



Tuolumne County Senior Guide

Servicing California's Central Valley

Guía para adultos mayores del condado de Tuolumne

Sirviendo nuestro Valle Central



1-800-541-8614 (559) 224-9154

E-mail / *Correo electrónico*: info@valleycrc.org

Web Site / *Sitio Web*: www.valleycrc.org

Advocacy / Abogacía

AARP.....	(800) 523-5800
HICAP (Health Insurance Counseling & Advocacy Program).....	(209) 532-6272
Mother Lode Ombudsman.....	(209) 588-1597
Catholic Charities.....	(209) 532-7632
Center For a Non Violent Community.....	(209) 588-9305
Disability Resource Agency for Independent Living (DRAIL).....	(209) 532-0963

Alzheimer's Services / Servicios para adultos con Alzheimer

Alzheimer's Association.....	(800) 272-3900
Valley Caregiver Resource Center.....	(800) 541-8614 or (559) 224-9154

Case Management Programs / Programas de asistencia social

Area 12 Agency on Aging.....	(800) 510-2020 or (209) 532-6272
MSSP (Multipurpose Senior Services Program, 60+, Medi-Cal).....	(800) 510-2020 or (209) 532-6272

Counseling / Asesoramiento

Aging & Disability Resource Connection (ADRC).....	(800) 510-2020 or (209) 532-6272
Area 12 Agency on Aging.....	(800) 510-2020 or (209) 532-6272
Disability Resource Agency for Independent Living (DRAIL).....	(209) 532-0963
Sonora VA Clinic.....	(209) 588-2600
Tuolumne County Behavioral Health Department.....	(800) 630-1130
Valley Caregiver Resource Center.....	(800) 541-8614 or (559) 224-9154

Disability Programs & Services / Programas y servicios de discapacidad

Disability Resource Agency for Independent Living (DRAIL).....	(209) 532-0963
Aging & Disability Resource Connection (ADRC).....	(209) 532-6272
Valley Mountain Regional Center (VMRC).....	(209) 754-1871 x652
WATCH.....	(209) 533-0510
United Way 211 (Resource Hotline).....	211

Emergency Numbers / Líneas directas de emergencia (24 h)

Adult Protective Services (24-Hour Hotline).....	(209) 533-4357
Amador Tuolumne Community Action Agency (ATCAA).....	(209) 533-1397
Area 12 Agency on Aging	(209) 532-6272
California Poison Control Center.....	(800) 876-4766
Center for a Non-Violent Community.....	(209) 588-9305 or 24-Hour Crisis Line: (209) 533-3401
Crisis and/or Mental Health Crisis Intervention Line.....	(800) 630-1130
Law Enforcement and Emergency.....	911
National Domestic Violence Hotline.....	(800) 799-7233
National Suicide Prevention Lifeline.....	988

Equipment and Supplies / Equipos médicos duraderos y suministros

California Telephone Access Program.....	(800) 806-1191
Adventist Health Sonora-Medical Supply	(209) 536-3760
Disability Resource Agency for Independent Living (DRAIL).....	(209) 532-0963

Financial Assistance / Asistencia financiera

Amador Tuolumne Community Action Agency (ATCAA).....	(209) 533-1397
Area 12 Agency on Aging	(209) 532-6272
CARE (PG&E Discount Energy Program).....	(866) 743-2273
Public Assistance and CalWORKs (Cash Aid).....	(209) 533-5711
Social Security Administration.....	(888) 397-4125
United Way 211 (Resource Hotline).....	211

Food Programs / Programas alimentarios

All Saints Catholic Parish Food Pantry.....	(209) 588-9461
Amador Tuolumne Community Action Agency (ATCAA) Food Bank.....	(209) 984-3960
CalFresh Food.....	(209) 533-5711
Christian Heights Assembly of God Church Food Pantry.....	(209) 532-7305
David Lambert Community Drop-In Center.....	(209) 533-4879
Discover Life Seventh Day Adventist Food Pantry.....	(209) 532-3337
Groveland Evangelical Free Church Food Pantry.....	(209) 962-7584

Food Programs (*continued*) / Programas alimentarios (*continuar*)

Jamestown Family Resource Center.....	(209) 984-4704
Lake Don Pedro Baptist Church Food Pantry.....	(209) 852-2731
Interfaith Food Pantry.....	(209) 532-0905
Lighthouse Ministries Food Pantry.....	(209) 559-5968
Meals on Wheels.....	(209) 533-2622
Nancy's Hope Community Center Food Pantry.....	(209) 533-2647
St. Patrick's Catholic Church Food Pantry.....	(209) 532-7139
Sonora United Methodist Church – Weekly Dinner.....	(209) 532-4850
Tuolumne United Methodist Church Food Pantry.....	(209) 928-3426

Health Services / Servicios de salud

Adventist Behavioral Health Wellness Center.....	(209) 536-5100
Adventist Health Sonora Hospital.....	(209) 536-3344
Diabetes Resource Center – Adventist Health Sonora.....	(209) 536-3720
Friendship Line for Seniors (60+).....	(800) 971-0016
Groveland Family Medical Center.....	(209) 962-7121
MedicAlert Foundation.....	(800) 432-5378
Tuolumne County Behavioral Health Department	
Mainline.....	(209) 533-6245
24 Hour Hotline.....	(209) 533-7000
Tuolumne County Public Health.....	(209) 533-7401

Housing / Recursos de vivienda

Amador Tuolumne Community Action Agency (ATCAA).....	(209) 533-1397
Blackberry Oaks Senior Housing.....	(209) 536-1587
California Department of Fair Employment and Housing.....	(800) 884-1684
Center for a Non-Violent Community.....	(209) 588-9305 or 24-Hour Crisis Line: (209) 533-3401
County of Tuolumne Housing Programs.....	(209) 533-5633
East Garden Apartments.....	(209) 984-0613
Forest View Senior Apartments.....	(209) 533-8500
Jamestown Terrace Apartments.....	(209) 984-0632
Section 8 Housing Voucher Rental Assistance Program.....	(209) 557-2014
Sonora Garden Apartments.....	(209) 533-0401
Tuolumne City Senior Apartments.....	(209) 928-1567
Urban Development Office of Fair Housing and Equal Opportunity.....	(800) 347-3739

Home Health & Hospice / Salud en el hogar y hospicio

Adventist Health Hospice.....	(209) 536-5685
Home Care Services – Adventist Health Sonora.....	(209) 536-5700
RxWound (Wound Care).....	(559) 510-1044
Seva Hospice.....	(209) 846-9488

In-Home Care Services / Servicios de asistencia a domicilio

AccentCare of California, Inc.....	(916) 262-6842
Alegre Home Care.....	(209) 846-3610
Area 12 Agency on Aging In-Home Support Services.....	(209) 532-6272
California Home Care, LLC.....	(559) 205-0310
Caregiver To You.....	(800) 869-4373
Comfort Keepers - Sonora.....	(209) 532-4500
Interim Healthcare.....	(209) 223-9119
J&M Homecare Services, LLC.....	(925) 552-6500
TLC Assistant Living Services.....	(209) 288-2484
Tuolumne County In-Home Supportive Services (IHSS)	(209) 533-5711

Insurance Programs / Programas de seguros

HICAP (Health Insurance Counseling & Advocacy Program).....	(209) 532-6272
Medi-Cal.....	(800) 541-5555
Medicare.....	(800) 633-4227
Social Security Administration/SSI.....	(800) 772-1213

Legal Services / Servicios legales

Amador Tuolumne Community Action Agency (ATCAA).....	(209) 533-1397 x 225
Central California Legal Services.....	(800) 675-8001
Interfaith Community Social Services.....	(209) 694-3481
Tuolumne County Superior Court Self Help Center.....	(209) 533-6565

LGBTQ+

LGBTQ+ Rural Resource Center.....	(209) 202-3162
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Respite Care / Asistencia de relevo

24-Hour In Home Care (Medi-Cal Program).....	(866) 311-6265
Area 12 Agency on Aging	(209) 532-6272
Tuolumne County In-Home Supportive Services (IHSS)	(209) 533-5711
Valley Caregiver Resource Center.....	(800) 541-8614 or (559)224-9154

Senior Centers / Centros para adultos mayores

Tuolumne County Senior Center.....(209) 533-2622

Transportation / Transporte

Common Ground Senior Services.....(800) 303-4799

Tuolumne County Transit (Dial-A-Ride.....(209) 532-0404

Veterans Administration.....(209) 588-2600

Utilities Assistance / Asistencia para servicios públicos

Amador Tuolumne Community Action Agency (ATCAA).....(209) 533-1397

California LifeLine Cell Phone Services.....(866) 272-0357

CARE (PG&E Discount Energy Program).....(866) 743-2273

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

Nancy's Hope Community Center.....(209) 533-2647

Sonora Salvation Army Service Extension Unit.....(209) 288-2630

United Way 211 (Resource Hotline).....211

Web Sites / Sitio web

Administration on Aging.....www.aoa.gov

Area 12 Agency on Aging.....www.area12.org

California Department of Aging.....www.aging.ca.gov

California Department of Services and Development.....www.csd.ca.gov/Programs

Care.com.....www.care.com

Department of Veteran's Affairs.....www.va.gov

Disability Resources.....www.dor.ca.gov/Home/DAS

H.E.L.P. for Seniors.....www.help4srs.org

Valley Caregiver Resource Center.....www.valleycrc.org

VCRC serves you in the following counties by way of offices in Fresno, Bakersfield, and Modesto:
Fresno • Kern • Kings • Madera • Mariposa • Merced • Stanislaus • Tuolumne • Tulare

*VCRC le atiende en los siguientes condados a través de sus oficinas en Fresno, Bakersfield y Modesto:
Fresno • Kern • Kings • Madera • Mariposa • Merced • Stanislaus • Tuolumne • Tulare*

Important Phone Numbers

Números de teléfono importantes

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_____	_____
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Notes:

Senior Guide listings in surrounding counties are also available. For more information, please call Valley Caregiver Resource Center at (559) 224-9154. VCRC presents this as a sample listing of various private, public, and non-profit agencies for resource purposes. Inclusion of an agency on this listing does not imply a recommendation or endorsement by VCRC. VCRC accepts no liability for the competence or quality of service provided by the agencies on this list. All information is correct at the time of printing, but is subject to change.

Guía para adultos mayores listados en los condados circundantes también están disponibles. Para más información, por favor llame al Valley Caregiver Resource Center al (559) 224- 9154. VCRC presenta esto como un listado de muestra de varias agencias privadas, públicas y sin fines de lucro para propósitos de recursos. La inclusión de una agencia en este listado no implica una recomendación o respaldo por parte de VCRC. VCRC no acepta ninguna responsabilidad por la competencia o la calidad del servicio prestado por las agencias de esta lista. Toda la información es correcta en el momento de su impresión, pero está sujeta a cambios.