

**Help keep our elders safe! If you see an elder in need of assistance, here are some resources.**

### **Clothing/Books**

**Books on Wheels: 530-573-3185**

**Clothes Closet at Green Valley Church:  
530-622-3231 x203**

**Clothes Closet at St. Patrick's Church:  
530-621-7773**

### **Food**

**Food Bank of El Dorado County:  
530-621-9950**

**Food Closet at Green Valley Church:  
530-622-3231**

**Food Closet/S.H.A.R.E.: 530-626-8299**

**Senior Nutrition Program, El Dorado County:  
530-621-6160**

**Upper Room Dining Hall: 530-621-7730**

### **Housing**

**Housing Emergency Lodging Program  
(H.E.L.P.): 530-306-2352**

### **Information**

**Alzheimer's Diagnostic and Treatment  
Center of UCD: 916-734-5496**

**Arthritis Foundation: 916-368-5599**

**Blind Services (Office of Services to the  
Blind): 916-657-3327**

**Choices Transitional Services: 530-676-6560**

**Elder Options, Inc.: 530-626-6939**

**Muscular Dystrophy Association:  
916-921-9518**

**National Alliance for Mentally Ill:  
530-621-4834**

**National Stroke Association: 800-787-6537**

**NorCal Center on Deafness: 916-349-7500**

**Parkinson's Disease Foundation:  
800-457-6676**

**Senior Legal Hotline—Legal Services of  
Northern California: 916-551-2140**



**Elder Options, Inc.**

**For a complete list of resources, visit  
[www.elderoptionsca.com](http://www.elderoptionsca.com).**

**"Su Familia" National Hispanic Family  
Health Helpline: 866-783-2645**

## **Safety**

**In case of emergency, dial 9-1-1**

**California Poison Control System (CPCS):  
800-222-1222**

**The Center (formerly The Women's Center):  
530-626-1131**

**Elder Protection Unit (Adult Protective  
Services): 530-642-4800**

**Psychiatric Emergency Service Hotline:  
530-622-3345**

## **Support Groups**

**Alcoholics Anonymous (A.A.):  
530-622-3500**

**ALS Association: 916-979-9265**

**Alzheimer's Support Group: 530-626-6939**

**Bereavement Support Group/Snowline  
Hospice: 530-621-7820**

**Bipolar Insights: 530-642-0859**

**Breast Cancer Support Group/Marshall  
Hospital: 530-644-3963**

**Living with Loss at Green Valley Church:  
530-622-3231 x224**

**Lyme Junction: 530-313-3133**

**Senior Peer Counseling: 530-621-6304**

**Strength for the Journey: 530-626-7150**

## **Transportation**

**El Dorado Transit (Dial-a-Ride):  
530-642-3696**

**SAC-MED El Dorado Transit:  
530-642-5383**

**Senior Shuttle: 530-621-6150**

## **Utilities**

**AT&T Lifeline: 800-288-2020**

**Home Energy Assistance Program  
(H.E.A.P.)/ El Dorado County :  
530-621-6150**

**PG&E Medical Baseline Program:  
1-800-743-5000**



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