

Senior Resource Guide

The Sonoma County Area Agency on Aging (AAA) is a program of the Sonoma County Human Services Department. The AAA and its Advisory Council plan, coordinate and allocate funding for persons sixty years of age and older in Sonoma County. The AAA Advisory Council advises the Board of Supervisors on the needs of seniors, adults with disabilities, and their caregivers, and advocates on their behalf.

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www.socoaaa.org

July 2010

INTRODUCTION

The 2010 edition of the *Sonoma County Senior Resource Guide* is a directory of services, agencies and programs which assists older persons in their daily lives. The services are listed in alphabetical order by category of services with specific agencies listed under each category.

The Area Agency on Aging (AAA) has made every effort to compile a useful senior resource guide for the residents of Sonoma County. The AAA does not endorse or recommend any of the listings contained in the guide. The AAA also does not guarantee or warrant any of the information or services provided by businesses listed in this guide. Residents and users of the guide are encouraged to consult with appropriate and accredited professional advisors for advice concerning specific matters before making any decision.

The material in this directory is current as of May 1, 2010. All efforts have been made to obtain accurate listings. Should you have difficulty in reaching or locating a service, please contact the Senior Information and Assistance program in your area:

- **Petaluma Area:**
Petaluma People Services Center..... **765-8488**
- **Guerneville and River Area:**
West County Community Services - Senior Resource Center **869-0618**
- **All Other Areas in Sonoma County:**
Council on Aging **525-0143 or (800) 510-2020**

For information about services in other locations throughout the United States: Eldercare Locator..... (800) 677-1116
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Directory may not be current after initial printing.

If errors or changes are found, please notify:

- **Sonoma County Area Agency on Aging** **707-565-5950**
3725 Westwind Boulevard, Suite 101
Santa Rosa, California 95403

Mailing Address:

PO Box 4059

Santa Rosa, California 95402

Website: www.socoaaa.org

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ADULT DAY CARE PROGRAMS

Programs that provide care for frail elderly in a supervised, protective setting during the day. Services may include social and recreational activities, training that is essential for sustaining the activities of daily living, and a hot lunch. Services are provided in a licensed facility. Some programs provide service for specific conditions such as Alzheimer's.

Adult Social Day Care

Council on Aging	525-0143
Healdsburg, Windsor, Cloverdale Senior Day Services; Mon, Tues & Wed	433-6161
209 Matheson Street, Healdsburg, California 95448	
Sebastopol Area Senior Center; Mon, Wed & Fri	829-2440
167 North High Street, Sebastopol, California 95472	
Sonoma Senior Day Activities; Tues, Thurs & Fri	935-0850
264 First Street East, Sonoma, California 95476	
Old Adobe Developmental Services	763-9807
1301 Rand Avenue, Suite A, Petaluma, California 94954	
• Various programs for adults with developmental disabilities, including senior programs	
Petaluma People Services Center Senior Day Program	765-8490
25 Howard Street, Petaluma, California 94952; Mon, Wed & Fri	
Primrose Alzheimer's Living and Adult Day Club	578-8360
2080 Guerneville Road, Santa Rosa, California 95403; Mon-Fri	

Adult Day Health Care

Southwest Adult Day Services	573-4522
Friends House, 684 Benicia Drive, Santa Rosa, California 95409	

Alzheimer's Respite Care

Caregiver Respite Services

See "Respite Services for Caregivers" page 29, "Support Groups and Counseling" page 31

Catholic Charities Alzheimer's Respite Center	528-8712
987 Airway Court, Santa Rosa, California 95403	
Council on Aging, Sonoma Respite	935-0850
264 First Street East, Sonoma, California 95476	
Vintage Brush Creek	538-2590
4225 Wayvern Drive, Santa Rosa, California 95409	

CARE MANAGEMENT

Programs that develop plans for coordinated care of individuals who, because of age, illness, disability, or other difficulties are unable to arrange for services on their own behalf. Services include assessment of needs, coordination of needed services and monitoring with follow-up of services to determine the effectiveness of the services provided. Only non-profit agencies providing case management are listed below. For additional resources, see the Yellow Pages under "Senior Citizens' Services and Organizations."

Council on Aging	525-0143
30 Kawana Springs Road, Santa Rosa, California 95404	
Jewish Family and Children's Services; Seniors at Home	571-8533
1360 North Dutton Avenue, Suite C, Santa Rosa, California 95401	
North Bay Regional Center	569-2000
2351 Mendocino Avenue, Santa Rosa, California 95403	
• Services for Regional Center clients with developmental disability incurred prior to age 18	

Care Management (continued)

Petaluma People Services Center	765-8490
25 Howard Street, Petaluma, California 94952	
Sonoma County Linkages Program	565-5900
3725 Westwind Boulevard, Suite 101, Santa Rosa, California 95403	
Sonoma County Multipurpose Senior Services Program (MSSP)	565-5970
3725 Westwind Boulevard, Suite 101, Santa Rosa, California 95403	
• Assistance for frail elderly 65+, Medi-Cal eligible	
West County Community Services-Senior Resource Center	869-0618
15010 Armstrong Woods Road, Guerneville, California 95446	

CONSUMER INFORMATION AND COMPLAINTS

Better Business Bureau	(510) 238-1000	
California Department of Consumer Affairs Consumer Assistance Office	(800) 952-5210	
• Information and referral on general consumer issues-auto repairs smog issues and complaints		
California Department of Housing and Community Development		
Mobile Home Ombudsman	(800) 952-5275 or (916) 445-4782	
• Complaints regarding health and safety, sales and warranty issues for mobile homes and manufactured housing		
Consumer Product Safety Commission	(800) 638-2772 or TTY (800) 638-8270	
• Complaints regarding unsafe products, information on product recalls		
Contractors State License Board - Automated information number	(916) 255-3900	
• Information on hiring contractors, contractor's license status, and complaints		
Department of Insurance Consumer Hotline	(213) 897-8921 or (800) 927-4357	
Department of Motor Vehicles (DMV) Investigation Section	542-0398	
2570 Corby Avenue, Santa Rosa, California 95407		
• Complaints about auto dealers, contract issues, auto advertising and warranties, odometer rollbacks and fraudulent driver's license applications		
Federal Trade Commission Consumer Response Center	(877) 382-4357	
• Consumer counselors, information on identity theft		
• Freedom of Information Act, credit related information, antitrust issues		
• Identity Theft Hotline		(877) 438-4338
Insurance Information Institute	(800) 331-9146 or TTY (800) 482-4833	
• Information for homeowners, auto and life insurance		
Medical Board of California Central Complaint Unit	(916) 263-2424 or (800) 633-2322	
• Complaints regarding physicians and allied health professionals		
Sonoma County District Attorney's Office, Consumer Mediation Services	565-3161	
• Investigates complaints of consumer fraud		
Sonoma County Mobilehome Owners' Association, Inc.	584-7222	
• Support group, information on owner's rights and other issues pertaining to the mobile home community		
State Bar Attorney Complaint Hotline	(800) 843-9053	
• Complaints, information on attorney discipline status		

Death Related Services

See also "Hospice" on page 18 and "Grief Counseling and Support" on page 32

Survivor and Burial Benefits

Social Security Administration	544-4302 or (800) 772-1213
• To report a death, file for survivors' benefits, file for burial benefits	
	TTY (800) 325-0778

Survivor and Burial Benefits (continued)

Department of Veterans Affairs(800) 827-1000 or TTY (800) 829-4833

- Veteran's burial and survivor benefits; service and non-service connected

Birth and Death Certificates

Sonoma County Department of Health Services 565-4409
625 Fifth Street, Santa Rosa, California 95404

Funeral Information and Planning

See Yellow Pages under Funeral Information and Advisory Services

Redwood Funeral Society 568-7684
PO Box 4887, Santa Rosa, California 95402

- Consumer protection and information regarding advanced planning of end-of-life arrangements One-time fee of \$40.00, but no one refused services
Phones answered in person Tuesday 1:00 pm to 4:00 pm, messages returned daily

Organ and Body Donations

California Transplant Donor Network(510) 444-8500 or (888) 570-9400

- Provides information and education regarding organ donation and transplantation

Department of Motor Vehicles (800) 777-0133

- Provides organ donation cards

Northern California Transplant Bank (888) 698-1985

- Provides information regarding tissue donation and recovery of tissue

The UCSF Willed Body Program (415) 476-1981

- For whole body donations, no upper age limit

DISABLED ADULT SERVICES

Agencies that provide services for adults who have physical, developmental, mental, or emotional impairments, illnesses, or injuries that prevent or interfere with their ability to perform intellectual or physical tasks that are normally within the range of human capability or which significantly limit their mobility or level of activity.

Alzheimer's Association 573-1210
1211 North Dutton Avenue, Suite A, Santa Rosa, California 95401

- Advocates for people with Alzheimer's and other related dementias, and for their families

Becoming Independent 527-5904
1425 Corporate Center Parkway, Santa Rosa, California 95407

- Various programs for adults with developmental disabilities, including senior program

Bergin University - Assistance Dog Institute 545-3647

- Trains and provides service-dogs for people with mobility issues

California Department of Motor Vehicles (800) 777-0133
2570 Corby Avenue, Santa Rosa, California 95407

- Disabled parking placard

California Department of Rehabilitation 576-2233 or TTY 576-6365
50 D Street, Suite 425, Santa Rosa, California 95404

California Human Development Corporation - Growth Opportunities 542-5609
1695 Piner Road, Suite A, Santa Rosa, California 95403

- Personalized services, developmental disabilities; seniors serviced must be clients of North Bay Regional Center

Canine Companions for Independence 577-1700 or (800) 572-2275
2965 Dutton Avenue, Santa Rosa, California 95407 or PO Box 446, Santa Rosa, California 95402

- Enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships

Disabled Adult Services (continued)

- Disability Services and Legal Center (DSLCL)** **528-2745 or (800) 528-7703**
521 Mendocino Avenue, Santa Rosa, California 95401 **TTY 528-2151**
- Assistive Technology Network for a wide range of assistive technology and services
- Easter Seals Northern California, Inc.** **584-1443**
5440 State Farm Drive, Rohnert Park, California 94928
- Equipment loan (walkers, wheelchairs, commodes, shower benches, canes)
- Goodwill Industries of the Redwood Empire** **523-0550**
651 Yolanda Avenue, Santa Rosa, California 95404
- Vocational services for people with disabilities
- Home CARES Equipment Recycler** **332-0754 or 695-0861 or 763-2172**
3820 Bodega Avenue, Petaluma, California 94952
- Must call for appointment to pick up or drop off any equipment
 - Loans or donates walkers, wheelchairs, commodes, shower benches, canes, braces, bed pads and accepts donations of above equipment
- Multiple Sclerosis Society, Northern California Chapter** **(415) 230-6677 or (800)344-4867**
1700 Owens, Suite 190, San Francisco, California 94158
- Old Adobe Developmental Services** **763-9807**
1301 Rand Avenue, Suite A, Petaluma, California 94954
- Various programs for adults with developmental disabilities, including senior programs
- United Cerebral Palsy of North Bay** **766-9990**
3835 Cypress Drive, Suite 103, Petaluma, California 94954

Non-Emergency Medical Transportation See page 35, "Paratransit Services"

DISCOUNT CARDS

- California Department of Fish and Game, Yountville** **944-5500**
7329 Silverado Trail, Napa, California, 94558
- Reduced fee sport fishing licenses: Age 65 + if low income; or disabled veteran; free for disabled
 - Applications available at Council on Aging
- California State Parks and Recreation Department** **938-1519**
363 Third Street West, Sonoma, California 95476
- Golden Gate Transit System and Ferry Information** **(415) 817-1717**
1011 Anderson Drive, San Rafael, California 94901
- Bus or Ferry discount with I.D. for those 65+ or disabled. Fee: Half of adult fare
 - See Santa Rosa City Bus (below) for Regional Transit Discount cards.
- Santa Rosa City Bus** **543-3925 or 543-3325**
100 Santa Rosa Avenue, Room 6, Santa Rosa, California 95404
- Regional Transit Connection I.D. Card for senior citizen or disabled person **543-3333**
 - Transit discount cards available on Mon-Thurs from 8:00 am to 5:00 pm
- Santa Rosa Junior College** **Student Affairs 527-4424**
1501 Mendocino Avenue, Santa Rosa, California 95401
- Student Lounge issues Gold Card for library privileges, special rates on events (Age 60+)
 - Semester parking permits ... **Admissions & Records 527-4685 or Campus Police 527-1000**
- Santa Rosa Recycling and Collection** **586-1478**
- Discounted garbage rates for senior citizens and mobile home park residents located within Santa Rosa city limits
- Sonoma County Regional Parks** **565-2041**
2300 County Center Drive, Room 120, Santa Rosa, California 95403

Discount Cards (continued)

- Sonoma County Transit** **576-7433 or (800) 345-7433**
355 West Robles Avenue, Santa Rosa, California 95407
- ADA paratransit eligibility for those unable to use fixed route
 - Call for information on Regional Transit Connection ID card for senior citizen or disabled person or see Santa Rosa City Bus on the previous page.

EDUCATION

Programs that provide opportunities for people in the community to acquire knowledge, skills and general competence that will enable them to fully participate in and enjoy the social, political, economic and intellectual life of the community.

Adult Education

- Healdsburg Adult Education, English as a Second Language classes** **431-3449**
1024 Prince Street, Healdsburg, California 95448
- Call for days and times of Adult Basic Ed, GED, High School Diploma and ESL classes
- Petaluma Adult School** **778-4633**
200 Douglas Street, Petaluma, California 94952
- Santa Rosa City Schools, Lewis Adult School** **528-5421**
2230 Lomitas Avenue, Santa Rosa, California 95404

Other Education

- AARP Driver Safety Program** **(888) 227-7669 or (415) 256-9865**
- Class information on educational driving programs for mature drivers
 - Call for information on classes in County of Sonoma
- Community Network Journey Project** **539-2364**
- Provides education concerning advance care planning, palliative (comfort) care, hospice, care for the caregiver, life review
- Elder Abuse Prevention Project** **565-5950**
- A project of the Sonoma County Area Agency on Aging; provides community education
- Elder Care Radio Show** **762-5433**
KSRO 1350 AM, Fridays 12:30 pm to 1:00 pm
- Eldercare Manager interviews experts on issues affecting older adults and their caregivers
 - Topics include dementia care, legal, housing, substance misuse, mental health and healthy aging
- Northern California Center for Well-Being** **575-6043**
365 B Tesconi Circle, Santa Rosa, California 95401
- Provides health education for chronic disease self care and wellness, including diabetes self care, cardiac exercise, yoga and nutrition. Classes in diabetes and obesity self care in Spanish
- Santa Rosa Junior College** **527-4011**
1501 Mendocino Avenue, Santa Rosa, California 95401
- Sonoma State University, Osher Lifelong Learning Institute** **664-2691**
1801 East Cotati Avenue, Rohnert Park, California 94928

EMERGENCY SERVICES

- 211 Information** **211**
- Information about health and human service needs - food, clothing, shelter, counseling financial aid, elder care, child care and much more
- 911 Help from Police, Fire, Ambulance and Search and Rescue Emergency Only** **911**
- Poison Control Center, San Francisco** **Routing of calls (800) 222-1222**
Emergency (800) 222-1222
TTY (800) 972-3323
- Help with medication double doses, drug interactions, and accidental poisoning

To Report Abuse

- Adult Protective Services (APS), Sonoma County Human Services Department** **565-5940**
PO Box 4059, Santa Rosa, California 95402 **(800) 667-0404**
- Investigation and prevention of abuse, neglect and exploitation of elder or dependent adults living in the community
 - 24-hour response for life threatening emergencies.
- Ombudsman Program of Senior Advocacy Services** **526-4108**
Ombudsman 24-Hour Crisis Line..... **(800) 231-4024**
- Investigation and prevention of abuse in residential care, assisted living facilities and nursing homes
- YWCA Domestic Violence-Sexual Assault Services** **Business Line 546-7115**
• 24-Hour Crisis Line..... **for Emergencies 546-1234**

Food, Clothing and Shelter

Listings below do not reflect all community efforts to provide emergency help. Call following agencies for further information.

- American Cancer Society** **(800) 227-2345**
- Lodging reimbursement for individuals traveling more than 50 miles for out-of-town cancer treatments
- American Red Cross; Sonoma and Mendocino County Chapter** **577-7600**
5297 Aero Drive, Santa Rosa, California 95403
- Bed and Shelter Hotline** **(800) 774-3583**
- Recorded referrals covering several counties including Sonoma
- Catholic Charities Family Support Center, Santa Rosa**..... **542-5426**
465 A Street, Santa Rosa, California 95401
- Emergency shelter for children and their families, the disabled and seniors
 - Intake is daily from 1:00 pm to 3:00 pm May have waiting list
 - No clothing distribution
- FISH (serves Sonoma County) located in Santa Rosa** **527-5151**
1055 Benton Street, Santa Rosa, California 95403
- Food only Mon-Fri 10:30 am to 2:00 pm, Sat 10:30 am to 12:00 noon
 - Call ahead for food to be picked up that day
- FISH of Sonoma Valley** **996-0111**
- Mon-Fri 9:00 am-5:00 pm for rides, clothing and other services
 - Mon-Fri 9:00 am to 12:00 noon for food distribution
- Human Services Department, County of Sonoma** **211 or 565-2108 or (800) 325-9604**
2550 Paulin Drive, Santa Rosa, California 95403
- General information on clothing, shelter, and food
 - Phone number **211** is available 24 hours a day, seven days a week
 - Food stamps for seniors.....**211 or 565-2715 or (800) 331-2278**
- North Bay Veterans Resource Center – A Division of Vietnam Veterans of California** .. **578-8387**
2455 Bennett Valley Road, Suite B117, Santa Rosa, California 95404
- Assists enrolled veterans of all eras with transportation, clothing, tools, fees, tuition and training costs
 - Veteran’s employment and training program, and veteran’s transitional home
- Petaluma Kitchen** Mon-Fri. 11:30 am to 1:00 pm, Sat. and Sun: 11:30 am to 12:30 pm **778-6380**
301 Payran Street, Petaluma, California, 94952
- Meals and grocery distribution for low income families
 - Food Box Program for Petaluma residents meeting eligibility requirements
Sun-Fri 9:30 am to 11:00 am

Food, Clothing, and Shelter (continued)

- Redwood Empire Food Bank**..... **523-7900**
- Information about access to emergency food resources and food distribution
Mon-Fri 8:30 am to 4:30 pm
- Redwood Gospel Mission** **542-4817**
101 Sixth Street, Santa Rosa, California 95401
- Meals, shelter, and clothing for men
 - Alcohol and drug recovery and job development for men and women
- Redwood Gospel Mission – The Rose Shelter**..... **573-0490**
1048 Wild Rose Drive, Santa Rosa, California 95401
- Temporary shelter for women and children
 - Meet at 101 Sixth Street at 5:30 pm to register; office opens at 4:00 pm
- St. Vincent de Paul Society, Santa Rosa Dining Room**
610 Wilson Street, Santa Rosa, California 95401 Mon-Sun, 11:20 am to 12:30 pm..... **528-7580**
- Thrift Store: 5671 Redwood Drive, PO Box 1095, Rohnert Park, California 94927 **584-1579**
- West County Community Services Food Program**
16390 Main Street, Suite H, Guerneville, California 95446, Tuesday 11:00 am..... **869-0655**
- First come first served basis for individuals and families in West Sonoma County
 - Park and Ride parking lot on River Road west side of Guerneville

EMPLOYMENT AND VOCATIONAL TRAINING

Programs listed provide education and / or specific skills training for individuals who are having difficulty entering or re-entering the work force.

- AARP Program Referrals**..... **(866) 448-3614**
- Referrals for people 55 and over; low income
- Department of Rehabilitation, State of California** **576-2233**
50 D Street, Suite 425, Santa Rosa, California, 95404 **TTY 542-6365 or 576-8212**
- Vocational rehabilitation
- Employment Development Department, State of California**
606 Healdsburg Avenue, Santa Rosa, California 95401 ... **(800) 300-5616 or TTY (800) 815-9387**
- Unemployment Insurance
- Equal Employment Opportunity Commission** **(415) 625-5600**
350 Embarcadero Street, Suite 500, San Francisco, California 94105
- Job bias questions
- Experience Works**..... **565-5620**
2245 Challenger Way, Suite 104, Santa Rosa, California 95407
- Training, placement and service program for limited income seniors (55+).
- Job Link** **565-5550**
2245 Challenger Way, Suite 104, Santa Rosa, California 95407
- Job Training Office provides a full range of vocational service free to eligible individuals 55 years and older with the goal of full or part-time employment
 - Services include: career assessment, testing and counseling, possible financial assistance, for training and job-seeking assistance, and Veteran Services
- SCORE (Service Corps of Retired Executives)** **571-8342**
777 Sonoma Avenue, Room 115B, Santa Rosa, California 95404
- Provides counseling for those starting or maintaining private business
 - Workshops with modest fee

FINANCIAL ASSISTANCE AND INFORMATION

Agencies that provide direct advice, guidance and / or educational materials for consumers who need assistance in managing their financial resources and evaluating competitive products and services; programs that provide for the economic needs of eligible individuals by ensuring that they receive the social insurance benefits to which they are entitled. See page 30, "Social Security." See page 27, "Medicare Information." See page 21, "Housing Information."

Consumer Assistance

- AARP Tax Aide Assistance Program Information** 584-8696
- Volunteer tax assistance for people of low to moderate income, February 1 – April 15
 - Go to website www.aarp.org for locations and times
- Consumer Credit Counseling Service** (800) 777-7526
- 70 Stony Point Road, Suite C, Santa Rosa, California 95401
- HUD approved housing counseling and reverse mortgage counseling
 - Financial assistance and bankruptcy education counseling
 - Debt Management Plan to repay credit cards
- Sonoma County Human Services Department** 565-2715
- 2550 Paulin Drive, Santa Rosa, California 95403
- Food stamps, first time Medi-Cal applicants
- 520 Mendocino Avenue, Santa Rosa, California 95402 (877) 699-6868
- Medi-Cal recipients with ongoing cases
- Sonoma County Veterans Service Office** 565-5960
- 3725 Westwind Boulevard, Suite 101, Santa Rosa, California 95403
- Information and assistance in filing for federal, state and local veterans benefits
- Enrollment in the VA health care system and California's Veteran homes
 - Burial and education benefits including: GI Bill and Cal Vet tuition fee waivers
 - Disability compensation and non-service connected disability pension
- Volunteer Income Tax Assistance (VITA) Coalition** 211
- IRS Certified Tax Assistants available January to April 14
 - Free help for Sonoma County residents with Earned Income Tax Credit (EITC)
 - Call 211 to schedule an appointment

To Report Financial Abuse

- Adult Protective Services (APS), Sonoma County Human Services Department** 565-5940
- PO Box 4059, Santa Rosa, California 95402 (800) 667-0404
- Investigation and prevention of abuse, neglect, and exploitation of elder and dependent adults living in the community; 24-hour response for life threatening emergencies
- Ombudsman Program, Senior Advocacy Services** 526-4108
- 3262 Airway Drive, Suite C, Santa Rosa, California 95403
- Investigation and complaint resolution
 - Prevention of abuse in long-term care facilities and nursing homes

Money Management

Simple or comprehensive assistance for those unable to handle their finances.

- Council on Aging-Social and Financial Services** 525-0143
- 30 Kawana Springs Road, Santa Rosa, California 95404
- Daily money management program and conservatorship
 - Approved by state and county for conservatorship
 - Representative Payee Program for assistance handling Social Security checks
- Jewish Family and Children Services** 571-8131
- 1360 North Dutton Avenue, Suite C, Santa Rosa, California 95401

Money Management (continued)

Sonoma County Conservator	565-5733
3725 Westwind Boulevard, Suite 101, Santa Rosa, California 95403	
Sonoma County Public Guardian-Public Administrator	565-5735
3725 Westwind Boulevard, Suite 101, Santa Rosa, California 95403	

HEALTH CARE SERVICES

Programs and / or facilities whose primary purpose is to help people in the community to achieve and maintain physical well-being through the study, prevention, screening, evaluation, and treatment of illnesses, injuries, or disabilities.

Alcohol and Other Drug Services

Drug Abuse Alternatives Center (DAAC)	544-3295
• Outpatient and residential treatment; family and friends support groups	
Redwood Gospel Mission – Manna Home	576-1471
2032 Dennis Lane Santa Rosa, California 95403	
• Alcohol and drug recovery for women	
Sonoma County Department of Health Services, Alcohol and Other Drug Services	565-7450
Orenda Center	565-7460
1430 Neotomas Avenue, Santa Rosa, California 95405	

Community Health Centers or Clinics

Alexander Valley Regional Medical Center	894-4229
6 Tarman Drive, Cloverdale, California 95425	
Alliance Medical Center	433-5494
1381 University Avenue, Healdsburg, California 95448	
8465 Old Redwood Highway, Suite 410, Windsor, California 95492 (appointment only)	
Chanate Family Practice Center	303-3600
3320 Chanate Road, Santa Rosa, California 95404	
Heart to Heart Medical Center	524-9640
3471 Regional Parkway, Suite D, Santa Rosa, California 95403	
Jewish Community Free Clinic	585-7780
490 City Center Drive, Rohnert Park, California 94928	
Occidental Area Health Center	874-2444
3802 Main Street, Occidental, California 95465	
Petaluma Health Center	763-7005
1301 Southpoint Boulevard, Suite A, Petaluma, California 94954	
Redwood Coast Medical Services, Inc	884-4005
46900 Ocean Drive, Gualala, California 95445	
Russian River Health Center	869-2849
16319 Third Street, Guerneville, California 95446	
St. Joseph’s Urgent Care, Rohnert Park	584-0672
1450 Medical Center Drive, Rohnert Park, California 94928	
Santa Rosa Community Health Centers (formerly Southwest)	547-2222
751 Lombardi Court, Santa Rosa, California 95407	
Sebastopol Community Health Center	824-9999
6800 Palm Avenue, Suite C2, Sebastopol, California 95472	
Sonoma County Indian Health Project	521-4545
144 Stony Point Road, Santa Rosa, California 95401	
Sonoma Valley Community Health Center	939-6070
430 West Napa Street, Suite F, Sonoma, California 95476	

Community Health Centers or Clinics (continued)

Sutter Pacific Family Medicine 838-6685
8465 Old Redwood Highway, Suite 320, Windsor, California 95492

Hearing Impairment Services

See Telephone Yellow Pages under "Audiologists" and "Hearing Aids"

Hospitals – Acute Care

Healdsburg District Hospital 431-6500
1375 University Avenue, Healdsburg, California 95448

Kaiser Hospital and Medical Center

401 Bicentennial Way, Santa Rosa, California 95403 393-4000

Family Medicine 393-4044

Emergency 393-4000 or TTY 523-1734

3900 Lakeville Highway, Petaluma, California 94954 765-3900

5900 State Farm Drive, Rohnert Park, California 94928 206-3044

Palm Drive Hospital 823-8511

501 Petaluma Avenue, Sebastopol, California 95472

Petaluma Valley Hospital 778-1111

400 North McDowell Boulevard, Petaluma, California 94954

Santa Rosa Memorial Hospital 546-3210

1165 Montgomery Drive, Santa Rosa, California 95405

Sonoma Valley Hospital 935-5000

347 Andrieux Street, Sonoma, California 95476

Sutter Medical Center of Santa Rosa 576-4000

3325 Chanate Road, Santa Rosa, California 95404

Medical Information

Blood Bank of the Redwoods 545-1222

2324 Bethards Drive, Santa Rosa, California 95405

Medical Alert Systems

(Also called "Emergency Response Systems" or "Medi-Alert" Services)

Jefferson Security Systems (800) 595-2010

- Pendant or wrist strap medical alert system

Lifeline of Sonoma County 778-7883

1425 North McDowell Boulevard., Suite 103, Petaluma, California 94954

MedicAlert Foundation (800) 432-5378

- Bracelet, necklace and watch

MedicAlert Safe Return, Alzheimer's Association (800) 272-3900

- Bracelet or necklace, clothing labels and wallet I.D. card

Redwood Help Call – Binkley Alarm Monitoring Services 542-4357

Vital Link Emergency Response Systems (800) 752-5522

- Pendant emergency button

Medical Equipment and Supplies

Organizations which provide low cost rentals, and / or loans of medical equipment and accept donations of unneeded equipment See Yellow Pages under "Medical Equipment and Supplies" for general listings

Easter Seals Northern California 584-1443

5440 State Farm Drive, Rohnert Park, California 94928

- Low cost rentals of wheelchairs, walkers, canes, bathtub transfer benches, commode seats, and crutches Accepts donations of same

Medical Equipment and Supplies (continued)

- Home CARES Equipment Recycler** **332-0754 or 695-0861 or 763-2172**
3820 Bodega Avenue, Petaluma, California 94952
- Must call for appointment to pick up or drop off any equipment
 - Loans or donates walkers, wheelchairs, commodes, shower benches, canes, braces, bed pads and accepts donations of above equipment
- North American – A Moms Pharmacy** **(800) 577-3579**
• Accepts Medi-Cal for medical home supplies and nutritional supplements
• Home delivery available
- Shield Healthcare** **(800) 675-8840**
• Home delivery of medical supplies for care at home for Incontinence, Enteral Nutrition, Ostomy, Urological, Diabetes
• Accepts Medi-Cal, Medicare and private insurance

Medical Home Care

- St. Joseph Health System of Sonoma County, House Calls** **547-4684**
1450 Medical Center Drive, Suite 3, Rohnert Park, California 94928
- Primary medical care provided by family nurse practitioners to frail and elderly patients who are accepted into program and who are unable to access health care in the community

Outpatient Rehabilitation Programs

- Pulmonary Wellness, Petaluma Valley Hospital** **778-2717**
400 North McDowell Boulevard, Petaluma, California 94954
- Open Mon-Thurs 8:30 am to 3:30 pm
- Neurological Rehabilitation Clinic, Santa Rosa Memorial Hospital** **525-5388**
1165 Montgomery Drive, Santa Rosa, California 95405
- Open Mon-Thurs 8:00 am to 5:00 pm
 - Occupational, physical, speech, cognitive, and swallow therapy
- Neuropsychological Associates** **525-5424**
1260 North Dutton Avenue, Suite 225, Santa Rosa, California 95401
- Neuropsychological evaluations, cognitive rehabilitation, memory clinic, psychopharmacological consultation and counseling services
 - Case management and planning for long term care needs
- Sutter Medical Center of Santa Rosa** **576-4000**
3325 Chanate Road, Santa Rosa, California 95404
- Outpatient Wound Care **576-4360**
 - Outpatient Rehabilitation Program, Sutter Hospital **578-9230**

Support Groups and Counseling See page 31, “Support Groups and Counseling”

Telephone Alert Systems

Services that call seniors’ homes at a prearranged time are available through local fire department, public safety offices and Catholic Charities “Home Alone” program. See page 34, “Telephone Alert Systems”

HOME HEALTH CARE AND IN-HOME ASSISTANCE

The following are agencies that make necessary medical and / or personal care available to elderly, disabled, ill or convalescing individuals in their own homes. Services are provided by **employees** of the agencies and can include personal care, chores and light housekeeping.

The following symbols correspond to certifications, licensing and / or types of care provided.

- Ω Medicare** – Medicare-certified agencies that provide skilled nursing and a variety of therapeutic services (e.g., physical therapy, home health aides).
- ⌚ Medi-Cal** – Medi-Cal-certified agencies that provide skilled nursing and a variety of therapeutic services (e.g., physical therapy, home health aides).
- ▶ State Licensed** – agencies licensed by State of California to provide skilled nursing.
- + Custodial Care** – agencies that provide personal care services (e.g. bathing, shopping, etc.).
- ϕ Public Benefit** – programs subsidized with state and federal funds; eligibility requirements apply.

AccentCare +	658-4495
755 Baywood Drive, Petaluma, California 94954	
Advocate Home Care +	778-8400
775 Baywood Drive, Suite 214A, Petaluma, California 94954	
Arcadia Health Care Ω ⌚ + ▶	541-3600
101 Brookwood Avenue, Suite 204, Santa Rosa, California 95404	
At Home Nursing ⌚ + ▶	546-8773
1000 Apollo Way, Suite 105, Santa Rosa, California 95407	
At Your Service Home Care +	573-1003
1221 Farmers Lane, Suite C, Santa Rosa California 95405	
Care at Home +	579-6822
5555 Montgomery Drive, Santa Rosa, California 95409	
Fox and Associates, Inc. Wellness Case Management +	573-0223
339 College Avenue, Santa Rosa, California 95401	
Gentiva Health Services Ω ⌚ ▶	545-7114
1260 North Dutton Avenue, Suite 150, Santa Rosa, California 95401	
Hired Hands Homecare +	584-5400
6640 Redwood Drive, Suite 204, Rohnert Park, California 94928	
Home Care Advantage +	523-2218
1400 Guerneville Road, Suite 10, Santa Rosa, California 95403	
Home Health Care, Inc. + ▶	538-0679
4983 Sonoma Highway, Suite E, Santa Rosa, California 95409	
Home Instead Senior Care +	586-1516
6050 Commerce Boulevard, Suite 210, Rohnert Park, California 94928	
Homewatch Caregivers of the North Bay +	996-5768
1405 Mariner Place, Rohnert Park, CA 94928	
In-Home Supportive Services, Sonoma County Human Services Department ϕ	565-5900
3725 Westwind Boulevard, Santa Rosa, California 95403	
Mailing Address: PO Box 4059, Santa Rosa, California 95402	
<ul style="list-style-type: none"> • Assistance for low income seniors to remain at home 	
Kaiser Home Health Care (Skilled Care) Ω ⌚ ▶	566-5488
Home Health Department, 401 Bicentennial Way, Santa Rosa, California 95403	
<ul style="list-style-type: none"> • Also offers hospice services 	
Maxim Healthcare Services ⌚ ▶ +	577-0910
1260 North Dutton Avenue, Suite 230, Santa Rosa, California 95401	
St. Joseph Home Care Network Ω ⌚ ▶	586-6514
170 Professional Center Drive, Suite B, Rohnert Park, California 94928	

Home Health Care and In-Home Assistance (continued)

See previous page for legend

Sequoia Senior Solutions, Inc. +	763-6600
191 Lynch Creek Way, Suite 102, Petaluma, California 94954	
Sonoma Valley Hospital Home Care Program Ω ⓘ ▶	935-5135
1151 Broadway, Suite 101, Sonoma, California 95476	
Sutter VNA and Hospice Ω ⓘ ▶	535-5600 and Hospice 535-5700
1110 North Dutton Avenue, Santa Rosa, California 95401	
Visiting Angels Home Care and Respite +	528-0222
2245 Montgomery Drive, Suite B-1, Santa Rosa, California 95405	
WeCare Home Assistants +	843-3838
6637 Oakmont Drive, Suite C, Santa Rosa, CA 95409	

HOME CARE REGISTRIES

The following are home care agencies that maintain registries of caregivers who are **independent contractors** and who have been interviewed and screened. The client is responsible for selecting, interviewing, hiring and managing such persons as their employee.

The booklet “Hiring an In-Home Caregiver Guide” is available from the Sonoma County Area Agency on Aging, 565-5950 or visit www.socoaaa.org under publications tab to download a copy.

Council on Aging, Helpers for Seniors Registry +	525-0143 x104
30 Kawana Springs Road, Santa Rosa, California 95404	
• Screened caregiver list for in-home assistance for fee	
From the Heart Home Care +	528-4663
131A Stony Circle, Suite 500, Santa Rosa, California 95401	
‘Live-Ins’ for Seniors +	544-3624
1023 Fourth Street, Suite E, Santa Rosa, California 95404	
Sonoma County IHSS Public Authority φ	565-5700
3725 Westwind Boulevard, Suite 101, Santa Rosa, California 95403	
Mailing address PO Box 1549, Santa Rosa, California 95402	
Registry and referral service for IHSS consumers and providers	

HOSPICE

Programs that provide a full range of medical and supportive services for terminally ill people in their final stages of illness and for their families. Most programs also offer grief and loss support groups. Services listed below are for home-based hospice care.

Heartland Hospice Services	523-0111
2455 Bennett Valley Road, Suite B214, Santa Rosa, California 95404	
Hospice by the Bay	935-7504
190 West Napa Street, Sonoma, California 95476	
Hospice of Petaluma	778-6242
416 Payran Street, Petaluma, California 94952	
Memorial Hospice	568-1094
821 Mendocino Avenue, Santa Rosa, California 95401	
Redwood Coast Medical Services; Shamli Volunteer Hospice and Respite	884-4005
46900 Ocean Drive, Gualala, California 95445	
Mailing address PO Box 1100 Gualala, CA 95445	
Sutter VNA & Hospice	535-5700
1110 North Dutton Avenue, Santa Rosa, California 95401	

HOUSING

Programs that seek to meet the shelter needs of the community by providing home improvement programs, housing location assistance, housing-related financial assistance, and housing alternatives.

Also see www.socoaaa.org under publications tab for the "2009 Sonoma County Senior Housing Guide."

Emergency Housing See page 10, "Emergency Services."

General Housing Resources

Burbank Housing Development Corporation	526-9782
• Various housing developments with rentals	
• Provides a list of low-income housing complexes. Expect a waiting list	
Catholic Charities	528-8712
• Some assistance for emergency housing grants for low income persons	
Community Action Partnership of Sonoma County	544-6911
1300 North Dutton Avenue, Santa Rosa, California 95401	
Disability Services and Legal Center	528-2745 or (800) 528-7703
521 Mendocino Avenue, Santa Rosa, California 95401	TTY 528-2151
• Assistance with adapting housing to accommodate disabilities	
• Help with search for suitable housing	
• Referral on housing rights and responsibilities under the law, disability law clinic	
Petaluma Ecumenical Properties (PEP)	762-2336
• Non-profit organization structured to maintain affordable housing in perpetuity	
• Various housing developments	
Petaluma People Services Center, Close the Gap Grant Program	765-8488
• Small monthly grants for qualifying low fixed income seniors 60 +	
• Rental and deposit assistance for qualifying seniors	
Santa Rosa Economic Development and Housing Department	543-3300
90 Santa Rosa Avenue, Santa Rosa, California 95404	
• Section Eight Program (rental assistance) for seniors, low income, and disabled	
• Rehabilitation loans available	
Sonoma County Community Development Commission and Housing Authority	565-7500
1440 Guerneville Road, Santa Rosa, California 95403	
• Section Eight Program (rental assistance) for seniors, low income and disabled	
• Housing rehabilitation available	

Housing Repairs

Repair loan programs are available through the following agencies:

Economic Development and Housing Department	543-3300
Rebuilding Together	
• Provides home repair services and home modification at no cost to low income homeowners	
Petaluma	765-3944
Rohnert Park.....	792-2650
Santa Rosa	541-7618
Sebastopol (Sebastopol Senior Center will forward messages).....	829-2440
PO Box 21, Sebastopol, California, 95473	
Sonoma County Community Development Commission and Housing Authority	565-7500
• Rental Rehabilitation Program (call for eligibility criteria)	
• Home Rehabilitation Program (call for eligibility criteria)	
USDA, Rural Development	526-6797

Utilities

- California Telephone Access Program**..... (800) 806-1191 or TTY (800) 806-4474
- Specialized telephone equipment for individuals with disabilities
- H.E.A.P. Home Energy Assistance Program, Department of Community Services**..... (866) 675-6623
TTY (916) 327-6318
- Call for referrals
- North Coast Energy H.E.A.P. Home Energy Assistance Program** (800) 233-4480
- Assistance once every two years with utility bill for low-income households
- Pacific Gas & Electric California Alternative Rates for Energy (CARE)** (800) 743-5000
- Monthly discounts for income-eligible customers
- Pacific Gas & Electric Family Electric Rate Assistance (FERA)** (800) 743-5000
- Rate discounts for low or medium income families
- Pacific Gas & Electric Smarter Energy Line** (800) 933-9555
- Medical needs-based utility discounts, weatherization, rebates and refrigerator trade-ins
 - Programs available to owners and renters; call for current programs
- Salvation Army REACH Program** 542-0998 or (800) 933-9677
Salvation Army Office, 93 Stony Circle, Santa Rosa, California 95404
- Assistance with REACH (PG&E) for low-income seniors; does not pay any other utilities;
Mon – Fri, 1:00 pm to 3:30 pm One-time payment per 18 months
 - Please call prior to coming to ensure bringing required information

HOUSING ALTERNATIVES FOR SENIORS

Mobile Home Parks

Rent and amenities vary, rent control exists in some cities Contact your local city administration for more information about rent control.

- Santa Rosa Manufactured-Home Owners' Association, Inc.**..... 527-8433
- Information pertaining to manufactured-home in Santa Rosa
- Sonoma County Mobilehome Owners' Association, Inc.** 584-7222
- Support group, information on owners' rights, and other issues pertaining to mobile home community

Residential Care and Assisted Living Facilities

(Also called "Board and Care Homes" or "Rest Homes") For placement assistance, call:

- California Registry**..... (800) 777-7575
- Free community service providing senior housing information, counseling and referrals to skilled nursing, assisted living, residential care and Alzheimer or dementia care facilities
- Health Care Management (Placement and Referral Service)** 542-7606
- *"Serving Sonoma County since 1988 Specializing in quality placements, referrals, education and advocacy"*
- Placement Options** 570-0257
131 A Stony Circle, Suite 500, Santa Rosa, California 95401
- Personal, professional placement assistance in locating the right residential or assisted living environment
- Senior Advocacy Services; Ombudsman Program** 526-4108
3262 Airway Drive, Suite C, Santa Rosa, California 95403
- Provides counseling on residential care options

Retirement and Life Care Communities and Homes

See Telephone Yellow Page listing. See "2009 Sonoma County Senior Housing Guide" available from Sonoma County Area Agency on Aging, 565-5950 or at www.socoaaa.org under publications tab.

Senior Complexes

Senior complexes are for independent seniors. Rent range is dependent on location and amenities; some have subsidized units. Most provide recreational activities and on-site laundry facilities. *Sonoma County Senior Housing Guide* is available at www.socoaaa.org under publications tab.

Skilled Nursing Facilities

(Also called “Convalescent Hospitals,” “Nursing Homes,” or “Extended Care Facilities.”)

For frail or chronically ill elderly who need nursing and related health care services on a 24-hour basis.

See *Telephone Yellow Pages* under “Hospitals” or “Nursing Homes Skilled Nursing Facility.”

California Registry (800) 777-7575

- Free community service providing senior housing information, counseling and referrals to skilled nursing, assisted living, and residential care facilities.
- Limited skilled nursing facilities for Alzheimer's or dementia care.

Health Care Management (Placement and Referral Service) 542-7606

- “*Serving Sonoma County since 1988 Specializing in quality placements, referrals, education and advocacy*”

Ombudsman Program, Senior Advocacy Services 526-4108

3262 Airway Drive, Suite C, Santa Rosa, California 95403

- Information regarding admission to skilled nursing care facilities

Housing Information

The following agencies provide housing information.

Council on Aging of Sonoma County 525-0143

Fair Housing of Sonoma County 579-5033

Petaluma People Services Center 765-8488

Rohnert Park Senior Center 585-6780

Sonoma County Area Agency on Aging 565-5950

Sonoma County Community Development Commission and Housing Authority 565-7500

Vintage House Senior Center 996-0311

West County Community Services-Senior Resource Center 869-0618

Other Long Term Care Information and Assistance

California Social Services Department Community Care Licensing Division 588-5026

Senior Advocacy Services

3262 Airway Drive, Suite C, Santa Rosa, California 95403

Health Insurance Counseling and Advocacy Program (HICAP) (800) 434-0222

- Provides counseling assistance and review of long-term care insurance policies

Ombudsman Program 526-4108

- Information regarding admission to skilled nursing care facilities

INFORMATION AND ASSISTANCE

Programs whose primary purpose is to maintain information about human service resources in the community and to link people who need assistance with appropriate service providers.

211 Information 211

- Information about health and human service needs - food, clothing, shelter, counseling, financial aid, elder care, child care and much more

Catholic Charities 528-8712

PO Box 4900, Santa Rosa, California 95402

Information and Assistance (continued)

Council on Aging	525-0143 or (800) 675-0143
30 Kawana Springs Road, Santa Rosa, California 95404	
Easter Seals Northern California, Inc.	584-1443
5440 State Farm Drive, Rohnert Park, California 94928	
Eldercare Locator	(800) 677-1116
• For information about services in other locations throughout the United States	
Human Services Department, County of Sonoma	565-2108 or (800) 325-9604
2550 Paulin Drive, Santa Rosa, California 95403	
Petaluma People Services Center; Senior Services Program	765-8488
1500 Petaluma Boulevard South, Suite A, Petaluma, California 94952	
Sonoma County Library and Branches: (Information Only)	
Central Library, Third and E Streets, Santa Rosa, California 95404	545-0831 or TTY 575-1206
Sonoma County Library Branches: (Information Only)	
Cloverdale, 401 North Cloverdale Boulevard, Cloverdale, California 95425	894-5271
Forestville, 7050 Covey Road (El Molino High School), Forestville, California 95436	887-7654
Guerneville, 14107 Armstrong Woods Road, Guerneville, California 95446	869-9004
Healdsburg, 139 Piper Street, Healdsburg, California 95448	433-3772
Northwest Santa Rosa, 150 Coddington Center, Santa Rosa, California 95401	546-2265
Occidental, 73 Main Street, PO Box 703, Occidental, California 95465	874-3080
Petaluma, 100 Fairgrounds Drive, Petaluma, California 94952	763-9801
Rincon Valley, 6959 Montecito Boulevard, Santa Rosa, California 95409	537-0162
• For hearing and speech impaired	TTY 537-0289
Rohnert Park/Cotati, 6250 Lynne Conde Way, Rohnert Park, California 94928	584-9121
• For hearing and speech impaired	TTY 585-2847
Sebastopol, 7140 Bodega Avenue, Sebastopol, California 95472	823-7691
Sonoma Regional Library, 755 West Napa Street, Sonoma, California 95476	996-5217
Windsor Library (next to Town Hall), 9291 Old Redwood Highway, Windsor, 95492	838-1020
• For hearing and speech impaired	TTY 838-1166
Sonoma Kinship Family Center	569-0877
411 King Street, Santa Rosa, California 95404	
• Offers a wide spectrum of services to kinship care providers and the children they are raising	
Spectrum Center for Lesbian, Gay, Bisexual and Transgender Concerns	(415) 472-1945
30 North San Pedro Road, Suite 160, San Rafael, California 94903	
• Programs for older men and women and intergenerational programs held in North Bay Area	
• Information, referral outreach services and discussion groups in Sonoma County	
West County Community Services; Senior Resource Center	869-0618
15010 Armstrong Woods Road, Guerneville, California 95446	

INSURANCE ASSISTANCE OR COMPLAINTS

California Department of Insurance Consumer Hotline	(800) 927-4357
300 South Spring Street, South Tower, Los Angeles, California 90013	
• Consumer information and complaints only	
Insurance Information Institute	(800) 331-9146
• Information for homeowners, auto and life insurance	
Medicare Fraud and Abuse Hotline	(800) 447-8477
Senior Advocacy Services; Ombudsman Program	526-4108 or (800) 434-0222
Health Insurance Counseling and Advocacy Program (HICAP) Call for an appointment	
• Provides counseling on Medicare. Explains how Medicare works with other insurances such as Medicare supplemental policies, HMOs and long-term insurance policies	

LAW ENFORCEMENT AGENCIES

Agencies that are part of city, county, state, or federal government that are responsible for preserving peace in the community, protecting life and property, preventing and detecting crime (including targeted types of crime), and apprehending suspects.

Crime Prevention

- Sonoma County Sheriff's Office** 565-2650
- Programs include "Neighborhood Watch" and a program for the elderly concerning their unique crime-related problems

City Police Crime Prevention Programs

For crime prevention programs through city police departments, contact:

Cloverdale Police	894-2150
Cotati Police	792-4611
Healdsburg Police	431-3377
Petaluma Police	778-4372
Rohnert Park Police	584-2600
Santa Rosa City Police, Crime Prevention, Community Outreach	543-3653
Sebastopol Police	829-4400
Sonoma Police	996-3602
Windsor Police	838-1234
Sheriff's Department	565-2650

Protective Services

Financial fraud investigation and crime reports should be directed to local police or sheriff.

- Adult Protective Services (APS), Sonoma County Human Services Department** 565-5940
- Investigation and prevention of abuse, neglect and exploitation of elders and dependent adults living in the community (800) 667-0404
 - 24-hour response for life-threatening emergencies
- Ombudsman Program; Senior Advocacy Services** 526-4108
- Investigates reports of suspected elder abuse for older and dependent adults living in residential care, assisted living facilities and nursing homes

Temporary Restraining Orders and Information

- Superior Court of California, County of Sonoma** 565-1100
Clerk's Office, 600 Administration Drive, Santa Rosa, California 95406

Victim Assistance

- Sonoma County Victim Assistance Center** 565-8250
1000 Coddington Center, Suite 101, Santa Rosa, California 95401
- Provides orientation and advocacy to crime victims through the criminal justice system
 - Also has funds for medical bill assistance and funeral burial fund; no legal advice

LEGAL ASSISTANCE

Programs that protect the rights of individuals or groups by offering legal advice to those involved in civil, criminal, or administrative actions or to those who have been denied services or other benefits to which they are entitled by law. *For consumer information and complaints see page 7.*

- California Rural Legal Assistance** 528-9941
725 Farmers Lane, Suite 10, Santa Rosa, California 95405
- General housing, employment, public benefits and education assistance for low-income persons

Legal Assistance (continued)

Council on Aging

30 Kawana Springs Road, Santa Rosa, California 95404

Lawyer Referral Service 525-1146

- Selected panel of attorneys addressing senior issues

Senior Legal Services 525-0143

- Conservatorship program, estate planning and assistance with other elder law issues

Disability Services and Legal Center 528-2745 or (800) 528-7703

521 Mendocino Avenue, Santa Rosa, California 95401

- Legal Clinic orientation every Monday at 1:30 pm
- Benefits counselors on Social Security and other disability benefits

Empire College, School of Law, Community Elder Law Clinic, Barry Adams

Leave message for Community Elder Law Clinic 736-6150

1050 Third Street (Silvercrest), Santa Rosa, California 95401 544-6766

- Free advice on all legal topics, no appointment necessary, Thurs 4:00 pm to 5:30 pm

Fair Housing of Sonoma County 579-5033

1300 North Dutton Avenue, Santa Rosa, California 95401

- Fair Housing of Sonoma County (FHOSC) provides information and referral services to Sonoma County residents concerning landlord-tenant and fair housing law and practices

Legal Services of Northern California (800) 222-1753

- Senior (60+) legal hotline, free telephone consultation

RECOURSE Mediation Service 525-8545

520 Mendocino Avenue, Suite 240, Santa Rosa, California 95401

- Information and mediation, landlord-tenant, family and consumer issues, neighbor disputes
- No legal services provided

Sonoma County Bar Association 542-1190

37 Old Courthouse Square, Suite 100, Santa Rosa, California 95404

Sonoma County Lawyer Referral Service 546-5297

37 Old Courthouse Square, Suite 100, Santa Rosa, California 95404

Sonoma County Legal Aid 542-1290

1105 North Dutton Avenue, Suite B, Santa Rosa, California, 95401

Sonoma County Legal Services Foundation 546-2924

1212 Fourth Street, Suite I, Santa Rosa, California 95404

- Self-help workshops, legal services available on sliding scale, resource materials

Sonoma County Sheriff's Crime Prevention Office 565-7398 or 565-2650

Sonoma County Victim Assistance Center 565-8250

1000 Coddington Center, Suite 101, Santa Rosa, California 95401

- Provides orientation and advocacy to victims of crime going through the criminal justice system
- Also has funds for medical bill assistance and funeral burial fund; no legal advice

Superior Court of California, County of Sonoma 565-1100

Clerk's Office, 600 Administration Drive, Room 108J, Santa Rosa, California 95406

- Temporary restraining orders and information

LEGISLATIVE REPRESENTATIVES

Legislative and other governmental representatives, representing the interests of Sonoma County

Executive Offices

United States President Barack Obama (202) 456-1414

The White House, 1600 Pennsylvania Avenue, Washington D.C. 20500

California Governor Arnold Schwarzenegger (916) 445-2841

State Capitol, Sacramento, California 95814

United States Senate

Senator Barbara Boxer..... (202) 224-3553 or TTY (202) 224-4264
United States Senate, Washington D.C. 20510
Local Office: 1700 Montgomery Street, Suite 240, San Francisco, California 94111(415) 403-0100

Senator Dianne Feinstein (202) 224-3841 or TTY (202) 224-2501
United States Senate, Washington D.C. 20510
Local Office: One Post Street, Suite 2450, San Francisco, California 94104(415) 393-0707

United States House of Representatives

Representative Mike Thompson
United States House of Representatives, Washington D.C. 20515(202) 225-3311
Napa Office: 1040 Main Street, Suite 101, Napa, California 94559..... 226-9898

Representative Lynn Woolsey
United States House of Representatives, Washington, D.C. 20515(202) 225-5161
San Rafael Office: 1050 Northgate Drive, Suite 354, San Rafael, California 94903.....(415) 507-9554
Santa Rosa Office: 1101 College Avenue, Suite 200, Santa Rosa, California 95404 542-7182

California State Senate

Senator Mark Leno (District 3).....(916) 651-4003
3501 Civic Center Drive, Room 425, San Rafael, California 94903 935-4471 or (415) 479-6612

Senator Patricia Wiggins (District 2)(916) 651-4002
50 D Street, Suite 120A, Santa Rosa, California, 95404 576-2771

California State Assembly

Assemblymember Wesley Chesbro (District 1) (916) 319-2001
50 D Street, Suite 450, Santa Rosa, California 95404..... 576-2526

Assemblymember Jared Huffman (District 6).....(916) 319-2006
3501 Civic Center Drive, Suite 412, San Rafael, California 94903 (415) 479-4920
11 English Street, Room 15, Petaluma, California 95452..... 773-0606

Assemblymember Noreen Evans (District 7)(916) 319-2007
50 D Street, Suite 301, Santa Rosa, California 95404..... 546-4500

Sonoma County Board of Supervisors

575 Administration Drive, Room 100A, Santa Rosa, California 95403..... 565-2241

Supervisor Valerie Brown, First District
Supervisor Mike Kerns, Second District
Supervisor Shirlee Zane, Third District
Supervisor Paul Kelley, Fourth District
Supervisor Efren Carrillo, Fifth District

MEALS

Programs that provide supplementary nutrition for elderly and / or disabled people; includes hot meals served at congregate dining sites and home-delivered meals.

Congregate Meals - Council on Aging Senior Dining Sites

The following dining sites serve a hot meal for seniors over 60. Reservations must be made at least one day in advance. Donations are encouraged. For more information, call Council on Aging..... 869-0618

Cloverdale – Mon – Fri, 12:00 noon 894-4826
Cloverdale Multipurpose Senior Center, 311 North Main Street, Cloverdale, California 95425

Forestville – Tues & Thurs, 12:00 noon 887-2020
Forestville Methodist Church, Center and Covey Roads, Forestville, California 95436

Council on Aging Senior Dining Sites (continued)

Guerneville – Tues-Fri, 12:00 noon	869-3998
Russian River Senior Center, 15010 Armstrong Woods Road, Guerneville, California 95446	
Healdsburg – Mon-Thurs, 12:00 noon; Friday (Brunch) 11:00- 12:30 pm	433-7515
Healdsburg Senior Center, 133 Matheson Street, Healdsburg, California 95448	
Occidental – Mon and Wed only, 12:00 noon	874-3812
St. Phillip’s Church, 3730 Bohemian Highway, Occidental, California 95465	
Rohnert Park – Mon-Fri, 11:30 am	585-6787
Rohnert Park Senior Center, 6800 Hunter Drive, Suite A, Rohnert Park, California 94928	
Santa Rosa – Mon-Fri, 11:30 am	525-4487
Santa Rosa Senior Center, 704 Bennett Valley Road, Santa Rosa, California 95404	
Santa Rosa – Mon-Fri, 12:00 noon	525-4487
Silvercrest, 1050 Third Street, Santa Rosa, California 95401	
Sebastopol – Mon-Fri, 12:00 noon	829-8381
Sebastopol Area Senior Center, 167 North High Street, Sebastopol, California 95472	
Sonoma – Tues, Thurs, & Fri, 11:45 am	996-1414
Vintage House Senior Center, 264 First Street East, Sonoma, California 95476	
Windsor – Mon-Fri, 12:00 noon	838-9261
Vinecrest Senior Apartment Complex, 8400 Hembree Lane, Windsor, California 95492	

Other Senior Dining Sites

Petaluma People Services Center; Senior Café Mon-Fri, 12:00– 3:00 pm	765-8484
Petaluma Senior Center, 211 Novak Drive, Petaluma, California 94954	
Sonoma County Indian Health Project Senior Dining Site Mon-Fri, 12:00- 12:30 pm	521-4581
144 Stony Point Road, Santa Rosa, California 95401	
• Serving Native American Indian seniors	
St. Vincent de Paul Society	528-7580
610 Wilson Street, Santa Rosa, California 95401	
• Santa Rosa Dining Room, 7 days a week, 11:20 am	

Home-Delivered Meals (aka “Meals on Wheels”)

Programs that prepare and deliver regular hot meals to elderly and disabled individuals who are unable to shop for and / or prepare the food for themselves or travel to a site where a meal is being served

Council on Aging, Meals on Wheels of Sonoma County	525-0143 or (800) 675-0143
30 Kawana Springs Road, Santa Rosa, California 95404	
• All areas except coast and Petaluma	
In Rohnert Park	
Rohnert Park Senior Dining Site - Council on Aging, Meals on Wheels	
	585-6787
In Sonoma	
Council on Aging, Meals on Wheels of Sonoma County	
	525-0143 or (800) 675-0143
In Petaluma	
Petaluma People Services Center (meal delivery in Petaluma and Penngrove)	
	765-8490
In Sonoma	
Sonoma Meals on Wheels	
	935-9141
• For seniors living in Sonoma Valley who require short-term meal delivery by request of doctor, hospital discharge planner or senior nutrition counselor; call between 8:30 am and noon, Mon-Fri	

Other Food Distribution

Redwood Empire Food Bank	523-7900
Brown Bag Program and Emergency Feeding Assistance Program (EFAP)	
• Senior 60 or older, and fixed low income level	
• Call for information on community distribution sites	

Other Food Distribution (continued)

- Redwood Empire Senior Gleaners**, (volunteer service group)..... **523-7900**
3320 Industrial Drive, Santa Rosa, California 95403
- Salvation Army** **542-0998**
93 Stony Circle, Santa Rosa, California 95401
- Food pantry Mon-Thurs 10:00 am-12:00 noon
 - I.D. and proof of income required for each person who receives food
- West County Community Services Food Program** **869-0655**
16390 Main Street, Suite H, Guerneville, California 95446, Tuesday 11:00 am
- First come first served basis for individuals and families in West Sonoma County
 - Park and Ride parking lot on River Road west side of Guerneville

MEDI-CAL INFORMATION AND INSURANCE

Medi-Cal can help pay for medical services, doctor visits and hospitalization, prescriptions and long-term care for people with low incomes.

- Medi-Cal Program, Sonoma County Human Services Department, Sonoma County Economic Assistance Service Center**..... **(877) 699-6868**
- Information and applications available and assistance with Medicare premiums and co-pay

MEDICARE INFORMATION AND INSURANCE

- Senior Advocacy Services** **526-4108 or (800) 434-0222**
- Health Insurance Counseling and Advocacy Program (HICAP)**
- Provides counseling on Medicare; explains how Medicare works with other insurances such as Medicare supplemental policies, HMOs and long-term care insurance policies
 - Call for an appointment
- Medicare Automated System**..... **(800) 633-4227**

MEDICATION MANAGEMENT

Programs that provide medication screening and education for an individual and / or caregiver to prevent incorrect medication and adverse drug reactions.

- St. Joseph Health System of Sonoma County; House Calls Program** **547-4684**
1450 Medical Center Drive, Suite 3, Rohnert Park, California 94928
- Primary medical care provided by family nurse practitioners to frail and elderly patients who are accepted into program and who are unable to access health care in the community

MENTAL HEALTH SERVICES

Programs that provide preventive, diagnostic and treatment services in a variety of community and hospital-based settings to help seniors achieve, maintain, and enhance a state of emotional well-being, personal empowerment, and the skills to cope with everyday demands without excessive stress.

Mental Health Services

- Council on Aging Senior Peer Supporters** **525-0143 x147**
- Conducts home visits to assess client's mental health needs (must meet specific criteria)
 - Provides 12 one-hour sessions to develop a care plan; follow up progress reports
 - Senior-run support groups on topics such as: bereavement, successful living and socializing
- Goodwill Industries, Corinne Camp Wellness & Advocacy Center**..... **565-7800**
3400 Chanate Rd., Santa Rosa, California 95404
- Consumer-run program offering wide range of services for adults with psychiatric disabilities

Mental Health Services (continued)

- Family Service Agency, Senior Peer Counseling Programs** **545-4551 x209**
751 Lombardi Court, Suite C, Santa Rosa, California 95407
- Individual and group counseling
 - Support groups
- Family Service Agency; Plus Program** **545-4551 x366**
 - Counseling services for seniors with chronic and persistent mental illness (pre-screening required)
- Lomi Psychotherapy Clinic** **579-0465 x227**
534 B Street, Santa Rosa, California 95401
- Accepts Medicare payments and also offers a sliding scale

Mental Health Services, County of Sonoma

- ACCESS Team, Sonoma County Mental Health** **565-6900 or (800) 870-8786**
 - Call the ACCESS team to initiate services with Sonoma County Mental Health, Community Mental Health Centers, and the Older Adult Team.
- Mental Health Crisis - Psychiatric Emergency Services, County of Sonoma** **576-8181**
3322 Chanate Road, Santa Rosa, California 95404
- **24-hour crisis services and referrals** **576-8181 or (800) 746-8181**

Outpatient or Partial Hospitalization Programs

- Santa Rosa Memorial Hospital, Outpatient Behavioral Health Services** **547-5450**
405 West College Avenue, Suite F, Santa Rosa, California 95401

PETS AND ANIMAL ASSISTANCE PROGRAMS

- Forgotten Felines of Sonoma County** **576-7999**
 - Cats available for adoption
 - Provides low cost spay or neuter for feral or wild cats
 - Trapping assistance available
- Humane Society and SPCA of Sonoma County** **542-0882**
5345 Highway 12 West, Santa Rosa, California 95407
- Discounts for seniors on some pet-related services: medical center, adoptions, pet supplies, dog and puppy training and placement of deceased owners' pets. Grooming salon available.
- Pets Lifeline Inc., Sonoma** **996-4577**
19686 Eighth Street East, Sonoma, California 95476
- Serves Kenwood to Shellville; cares for and places for adoption stray and homeless cats and dogs
 - Spay and neuter program; feral cat program
 - Senior Match-up Program (fees discounted 50% for adoption of animals 3 + years old)
- Sonoma County Animal Regulations** **565-7100**
1247 Century Ct., Santa Rosa, California 95403

RECREATIONAL ACTIVITIES

Programs that provide opportunities for people to participate in recreational activities, games or sports
For other activity centers throughout the county see the "Senior Centers" listed on page 30.

Activity Centers

- Filipino American Community of Sonoma County** **546-2795**
3361 Fulton Road, Fulton, California 95439
- Finley Community Center** **543-3737**
2060 West College Avenue, Santa Rosa, California 95401
- Jewish Community Center, Friendship Circle** **528-1476 or 528-1182**
170 Farmers Lane, Suite 5, Santa Rosa, California 95405
- Programming primarily for Jewish seniors (55+)

Activity Centers (continued)

- Sebastopol Community Cultural Center** 823-1511
390 Morris Street, Mailing Address: PO Box 2028, Sebastopol, California 95473
- Sonoma County YMCA** 545-9622
1111 College Avenue, Santa Rosa, California 95404
- Discounted senior memberships available, senior fitness classes

Clubs and Organizations

See page 21, “Information and Assistance” and page 31, “Support Groups and Counseling.” Information is also available from your local Chamber of Commerce.

State and County Parks

For information about California State Parks visit www.parks.ca.gov . Visit www.sonoma-county.org/parks for information about Sonoma Regional Parks. Discounts and passes available for those over 62 years old. See page 9, “Discount Cards.”

RESPIRE SERVICES FOR CAREGIVERS

Provides supervision and care of clients while the usual caregiver takes a short break See pages 17-18 “Home Health Care and In-Home Assistance” and “Home Care Registries.”

- Council on Aging of Sonoma County** 525-0143 x108
Respite care list of screened caregivers
- Petaluma People Services Center; Caregivers Express Respite Support Group** 765-8490
25 Howard St., Petaluma, California 94952
- Meets second and fourth Tuesday of the month at 1:30 to 3:00 pm
- Redwood Caregiver Resource Center** 542-0282 or (800) 834-1636
- Limited respite, sliding scale with co-pay, serves caregivers of brain-impaired adults (impairment after age 18) and frail elderly
- Redwood Coast Medical Services Respite** 884-4005
46900 Ocean Drive, Gualala, California 95445
- Sonoma County Linkages Program** 565-5900
- Short-term respite assistance

SENIOR ADVOCACY GROUPS

Organizations whose members have joined together on a voluntary basis to support the passage and enforcement of laws and other social measures that protect and promote the rights and interests of the older adults in the community.

- AARP** (866) 448-3614
- Alzheimer’s Association** 573-1210
1211 North Dutton Avenue, Suite A, Santa Rosa, California 95401
- Advocates for people with Alzheimer’s and other related dementia and their families
- California Commission on Aging** (916) 419-7591
1300 National Drive, Suite 173, Sacramento, California 95834
- California Senior Legislature (CSL)** (916) 552-8056
1020 North Street, Room 513, Sacramento, California 95814
- Senior representatives take local issues to state legislative forum. They also provide information on legislation and issues in the state legislature.
- Community Network Journey Project** 539-2364
- Council on Aging** 525-0143
30 Kawana Springs Road, Santa Rosa, California 95404
- Advocacy and public education

Senior Advocacy Groups (continued)

Section on Aging (Information)	565-5950
Sonoma County Area Agency on Aging, PO Box 4059, Santa Rosa, California 95402	
• Exchange of information among service providers	
• Meets third Wednesday of the month; call for location	
Senior Advocacy Services, Ombudsman Program	526-4108
3262 Airway Drive, Suite C, Santa Rosa, California 95403	
• Confidential investigation of problems and complaints on behalf of residents of long-term care facilities; counseling and information regarding placement	
Sonoma County Area Agency on Aging	565-5950
3725 Westwind Boulevard, Suite 101, Santa Rosa, California 95403	
• Responsible for planning, funding and coordination of senior services in Sonoma County	
• Advisory Council advises County Board of Supervisors on senior issues	
Spectrum Center for Lesbian, Gay, Bisexual and Transgender Concerns	(415) 472-1945
30 North San Pedro Road, Suite 160, San Rafael, California 94903	

SENIOR CENTERS

Multipurpose centers that serve as a focal point for older adults in the community and which offer, at a single location, a wide variety of services, programs, and activities that are needed and are of interest to seniors. Most senior centers have newsletters.

Cloverdale Senior Multi-Purpose Center	894-4826
311 North Main Street, PO Box 663, Cloverdale, California 95425	
Healdsburg Senior Center	431-3324
133 Matheson Street, Healdsburg, California 95448	
Petaluma Senior Center	778-4399
211 Novak Drive, Petaluma, California 94954	
Rohnert Park Senior Recreation Center	585-6780
6800 Hunter Drive, Suite A, Rohnert Park, California 94928	
Russian River Senior Resource Center	869-0618
15010 Armstrong Woods Road, Guerneville, California 95446	
Santa Rosa Multi-Purpose Senior Center	545-8608
704 Bennett Valley Road, Santa Rosa, California 95404	
Sebastopol Area Senior Center	829-2440
167 North High Street, Sebastopol, California 95472	
Sonoma County Indian Health Project	521-4545
144 Stony Point Road, Santa Rosa, California 95401	
Vintage House Senior Center	996-0311
264 First Street East, Sonoma, California 95476	
Windsor Senior Center	838-1250
9231 Foxwood Drive, PO Box 100, Windsor, California 95492	

SOCIAL SECURITY

Social Security Administration	544-4302 or (800) 772-1213	
Santa Rosa: 2099 Range Avenue, Building A, Santa Rosa, California 95401		
• Supplemental Security Income (SSI) for aging, blind and disabled		
• Medicare Correspondence		(800) 633-4227
General written correspondence:		Medicare BBC
(NO Claims)		PO Box 39
		Lawrence, KS 66044

Also see page 13, "Financial Assistance and Information."

SUPPORT GROUPS AND COUNSELING

Autonomous groups of individuals who share a common problem or concern and who meet together on a voluntary basis for mutual support. Also listed are programs that offer counseling services in addition to support groups.

Age-Related Counseling

- Family Service Agency** 545-4551 x209
751 Lombardi Court, Suite C, Santa Rosa, California 95407
- Senior Peer Counseling Program offers support groups for seniors
- Senior Advocacy Services; Ombudsman Program** 526-4108
- Counseling for long-term care placement
- Sonoma County Department of Health Services** 565-6900
3322 Chanate Road, Santa Rosa, California 95404
- Call ACCESS Team to initiate services
 - Older Adults Program

Alcohol and Drug-Related Counseling and Support

- Al-Anon and Al-Ateen** 575-6760
- Information about meetings and referral numbers for counselors
- Alcoholics Anonymous (AA)** 24-hour help line 544-1300
- Alcoholics Anonymous (AA) Bookstore, Sonoma County Central Office** 546-2066
- For information and / or schedule of meetings
- Drug Abuse Alternatives Center (DAAC)** 544-3295
- Outpatient and residential treatment; family and friends support groups
- Sonoma County Department of Health Services; Alcohol and Other Drug Services, Orenda Center** 565-7450
1430 Neotomas Ave., Santa Rosa, California 95405
- Residential detox line, 24 hours a day 565-7460

General Counseling

- Family Service Agency** 545-4551 x209
751 Lombardi Court, Suite C, Santa Rosa, California 95407
- For counseling sessions in English 545-4551 x210
 - For counseling sessions in Spanish 545-4551 x230
- Jewish Family and Children's Services** 571-8131
1360 North Dutton Avenue, Suite C, Santa Rosa, California 95401
- Lomi Psychotherapy Clinic** 579-0465 x227
534 B Street, Santa Rosa, California 95401
- Petaluma People Services Center** 765-8488
1500 Petaluma Boulevard South, Suite A, Petaluma, California 94952

Grief Counseling and Support

See page 18, "Hospice" for additional support groups through Hospice programs.

- Family Service Agency, Grief Support Groups** 545-4551
751 Lombardi Court, Suite C, Santa Rosa, California 95407
- The Friendship Line; Service of the Center for Elderly** (800) 971-0016 or (415) 752-3778
Suicide Prevention and Grief Related Services; 24 hour Friendship Line
- Jewish Family and Children's Services; Seniors at Home** 571-8131
1360 North Dutton Avenue, Suite C, Santa Rosa, California 95401
- Sutter VNA and Hospice** 535-5700
1110 North Dutton Avenue, Santa Rosa, California 95401

Health-Related Counseling

Alzheimer's Association	573-1210 or (800) 272-3900
• Support for caregivers and families on Alzheimer's disease and other brain disorders	
Alzheimer's Living, Primrose	578-8360
2080 Guerneville Road, Santa Rosa, California 95403	
American Lung Association of California, Better Breathers Club	527-5864
• COPD (emphysema and other respiratory ailments)	
• Telephone help line for lung disease	(800)-Lung USA or (800) 586-4872
Cancer Support Groups:	
American Cancer Society	545-6720 option #3
• Groups in Santa Rosa, Petaluma, and Healdsburg; call for information	
• Support for chemotherapy patients with breast cancer	
Kaiser Breast Cancer Support Group (Rose Cook, open to non-members)	393-4698
Kaiser Cancer Support Group (Bill Roby, all cancer diagnoses)	393-3229
Caregiver Express, Petaluma People Services Center	765-8490
Catholic Charities; You Are Not Alone Support Group, Santa Rosa	528-8712 x185
Community Network Journey Project	539-2364
• Advance care planning and palliative (comfort) care	
• Journey Project Resource Center (by appointment)	
Neuropsychological Associates	525-5424
1260 North Dutton Avenue, Suite 225, Santa Rosa, California 95401	
• Neuropsychological evaluations, cognitive rehabilitation, memory clinic, psychopharmacological consultation and counseling services	
• Case management and planning for long term care needs	
Peer Support Groups:	
Stroke Club of Sonoma County	431-7352
Redwood Caregiver Resource Center	
Share and Care Support Group of Sonoma County	542-0282 or (800) 834-1636
<u>Medical Condition-Related Community Education and Support</u>	
Alzheimer's Association	573-1210
1211 North Dutton Avenue, Suite A, Santa Rosa, California 95401	
American Cancer Society	545-6720 or (800) 227-2345
1451 Guerneville Road, Suite 220, Santa Rosa, California 95403	
American Heart Association	542-1992
1400 North Dutton Avenue, Suite 20, Santa Rosa, California 95401	
American Lung Association of California	527-5864
115 Talbot Avenue, Santa Rosa, California 95404	
• Sonoma County Asthma Coalition	
• Lung health (asthma, TB, lung cancer, COPD)	
Arthritis Foundation, Northern California Chapter	(800) 464-6240 or (415) 356-1230
657 Mission Street, Suite 603, San Francisco, California 94105	
Carousel Network of Sonoma County	324-8881
122 Calistoga Road, #216, Santa Rosa, California 95409	
• Information and support for Chronic Fatigue Syndrome, Fibromyalgia, Lyme Disease and co-infections	
Catholic Charities Alzheimer's Respite Center	528-8712
987 Airway Court, Santa Rosa, California 95403	
Council on Aging; Alzheimer's Respite Group	525-0143
30 Kawana Springs Road, Santa Rosa, California 95404	
Cystic Fibrosis Foundation, Northern California Chapter	(415) 989-6500
100 Bush Street, Suite 210, San Francisco, California 94104	

Medical Condition-Related Community Education and Support

Epilepsy Foundation of Northern California	(800) 632-3532
5700 Stoneridge Mall Road, Suite 295, Pleasanton, California 94588	
Face-to-Face AIDS Support Program	
873 Second Street, Santa Rosa, California 95404	544-1581
16350 Third Street, Guerneville, California 95446 (Call for appointment)	
<ul style="list-style-type: none">• Only work with those diagnosed with AIDS or HIV	
Huntington's Disease Society of America	(888) 828-7344
2860 Gateway Oaks Drive, Suite 300, Sacramento, California 95833	
International Essential Tremor Foundation (IETF)	539-7836
Sonoma County Family YMCA, 1111 College Avenue, Santa Rosa, California	
<ul style="list-style-type: none">• Tremor support group for education and support meets second Saturday 10:00 am	
Lupus Foundation of America	(877) 225-8787 or (650) 692-2091
Macular Degeneration Support Groups, Earle Baum Center of the Blind	523-3222
<ul style="list-style-type: none">• Call for groups in your area	
Multiple Sclerosis Society, Northern California Chapter	(800) 344-4867
Ostomy Association of Sonoma County	539-5870
Parkinson's Support Group of Petaluma	766-8521 or 795-4858
<ul style="list-style-type: none">• Support meetings every fourth Friday of month at Petaluma Senior Center• Exercise class other Fridays at Petaluma Senior Center 1:00 – 3:00 pm	
Parkinson's Support Group of Sonoma County	575-5331 or 539-9135
Christ Church United Methodist, 1717 Yulupa Avenue, Santa Rosa, California 95404	
<ul style="list-style-type: none">• Meetings on first Saturday of the month at 1:00 pm• Meetings on third Saturday of the month at 1:00 pm	
Redwood Caregiver Resource Center	542-0282 or (800) 834-1636
141 Stony Circle, Suite 200, Santa Rosa, California 95401	
Sonoma County Area Agency on Aging; Step Wise Program	565-5950
3725 Westwind Boulevard, Suite 101, Santa Rosa, California 95403	
<ul style="list-style-type: none">• Provides education and fall prevention classes for seniors	
Sonoma County Kidney Crisis Foundation	525-4662
PO Box 9002, Santa Rosa, California 95405	
Southwest Adult Day Services	573-4522
684 Benicia Drive, Santa Rosa, California 95409	
Stroke Club of Sonoma County	431-7352
United Cerebral Palsy of North Bay	766-9990
3835 Cypress Drive, Suite 103, Petaluma, California 94954	

Peer Counseling

Council on Aging Senior Peer Supporters	525-0143 x147
<ul style="list-style-type: none">• Conducts home visits to assess client's mental health needs (must meet specific criteria)• Provides 12 one-hour sessions to develop a care plan; follow up progress reports• Senior-run support groups on topics such as: bereavement, successful living and socializing	
Family Service Agency; Senior Peer Counseling Programs	545-4551 x211
7551 Lombardi Court, Suite C, Santa Rosa, California 95407	
<ul style="list-style-type: none">• Senior-run counseling groups including: in-home counseling, men's support groups and women's support groups	
Grandparents Parenting . . . Again	566-8676
<ul style="list-style-type: none">• Peer support groups and activities, information and referral to grandparents and others parenting a family member's child	

TELEPHONE ALERT SYSTEMS

Programs operated through the local fire department or other designated agency. The program calls seniors each day at a predetermined time to ensure that they are okay. If no answer, the designated agency provides a follow-up visit.

Telephone Reassurance Program; Home Alone - Catholic Charities

"I'm Home Alone" Telephone Program

Call for all areas 528-8712 x185

Windsor Senior Center 838-1250

TRANSPORTATION

Programs that provide for the basic non-emergency transport needs of the community, including special arrangements for elderly or disabled individuals who do not have personal transportation and cannot utilize public transportation. *For up-to-date information see the booklet "Let's Go - A Directory of Transportation Options" which is available from the Sonoma County Area Agency on Aging or visit www.socoaaa.org and choose the Transportation tab to download a copy.*

Taxi Services

The Sonoma County Yellow Pages list Taxicabs for all areas of the county. There may be a pick-up charge and a per mile charge. Most companies offer a senior discount. Call the company first to confirm charges and make reservations. The charge is the same for 1 to 4 passengers.

Fixed Route Public Transportation

511 SF Bay Area **511 or (888) 500-info or (888) 500-4636**

- Source for all Bay Area transportation information

Cloverdale Transit **894-1743**

- Service hours, Mon – Fri, 7:30 am-12:00 pm, 1:00 pm-4:00 pm, no holidays

Golden Gate Transit **541-2000**

Greyhound Bus Lines **(800) 231-2222 or 545-6495**

Healdsburg Transit Dispatch (Healdsburg Senior Center) **431-3324**

- Service hours, Mon-Fri, 8:30 am-4:30 pm

Mendocino Transit Authority **(800) 696-4682**

- Daily service between Point Arena and Santa Rosa
- Daily service between Mendocino, Ukiah and Santa Rosa

Petaluma Transit **778-4460**

- Service hours, Mon-Fri, 6:30 am-6:05 pm, Sat, 10:15 am-4:30 pm

Santa Rosa City Bus **543-3333 or TTY 543-3926**

100 Santa Rosa Avenue, PO Box 1678, Santa Rosa, California 95402

- Santa Rosa, Mon – Fri., 6:00 am-8:00 pm, Sat, 8:00 am-5:30 pm, Sun, 10:00 am – 5:00 pm
- All buses can handle wheelchairs
- Learn to ride the city bus, classes through the Santa Rosa Senior Center **545-8608**

Sonoma County Transit (SCT) **576-7433 or (800) 345-7433 or TTY 585-9817**

- Mobility training for first-time bus riders by appointment only, Mon-Fri 8:00 am -5:00 pm **585-7516**
- Transit Service hours: Mon – Fri, 5:00 am-11:00 pm, limited weekend routes, 7:20 am-9:00 pm

Paratransit Services

Scheduled routes, door-to-door service Escort service must be scheduled at least 24 hours in advance.

City of Healdsburg, Senior Center, Parks and Recreation Department **431-3324**

- Dial-a-Ride Program
- Wheelchair; for rides within the City of Healdsburg; Mon-Fri., 9:00 am-1:30 pm

Paratransit Services (continued)

Cloverdale Transit	894-1743
• Wheelchair (transport only available within Cloverdale City limits)	
MV Transportation (City of Santa Rosa service area).....	546-2092
• Wheelchair for rides within city of Santa Rosa; application required	
Petaluma People Services Center	765-8493
• Wheelchair	
Volunteer Wheels (Sonoma County Transit service areas).....	573-3377 or (800) 992-1006
• Vans with wheelchair lift or sedans; applications required	TTY 573-3381

Other Transportation Services

AM-CARE Non-Emergency Medical Transportation	578-1144
• Wheelchair, gurney, oxygen on board, bill insurance, accept cash, check and credit cards	
American Cancer Society	545-6720 option #3
• Medical appointments for cancer patients	(866) 444-7672
FISH of Sonoma Valley	996-0111
• Rides to medical appointments; Sonoma Valley residents only	
Jewish Family & Children Services; Seniors At Home Rides Program	571-8533
1360 North Dutton Avenue, Suite C, Santa Rosa, California 95401	
• Rides for seniors registered services-\$5.00 per stop in Santa Rosa Area	
Old Adobe Developmental Services	763-9807 x22
• Non emergency, non medical transportation for adults and seniors with developmental disabilities	
Pro Transport – 1	586-4041
• Ambulance, gurney van, wheelchair medical transportation; Medicare and Medi-Cal provider	
Rohnert Park, Sunshine Bus	585-6780
• Van rides by appointment, limited hours and days	
Sebastopol Senior Area Center- Volunteer Driver Transportation Program	829-2440
• Provide free rides to west county residents 60+ for medical, social services, and shopping needs	
• Services available Monday – Friday; Call 5 days in advance	
Wheelcare Express	573-3055
• Wheelchair transports, Medi-Cal accepted	

VETERANS SERVICES

Blinded Veterans Association of Lake, Sonoma and Mendocino Counties	(800) 669-7079
California Department of Veterans Affairs; Veterans Home	(800) 400-8387
• Admissions. PO Box 1200, Yountville, California 94599	
• Requirements: veterans with honorable discharge with active duty, over 62 years of age or disabled, and California residents	
Cal-Vet Farm and Home Loan	(800) 952-5626
Employment Development Department, State of California	(800) 300-5616 or 576-2850
• Employment assistance for veterans	
North Bay Veterans Resource Center – A Division of Vietnam Veterans of California ..	578-8387
2455 Bennett Valley Road, Suite B 117, Santa Rosa, California 95404	
• Assists enrolled veterans of all eras with transportation, clothing, tools, fees, tuition, and training costs	
• Work force development, housing referrals, workshops, advocacy and case management	
Northbay Veterans Center	586-3295
6225 State Farm Drive, Suite 101, Rohnert Park, California 94928	
• Support groups and readjustment counseling for combat veterans and victims of sexual trauma	
• Veteran employment information, vocational rehabilitation	
• Individual, couples, sexual trauma and group counseling	

Veterans Services (continued)

Sonoma County Veterans Service Office	565-5960
3725 Westwind Boulevard, Suite 101, Santa Rosa, California 95403	
Information and assistance in filing for federal, state and local veterans benefits including	
• Enrollment in the VA health care system and California's Veteran homes	
• Burial benefits and education benefits including: GI Bill and Cal Vet tuition fee waivers	
• Disability compensation and non-service connected disability pension	
United States Department of Veterans Affairs; Regional Office	(800) 827-1000
1301 Clay Street, Northern Tower, Oakland, California 94612	
• Hearing impaired.....	TTY (800) 829-4833
Veterans Administration Outpatient Clinic	
3841 Brickway Boulevard, Santa Rosa, California 95403 (new location)	
• Health Services, Mental Health Services, Pharmacy.....	569-2300

VISITING AND REASSURANCE PROGRAMS

Programs that help people who are socially isolated due to disability or age

American Cancer Society	545-6720, option #3
• Visiting programs for cancer patients; call for information	
Council on Aging, Friendly Visitor Program	525-0143
• Weekly visits to homebound seniors	
Jewish Family and Children Services; Friendly Visitor Program	571-8131
• Program serves people of the Jewish faith, and / or those who are diagnosed with mental health problems	
Love is the Answer (LITA)	542-1234
• Visiting program for residents of nursing homes	
Petaluma People Services Center, Friendly Visitor Program	765-8490
• Weekly visits to seniors	
Senior Center Without Walls	(510) 444-5974 or (877) 797-7299
• Free service offers activities, friendly conversation and an assortment of classes and support groups to adults aged 50 or older who find it difficult to go to a community senior center	
• Call to register and receive schedule of programs	

VISUAL IMPAIRMENT SERVICES

Programs that provide equipment, products and services which enhance the ability of people with visual impairments.

American Foundation for the Blind	(800) 232-5463
Braille and Talking Book Library (California State Library System)	(800) 952-5666
California Council of the Blind	(800) 221-6359
• Advocacy, self-help, support and services for the blind and visually impaired	
California Department of Rehabilitation	576-2233
50 D Street, Room 425, Santa Rosa, California 95404	
• Field services for adult blind for city of Sonoma and outside Sonoma County	
• For city of Santa Rosa and Sonoma County.....	576-2261
Earle Baum Center of the Blind	523-3222
4539 Occidental Road, Santa Rosa, California 95401	
• Community center for the visually impaired: training, social, and recreational opportunities	
• Onsite and offsite services for seniors	
Family Support Group for the Visually Impaired	523-3222
Guide Dogs for the Blind	(415) 499-4000 or (800) 295-4050
PO Box 151200, San Rafael, California 94915-1200	

Visual Impairment Services (continued)

Vintage Visions	996-0311
Vintage House Vision Program, 264 First Street East, Sonoma, California 95476	
<ul style="list-style-type: none"> • Weekly meetings Tuesday 1:00 to 2:30 pm • Information and support group facilitated by Earle Baum Center 	

VOLUNTEER OPPORTUNITIES AND RECRUITMENT

Programs identify individuals who have chosen to work on a full or part-time basis for little or no remuneration in one of the human service fields. Systematically evaluates skills, talents, and personalities of the recruited volunteers and matches them with human service agencies that need volunteers.

211 Information	211
<ul style="list-style-type: none"> • Volunteers provide information about health and human service needs and search data-base for services in food, clothing, shelter, counseling, financial aid, elder care, child care etc 	
Blood Bank of the Redwoods	545-1222
2324 Bethards Drive, Santa Rosa, California 95405	
County of Sonoma, Volunteer Program	565-2821
575 Administration Drive, Room 117 C, Santa Rosa, California 95403	
Council on Aging of Sonoma County	525-0143
30 Kawana Springs Road, Santa Rosa, California 95404	
<ul style="list-style-type: none"> • Recruits and trains volunteers for various programs including senior nutrition, adult day services, office support, transportation assistance, special events, etc. 	
Foster Grandparent Program	
Sonoma Developmental Center, PO Box 1493, Eldridge, California 95431	938-6201
<ul style="list-style-type: none"> • Stipend provided to eligible volunteers 	
Rebuilding Together	
Petaluma	765-3944
Rohnert Park	792-2650
<ul style="list-style-type: none"> • 6950 Commerce Boulevard, Suite 5, Rohnert Park, CA 94928 	
Santa Rosa	541-7618
Sebastopol (Sebastopol Senior Center will forward messages)	829-2440
PO Box 21, Sebastopol, California 95473	
Senior Companion Program	938-6201
Sonoma Developmental Center, PO Box 1493, Eldridge, California 95431	
<ul style="list-style-type: none"> • Stipend provided to eligible volunteers 	
Volunteer Center of Sonoma County	573-3399
153 Stony Circle, Suite 100, Santa Rosa, California 95401	
<ul style="list-style-type: none"> • Retired and Senior Volunteer Program (RSVP) provides volunteer opportunities in over 100 community agencies for people over fifty-five (55) years of age 	

Other:

In addition, many of the agencies listed in the "Sonoma County Senior Resource Guide" welcome and utilize volunteers. Contact them directly for volunteer opportunities.

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AGENCY WEBSITES

2-1-1 Sonoma County	http://www.211wc.org
AARP	http://www.aarp.org
Al-Anon & Al-Ateen, District 5, Meetings Information	http://www.al-anon.alateen.org
Alcoholics Anonymous, Sonoma County	http://www.aa.org
Alliance Medical Center	http://www.alliancemed.org
Alzheimer's Association	http://www.alznorcal.org
American Cancer Society	http://www.cancer.org
American Foundation for the Blind	http://www.afb.org
American Heart Association	http://www.americanheart.org
American Red Cross, Sonoma and Mendocino Chapter	http://www.arcsm.org
Arthritis Foundation	http://www.arthritis.org
Assistance Dog Institute, Bergin University of Canine Studies	http://www.berginu.org
Becoming Independent.....	http://www.becomingindependent.org
Better Business Bureau	http://www.goldengate.bbb.org
Blinded Veterans Association	http://www.bva.org/services.html
Blood Bank of the Redwoods	http://www.bbr.org
California Registry	http://www.calregistry.com
California Rural Legal Assistance	http://www.crla.org
California Senior Legislature	http://www.4csl.org
California Transplant Donor Network.....	http://www.ctdn.org
Canine Companions for Independence	http://www.cci.org
Catholic Charities of the Diocese of Santa Rosa	http://www.srcharities.org/services/elders.html
Chanate Family Practice Center	http://www.swhealthcenter.org/primary.html
Community Action Partnership of Sonoma County.....	http://www.capsonoma.org
Community Network Journey Project	http://www.caringcommunity.org
Consumer Credit Counseling Service of San Francisco	http://www.cccssf.org
Council on Aging	http://www.councilonaging.com
Cystic Fibrosis Foundation	http://www.cff.org
Disability Services and Legal Center	http://www.disabilityserviceandlegal.org
Disabled American Veterans	http://www.dav.org
Earle Baum Center of the Blind	http://www.earlebaum.org
Easter Seals Northern California	http://www.NOCA.easterseals.com
Epilepsy Foundation of Northern California	http://www.epilepsynorcal.org
Face-to-Face AIDS Support Program.....	http://www.f2f.org
Family Caregiver Alliance	http://www.caregiver.org

Family Service Agency <http://www.familyservicesonoma.org>

Forgotten Felines of Sonoma County of Sonoma..... <http://www.forgottenfelines.com>

Friends in Sonoma Valley (F I S H) <http://www.friendsinsonomahelping.org>

Friendship Circle, Jewish Community Agency of Sonoma County <http://www.jfcs.org/services/>

Goodwill Industries of the Redwood Empire <http://www.gire.org>

Greyhound Bus Lines <http://www.greyhound.com>

Healdsburg District Hospital <http://www.nschd.org>

Healdsburg Transit (HT) <http://www.ci.healdsburg.ca.us>

Health Care Management Placement and Referrals <http://www.elderhelpsonomacounty.com>

Heartland Hospice Services <http://www.hcr-manorcare.com>

Humane Society and SPCA of Sonoma County of Sonoma..... <http://www.sonomahumane.org>

Insurance Information Institute <http://www.iii.org>

Jewish Community Center, Friendship Circle <http://www.jccsoco.org>

Jewish Community Free Clinic <http://www.jewishfreeclinic.org>

Kaiser Hospital and Medical Center <http://www.kp.org>

Legal Services of Northern California <http://www.seniorlegalhotline.org>

Lifeline of Sonoma County..... <http://www.phcd.org> or <http://www.phcd.org/lifeline.html>

Lomi Psychotherapy Clinic <http://www.lomi.org>

Lupus Foundation of America..... <http://www.saclupus.org>

Macular Degeneration Support Groups/Earle Baum Center..... <http://www.earlebaum.org>

Meals on Wheels <http://www.mowaa.org>

MedicAlert Foundation..... <http://www.medicalert.org>

Memorial Hospice <http://www.memorialhospice.org>

National Association of Professional Geriatric Care Managers <http://www.caremanager.org>

North Bay Regional Center..... <http://www.nbrc.net>

Northern California Center for Well-Being <http://www.norcalwellbeing.org>

Old Adobe Developmental Services <http://www.oadsinc.org>

Pacific Gas & Electric California Alternative Rates for Energy..... <http://www.pge.com/myhome>

Parkinson’s Support Group of Sonoma County <http://www.parkinsonsonomacounty.org>

Petaluma Health Center <http://www.phealthcenter.org>

Petaluma People Services Center..... <http://www.petalumapeople.org>

Petaluma Valley Hospital..... <http://www.petalumavalleyhospital.org>

Pets Lifeline Inc., Sonoma <http://www.petslifeline.org>

Placement Options <http://www.placementoptions.com>

Primrose Alzheimer’s Living and Adult Day Club..... <http://www.primrosealz.com>

Rebuilding Together, Petaluma <http://www.rtpetaluma.org>

Rebuilding Together, Rohnert Park-Cotati..... <http://www.rtrpc.org>

RECOURSE Mediation Services <http://www.recoursemediation.com>

Redwood Coast Medical Services	http://www.rcms-healthcare.org
Redwood Empire Food Bank.....	http://www.refb.org
Redwood Funeral Society.....	http://www.funeral.org
Redwood Health Library	http://www.caringcommunity.org/links/redwoodhealthlibrary
Redwood Help Call – Binkley Monitoring Systems	http://www.binkleyalarm.com
Rohnert Park Senior Center	http://www.ci.rohnert-park.ca.us
Rohnert Park Urgent Care	http://www.stjosephhealth.org/fac-urgent.aspx
Safe Return, Alzheimer’s Association.....	http://www.alz.org/index.asp
Salvation Army	http://www.salvationarmy.org
Santa Rosa Community Health Centers	http://www.swhealthcenter.org
Santa Rosa Memorial Hospital	http://www.stjosephhealth.org
Santa Rosa Multi-Purpose Senior Center.....	http://www.santarosarec.com/facilities
SCORE (North Coast Service Corps of Retired Executives)	http://www.ncscore.org
Sebastopol Area Senior Center	http://www.sebastopolseniorcenter.org
Sebastopol Community Cultural Center.....	http://www.seb.org
Senior Center Without Walls.....	http://www.seniorcenterwithoutwalls.org
Seniors at Home; Jewish Family and Children’s Services	http://www.jfcs.org
Sonoma County Bar Association	http://www.sonomacountybar.org
Sonoma County YMCA.....	http://www.scfymca.org
Sonoma Valley Hospital.....	http://www.svh.com
Sonoma Valley Hospital Home Care Program.....	http://www.svh.com/homecare.html
Spectrum Center for Lesbian, Gay, Bisexual & Transgender Concerns	http://www.spectrummarin.org
Starkey Hearing Foundation	http://www.sotheworldmayhear.org
Sutter Medical Center of Santa Rosa	http://www.suttersantarosa.org
Sutter VNA & Hospice	http://www.suttervnaandhospice.org
UCSF Willed Body Program	http://www.anatomy.ucsf.edu/WBP/index.html
United Cerebral Palsy.....	http://www.ucp.org
United Cerebral Palsy of North Bay	http://www.ucpnb.org
Vintage Brush Creek	http://www.vintagesenior.com
Vital Link Emergency Response Systems	http://www.vlink.org
Volunteer Center of Sonoma County	http://www.volunteernow.org
Volunteer Wheels	http://www.volunteernow.org/wheels.html
West County Community Service, Senior Resource Center.....	http://www.westcountyservices.org
Whistlestop Wheels, Marin County	http://www.thewhistlestop.org

GOVERNMENT REPRESENTATIVE WEBSITES

United States President Barack Obama	
The White House	http://www.whitehouse.gov
Governor Arnold Schwarzenegger	http://www.gov.ca.gov
California Assembly Member Roster	
District 1, Wesley Chesbro	http://www.assembly.ca.gov/chesbro
District 6, Jared Huffman	http://www.assembly.ca.gov/huffman
District 7, Noreen Evans.....	http://www.assembly.ca.gov/evans
California Senator Mark Leno.....	http://www.dist03.casen.govoffice.com
California Senator Pat Wiggins.....	http://www.dist02.casen.govoffice.com
United States Representative Mike Thompson	http://www.mikethompson.house.gov
United States Representative Lynn Woolsey	http://www.woolsey.house.gov
United States Senator Barbara Boxer	http://www.boxer.senate.gov
United States Senator Diane Feinstein	http://www.feinstein.senate.gov
California, State of.....	http://www.ca.gov
Sonoma, County of.....	http://www.sonoma-county.org
Sonoma County Board of Supervisors	http://www.sonoma-county.org/board
Cloverdale	http://www.cloverdale.net
Cotati.....	http://www.ci.cotati.ca.us
Petaluma	http://www.cityofpetaluma.net
Rohnert Park	http://www.ci.rohnert-park.ca.us
Santa Rosa	http://www.ci.santa-rosa.ca.us
Sebastopol	http://www.ci.sebastopol.ca.us
Windsor	http://www.ci.windsor.ca.us

GOVERNMENT AGENCY WEBSITES

5-1-1 SF Bay Area Transit.....	http://www.511.org
Adult Protective Services, Sonoma County	http://www.sonoma-county.org/human/aps.htm
California Commission on Aging	http://www.ccoa.ca.gov
California Department of Consumer Affairs Assistance Office	http://www.dca.ca.gov
California Department of Fish and Game	http://www.dfg.ca.gov
California Department of Housing and Community Development	http://www.hcd.ca.gov
California Department of Insurance.....	http://www.insurance.ca.gov
California Telephone Access Program	http://www.ddtp.org
Community Development Commission and Housing Authority .	http://www.sonoma-county.org/cdc
Contractors State License Board	http://www.cslb.ca.gov
Department of Aging, State of California	http://www.aging.ca.gov
Department of Labor, Disabilities Resources	http://www.disabilities.gov
Department of Motor Vehicles, State of California	http://www.dmv.ca.gov

Department of Motor Vehicles Investigation Section ... <http://www.dmv.ca.gov/forms/formsinfo.htm>
Department of Rehabilitation, State of California <http://www.rehab.cahwnet.gov>
Economic Development and Housing Department, City of Santa Rosa
..... <http://www.ci.santarosa.ca.us/departments/economicdev>
Eldercare Locator <http://www.eldercare.gov>
Employment Development Department, State of California <http://www.edd.ca.gov>
Federal Equal Employment Opportunity Commission <http://www.eeoc.gov>
Federal Trade Commission Consumer..... <http://ftc.gov/bcp/consumer.shtm>
Golden Gate Transit System and Ferry Information <http://www.goldengatetransit.org>
H.E.A.P Home Energy Assistance Program..... <http://www.csd.ca.gov/programs/programs.aspx>
Medical Board of California, Department of Consumer Affairs <http://www.medbd.ca.gov>
Medicaid, U S Government, Health and Human Services <http://www.cms.hhs.gov>
Medicare, U S Government..... <http://www.medicare.gov>
Mendocino Transit Authority <http://www.4mta.org>
Petaluma Transit <http://www.cityofpetaluma.net/pubworks/transit-sub.html>
Santa Rosa City Bus <http://www.srcity.org/tp>
Santa Rosa Junior College..... <http://www.santarosa.edu>
Santa Rosa Recreation and Park Department <http://www.santarosarec.com>
Social Security Administration <http://www.ssa.gov/>
Sonoma County Auditor-Controller-Tax Collector <http://www.sonoma-county.org/auditor>
Sonoma County Department of Health Services <http://www.sonoma-county.org/health>
Sonoma County Human Services Department..... <http://www.sonoma-county.org/human>
Sonoma County Clerk-Recorder-Assessor <http://www.sonoma-county.org/assessor>
Sonoma County Volunteer Program..... <http://www.sonoma-county.org/hr/training/volunteer.htm>
Sonoma County Elder Abuse Prevention Project..... <http://www.sceapc.org>
Sonoma County Library and Branches..... <http://www.sonoma.lib.ca.us>
Sonoma County Transit..... <http://www.sctransit.com>
State Bar Attorney Complaint Hotline..... <http://www.calbar.ca.gov>
State Parks and Recreation Department..... <http://www.parks.ca.gov>
U S Administration of Aging, Department of Health and Human Services <http://www.aoa.gov>
U S Consumer Product Safety Commission..... <http://www.cpsc.gov>
U S Department of Labor, Disabilities Resources <http://www.disabilities.gov>
U S Department of Veterans Affairs <http://www.va.gov>
U S Government Printing Office <http://www.access.gpo.gov>



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"Empower, Support, Protect"

Human Services Department
COUNTY OF SONOMA

Sonoma County Area Agency on Aging
P.O. Box 4059
Santa Rosa, CA 95402