

Area Resources for Seniors

Updated 5/2015

Courtesy of the Yuba-Sutter Chamber of Commerce

All phone numbers below are in area code (530) unless otherwise noted.

Senior Information & Assistance - 742-2334. 725 D St. Marysville CA 95901 Locates services, resources, programs available to seniors 60+ Yuba Sutter Counties. Also assist in filling out forms such as housing applications, utility discounts and more Funded by Area 4 Agency on Aging,

Elder Services of Northern California – 755-2018. Pager 916-522-8464. Ombudsman, advocacy for seniors, Gatekeeper Community Services. Translation by appointment.

Trying to stay at home

Always Best Care Senior Services - 613-5789. Non-medical in home care and assisted living placement for seniors. A member of the Yuba-Sutter Chamber of Commerce.

Comfort Keepers - 749-8800. Non-medical in-home care. A member of the Yuba-Sutter Chamber of Commerce.

Interim HomeStyle Services – 673-0300. In home health care. A member of the Yuba-Sutter Chamber of Commerce.

“Caring Calls” - 674-5253. Daily telephone contact from volunteers. Will also do a welfare check if senior does not answer phone.

VOICE-Volunteer Outreach for Independent Citizens & Elderly: 822-4668 In-home, face to face contact made to isolated seniors in Yuba City.

Partners in Care: 268-7434 Non-medical in home care.

Yuba County In-Home Supportive Services – (IHSS) 749-6471. Helps people remain safely in their own home.

Area Agency on Aging - 916-486-1876. Homemaker aid, information, referral for those 60 years or older. Sacramento.

Sutter North Home Health: 749-3450

Sutter North Hospice: 749-3460

In-home nursing service for the disabled – 673-7100. Fremont-Rideout Home Health.

Disability Action Center– 893-8527. Peer advising, attendant care, interpreting services, assisted technology, Referral information. tractioncenter.org

Lifeline – 743-5500. Personal remote control device for emergency response for the elderly, disabled, handicapped, or isolated.

Seniors Helping Seniors Handyman Program – 822-4608. City limits of Yuba City only, 60+.

J.T Lawrence & Co.-800-666-9657 8471 La Porte Rd. Brownsville 95919 At J.T. Lawrence & company we do Stair lifts, Wheelchair lifts and small elevators for residential or ADA light commercial. Also a General Building contractor and can handle and remodel that would be necessary to accommodate a lift.

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Reach Air Medical Services / Reach for Life and Cal-Ore Life Flight Membership. Sales manager, Jennifer Hart (530)510-2915

FREED Center for Independent Living – A Disability and Aging Resource Center serving people of all ages in Nevada, Sierra, Yuba, Sutter and Colusa Counties. **742-4474** 508, J Street, Marysville, CA 95901 www.freed.org.

Services:

- Personal and Systems Advocacy, Personal Assistant Referral, Housing Assistance, Information and Referral, Nursing Home Transition, Peer Support, Independent Living Skills, Assistive Technology,
- **Fix-It Program**: Yuba and Sutter Counties. 60 years and older. Funded by Area 4 Agency on Aging. Provides health and safety home repairs or modifications.
- **Older Individuals who are Blind Program**: Yuba and Sutter Counties. 55 years and older who are experiencing significant vision loss obtain the skills and resources they need to increase independence.
- **Senior Transportation Voucher Program**: Yuba and Sutter Counties. 60 years and older. Transportation vouchers for use on Yuba-Sutter Transit Dial-A-Ride.
- **Dine Around Town Program**: Sutter County, 60 years and older. Senior dining program funded by Area 4 Agency on Aging. Helps individuals obtain vouchers for healthy meals at local restaurants to improve nutrition and social interaction.

Food and Food Programs

Yuba-Sutter Food Bank Inc.- 673-3834. A member of the Yuba-Sutter Chamber of Commerce.

Senior Snack Program - 749-6471 (through the Adult Protective Services of Yuba County program)

Congregate lunch (dine-in with other seniors at the Senior Centers) Reservations 24 hrs. advance. Mon-Fri at 11:00 a.m. at the Olivehurst Senior Cafe, 4979 Olivehurst Ave, Olivehurst **(530)741-0777** Yuba County

Emergency Services

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

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.

Legal

Yuba-Sutter Legal Center for seniors - 742-8289. Represents seniors in court and at Medi-Cal and SSI hearings, negotiates with creditors, landlords, prepares powers of attorney, homesteads, helps obtain Medi-Cal for long-term care, etc. and represents victims of abuse. A member of the Yuba-Sutter Chamber of Commerce.

Public Guardian – 822-7250, Sutter County. 741-6306, Yuba County. Trust of personal affairs when no relative is able to do so.

Transportation

Yuba-Sutter Transit – Route and Schedule Info and Dial-a-Ride information, 742-2877. Administration, 634-6880. A variety of general public and senior/disabled scheduled and specialized transportation services.

FREED Center for Independent Living –742-4474 508 J Street Marysville Ca 95901 for 60 yrs. or older, living in Yuba or Sutter Counties, FREED has a Senior Transportation Voucher Program (STVP). The purpose is to increase access to healthcare and essential community activities with flexible vouchers that can be used to pay for a variety of existing transportation services.

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Employment

Sutter County One Stop – 822-5120. Workforces Innovation & Opportunity Program provides assistance with Employment and Training, Career Technical Education. Business, Health Career and Computer Skills, Auto Education. Adult Diploma and GED Preparation, English as Second Language (ESL) Classes and Basic Skills. Visit www.sutteronestop.com for additional information.

Experience Works – 749-4887 / 822-5120 ext. 3023 Housed at Sutter County One Stop. Senior workforce solutions. Experience counts program for 55+, active adults program 40*, training opportunities.

Medicare, Health, and Insurance

Social Security Administration – 671-1896. Information about retirement benefits, survivor's benefits, Medicare, and benefits for the elderly, blind or disabled.

Health Insurance Counseling & Advocacy Program HICAP – 742-2334. Is a volunteer supported program that provides assistance with Medicare problems, help with health insurance, Medigap policies the Part D Prescription program and longterm care insurance. The program provides unbiased info to help you make the best choice for your individual health care needs. HICAP assistance is free and includes community education services and individual counseling.

If you are a resident of Yuba or Sutter Counties and would like to schedule an appointment with HICAP contact senior information and Assistance at **(530)742-2334, main office 1-800-434-0222**

Medicare Information – 1-800-633-4227.

Peach Tree Clinic – 749-3242. All facilities accept Medi-Cal, Medicare patients, and private insurance. Peach Tree Healthcare is a safety net for people without insurance and those who are unable to pay. They are never turned away. All patients have access to lab and pharmacy services. A member of the Yuba-Sutter Chamber of Commerce.

Sutter Medical New Patient Coordinator – 1-877-766-3362. Can help you select a physician and schedule your first appointment. A member of the Yuba-Sutter Chamber of Commerce.

Sierra Injury & Sports Rehab Physical therapy Clinic: 671-7977 Large parking, Accepts all insurance including MediCal.

Activities

Butchie's Pool: -671-4373 144 Gibson Ave., Yuba City, CA 95991 Warm water aquatic therapy facility and aquatic classes. Year round heated pool, easy accessible ramp entrance, different levels of aquatic fitness classes. Shower and changing area. Reasonable rates or in some cases free.

Yuba City Parks & Recreation Dept – 1201 Civic Center Blvd, Yuba City, 822-4650. The City of Yuba City Parks and Recreation offers an extensive list of senior activities including trips, fitness, arts and crafts, dance, games, and so on. Call for a current activity guide. Senior Center-777 Ainsley Avenue, Yuba City, 822-4608. Provides health seminars, physical fitness activities, artistic expression groups, intellectual exchange, stimulating travel in a comfortable social atmosphere.

Wheatland Senior Center – 705 3rd St, Wheatland (530)633-4058. Open 10:00 a.m. – 2:00 p.m. on Monday, Wednesday & Friday. Play games and socialize, join in the Ice Cream Socials and Golf Tournaments.

Yuba County Senior Center – 4979 Olivehurst Ave, Olivehurst, 741-0777. Provide a comfortable and safe atmosphere with bingo on Tues., Thurs @10 and Sat 6:30. Library, cards puzzles and social time.

Housing, Assisted Living, Skilled Nursing, and Board and Care

Housing Authority: Sutter- Yuba Regional Housing Authority 671-0220, X110. Housing for low-income, seniors, disabled, or agriculture workers.

Bridges to Housing: 755-3414 909 Spiva Ave. Yuba City. Open Tues.-Thurs. Assistance with deposits for lower income level Seniors and homeless.

Property Tax Assistance/Postponement – 742-2334 or 1-800-852-7050. For senior citizens and the disabled.

INDEPENDENT LIVING

Buttes Christian Manor	223 F St, Marysville, CA 95901	742-2421
Country Village Mobile Home Park	8831 Hwy 70, Marysville, CA 95901	743-8182
Del Prado Mobile Home Park	1695 Butte House Rd, Yuba City, CA 95993	673-7300
La Serena Garden Apartments	808 Clark Ave, Yuba City, CA 95991	671-6385
Live Oak Senior Mobile Home Park	10383 Larkin Rd, Live Oak, CA 95953	695-2910
Olive Tree Apartments	1901 7 th Ave, Olivehurst, CA 95961	743-6129
Sutter Village	1200 Gray Ave, Yuba City, CA 95991	674-5655
Town Center Senior Manor	506 Plumas St #14, Yuba City, CA 95991	755-3946

RESIDENTIAL CARE: ASSISTED LIVING, BOARD AND CARE, NURSING HOMES

Chestnut Commons	911 Chestnut, Yuba City, CA 95991-(non-Nursing)	674-3482
Columbian Center	230 8 th St, Marysville, CA 95901-(Independent Sr. living)	743-7542
Courtyard Assisted Living	1240 Williams Way, Yuba City, CA 95991 (Assisted living)	790-3050
Creekside Country Manor	2962 Jefferson Ave, Yuba City, CA 95991 (assisted living)	674-1129
Emerald Oaks Assisted Living	2290 Forrest Lane, Yuba City, CA 95991	751-0511
Gridley Health and Wellness Centre	246 Spruce St, Gridley, CA 95948 (long term care)	846-6266
Feather River Manor	3962 West Ella Ave, Marysville, CA 95901 (Assisted Living)	743-5022
Fountains Skilled Nursing	1260 Williams Way, Yuba City, CA 95991	790-3000
Gardens Special Memory Care Unit	840 Washington Ave, Yuba City, CA 95991 (& Adult Day Care)	790-3075
Hovlid Skilled Nursing	Biggs-Gridley Memorial, 240 Spruce St, Gridley, CA 95948	846-9065
Live Oak Manor	9000 Larkin Rd, Live Oak, CA 95953	695-8020
Prestige Assisted Living	515 Harris St, Marysville, CA 95901	749-1786
Summerfield Senior Care Center	1224 Plumas St, Yuba City, CA 95991	755-3850
Sutter Estates	1230 Plumas St, Yuba City, CA 95991(Independ	755-2820
Terry's Guest Home	1445 Vermont, Gridley, CA 95948	846-3362
Ursula's Care Home	4004 Hammonton-Smartsville Rd, Marysville, CA 95901	743-8770
Yuba City Manor	1880 Live Oak Blvd, Yuba City, CA 95991	673-6051
Yuba Skilled Nursing Center	521 Lorel Way, Yuba City, CA 95991	674-9140
Evergreen Gridley Health Care Center	246 Spruce St, Gridley, Ca 95948	846-6266
Marysville Care Center (Sunbridge)	1617 Ramirez St, Marysville, CA 95901	742-7311
Yuba City Care Center (Sunbridge)	1220 Plumas St, Yuba City, CA 95991	671-0550