This Older Adult Community Resource Guide is a service directory to assist older adults in locating services, agencies and programs. Every effort has been taken to verify the accuracy of the information included within these pages. Should you become aware of a discrepancy, please let us know by calling 530-621-6369. Information may be found on a specific agency or program website. You may contact El Dorado County Information and Assistance if you need further assistance.

El Dorado County Senior Information and Assistance
937 Spring Street, Placerville 530-621-6369 or 800-510-2020
1360 Johnson Boulevard, Suite 103, South Lake Tahoe 530-573-3490
This one-stop resource provides seniors with information and referral assistance so that they can make informed choices, continue to live safely and independently, and improve their overall well being. Hours of operation: 8:00 a.m. to 5:00 p.m. Wheelchair accessible. Languages spoken: English and Spanish

Eldercare Locator 800-677-1116
This service provides local information, referral resources and contact information for state and local agencies.

Area Agency on Aging Serving El Dorado County
800-510-2020
530-621.6369

The El Dorado County Health and Human Service Agency (HHSA) is a public agency that partners with the community on health and welfare issues. We help residents stay healthy and become self-sufficient through a variety of health and human services.

Our Vision: Transforming Lives and Improving Futures

Our Mission: With integrity and respect, we provide effective, efficient, collaborative services that strengthen, empower and protect individuals, families and communities, thereby enhancing their quality of life.
EL DORADO COUNTY
HEALTH AND HUMAN SERVICES

El Dorado County Board of Supervisors 530-621-5390
330 Fair Lane, Placerville
www.edcgov.us/bos
District 1 – John Hidahl
District II – Shiva Frentzen
District III – Brian Veerkamp
District IV – Lori Parlin
District V – Sue Novasel

El Dorado County Health and Human Services Agency
Main Line 530-642-7300
(South Lake Tahoe) 530-573-3200
www.edcgov.us/HHSA
Community Services Division 530-621-6150
(South Lake Tahoe) 530-573-3490
Information and Assistance 530-621-6369
Behavioral Health Division 530-621-6290 or Crisis Line 530-622-3345
(South Lake Tahoe) 530-573-7970 or Crisis Line 530-544-2219
24/7 Toll Free 800-929-1955
Public Health Division 530-621-6100
(South Lake Tahoe) 530-573-3155
Child Protective Services (CPS)/Foster Care Toll Free 866-901-3212

Area Agency on Aging PSA 29 530-621-6369 or 800-510-2020
937 Spring Street, Placerville
www.edcgov.us/SeniorService.aspx
The Area Agency on Aging (AAA) is the office designated by the Board of Supervisors to carry out the daily functions and activities for citizens aged 60 and older as required under the Older Americans Act. The AAA operates within the El Dorado County Health and Human Services Agency.
<table>
<thead>
<tr>
<th>Service Type</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Day Care and Caregiver Programs and Resources</td>
<td>5</td>
</tr>
<tr>
<td>Education and Leisure</td>
<td>6</td>
</tr>
<tr>
<td>Emergency Assistance/ Services</td>
<td>9</td>
</tr>
<tr>
<td>Employment and Vocational Training</td>
<td>11</td>
</tr>
<tr>
<td>Energy and Utility Assistance</td>
<td>13</td>
</tr>
<tr>
<td>Legal Services</td>
<td>15</td>
</tr>
<tr>
<td>Funeral Preplanning and Death Related Services</td>
<td>18</td>
</tr>
<tr>
<td>General Assistance and Services</td>
<td>20</td>
</tr>
<tr>
<td>Government Assistance</td>
<td>23</td>
</tr>
<tr>
<td>Financial Services</td>
<td>25</td>
</tr>
<tr>
<td>Health Related Agencies and Services</td>
<td>28</td>
</tr>
<tr>
<td>Housing</td>
<td>34</td>
</tr>
<tr>
<td>Independence Assistance</td>
<td>36</td>
</tr>
<tr>
<td>Legal Information and Assistance</td>
<td>38</td>
</tr>
<tr>
<td>Senior Centers and Congregate Meal Programs</td>
<td>40</td>
</tr>
<tr>
<td>Transportation</td>
<td>41</td>
</tr>
<tr>
<td>Veterans Services</td>
<td>43</td>
</tr>
<tr>
<td>Volunteer Opportunities</td>
<td>44</td>
</tr>
<tr>
<td>Older Adult Services Quick Reference</td>
<td>45</td>
</tr>
</tbody>
</table>
The Club-Adult Day Care
935 Spring Street, Placerville 530-621-6180
990 Lassen Lane, El Dorado Hills 916-358-3560
www.edcgov.us/SeniorService.aspx

The Club-Adult Day Services provide a secure environment and therapeutic activities to help participants achieve optimal physical, mental and cognitive functioning. The programs improve the quality of life for older adults by reducing social isolation and increasing social and community engagement. The Club provides assistance to families and caregivers who care for an adult who may not be able to be left unattended or who can benefit from supervised socialization. This service may also provide respite (an opportunity for a caregiver to take a break from their caregiving duties). The Club is open Monday - Friday (excluding holidays) from 8:30 a.m. - 4:30 p.m. This is a fee-for-service program.

El Dorado County Family Caregiver Support Program (FCSP) 530-621-6151
937 Spring Street, Placerville
www.edcgov.us/SeniorService.aspx

Promotes family caregivers through support and care. Caregiver services include extensive information, referral, assistance, education, support, training, care coordination, respite care, support groups and supplemental services.

Del Oro Caregiver Resource Center 916-728-9333 or 800-635-0220
8421 Auburn Boulevard, Suite 265, Citrus Heights
www.deloro.org

Provides support to caregivers of brain impaired adults through education, respite, counseling and family consultations.

Caregiver Action Network (CAN) 202-454-3970
1130 Connecticut Avenue, North West, Suite 300, Washington, DC
www.caregiveraction.org

Provides education, peer support and resources to family caregivers across the nation (formerly the National Family Caregivers Association).
El Dorado County Senior Activities Program 530-621-6255
937 Spring Street, Placerville
www.edcgov.us/SeniorService.aspx
Recreational activities designed for seniors such as travel, trips, hiking, painting, fitness, bridge, crafts, yoga, line dancing and more.

El Dorado County Senior Health Education Program (SHEP) 530-621-6151
937 Spring Street, Placerville
www.edcgov.us/SeniorService.aspx
Exercise program for seniors and educational trainings.

AARP Driver Safety Program 800-350-7025
www.aarp.org/auto/driver-safety/
This program is a refresher course for drivers age 50 and older.

Folsom Lake College - El Dorado Center 530-642-5644
6699 Campus Drive, Placerville
Folsom Main Campus 916-608-6500
www.flc.losrios.edu
A branch of Folsom Lake College that provides continued education on various topics.

Lake Tahoe Community College 530-541-4660
1 College Drive, South Lake Tahoe
www.ltcc.edu
Lake Tahoe Community College provides educational classes/degrees on various topics.

Marshall Community Health Library 530-626-2778
3581 Palmer Drive, Suite 101, Cameron Park
www.marshallmedical.org/library
Public library serving community members and health care providers. Free of charge. Topics include nutrition, mental health, fitness, dementia, pregnancy, caregiving, aging, children’s health and complementary therapies.

Society for Accessible Travel & Hospitality (SATH) 212-447-7284
www.sath.org
Educational organization that raises awareness about the needs of all travelers with disabilities. Strives to remove physical and attitudinal barriers to free access and expand travel opportunities.
Computer Labs

El Dorado Hills Senior Center  916-358-3575
990 Lassen Lane, El Dorado Hills
www.edhcsd.org/senior_center.html

Placerville Senior Resource Room  530-621-6150
937 Spring Street, Placerville
www.edcgov.us/Government/HumanServices/senior%20services/pages/senior_resource_and_computer_center.aspx

South Lake Tahoe Senior Center  530-542-6094
3050 Lake Tahoe Boulevard, South Lake Tahoe

Discount Programs

Many restaurants, supermarkets and department stores offer senior discounts. Travel deals and other types of offers may also be available. Age requirements can vary for each organization, so be sure to ask.

AARP Membership  888-687-2277
1415 L Street, Suite 960, Sacramento
www.aarp.org/card

California AARP Office  866-448-3614
The American Association of Retired People (AARP) membership provides valuable discounts on retail products, dining, entertainment, travel and more. Health related discounts on vision, hearing, prescription and fitness services are also available.

California Department of Fish and Wildlife  916-928-5805
1740 North Market Boulevard, Sacramento
www.wildlife.ca.gov
Offers free or reduced-fee sport fishing licenses for qualified disabled persons, disabled veterans or low-income individuals age 65 or older.

California State Parks and Recreation Department  916-653-6995
1416 9th Street, Suite 144, Sacramento  800-777-0369
www.parks.ca.gov
Discount passes are available for persons 62 years of age or older visiting California State Parks.

Libraries

El Dorado County Libraries provide public education for all ages. The libraries offer classes, instructional programs and research assistance. They loan, print electronic and educational resources in welcoming environments open to the entire community.
Parks and Recreation

Local Parks and Recreation Departments offer many recreational opportunities for community members; many programs and classes are specifically for seniors. Parks and Recreation Departments also maintain, operate and develop parkland and open space.

Cameron Park Community Services District
2502 Country Club Drive, Cameron Park
530-677-2231
www.cameronpark.org

El Dorado County Parks Department
200 Armory Drive, Placerville
530-621-5360
www.edcgov.us/parks

El Dorado Hills Community Services District
1021 Harvard Way, El Dorado Hills
916-933-6624
www.edhcsd.org

Community Services and Recreation and Parks
549 Main Street, Placerville
530-642-5232
www.teamsideline.com/placerville

City of South Lake Tahoe Parks and Recreation
1180 Rufus Allen Boulevard, South Lake Tahoe
530-542-6056
www.cityofslt.us
EMERGENCY ASSISTANCE/SERVICES

IN AN EMERGENCY CALL 911

Emergency Contacts and Information

El Dorado County Adult Protective Services 530-642-4800
El Dorado County Child Protective Services 530-642-7100
(South Lake Tahoe) 530-573-3201
El Dorado County Fire District 530-644-9630
El Dorado County Long-Term Care Ombudsman 530-621-6271
Or Statewide Ombudsman 24-hour CRISIS Line 800-231-4024
El Dorado County Mental Health CRISIS Line 530-622-3345
(South Lake Tahoe) 530-621-6290
El Dorado County Sheriff’s Department 530-621-5655
(South Lake Tahoe) 530-573-3000
Barton Memorial Hospital 530-541-3420
Cal-Trans Road Conditions 800-427-7623
City of South Lake Tahoe Fire 530-542-6160
City of South Lake Tahoe Police 530-542-6100
Marshall Medical Center 530-622-1441
Nevada Department of Transportation Road Conditions 877-687-6237
Placerville City Police Department 530-642-5210
Poison Control Center 800-222-1222
Suicide Crisis Line 800-273-8255

El Dorado County Animal Services (Western Slope) 530-621-5795
6435 Capitol Avenue, Diamond Springs
South Lake Tahoe 530-573-7925
1120 Shakori Drive, South Lake Tahoe
www.edcgov.us/AnimalServices

Shelters stray, unwanted, or displaced animals and coordinates foster and volunteer programs. Enforces state statutes and county ordinances regulating animal care and welfare; investigates citizens’ complaints of animal neglect or nuisance, and responds to reports of loose and injured animals.
California Poison Control System  800-222-1222
2315 Stockton Boulevard, Sacramento
www.calpoison.org
Provides immediate, free and expert treatment advice and referral over the telephone in case of exposure to poisonous or toxic substances. In an emergency, call 911.

Office of Emergency Services (OES)  530-621-5895
ready.edso.org/
The El Dorado County Sheriff’s Office CodeRED Emergency Notification System provides a number of ways for the County to contact community members in the event of an emergency such as: evacuations due to wildfires or hazardous material spills, or urgent law enforcement operations. The EDSO CodeRED Emergency Notification System may be used to deliver alerts when there is a threat to the health or safety of residents.
HHSA Employment Resource Centers 530-642-4850
3047 Briw Road, Placerville
South Lake Tahoe 530-573-4330
3368 Lake Tahoe Boulevard, Suite 100, South Lake Tahoe

www.edcgov.us/humanservices
HHSA Employment Resource Centers helps people find jobs and businesses find employees. Services are available to the public at no cost. Centers have free access to computers, assistance with job searches, career assessments, help with resume development and interview skills, trainings and workshops to improve job skills, and more. Paid work experience and help with school tuition may be available.

Central Sierra Regional Occupational Program (ROP) 530-621-0123
4675 Missouri Flat Road, Placerville
http://edcoe.org/educational-services/support-services/central-sierra-rop
ROP is part of the California public school system and provides course concentrations and advanced training.

Charter Adult Education 530-622-7130
6767 Green Valley Road, Placerville
http://aded.edcoe.org/
Offers courses for adults to meet their educational needs.

Department of Rehabilitation, State of California 800-952-5544
1166 Broadway, Suite S, Placerville 530-626-0900
2489 Lake Tahoe Boulevard, Suite 4, South Lake Tahoe 530-541-3226
https://www.dor.ca.gov/
Provides advocacy resulting in employment, independent living and equality for people with disabilities.

AARP Senior Community Service Employment Program 855-850-2525
www.vcn.org/backtowork50plus
This program helps eligible people age 50 or older gain skills they need to find and sustain employment in the workforce. Eligible participants are at or below the federally recognized poverty line and are interested in bettering their current employment situation.
Employment Development Department, State of California  800-300-5616
www.caljobs.ca.gov
Connects job seekers and employers in an effort to build the economy.

Equal Employment Opportunity Commission  800-669-4000
1301 Clay Street, Suite 1170-N, Oakland
www.eeoc.gov
Enforces federal laws that make it illegal to discriminate against a job applicant or an employee because of the person’s race, color, religion, sex, pregnancy, national origin, age (40 or older), disability or genetic information. It is also illegal to discriminate against a person because the person complained about discrimination, filed a charge of discrimination or participated in an employment discrimination investigation or lawsuit.
ENERGY AND UTILITY ASSISTANCE

Other financial assistance programs may be available. Call your utility provider for programs, qualifications and eligibility.

El Dorado County Home Energy Assistance Program (HEAP) 530-621-6150
937 Spring Street, Placerville
South Lake Tahoe 530-573-3490
1360 Johnson Boulevard, Suite 103, South Lake Tahoe
www.edcgov.us/humanservices
This federally funded direct payment program assists income eligible households in offsetting the cost of heating and/or cooling their homes. Funding is limited. Please call for program status.

Liberty Utilities California Alternative Rates for Energy (CARE) 800-782-2506
933 Eloise Avenue, South Lake Tahoe
https://california.libertyutilities.com
Provides a monthly discount on energy bills for income-qualified households and housing facilities. Qualifications are based upon the number of persons living in the home and total annual household income.

PG&E California Alternative Rates for Energy (CARE) 800-743-5000
4636 Missouri Flat Road, Placerville
www.pge.com/care
Provides a monthly discount on energy bills for income-qualified households and housing facilities. Qualifications are based upon the number of persons living in the home and total annual household income.

Southwest Gas California Alternatives Rates for Energy (CARE) 877-860-6020
400 Eagle Station Lane, Carson City
www.swgas.com
Provides a monthly discount on energy bills for income-qualified households and housing facilities. Qualifications are based upon the number of persons living in the home and total annual household income.

Federal Lifeline Program 888-CALL-FCC
www.lifelinesupport.org
Provides discounts on monthly telephone service for a wireless telephone to eligible households. Also offers a discount on the initial installation or activation fees for telephone service if your household qualifies.
California Lifeline Program 866-272-0349
www.californialifeline.com/en
Provides basic home phone service at a discount to eligible households.

California Telephone Access Program (CTAP) 800-806-1191
P.O. Box 30310, Stockton
www.californiaphones.org
Offers a range of free, specialized phones that make it easier to hear, dial and call. Also has phones designed for people with restricted mobility or speech impairments, or who are blind or deaf.

Deaf and Disabled Telecommunication Program 800-806-1191
http://ddtp.cpuc.ca.gov
Provides telephone communication access for deaf and disabled Californians.

Salvation Army Service Extension 530-889-3990
286 Sutter St., Auburn
www.salvationarmyusa.org
Can provide temporary emergency needs assistance that is not met by other agencies or organizations.
LEGAL SERVICES

Legal Records

El Dorado County Recorder – Clerk Office 530-621-5490
360 Fair Lane, Building B, Placerville
South Lake Tahoe 530-573-3409
3368 Lake Tahoe Boulevard, Suite 108, South Lake Tahoe
www.edcgov.us/countyclerk
The County Clerk issues and registers marriage licenses, accepts and indexes fictitious business name statements, files notary bond certificates, powers of attorney, surety bonds, inventory statements and certain environmental documents, and maintains a list of public rosters.

El Dorado County Office of Vital Statistics 530-621-6121
931 Spring Street, Placerville
South Lake Tahoe 530-573-3155
3368 Lake Tahoe Boulevard, Suite 108, South Lake Tahoe
www.edcgov.us/publichealth
The Office of Vital Statistics registers births and deaths that occur in El Dorado County. The office also issues birth and death certificates and burial permits.

El Dorado County – Elections 530-621-7480
2850 Fair Lane Court, Placerville
South Lake Tahoe (Recorder Clerk) 530-573-3407
3368 Lake Tahoe Boulevard, Suite 108, SLT
(Early voting in SLT, up to 29 days before election)
www.edcgov.us/Elections
The Registrar of Voters is the department head for the Elections Department. This department provides elections services to all county residents for federal, state, county, city and special district elections.

El Dorado County Veteran Affairs 530-621-5892
Veterans Memorial Building, 130 Placerville Drive, Placerville
South Lake Tahoe 530-573-7955 ext. 5892
www.edcgov/Veterans
Veterans Affairs provides guidance and advice to help veterans become aware of, and claim, the many benefits they are entitled to due to their military service. Entitlements include counseling, education benefits, medical benefits, Cal-Vet home loans programs, disability pensions, military funeral service and burial benefits.
Legal Resources

El Dorado County Senior Legal Services 530-621-6154
937 Spring Street, Placerville
www.edcgov.us/SeniorService.aspx
Senior Legal Services helps El Dorado County residents age 60 or older who are seeking legal assistance with a civil, non-criminal matter. Services include estate planning, public benefits, consumer issues, health care, real property, wills & trusts, power of attorney, abuse and exploitation. Attorneys meet with seniors by appointment only.

El Dorado County Public Guardian 530-642-4800
768 Pleasant Valley Road, Diamond Springs
www.edcgov.us/humanservices
The Office of the Public Guardian ensures the physical and financial safety of persons unable to do so on their own, and when there are no viable alternatives to a public conservatorship. Services are defined and directed by the Superior Court. The Superior Court can appoint the Public Guardian as a conservator of the person only, estate only (for probate) or both person and estate.

California Fair Employment and Housing Department 916-478-7251
2218 Kausen Drive, Suite 100, Elk Grove
www.dfeh.ca.gov
This agency investigates, conciliates and litigates complaints and enforces laws regarding discrimination in employment, housing, public accommodations and hate violence.

Health Insurance Counseling and Advocacy Program (HICAP) 530-621-6369
937 Spring Street, Placerville
www.edcgov.us/SeniorService.aspx
HICAP provides assistance with Medicare questions, help with health insurance and long-term care insurance.

Legal Services of Northern California 530-823-7560
190 Reamer Street, Auburn
www.lsnc.net
Legal Services of Northern California provides legal representation to low-income individuals.

Voluntary Legal Services Program 916-551-2102
501 12th Street, Sacramento
www.vlsp.org
Voluntary Legal Services Program is volunteer-based, pro bono, legal assistance with civil legal matters to low-income clients living in the Sacramento region.
# Tax Preparation Assistance

**AARP Tax-Aide Program**

937 Spring Street, Placerville  
[www.aarp.org/money/taxaide](http://www.aarp.org/money/taxaide)

AARP provides seasonal volunteer assistance with tax returns.

**Franchise Tax Board**

3321 Power Inn Road, Suite 250, Sacramento  
[www.ftb.ca.gov](http://www.ftb.ca.gov)

The Volunteer Income Tax Assistance or Tax Counseling for the Elderly programs provide volunteers to assist people who are age 60 or older, disabled or low-income with simple state tax returns. Language assistance is available.

**IRS Tax Help Line**

4330 Watt Avenue, Sacramento  

IRS offers callers information regarding tax return preparation or notices from the IRS.
El Dorado County Office of Vital Statistics  
931 Spring Street, Placerville  
South Lake Tahoe (Public Health Department)  
3368 Lake Tahoe Boulevard, Suite 108, South Lake Tahoe  
www.edcgov.us/publichealth  
The Office of Vital Statistics provides copies of certificates for births and deaths that have occurred in El Dorado County within the current year and immediate past year. They also issue burial permits.

El Dorado County Recorder-Clerk Office  
360 Fair Lane, Placerville  
3368 Lake Tahoe Boulevard, Suite 108, South Lake Tahoe  
www.edcgov.us/countyclerk  
Issues certificates for births and deaths that occurred prior to the current and past year.

Online Funeral Information, Planning and Guide  
www.funeralhomesguide.com

Organ and Body Donations

24 hour Death Notification phone number  
530-572-2100

Body Donation – U.C. Davis Health System  
4800 Broadway, Suite 100, Sacramento  
www.ucdmc.ucdavis.edu/bodydonation  
Donors assist the medical school with anatomical materials necessary for the medical school curriculum. The mission of the Body Donation Program includes gratitude to the donors and their families, respect for all cultures and beliefs, and public education within our community.

California Department of Motor Vehicles (DMV)  
2919 Cold Springs Road, Placerville  
www.dmv.ca.gov  
Provides organ donor cards.
Donor Network West 800-553-6667
12667 Alcosta Boulevard, Suite 500, San Ramon
www.donornetworkwest.org
Coordinates organ and tissue recovery and distribution, and educates health care professionals and the public about the importance of organ and tissue donation.

Survivor and Burial Benefits

Department of Veteran Affairs 916-874-6811
2007 19th Street, Sacramento 800-827-1000
www.cem.va.gov
Counselors are available to answer questions regarding burial, death pension, dependency indemnity compensation and direct deposit.

Social Security Administration 877-545-5497
3916 Missouri Flat Road, Suite A, Placerville
www.ssa.gov
Report a death, file for survivor benefits or file for burial benefits.
El Dorado County Senior Information and Assistance  530-621-6369 or 800-510-2020  937 Spring Street, Placerville www.edcgov.us/humanservices  
This one-stop resource provides seniors with information and referral assistance so that they can make informed choices, continue to live safely and independently, and improve their overall well being.

El Dorado County Emergency Preparedness and Response  530-621-7581  2900 Fair Lane Court, Placerville  South Lake Tahoe  530-573-7955 x7581  www.edcgov.us/Government/PublicHealth/publichealthpreparedness  Preparés for, and responds to, public health threats and emergencies in El Dorado County. Conducts emergency planning, surveillance, detection and control of diseases, health risk communication, and education and training services for the public and healthcare providers.

El Dorado County Housing Authority  530-621-6300  2900 Fair Lane Court, Placerville  www.edcgov.us/humanservices  
This program provides rental subsidy assistance (commonly known as Section 8 housing). The program operates under federal guidelines from the U.S. Department of Housing and Urban Development.

El Dorado County Senior Peer Counseling  530-621-6304  937 Spring Street, Placerville  www.edcgov.us/humanservices  
Offers confidential supportive counseling for people age 55 or older who may be lonely, isolated, grieving, sad and/or stressed about issues of growing older. Strives to help individuals increase independence, personal growth and enjoyment of life.

California Retired Teachers Association (CalRTA)  916-923-2200  1750 Howe Avenue, Suite 630, Sacramento  www.calrta.org  
Fights to protect the benefits of California’s retired educators.
Call 2-1-1 Sacramento           800-500-4931
www.211sacramento.org
Free, 24-hour telephone customer service center for people looking for community services and resources, such as shelter, food, counseling, employment assistance and more in Sacramento County.

Friendship Line, Institute on Aging         800-971-0016
www.ioaging.org
Offers confidential telephone discussion for people age 60 or older, their caregivers and/or younger disabled adults who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide.

Parents, Families and Friends of Lesbians and Gays (PFLAG)
info@pflagplacerville.org
www.pflagplacerville.org
Educates the community about Lesbian, Gay, Bisexual and Transgender (LGBT) issues.

United Way California Capital Region          916-368-3000
10389 Old Placerville Road, Sacramento
www.unitedway.org
Improves lives by mobilizing the caring power of communities around the world to advance the common good.

**Clothes and Furniture**

Green Valley Community Church 530-622-3231
3500 Missouri Flat Road, Placerville
www.gvcconline.com

Live Violence Free 530-544-2118
2941 Lake Tahoe Boulevard, South Lake Tahoe 24 Hour Crisis Line 530-544-4444
www.liveviolencefree.org

Seventh Day Adventist Church 530-622-2446
6831 Mother Lode Drive, Placerville
http://www.placervillesdachurch.com/psdawebsite/

Snowline Hospice Thrift Store 530-621-1802
455 Placerville Drive, Placerville
www.snowlinehospice.org

St. Patrick’s Aid Ministry 530-621-7773
3109 Sacramento Street, Placerville
www.stpatpv.org
Food Assistance and Hot Meals

Home Delivered Meals and Congregate Dining Centers
937 Spring Street, Placerville
www.edcgov.us/humanservices
The El Dorado County Senior Nutrition Program enables older adults to obtain a nutritious meal at an affordable price. Meals are available to people aged 60 years and older. Home delivered meals are available to homebound seniors. Lunch is served Monday – Friday at Senior Dining Centers located throughout El Dorado County (see Senior Centers and Congregate Meal Sections for more details). A suggested donation of $3 per meal.

Brown Bag Program
6655 Merchandise Way, Diamond Springs
www.foodbankedc.org
This program is administered by the Food Bank of El Dorado County. Distributes both surplus and donated foods on a monthly basis to people age 60 or older who are living on low incomes.

Bread and Broth
Grace Hall of St. Theresa Church, 1041 Lyons Avenue, South Lake Tahoe
www.breadandbroth.org
A hot meal is provided on Mondays from 4:00 to 5:30 p.m.

Placer County Food Bank
8284 Industrial Avenue, Roseville
www.placerfoodbank.org/
Provides food assistance programs to El Dorado, Nevada and Placer Counties.

Lake Tahoe Community Presbyterian Church
2733 Lake Tahoe Boulevard, South Lake Tahoe
A hot meal is served on Fridays from 4:00 to 5:00 p.m.

Calvary Chapel
6575 Commercial Way, Diamond Springs
www.calvaryplacerville.com
The food closet is open on the 2nd and 4th Wednesdays of each month from 10:00 a.m. to 12:00 p.m.

Christmas Cheer All Year
1120 Third Street, South Lake Tahoe
The food closet is open weekly on Tuesday, Wednesday and Thursday from 11:00 a.m. to 2:00 p.m. Fresh produce is available the 1st, 2nd and 4th Friday each month at 11:00 a.m.
**Emergency Food Closets**
For contact information about Emergency Food Closets in your area, please call the Food Bank at one of the listed numbers.
Placerville  530-621-9950
El Dorado Hills  916-939-6774

**First Baptist Church of South Lake Tahoe**
1053 Wildwood Avenue, South Lake Tahoe
[www.firstbaptistchurchslt.com](http://www.firstbaptistchurchslt.com)
Food closet is open on Wednesdays from 11:00 a.m to 12:30  p.m.

**Green Valley Community Church**
3500 Missouri Flat Road, Placerville
[www.gvconline.net](http://www.gvconline.net)
Food closet is open Saturdays from 8 a.m. to 11 a.m.

**Live Violence Free**
2941 Lake Tahoe Boulevard, South Lake Tahoe
[www.liveviolencefree.org](http://www.liveviolencefree.org)
Food closet is open Monday – Friday from 8:00 a.m. to 4:00 p.m.

**Pollock Pines Community Church**
6361 Pony Express Trail, Pollock Pines
[www.pollockchurch.com](http://www.pollockchurch.com)
Food closet is open the 1st, 3rd & 4th Wednesday of the month from 9 a.m. to 12:00 p.m.

**Seventh Day Adventist Church**
6831 Motherlode Drive, Placerville
Food Closet is open most Wednesdays from 9:00 a.m. to 12:00 p.m. (Call for availability)

**S.H.A.R.E. Food Closet**
1031 Thompson Way, Placerville
[www.foodbankedc.org](http://www.foodbankedc.org)
Food closet is open Monday to Friday 10 a.m. to 12:45 p.m.
Recipients can receive three days of food supplies every two months.

**Tahoe Family Resource Center**
3501 Spruce Avenue, South Lake Tahoe
[www.tahoefrc.org](http://www.tahoefrc.org)
Food closet is open on the 2nd Friday of every month from 9:00 a.m. to 5:00 p.m.
A hot meal is provided every day from 4:00 p.m. to 5:30 p.m.

**Homeless Assistance**

**Center for Violence Free Relationships**  530-626-1450 or **Crisis Line**  530-626-1131  
344 Placerville Drive, Suite 11, Placerville  
www.thecenternow.org  
Assists victims of domestic and/or sexual assault and their families. Helps with shelter, counseling, legal services and children’s services. Men’s groups are available.

**Housing Emergency Lodging Program (H.E.L.P.)**  530-306-2352  
3109 Sacramento Street (P.O. Box 912), Placerville  
www.stpatpv.org/serve/help.htm  
Assists local homeless individuals and their families to secure temporary emergency shelter for 1-2 nights at a montel, once a year.

**Live Violence Free**  530-544-2118 or **Crisis Line**  530-5444-4444  
2941 Lake Tahoe Boulevard, South Lake Tahoe  
www.liveviolencefree.org  
Assists victims of domestic and/or sexual assault and their families. Helps with shelter, counseling, advocacy, information and referrals.

**Only Kindness - Community Resource Center**  530-344-1864  
www.edcrc.org  
Provides information and referrals to El Dorado County’s at-risk and homeless families.

**Tahoe Coalition for the Homeless**  775-573-0822  
https://tahoehomeless.org/
El Dorado County CalFresh (Western Slope) 530-642-7300
3057 Briw Road, Placerville
South Lake Tahoe 530-573-3200
3368 Lake Tahoe Boulevard, Suite 100, South Lake Tahoe
www.c4yourself.com
This program federally funded program helps low-income people buy the food they need for good health. Formerly known as food stamps.

El Dorado County CalWORKs (Western Slope) 530-642-7300
3057 Briw Road, Placerville
South Lake Tahoe 530-573-3200
3368 Lake Tahoe Boulevard, Suite 100, South Lake Tahoe
www.c4yourself.com
Provides time-limited cash aid to families with eligible, needy children. CalWORKs is the state implementation of the Federal Temporary Assistance to Needy Families (TANF) program. Housing assistance is also available for CalWORKs clients through the Housing Support Program, which is designed to increase stability for local families by providing assistance and support needed to find a safe, affordable and permanent place to live.

El Dorado County General Assistance Program (Western Slope) 530-642-7300
3057 Briw Road, Placerville
3368 Lake Tahoe Boulevard, Suite 100, South Lake Tahoe 530-573-3200
www.edcgov.us/humanservices
Provides repayable assistance for adults without dependent children who meet eligibility requirements.

El Dorado County Home Energy Assistance Program (HEAP) 530-621-6150
937 Spring Street, Placerville (Western Slope)
1360 Johnson Boulevard, Suite 103, South Lake Tahoe 530-573-3490
www.edcgov.us/humanservices
Assists eligible households in offsetting the cost of heating and/or cooling their homes. Call for program status and application. Program funding is limited.

El Dorado County Housing Choice Voucher Program 530-621-6300
2900 Fairlane Court, Placerville
www.edcgov.us/humanservices
Enables eligible persons to rent privately owned, existing, safe, sanitary, and affordable housing by making housing assistance payments to private landlords. Program funding is limited.
Helps Medi-Cal eligible recipients who are elderly, disabled or blind to stay safely in their homes. Pays providers to come into the home to assist with household and/or personal care tasks that the recipient cannot manage on their own.

This care management program helps Medi-Cal eligible seniors age 65 or older independently remain in their homes.

Assists veterans, their dependents and survivors in obtaining entitlements from federal, state and local agencies that administer veteran programs. It is not affiliated with the Federal Department of Veteran Affairs (VA).

This federally funded program provides eligible homeowners and renters with free energy efficiency upgrades to their homes to help reduce energy costs.

Protects and serves California consumers while ensuring a competent and fair marketplace. DCA helps consumers learn how to protect themselves from unscrupulous and unqualified individuals.

Oversees a range of health care services, social services, mental health services, alcohol and drug treatment services, income assistance and public health services to Californians.
Congress of California Seniors  
1230 N Street, Suite 201, Sacramento  
www.seniors.org  
Focuses its primary attention on legislative and consumer issues that affect older adults.

Federal Citizen Information Center, Senior Citizens Resources  
844-872-4681  
www.usa.gov/Topics/  
Offers government resources for seniors on money, housing, health, consumer protection and more.

National Institute on Aging (NIA)  
800-222-2225  
Building 31, Room 5C27, 31 Center Drive, MSC 2292, Bethesda, MD, 20892  
www.nia.nih.gov  
Dedicated to understanding the nature of aging, supporting the health and well-being of older adults, and extending healthy, active years of life for more people.

Social Security Administration  
877-545-5497  
3916 Missouri Flat Road, Suite A, Placerville  
www.socialsecurity.gov  
Independent agency of the federal government that administers Social Security -- a social insurance program consisting of retirement, disability and survivors benefits.

State of California Office of the Patient Advocate (OPA)  
916-324-6407  
980 9th Street, Suite 8017, Sacramento  
www.opa.ca.gov  
Offers consumers information needed to make the best health insurance decisions. Covers health care topics including consumer rights and responsibilities, dealing with problems and finding health care.
Alcohol and Substance Abuse

El Dorado County Behavioral Health (Western Slope) 530-621-6290
768 Pleasant Valley Road, Diamond Springs
South Lake Tahoe Behavioral Health 530-573-7970
1900 Lake Tahoe Boulevard, South Lake Tahoe
www.edcgov.us/MentalHealth

24 Hour Psychiatric Emergency Services
Placerville 530-622-3345
South Lake Tahoe 530-544-2219
Offers education, prevention, treatment and counseling services directly and through contracts with community agencies. Also manages various drug court programs.

Alcoholics Anonymous (AA) 530-622-3500
P.O. Box 748, Placerville
www.westernsloped22.org
South Lake Tahoe 530-541-1243
www.nnig.org
This international fellowship provides supportive services to men and women who have had a drinking problem. Provides literature and group meetings.

Al-Anon and Alateen Information 916-334-2970
5429 Palm Avenue, Suite A, Sacramento
www.ncwsa.org/d6-10
South Lake Tahoe 530-541-1243
Mutual support group of peers who share their experience in applying the Al-Anon principles to problems related to the effects drinking has in their lives.

El Dorado Council on Alcoholism (EDCA) 530-622-8193
893 Spring Street, Placerville
www.rehabcenter.net/rehab-centers/
Offers substance abuse treatment.
Marshall CARES
www.marshallmedical.org/marshall-services/cares.aspx
Clinically assisted treatment, recovery and education.

New Morning Youth and Family Services
6765 Green Valley Road, Placerville
www.newmorningyfs.org
Provides a safety net of services to troubled youth and their families.

Progress House
2844 Coloma Street, Placerville
www.progresshouseinc.org
Provides a continuum of care for individuals and families with alcohol and other drug issues.

Tahoe Turning Point
2494 Lake Tahoe Boulevard, B7, South Lake Tahoe
www.tahoeturningpoint.org
Offers drug and alcohol education and substance abuse treatment and addiction counseling.

Tahoe Youth and Family Services
1021 Freemont Avenue, South Lake Tahoe
www.tahoeyouth.org
Provides prevention, intervention and outpatient services to adults and youth.

Salvation Army Adult Rehabilitation Center
401 Del Norte Avenue, Yuba City; 525 West Lockford Street, Lodi
http://www.gosalarmy.org
Provides residential substance abuse treatment for individuals with identifiable/treatable needs.

Health and Disease Management

ALS Association (Lou Gehrig's disease)
2717 Cottage Way, Suite 17, Sacramento
916-979-9265

Alzheimer’s Association
1455 Response Road, Suite 190, Sacramento
1301 Cordone Avenue, Suite 180, Reno
www.alz.org/norcal
800-272-3900 or 916-930-9080
775-786-8061

American Cancer Society
1545 River Park Drive, Suite 100, Sacramento
691 Sierra Rose Drive, Suite A, Reno
www.cancer.org
800-227-2345
916-446-7933
775-329-0609
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number(s)</th>
<th>Address/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Diabetes Association</td>
<td>800-342-2383 or 916-924-3232</td>
<td>1900 Point West Way, Suite 212, Sacramento</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.diabetes.org">www.diabetes.org</a></td>
</tr>
<tr>
<td>American Heart Association</td>
<td>800-242-8721</td>
<td>2007 O Street, Sacramento</td>
</tr>
<tr>
<td></td>
<td></td>
<td>155 County Estates Circle, Suite 200, Reno</td>
</tr>
<tr>
<td></td>
<td>916-446-6505</td>
<td></td>
</tr>
<tr>
<td></td>
<td>775-322-7065</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.heart.org">www.heart.org</a></td>
</tr>
<tr>
<td>American Red Cross</td>
<td>916-993-7070</td>
<td>1565 Exposition Boulevard, Sacramento</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.redcross.org">www.redcross.org</a></td>
</tr>
<tr>
<td>Arthritis Foundation</td>
<td>916-368-5599</td>
<td>1851 Heritage Lane Suite 183, Sacramento</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.arthritis.org">www.arthritis.org</a></td>
</tr>
<tr>
<td>Bipolar Insights</td>
<td>530-642-0859</td>
<td>897 Union Street, Placerville</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.bipolarinsights.com">www.bipolarinsights.com</a></td>
</tr>
<tr>
<td>Carson Tahoe Cancer Resource Center</td>
<td>775-445-7500</td>
<td>1535 Medical Parkway, Carson City</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.carsontahoe.com">www.carsontahoe.com</a></td>
</tr>
<tr>
<td>Lewy Body Dementia Association</td>
<td>800-539-9767</td>
<td>7707 Rush River Drive, Sacramento</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.lbda.org">www.lbda.org</a></td>
</tr>
<tr>
<td>Marshall Cancer Resource Center</td>
<td>530-672-7050</td>
<td>3581 Palmer Drive, Suite 400, Cameron Park</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.marshallmedical.org">www.marshallmedical.org</a></td>
</tr>
<tr>
<td>Marshall Community Care Network</td>
<td>530-626-2745</td>
<td></td>
</tr>
<tr>
<td>Muscular Dystrophy Association (MDA)</td>
<td>916-921-9518</td>
<td>3835 N. Freeway Boulevard, Suite 120, Sacramento</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.mda.org">www.mda.org</a></td>
</tr>
<tr>
<td>National Alliance for Hispanic Health</td>
<td>866-783-2645</td>
<td>1501 16th Street, NW, Washington, DC</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.healthyamericas.org">www.healthyamericas.org</a></td>
</tr>
<tr>
<td>National Alliance on Mental Illness (NAMI),</td>
<td>530-677-2676</td>
<td>P.O. Box 393, El Dorado, CA</td>
</tr>
<tr>
<td>El Dorado County</td>
<td></td>
<td>South Lake Tahoe</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.namieldoradocounty.org">www.namieldoradocounty.org</a></td>
</tr>
</tbody>
</table>
### Health Services and Medical Service Providers

**El Dorado County Behavioral Health (Western Slope)**
- 768 Pleasant Valley Road, Diamond Springs
- South Lake Tahoe
- 1900 Lake Tahoe Boulevard, South Lake Tahoe
  - Crisis Line 530-622-3345
  - Crisis Line 530-544-2219

The Mental Health Division has outpatient clinics for adults who meet income and eligibility criteria. Services include screenings, evaluations, individual case management and family work. Mental Health also has Wellness Center locations on the Western Slope and South Lake Tahoe that provide a welcoming environment where clients and community members can socialize and gain a variety of personal skills, attend peer support groups and learn life skills focusing on managing mental health symptoms.

**Barton Health**
- 2170 South Avenue, South Lake Tahoe
- Crisis Line 530-544-2219

Barton Health is a rural health system that provides health and wellness services to Lake Tahoe.
residents and the area’s visitors. Barton Memorial Hospital has expanded its acute care services to include physician and outpatient facilities.

El Dorado County Public Health Division (Western Slope) 530-621-6100
931 Spring Street, Placerville
South Lake Tahoe 530-573-3155
3368 Lake Tahoe Boulevard, Suite 108, South Lake Tahoe
www.edcgov.us/PublicHealth

The Public Health Division monitors the overall health of the community and promotes wellness. Program staff control disease outbreaks, respond to public health emergencies, issue birth/death certificates, certify paramedics and conduct water testing. They also provide home visits and case management for at-risk families, low-cost immunizations, and community health education.

Divide Wellness Center-Marshall Medical Center 530-333-2548
6065 Highway 193, Georgetown
www.marshallmedical.org

This community clinic is coordinated by Marshall Medical Center and provides complete family medical care. They accept Medicare and Medi-Cal.

El Dorado Community Health Center 530-621-7700
4327 Golden Center Drive, Placerville
www.edcchc.org

This primary care center provides a full range of family practice services, including Client Advocate, Pharmacy Program and Patient Assistant Program for medications, acupuncture, podiatry, behavioral health and referral services. They accept most private insurances, Medi-Cal, Medicare, the underinsured and those without insurance.

Marshall Medical Center 530-622-1441
1100 Marshall Way, Placerville
www.marshallmedical.org

Marshall Medical Center includes Marshall Hospital, a fully accredited acute care facility; several outpatient facilities in Cameron Park, Placerville, El Dorado Hills and Georgetown; Marshall Physician Clinic Services, and many community health and education programs.

Medi-Cal (Western Slope) 530-642-7300
3057 Briw Road, Placerville
South Lake Tahoe 530-573-3200
3368 Lake Tahoe Boulevard, Suite 100, South Lake Tahoe
www.c4yourself.com

Medi-Cal is California’s Medicaid program. This public health coverage program provides health care services for low-income individuals including families with children, seniors, persons with disabilities, and others. Medi-Cal provides assistance in meeting health care expenses for eligible persons.
**Shingle Springs Tribal Health Program**  
5168 Honpie Road, Shingle Springs  
[www.sshwc.org](http://www.sshwc.org)  
Provides the community with quality care in a secure and comfortable environment. Services include medical, dental and mental health. Accepts most private insurances, Medi-Cal, Medicare, the underinsured and those without insurance.

**Western Sierra Medical Center**  
3070 Camino Heights Drive, Camino  
[www.wsmedicalcenter.com](http://www.wsmedicalcenter.com)  
Provides primary health care including preventative medicine, adult exams, urgent care for established patients and minor office procedures. Accepts Medi-Cal and Medicare.

---

**Hospice Services and Support**

**Barton Home Health & Hospice**  
2092 Lake Tahoe Boulevard, Suite 500, South Lake Tahoe  
[www.bartonhealth.org](http://www.bartonhealth.org)  
Home Health services are provided by a team of professionals in the privacy of your home with a doctor’s referral. Hospice services include supporting terminally ill patients near end-of-life and guiding their loved ones through grief. Hospice benefits are included in Medicare, Medi-Cal and most health insurance plans.

**Snowline Hospice**  
6520 Pleasant Valley Road, Diamond Springs  
[www.snowlinehospice.org](http://www.snowlinehospice.org)  
Services include supporting terminally ill patients near end-of-life and guiding their loved ones through grief. Hospice benefits are included in Medicare, Medi-Cal and most health insurance plans.
The Long-Term Care Ombudsman Program advocates for quality care and quality of life for all residents of Skilled Nursing Facilities and Residential Care Facilities. Residential Care Facilities for the Elderly (RCFE), also referred to as "Assisted Living" or "Board and Care" facilities, are non-medical facilities that provide a level of care that includes assistance with daily living activities. Skilled Nursing Facilities (SNF) provide 24 hour, 7 days a week expert care for those in need of constant care. This type of facility is for those who need short or long-term care. Medically trained staff provides care, with nurses supervising treatments, giving medications and monitoring chronic disorders.

El Dorado County Housing, Community & Economic Development 530-621-5159
2850 Fairlane Court, Placerville
www.edcgov.us/HCED/
Assists households with loans to rehabilitate their homes from blight, provide loans to first-time homebuyers, build community facilities to bring services closer to the community where families live, and provide grants to improve infrastructure to a housing development.

El Dorado County Housing Authority 530-621-6300
2900 Fairlane Court, Placerville
www.edcgov.us/humanservices
Operates under federal guidelines from the U.S. Department of Housing and Urban Development to provide rental subsidy assistance (more commonly known as Section 8).

California Advocates for Nursing Home Reform (CANHR) 800-474-1116
650 Harrison Street, 2nd Floor, San Francisco
www.canhr.org/RCFE
Provides information and education about nursing home issues; advocates for improved quality of life for people in nursing homes.

City of South Lake Tahoe Development Services 530-542-7417
1052 Tata Lane, South Lake Tahoe
www.cityofslt.us
Provides lists of affordable housing projects and manages the Housing Hotline to assist residents with landlord-tenant concerns, information and resources, or complaints regarding the condition of their rental unit.
Nursing Home Compare
www.medicare.gov/nhcompare
Detailed information about every Medicare and Medicaid-certified nursing home in the country.

U.S. Department of Housing and Urban Development
One Sansome Street, Suite 1200, San Francisco
www.hud.gov
Creates strong, sustainable, inclusive communities and quality, affordable homes for all.

U.S. Department of Agriculture – Rural Development
11661 Blocker Drive, Suite 120, Auburn
www.rd.usda.gov
Committed to the future of rural communities by offering low-cost home loans to purchase a home, or home loans and grants to be used for home repairs.
El Dorado County In-Home Supportive Services (IHSS) 530-642-4800
3057 Briw Road, Placerville
www.edcgov.us/humanservices
Helps eligible recipients who are elderly, disabled or blind stay in their homes by paying providers to come into the home and assist with household and/or personal care tasks that the recipient cannot manage on their own.

El Dorado County In-Home Supportive Service Public Authority 530-621-6287
937 Spring Street, Placerville
www.edcgov.us/humanservices
Assists those receiving IHSS by ensuring access to skilled providers who can help the recipient sustain independent living.

El Dorado County Multipurpose Senior Services Program (MSSP) 530-621-6278
935 A Spring Street, Placerville
www.edcgov.us/humanservices
Care management services for residents age 65 or older, who are Medi-Cal eligible and at risk of placement in a skilled nursing facility due to frail health.

El Dorado County You Are Not Alone (YANA) Program 530-621-6255
937 Spring Street, Placerville
www.edcgov.us/humanservices
Free daily telephone “check-in” and reassurance services available 7 days a week, supported by volunteers from the Sheriff’s Department and Health and Human Services volunteers.

Alta California Regional Center 530-626-1353
344 Placerville Drive, Suite 1, Placerville
www.altaregional.org
Assists persons with disabilities and their families. They do this by providing and securing those services and supports necessary to maximize opportunities.

Ability Tools 800-390-2699
1000 G Street, Suite 100, Sacramento
www.abilitytools.org
Expands accessibility of tools, resources and technology to increase independence, improve personal productivity and enhance quality of life for all Californians.
California Foundation for Independent Living Centers
1000 G Street, Suite 100, Sacramento
www.cfilc.org
Advocates for barrier-free access and equal opportunities for people with disabilities by increasing the capacity of Independent Living Centers.

National Council on Independent Living (NCIL)
2013 H Street NW, 6th Floor, Washington D.C.
www.ncil.org
NCIL offers a national policy platform that advocates for all human and civil rights.

Motherlode Rehabilitation Enterprises, Inc. (MORE)
399 Placerville Drive, Placerville
www.morerehab.org
Provides services for adults with developmental disabilities. Also assists the community in providing real life opportunities, including work, for those they serve.

Society for the Blind / Senior Impact Group
1238 S Street, Sacramento
www.societyfortheblind.org
For persons 55 or over and living with vision loss, the Senior Impact Project helps improve and maintain independence. This federally funded program provides no cost training in non-visual skills. All services, including transportation to and from select programs, at no charge.

Placer Independent Resource Services (PIRS)
El Dorado County Branch
681 Main Street, Suite 100, Placerville
www.pirs.org
Advocates, empowers, educates and provides services for people with disabilities enabling them to control their alternatives for independent living.
El Dorado County Senior Legal Services 530-621-6154
937 Spring Street, Placerville
www.edcgov.us/SeniorService.aspx
Senior Legal Services is intended to help if you are age 60 or older, reside in El Dorado County and are seeking legal assistance with a civil, non-criminal matter. Services include estate planning, public benefits, consumer issues, health care, real property, wills & trusts, power of attorney, abuse and exploitation. Attorneys meet with seniors by appointment only.

El Dorado County Law Library 530-626-1932
550 Main Street, Suite A, Placerville
www.eldoradocountylawlibrary.org
Free legal clinics offered on a first come, first serve basis. Call or visit website for information on classes, services, legal links and guides.

El Dorado County District Attorney 530-621-6472
515 Main Street, Placerville
www.edcgov.us/eldoda
The District Attorney’s Office investigates and prosecutes crimes. Crimes involving consumer fraud, bad checks, insurance fraud and environmental crimes should be reported directly to the District Attorney’s Consumer/Environmental Protection Unit.

California Courts
www.courts.ca.gov
Official court website provides referrals to self-help legal resources. Click on “Self-Help” link and select “Finding Free and Low-Cost Legal Help” for resources and information. This website also provides forms and rules for specific court matters.

El Dorado County Bar Association
530-303-8051
www.eldoradocountyattorneys.org
Find local attorneys using name, category or location.

FindLaw
www.findlaw.com
Provides legal information about numerous topics. Also offers help with finding a lawyer, legal questions and various legal forms.
Library of Congress
www.loc.gov
Click on the “Ask a Librarian” link to get help answering questions on a variety of topics, including law (US and International).

Sacramento County Public Law Library  916-874-6012
609 9th Street, Sacramento
www.saclaw.org
Call the main line or visit the website for information on classes offered, research guides, free forms, online resources and more.
Senior Centers
El Dorado County has three (3) Senior Centers conveniently located throughout El Dorado County. Each of the Senior Center locations offers daily programs and activities, and access to a variety of services for adults age 60 or older. The Senior Centers are a great way to stay active, socialize and learn new skills.

El Dorado Hills Senior Center
916-358-3575
990 Lassen Drive, El Dorado Hills

South Lake Tahoe Senior Center
530-573-3130
3050 Lake Tahoe Boulevard, South Lake Tahoe

Placerville Senior Center
530-621-6150
937 Spring Street, Placerville

El Dorado County Senior Nutrition Program and Home Delivered Meals
530-621-6160
937 Spring Street, Placerville
www.edcgov.us/humanservices
Coordinates the Home Delivered Meals program and meals at senior congregate meal sites.

Home Delivered Meals
Individuals who are medically or physically disabled and age 60 or older may be eligible to receive a hot nutritious meal delivered to their home Monday through Friday, with frozen weekend meals available upon request. The suggested donation for home delivered meals is $3 per meal. Eligibility is determined by staff assessment. Some restrictions apply.

Senior Congregate Meal Sites
Adults age 60 or older have the opportunity to enjoy a nutritionally balanced lunchtime meal once each weekday. Contributions are suggested but not required. Meals are served weekdays from 12:00 p.m. to 12:30 p.m.

<table>
<thead>
<tr>
<th>Cameron Park Community Center</th>
<th>Pioneer Park Community Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>2502 Country Club Dr., Cameron Park (M/F only)</td>
<td>6740 Fairplay Rd., Somerset</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Diamond Springs Lions Hall</th>
<th>Placerville Senior Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>4701 Missouri Flat Rd., Diamond Springs</td>
<td>937 Spring St., Placerville</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>El Dorado Hills Senior Center</th>
<th>Pollock Pines Community Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>990 Lassen Ln., El Dorado Hills</td>
<td>2675 Sanders Dr., Pollock Pines</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Greenwood Community Center</th>
<th>South Lake Tahoe Senior Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>4411 Hwy. 193, Greenwood</td>
<td>3050 Lake Tahoe Blvd., South Lake Tahoe</td>
</tr>
</tbody>
</table>
Senior Shuttle            530-621-6369
937 Spring St., Placerville
www.edcgov.us/humanservices
Provides weekly scheduled shopping trips in the greater Placerville area. Shuttle riders can also enjoy trips to special events and out-of-county activities. The Senior Shuttle is available by advanced reservation and provides curb-to-curb transportation service. Not wheelchair accessible and has a suggested donation.

El Dorado Transit Authority          530-642-5383
6565 Commerce Way, Diamond Springs                                                         888-246-2877
www.eldoradotransit.com
The El Dorado Transit Authority provides six local bus routes serving the west slope of El Dorado County. They also offer a number of special services:

ADA Paratransit Services Complementary Para transit is an origin to destination transportation service operating during the same hours as the local fixed route services. The ADA Para transit service operates within ¾ of a mile of the Local Fixed Route services provided within the Placerville, Pollock Pines, Cameron Park and Diamond Springs service areas for ADA eligible passengers.

El Dorado Commuter provides eleven morning trips from El Dorado County to Sacramento and eleven return trips in the afternoon, Monday - Friday. It is a fast, easy way to commute to downtown Sacramento. 50X provides service hourly between Placerville and the Iron Point Light Rail Station in Folsom; this is a limited stop route that serves Park and Ride locations, Folsom Lake College (Folsom and ED campuses), Cameron Park and the Tribal Health clinic along the Highway 50 Corridor.

El Dorado Transit Dial-A-Ride                                                                                  530-642-3696
www.eldoradotransit.com/dialaride.html
Dial-A-Ride is available to everyone, however, seniors age 60 or older and persons with disabilities receive priority in the booking process. This is a curb-to-curb transportation service and is available by advanced reservation.

Sac-Med Non-Emergency Medical Appointment Transportation
530-642-3696
Provides a shared ride public non-emergency medical appointment transportation service for seniors, disabled and general public passengers. This service operates on Tuesday and Thursday. Ride requests are scheduled on a first come, first serve basis.

Anthem Blue Cross                                                                                                  877-931-4577
Transportation assistance for medical appointments. Members may be eligible for transportation assistance to and from medical appointments. Please call for program details.
California Health & Wellness Medi-Cal 877-658-0305
www.cahealthwellness.com/
Transportation assistance for medical appointments. Members may be eligible for transportation assistance to and from medical appointments. Please call for program details.

Tahoe Transportation District 775-589-5500
128 Market Street, Suite 3F, Stateline NV
www.tahoetransportation.org
The Tahoe Transportation District (TTD) currently sponsors two North/West Shore shuttle services and oversees BlueGo transit on the South Shore.

Tahoe Transportation District ADA Demand Response 775-589-5500
128 Market Street, Suite 3F, Stateline NV
www.tahoetransportation.org
This service is administered by TTD and is available for persons who cannot otherwise use the fixed route system due to disabilities or health-related conditions, persons over 60 years of age, and veterans with a “Service-connected Disability” designation on their Veteran’s Health Identification Card.

Tahoe Transportation District SLT Specialized Transportation 530-541-7149 ext. 3
The South Lake Tahoe Specialized Transportation Service (SLT-STS) can provide interregional and out-of-area transportation for adults 60 years of age and older and individuals with disabilities. The SLT-STS provides limited monthly trips to Sacramento and Placerville/Western El Dorado County. The service can also bring those living in outlying neighborhoods to programs and services in the community, as well as provide transportation to regional programs and services they are unable to access without assistance.

BlueGo 530-541-7149
South Lake Tahoe area’s coordinated transit system includes local fixed-route bus service and commuter bus service connecting the area with Carson City and Carson Valley. The system also includes winter ski shuttles, summer trolley service to Emerald Bay, and summer bus service between Incline Village and Sand Harbor.
The Veteran Affairs Office provides guidance and advice to help veterans become aware and claim the many benefits they earned and are entitled to, while in military service to our country. Entitlements include counseling, education benefits, medical benefits, Cal-Vet home loans programs, disability pensions, and military funeral service and burial benefits.

El Dorado Veteran Resources: A Permanent Stand Down is Powered by Military Family Support. Free services offered to current military personnel, veterans and their families in El Dorado County.

Information regarding housing assistance programs for homeless veterans. Housing and supportive services include Homeless Prevention and Rapid Re-Housing Program, Domiciliary Care for Homeless Veterans, Grant and Per Diem Programs.

Helps a veteran get back to work or secure benefits that have been denied.

Provides a wide range of benefits to veterans including: disability, education and training, vocational rehabilitation and employment, home loan guaranty, dependent and survivor benefits, medical treatment, life insurance and burial benefits.
You can make a difference in the lives of others by volunteering with El Dorado County’s Health and Human Services Agency (HHSA). Volunteers are needed in many programs including: Animal Services, Senior Services, Public Health, Mental Health and Child Protective Services. For more information about specific volunteer opportunities, visit HHSA’s website.

Big Brothers Big Sisters of El Dorado County
3461 Robin Lane, Suite 2, Cameron Park
www.bbbs-edc.org
Helps children realize their potential and build their futures. They nurture children and strengthen communities.

Court Appointed Special Advocates (CASA)
347 Main Street, Placerville
www.casaeldorado.org
CASA El Dorado is part of a national non-profit organization that trains volunteers to advocate for abused and neglected children.

El Dorado County Habitat for Humanity
6168 Pleasant Valley Road, Diamond Springs
www.edchabitat.com/volunteer
This organization has a wide range of volunteer opportunities for groups and individuals. Volunteers can help with new home construction and home restoration, office support, family services, event planning, work in our retail building supplies outlet, and many other aspects of the organization’s work.

Food Bank of El Dorado County
4550 Business Drive, Cameron Park
www.foodbankedc.org
Provides food assistance on a daily basis in partnership with over 40 local emergency food response agency sites, including battered women’s shelters, senior centers, local food pantries, underprivileged youth programs, youth shelters, soup kitchens, maternity homes and more.

Friends of Seniors El Dorado County
530-334-6090
P.O. Box 564, Placerville
www.friendsofedcseniors.org
Adult Day Services......................................................................................................530-621-6180
Adult Protective Services (APS). ........................................................................530-642-4800
Animal Services (Western Slope)............................................................................530-621-5795
Animal Services (South Lake Tahoe). .....................................................................530-573-7925
Barton Health...........................................................................................................530-541-3420
CalFresh Program (Food Stamps) (Western Slope). .................................................530-642-7300
CalFresh Program (South Lake Tahoe). .................................................................530-573-3200
Child Protective Services(Western Slope/South Lake Tahoe). ...............................866-901-3212
El Dorado Transit-Local Bus/Dial-A-Ride.................................................................530-642-3696
Family Caregiver Support Program (FCSP). .........................................................530-621-6151
Health and Human Services Agency (Western Slope)...........................................530-642-7300
Health and Human Services Agency (South Lake Tahoe). .....................................530-573-3200
Health Insurance Counseling and Advocacy Program (HICAP)...............................530-621-6369
Home Energy Assistance Program (HEAP) (Western Slope). ...............................530-621-6150
Home Energy Assistance Program (HEAP) (South Lake Tahoe). .........................530-573-3490
In-Home Supportive Services (IHSS). ....................................................................530-621-6369 or 800-510-2020
Information and Assistance (I&A). ........................................................................530-621-6278 or Crisis Line 800-231-4024
Long-Term Care Ombudsman (LTCO). .................................................................530-621-6271 or Crisis Line 800-231-4024
Marshall Medical Center.........................................................................................530-622-1441
Medi-Cal (Western Slope). ....................................................................................530-642-7300
Medi-Cal (South Lake Tahoe). ................................................................................530-573-3200
Behavioral Health (Western Slope). .....................................................................530-621-6290 or Crisis Line 530-622-3345
Behavioral Health (South Lake Tahoe). .................................................................530-573-7970 or Crisis Line 530-544-2219
Multipurpose Senior Services Program (MSSP). ..................................................530-621-6278
Public Guardian........................................................................................................530-621-6219
Public Health (Western Slope). .............................................................................530-621-6100
Public Health (South Lake Tahoe). .......................................................................530-573-3155
Senior Activities......................................................................................................530-621-6255
Senior Health Education Program (SHEP). ...........................................................530-621-6151
Senior Legal Services..............................................................................................530-621-6154
Senior Nutrition Program.......................................................................................530-621-6160
Senior Peer Counseling...........................................................................................530-621-6304
Senior Resource Room............................................................................................530-621-6150
Senior Shuttle..........................................................................................................530-621-6369
Senior Times Newsletter.........................................................................................530-621-6255
Sheriff’s Office (Western Slope). ...........................................................................530-621-5655
Sheriff’s Office (South Lake Tahoe). ......................................................................530-573-3000
Suicide Crisis Line .................................................................................................800-273-8255
Tahoe Transportation District – BlueGo..................................................................530-541-7149
Veteran Services.....................................................................................................530-621-5892
Veteran Services (South Lake Tahoe). ...................................................................530-573-7955 ext. 5892
Weatherization Assistance Program (Western Slope/South Lake Tahoe).............530-621-6150