

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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For additional copies of this guide call
RSVP/HelpLine: 530-273-2273

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ALPHABETICAL PROGRAM/SERVICE INDEX

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

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

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

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

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>	

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”)

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")*

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

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

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

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

