

Western Nevada County

Guide to Elder Care

Resources and Services

Published by

Elder Care Providers' Coalition

www.ElderCareProvidersCoalition.org

TABLE OF CONTENTS

	Page		Page
Alphabetical Program / Service Index	2	Hospitals	16
Listing by Category	9	Housing & Housing Assistance	16
Adult Day Care	9	Housing –Safety Modifications & Repairs	17
Adult Protection/Advocacy	9	Information & Assistance	17
Alcohol/Drug Counseling Treatment	9	Insurance	18
Alzheimer’s Diagnostic Resources	10	Legal Services – Lawyer Referral	18
Alzheimer’s Disease/ Dementia	10	Medical Equipment & Supplies	18
Alzheimer’s Facilities – Licensed	10	Mental Health Services & Counseling	19
Assisted Living (RCFE)	11	Pets	19
Blind/Visually Impaired	11	Physicians	19
Caregiver Services	11	Planning & Funding for Senior Services	20
Caregiver Support Groups	11	Respite Care	20
Case Management	12	Senior Centers	20
Conservatorships	12	Skilled Nursing Facilities	20
Dental Services	13	Social Security /SSI/Medicare	21
Disability Services	13	Support Groups	21
Education and Outreach	13	Tax Preparation	21
Financial Assistance	13	Telephone Reassurance	22
Food Programs & Services	14	Transportation	22
Health Services	14	Veterans	22
Hearing Impaired/Deaf	15	Vision	22
Home Care/Personal Care/Meals	15	Volunteers	22
Home Health Care – Licensed	16	Eldercare Coalition Members	23
Hospice	16		

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

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

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

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

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	

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

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 Bryars477-8725 / 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 Chehrazi277-7747
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

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

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

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")

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	