

2010 Yolo County

Senior Resource Guide



A publication of the
Davis Senior Center

- Advocacy
- Counseling
- Crisis Services
- Education
- Employment
- Financial Assistance
- Health
- Housing
- Information/Referral
- Independent Living
- Legal Assistance
- Mental Health
- Support Groups
- Transportation
- Veterans

Available online at www.cityofdavis.org/cs/seniors



2010 Yolo County Senior Resource Guide

This directory is designed to assist seniors, their families, friends and those who provide services to seniors in Yolo County.

This is not a total listing of community resources. Please refer to the phone numbers listed below when you see the focal point emblem "⊙" listed by a service or resource. These Senior Centers offer specialized information for seniors and are a comprehensive resource.

Davis Senior Center "⊙" (530) 757-5696
646 A Street, Davis, CA 95616
www.cityofdavis.org/cs/seniors/

West Sacramento Senior Center "⊙" (916) 373-5819
664 Cummins Way, West Sacramento, CA 95605
www.cityofwestsacramento.org

Since many of the agencies listed provide free services while others have a sliding scale or a set fee, request information about their fee schedule and eligibility requirements when you call.

The information in this directory was updated in January 2010 and may not be current after its initial printing. Thanks to Kitty Liebhardt for coordinating this year's update. To report changes for listings in this directory, please contact the Davis Senior Center (530) 757-5696.

Listing in this directory does not constitute endorsement.

This material can be made available upon request in an alternative format as required by the Americans with Disabilities Act of 1990. Direct your request to: Community Services Department (530) 757-5626; (530) 757-5666 (TDD) or csweb@cityofdavis.org.



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ADVOCACY

AARP	www.aarp.org	1-888-687-2277
Area 4 Agency on Aging	www.a4aa.com	916-486-1876
California Commission on Aging	www.ccoa.ca.gov	916-419-7591
California Department of Aging	www.aging.ca.gov	916-419-7500
California Senior Senate (Part of CA Senior Legislature)	www.4csl.org	916-552-8056
City of Davis Senior Citizens Commission		530-757-5696
	www.cityofdavis.org//meetings/agenda.cfm?c=15	
City of West Sacramento Commission on Aging		916-617-4620
	www.cityofwestsacramento.org	
City of Woodland Commission on Aging		530-661-5890
	www.cityofwoodland.org	
Community Services Planning Council		916-447-7063
	www.communitycouncil.org	
Del Oro Caregiver Resource Center	www.deloro.org	1-800-635-0220
Golden Years Club (West Sacramento)		916-373-1944
HICAP (Health Insurance Counseling and Advocacy Program)		
	www.hicapservices.net	
	Call Senior Center Focal Points "☉" or	1-800-434-0222
Legal Services of Northern California	www.lsn.net	
West Sacramento		916-551-2150
Yolo County		530-662-1065
Ombudsman Services of Northern California	www.osnc.net	
Davis & Woodland		530-668-5775
West Sacramento		916-376-8910
Senior Citizens of Davis, Inc.		530-757-5696
	www.cityofdavis.org/cs/seniors/	
Senior Legal Hotline		1-800-222-1753 or 916-551-2140
	www.seniorlegalhotline.org	
Yolo County Commission on Aging and Adult Services		530-666-8235

AIDS FOR INDEPENDENT LIVING

AT (assistive technology) Network	1-800-390-2699
www.atnet.org	
ATT Customer Services	1-800-772-3140
Agency for Hearing	1-888-725-8372 or 916-732-9040
www.agencyforhearing.org	
Braille and Talking Book Library	1-800-952-5666 or 916-654-0640
www.library.ca.gov/services/btbl.html	
California Telephone Access Program	1-800-806-1191
www.ddtp.org/CTAP/	
Deaf and Disabled Telecommunications (Relay Service)	7-1-1
www.ddtp.org	
Eyecare America	1-800-222-3937
www.eyecareamerica.org	
Medical Equipment Lending Closets	
Call Senior Center Focal Points "☉"	
Norcal Center on Deafness	916-349-7500
www.norcalcenter.org	
Prevent Blindness Northern California	1-800-338-3041
www.eyeinfo.org	
Visual Service Center, Society for the Blind	916-452-8271
www.societyfortheblind.org	

ALCOHOL AND DRUG

Alcohol, Drug and Mental Health, Yolo County Department	
www.yolocounty.org/	
Davis	530-757-5530
West Sacramento	916-375-6350
Woodland	530-666-8630
Alcoholics Anonymous	916-454-1771
24-hour answering machine	916-454-1100
www.aasacramento.org	
East Yolo Info Center for Alcohol & Other Drug Abuse	916-372-3360

CommuniCare Health Centers Substance Abuse Treatment Programs	
West Sacramento	916-403-2970
Woodland www.communicarehc.org	530-668-2400

CLOTHING

Davis Community Meals Resource Center	530-753-9204
7th Day Adventist Church	530-662-2940
Holy Cross Church - St. Vincent de Paul	916-373-3318
United Christian Center	916-372-8980

COMMUNICATION TRANSLATION / INTERPRETER SERVICES

California Telephone Access Program (free equipment)	1-800-806-1191
www.ddtp.org/CTAP	
California Relay Services (voice to TDD)	7-1-1
www.ddtp.org	
International House	530-753-5007
www.internationalhousedavis.org	
NorCal Center on Deafness	916-349-7500
www.norcalcenter.org	

CONSUMER PROBLEMS

Call 3 (TV Channel 3)	916-447-2255
www.kcra.com/call3	
Clear Point Credit Counseling	1-800-750-2227
www.clearpointcreditcounseling.org	
Community Mediation Service	530-757-5623
www.cityofdavis.org/cs/mediation	
Consumer Hotline	1-800-952-5210
www.dca.ca.gov	
District Attorney - Consumer Fraud Division	530-666-8180
www.yoloda.org	
Fair Housing (Davis)	530-757-5623
www.cityofdavis.org/cs/mediation/fairhousing.cfm	

Forms Assistance **Call Senior Center Focal Points "☉"**
HICAP (Health Insurance Counseling and Advocacy Program)
www.hicapservices.net or www.cahealthadvocates.org
Call Senior Center Focal Points "☉" or 1-800-434-0222
Legal Services of Northern California www.lsn.net
West Sacramento 916-551-2150
Yolo County 530-662-1065
Ombudsman (Nursing Home Patient Advocacy) www.osnc.net
Davis & Woodland 530-668-5775
West Sacramento 916-376-8910
State Department of Fair Employment & Housing 1-800-233-3212
www.dfeh.ca.gov
U.S. Department of Housing and Urban Development 1-916-498-5220
www.hud.gov
Victim-Witness Assistance Program 530-666-8187
www.yolocounty.org

CRISIS SERVICES - LIFE THREATENING CALL 9-1-1

Adult Protective Services 530-661-2955 or 1-888-675-1115
APS - After hours emergencies 911 or 530-661-2955
Department of Alcohol, Drugs & Mental Health Services,
Yolo County, including mobile crisis, 24 hours 530-666-8630
Emergency Shelter Programs: Cold Weather Shelter
Davis Community Meals www.daviscommunitymeals.org 530-753-9204
Wayfarers – Woodland www.ywcmission.org 530-661-1218
Sexual Assault and Domestic Violence Center (24-hour crisis line)
www.sadv.org
Davis/Woodland 530-662-1133
West Sacramento 916-371-1907
Suicide Prevention of Yolo County (24-hour crisis line)
<http://groups.dcn.org/spyc>
Davis 530-756-5000
West Sacramento 916-372-6565
Woodland 530-666-7778
United Christian Centers 916-372-0200

DEATH-RELATED SERVICES

Funeral Consumers Alliance	1-800-765-0107
www.funerals.org	
Pet Assistance League	530-756-8491
www.petassistanceleague.homestead.com	
UCD Dept. of Human Anatomy - Donated Body Program	916-734-9560
www.ucdmc.ucdavis.edu/cellbio/donatedbodyprogram/	
Yolo County Public Guardian/Public Administrator	530-666-8100
www.yolocounty.org	
Yolo Hospice www.yolohospice.org	
Davis, Dixon and Woodland	530-758-5566
All other areas of Yolo County	1-800-491-7711

DENTAL CARE

Chapa-De Indian Health Services	530-661-4400
Davis Community Clinic www.communicarehc.org	530-757-4667
Denti-Cal	1-800-322-6384
www.denti-cal.ca.gov	
Donated Dental Services Program www.nfd.org	1-877-357-8660
Peterson Clinic www.communicarehc.org	530-666-8960
Sacramento City College Dental Health Clinic	916-558-2303
www.scc.losrios.edu/x1106.xml	
Salud Dental Clinic www.communicarehc.org	916-403-2960
Western Dental www.westerndental.com	1-888-811-5111
Yolo County Health Department www.yolocounty.org	530-666-8645
West Sacramento	916-375-6380

EDUCATION AND ENRICHMENT

Adult Education	
Davis www.djUSD.k12.ca.us/AdultSchool	530-757-5380
Woodland www.wjUSD.org	530-662-0798
Books to Go (Woodland)	530-661-5980
www.cityofwoodland.org/library/	

Braille and Talking Book Library	1-800-952-5666
www.library.ca.gov/services/btbl.html	
Library - Yolo County	530-666-8005
www.yolocountylibrary.org	
Literacy Service - Woodland Public Library	530-661-5987
www.cityofwoodland.org/library	
OLLI – Osher Lifelong Learning Institute	530-757-8777
http://extension.ucdavis.edu/unit/osher_lifelong_learning_institute/	
Senior Centers	Call Senior Center Focal Points "☉"
UC Davis Center for Healthy Aging	(916) 734-6441
www.ucdmc.ucdavis.edu/healthyaging/	

EMPLOYMENT

AARP-Senior Employment	www.aarpworksearch.org	916-483-5991
CA Department of Fair Employment & Housing		1-800-884-1684
	www.dfeh.ca.gov/	
CA Department of Rehabilitation	www.dor.ca.gov	530-668-6824
Employment Development Department	www.edd.ca.gov	530-661-2601
Employment and Social Services	www.yololink.org	
West Sacramento		916-375-6200
Woodland/Davis		530-661-2750
Experience Works (income eligible)		1-866-397-9757
	www.experienceworks.org	
Foster Grandparent	www.fgpsacramento.org	916-875-4462
United Christian Center – Work First		916-372-0200

FINANCIAL ASSISTANCE

Clear Point Credit Counseling	1-800-750-2227
www.clearpointcreditcounseling.org	
Employment & Social Services, Yolo County Department	
www.yolocounty.org	
West Sacramento	916-375-6200
Woodland/Davis	530-661-2750

HEAP Utility Refund		1-800-233-4480 or 530-669-5700
Income Tax Assistance		Call Senior Center Focal Points"☉"
Medi-Cal (Department of Employment & Social Services)		
Davis/Woodland		530-661-2750
West Sacramento		916-375-6200
PG&E C.A.R.E. Program	www.pge.com/care	1-800-743-2273
REACH/Energy Assistance		1-800-933-9677
Davis/Woodland		530-661-0346
Social Security/SSI	www.ssa.gov	1-800-772-1213

FOOD

Davis Community Meals	www.daviscommunitymeals.org	530-753-9204
Elderly Nutrition Program (Congregate & Home Delivered Meals)		530-662-7035
Federal Food Distribution (Food Bank)		
Monthly - Yolo County Coalition Against Hunger		530-668-0690
Food Closets		
Davis Korean Church – Friday Table		530-758-6768
First Baptist Food Closet (Winters)		530-795-2821
Holy Cross Church – St. Vincent de Paul (West Sacramento)		916-373-3318
Holy Rosary Church (Woodland)		530-662-2805
Knights Landing – Manna House		530-735-6227
Pole Line Baptist Church (Davis)		530-753-4315
Salvation Army (Woodland)		530-661-0141
Western Yolo Food Closet-Countryside Comm. Church		530-787-3586
Food Stamps (Department of Employment & Social Services)		
	www.yolocounty.org	
Davis and Woodland		530-661-2750
West Sacramento		916-375-6200
Meals on Wheels		530-662-7035
Senior Centers		Call Senior Center Focal Points "☉"
United Christian Centers		916-372-8980
Yolo Wayfarer Center (Woodland)	www.ywcmmission.org	530-661-1218

GOVERNMENT OFFICIALS

Davis City Council	530-757-5602
www.cityofdavis.org/cmo/whoswho.cfm	
Governor Arnold Schwarzenegger	916-445-2841
http://gov.ca.gov/	
President Barack Obama	202-456-1111
www.whitehouse.gov	
US Congressman Mike Thompson	202-225-3311
www.mikethompson.house.gov	
US Senator Barbara Boxer	916-448-2787 or 202-224-3553
www.boxer.senate.gov	
US Senator Dianne Feinstein	202-224-3841
www.feinstein.senate.gov	
West Sacramento City Council	916-617-4500
www.cityofwestsacramento.org/city/council/default.asp	
Winters City Council	530-795-4910
www.cityofwinters.org/administrative/admin_council.htm	
Woodland City Council	530-661-5806
www.cityofwoodland.org	
Yolo County Board of Supervisors (Clerk of the Board)	530-666-8195
www.yolocounty.org	

HEALTH INSURANCE

California Medical Review, Inc. (CMRI)	
Medicare Hotline	1-800-841-1602
Helpline	1-866-800-8749
Department of Consumer Affairs, Consumer Hotline	1-800-952-5210
www.dca.ca.gov	
Health Insurance Counseling and Advocacy Program (HICAP)	
www.hicapservices.net or www.cahealthadvocates.org	
Call Senior Center Focal Points "☉" or 1-800-434-0222	
Health Rights Hotline www.hrh.org	(916) 551-2100 or 1-888-354-4474
HMO Help Center - Managed Health Care	1-888-466-2219
www.hmohelp.ca.gov	

Medi-Cal www.medi-cal.ca.gov	1-800-541-5555
Davis / Woodland	530-661-2750
West Sacramento	916-375-6200
Medicare www.medicare.gov	1-800-633-4227
Social Security Administration (Medicare and SSI)	1-800-772-1213
www.ssa.gov	

HOME HEALTH CARE AND SUPPORT SERVICES

ARE YOU OK? (Computerized daily phone call in Davis)	530-757-5696
Citizens Who Care	530-758-3704
www.citizenswhocare.us	
Environmental Health	530-666-8646
www.yolocounty.org	
Home Care Referral Services	Call Senior Center Focal Points "☉"
Hospice - Yolo Hospice	
www.yolohospice.org	
Davis, Dixon and Woodland	530-758-5566
All other areas of Yolo County	1-800-491-7711
In-Home Supportive Services – Public Authority Registry	530-661-2676
In-Home Supportive Services www.yolocounty.org	530-661-2955
Medical Equipment Closets	
Senior Centers	Call Senior Center Focal Points "☉"
Woodland Health Ministries	530-662-6338
Public Health Nursing www.yolocounty.org	530-666-8645
Senior Peer Counseling	530-757-5534
TLC Telephone Reassurance www.eskaton.org	1-888-334-3490
Yolo Adult Day Health Center www.woodlandhealthcare.com	530-666-8828

HOSPITALS AND CLINICS

Chapa-De Indian Health Program	530-661-4400
ComuniCare Health Centers www.communicarehc.org	
Davis Community Clinic	530-758-2060
John H. Jones Clinic (West Sacramento)	916-403-2970

John H. Jones Clinic (Woodland)	530-668-2400
Peterson Clinic (Woodland)	530-666-8960
Salud Clinic (West Sacramento)	916-403-2900
Sutter-Davis Hospital www.sutterdavis.org	530-756-6440
UCDMC Alzheimer's Disease Diagnostic & Treatment Center http://alzheimer.ucdavis.edu	916-734-5496
UCDMC Geriatrics Clinic www.ucdmc.ucdavis.edu/internalmedicine/general/index.html	916-734-2737
Woodland Healthcare (Hospital & Clinic) www.woodlandhealthcare.com	530-662-3961

HOUSING/HOME MAINTENANCE

Community Housing Opportunities Corporation-CHOC www.chohousing.org	530-757-4444
Fair Housing (discrimination, landlord/tenant issues) Davis www.cityofdavis.org/cs/mediation West Sacramento	530-757-5623 1-800-233-3212
Handy Helpers (Davis)	530-757-5696
Rebuilding Together www.rebuildingtogethersacramento.org	916-455-1880 ext. 0
Senior Centers Call Senior Center Focal Points "☉"	
United Christian Center Transitional Housing	916-372-0200
Yolo County Housing www.ycha.org	1-800-662-9656
Yolo County Housing Rehabilitation Program (unincorporated areas only)	1-800-995-0431

INFORMATION AND REFERRAL

2-1-1 (West Sacramento)	2-1-1
AT (assistive technology) Network	1-800-390-2699
Chapa-De Indian Health Program	530-661-4400
Davis Senior Center www.cityofdavis.org/cs/seniors/	530-757-5696
Del Oro Caregiver Resource Center www.deloro.org	1-800-635-0220
Eldercare Locator www.eldercare.gov	1-800-677-1116
Employment & Social Services, Yolo County Department Davis/Woodland	www.yololink.org 530-661-2750

West Sacramento	916-375-6200
Family Caregiver Support Program	530-666-8828
Health Department, Yolo County www.yololink.org	
Davis/Woodland	530-666-8645
West Sacramento	916-375-6380
Senior Information and Assistance	1-800-510-2020
UC Davis Center for Healthy Aging	916-734-4534
www.ucdmc.ucdavis.edu/healthyaging	
Vaughn Resource Center (Sutter Davis Hospital)	530-757-5110
www.sutterdavis.org/healthinfo/resourcelibrary.html	
West Sacramento Senior Center	916-373-5819
www.cityofwestsacramento.org/	
YoloLINK	Call or visit your local library or Senior Center "☉"
www.yololink.org	
Yolo Hospice www.yolohospice.org	
Davis, Dixon and Woodland	530-758-5566
All other areas of Yolo County	1-800-491-7711

LEGAL ASSISTANCE

Community Mediation Service	530-757-5623
www.cityofdavis.org/cs/mediation	
Del Oro Caregiver Resource Center www.deloro.org	1-800-635-0220
Legal Services of Northern California www.lsn.net	
West Sacramento	916-551-2150
Yolo County	530-662-1065
McGeorge School of Law - Community Legal Services	916-340-6080
www.mcgeorge.edu	
Ombudsman Services of Northern California www.osnc.net	
Davis & Woodland	530-668-5775
West Sacramento	916-376-8910
Public Guardian, Yolo County www.yolocounty.org	530-666-8100
Senior Centers	Call Senior Center Focal Points "☉"
Senior Legal Hotline	1-800-222-1753 or 916-551-2140
www.seniorlegalhotline.org	

Small Claims Court, Advisor

1-866-404-3288 or 530-758-1927

MENTAL HEALTH/COUNSELING

Del Oro Caregiver Resource Center	www.deloro.org	1-800-635-0220
Family Caregiver Support Program		530-666-8828
Mental Health Services - Yolo County		
Davis		530-757-5530
West Sacramento		916-375-6350
Woodland		530-666-8630
National Alliance on Mental Illness	www.nami.org	530-756-8181
Senior Peer Counseling – Yolo County		530-757-5534
Sexual Assault and Domestic Violence Center	www.sadvc.org	
Davis & Woodland		530-662-1133
West Sacramento		916-371-1907
TLC Telephone Reassurance		1-888-334-3490
Yolo Community Care Continuum	www.y3c.org	530-758-2160
Yolo Family Service Agency	http://yfsa.net/default.htm	
Davis/Woodland		530-662-2211
West Sacramento		916-372-8061
Yolo Hospice	www.yolohospice.org	
Davis, Dixon and Woodland		530-758-5566
All other areas of Yolo County		1-800-491-7711

RESPIRE

CASA Program (Alzheimer's Day Care)		530-666-8828
www.woodlandhealthcare.org		
Citizens Who Care (volunteer in-home respite)		530-758-3704
www.citizenswhocare.us		
Del Oro Caregivers Resource Center	www.deloro.org	1-800-635-0220
Time Off for Caregivers (Saturday respite)		530-758-3704
www.citizenswhocare.us		
Yolo Adult Day Health Center	www.woodlandhealthcare.org	530-666-8828

SUPPORT GROUPS

Alzheimer's/Dementia

Davis 530-757-5696

Woodland 530-666-8828

Arthritis 530-662-9226

Bereavement

The Californian 530-666-2433 or 530-753-2799

Yolo Family Service Agency 530-662-2211

Yolo Hospice (grief and caregivers groups) www.yolohospice.org

Davis, Dixon and Woodland 530-758-5566

All other areas of Yolo County 1-800-491-7711

Breathers (Breathing and Pulmonary Problems) 530-757-5696

Cancer

Living With Cancer (Woodland) 530-669-5305

Breast Cancer Network of Strength 1-866-616-4882

www.networkofstrength.org/northerncalifornia or 530-753-3940

Caregivers 530-666-8828

Caregivers of people with psychiatric disabilities 530-756-8181

www.namiyolo.org

Hear/Here Hearing Loss Group

Davis 530-757-5696

Woodland 530-661-5890

Parkinson's

Davis 530-757-5696

Woodland 530-661-5890

Peripheral Neuropathy

Davis 530-756-5102

West Sacramento 916-372-0693

Woodland 530-661-3738

Prostate 530-757-5696

Seniors (variety of seniors issues) 530-666-8630

Sexual Assault and Domestic Violence Center www.sadvc.org

Davis & Woodland 530-662-1133

West Sacramento 916-371-1907

Transitions 530-757-5696

Visually Impaired
Davis 530-757-5696
Woodland www.outasightgroup.com 530-662-0535

TRANSPORTATION

American Cancer Society (cancer patients only) 1-800-227-2345
Community Care Car (Woodland only) 530-662-7800
www.bayworld.net/carecar
Davis Community Transit (Davis only) 530-757-4408
www.cityofdavis.org/cs/transit
Unitrans (Davis only) www.unitrans.ucdavis.edu 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 & Yolo Bus Special (paratransit) 1-800-371-2877 or 530-666-2877
www.yolobus.com

VETERANS

Veterans of Foreign Wars – West Sacramento 916-371-7245 or 916-371-9126
Veterans' Service Office www.yolocounty.org 530-406-4850

VISITORS

Citizens Who Care www.citizenswhocare.us 530-758-3704
Pet Assistance League (Pet visits to seniors) 530-756-8491
www.petassistanceleague.homestead.com
TLC Telephone Reassurance www.eskaton.org 1-888-334-3490
Yolo Hospice www.yolohospice.org
Davis, Dixon and Woodland 530-758-5566
All other areas of Yolo County 1-800-491-7711

IMPORTANT TELEPHONE NUMBERS

(write your important phone numbers in the spaces below)

EMERGENCIES911

Police _____

Doctor _____

Pharmacy _____

Ambulance _____

Relative _____

Neighbor _____

Taxi _____

Bus _____

Adult Protective Services (Elder Abuse) 1-888-675-1115

Poison Control 1-800-222-1222

Suicide Prevention

Davis 530-756-5000

West Sacramento 916-372-6565

Woodland 530-666-7778