



Tuolumne County Senior Guide

Serving California's Central Valley



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

E-mail: info@valleycrc.org Web Site: www.valleycrc.org

Advocacy

AARP.....	(800) 523-5800
HICAP (Health Insurance Counseling & Advocacy Program).....	(209) 532-6272
LTC Ombudsman Program.....	(209) 588-1597
Catholic Charities.....	(209) 532- 7632

Alzheimer's Services

Alzheimer's Association (Safe Return).....	(800) 272-3900
Medic-Alert.....	(888) 572-8566
Valley Caregiver Resource Center.....	(800) 541-8614 or (559) 224-9154

Case Management Programs

MSSP.....	(800) 510-2020 or (209) 532-6272
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Counseling

Valley Caregiver Resource Center.....	(800) 541-8614 or (559) 224-9154
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Disability Programs & Services

Amputee Coalition of America.....	(888)267-5669
California Mentor.....	(209)957-4310
Disabled Parking Placards.....	(800)777-0133
Aging & Disability Resource Connection (ADRC).....	(209)532-6272
Veteran Services.....	(209)533-7401
WATCH.....	(209)533-0510

Emergency Hotlines (24 hr)

Adult Protective Services (8-5pm).....	(209) 533-7364
ATCAA	(209) 533-1397
Area 12 on Aging	(209) 532-6272
Center for a non-violent community.....	(209) 588- 9305
Law Enforcement	911

Equipment and Supplies

California Telephone Access Program.....	(800) 806-1191
Adventist Health Sonora- Medical Supply	(209) 536-3760

Financial Assistance

Social Security Administration.....	(800) 772-1213
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Food Programs

ATCAA-Food Bank.....	(209) 984-3960
Interfaith Community Social Services.....	(209)532-0905
Red Church Food Program.....	(209)532-1580
Evangelical Free Church Food Closet.....	(209)962-7584

Congregate Meal Site

Little House-Cong.& Meals on Wheel.....	(209)962-7303
Tuolumne County Senior Center/Meals on Wheel	(209)533-2622
Tuolumne Memorial Hall.....	(209)928-1214
Tuolumne Methodist Church (Food Bank Last Saturday of every month)	
Main Line	(209)928-1376
Director of Program.....	(209)928-3426

Health Services

Adventist Behavioral Health Wellness Center.....	(209)536-5100
John C. Fremont H.C.....	(209) 966-3631
Fremont Family Physicians.....	(209) 966-0850
Friendship Line for Seniors (60+).....	(800) 971-0016
Medical Alert.....	(800)432-5378
Tuolumne County Behavioral Health	
Mainline.....	(209)533-6245
24 Hour Hotline.....	(209)533-7000

Housing

Blackberry Oaks.....	(209)536-1587
East Garden Apartments.....	(209)984-0613
Forest View Senior Apartments.....	(209)533-8500
Jamestown Terrace Apartments.....	(209)984-0632
Sonora Garden Apartments.....	(209)533-0401
Tuolumne Senior Apartments.....	(209)928-1567

Hospice

Hospice Agency (Serves Mariposa County, Partially Serves Madera and Tuolumne County)	(209) 966-3800
Adventist-Sonora Hospice	(209) 536-5685

In-Home Care Services

In-Home Supportive Services	(209)533-7352
Adventist Health Sonora.....	(209)536-3820
Comfort Keepers.....	(209)532-4500

Insurance Programs

HICAP (Health Insurance Counseling & Advocacy Program)	(800) 434-0222 or (209) 532-6272
Medi-Cal.....	(800)541-5555
Medicare.....	(800) 633-4227
Social Security Administration/SSI.....	(800)772-1213

Legal Services

Central California Legal Services.....	(209) 464-3111
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Respite Care

In-Home Supportive Services.....	(209) 533-7352
Valley Caregiver Resource Center.....	(800) 541-8614 or (559)224-9154

Senior Centers

Tuolumne County Senior Center.....	(209)533-2622
Little House.....	(209)962-7303
Tuolumne Memorial Hall.....	(209)928-1214
Tuolumne County Public Health	(209)532-7401

Transportation

Assisted Transportation Services (Mariposa County).....	(209)966-5315
Mercy Medical Transportation (Mariposa County).....	(209)966-5762
The Yosemite Area Regional Transportation (YARTS).....	(877) 989-2787
Tuolumne County Transit.....	(209)532-0404

Utilities Assistance

ATCAA Homeless Propane Assistance	(209)533-1397
CARE (discount energy program).....	(866) 743-2273
Pacific Gas and Electric (PG&E)	(800) 743-5000
Sierra Tel Lifeline.....	(209) 966-3636
Universal Lifeline Telephone Service (AT&T).....	(800)288-2020
Low-Income Home Energy Assistance Program (LIHEAP).....	(866) 675-6623

Miscellaneous

ATCAA Homeless Prevention/Shelter.....	(209)533-1397
California Department of Aging.....	(800)510-2020
C-SET Senior Services.....	(800)321-2462
Eldercare Locator.....	(800)677-1116

Web Sites

Administration on Aging.....	www.aoa.gov
Area 12 Agency on Aging.....	www.area12.org
California Department of Aging.....	www.aging.ca.gov
California Department of Services and Development.....	www.csd.ca.gov/Programs
Care.com.....	www.care.com
Department of Veteran's Affairs.....	www.va.gov
Disability Resources.....	www.dor.ca.gov/Home/DAS
H.E.L.P. for Seniors.....	www.help4srs.org
Valley Caregiver Resource Center.....	www.valleycrc.org

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

Important Phone Numbers

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Notes:

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