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

Sonoma County Human Services Department
Jerry Dunn, Director
Adult and Aging Division
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Sonoma County Area Agency on Aging
www.socoaaa.org

January 2014
INTRODUCTION

The 2014 edition of the Sonoma County Senior Resource Guide is a directory of services, agencies, and programs which assists older persons, in their daily lives. The services are listed in alphabetical order by category of service with specific agencies listed under the appropriate category. Service providers with Spanish speaking staff are noted with the symbol (Sp) by their business name.

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

Information on issues, related to older adults as well as on services listed in this directory can also be found at sonoma.networkofcare.org/aging.

The material in this directory is current as of December 1, 2013. All efforts have been made to obtain accurate listings. Additional information may be found on an agency's website. Should you have difficulty in reaching or locating a service, please contact the Senior Information and Assistance program in the following areas of Sonoma County:

• Petaluma Area:
  Petaluma People Services Center ................................................................. 765-8488

• Guerneville and River Area:
  Community & Family Service Agency - Senior Resource Center .................. 869-0618

• All Other Areas in Sonoma County:
  Council on Aging ...................................................................................... 525-0143 or (800) 510-2020

For information about services in other locations throughout the United States:

Eldercare Locator ......................................................................................... (800) 677-1116

Directory may not be current after initial printing. If errors or changes, please notify:

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

Mailing Address:
PO Box 4059
Santa Rosa, California 95402
www.socoaaa.org

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ADULT DAY CARE PROGRAMS

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

Adult Social Day Care

Council on Aging ................................................................. 525-0143
  • First United Methodist Church
    Santa Rosa Senior Day Services; Mon. & Wed ................................. 525-0143x103
    2150 Giffen Ave., Santa Rosa, CA
  • St. Paul's Church
    Healdsburg Senior Day Services; Mon, Tues, & Wed ......................... 433-6161
    209 Matheson Street, Healdsburg, CA 95448
  • Sebastopol Area Senior Center
    Sebastopol Senior Day Services; Mon, Wed, & Fri ......................... 829-2440
    167 High St, Sebastopol, CA 95472
  • Vintage House Senior Center
    Sonoma Senior Day Services; Tues, Thurs, Fri .......................... 935-0850
    264 First St. East, Sonoma, CA 95476

Old Adobe Developmental Services ........................................ 763-9807
  1301 Rand Street, Suite A, Petaluma, CA 94954
  • Various programs for adults with developmental disabilities, including senior programs.

Petaluma People Services Center; Adult Day & Respite Program 765-8490
  25 Howard Street, Petaluma, CA 94952
  • Monday, Wednesday, & Friday

Primrose Alzheimer's Living and Adult Day Club 578-8360
  2080 Guerneville Road, Santa Rosa, CA 95403
  • Services are provided Monday - Friday

Alzheimer's Respite Care

Caregiver Respite Services
See “Respite Services for Caregivers” on p. 28, “Support Groups and Counseling” on p.30

Catholic Charities Alzheimer's Respite Center 528-8712
  987 Airway Court, Santa Rosa, CA 95403

Council on Aging, Sonoma Respite 935-0850
  264 First Street East, Sonoma, CA 95476

Vintage Brush Creek 538-2590
  4225 Wayvernn Drive, Santa Rosa, CA 95409
CARE MANAGEMENT

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

Community & Family Service Agency-Senior Resource Center ........................................... 869-0618
15010 Armstrong Woods Road, Guerneville, CA 95446

Council on Aging of Sonoma County: Care Management .................................................. 525-0143
30 Kawana Springs Road, Santa Rosa, CA 95404
• Senior Care Coordination is a fee-based Care Management program

Linkages Program, Sonoma County .................................................................................... 565-5900
3725 Westwind Boulevard, Suite 101, Santa Rosa, CA 95403
• Assistance for 60+

Multipurpose Senior Services Program (MSSP), Sonoma County .................................... 565-5970
3725 Westwind Boulevard, Suite 101, Santa Rosa, CA 95403
• Assistance for frail elderly 65+, Medi-Cal eligible

North Bay Regional Center .................................................................................................... 569-2000
2351 Mendocino Avenue, Santa Rosa, CA 95403
• Services for Regional Center clients with developmental disabilities incurred prior to age 18

Petaluma People Services Center ........................................................................................ 765-8490
25 Howard Street, Petaluma, CA 94952

Seniors At Home, a division of Jewish Family & Children’s Services .............................. 571-8533
1360 North Dutton Avenue, Suite C, Santa Rosa, CA 95401

CONSUMER INFORMATION AND COMPLAINTS

Better Business Bureau ......................................................................................................... (510) 238-1000

California Department of Consumer Affairs: Consumer Assistance Office .............. (800) 952-5210
• Information and referral on general consumer issues; auto repairs
  smog issues and complaints
TTY (916) 322-1700

California Department of Housing and Community Development
Mobile Home Ombudsman ................................................................................................. (800) 952-5275 or (916) 445-4782
• Complaints regarding Health and safety, sales and warranty issues
  for mobile homes and manufactured housing

Consumer Product Safety Commission .............................................................................. (800) 638-2772
4330 East West Hwy, Bethesda, MD, 20814
TTY (301) 595-7054

Contractors State License Board - Automated Information Number ............................ (916) 255-3900
• Information on hiring contractors, contractor’s license status, and complaints
  (800) 321-2752

California Department of Insurance Consumer Hotline ........................................ (800) 927-4357 or (213) 897-8921
300 South Spring Street, South Tower, Los Angeles, CA 90013
TTY (800) 482-4833
DEPARTMENT OF MOTOR VEHICLES (DMV) INVESTIGATION SECTION ............................................... 648-4511
200 Couch Street, Vallejo, CA 94590
• Takes complaints about auto dealers, contract issues, auto advertising and warranties, odometer rollbacks and fraudulent driver’s license applications

FEDERAL TRADE COMMISSION CONSUMER RESPONSE CENTER ............................................. (877) 382-4357
• Consumer counselors, information on identity theft TTY (866) 653-4261
• Freedom of Information Act, credit related information, antitrust issues
• IDENTITY THEFT HOTLINE ..................................................................................................... (877) 438-4338

INSURANCE INFORMATION INSTITUTE .................................................................................. (800) 331-9146
• Information for homeowners, auto and life insurance TTY (800) 482-4833

MEDICAL BOARD OF CALIFORNIA CENTRAL COMPLAINT UNIT ........................................ (800) 633-2322 or (916) 263-2424
• Complaints regarding physicians and allied health professionals

SONOMA COUNTY DISTRICT ATTORNEY’S OFFICE, ENVIRONMENTAL & CONSUMER LAW DIVISION ... 565-3161
• Investigates complaints of consumer fraud

SONOMA COUNTY MOBILEHOME OWNERS’ ASSOCIATION, INC. ........................................... 584-7222
• Support group, information on owner’s rights and other issues pertaining to the mobile home community

STATE BAR ATTORNEY COMPLAINT HOTLINE ........................................................................ (800) 843-9053
• Complaints, information on attorney discipline status

DEATH RELATED SERVICES
See also “Hospice” on p. 15 and “Grief Counseling and Support” on p. 31

FUNERAL INFORMATION AND PLANNING
See Yellow Pages under Funeral Information and Advisory Services.

ORGAN AND BODY DONATIONS

CAlIFORNIA TRANSPLANT DONOR NETWORK ............................................................................ (888) 570-9400 / (510) 444-8500
1000 Broadway, Suite 100, Oakland, CA 94607
• Provides information and education regarding organ donation and transplantation

DEPARTMENT OF MOTOR VEHICLES ......................................................................................... (800) 777-0133
• Provides organ donation cards

THE UCSF WILLED BODY PROGRAM ...................................................................................... (415) 476-1981
• For whole body donations, no upper age limit

TISSUE BANKS INTERNATIONAL - NATIONAL PROCESSING CENTER ....................................... (415) 455-9000
2597 Kerner Blvd., San Rafael, CA 94901
• Provides information regarding tissue donation and recovery of tissue

SURVIVOR AND BURIAL BENEFITS

DEPARTMENT OF VETERANS AFFAIRS .................................................................................. (800) 827-1000
• Veteran’s burial and survivor benefits; service and non-service connected TTY (800) 829-4833

SOCIAL SECURITY ADMINISTRATION ...................................................................................... (800) 772-1213 or (877) 870-6384
• To report a death, file for survivors’ benefits, file for burial benefits TTY 544-2583
**DISABLED ADULT SERVICES**

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

**Alzheimer's Association** ................................................................. 573-1210
1211 North Dutton Avenue, Suite A, Santa Rosa, CA 95401
- Advocates for people with Alzheimer's and other related dementias, and for their families

**Becoming Independent** ........................................................................................................ 524-6600
1425 Corporate Center Parkway, Santa Rosa, CA 95407
- Various programs for adults with developmental disabilities, including senior program

**Bergin University - Assistance Dog Institute** ................................................................. 545-3647
- Trains and provides service-dogs for people with mobility issues

**California Department of Motor Vehicles** ............................................................. (800) 777-0133
2570 Corby Avenue, Santa Rosa, CA 95407
- Disabled parking placard

**California Department of Rehabilitation** .............................................................. 576-2233
50 D Street, Suite 425, Santa Rosa, CA 95404
TTY 542-6365

**California Human Development Corporation - Growth Opportunities** ...................... 542-5609
1695 Piner Road, Suite A, Santa Rosa, CA 95403
- Personalized services, developmental disabilities; seniors receiving services must be clients of North Bay Regional Center

**Canine Companions for Independence** ................................................................. 577-1700 or (800) 572-2275
2965 Dutton Avenue or P.O.Box 446, Santa Rosa, CA 95402,
- Enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships. Free of charge

**Disability Services and Legal Center (DSLC)** ......................................................... 528-2745 or (800) 528-7703
521 Mendocino Avenue, Santa Rosa, CA 95401
TTY 528-2151
- Assistive Technology Network for a wide range of assistive technology and services

**Easter Seals Bay Area, Inc.** ....................................................................................... 584-1443
1950 Parallel Dr., Lakeport, CA 94928
- Equipment loan (walkers, wheelchairs, commodes, shower benches, canes)

**Goodwill Industries of the Redwood Empire** ......................................................... 523-0550
651 Yolanda Avenue, Santa Rosa, CA 95404
- Vocational services for people with disabilities

**Max's Home Cares** ................................................................................................. 364-0305
3820 Bodega Avenue, Petaluma, CA 94952
- Must call for appointment to pick up or drop off any equipment
- Loans or donates walkers, wheelchairs, commodes, shower benches, canes, braces, bed pads and accepts donations of above equipment

**Multiple Sclerosis Society, Northern California Chapter** .................. (800) 344-4867 or (415) 230-6677
1700 Owens, Suite 190, San Francisco, CA 94158
Old Adobe Developmental Services .......................................................................................... 763-9807
1301 Rand Street, Suite A, Petaluma, CA 94954
• Various programs for adults with developmental disabilities, including senior programs

United Cerebral Palsy of North Bay .................................................................................. 766-9990
3835 Cypress Drive, Suite 103, Petaluma, CA 94954

Non-Emergency Medical Transportation
See p. 34, “Paratransit Services”

DISCOUNT CARDS

California Department of Fish and Wildlife, Yountville .................................................. 944-5500
7329 Silverado Trail, Napa, CA 94558
• Reduced fee sport fishing licenses: Age 65 + if low income or disabled veteran; free for qualified disabled

California State Parks and Recreation Department .......................................................... 938-1519
363 Third Street West, Sonoma, CA 95476

Golden Gate Transit System and Ferry Information .................................................. (415) 455-2000
1011 Anderson Drive, San Rafael, CA 94901
• Bus or ferry discount with I.D. for those 65+ or disabled. Fee: Half of adult fare

Santa Rosa City Bus ........................................................................................................ 543-4636
100 Santa Rosa Avenue, Room 6, Santa Rosa, CA 95404
• Regional Transit Connection I.D. Card for senior citizen or disabled person
• Transit discount cards available on Mon-Thurs from 8:00am to 5:00pm

Santa Rosa Junior College .................................................................................................. CyBear Center 522-2638
1501 Mendocino Avenue, Santa Rosa, CA 95401
• Student Lounge issues Gold Card for library privileges, special rates on events (Age 60+)
• Semester parking permits: Admissions & Records 527-4685 or Campus Police 527-1000

Santa Rosa Recycling and Collection ........................................................................ 586-1478
• Discounted garbage rates for senior citizens 65 + and mobile home park residents located within Santa Rosa city limits

Sonoma County Regional Parks .......................................................................................... 565-2041
2300 County Center Drive, Room 120, Santa Rosa, CA 95403

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

EDUCATION

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

Petaluma Adult School ................................................................. 778-4633
200 Douglas Street, Petaluma, CA 94952

**Health Education**

Northern California Center for Well-Being ........................................... 575-6043
365 Tesconi Circle, Suite B, Santa Rosa, CA 95401
- Assists in improving the quality of life and health of our Sonoma County Community
  through evidence-based preventive services and self-care classes, emphasizing full
  participation and decisions affecting health

Sonoma County YMCA ................................................................. 545-9622
1111 College Avenue, Santa Rosa, CA 95404
- Discounted senior memberships available, senior fitness classes, diabetes
  prevention program

**Other Education**

AARP Driver Safety Program ........................................................ (888) 227-7669
- Class information on educational driving programs for mature drivers
- Call for information on classes in County of Sonoma

Community Network for Appropriate Technologies:
Community Network Journey Project ............................................. 539-2364
55 A Ridgeway Avenue, Santa Rosa, CA 95403
- Provides information, education and advocacy on end of life issues, advance care
  planning and palliative care
- Free or on a sliding scale depending upon ability to pay

Sonoma County Elder Protection Workgroup .................................... 565-8255
- Free informational sessions for seniors and those who care about them

Santa Rosa Junior College ............................................................ 527-4011
1501 Mendocino Avenue, Santa Rosa, CA 95401

Sonoma State University, Osher Lifelong Learning Institute ............... 664-2394
1801 East Cotati Avenue, Rohnert Park, CA 94928

**EMERGENCY SERVICES**

For non-emergency phone numbers, see “Law Enforcement Agencies,” page 20

2-1-1 Information and Referral for Health and Human Services .......... Dial 2-1-1 or (800) 325-9604
- Information about health and human service needs - food, clothing, shelter,
  counseling, financial aid, elder care, child care, transportation and Sonoma Access
  and much more

911 Help from Police, Fire, Ambulance and Search and Rescue - Emergency Only .......... Dial 9-1-1

California Poison Control System (CPCS) ...................................... Emergency (800) 222-1222
- Help with medication double doses, drug interactions, and
  accidental poisoning
  TTY (800) 972-3323
Food, Clothing and Shelter

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

**American Cancer Society** .................................................. (800) 227-2345
- Lodging reimbursement for individuals traveling more than 50 miles for out-of-town cancer treatments

**American Red Cross; Sonoma and Mendocino County Chapter** .......................... 577-7600
5297 Aero Drive, Santa Rosa, CA 95403
- Lodging reimbursement for individuals traveling more than 50 miles for out-of-town cancer treatments

**Bed and Shelter Hotline** ........................................................................ (800) 774-3583
- Recorded referrals covering several counties

**Catholic Charities Family Support Center, Santa Rosa** .................................. 542-5426
465 A Street, Santa Rosa, CA 95401
- Emergency shelter for children and their families, the disabled and seniors
- Intake is daily from 1:00pm to 3:00pm; may have waiting list
- No clothing distribution

**Catholic Charities: Rural Food Project** .................................................. 528-8712
- Supplemental food for all in need
- Distribution in rural areas - Boyes Hot Springs, Fulton, Graton, Sebastopol and Healdsburg
- Call for schedule

**Community & Family Service Agency Food Program** .......................... 869-0655
- First come first served basis for individuals and families in West Sonoma County
- Park and Ride parking lot on River Road west side of Guerneville, Tuesday 11:00am

**FISH (Friends in Sonoma Helping): Santa Rosa** ........................................ 527-5151
2900 McBride Ln, Santa Rosa, CA 95403
- Food only Monday-Friday 10:30am to 2:00pm, Saturday 10:30am to 12:00 noon
- Call ahead for food to be picked up that day

**FISH (Friends in Sonoma Helping) of Sonoma Valley (Shellville to Glen Ellen)** ........................................... 996-0111
- Monday-Friday 9:00am-5:00pm for rides, clothing and other services
- Monday-Friday 9:00am to 12:00 noon call in for food; Pick up same day 1:30pm

**North Bay Veterans Resource Center - A Division of Vietnam Veterans of California** .................................................................. 578-8387
2455 Bennett Valley Road, Suite B117, Santa Rosa, CA 95404
- Assists enrolled veterans of all eras with transportation, clothing, tools, fees, tuition and training costs
- Veteran’s employment and training program and veterans transitional home

**Petaluma Kitchen** ....................................................................................... 778-6380
900 Hopper Street, Petaluma, CA 94952
- (7 Days a Week: Breakfast 7:30am to 9am and Lunch 11:30am to 1pm)
- Meals and grocery distribution for low income families
- Food Box Program for Petaluma residents meeting eligibility requirements Sunday-Thursday 9:30am to 11:00am

**Redwood Empire Food Bank** ........................................................................ 523-7900
- Information about access to emergency food resources and food distribution
  Monday-Friday 8:30am to 4:30pm
Redwood Gospel Mission
101 Sixth Street, Santa Rosa, CA 95401
- Meals, shelter, and clothing for men
- Alcohol and drug recovery and job development for men and women

Redwood Gospel Mission - The Rose Women and Children’s Shelter
1048 Wild Rose Drive, Santa Rosa, CA 95401
- Provides basics like food, clothing, shelter, and personal hygiene in a home-like setting for women and their children. Hours of operation are 24 hours.

Sonoma County Human Services Department:
Referrals to Assistance
2550 Paulin Drive, Santa Rosa, CA 95403
- General information on clothing, shelter, and food
- Phone number 2-1-1 is available 24 hours a day, seven days a week
- CalFresh for seniors 2-1-1 or 565-2715 or (800) 331-2278
- Help with transportation and Sonoma Access

St. Vincent de Paul Society, Santa Rosa Dining Room
610 Wilson St., Santa Rosa, CA 95401
- Dining Room: Mon-Sun, 11:20am to 12:30pm
- Thrift Store: 5671 Redwood Drive, PO Box 1095, Rohnert Park, CA 94927

To Report Abuse
Adult Protective Services (APS),
Sonoma County Human Services Department
PO Box 4059, Santa Rosa, CA 95402
- Investigation of abuse and neglect of elder or dependent adults living in the community
- 24-hour response for reports of abuse and neglect

Ombudsman Program of Senior Advocacy Services
- Ombudsman 24-Hour Crisis Line
  (800) 231-4024
- Investigation and prevention of abuse in residential care, assisted living facilities and nursing homes

YWCA Domestic Violence
- 24-Hour Crisis Line

EMPLOYMENT AND VOCATIONAL TRAINING
Programs listed provide education and/or specific skills training for individuals who are having difficulty entering or re-entering the workforce.

AARP Program Referrals
(866) 448-3614
- Referrals for people 55 and over; low income

California Department of Rehabilitation
50 D Street, Suite 425, Santa Rosa, CA 95404
- Vocational rehabilitation

Employment Development Department, State of California
(800) 300-5616
- Unemployment Insurance
Equal Employment Opportunity Commission .............................................. (415) 625-5600 or (800) 669-4000
350 Embarcadero Street, Suite 500, San Francisco, CA 94105-1260
TTY (800) 669-6820
• Job bias questions

Sonoma County Job Link ........................................................................................................... 565-5500
2227 Capricorn Way, Suite 100, Santa Rosa, CA 95407
• Job Link Office provides a full range of vocational services free to eligible individuals
  55 years and older with the goal of full or part-time employment
• Services include: career assessment, testing and counseling, on-the-job training,
  possible financial assistance, and job-seeking and placement assistance

SCORE (Service Corps of Retired Executives) ................................................................. 571-8342
777 Sonoma Avenue, Room 115B, Santa Rosa, CA 95404
• Provides counseling for those starting or maintaining private businesses
• Workshops with modest fee

FINANCIAL ASSISTANCE AND INFORMATION

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

Consumer Assistance

AARP Tax Aide Assistance Program Information .......................................................... 762-6228
• Volunteer tax assistance for people of low to moderate income, February 1 - April 15
• Go to website www.aarp.org for locations and time

Consumer Credit Counseling Service .............................................................. (800) 777-7526
70 Stony Point Road, Suite C, Santa Rosa, CA 95401
• HUD approved housing counseling and reverse mortgage counseling
• Financial assistance and bankruptcy education counseling
• Debt Management Plan to repay credit cards

Sonoma County Human Services Department: Economic Assistance Division ........... 565-2715
520 Mendocino Avenue, Suite 225, Santa Rosa, CA 95402
• CalFresh, first time Medi-Cal applicants, Affordable Care Act enrollment, information on Covered CA
520 Mendocino Avenue, Santa Rosa, CA 95402 ............................................................. (877) 699-6868
• Medi-Cal recipients with ongoing cases and first time Medi-Cal Applicants

Sonoma County Veterans Service Office ....................................................................... 565-5960
3725 Westwind Boulevard, Suite 101, Santa Rosa, CA 95403
Information and assistance in filing for federal, state and local veterans benefits including
• Enrollment in the VA health care system and California's Veteran homes
• Burial and education benefits including GI Bill and Cal Vet tuition fee waivers
• Disability compensation and non-service connected disability pension (Aid and Attendance)

Volunteer Income Tax Assistance (VITA) Coalition ...................................................... Dial 2-1-1
• IRS Certified Tax Assistants available January to April 14
• FREE help for Sonoma County residents with Earned Income Tax Credit (EITC)
• Call 2-1-1 to schedule an appointment
Money Management

Council on Aging of Sonoma County: Financial Services ......................................................... 525-0143
30 Kawana Springs Road, Santa Rosa, CA 95404
• Daily money management program, trust management and conservatorships

Seniors At Home, a division of Jewish Family & Children’s Services ................................. 303-1515
1360 North Dutton Avenue, Suite C, Santa Rosa, CA 94501
• Comprehensive services—from bill paying to conservatorship of estate—to help seniors manage their money safely and wisely

To Report Financial Abuse

Adult Protective Services (APS),
Sonoma County Human Services Department ................................................................. 565-5940 or (800) 667-0404
PO Box 4059, Santa Rosa, CA 95402
• Investigation of abuse and neglect of elder or dependent adults living in the community
• 24-hour response for reports of abuse and neglect

Ombudsman Program, Senior Advocacy Services ............................................................... 526-4108
1304 Southpoint Blvd., Ste. 280, Petaluma, CA 94954
• Investigation and complaint resolution
• Prevention of abuse in long-term care facilities and nursing homes

HEALTH CARE SERVICES

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

Alcohol and Other Drug Services

Drug Abuse Alternatives Center (DAAC) ............................................................. 544-3295
2403 Professional Drive, Santa Rosa, CA 95403
• Outpatient and Residential Treatment Programs,FREE
• Family & Friends Support Groups

Redwood Gospel Mission: Manna Home ............................................................................ 576-1471
2032 Dennis Lane, Santa Rosa, CA 95403
• A 10 month residential recovery program that provides services for adult women at no cost to the participant or her family

Sonoma County Department of Health Services, Alcohol and Other Drug Services ...... 565-7450
• Orenda Center, 1430 Neotomas Avenue, Santa Rosa, CA 95405
  Detox 565-7460

Community Health Centers or Clinics

Alexander Valley Regional Medical Center ............................................................. 894-4229
6 Tarman Drive, Cloverdale, CA 95425

Alliance Medical Center .................................................................................................. 433-5494
1381 University Avenue, Healdsburg, CA 95448
8465 Old Redwood Highway, Suite 410, Windsor, CA 95492 (appointment only)
<table>
<thead>
<tr>
<th>Medical Center/Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart to Heart Medical Center</td>
<td>524-9640</td>
</tr>
<tr>
<td>2200 Range Avenue, Suite 109, Santa Rosa, CA 95403</td>
<td></td>
</tr>
<tr>
<td>Jewish Community Free Clinic</td>
<td>585-7780</td>
</tr>
<tr>
<td>490 City Center Drive, Rohnert Park, CA 94928</td>
<td></td>
</tr>
<tr>
<td>Petaluma Health Center</td>
<td>559-7500</td>
</tr>
<tr>
<td>1179 North McDowell Blvd., Petaluma, CA 94954</td>
<td></td>
</tr>
<tr>
<td>Redwood Coast Medical Services, Inc</td>
<td>884-4005</td>
</tr>
<tr>
<td>46900 Ocean Drive, Gualala, CA 95445</td>
<td></td>
</tr>
<tr>
<td>Mailing Address: PO Box 1100 Gualala, CA 95445</td>
<td></td>
</tr>
<tr>
<td>Santa Rosa Community Health Centers: Brookwood Health Center</td>
<td>583-8700</td>
</tr>
<tr>
<td>983 Sonoma Avenue, Santa Rosa, CA 95405</td>
<td></td>
</tr>
<tr>
<td>Santa Rosa Community Health Centers: Southwest Community Health Center</td>
<td>547-2222</td>
</tr>
<tr>
<td>751 Lombardi Court, Santa Rosa, CA 95407</td>
<td></td>
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<tr>
<td>Santa Rosa Community Health Centers: Vista Family Health Center</td>
<td>303-3600</td>
</tr>
<tr>
<td>3569 Round Barn Circle, Santa Rosa, CA 95403</td>
<td></td>
</tr>
<tr>
<td>Sonoma County Indian Health Project</td>
<td>521-4545</td>
</tr>
<tr>
<td>144 Stony Point Road, Santa Rosa, CA 95401</td>
<td></td>
</tr>
<tr>
<td>Sonoma Valley Community Health Center</td>
<td>939-6070</td>
</tr>
<tr>
<td>430 West Napa Street, Suite F, Sonoma, CA 95476</td>
<td></td>
</tr>
<tr>
<td>St. Joseph Urgent Care, Santa Rosa</td>
<td>543-2000</td>
</tr>
<tr>
<td>925 Corporate Center Parkway, Suite A, Santa Rosa, CA 95407</td>
<td></td>
</tr>
<tr>
<td>St. Joseph Urgent Care, Rohnert Park</td>
<td>584-0672</td>
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<tr>
<td>1450 Medical Center Drive, Rohnert Park, CA 94928</td>
<td></td>
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<tr>
<td>St. Joseph Urgent Care, Windsor</td>
<td>838-2044</td>
</tr>
<tr>
<td>6580 Hembree Lane, Suite 270, Windsor, CA 95492</td>
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</tr>
<tr>
<td>Sutter Pacific Family Medicine</td>
<td>521-7777</td>
</tr>
<tr>
<td>3883 Airway Drive, Suite 202, Santa Rosa, CA 95403</td>
<td></td>
</tr>
<tr>
<td>West County Health Centers: Forestville Wellness Center</td>
<td>887-0290</td>
</tr>
<tr>
<td>6550 Front Street, Forestville, CA 95436</td>
<td></td>
</tr>
<tr>
<td>West County Health Centers: Occidental Area Health Center</td>
<td>874-2444</td>
</tr>
<tr>
<td>3802 Main Street, Occidental, CA 95465</td>
<td></td>
</tr>
<tr>
<td>West County Health Centers: Russian River Health Center</td>
<td>869-2849</td>
</tr>
<tr>
<td>16319 Third Street, Guerneville, CA 95446</td>
<td></td>
</tr>
<tr>
<td>West County Health Centers: Sebastopol Community Health Center</td>
<td>824-9999</td>
</tr>
<tr>
<td>6800 Palm Avenue, Suite C2, Sebastopol, CA 95472</td>
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</tr>
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</table>

**Hospitals - Acute Care**

<table>
<thead>
<tr>
<th>Hospital/Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healdsburg District Hospital</td>
<td>431-6500</td>
</tr>
<tr>
<td>1375 University Avenue, Healdsburg, CA 95448</td>
<td></td>
</tr>
<tr>
<td>Kaiser Hospital and Medical Center: Santa Rosa</td>
<td>393-4000</td>
</tr>
<tr>
<td>401 Bicentennial Way, Santa Rosa, CA 95403</td>
<td></td>
</tr>
<tr>
<td>Family Medicine</td>
<td>393-4044</td>
</tr>
<tr>
<td>Emergency</td>
<td>393-4000 or TTY 523-1734</td>
</tr>
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</table>
Palm Drive Hospital.................................................................................................................823-8511
  501 Petaluma Avenue, Sebastopol, CA 95472

Petaluma Valley Hospital .................................................................778-1111
  400 North McDowell Boulevard, Petaluma, CA 94954

Santa Rosa Memorial Hospital ..............................................................546-3210
  1165 Montgomery Drive, Santa Rosa, CA 95405

Sonoma Valley Hospital ....................................................................935-5000
  347 Andrieux Street, Sonoma, CA 95476

Sutter Medical Center of Santa Rosa .............................................576-4000
  3325 Chanate Road, Santa Rosa, CA 95404

Medical Alert Systems

Bay Area Vital-Link, Inc.............................................................(800) 752-5522 or (510) 338-3466
  6529 Telegraph Ave, Oakland, CA 94609
  • Medical Alert Pendant 1-800-752-5522

Binkley All-Guard Alarm Systems, Inc. ..................................542-5276 or (800) 255-4273
  • Pendant or wrist strap medical alert system

Jefferson Security .............................................................................(415) 459-2010
  769 Center Blvd, Fairfax, CA 94930-1764
  • Pendant or wrist strap medical alert system

Lifeline of the North Bay........................................................................778-7883
  1425 North McDowell Boulevard, Suite 103, Petaluma, CA 94954

MedicAlert Foundation ........................................................................(800) 432-5378
  • Bracelet, necklace and watch

MedicAlert Safe Return, Alzheimer’s Association...........................(800) 272-3900
  • Bracelet or necklace, clothing labels and wallet I.D. card

RoutineMD of Sonoma County .....................................................(888) 910-9955
  • Auto Fall Detection Emergency Response System: Neck pendant or wristband

Medical Equipment and Supplies

Home CARES Equipment Recycler .............................................364-0305
  3820 Bodega Avenue, Petaluma, CA 94952
  • Must call for appointment to pick up or drop off any equipment
  • Loans or donates walkers, wheelchairs, commodes, shower benches, canes, braces, bed pads and accepts donations of above equipment

Kerr Medical Inc..........................................................................................
  3251 Old Gravenstein Highway, Sebastopol, CA 95472

Lift & Accessibility Solutions .......................................................538-3210
  2615 Alton Lane, Santa Rosa, CA 95403
  • Specializes in home modifications for the elderly and disabled
  • Provides and installs grab and support bars, ramps, bathroom modifications, stair lifts, platform/wheelchair lifts, automatic door openers, ceiling lifts and durable medical equipment (DME)
Shield Healthcare  (800) 675-8840
• Home delivery of medical supplies for care at home for Incontinence, Enteral Nutrition, Ostomy, Urological, Diabetes, Wound Care
• Accepts Medi-Cal, Medicare and private insurance

Medical Home Care

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

Medical Information

Blood Centers of the Pacific (formerly Blood Bank of the Redwoods)  545-1222
2324 Bethards Drive, Santa Rosa, CA 95405

Outpatient Rehabilitation Programs

Neurological Rehabilitation Clinic, Santa Rosa Memorial Hospital  525-5388
1165 Montgomery Drive, Santa Rosa, CA 95405
• Open Monday-Friday, 8:00am to 5:00pm
• Occupational, physical, speech, cognitive, and swallow therapy

Neuropsychological Associates  526-5424
1260 North Dutton Avenue, Suite 225, Santa Rosa, CA 95401
• Neuropsychological evaluations, cognitive rehabilitation, memory clinic, psychopharmacological consultation and counseling services
• Case management and planning for long term care needs

Pulmonary Wellness, Petaluma Valley Hospital  778-2717
400 North McDowell Boulevard, Petaluma, CA 94954
• Open Monday-Thursday 8:30am to 3:30pm

Sutter Medical Center of Santa Rosa  576-4000
3325 Chanate Road, Santa Rosa, CA 95404
• Outpatient Wound Care  576-4360

HOME HEALTH CARE AND IN-HOME ASSISTANCE

The following are agencies that make necessary medical and/or personal care available to elderly, disabled, ill or convalescing individuals in their own homes. Services are provided by employees of the agencies and can include personal care, chores and light housekeeping. The following symbols correspond to certifications, licensing and/or types of care provided: O Medicare - Medicare-certified agencies that provide skilled nursing and a variety of therapeutic services (e.g., physical therapy, home health aides). Ω Medi-Cal - ◆ Medi-Cal-certified agencies that provide skilled nursing and a variety of therapeutic services (e.g., physical therapy, home health aides). ► State Licensed - Agencies licensed by State of California to provide skilled nursing. + Custodial Care - Agencies that provide personal care services (e.g., bathing, shopping, etc.). Φ Public Benefit - Programs subsidized with state and federal funds; eligibility requirements apply.

AccentCare +  658-4495
1401 Redwood Way, Suite 240, Petaluma, CA 94954
Advocate Home Care + ................................................................. 778-8400
6640 Redwood Drive, Rohnert Park, CA 94928

Arcadia Home Care & Staffing Ω ♦ + ► ........................................ 541-3600
101 Brookwood Avenue, Suite 204, Santa Rosa, CA 95404

At Home Caregivers + .................................................................. 575-4663
1405 Mariner Place, Rohnert Park, CA 94928

At Home Nursing ♦ + ► .............................................................. 546-8773
1378A Corporate Center Parkway, Santa Rosa, CA 95407

At Your Service Home Care + ..................................................... 573-1003
1221 Farmers Lane, Suite A, Santa Rosa, CA 95405

Fox and Associates, Inc. Wellness Case Management + .............. 573-0223
339 College Avenue, Santa Rosa, CA 95401

Gentiva Home Health Services ♦ ► Ω ........................................... 545-7114
1260 North Dutton Avenue, Suite 150, Santa Rosa, CA 95401

Heart & Soul Homecare + ............................................................
2528 Sebastopol Road, Santa Rosa, CA 95407

Hired Hands Inc. Homecare + ..................................................... 575-4700
2901 Cleveland Avenue, Suite 203, Santa Rosa, CA 95403

Home Care Advantage + ............................................................ 523-2218
1400 Guerneville Road, Suite 10, Santa Rosa, CA 95403

Home Health Care, Inc. ♦ ► ...................................................... 538-0679
4983 Sonoma Highway, Suite E, Santa Rosa, CA 95409

Home Instead Senior Care + ...................................................... 586-1516
6050 Commerce Boulevard, #107, Rohnert Park, CA 94928

HomeWell Senior Care + ............................................................
755 Baywood Drive, Petaluma, CA 94945

In-Home Supportive Services, Sonoma County Human Services Department Φ ........................................ 565-5900
3725 Westwind Boulevard, Suite 101, Santa Rosa, CA 95403
• Assistance for low income seniors and people with disabilities, to remain at home

Kaiser Permanente Home Health Ω ► ........................................... 566-5488
Home Health Department, 401 Bicentennial Way, Santa Rosa, CA 95403
• Also offers hospice services

Maxim Healthcare Services ► + ................................................... 577-0910
1260 North Dutton Avenue, Suite 230, Santa Rosa, CA 95401

Right at Home - Sonoma County + ............................................. 843-5192
1111 Sonoma Avenue, Suite 324, Santa Rosa, CA 95405

Senior Resources @ Home + ........................................................
6637 Oakmont Drive, Suite B, Santa Rosa, CA 95409

Sequoia Senior Solutions, Inc + .................................................. 763-6600
1372 North McDowell Blvd., Suite S, Petaluma, CA 94954
6572 Oakmont Dr., Ste. E, Santa Rosa, CA 95409 ........................ 539-0500

Sonoma Valley Hospital Home Care Program Ω ♦ ► ................. 935-5135
1151 Broadway, Suite 101, Sonoma, CA 95476
HOME CARE REGISTRIES
The following are home care agencies that maintain registries of caregivers who are independent contractors and who have been interviewed and screened. The client is responsible for selecting, interviewing, hiring and managing such persons as their employee. The booklet Hiring an In-Home Caregiver Guide is available from the Sonoma County Area Agency on Aging, 565-5950 or visit www.socoaaa.org under publications tab to download a copy.

Care Connection .......................................................... 823-2555 or 539-5305
P.O. Box 7142, Santa Rosa, CA 95407

From the Heart Home Care .................................................. 528-4663
131A Stony Circle, Suite 425, Santa Rosa, CA 95401

Live-Ins for Seniors .......................................................... 544-3624
1023 Fourth Street, Suite E, Santa Rosa, CA 95404

McCoy’s Helping Hands .................................................. 287-3908
P.O. Box 465, Sonoma, CA 95476

Sonoma County IHSS Public Authority ................................................. 565-5700
3725 Westwind Boulevard, Suite 101, Santa Rosa, CA 95403
  • Mailing address: PO Box 1549, Santa Rosa, CA 95402
  • Registry and referral service for IHSS consumers and providers

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

Heartland Hospice Services .................................................. 523-0111
2455 Bennett Valley Road, Suite B214, Santa Rosa, CA 95404

Hospice By The Bay - Sonoma County ................................................. 935-7504
190 West Napa Street, Sonoma, CA 95476

Hospice of Petaluma .......................................................... 778-6242
416 Payran Street, Petaluma, CA 94952

Memorial Hospice .......................................................... 568-1094
439 College Avenue, Santa Rosa, CA 95401

North County Hospice .......................................................... 431-1135
205 East Street, Healdsburg, CA 95448
Redwood Coast Medical Services; Shamli Volunteer Hospice and Respite .................... 884-4005
46900 Ocean Drive, Gualala, CA 95445
• Mailing Address: PO Box 1100 Gualala, CA 95445

Sutter Care At Home (Hospice) ...................................................................................... 535-5700
110 Stony Point Road, Suite 200 A, Santa Rosa, CA 95401

**HOUSING**

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

**Emergency Housing**

See p. 6, “Emergency Services”

**General Housing Resources**

Burbank Housing Development Corporation ................................................................. 526-9782
790 Sonoma Avenue, Santa Rosa, CA 95404
• Various housing developments with rentals

Catholic Charities ........................................................................................................... 528-8712
• Housing counseling and foreclosure counseling

Community Action Partnership of Sonoma County ....................................................... 544-6911
1300 North Dutton Avenue, Santa Rosa, CA 95401

Disability Services and Legal Center (DSLC) ............................................................... 528-2745 or (800) 528-7703
521 Mendocino Avenue, Santa Rosa, CA 95401
TTY 528-2151
• Assistive Technology Network for a wide range of assistive technology and services

Petaluma Ecumenical Properties (PEP) ...................................................................... 762-2336
• Non-profit organization structured to maintain affordable housing in perpetuity
• Various housing developments

Petaluma People Services Center, Close the Gap Grant Program .................................. 765-8488

Santa Rosa Economic Development and Housing Department .................................... 543-3300
90 Santa Rosa Avenue, Santa Rosa, CA 95404
• Section Eight Program (rental assistance) for seniors, low income, and disabled

Sonoma County Community Development Commission and Housing Authority ........ 565-7500
1440 Guerneville Road, Santa Rosa, CA 95403
• Section Eight Program (rental assistance) for seniors, low income and disabled
• Housing rehabilitation available

**Housing Repairs**

Economic Development and Housing Department ......................................................... 543-3300

Rebuilding Together
• Provides home repair services and home safety modification at no cost to low-income homeowners

Petaluma .......................................................................................................................... 765-3944
Rohnert Park .................................................................................................................. 792-2650
Santa Rosa .................................................................................................................... 548-4779
Sebastopol (Sebastopol Senior Center will forward messages) ..................................... 829-2440
Sonoma County Community Development Commission and Housing Authority .......... 565-7500
• Rental Rehabilitation Program (call for eligibility criteria)
• Home Rehabilitation Program (call for eligibility criteria)

USDA, Rural Development .................................................................526-6797

Utilities

California Telephone Access Program ............................................. (800) 806-1191
• Specialized telephone equipment for individuals with disabilities TTY (800) 806-4474

H.E.A.P. Home Energy Assistance Program, Department of Community Services (866) 675-6623
• Call for referrals TTY (916) 327-6318

North Coast Energy H.E.A.P. Home Energy Assistance Program ...................(800)233-4480
• Assistance once every two years with utility bill for low-income households

Pacific Gas & Electric California Alternative Rates for Energy..........................(800) 743-5000
• Monthly discounts for income-eligible customers (CARE)
• Rate discounts for low or medium income families (FERA)

Pacific Gas & Electric Smarter Energy Line ...........................................(800) 933-9555
• Medical needs-based utility discounts, weatherization, rebates and refrigerator trade-ins
• Programs available to owners and renters; call for current programs

Salvation Army REACH Program............................................. 542-0998 or (800) 933-9677
Salvation Army Office, 93 Stony Circle, Door C, Santa Rosa, CA 95401
• Assistance with REACH (PG&E) for low-income seniors; does not pay any other utilities; Monday - Thursday, 1:00pm to 3:00pm One-time payment per 18 months
• Please call prior to coming to ensure bringing required information

HOUSING ALTERNATIVES FOR SENIORS

Housing Information

Community & Family Service Agency- Russian River Senior Resource Center .......... 869-0618

Council on Aging of Sonoma County ..................................................... 525-0143

Petaluma People Services Center: Homelessness Prevention Program............... 765-8488
• One-time rental assistance for Petaluma and Penngrove

Petaluma People Services Center: Tenant/Landlord Education Mediation ............ 765-8488
1500 Petaluma Blvd. South, Petaluma, CA 94952

Rohnert Park Senior Center ................................................................. 585-6780

Sonoma County Area Agency on Aging.................................................. 565-5950

Sonoma County Community Development Commission and Housing Authority .... 565-7500

Sonoma County Fair Housing ............................................................. 765-8488

Tenants Together .................................................................................. 888-495-8020
995 Market Street, Suite 1202, San Francisco, CA 94103
• Tenants Together is a statewide renters’ rights organization devoted to defending and advancing the rights of California tenants

Vintage House Senior Center ..................................................................996-0311
Mobile Home Parks

Santa Rosa Manufactured-Home Owners’ Association, Inc......................................................... 527-8433
  • Information pertaining to manufactured-homes in Santa Rosa

Sonoma County Mobilehome Owners’ Association, Inc. ............................................................ 584-7222
  • Support group, information on owners’ rights, and other issues pertaining to mobile home community

Other Long Term Care Information and Assistance

California Social Services Department Community Care Licensing Division..................588-5026
  101 Golf Course Drive, Suite A-230, MS: 29-11, Rohnert Park, CA 94928

Senior Advocacy Services: Health Insurance Counseling and Advocacy Program (HICAP).........................................................................................(800) 434-0222
  • Provides counseling assistance and review of long-term care insurance policies

Senior Advocacy Services: Long Term Care Information and Assistance .......................526-4108
  1304 Southpoint Blvd., Ste. 280 , Petaluma, CA 94945

Senior Advocacy Services: Ombudsman Program............................................................. 526-4108
  1304 Southpoint Blvd., Ste. 280, Petaluma, CA 94954
  • Assistance with concerns and complaints regarding skilled nursing facilities and residential care facilities

Placement Services

Elderhelp Placements & Referrals
(Formerly: Healthcare Management Placement and Referrals).............................................542-7606
  • Specializes in quality placements in Assisted Living & Residential Care facilities

Placement Options..................................................................................................................570-0257
  131 A Stony Circle, Suite 500, Santa Rosa, CA 95401
  • Personal, professional placement assistance in locating the right residential or assisted living environment

Senior Advocacy Services: Ombudsman Program............................................................. 526-4108
  1304 Southpoint Blvd., Ste. 280, Petaluma, CA 94954
  • Provides counseling on residential care options

Senior Placement Services ................................................................................................... 292-9998
  68 Sunrise Mtn Rd, Cazadero, CA 95421
  • Matching seniors with the very best living situation at no cost to the client

Tweeten Eldercare Advisors..................................................................................................570-2589
  • Provide personalized placement and referral assistance to help seniors navigate the transition to assisted care.

Retirement and Life Care Communities and Homes

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

Elderhelp Placements & Referrals
(Formerly: Healthcare Management Placement & Referrals).............................................542-7606
  • Specializes in quality placements in Assisted Living & Residential Care facilities
Senior Advocacy Services: Ombudsman Program ............................................................. 526-4108
1304 Southpoint Blvd., Ste. 280, Petaluma, CA 94954
• Assistance with concerns and complaints regarding skilled nursing facilities

**INFORMATION AND ASSISTANCE**

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

**2-1-1: Information and Referral** .................................................................................. Dial 2-1-1
• Connects people quickly and effectively to community, health, transportation, and after disaster services through a free, 24/7 confidential phone line and searchable online database

**Born To Age, Senior Care Directory** ........................................................................... 226-7127
PO Box 6863, Napa, CA 94581

**Catholic Charities: Information and Assistance** ...................................................... 528-8712
PO Box 4900, Santa Rosa, CA 95402

**Community & Family Service Agency-Senior Resource Center** ......................... 869-0618
15010 Armstrong Woods Road, Guerneville, CA 95446

**Council on Aging of Sonoma County: Information & Referral** ......................... (800) 675-0143
30 Kawana Springs Road, Santa Rosa, CA 95404

**Easter Seals Bay Area, Inc.** ..................................................................................... 584-1443
1950 Parallel Dr., Lakeport, CA 95453

**Eldercare Locator** .................................................................................................. (800) 677-1116
• For information about services in other locations throughout the United States

**Family Justice Center Sonoma County** .................................................................. 565-8255
2755 Mendocino Avenue, Suite 100, Santa Rosa, CA 95403
• Provides comprehensive elder abuse wraparound services, multi-disciplinary services, individualized case review, and long-term sensitive client support
• Advocacy and assistance with connection to direct services: housing, food, in-home support services, victims compensation funds, counseling, and caregiver needs
• Community outreach and education on recognizing the signs and effects of elder abuse

**Human Services Department, County of Sonoma** ............................................. 565-2108 or (800) 325-9604
2550 Paulin Drive, Santa Rosa, CA 95403

**Library Branches, Sonoma County: (Information Only)** ......................................... 545-0831

- **Central Library** ........................................................................................................ TTY 575-1206
  Third and E Streets, Santa Rosa, CA 95404
- **Cloverdale** ......................................................................................................... 894-5271
  401 North Cloverdale Boulevard, Cloverdale, CA 95425
- **Forestville** ..................................................................................................... 887-7654
  7050 Covey Road (El Molino High School), Forestville, CA 95436
- **Guerneville** .................................................................................................. 869-9004
  14107 Armstrong Woods Road, Guerneville, CA 95446
- **Healdsburg** ................................................................................................... 433-3772
  139 Piper Street, Healdsburg, CA 95448
- **Northwest Santa Rosa** .............................................................. 546-2265
  150 Coddington Center, Santa Rosa, CA 95401
### Contacts

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Occidental</td>
<td>73 Main Street, PO Box 703, Occidental, CA 95465</td>
<td>874-3080</td>
</tr>
<tr>
<td>Petaluma</td>
<td>100 Fairgrounds Drive, Petaluma, CA 94952</td>
<td>763-9801</td>
</tr>
<tr>
<td>Rincon Valley</td>
<td>6959 Montecito Boulevard, Santa Rosa, CA 95409</td>
<td>537-0162</td>
</tr>
<tr>
<td>Rohnert Park/Cotati</td>
<td>6250 Lynne Conde Way, Rohnert Park, CA 94928</td>
<td>584-9121</td>
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<tr>
<td>Sebastopol</td>
<td>7140 Bodega Avenue, Sebastopol, CA 95472</td>
<td>823-7691</td>
</tr>
<tr>
<td>Sonoma Regional Library</td>
<td>755 West Napa Street, Sonoma, CA 95476</td>
<td>996-5217</td>
</tr>
<tr>
<td>Windsor Library (Next to Town Hall)</td>
<td>9291 Old Redwood Highway, Windsor, CA 95492</td>
<td>838-1020</td>
</tr>
<tr>
<td>Petaluma People Services Center; Senior Services Program</td>
<td>1500 Petaluma Boulevard South, Suite A, Petaluma, CA 94952</td>
<td>765-8488</td>
</tr>
<tr>
<td>Seniors At Home, a division of Jewish Family &amp; Children’s Services</td>
<td>1360 North Dutton Avenue, Suite C, Santa Rosa, CA 94501</td>
<td>303-1510</td>
</tr>
<tr>
<td>Sonoma Kinship Family Center</td>
<td>411 King Street, Santa Rosa, CA 95404</td>
<td>569-0877</td>
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<tr>
<td>Spectrum Center for Lesbian, Gay, Bisexual and Transgender Concerns</td>
<td>30 North San Pedro Road, Suite 160, San Rafael, CA 94903</td>
<td>(415) 472-1945</td>
</tr>
<tr>
<td>INSURANCE ASSISTANCE OR COMPLAINTS</td>
<td>California Department of Insurance Consumer Hotline</td>
<td>(800) 927-4357</td>
</tr>
<tr>
<td></td>
<td>Insurance Information Institute</td>
<td>(800) 331-9146</td>
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<tr>
<td></td>
<td>Medicare Fraud and Abuse Hotline</td>
<td>(800) 447-8477</td>
</tr>
<tr>
<td></td>
<td>Senior Advocacy Services: Health Insurance Counseling and Advocacy Program (HICAP)</td>
<td>526-4108 or (800) 434-0222</td>
</tr>
</tbody>
</table>

**Sonoma Kinship Family Center**

- Offers a wide spectrum of services to kinship care providers and the children they are raising.

**Spectrum Center for Lesbian, Gay, Bisexual and Transgender Concerns**

- Programs for older men and women and intergenerational programs held in North Bay Area.
- Information, referral outreach services and discussion groups in Sonoma County.

**INSURANCE ASSISTANCE OR COMPLAINTS**

<table>
<thead>
<tr>
<th>California Department of Insurance Consumer Hotline</th>
<th>(800) 927-4357</th>
</tr>
</thead>
<tbody>
<tr>
<td>300 South Spring Street, South Tower, Los Angeles, CA 90013</td>
<td>TTY (800) 482-4833</td>
</tr>
<tr>
<td>Insurance Information Institute</td>
<td>(800) 331-9146</td>
</tr>
<tr>
<td>Medicare Fraud and Abuse Hotline</td>
<td>(800) 447-8477</td>
</tr>
<tr>
<td>Senior Advocacy Services: Health Insurance Counseling and Advocacy Program (HICAP)</td>
<td>526-4108 or (800) 434-0222</td>
</tr>
<tr>
<td>1304 Southpoint Blvd., Ste. 280, Petaluma, CA 94954</td>
<td>20</td>
</tr>
</tbody>
</table>
LAW ENFORCEMENT AGENCIES

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

City Police Crime Prevention Programs

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

Crime Prevention

Sonoma County Sheriff's Office ......................................................................................................................... 565-2650
• Programs include “Neighborhood Watch” and a program for the elderly concerning their unique crime-related problems
Sheriff’s Department, Guerneville Substation .................................................................................................. (707) 869-0202

Protective Services

Adult Protective Services (APS),
Sonoma County Human Services Department ......................................................................................... 565-5940 or (800) 667-0404
• Investigation of abuse and neglect of elder or dependent adults living in the community
• 24-hour response for reports of abuse and neglect
Senior Advocacy Services: Ombudsman Program ......................................................................................... 526-4108
1304 Southpoint Blvd., Ste. 280, Petaluma, CA 94954
• Investigates reports of suspected elder abuse for older and dependent adults living in residential care, assisted living facilities and nursing homes

Temporary Restraining Orders and Information

Superior Court of California: County of Sonoma: Restraining Orders ......................................................... 521-6630
3055 Cleveland Avenue, Santa Rosa, CA 95403
Victim Assistance

Family Justice Center Sonoma County ................................................................. 565-8255
2755 Mendocino Avenue, Suite 100, Santa Rosa, CA 95403
• Provides comprehensive elder abuse wraparound services, multi-disciplinary services, individualized case review, and long-term sensitive client support; advocacy; restraining orders
• Advocacy and assistance with connection to direct services: housing, food, in-home support services, victims compensation funds, counseling, and caregiver needs
• Community outreach and education on recognizing the signs and effects of elder abuse

Sonoma County Victim Assistance Center .......................................................... 565-8250
600 Administration Drive, Room 212 - J, Santa Rosa, CA 95403
• Provides advocacy and referrals to crime victims throughout and beyond the criminal justice process
• Assists victims in identifying and applying for reimbursement programs to include CalVCP and restitution; no legal advice

LEGAL ASSISTANCE

Programs that protect the rights of individuals or groups by offering legal advice to those involved in civil, criminal, or administrative actions or to those who have been denied services or other benefits to which they are entitled by law. See “Consumer Information and Complaints”

California Rural Legal Assistance, Inc. ................................................................ 528-9941
1260 North Dutton Avenue, Suite 160, Santa Rosa, CA 95405
• General housing, employment, public benefits and education assistance for low-income persons

Catholic Charities: Immigration & Citizenship Services.......................................... 578-6000
• Accredited staff by U.S. Board of Immigration Appeals (BIA) offer authorized assistance in permanent residency, family reunification and citizenship
• Cantonese, Spanish, English, other languages with notice

Council on Aging .................................................................................................. 525-1146
30 Kawana Springs Road, Santa Rosa, CA 95404
• Lawyer Referral Service - Selected panel of attorneys addressing senior issues
• Senior Legal Services - Conservatorship program, estate planning and assistance with other elder law issues .......................................................... 525-0143

Disability Services and Legal Center (DSLC) .................................................... 528-2745 or (800) 528-7703
521 Mendocino Avenue, Santa Rosa, CA 95401
TTY 528-2151
• Assistive Technology Network for a wide range of assistive technology and services

Empire College, School of Law, Community Elder Law Clinic, Leave message for Community Elder Law Clinic ................................................................. 736-6150
1050 Third Street, Santa Rosa, CA 95401 (Silvercrest) ......................................... 544-6766
• Free advice on all legal topics, no appointment necessary, Thursday 4:00pm to 5:30pm

Fair Housing of Sonoma County ......................................................................... 765-8488
1500 Petaluma Blvd. South, Petaluma, CA 94952
• Fair Housing of Sonoma County (FHOSC) provides information and referral services to Sonoma County residents concerning landlord-tenant and fair housing law and practices
Family Justice Center Sonoma County
2755 Mendocino Avenue, Suite 100, Santa Rosa, CA 95403
- Provides comprehensive elder abuse wraparound services, multi-disciplinary services, individualized case review, and long-term sensitive client support
- Council on Aging Elder Advocate
- Restraining orders
- Advocacy and assistance with connection to direct services: housing, food, in-home support services, victims compensation funds, counseling, and caregiver needs
- Community outreach and education on recognizing the signs and effects of elder abuse

Legal Services of Northern California
(800) 222-1753
- Senior (60+) legal hotline, free telephone consultation

Petaluma People Services Center
765-8488
1500 Petaluma Boulevard South, Suite A, Petaluma, CA 94952
- Fair Housing Petaluma
- Problem or question that relates to rental housing practices such as evictions, notices to vacate, rent increases or housing discrimination in the City of Petaluma

RE COURSE Mediation Service
525-8545
520 Mendocino Avenue, Suite 240, Santa Rosa, CA 95401
- Information and mediation, landlord-tenant, family and consumer issues, neighbor disputes
- No legal services provided

Sonoma County Bar Association
542-1190
37 Old Courthouse Square, Suite 100, Santa Rosa, CA 95404

Sonoma County Fair Housing
765-8488
1500 Petaluma Boulevard South, Petaluma, CA 94952

Sonoma County Lawyer Referral Service
546-5297
37 Old Courthouse Square, Suite 100, Santa Rosa, CA 95404

Sonoma County Legal Aid
542-1290
144 South E Street, Suite 100, Santa Rosa, CA 95404

Sonoma County Legal Services Foundation
546-2924
1212 Fourth Street, Suite I, Santa Rosa, CA 95404
- Self-help workshops, legal services available on sliding scale, resource materials

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

Sonoma County Victim Services Division
565-8250
600 Administration Drive, Room 212 - J, Santa Rosa, CA 95403
- Provides orientation and advocacy to victims of crime going through the criminal justice system
- Assist victims in applying for reimbursement programs; no legal advice

Superior Court of California, County of Sonoma
521-6500
Clerk's Office, 600 Administration Drive, Room 108J, Santa Rosa, CA 95406
- Temporary restraining orders and information
LEGISLATIVE REPRESENTATIVES

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

Sonoma County Board of Supervisors

1st District Supervisor Susan Gorin ................................................................. 565-2241
2nd District Supervisor David Rabbitt ............................................................... 565-2241
3rd District Supervisor Shirlee Zane ................................................................. 565-2241
4th District Supervisor Mike McGuire ............................................................. 565-2241
5th District Supervisor Efren Carrillo ............................................................... 565-2241

California State Senate

Senator Noreen Evans (District 2) ............................................................... 576-2771
  50 D Street, Suite #120A, Santa Rosa, CA 95404
  • Sacramento State Capitol, 1303 10th Street, Sacramento, CA 95814 .......... (916) 651-4002

Senator Lois Wolk (District 3)
  • 1040 Main Street, Ste. 101, Napa, CA 94559 ........................................ (Vacaville Office): 454-3808

California State Assembly

Assemblymember Wesley Chesbro (District 1) Capitol Office ....................... (916) 319-2101
  • 50 D Street, Suite 450, Santa Rosa, CA 95404 ........................................... 576-2526

Assemblymember Mariko Yamada (District 4) Capitol Office ....................... (916) 319-2004
  • 4381 Broadway Street, Suite 108, American Canyon, CA 94503 ......... 455-8025

Assemblymember Roger Dickinson (District 7) Capitol Office ...................... (916) 319-2007
  • 915 L Street, Suite 110, Sacramento, CA 95814 ...................................... (916) 324-4676

Assemblymember Marc Levine (District 10) Capitol Office ............................ (916) 319-2010
  • 50 D Street, Suite 301, Santa Rosa, CA 95404 ........................................ (415) 479-4920

California State Governor

Jerry Brown .......................................................... (916) 445-2841
  State Capitol, Suite 1173, Sacramento, CA 95814

United States Senate

Senator Barbara Boxer .................................................................................... (202) 224-3553
  112 Hart Senate Office Bldg, Washington, DC 20510  TTY (202) 224-4264
  • Local Office: 70 Washington Street, Suite 203, Oakland, CA 94607 .... (510) 286-8537

Senator Dianne Feinstein ................................................................................ (202) 224-3841
  331 Hart Senate Office Bldg, Washington, DC, 20510 TTY (202) 224-2501
  • Local Office: One Post Street, Suite 2450 San Francisco, CA 94104 ....... (415) 393-0707

United States House of Representatives

Representative Jared Huffman ........................................................................ (202) 225-5161
  1630 Longworth House Office Building, Washington, DC 20515
  • Petaluma Office: 206 G Street, Unit #3, Petaluma, CA 94952 ................. 226-9898
MEALS

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

Congregate Meals

Community & Family Service Agency Senior Dining Sites

- **Forestville** .................................................................................................................. 869-0618
  - Provides group meals at 12:00 noon, Tuesday
  - All seniors 60 years of age and older are welcome, along with their spouses or caregivers under 60

- **Guerneville** .............................................................................................................. 869-3998
  - Provides group meals at 12:00 noon, Wed & Fri
  - All seniors 60 years of age and older are welcome, along with their spouses or caregivers under 60

- **Occidental** ................................................................................................................ 869-0618
  - Provides group meals at 12:00 noon, Wednesday
  - All seniors 60 years of age and older are welcome, along with their spouses or caregivers under 60.

Council on Aging Senior Dining Sites .................................................................................. 525-0383

- **Bethlehem Towers** 12 noon, Mon-Fri
  801 Tupper Street, Santa Rosa CA

- **Cloverdale** - 12:00 noon, Mon - Fri ......................................................................... 894-4826
  Cloverdale Multipurpose Senior Center, 311 North Main Street, Cloverdale, CA 95425

- **Healdsburg** - 12:00 noon, Mon-Fri ........................................................................... 433-7515
  Healdsburg Senior Center, 133 Matheson Street, Healdsburg, CA 95448

- **Healdsburg - Noon, Mon, Tues, Wed**
  Healdsburg Senior Social Club, St. Paul’s Episcopal Church, 209 Matheson

- **Rohnert Park** - 11:30 am, Mon-Fri ............................................................................ 585-6787
  Rohnert Park Senior Center, 6800 Hunter Drive, Suite A, Rohnert Park, CA 94928

- **Santa Rosa** - 12:00 noon, Mon - Fri
  2150 Giffen Street Santa Rosa CA

- **Santa Rosa** - 11:30 am, Mon - Fri ............................................................................ 545-8608
  Santa Rosa Senior Center, 704 Bennett Valley Road, Santa Rosa, CA 95404

- **Santa Rosa** - 12:00 noon, Mon-Fri ............................................................................ 525-4487
  Silvercrest, 1050 Third Street, Santa Rosa, CA 95401
Sebastopol - 12:00 noon, Mon-Fri ....................................................................................829-8381
Sebastopol Area Senior Center, 167 North High Street, Sebastopol, CA 95472
Sonoma - 12:00 noon, Tues, Thurs, & Fri ....................................................................... 996-1414
Vintage House Senior Center, 264 First Street East, Sonoma, CA 95476

Petaluma People Services: Senior Dining Sites
Senior Café - 12:00 pm - 2:00 pm, Mon-Fri, Lunch at 1:00 pm...................................... 765-8488
211 Novak Drive, Petaluma, CA 94954 (Call for reservations)
Adult Day Site - 12:00 noon, Mon, Wed & Fri (Call for Reservations)............................. 765-8488
25 Howard Street, Petaluma, CA 94952

Other Senior Dining Sites
Sonoma County Indian Health Project Senior Dining Site 12:00-1:00pm, Mon-Fri...........521-4581
144 Stony Point Road, Santa Rosa, CA 95401
• Serving Native American Indian Seniors
St. Vincent de Paul Society ................................................................................................... 528-7580
610 Wilson Street, Santa Rosa, CA 95401
• Santa Rosa Dining Room, 11:20am-12:30pm, 7 days a week

Home-Delivered Meals (aka Meals on Wheels)
Council on Aging, Meals on Wheels of Sonoma County................................................... 525-0383
30 Kawana Springs Road, Santa Rosa, CA 95404
• All areas except coast and Petaluma
Petaluma People Services Center: Meals on Wheels: Petaluma and Penngrove......... 765-8490
• Routes in Petaluma, Penngrove and west to Two Rock.
Sonoma Meals on Wheels ......................................................................................................935-9141
• For seniors living in Sonoma Valley who require short-term meal delivery by request
  of doctor, hospital discharge planner or senior nutrition counselor; call between
  8:30am and noon, Monday-Friday

Other Food Distribution
Community & Family Service Agency: Emergency Food...................................................869-0618
Park - N - Ride Lot, Guerneville, CA 95446
• Every Tuesday 11:00am (Arrive early, first come first served basis)
• Food boxes for folks in need. No ID needed.
Redwood Empire Food Bank .................................................................................................523-7900
Brown Bag Program and Emergency Feeding Assistance Program (EFAP)
• For Brown Bag: Seniors 60 + and fixed low income level
• For EFAP: All ages with income at 150% of poverty
• Call for information on community distribution sites
Redwood Empire Senior Gleaners (volunteer service group) ........................................... 843-7234
3990 Brickway Blvd., Santa Rosa, CA 95403
Salvation Army ....................................................................................................................... 542-0998
93 Stony Circle, Door C, Santa Rosa, CA 95401
• Food pantry Monday-Thursday 10:00am-12:00 noon
• I.D. and proof of income required for each person who receives food
MEDI-CAL INFORMATION AND INSURANCE

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

**Sonoma County Human Services: Benefits Assistance**

MyBenefits CALWIN online resource: [www.mybenefitscalwin.org](http://www.mybenefitscalwin.org) CalWIN Web access to:

1. See if you are Eligible for Benefits
2. Check your Sonoma County Economic Assistance Benefits Status
3. Submit or Continue an Existing Application
4. Submit Quarterly Reporting and Renewals Online

**Sonoma County Human Services Department: Sonoma County Economic Assistance**

**Service Center: Medi-Cal Program** ................................................................. (877) 699-6868

- Information and applications available and assistance with Medicare premiums and co-pay

**Medicare Automated System** ............................................................................. (800) 633-4227

**Senior Advocacy Services** .............................................................................. 526-4108 or (800) 434-0222

Health Insurance Counseling and Advocacy Program (HICAP)

- Provides counseling on Medicare; explains how Medicare works with other insurances such as Medicare supplemental policies, HMO's and long-term care insurance policies
- Call for an appointment

MEDICATION MANAGEMENT

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

**St. Joseph Health - Sonoma County: House Calls** .............................................. 547-4684

1450 Medical Center Drive, Suite 3, Rohnert Park, CA 94928

- Primary Medical care provided by family nurse practitioners to frail and elderly patients who are accepted into the program and who are unable to access health care in the community

MENTAL HEALTH SERVICES

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

**Community & Family Service Agency**

**Senior Peer Counseling Programs** ................................................................. 545-4551 x209

2255 Challenger Way, Suite 106, Santa Rosa, CA 95407

- Individual peer counseling
- Support groups for men and women

**Council on Aging Senior Peer Supporters** ...................................................... 525-0143 x125

- Conducts home visits to assess client's mental health needs (must meet specific criteria)
Goodwill Industries, Wellness & Advocacy Center .......................................................... 565-7800
3400 Chanate Rd., Santa Rosa, CA 95404
• Consumer-run program offering wide range of services for adults with psychiatric disabilities

Lomi Psychotherapy Clinic ........................................................................................... 579-0465 x227
534 B Street, Santa Rosa, CA 95401
• Accepts Medicare payments and also offers a sliding scale

NAMI Sonoma County ........................................................................................................ 527-6655
100 E. Street, Suite 214, Santa Rosa, CA 95404
• NAMI Sonoma County provides education, support and advocacy for all people affected by mental health challenges and eliminate stigma
• NAMI Mailing Address: PO Box 15269, Santa Rosa, CA 95402

North Bay Suicide Prevention Hotline of Sonoma County ........................................ (855) 587-6373

Petaluma People Services Center ........................................................................................ 765-8488
1500 Petaluma Boulevard South, Suite A, Petaluma, CA 94952
• Counseling services and care management addressing depression; loss of a loved one, problems with adult children drug and alcohol abuse & life transitions issues.
• Sliding Scale

Seniors At Home, a division of Jewish Family & Children’s Services - Counseling Services .............................................................................................................. 303-1510
1360 North Dutton Avenue, Suite C, Santa Rosa, CA 95401
• Individual and family counseling; bereavement support
• Accepts some insurance including Medicare

Mental Health Services, County of Sonoma

ACCESS Team, Sonoma County Mental Health ......................................................... 565-6900 or (800) 870-8786
• Call the ACCESS team to initiate services with Sonoma County Mental Health, Community Mental Health Centers, and the Older Adult Team

Mental Health Crisis- Psychiatric Emergency Services, County of Sonoma .............. 576-8181
3322 Chanate Road, Santa Rosa, CA 95404 (800) 746-8181
• 24-hour crisis services and referrals

Older Adult Collaborative
Services for depression and suicide prevention throughout the county
• Adult and Aging Services (Countywide: ask for Linkages) ........................................... 565-5900
• Community & Family Service Agency- Russian River Senior Resource Center (Sebastopol to the Coast) ......................................................... 869-0618
• Council on Aging (Sonoma County excluding Petaluma/Penngrove, South County area) .......................................................... 525-0143
• Family Service Agency (Countywide) ........................................................................ 545-4551
• Petaluma People Services (Petaluma/Penngrove, South County) ................................ 765-8488
• Seniors at Home, a division of Jewish Family & Children’s Services (Santa Rosa, Windsor to Rohnert Park, and Sebastopol) .................................................. 571-8533

Outpatient or Partial Hospitalization Programs

Santa Rosa Memorial Hospital, Outpatient Behavioral Health Services ................. 547-5450
405 West College Avenue, Suite F, Santa Rosa, CA 95401
PET AND ANIMAL ASSISTANCE PROGRAMS

Forgotten Felines of Sonoma County ................................................................. 576-7999
1814 Empire Industrial Court, Santa Rosa, CA 95403
- Cats/kittens available for adoption

Sonoma Humane Society ................................................................. 542-0882
5345 Highway 12 West, Santa Rosa, CA 95407
- Discounts for seniors on some pet-related services: pet adoptions, pet supplies, dog and puppy training classes and placement of deceased owners pets
- Low cost spay and neuter clinic for Sonoma County residents, by appointment

Pets Lifeline Inc., Sonoma ................................................................. 996-4577
19686 Eighth Street East, Sonoma, CA 95476
- Serves Kenwood to Shellville; cares for and places for adoption stray and homeless cats and dogs
- Spay and neuter program; feral cat program
- Senior Match-Up Program (fees discounted 50% for adoption of animals 3+ years old)

Sonoma County Animal Shelter ................................................................. 565-7100
1247 Century Court, Santa Rosa, CA 95403

RECREATIONAL ACTIVITIES

Programs that provide opportunities for people to participate in recreational activities, games or sports. For other activity centers throughout the county see the “Senior Centers” on p. 29

Activity Centers

Filipino American Community of Sonoma County ................................................................. 546-2795
3361 Fulton Road, Fulton, CA 95439

Finley Community Center ................................................................. 543-3737
2060 West College Avenue, Santa Rosa, CA 95401

Jewish Community Center, Friendship Circle ................................................................. 528-1182 or 528-1476
1301 Farmers Lane, Suite 103, Santa Rosa, CA 95405
- Programming primarily for Jewish seniors (55+)

Petaluma Community Center ................................................................. 778-4380
320 North McDowell Blvd, Petaluma, CA 94954

Sebastopol Community Cultural Center ................................................................. 823-1511
390 Morris Street, Sebastopol, CA 95472
- Mailing Address: PO Box 2028, Sebastopol, CA 95473

Sonoma Wine Country Senior Games ................................................................. 525-0143 x146
- Mailing Address: PO Box 2028, Sebastopol, CA 95473

Sonoma County YMCA ................................................................. 545-9622
1111 College Avenue, Santa Rosa, CA 95404
- Discounted senior memberships available, senior fitness classes
RESPITE SERVICES FOR CAREGIVERS

Provides supervision and care of clients while the usual caregiver takes a short break. See “Home Health Care and In-Home Assistance” and “Home Care Registries” on page 13.

Catholic Charities Alzheimer’s Respite Center ................................................................. 528-8712
987 Airway Court, Santa Rosa, CA 95403

Council on Aging of Sonoma County: Alzheimer’s Respite Group ............................... 525-0143
30 Kawana Springs Road, Santa Rosa, CA 95404

Council on Aging of Sonoma County: Sonoma Valley Respite Program .............. 935-0850
264 First Street East, Sonoma, CA 95476
• Provides a brief, but necessary break for the caregivers of Alzheimer’s patients

Petaluma People Services Center; Adult Day & Respite Program .............................. 765-8490
1500A Petaluma Blvd. S, Petaluma, CA 94952
• Monday, Wednesday & Friday

Redwood Caregiver Resource Center ........................................................................ 542-0282 or (800) 834-1636
• Limited respite, sliding scale with co-pay, serves caregivers of brain-impaired adults
  (impairment after age 18) and frail elderly

Redwood Coast Medical Services Respite ..................................................................... 884-4005
46900 Ocean Drive, Gualala, CA 95445
• Mailing Address: PO Box 1100 Gualala, CA 95445

SENIOR ADVOCACY GROUPS

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

AARP .................................................................................................................................. (866) 448-3614

Alzheimer’s Association ....................................................................................................... 573-1210
1211 North Dutton Avenue, Suite A, Santa Rosa, CA 95401
• Advocates for people with Alzheimer’s and other related dementia and their families

California Commission on Aging ..................................................................................... (916) 419-7591
1300 National Drive, Suite 173, Sacramento, CA 95834

California Senior Legislature (CSL) ............................................................................... (916) 552-8056
1020 North Street, Room 513, Sacramento, CA 95814
• Senior representatives take local issues to state legislative forum. They also provide information on legislation and issues in the state legislature

Community Network for Appropriate Technologies:
Community Network Journey Project ............................................................................ 539-2364
55 A Ridgway Avenue, Santa Rosa, CA 95403

Council on Aging .................................................................................................................. 525-0143
30 Kawana Springs Road, Santa Rosa, CA 95404
• Advocacy and public education

Petaluma People Services Center ..................................................................................... 765-8490
25 Howard Street, Petaluma, CA 94952
Senior Advocacy Services: Ombudsman Program ............................................................. 526-4108
1304 Southpoint Blvd., Ste. 280, Petaluma, CA 94954
• Confidential investigation of problems and complaints on behalf of residents of long-term care facilities; counseling and information regarding placement

Sonoma County Area Agency on Aging ................................................................. 565-5950
3725 Westwind Boulevard, Suite 101, Santa Rosa, CA 95403
• Responsible for planning, funding and coordination of senior services in Sonoma County
• Advisory Council advises County Board of Supervisors on senior issues

Sonoma County Section on Aging
Sonoma County Area Agency on Aging, PO Box 5725, Santa Rosa, CA 95402
• Exchange of information among service providers
• Meets third Wednesday of the month; call for location

Spectrum Center for Lesbian, Gay, Bisexual and Transgender Concerns .......... (415) 472-1945
30 North San Pedro Road, Suite 160, San Rafael, CA 94903

SENIOR CENTERS

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

Cloverdale Senior Multi-Purpose Center ...................................................................... 894-4826
311 North Main Street, PO Box 663, Cloverdale, CA 95425

Healdsburg Senior Center ....................................................................................... 431-3324
133 Matheson Street, Healdsburg, CA 95448

Person Senior Wing at the Finley Center Complex .................................................. 543-3745
2060 West College Ave, Santa Rosa, CA 95401

Petaluma Senior Center ............................................................................................ 778-4399
211 Novak Drive, Petaluma, CA 94954

Rohnert Park Senior Recreation Center ................................................................. 585-6780
6800 Hunter Drive, Suite A, Rohnert Park, CA 94928

Russian River Senior Resource Center ................................................................. 869-0618
15010 Armstrong Woods Road, Guerneville, CA 95446

Santa Rosa Multi-Purpose Senior Center ............................................................... 545-8608
704 Bennett Valley Road, Santa Rosa, CA 95404

Sebastopol Area Senior Center .............................................................................. 829-2440
167 North High Street, Sebastopol, CA 95472

Sonoma County Indian Health Project: Senior Center ........................................... 521-4581
144 Stony Point Road, Santa Rosa, CA 95401

Vintage House Senior Center ............................................................................... 996-0311
264 First Street East, Sonoma, CA 95476

Windsor Senior Center .......................................................... 838-1250
9231 Foxwood Drive, PO Box 100, Windsor, CA 95492
SOCIAL SECURITY

Social Security Administration ......................................................(800) 772-1213 or (877) 870-6384
Santa Rosa: 2099 Range Avenue, Building A, Santa Rosa, CA 95401
• Supplemental Security Income (SSI) for aging, blind and disabled
• Medicare Correspondence: ..............................................................(800) 633-4227

SUPPORT GROUPS AND COUNSELING

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

Age-Related Counseling

Community & Family Service Agency: Senior Peer Counseling Program .......... 545-4551 x209
2255 Challenger Way, Suite 106, Santa Rosa, CA 95407
• The Senior Peer Counseling Program offers support groups and individual peer counseling to individuals age 55+ who are struggling with issues of aging

Petaluma People Services Center; Caregivers Express Support Group .................. 765-8490
25 Howard Street, Petaluma, CA 94952

Senior Advocacy Services; Ombudsman Program.............................................. 526-4108
• Counseling for long-term care placement

Sonoma County Department of Health Services..................................................... 565-6900
3322 Chanate Road, Santa Rosa, CA 95404
• Call ACCESS Team to initiate services
• Older Adults Program

Alcohol and Drug-Related Counseling and Support

Al-Anon and Al-Ateen........................................................................................................ 575-6760
• Information about meetings and referral numbers for counselors

Alcoholics Anonymous (AA) ......................................................................................... 544-1300
• 24-hour help line

Alcoholics Anonymous (AA) Bookstore, Sonoma County Central Office .................. 546-2066
• For information and/or schedule of meetings

Drug Abuse Alternatives Center (DAAC)..................................................................... 544-3295
• Outpatient and residential treatment; family and friends support groups

Sonoma County Department of Health Services; Alcohol and Other Drug Services, Orenda Center .............................................................. 565-7450
1430 Neotomas Avenue, Santa Rosa, CA 95405
• Residential detox line, 24 hours a day ....................................................... 565-7460
General Counseling

Creative Counseling for Elders and Families, Inc. .......................................................... 239-2310 or 762-5433
411 East Street, Healdsburg, CA 95448
• Comprehensive Therapeutic Care Management for seniors and their families

Community & Family Service Agency: General Counseling ............................................. 545-4551 x210
2255 Challenger Way, Suite 106, Santa Rosa, CA 95407
• For counseling sessions in English ............................................................................. 545-4551 x210
• For counseling sessions in Spanish ............................................................................. 545-4551 x230

Seniors At Home, a division of Jewish Family & Children’s Services -
Counseling Services ........................................................................................................... 571-8133
1360 North Dutton Avenue, Suite C, Santa Rosa, CA 95401

Lomi Psychotherapy Clinic .............................................................................................. 579-0465 x227
534 B Street, Santa Rosa, CA 95401

Petaluma People Services Center ....................................................................................... 765-8488
1500 Petaluma Boulevard South, Suite A, Petaluma, CA 94952

Grief Counseling and Support

Community & Family Service Agency: Support Groups for Men and Women .............. 545-4551 x209
2255 Challenger Way, Suite 106, Santa Rosa, CA 95407

Seniors At Home, a division of Jewish Family & Children’s Services .............................. 571-8133
1360 North Dutton Avenue, Suite C, Santa Rosa, CA 95401

Sutter Care At Home: Bereavement & Support Groups ..................................................... 535-5780
110 Stony Point Road, Suite 110, Santa Rosa, CA 95401

The Friendship Line; Service of the Center for Elderly Suicide Prevention and Grief-Related Services; 24 hour Friendship Line .................................................(800) 971-0016 or (415) 752-3778

Health-Related Counseling

Alzheimer's Association ........................................................................................................ 573-1210
1211 North Dutton Avenue, Ste. A, Santa Rosa, CA 95401
• Support for caregivers and families on Alzheimer's disease and other brain disorders

Alzheimer's Living, Primrose ............................................................................................ 578-8360
2080 Guerneville Road, Santa Rosa, CA 95403

American Lung Association of California, Better Breathers Club ................................ 527-5864
• COPD (emphysema and other respiratory ailments)
• Telephone help line for lung disease ...........................................................................(800)-Lung USA or (800) 586-4872

American Cancer Society: Cancer Support Groups ......................................................... 545-6728
• Groups in Santa Rosa, Petaluma, and Healdsburg; call for information
• Support for chemotherapy patients with breast cancer
• Kaiser Breast Cancer Support Group (Rose Cook, open to non-members) ............... 393-4698
• Kaiser Cancer Support Group (Bill Roby, all cancer diagnoses) ............................... 393-3229

Caregiver Express, Petaluma People Services Center ..................................................... 765-8490
Catholic Charities; You Are Not Alone Support Group, Santa Rosa ......................... 528-8712 x185
Community Network for Appropriate Technologies:
Community Network Journey Project ................................................................. 539-2364
55 A Ridgeway Avenue, Santa Rosa, CA 95403
  • Advance care planning and palliative (comfort) care

Neuropsychological Associates ............................................................................. 526-5424
1260 North Dutton Avenue, Suite 225, Santa Rosa, CA 95401
  • Neuropsychological evaluations, cognitive rehabilitation, memory clinic,
    psychopharmacological consultation and counseling services
  • Case Management and planning for long term care needs

Redwood Caregiver Resource Center
Share and Care Support Group of Sonoma County ........................................... 542-0282 or (800) 834-1636
Stroke Club of Sonoma County ........................................................................... 431-7352

Medical Condition-Related Community Education and Support

Alzheimer’s Association ......................................................................................... 573-1210
1211 North Dutton Avenue, Suite A, Santa Rosa, CA 95401

American Cancer Society: Education and Advocacy ....................................... 545-6720 or (800) 227-2345
1451 Guerneville Road, Suite 220, Santa Rosa, CA 95403

American Heart Association .................................................................................. 542-1992
1400 North Dutton Avenue, Suite 20, Santa Rosa, CA 95401

American Lung Association of California ......................................................... 527-5864 or (800) 586-4872
  • Sonoma County Asthma Coalition
  • Lung health (asthma, TB, lung cancer, COPD)

Arthritis Foundation, Northern California Chapter ........................................... (888) 391-9389 x13 or (415) 356-1230
657 Mission Street, Suite 603, San Francisco, CA 94105

Carousel Network of Sonoma County ................................................................ 861-0270
122 Calistoga Road, #216, Santa Rosa, CA 95409
  • Information and support for Chronic Fatigue Syndrome, Fibromyalgia, Lyme Disease
    and co-infections

Catholic Charities Alzheimer’s Respite Center .................................................. 528-8712
987 Airway Court, Santa Rosa, CA 95403

Council on Aging of Sonoma County: Alzheimer’s Respite Group .................. 525-0143
30 Kawana Springs Road, Santa Rosa, CA 95404

Cystic Fibrosis Foundation, Northern California Chapter ............................. (415) 989-6500
455 Market Street, Suite 640, San Francisco, CA 94105

Earle Baum Center of the Blind: Support Groups ............................................. 523-3222
4539 Occidental Road, Santa Rosa, CA 95401

Epilepsy Foundation of Northern California ..................................................... (800) 632-3532 or (415) 677-4011
155 Montgomery Street, Suite 309, San Francisco, CA 94104

Face-to-Face AIDS Support Program ............................................................... 544-1581
873 Second Street, Santa Rosa, CA 95404
  • Only work with those diagnosed with AIDS or HIV
Huntington's Disease Society of America.................................................................(916) 927-4400
2860 Gateway Oaks Drive, Suite 300, Sacramento, CA 95833
• Sonoma County Support group 7:00-8:30pm, 2nd Monday of the month.
  Call for location ............................................................................................................. 542-0282

International Essential Tremor Foundation (IETF) ................................................. 539-7836
Sonoma County Family YMCA 1111 College Avenue, Santa Rosa, CA 95404
• Tremor support group for education and support meets second Saturday 10:00am

Lupus Foundation of America.................................................................................(877) 225-8787

Macular Degeneration Support Groups, Earle Baum Center of the Blind .......... 523-3222
• Call for groups in your area

Multiple Sclerosis Society, Northern California Chapter.................................... (800) 344-4867
1700 Owens, Ste. 190, San Francisco, CA 94158

Northern California Center for Well-Being......................................................... 575-6043
365 Tesconi Circle, Suite B, Santa Rosa, CA 95401
• Assists in improving the quality of life and health of our Sonoma County Community
  through evidence-based preventive services and self-care classes, emphasizing full
  participation and decisions affecting health

Ostomy Association of Sonoma County ................................................................ 539-0960

Parkinson's Support Group of Petaluma ............................................................... 766-8521 or 795-4858
• Support meetings every fourth Friday of the month at Petaluma Senior Center
• Exercise class other Fridays at Petaluma Senior Center 1:00 - 3:00pm

Parkinson's Support Group of Sonoma County .................................................. 538-5178
Christ Church United Methodist, 1717 Yulupa Avenue, Santa Rosa, CA 95404
• Meetings are held on the first Saturday of each month, except in Aug and Dec ,
  where meetings are the second Saturday
• No meetings are held in January, July, or September
• Meetings are from 1-3:15pm

Petaluma People Services Center; Adult Day & Respite Program ....................... 765-8490
25 Howard Street, Petaluma, CA 94952
• Monday, Wednesday & Friday

Redwood Caregiver Resource Center................................................................. 542-0282 or (800) 834-1636
141 Stony Circle, Suite 200, Santa Rosa, CA 95401

Sonoma County Area Agency on Aging; A Matter of Balance ......................... 565-5950
3725 Westwind Boulevard, Suite 101, Santa Rosa, CA 95403
• Provides education and fall prevention classes for seniors

Sonoma County Kidney Crisis Foundation ......................................................... 525-4662
PO Box 9002, Santa Rosa, CA 95405
•

Sonoma County YMCA ........................................................................................ 545-9622
1111 College Avenue, Santa Rosa, CA 95404
• Discounted senior memberships available, senior fitness classes, diabetes
  prevention program

Stroke Club of Sonoma County .......................................................................... 431-7352

United Cerebral Palsy of North Bay ................................................................. 766-9990
3835 Cypress Drive, Suite 103, Petaluma, CA 94954
Peer Counseling

Community & Family Service Agency: Senior Peer Counseling Program ............ 545-4551 x209
2255 Challenger Way, Suite 106, Santa Rosa, CA 95407
• Senior-run counseling groups including: in-home counseling, men's support groups and women's support groups

Council on Aging Senior Peer Supporters .......................................................... 525-0143 x125
• Conducts home visits to assess client's mental health needs (must meet specific criteria)

TELEPHONE ALERT SYSTEMS

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

Telephone Reassurance Program;
Home Alone - Catholic Charities “I’m Home Alone” Telephone Program............. 528-8712 x185
Windsor Senior Center ................................................................................................. 838-1250

TRANSPORTATION

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

Fixed Route Public Transportation

2-1-1 Information and Referral for Health and Human Services .......... Dial 2-1-1 or (800) 325-9604
• Information about health and human service needs - transportation, food, clothing, shelter, counseling, financial aid, elder care, child care and Sonoma Access and much more

511 SF Bay Area ........................................................................................................ 5-1-1 or (888) 500-4636
• Source for all Bay Area transportation information

Cloverdale Transit ....................................................................................................... 894-1743
• Service hours, Monday-Friday, 7:30am-12:00pm, 1:00pm-4:00pm, no holidays

Golden Gate Transit .................................................................................................... 541-2000

Greyhound Bus Lines ................................................................................................. (800) 231-2222

Healdsburg Transit Dispatch (Healdsburg Senior Center) ............................... 431-3324
• Service hours, Monday-Friday, 8:30am-4:30pm

Mendocino Transit Authority ................................................................................. (800) 696-4682
• Daily service between Point Arena and Santa Rosa
• Daily service between Mendocino, Ukiah and Santa Rosa

Petaluma Transit ......................................................................................................... 778-4460
• Service hours: Monday-Friday 6:20am - 6:45pm; Saturday 7:20am - 5:45pm
Santa Rosa City Bus .............................................................................................................. 543-3333
100 Santa Rosa Avenue, Room 6, Santa Rosa, CA 95404  TTY 543-3926
• Santa Rosa, Mon-Fri., 6:00am-8:00pm, Sat. 7:00am-7:00pm, Sun. 10:00am-4:30pm
• All buses can handle wheelchairs
• Learn to ride the city bus, classes through the Santa Rosa Senior Center ............... 545-8608

Sonoma Access..............................Dial 2-1-1 or (800) 325-9604 or www.sonomaaccess.org
• The Sonoma Access website and call center provide a one-stop location for existing
transportation resources throughout Sonoma County and the North Bay

Sonoma County Transit (SCT) ................................................................. 576-7433 or (800) 345-7433
• Mobility training for first-time bus riders by appointment only,
TTY 585-9817
Mon-Fri 8:00am-5:00pm........................................................................................... 585-7516
• Transit Service hours: Mon-Fri, 5:00am-11:00pm, limited weekend routes, 7:20am-9:00pm

Paratransit Services

City of Healdsburg, Senior Center, Parks and Recreation Department ...................... 431-3324
• Dial-a-Ride Program

Cloverdale Transit ........................................................................................................ 894-1743
• Wheelchair (transport only available within Cloverdale City limits)

MV Transportation: Santa Rosa: Paratransit Services ......................................... 546-2092 option 2
• Wheelchair for rides within city of Santa Rosa; application required

Petaluma Paratransit Services ............................................................................... 765-8493
• Paratransit provides transportation to seniors and the disabled

Volunteer Wheels (Sonoma County Transit service areas) ................................ 573-3377 or (800) 992-1006
• Vans with wheelchair lift or sedans; applications required  TTY 573-3381

Other Transportation Services

AM-CARE Non-Emergency Medical Transportation................................................ 578-1144
• Wheelchair, gurney, oxygen on board, bill insurance, accept cash, check and credit
cards

American Cancer Society: Appointment Transportation ........................................ 545-6728
• Medical appointments for cancer patients
• (866) 444-7672

FISH of Sonoma Valley .......................................................................................... 996-0111
• Rides to medical appointments; Sonoma Valley residents only

Old Adobe Developmental Services ...................................................................... 763-9807 x22
• Non emergency, non medical transportation for adults and seniors with
developmental disabilities

Pro Transport - 1 ...................................................................................................... 586-4041
• Ambulance, gurney van, wheelchair medical transportation; Medicare and
Medi-Cal provider

Rohnert Park, Sunshine Bus ................................................................................... 585-6780
• Van rides by appointment, limited hours and days
Sebastopol Area Senior Center - Volunteer Driver Transportation Program

- Provide free rides to west county residents 60+ for medical, social services, and shopping needs
- Services available Monday-Friday; Call 5 business days in advance

Transport Care

- 3715 Hennessy Place, Santa Rosa, CA 95403
- Wheelchair and gurney transportation. We accept cash, check and credit cards.

Verihealth Inc.

- 766-2400 or (800) 344-9955
- 2190 South McDowell Blvd, Petaluma, CA 94954
- Non-emergency wheelchair transportation
- PERS system (similar to Lifeline) RoutineMD

Vintage House LIMO (Local Independent Mobility Options) program

- 996-0311
- 264 First Street East, Sonoma, CA 95476
- Provides free rides to seniors 60+ for non-medical appointments, shopping and activities in Sonoma Valley only.
- Services available Monday-Friday, 9:00 to 5:00. Call 3 business days in advance.

Wheelcare Express

- 573-3055
- Non-Emergency wheelchair transports, Medi-Cal accepted

VETERANS SERVICES

Blinded Veterans Association

- (800) 669-7079
- 477 H Street NW, Washington, DC 20001

California Department of Veterans Affairs; Veterans Home

- (800) 400-8387
- Admissions: 260 California Drive, Yountville, CA 94599
- Requirements: Veterans with honorable discharge with active duty, over 62 years of age or disabled, and California residents

Cal-Vet Farm and Home Loan

- (800) 952-5626

Employment Development Department, State of California

- 576-2850 or (800) 300-5616
- Employment assistance for veterans

Northbay Veterans Center

- 586-3295
- 200 Montgomery Drive, Suite C, Santa Rosa, CA 95404
- Support groups and readjustment counseling for combat veterans and victims of sexual trauma
- Veteran employment information, vocational rehabilitation
- Individual, couples, sexual trauma and group counseling

Santa Rosa Veterans Administration Outpatient Clinic

- 569-2300
- 3841 Brickway Boulevard, , Santa Rosa, CA 95403
- Health Services, Mental Health Services, Pharmacy

Sonoma County Veterans Service Office

- 565-5960
- 3725 Westwind Boulevard, Suite 101, Santa Rosa, CA 95403
- Enrollment in the VA health care system and California's Veteran homes
- Burial benefits and education benefits including: GI Bill and Cal Vet tuition fee waivers
- Disability compensation and non-service connected disability pension (aid and attendance)
United States Department of Veterans Affairs - Regional Office
1301 Clay Street, Northern Tower, Oakland, CA 94612
TTY (800) 829-4833

Veterans Resource Centers of America: North Bay Veterans Resource Center
200 Montgomery Drive, Suite C, Santa Rosa, CA 95404
• Assists enrolled veterans of all eras with transportation, clothing, tools, fees, tuition, and training costs

VISITING AND REASSURANCE PROGRAMS
Programs that help people who are socially isolated due to disability or age.

American Cancer Society ........................................... 545-6720
Catholic Charities Friendly Visitor Program .................. 528-8712
Catholic Charities: I’m Home Alone .......................... 528-8712 x185
Council on Aging of Sonoma County: Friendly Visitor Program .......... 525-0143
• Weekly visits to homebound seniors
Love is the Answer (LITA) ............................................ 542-1234
• Visiting program for residents of nursing homes
Petaluma People Services Center: Friendly Visitor Program ............... 765-8490
• Volunteers visit homebound seniors in their homes.
Senior Center Without Walls ...................................... (877) 797-7299 or (510) 444-5974
• Free service - offers activities, friendly conversation and an assortment of classes and support groups to adults aged 50 or older who find it difficult to go to a community senior center
• Call to register and receive schedule of programs
Seniors At Home, a division of Jewish Family & Children’s Services - Friendly Visitor Program ........................................ 303-1510
• Program serves people of the Jewish faith and/or recipients of our care management services

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

American Foundation for the Blind ....................... (800) 232-5463
Braille and Talking Book Library (California State Library System) .... (800) 952-5666
California Council of the Blind ..................................... (800) 221-6359
California Department of Rehabilitation .......................... 576-2233
50 D Street, Room 425, Santa Rosa, CA 95404
• Blind Field Services for adult blind for City of Sonoma and outside Sonoma County
• Services for City of Santa Rosa and Sonoma County ......................... 576-2718
Earle Baum Center of the Blind .................................. 523-3222
4539 Occidental Road, Santa Rosa, CA 95401
• Community center for people with sight loss: training, social, and recreational opportunities
VOLUNTEER OPPORTUNITIES AND RECRUITMENT

Programs identify individuals who have chosen to work on a full or part-time basis for little or no remuneration in one of the human service fields. Systematically evaluates skills, talents, and personalities of the recruited volunteers and matches them with human service agencies that need volunteers. In addition to the agencies listed below, many of the other agencies in the “Sonoma County Senior Resource Guide” welcome and utilize volunteers. Contact them directly for volunteer opportunities.

2-1-1: Information and Referral ................................................................. (707) 565-2538
Volunteer Center of Sonoma County 153 Stony Circle, Ste. 100, Santa Rosa, CA 95401
- Volunteers provide information about health and human service needs and search data-base for services in food, clothing, shelter, counseling, financial aid, elder care, child care, etc

Blood Centers of the Pacific (formerly Blood Bank of the Redwoods) ..................... 545-1222
2324 Bethards Drive, Santa Rosa, CA 95405

Council on Aging of Sonoma County ...................................................... 525-0143x147
30 Kawana Springs Road, Santa Rosa, CA 95404
- Recruits and trains volunteers for various programs, including senior nutrition, senior social clubs, office support, transportation assistance, special events, etc

County of Sonoma, Volunteer Program .................................................... 565-1702
575 Administration Drive, Room 116 B, Santa Rosa, CA 95403

Petaluma People Services Center ............................................................. 765-8490
25 Howard Street, Petaluma, CA 94952
- Recruit and train for various senior programs and agency office support

Rebuilding Together
- Petaluma .......................................................................................... 765-3944
- Rohnert Park .................................................................................... 792-2650
- Santa Rosa ........................................................................................ 548-4779
- Sebastapol (Sebastapol Area Senior Center will forward messages) .......... 829-2440

Senior Companion Program ................................................................ 938-6201
Sonoma Developmental Center, PO Box 1493, Eldridge, CA 95431
- Stipend provided to eligible volunteers

Seniors At Home, a division of Jewish Family & Children’s Services .......... 571-8131
1360 North Dutton Avenue, Suite C, Santa Rosa, CA 95401
- Recruits and trains for the following programs: volunteer drivers, friendly visitors and office support
Sonoma Developmental Center Foster Grandparent and Senior Companion Programs
Sonoma Developmental Center, PO Box 1493, Eldridge, CA 95431
- Stipend provided to eligible volunteers

Volunteer Center of Sonoma County
153 Stony Circle, Suite 100, Santa Rosa, CA 95401
- Retired and Senior Volunteer Program (RSVP) provides volunteer opportunities in over 100 community agencies for people over fifty-five (55) years of age

GOVERNMENT REPRESENTATIVE WEBSITES

United States President Barack Obama
The White House ........................................................................................................... www.whitehouse.gov
Governor Jerry Brown .................................................................................................. www.gov.ca.gov
California Assembly Member Roster
  District 2, Wesley Chesbro .......................................................... www.asmdc.org/members/a02/
  District 4, Mariko Yamada .......................................................... www.asmdc.org/members/a04/
  District 10, Marc Levine ............................................................... www.asmdc.org/members/a10/
California Senator Noreen Evans, District 2 ..................................................... http://sd02.senate.ca.gov
United States Representative Mike Thompson, 5th District ........................................................................www.mikethompson.house.gov
United States Representative Jared Huffman, 2nd District ........................................ www.huffman.house.gov
United States Senator Barbara Boxer ............................................................................. www.boxer.senate.gov
United States Senator Diane Feinstein ........................................................................... www.feinstein.senate.gov
California, State of ........................................................................................................ www.ca.gov
Sonoma, County of ..................................................................................................... www.sonoma-county.org
Sonoma County Board of Supervisors ........................................................................... www.sonoma-county.org/board
Cloverdale .................................................................................................................. www.cloverdale.net
Cotati ............................................................................................................................ www.ci.cotati.ca.us
Petaluma ....................................................................................................................... www.cityofpetaluma.net
Rohnert Park .................................................................................................................. www.ci.rohnert-park.ca.us
Santa Rosa ................................................................................................................... www.ci.santa-rosa.ca.us
Sebastopol ....................................................................................................................... www.ci.sebastopol.ca.us
Windsor .......................................................................................................................... www.ci.windsor.ca.us

GOVERNMENT AGENCY WEBSITES

5-1-1 SF Bay Area Transit ............................................................................................... www.511.org
Adult Protective Services, Sonoma County ................................................................. www.sonoma-county.org/human/aps.htm
California Commission on Aging ................................................................................ www.ccoa.ca.gov
California Department of Aging .................................................................................. www.aging.ca.gov
California Department of Consumer Affairs Assistance Office ................................ www.dca.ca.gov
California Department of Fish and Wildlife ............................................................... www.dfg.ca.gov
| California Department of Housing and Community Development | www.hcd.ca.gov |
| California Department of Insurance | www.insurance.ca.gov |
| California Telephone Access Program | www.ddtp.org |
| Community Development Commission and Housing Authority | www.sonoma-county.org/cdc |
| Contractors State License Board | www.cslb.ca.gov |
| Department of Aging, State of California | www.aging.ca.gov |
| Department of Labor, Disabilities Resources | www.dol.gov |
| Department of Motor Vehicles, State of California | www.dmv.ca.gov |
| Department of Motor Vehicles Records and Consumer Complaint Section | www.dmv.ca.gov/forms/formsinfo.htm |
| Department of Rehabilitation, State of California | www.rehab.cahwnet.gov |
| Economic Development and Housing Department, City of Santa Rosa | www.ci.santarosa.ca.us/departments/economicdev |
| Eldercare Locator | www.eldercare.gov |
| Employment Development Department, State of California | www.edd.ca.gov |
| Golden Gate Transit System and Ferry Information | www.goldengatetransit.org |
| Low-Income Home Energy Assistance Program (LIHEAP) | www.liheapca.gov/services/helppayingutilitybills.aspx |
| Medical Board of California, Department of Consumer Affairs | www.medbd.ca.gov |
| Mendocino Transit Authority | www.4mta.org |
| Petaluma Transit | www.cityofpetaluma.net/pubworks/transit-sub.html |
| Santa Rosa CityBus | www.srcity.org/tp |
| Santa Rosa Junior College | www.santarosa.edu |
| Santa Rosa Recreation and Park Department | www.santarosarec.com |
| Social Security Administration | www.ssa.gov/ |
| Sonoma County Auditor-Controller-Tax Collector | www.sonoma-county.org/auditor |
| Sonoma County Department of Health Services | www.sonoma-county.org/health |
| Sonoma County Human Services Department | www.sonoma-county.org/human |
| Sonoma County Clerk-Recorder-Assessor | www.sonoma-county.org/assessor |
| Sonoma County Volunteer Program | www.santarosa.org |
| Sonoma County Elder Abuse Prevention Project | www.sceapc.org |
| Sonoma County Library and Branches | www.sonoma.lib.ca.us |
| Sonoma County Transit | www.sctransit.com |
| State Bar Attorney Complaint Hotline | www.calbar.ca.gov |
| State Parks and Recreation Department | www.parks.ca.gov |
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TIPS TO HELP PROTECT YOURSELF AGAINST FINANCIAL ABUSE, SCAMS, AND FRAUDS

DO:

• Do organize your finances and keep personal information and documents secure - shred material that has personal information on it before throwing away.

• Do make future planning a priority by completing power of attorneys and estate planning. Consider the option of hiring a private fiduciary to help manage your finances.

• Do educate yourself about common scams, financial and investment frauds, and unscrupulous sales practices. Be aware of pressure to “act fast and right away.”

• Do reach out to others if you have been a victim of a scam or financial abuse - isolation increases vulnerability.

• Do complete a background check when hiring caregivers. Call work and personal references, and complete a formal work contract.

• Do get caller ID and call blocking on your phone.

• Do use a spam filter to automatically block unwanted emails.

DO NOT:

• Do not give out your social security number, banking, or other personal information over the phone, by mail or online unless you have verified the legitimacy of the contact.

• Do not fall for the “grandson in jail/hospital” or any other telephone scam.

• Do not make financial decisions alone - consult with trusted family, friends, and professionals. Verify the company you are doing business with.

• Do not engage with phone, door, or computer solicitation. Hang up the phone, close the door, and do not click on emails you do not know or recognize.

• Do not respond to promises of riches. If it sounds too good to be true – then it is! A promise of riches with upfront fees and taxes is always a sign it is a scam.

• Do not purchase or participate in financial transactions you do not initiate.

• Do not allow a caregiver to handle your money without a formal agreement.