



**1-800-541-8614**

# Tuolumne County Senior Guide

Servicing California's Central Valley

Guía para adultos mayores del condado de Tuolumne

Sirviendo nuestro Valle Central

E-mail / Correo electrónico: [info@valleycrc.org](mailto:info@valleycrc.org)

Web Site / Sitio Web: [www.valleycrc.org](http://www.valleycrc.org)

## Fresno Office

5363 N Fresno Street  
Fresno, CA 93710  
(559) 224-9154

## Bakersfield Office

1701 Westwind Dr. #127  
Bakersfield, CA 93301  
(661) 873-4000

## Modesto Office

1101 Standiford Ave., #A-10  
Modesto, CA 95350  
(209) 846-9635

## Advocacy / Abogacía

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

## Alzheimer's Services / Servicios para adultos con Alzheimer

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

## Case Management Programs / Programas de asistencia social

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

## Counseling / Asesoramiento

|                                                                |                                  |
|----------------------------------------------------------------|----------------------------------|
| Aging & Disability Resource Connection (ADRC).....             | (800) 510-2020 or (209) 532-6272 |
| Area 12 Agency on Aging.....                                   | (800) 510-2020 or (209) 532-6272 |
| Disability Resource Agency for Independent Living (DRAIL)..... | (209) 532-0963                   |
| Independence at Home.....                                      | (866) 421-1964                   |
| Sonora VA Clinic.....                                          | (209) 588-2600                   |
| Tuolumne County Behavioral Health Department.....              | (800) 630-1130                   |
| Valley Caregiver Resource Center.....                          | (800) 541-8614 or (559) 224-9154 |

## Disability Programs & Services / Programas y servicios de discapacidad

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

## Emergency Numbers / Líneas directas de emergencia (24 h)

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

## Equipment and Supplies / Equipos médicos duraderos y suministros

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

## Financial Assistance / Asistencia financiera

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

## Food Programs / Programas alimentarios

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

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

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

## Health Services / Servicios de salud

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

## Housing / Recursos de vivienda

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

## Home Health & Hospice / Salud en el hogar y hospicio

|                                                   |                |
|---------------------------------------------------|----------------|
| Adventist Health Hospice.....                     | (209) 536-5685 |
| Home Care Services – Adventist Health Sonora..... | (209) 536-5700 |
| Seva Hospice.....                                 | (209) 846-9488 |

## In-Home Care Services / Servicios de asistencia a domicilio

|                                                                |                |
|----------------------------------------------------------------|----------------|
| Area 12 Agency on Aging In-Home Support Services.....          | (209) 532-6272 |
| Caregiver To You.....                                          | (800) 869-4373 |
| Comfort Keepers - Sonora.....                                  | (209) 532-4500 |
| HomeCare Professionals, Inc.....                               | (209) 662-1519 |
| Interim Healthcare.....                                        | (209) 223-9119 |
| Maxim Healthcare Services, Inc. (Modesto Regional Office)..... | (209) 806-5424 |
| TLC Assistant Living Services.....                             | (209) 288-2484 |
| Tuolumne County In-Home Supportive Services (IHSS) .....       | (209) 533-5711 |

## Insurance Programs / Programas de seguros

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

## Legal Services / Servicios legales

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

## LGBTQ+

|                                   |                |
|-----------------------------------|----------------|
| LGBTQ+ Rural Resource Center..... | (209) 202-3162 |
|-----------------------------------|----------------|

## Respite Care / Asistencia de relevo

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

## Senior Centers / Centros para adultos mayores

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

## Transportation / Transporte

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

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

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

## Utilities Assistance / Asistencia para servicios públicos

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

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

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

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

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

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

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

## Web Sites / Sitio web

Administration on Aging.....[www.aoa.gov](http://www.aoa.gov)

Area 12 Agency on Aging.....[www.area12.org](http://www.area12.org)

California Department of Aging.....[www.aging.ca.gov](http://www.aging.ca.gov)

California Department of Services and Development.....[www.csd.ca.gov/Programs](http://www.csd.ca.gov/Programs)

Care.com.....[www.care.com](http://www.care.com)

Department of Veteran's Affairs.....[www.va.gov](http://www.va.gov)

Disability Resources..... [www.dor.ca.gov/Home/DAS](http://www.dor.ca.gov/Home/DAS)

H.E.L.P. for Seniors.....[www.help4srs.org](http://www.help4srs.org)

Valley Caregiver Resource Center.....[www.valleycrc.org](http://www.valleycrc.org)

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

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

## Important Phone Numbers

*Números de teléfono importantes*

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Notes / Notas:

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

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