's & Other Dementias"
Mental Health Services & Counseling" and "Physicians")*

HEARING IMPAIRED & DEAF

AT&T Accessibility Resources (Deaf & Disabled Service) . Voice 1-800-806-1191
..... TTY 1-800-806-4474
ECHO support for the Hearing Impaired (3rd Friday, 1 PM) 265-4444
..... Voice/TDD 477-8408
FREED (information and support for disabled persons) 265-4444
..... Voice/TDD 265-4944

Hearing Aids:

AudiBel Hearing Center \$..... 273-8440
Audiology Associates Hearing Services Center \$ 272-2247
Gold Country Hearing Center \$..... 477-8114
Nevada County Hearing Aid Center \$ 470-8897
Placer Speech and Hearing (licensed audiologists) \$ 823-7532
Plumas Hearing Center-Truckee \$ 550-9068
Twin Cities Hearing Aid Center \$ 272-8952

HOME CARE SERVICES/PERSONAL CARE/ MEALS

Always Best Care Senior Services \$..... 1-866-485-9990
AMAH Homecare, Inc. – www.amahhomecare.com \$ 272-5700
Bryars Healing Massage, Pamela Bryars 477-8725 / 798-9210
Comfort Keepers \$ 274-8600
Del Oro Caregiver Resource Center 1-800-635-0220
Doland, Marcelle - LVN Caregiver - marcelle_doland@yahoo.com 432-8748
FREED (Personal Assistance Registry) \$ 265-4444
Harper, Sarah, RN \$ 478-1325
Healthy Feet Plus \$ 272-6766
Sara Heinzl, R.N. - Certified Senior Personal Trainer \$ 432-0766
Help at Home Senior Care \$ 885-7444
Helping Hearts Senior Care Services LLC \$ Office 205-6343
 Gracie Robinson 274-1234 or Jana Chehrazi 277-7747
Hibbard, Nancy, MS, Caregiver \$ 272-3333
Home Instead Senior Home Care \$ 885-3904
Interim HomeStyle Services \$ 272-0300
Nevada-Sierra Regional Public Authority \$ 274-5601

Nevada County Human Services Agency, In-Home Supportive Services
 (Low-income: eligibility determination for IHSS)265-1639
 Progressive Home Care Inc. \$823-3896
 Robinson, Maria - Caregiver and Elder Activities in your Home \$.....288-3570
 Shekinah Care (In-Home Care for Seniors in Nevada and Placer Counties) \$
265-0545
 Sierra Nevada Home Care \$.....274-6350
 Sierra Nevada **Lifeline** Personal Emergency Response System \$
 Local set-up 274-6327
 Simmons, Sandra, RN \$432-9435
 T.L.C. Home Care Nurses \$.....432-0619

HOME HEALTH CARE - Licensed

Doland, Marcelle - LVN Caregiver - marcelle_doland@yahoo.com \$.....432-8748
 Latter, Stephen DPM (Podiatrist) \$477-7200
 Progressive Home Care, Inc. \$823-389
 Senior Health & Outreach Nurses, Area 4, Nevada Co. Soc.Serv.Dept ..265-1639
 Sierra Nevada Home Care Services \$274-6350
 Sutter Visiting Nurse Assoc. \$..... Auburn 886-6650

HOSPICE

Hospice of the Foothills.....272-5739
 Transitions (for individuals with 1 year prognosis)272-5011

HOSPITALS

Sierra Nevada Memorial Hospital (SNMH) Grass Valley \$274-6000
 SNMH Transitional Care Unit \$.....274-6182
 Sierra Nevada Memorial Hospital–**Wellness Center** \$.....274-6124
 Sutter Auburn Faith Hospital \$..... Auburn 888-4500
 Tahoe Forest Hospital and Extended Care Unit \$.....587-6011

HOUSING & HOUSING ASSISTANCE

Always Best Care Senior Services \$..... 1-866-485-9990
 CoLiving Network \$.....263-7733

Hospitality House (Emergency Shelter Oct. to April).....271-7144
 HelpLine: Information and referrals.....273-2273
 Nevada County Housing Program (Security deposits, Heat and gas for qualified persons & weatherization)265-1388
 Red Cross, 3 Rivers Chapter, Yuba/Nevada Counties272-3265
 Seniors First, Placer County–housing search help889-9500
 The Village at The Northern Queen Inn \$265-3973
 (See also - "Homes Residential Care" in the "Yellow Pages")

HOUSING - SAFETY MODIFICATIONS- REPAIRS

FREED Fix-It Program \$265-4444
 Fire Safe Council (weed abatement for seniors/disabled persons)272-1122

INFORMATION & ASSISTANCE

2-1-1 or Internet site - www.dial211.com 2-1-1
 HelpLine Senior Information and Assistance273-2273
 Alzheimer's Association, Greater Sacramento Area Chapter..... 1-800-660-1993
 or..... (916) 930-9080
 Alzheimer's Outreach (Sierra Nevada Home Care) 274-6350 ext 250
 Alzheimer's Aid Society of Northern California..... 1-800-540-3340
 Cancer Information Line (SNMH Cancer Center).....274-6600
 Del Oro Caregiver Resource Center 1-800-635-0220
 Elder Care Locator (Area Agencies on Aging) [Nationwide] 1-800-677-1116
 FREED–Center for Independent Living, support services/equipment265-4444
 Seniors First (Assessment, Information & Assistance)889-9500
 Veterans Services of Nevada County273-3396

Local Media Offerings

KNCO Radio, 830 AM or Star Radio FM 94
 "A Senior Moment" Dennis Sisley, Host Wednesdays 12:30 to 1 PM
 "Health Line" Jon Katis, Host..... Thursday 12:30-1:00 PM
 KVMR Radio, 89.5 FM Mel Walsh, Host Wednesdays 1:00 to 2 PM
 Nevada County Television Cable Channel 11..... 478-6400, ext.250

INSURANCE

California Department of Social Services – 24 hour auto.....	1-800-952-5253
HICAP (Health Insurance Consulting & Advocacy Program)	273-2273
Medicare, Supplemental, Part D - call Helpline for appointment	
Medi-Cal (Nevada County Social Services Department)	265-1340
Medical Benefits Administration	271-3200

LEGAL SERVICES - LAWYER REFERRAL

For a complete listing of attorneys specializing in Elder Law and Estate Planning, see the “Yellow Pages” under “Attorneys” - subcategories for “Elder Law”, “Probate”, “Wills, Trusts, and Estate Law.”

Del Oro Caregiver Resource Center	1-800-635-0220
Legal Services of Northern California	470-8562
Free services for persons 60 or older / help with filling out legal forms	
Gold Country Estate Planning Council \$.....	470-5119
N.C. Superior Court, Public Law Center	470-2594
Northern California Lawyer Referral Service \$.....	272-5962
Senior Legal Hotline.....	1-800-222-1753
Lawyer Referral Service \$.....	272-5962
Logsdon, Valerie – Attorney \$.....	477-7973
Lyon, Beverly – Attorney \$.....	575-9192
Wilkerson, Jennifer – Attorney \$	272-4292

MEDICAL EQUIPMENT and SUPPLIES

Apria Health Care (home medical equipment) \$	273-7237
Bay Alarm Medical – Stacy Dalton \$.....	(916) 947-6303
Cancer Aid Thrift (donated & used equipment, etc.) \$	273-2365
EASE - Eagle Accessibility Solutions & Equipment \$	820-9114
Northern Home Medical (equipment/clinical respiratory home care) \$.....	272-9021
Lifeline (Telephone Personal Emergency Response System) \$	274-6327
MedicAlert Foundation \$	1-888-633-4298
Sierra Wheelchairs, Prosthetics/Orthotics /Mastectomy fittings \$	477-1004

MENTAL HEALTH SERVICES & COUNSELING

AWAKE-N - Melissa Horton \$	478-1136
Chapa De Indian Health Program, Auburn \$.....	887-2828
Crawford, Helen, M.D., Psychiatrist \$ (Call for availability)	265-9043
Drew's Place \$	265-0719
Family Preservation Team \$	265-1546 or 265-1696
Gold Country Seniors Alive \$.....	274-8574
Larsen, Barbara M.A. Ed., Private Geriatric Care Manager \$	478-1735
McNulty, Lin JD MWS, LCSW \$.....	274-7560
Mill Street Counseling \$	272-2811
Miners Family Health Clinic.....	273-9339
Nevada County Department of Behavioral Health \$	265-1437
	Crisis Line 265-5811
	Truckee 582-7803
	Senior Peer Counselors 265-1265
NAMI of Nevada County	272-4566
Nova, Lily, Memory Improvement Classes.....	477-8514
Ramondino, Stephen MD, Psychiatrist \$	477-1777
Snider-Lipa, Joanna, LCSW - jeslipa@amsoft.com \$	308-4521
Spirit Center–Peer Support Groups–Grass Valley location.....	274-1431
Sierra Nevada Home Care (in-home assessment) \$	274-6350
<i>(See "Yellow Page" listings for Grass Valley & Auburn for "Marriage & Family Therapists", "Psychologists and Psychotherapists")</i>	

PETS

Canine Companions for Independence.....	1-877-865-7224
Spence, Dennis DVM, "Vet on Wheels" \$.....	273-5331

PHYSICIANS

For a complete listing of "Physicians and Surgeons", please see the "Yellow Pages" of your telephone directory. See in particular physicians listed under "Internal Medicine" and "Neurology" for diagnosis of memory impairments.

HelpLine (for Medi-cal Physicans)	273-2273
Medi-Cal (California Dept. of Social Services) 24 hr automated ...	1-800-952-5253
Placer/Nevada Counties Medical Society	822-7770

Sierra Nevada Community Health Plan-Physician referral.....271-3203

PLANNING & FUNDING FOR SENIOR SERVICES

Alzheimer's Outreach Project... ..274-6350 ext 250

Area 4 Agency on Aging..... Sacramento (916) 486-1876

Nevada County Adult and Family Services Commission.....265-1639

RESPIRE CARE (temporary relief for caregivers/Alzheimer's care)

Overnight

Banner Crest Care Home \$.....272-4513

Brunswick Village \$274-1992

Comfort Keepers - \$.....274-8600

Eskaton Village, Grass Valley \$.....273-1778

Hospice of the Foothills \$.....274-5141

Highgate House Senior Living \$.....272-8002

Quail Ridge Senior Living \$272-1055

Sierra Guest Home #2 \$273-3163

Sierra Nevada Home Care \$274-6350

Day

Eskaton Village, Grass Valley\$.....273-1778

Helping Hands Caregiver Resource \$.....432-2540

SENIOR CENTERS

Gold Country Community Council, Grass Valley.....273-4961

North San Juan Senior Center292-9048

Sierra Senior Services Truckee 550-7600

SKILLED NURSING FACILITIES

Golden Empire Convalescent Hospital \$273-1316

Grass Valley Care Center \$273-4447

Meadow View Manor \$272-2273

Springhill Manor Convalescent Hospital \$.....273-7247

Tahoe Forest Hospital, Truckee \$.....587-6011

Ombudsman Services for residential care and nursing homes (916) 376-8910
.....Ombudsman **Crisis Line** 1-800-231-4024

SOCIAL SECURITY/SSI/MEDICARE (paperwork assistance)

Austin, Martha Home Bookkeeper \$265-4432
HelpLine for **HICAP** - appt. with Medicare billing273-2273
Legal Services of Northern California (welfare rights).....274-3554
Medicare - General Information 1-800-633-4227
Shepherds Financial Coaching \$432-6861
Social Security - Supplemental Security Income (SSI) 1-800-772-1213
.....or new claims, Auburn office 1-866-931-6087
Gresham, Kathe, The Paper Chase, \$268-8157

SUPPORT GROUPS

Alzheimer's Outreach Project.....274-6350 ext. 250
 Caregivers Christian Support Group 1st & 3rd Thursdays
Bereavement Support Hospice of the Foothills272-5739
Calvary Bible Church – men's 12-step bereavement273-1343
Cancer Support, SNMH, Oncology Social Worker274-6656
Drew's Place, Healing through Loss and Grief.....265-0719
Healing through Loss & Grief265-3258
HelpLine Senior Information and Assistance
 (ask for specific groups or complete listing)273-2273
Ostomy Support Group432-2389
 Meet at Sierra Nevada Home Care last Monday every other month at 1:30
Parkinson Support Group.....272-7950
 2nd Friday of Month 1:30-3:00, Quail Ridge
Quail Ridge Senior Living Support Group (last Thurs month 5 pm) 272-1055
Sierra Nevada Community Health Plan271-3203
Sierra Nevada Home Care - Caregiver Support Group
 (2nd and 4thTues. 1:30-3:30 pm, Facilitator: Renee Chevraux)....274-6350
Sierra Nevada Memorial Hospital for schedule274-6124
Sierra Nevada Stroke Outreach
 (3rd Friday of month, Room 130 1-2pm)274-6771
 (See also "Caregiver Support Groups")

TAX PREPARATION

AARP Volunteer Tax Assistance - HelpLine for appointment.....273-2273
(See also telephone "Yellow Pages" under —"Tax Return Preparation")

TELEPHONE REASSURANCE

Bay Alarm Medical \$ (916) 947-6303
Comfort Keepers \$274-8600
Eskaton Telephone Reassurance888-334-3490
HelpLine Senior Information & Assistance273-2273
Lifeline (Emergency Response System) \$274-6327

TRANSPORTATION

Gold Country Stage \$477-0103
Gold CountryTelecare Senior and Disabled Transportation \$.....272-1710
Veterans Services.....273-3396
(Assistance with funds /transportation to VA hospital in Reno)

VETERANS

California Dept. of Veterans Affairs..... 1-800-952-562
Veterans Services of Nevada County273-3396
..... Truckee 582-7803
VA Sierra Outpatient Clinic Auburn 889-0872
..... Also 1-888-227-5404

VISION

FREED (low vision aids)265-4444
Sierra Services for the Blind \$.....265-2121
*See "Yellow Pages" listing under Optometrists (eye glasses) and
Ophthalmology (under Physicians and Surgeons)*

VOLUNTEERS

Friendly Visitor Program (FREED)265-4444
Retired and Senior Volunteer Program (RSVP): Age 55 and over271-0255
Home Helpers Registry (FREED) and Fix-It Home Repair.....265-4444

Members of the Elder Care Providers' Coalition

Always Best Care Doug Johnson	Helping Hands Caregiver Resources, Chris Holland	Retired Senior Volunteer Program Sara Morrison
AMAH Homecare, Inc Lynn Mehren-Costa	Helping Hearts Senior Care Jana Chehrazi	Maria Robinson CNA, HHA Geriatric Activities
Alzheimer's Outreach Project Evelyn Donaldson, MSW	Helping Hearts Senior Care Gracie Robinson	Seniors First Theresa Haleen
Aurora Residence Jerome Shamrock	Sara Heinzl, R.M Certified Senior Personal Trainer	Senior New Ways Judith Pruess-Mellow
AWAKE-N Melissa Horton	Nancy Hibbard, MS, Caregiver	Shekinah Care In-Home Susan Waters
Banner Crest Care Home Judith Linhares	Highgate Senior Living Miranda Jenkins	Sierra Nevada Home Care Renee Chevraux, LVN, MSW
Bay Alarm Medical Stacey Dalton	Hilltop Commons Senior Community, Lynette McCallum	Sierra Nevada Home Care Sandy Beck
Brunswick Village Robbie Sellery	Home Bookkeeper Martha Austin	Sierra Services for the Blind Pinky Zalkin
Bryars Healing Massage Pamela Bryars	Home Instead Senior Care Lilli Peterson	Sandra Simmonds, RN
Comfort Keepers Peter Stack and Neil Goforth	Hospice –Donna Brown, RN Community Liaison	Joanna Snider-Lipa, LCSW Mill Street Counseling Miners Family Health Center
Del Oro Caregiver Resource Center	Hospice Transitions Lorraine Starr	Christy Stevens In-Home Financial Assistant CoLiving Network
Marcelle Doland, LVN Caregiver	Interim HomeStyle Services Terry Boyer	Jeanne Thies, LCSW Social Worker
Eskaton Village Mary Eaton Campbell	Valerie Logsdon, Attorney	Tomorrow's Nurse Carolyn Seyler, RN, MS
Falls Prevention Coalition Cynthia Schuetz	Beverly M. Lyon, Attorney	Tor Eckert Twin Cities Elder Care
Gold Country Seniors Alive Jacqueline Finley	Movement with Meaning Barbara Larsen	Unraveling Tension for Fall Prevention, Gabrielle Pullen
Gold Country Telecare Paratransit Services	Nevada County APS Jeree' Waller	The Village at the Northern Queen Inn, Darylann Ogden
Sarah Jane Harper, RN Caregiver	Lily Nova Memory Improvement Classes	Jennifer Wilkerson, Attorney
Healthy Feet Plus Debra Stoneking, RN	Lynne Farren Nugent Geriatric Social Worker	Greg Zaller, CoLiving Network
Hearing Aid Center Allen Krosner, Nevada Co.	Paper Chase Kathe Gresham	
Help at Home Senior Care Bridgett Hodkin	Quail Ridge Assisted Living Kristin Jenkins	

