

## Area Resources for Seniors

7/16/09

**All phone numbers below are in area code (530) unless otherwise noted.**

**Senior Information & Assistance** - 742-2334. Locates services and resources requested by seniors, provides assistance completing forms, Gold Cards, etc.

**Elder Services of Northern California** – 755-2018. Pager 916-522-8464. Ombudsman, advocacy for seniors, Gatekeeper Community Services. Translation by appointment.

### **Trying to stay at home**

**Always Best Care Senior Services** - (530) 613-5789. Non-medical in home care and assisted living placement for seniors. A member of the Yuba-Sutter Chamber of Commerce.

**Comfort Keepers** - 749-8800. Non-medical in-home care. A member of the Yuba-Sutter Chamber of Commerce.

**Interim HomeStyle Services** – 673-0300. In home health care. A member of the Yuba-Sutter Chamber of Commerce.

**Better Day Adult Day Health Care** – (530) 634-0111. Day care for seniors.

**“Caring Calls”** - 674-5253. Daily telephone contact from volunteers.

**Yuba County In-Home Supportive Services** – (IHSS) 749-6471. Helps people remain safely in their own home.

**Area Agency on Aging** - 916-486-1876. Homemaker aid, ombudsman, information, referral for those 60 years or older. Sacramento.

**In-home nursing service for the disabled** – 749-4386. Fremont-Rideout Home Health.

**Home Living Skills** – 751-7140. Services for the disabled.

**Northern California Independent Living** – 893-8527. Peer advising, attendant care, interpreting services.

**Lifeline** – 743-5500. Personal remote control device for emergency response for the elderly, disabled, handicapped, or isolated.

**Seniors Helping Seniors Handyman Program** – 822-4608. City limits of Yuba City only, 60+.

### **Food and Food Programs**

**Yuba-Sutter Gleaners Food Bank** - 673-3834. A member of the Yuba-Sutter Chamber of Commerce.

**Senior Snack Program** - 749-6471.

**Moms Meals** – Two weeks worth of heat-and-serve meals delivered to your home. Contact Area 4 Agency on Aging, Jane Stan at 1-800-211-4545.

**Congregate meals (dine-in with other Seniors at the Senior Centers)** – Yuba City 822-4608, Wheatland 315-3225, Brownsville 675-0503.

**Yuba County Senior Center** – Meals served at the facility Monday-Friday, 11:30 a.m. to 12:30 p.m. Seniors \$2, under age 60 \$5. Please call 24 hours in advance 741-0777. 938 14<sup>th</sup> St, Ste 100, Marysville.

**SHARE** – 1-800-499-2506. Receive up to \$30 worth of groceries for only \$15 and two hours of volunteering. Open to everyone.

## **Legal**

**Yuba-Sutter Legal Center for Seniors** - 742-8289. Represents seniors in court and at Medi-Cal and SSI hearings, negotiates with creditors, landlords, prepares powers of attorney, homesteads, helps obtain Medi-Cal for long-term care, etc. and represents victims of abuse. A member of the Yuba-Sutter Chamber of Commerce.

**Public Guardian** – 822-7250, Sutter County. 741-6306, Yuba County. Trust of personal affairs when no relative is able to do so.

**Adult Protective Services** – 822-7151, Sutter County. 749-6471, Yuba County. Investigates referrals of elder and dependent-adult abuse or neglect.

## **Transportation**

**Case Management Transportation** – 743-1991. Transportation to important health appointments for ambulatory passengers. Doesn't do non-medical transport. Includes out of area.

**Yuba-Sutter Transit** – Route and Schedule Info and Dial-a-Ride information, 742-2877. Administration, 634-6880. A variety of general public and senior/disabled scheduled and specialized transportation services.

## **Employment**

**Senior Employment Program** – 822-5120. 55+, active adults program 40+, training opportunities.

**Yuba College Re-Entry Center** – 741-6826. Assistance to those re-entering college.

**Experience Works** – 749-4887. Senior workforce solutions.

## **Medicare, Health, and Insurance**

**Social Security Administration** – 671-5031. Information about retirement benefits, survivor's benefits, medicare, and benefits for the elderly, blind or disabled.

**Health Insurance Counseling** – 742-2334. Referrals to help seniors with Medicare billing and insurance selection.

**Medicare Information** – 1-800-952-8627.

**Peach Tree Clinic** – 749-3242. All facilities accept Medi-Cal, Medicare patients, and private insurance. Peach Tree Healthcare is a safety net for people without insurance and those who are unable to pay. They are never turned away. All patients have access to lab and pharmacy services.

**Sutter North New Patient Coordinator** – 1-877-766-3362. Can help you select a physician and schedule your first appointment.

## **Activities**

**Yuba City Parks & Recreation Dept** – 1300 Franklin Rd, Yuba City, 822-4650. The City of Yuba City Parks and Recreation offers an extensive list of senior activities including trips, fitness, arts and crafts, dance, games, and so on. Call for a current activity guide.

**Yuba City Senior Center** - 777 Ainsley Avenue, Yuba City, 822-4608. The mission statement reads: "The Yuba City Senior Center staff and volunteers are dedicated to enriching the lives of senior citizens. We strive to provide the best information, health seminars, physical fitness activities, artistic expression groups, intellectual exchange, stimulating travel and the maintenance of a comfortable social atmosphere for meeting new friends so that all seniors may lead active, productive and happy lives."

**Yuba County Senior Center** – 938 14<sup>th</sup> St, Marysville, 741-0777. The mission statement reads: “It is the mission of the Yuba County Senior Center to provide resources, recreation, education and support in various other areas for the continued growth in the senior community of Yuba County. Our goal is to provide a comfortable and safe atmosphere so all seniors can maintain their quality of life.” Quilting group, pool table, table tennis, computer center, library, video room, cards, games, puzzles and Bingo.

**Housing, Assisted Living, Skilled Nursing, and Board and Care**

**Housing Authority:** Sutter County 671-0220, Yuba County 749-5460. Housing for low-income, seniors, disabled, or agriculture workers.

**Property Tax Assistance/Postponement** – 742-2334 or 1-800-852-7050. For senior citizens and the disabled.

**INDEPENDENT LIVING**

Buttes Christian Manor	223 F St, Marysville, CA 95901	742-2421
Country Village Mobile Home Park	8831 Hwy 70, Marysville, CA 95901	743-8182
Del Prado Mobile Home Park	1695 Butte House Rd, Yuba City, CA 95993	673-7300
La Serena Garden Apartments	808 Clark Ave, Yuba City, CA 95991	671-6385
Live Oak Senior Mobile Home Park	10383 Larkin Rd, Live Oak, CA 95953	695-2910
Olive Tree Apartments	1901 7 <sup>th</sup> Ave, Olivehurst, CA 95961	743-6129
Sutter Village	1200 Gray Ave, Yuba City, CA 95991	674-5655
Town Center Senior Manor	506 Plumas St #14, Yuba City, CA 95991	755-3946

**RESIDENTIAL CARE: ASSISTED LIVING, BOARD AND CARE, NURSING HOMES**

Better Day Adult Day Health Care	723 D Street, Marysville, CA 95901	634-0111
Chestnut Commons	911 Chestnut, Yuba City, CA 95991	674-3482
Columbian Center	230 8 <sup>th</sup> St, Marysville, CA 95901	743-7542
Courtyard Assisted Living	1240 Williams Way, Yuba City, CA 95991 (& Adult Day Care)	790-3050
Creekside Country Manor	2962 Jefferson Ave, Yuba City, CA 95991	674-1129
Dorothy's Care Home	444 Robinson, Yuba City, CA 95991	751-1157
Emerald Oaks Assisted Living	2290 Forrest Lane, Yuba City, CA 95991	751-0511
Evergreen Residential Care Facility	246 Spruce St, Gridley, CA 95948	846-6266
Feather River Manor	3962 West Ella Ave, Marysville, CA 95901	743-5022
Fountains Skilled Nursing	1260 Williams Way, Yuba City, CA 95991	790-3000
Gardens Special Memory Care Unit	840 Washington Ave, Yuba City, CA 95991 (& Adult Day Care)	790-3075
Hovlid Skilled Nursing	Biggs-Gridley Memorial, 240 Spruce St, Gridley, CA 95948	846-9065
Live Oak Manor	9000 Larkin Rd, Live Oak, CA 95953	695-8020
Palmer's Residential Care Home	6356 S Geo Washington Blvd, Yuba City, CA 95993	673-7593
Pierce Guest Home	589 Obermeyer Ave, Gridley, CA 95948	846-5037
Prestige Assisted Living	515 Harris St, Marysville, CA 95901	749-1786
Summerfield Senior Care Center	1224 Plumas St, Yuba City, CA 95991	755-3850
Sutter Estates	1230 Plumas St, Yuba City, CA 95991	755-2820
Sunrise Garden Residential Care	125 E 10 <sup>th</sup> St, Marysville, CA 95901	749-1890
Terry's Guest Home	1445 Vermont, Gridley, CA 95948	846-3362
Ursula's Care Home	4004 Hammonton-Smartville Rd, Marysville, CA 95901	743-8770
Yuba City Manor	1880 Live Oak Blvd, Yuba City, CA 95991	673-6051
Emmanuel Health Care	521 Lorel Way, Yuba City, CA 95991	674-9140
Evergreen Gridley Health Care Center	246 Spruce St, Gridley, Ca 95948	846-6266
Marysville Care Center (Sunbridge)	1617 Ramirez St, Marysville, CA 95901	742-7311
Yuba City Care Center (Sunbridge)	1220 Plumas St, Yuba City, CA 95991	671-0550