

Resources & Information

Information & Assistance for Seniors

FREED Center for Independent Living

T: 1(530) 742-4474

Web: freed.org

Agency on Aging\Area 4- Meals on Wheels, Dine Around Town & Great Plates Restaurant
Meal Programs- Call 916 246-2117 or 1-800-211-4545 agencyonaging4resources.org

Yuba-Sutter Food Bank (530) 673-3834 Address: 760 Stafford Way, Yuba City

CalFresh Food

Web: agencyonaging4.org/calfresh-food

Caregiver Respite

Caring Choices

T: 1(530) 899-3873

Web: caring-choices.org

Del Oro Caregiver Resource Center

T: 1(916) 728.9333

Web: deloro.org

Health Insurance Counseling

HICAP – Health Insurance Counseling and Advocacy Program

T: 1(916) 376-8915. Call FREED to make an appointment for HICAP- (530) 742-4474

Web: hicapservices.net

Job Readiness Program

Mature Edge Job Readiness Program

T: 1(916) 486-1876

Legal Services

Yuba – Sutter Legal Center for Seniors

T: 1(530) 742-8289

Tax Aide

Yuba-Sutter AARP Foundation Tax-Aide: Call the hotline for more information and updates:
(530) 763-3508

Nutrition – Congregate & Home Delivered Meals

Yuba-Sutter Meals on Wheels

T: 1(916) 486-1876 or 1(800) 211-4545

Dine Around Town

T: 1(916) 486-1876 or 1(800) 211-4545

Yuba-Sutter Food Bank (530) 673-3834

Ombudsman Services

Long-Term Care Ombudsman Program

T: 1(530) 755-2018

Web: agencyonaging4.org

Residential Repairs & Modifications

FREED Center for Independent Living

T: 1(530) 742-4474

Web: freed.org

Transportation Services

FREED Center for Independent Living

T: 1(530) 742-4474

Web: freed.org

Yuba-Sutter Transit Dial-A-Ride: (530)742-2877

Adult Protective Services – 822-7151, Sutter County. 749-6471, Yuba County. Reports referrals of elder and dependent-adult abuse or neglect Provides Intervention and advocacy.

COVID-19 Resources and Information

BePreparedSutter.org

Yuba-Sutter COVID-19 Call Center M-F 8am-5pm- 530 749-7700

Yuba-Sutter COVID-19 Relief Task Force- Helping at-risk seniors and low-income residents during the Coronavirus outbreak. Food assistance. **Call 530 645-2003**

Emotional Support and Mental Health Resources

Friendship Line California-1-888-670-1360

24-hour toll-free "life-line" that is dedicated to serving Californians over 60 who may be feeling anxious, fearful or lonely. The Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support call. The phone line is staffed with specialists who provide support, grief support, information and referrals.

UC Davis School of Medicine A.S.S.I.S.T. Program: Assisting & Supporting Socially Isolated Seniors through Telephoning

Have the COVID-19 blues? Feeling isolated or lonely? You will be assigned to a UC Davis medical or graduate nursing student who will call you twice a week and you will be able to share your health concerns resulting from the COVID-19 crisis. Volunteers are in touch with UC Davis experts on aging. Call 916 734-2346 or email Jasmine Graham at jdgraham@ucdavis.edu

AARP Friendly Voices Emotional support hotline- 1-888-281-0145

Casa de Esperanza (530)674-5400 Shelter, counseling, legal and social services advocacy for survivors of domestic violence and sexual assault.

Sutter-Yuba Behavioral Health

(530) 822-7200 M-F 8-5

Psychiatric Emergency Services at (530) 673-TALK (8255) or toll free 888-923-3800.
1965 Live Oak Blvd Yuba City

Shopping Resources for Seniors

Safeway- 7 -9 am Tuesdays & Thursdays

Target- 1st hour on Wednesdays

Dollar General- 1st hour after opening

Raley's- \$20 Bags of groceries at 7am

Walgreens- 8 - 9 am every Tuesday, free shipping & drive-thru shopping available

BEWARE OF MEDICAL SCAMS DURING COVID-19!

Be on the lookout for scams that could arise from the COVID-19 pandemic.

Protect your Medicare number and only provide it to your doctor and Medicare providers.

Be cautious of anyone going door-to-door to offer free coronavirus testing, supplies, or treatments. Call the Senior Medical Patrol to ask questions or to report Medicare fraud 1-877-808-2468