NOTE: Every effort has been made to ensure that information in this directory is timely and accurate. Updated: 12/19/2018

Agency on Aging \ Area 4
1401 El Camino Avenue, Suite 400
Sacramento, CA 95815
P: 1.916.486.1876 or 1.800.211.4545
AGENCYONAGING4.ORG

2018-2019 SERVICE DIRECTORY

Developing and Coordinating Services for Older Adults for Over Four Decades

Serving the Counties of Nevada | Placer | Sacramento Sierra | Sutter | Yolo | Yuba

Aging is All About Living ®
ABOUT AGENCY ON AGING \ AREA 4

Agency on Aging \ Area 4 funds and monitors programs for seniors in a seven-county planning and service area with funding under the Older Americans Act. We are one of 33 area agencies in California, designated by the State to develop, coordinate, and fund programs designed to help older persons maintain their health and independence. The programs and services are offered free with a request for a voluntary donation. No participant is turned away who cannot contribute.

Agency on Aging \ Area 4 (AAA4) is a Joint Powers Authority with the counties of Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba to provide a system of services for persons 60 years of age and over.

As an area agency, AAA4 is the focal point for services for older adults. As a Funding agency, we award contractual grants for nutrition, supportive services, caregiver programs, legal assistance, health insurance counseling, ombudsman services, and other programs designed to meet specific needs of older persons within their community. As an Administrative agency, we monitor, evaluate, and document the program and fiscal performance of every contracted service provider. As a Planning agency, AAA4 conducts needs assessments, determines priorities, and develops a four year Area Plan. And as an Advocacy agency, we conduct public hearings, provide testimony before local and State governmental commissions, committees, and legislative bodies, and collaborate with other agencies and organizations to develop and expand services to meet local needs.

AAA4 is governed by a 17-member board comprised of members of the Boards of Supervisors or their appointees from our seven-county area. The Agency also has a 35-member Advisory Council which serves as the principal advocacy body for programs and services for older persons. Monthly meetings are open to the public.

Pam Miller, Executive Director

AAA4 FUNDED PROGRAMS & SERVICES

YUBA & SUTTER COUNTIES

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Provider</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAREGIVER RESPITE</td>
<td>Caring Choices</td>
<td>1-530-899-3873</td>
</tr>
<tr>
<td>EMPLOYMENT SERVICES (AAA4 DIRECT SERVICE)</td>
<td>Mature Edge Job Readiness Program</td>
<td>1-800-211-4545</td>
</tr>
<tr>
<td>HEALTH INSURANCE COUNSELING</td>
<td>HICAP - Health Insurance Counseling and Advocacy Program</td>
<td>1-916-376-8915</td>
</tr>
<tr>
<td>INFORMATION &amp; ASSISTANCE</td>
<td>FREED Center for Independent Living</td>
<td>1-530-742-4474</td>
</tr>
<tr>
<td>LEGAL SERVICES</td>
<td>Yuba - Sutter Legal Center for Seniors</td>
<td>1-530-742-8289</td>
</tr>
<tr>
<td>LONG-TERM CARE OMBUDSMAN SERVICES / ELDER ABUSE PREVENTION (AAA4 DIRECT SERVICE)</td>
<td>Long-Term Care Ombudsman Program</td>
<td>1-530-755-2018</td>
</tr>
<tr>
<td>NUTRITION—RESTAURANT VOUCHER &amp; HOME DELIVERED MEALS (AAA4 DIRECT SERVICE)</td>
<td>Dine Around Town (Sutter Co.)</td>
<td>1-800-211-4545</td>
</tr>
<tr>
<td></td>
<td>Yuba - Sutter Meals on Wheels</td>
<td>1-800-211-4545</td>
</tr>
<tr>
<td>RESIDENTIAL REPAIRS / MODIFICATIONS</td>
<td>FREED Center for Independent Living</td>
<td>1-530-742-4474</td>
</tr>
<tr>
<td>TRANSPORTATION SERVICES</td>
<td>FREED Center for Independent Living</td>
<td>1-530-742-4474</td>
</tr>
</tbody>
</table>
THE MISSION OF AGENCY ON AGING\AREA 4
Creating and supporting opportunities that enhance the lives of older adults and their families to be safe, healthy, and independent.

SERVICE AREA OF AAA4

<table>
<thead>
<tr>
<th>County</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nevada</td>
<td>35,472</td>
</tr>
<tr>
<td>Placer</td>
<td>104,700</td>
</tr>
<tr>
<td>Sacramento</td>
<td>304,473</td>
</tr>
<tr>
<td>Sierra</td>
<td>1,280</td>
</tr>
<tr>
<td>Sutter</td>
<td>20,461</td>
</tr>
<tr>
<td>Yolo</td>
<td>39,228</td>
</tr>
<tr>
<td>Yuba</td>
<td>13,995</td>
</tr>
<tr>
<td>TOTAL</td>
<td>519,690</td>
</tr>
</tbody>
</table>

Taken from the 2018 California Department of Aging Population Projections by County.

AAA4 FUNDED PROGRAMS & SERVICES

YOLO COUNTY

CAREGIVER SUPPORT / CAREGIVER RESPITE
Del Oro Caregiver Resource Center 1-916-728-9333

EMPLOYMENT SERVICES (AAA4 DIRECT SERVICE)
Mature Edge Job Readiness Program 1-916-486-1876

HEALTH INSURANCE COUNSELING
HICAP - Health Insurance Counseling and Advocacy Program 1-916-376-8915

INFORMATION & ASSISTANCE
Legal Services of Northern California Senior Link 1-530-207-4250

LEGAL SERVICES
Legal Services of Northern California 1-530-662-1065

LONG-TERM CARE OMBUDSMAN SERVICES / ELDER ABUSE PREVENTION (AAA4 DIRECT SERVICE)
Long-Term Care Ombudsman Program 1-530-668-5775

NUTRITION–CONGREGATE & HOME DELIVERED MEALS
Meals on Wheels Yolo County 1-530-662-7035

TRANSPORTATION SERVICES
Dignity Health: Yolo Adult Day Health Center 1-530-666-8828

THE MISSION OF AGENCY ON AGING\AREA 4
Creating and supporting opportunities that enhance the lives of older adults and their families to be safe, healthy, and independent.

SERVICE AREA OF AAA4

<table>
<thead>
<tr>
<th>60+ Population in 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nevada</td>
</tr>
<tr>
<td>Placer</td>
</tr>
<tr>
<td>Sacramento</td>
</tr>
<tr>
<td>Sierra</td>
</tr>
<tr>
<td>Sutter</td>
</tr>
<tr>
<td>Yolo</td>
</tr>
<tr>
<td>Yuba</td>
</tr>
<tr>
<td>TOTAL</td>
</tr>
</tbody>
</table>

Taken from the 2018 California Department of Aging Population Projections by County.

AAA4 FUNDED PROGRAMS & SERVICES

YOLO COUNTY

CAREGIVER SUPPORT / CAREGIVER RESPITE
Del Oro Caregiver Resource Center 1-916-728-9333

EMPLOYMENT SERVICES (AAA4 DIRECT SERVICE)
Mature Edge Job Readiness Program 1-916-486-1876

HEALTH INSURANCE COUNSELING
HICAP - Health Insurance Counseling and Advocacy Program 1-916-376-8915

INFORMATION & ASSISTANCE
Legal Services of Northern California Senior Link 1-530-207-4250

LEGAL SERVICES
Legal Services of Northern California 1-530-662-1065

LONG-TERM CARE OMBUDSMAN SERVICES / ELDER ABUSE PREVENTION (AAA4 DIRECT SERVICE)
Long-Term Care Ombudsman Program 1-530-668-5775

NUTRITION–CONGREGATE & HOME DELIVERED MEALS
Meals on Wheels Yolo County 1-530-662-7035

TRANSPORTATION SERVICES
Dignity Health: Yolo Adult Day Health Center 1-530-666-8828

THE MISSION OF AGENCY ON AGING\AREA 4
Creating and supporting opportunities that enhance the lives of older adults and their families to be safe, healthy, and independent.

SERVICE AREA OF AAA4

<table>
<thead>
<tr>
<th>60+ Population in 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nevada</td>
</tr>
<tr>
<td>Placer</td>
</tr>
<tr>
<td>Sacramento</td>
</tr>
<tr>
<td>Sierra</td>
</tr>
<tr>
<td>Sutter</td>
</tr>
<tr>
<td>Yolo</td>
</tr>
<tr>
<td>Yuba</td>
</tr>
<tr>
<td>TOTAL</td>
</tr>
</tbody>
</table>

Taken from the 2018 California Department of Aging Population Projections by County.
CAREGIVER RESPITE provides a break for caregivers so they can attend to personal and recreational activities knowing their loved one is in a safe environment. In-home and Out-of-home respite are offered.

CAREGIVER SUPPORT Program that assesses and addresses the needs of family caregivers in order to maintain their health and well-being, sustain their ability to provide care, and produce better outcomes for the care recipient.

DIRECT SERVICE A program where Agency on Aging Area 4, rather than a contracted agency, provides services directly to clients. These programs are indicated as DIRECT SERVICE in this directory.

EMPLOYMENT SERVICE offers job readiness sessions for the mature worker for a productive and successful job search.

DISEASE PREVENTION & HEALTH PROMOTION Programs help maintain or improve the physical and mental health of persons 60 years of age and older.

ELDER ABUSE PREVENTION provides education to the public about how to educate, prevent, recognize, and respond to elder abuse.

HEALTH INSURANCE COUNSELING gives assistance with Medicare problems, health insurance, and long-term care insurance.

INFORMATION & ASSISTANCE Programs that link older persons to service agencies and other vital community resources.

OLDER RELATIVE CARE SERVICES provides legal assistance, resources, supportive services, caregiver training, and support groups for grandparents and other relative caregivers.

LEGAL SERVICES Assists with civil legal needs: legal advice, counseling, and legal representation.

LONG TERM CARE OMBUDSMAN SERVICES Staff and trained volunteers assist residents and families of residents of long-term care facilities to resolve complaints.

ELDER ABUSE PREVENTION provides education to the public about how to educate, prevent, recognize, and respond to elder abuse.

PERSONAL CARE Personalized Home Care 1-916-979-4975

RESIDENTIAL REPAIRS / MODIFICATIONS Rebuilding Together 1-916-455-1880

TRANSPORTATION SERVICES ACC Senior Services ACC Rides Transportation Service 1-916-393-9026 ext.333

Stanford Settlement Stanford Settlement Senior Center 1-916-927-1303

HEALTH INSURANCE COUNSELING HICAP - Health Insurance Counseling and Advocacy Program 1-916-376-8915

INFORMATION & ASSISTANCE Inc. Senior Citizens of Sierra County Loyalton Senior Center 1-530-993-4770

LEGAL SERVICES Community Legal 1-530-265-3425

LONG-TERM CARE OMBUDSMAN SERVICES / ELDER ABUSE PREVENTION (AAA4 DIRECT SERVICE) Long-Term Care Ombudsman Program 1-530-274-2825

NUTRITION—CONGREGATE & HOME DELIVERED MEALS Inc. Senior Citizens of Sierra County Loyalton Senior Center 1-530-993-4770

RESIDENTIAL REPAIRS / MODIFICATIONS FREED Center for Independent Living 1-530-265-4444
### CAREGIVER RESPITE
**Del Oro Caregiver Resource Center**  
1-916-728-9333

### CAREGIVER SUPPORT
**ACC Senior Services**
- **Bridge to Healthy Families**  
  1-916-393-9026
- **Del Oro Caregiver Resource Center**  
  1-916-728-9333

### DISEASE PREVENTION & HEALTH PROMOTION (AAA4 DIRECT SERVICE)
**DEEP (Diabetes Education Empowerment Program)**  
1-916-486-1876

### EMPLOYMENT SERVICES (AAA4 DIRECT SERVICE)
**Mature Edge Job Readiness Program**  
1-916-486-1876

### HEALTH INSURANCE COUNSELING
**HICAP - Health Insurance Counseling**
- **and Advocacy Program**  
  1-916-376-8915

### INFORMATION & ASSISTANCE
**Community Link**
- **Dial 211 or 2-1-1 Sacramento**  
  1-916-498-1000

### OLDER RELATIVE CARE SERVICES
**Lilliput Families**
- **Kinship Support Services**  
  1-916-923-5444

### LEGAL SERVICES
**Legal Services of Northern California**  
- **Senior Legal Hotline**  
  1-916-551-2140

### LONG-TERM CARE OMBUDSMAN SERVICES / ELDER ABUSE PREVENTION (AAA4 DIRECT SERVICE)
**Long-Term Care Ombudsman Program**  
1-916-376-8910

### NUTRITION—CONGREGATE & HOME DELIVERED MEALS
**Meals on Wheels by ACC**  
1-916-444-9533

### PEER COUNSELING
**Department of Child, Family and Adult Services**
- **Senior Companion Program**  
  1-916-875-3622

---

### NUTRITION—CONGREGATE, HOME DELIVERED, AND RESTAURANT VOUCHER, MEALS

**Congregate Meals**  
Provides a social setting where seniors can enjoy a nutritious hot meal. Offered at senior centers, congregate meal sites and other senior gathering places throughout the seven-county area.

**Home Delivered Meals**  
Provides meals to homebound older persons who are frail and unable to prepare their own meals.

**Restaurant Voucher Meals (Sutter Co.)**  
Provides vouchers for nutritious meals at selected restaurants.

**PEER COUNSELING**  
Uses the skills and life experiences of trained volunteers to provide guidance, and support in a self-help approach to enhance well-being and enable clients to make informed choices.

**PERSONAL CARE**  
Provides in-home assistance with routine care of a personal nature such as bathing, dressing, personal appearance, feeding, and general hygiene.

**RESIDENTIAL REPAIRS / MODIFICATIONS**  
Programs help keep homes safe, secure, and accessible for frail seniors.

**TRANSPORTATION SERVICES**  
Provides seniors access to doctors’ offices, grocery stores, businesses, senior centers, senior programs, and other destinations.
AAA4 FUNDED PROGRAMS & SERVICES

NEVADA COUNTY

EMPLOYMENT SERVICES (AAA4 DIRECT SERVICE)
Mature Edge Job Readiness Program 1-800-211-4545

HEALTH INSURANCE COUNSELING
HICAP - Health Insurance Counseling and Advocacy Program 1-530-258-6827

INFORMATION & ASSISTANCE
Dial 211 or Connecting Point 2-1-1 Nevada County

LEGAL SERVICES
Community Legal 1-530-265-3425

LONG-TERM CARE OMBUDSMAN SERVICES / ELDER ABUSE PREVENTION (AAA4 DIRECT SERVICE)
Long-Term Care Ombudsman Program 1-530-274-2825

NUTRITION—CONGREGATE & HOME DELIVERED MEALS
Gold Country Community Services, Inc. 1-530-273-4961
Sierra Senior Services 1-530-550-7600

RESIDENTIAL REPAIRS / MODIFICATIONS
FREED Center for Independent Living 1-530-477-3333

TRANSPORTATION SERVICES
Paratransit Services—Gold Country LIFT 1-530-271-7433

AAA4 FUNDED PROGRAMS & SERVICES

PLACER COUNTY

CAREGIVER RESPITE
Del Oro Caregiver Resource Center 1-916-728-9333

CAREGIVER SUPPORT
Del Oro Caregiver Resource Center 1-916-728-9333

DISEASE PREVENTION & HEALTH PROMOTION
Caring Choices
Medication Management 1-530-899-3873

EMPLOYMENT SERVICES (AAA4 DIRECT SERVICE)
Mature Edge Job Readiness Program 1-800-211-4545

HEALTH INSURANCE COUNSELING
HICAP - Health Insurance Counseling and Advocacy Program 1-916-376-8915

INFORMATION & ASSISTANCE
Seniors First, Inc. 1-530-889-9500

LEGAL SERVICES
Legal Services of Northern California 1-530-823-7560

LONG-TERM CARE OMBUDSMAN SERVICES / ELDER ABUSE PREVENTION (AAA4 DIRECT SERVICE)
Long Term Care Ombudsman Program 1-530-823-8422

NUTRITION—CONGREGATE & HOME DELIVERED MEALS
Seniors First Inc.- (Western Placer County) 1-530-889-9500
Sierra Senior Services- (Eastern Placer County) 1-530-550-7600

RESIDENTIAL REPAIRS / MODIFICATIONS
Placer Independent Resource Services (PIRS) 1-530-885-6100

TRANSPORTATION SERVICES
Seniors First, Inc. 1-530-889-9500