

**sRs**

**Senior Resource Service**



**Directory  
of  
Senior Services  
2009-2010**

**Tuolumne County**  
**(Aging to Perfection)**

# Welcome to the 2009- 2010

## sRs - Senior Services Directory

On behalf of Senior Resource Service, we are proud to present to the Tuolumne County community this directory of Senior Services. In these pages you will find answers to a number of questions concerning activities, health, housing, nutrition and many other topics of interest to seniors.

As our demographics shift to a predominantly older society, families often struggle to care for their elders, their children and other family members. Community support becomes more and more crucial in keeping families vital and healthy as this new age wave hits. Our seniors and our senior services must grow and help one another to meet the rapidly expanding needs of our aging population.

Seniors are a valuable resource to our community. Our seniors not only utilize the services in this directory but help conceive and provide new innovative services. By participating in the life of our community through volunteering or through civic engagement, utilizing past experiences and vast knowledge, our seniors contribute and help shape and improve conditions for their fellow seniors and help to meet the many challenges our seniors now face in today's rapidly changing environment.

We hope you keep this directory in a convenient location and use it often. In a time of crisis, it could make all the difference in the world, for you, or someone you care for.

sRs is a volunteer based, local non-profit organization dedicated to educate Tuolumne County Seniors about resources that might allow them to remain living at home as they age. We provide this complimentary directory as a community service. In addition, sRs provides rides for seniors and the disabled who have no other means of transportation.

**Compassionate People Wanted**  
**Volunteer to DRIVE Today!**  
**209.588.1334**

**Emergency**

**Call 9 1 1**

Sonora Regional Medical Center 209 532-5000  
100 Greenley Rd. Sonora, CA 95370

**Other Important Numbers**

California Highway Patrol	209 943-8600
Sonora City Fire Department	209.532-7431
Sonora Police Department	209.532-8143
Tuolumne County Fire Dept.	209.533-5450
Tuolumne County Sheriffs Dept	209.533-5815
Adult Protective Services – Elder Abuse -24 hr	209.533-4357
California Department of Rehabilitation	209.536-2988
Department of Motor Vehicles	800.777-0133
Superior Court of Tuolumne County	209.533-6504
Tuolumne County Animal Control	209.984-1338
Tuolumne County Health Department	209.533-7400
Tuolumne County Department of Social Services	209.533-5711
Tuolumne County District Attorney – Elder Abuse	209.588-5450
Victim/Witness Assistance Program	209.588-5440

**Disclaimer -**

This directory is for informational purposes only. Senior Resource Service has not screened or checked references on listed services, programs or providers. Telephone numbers change periodically. Senior Resource Service attempts to provide current telephone listings but is not responsible for the accuracy of the phone numbers listed. Inclusion of an agency does not imply endorsement of its services, nor does exclusion reflect negatively on any organization's contribution to the community.

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## **ADULT DAY CARE**

### **Adult Day Health Care Center**

Tuolumne General Hospital  
101 Hospital Rd, Sonora, CA 95370

**209-533-7180**

Hours: 8am – 5pm Mon - Fri

Service: Day care, Skilled nurses,  
Therapists, Recreational activities,  
hot lunches.

## **ART & CULTURE**

### **Art Classes**

#### **The Art Annex**

19 West Bradford Street  
Sonora, CA 95370

Website:

[www.centralsierraarts.org](http://www.centralsierraarts.org)

**209-341-2018**

#### **Central Sierra Arts Council**

48 S. Washington Street  
Sonora, CA 95370

**209-532-2787**

#### **Mother Lode Art Association**

PO Box 202  
Sonora, CA 95370

**209-532-2399**

#### **Arts Reach To Schools**

48 S. Washington St  
Sonora, CA 95370

**209-532-2062**

#### **Out of Hand Creative Arts Ctr.**

**209-533-1309**

Service: Pottery Classes

## **Book Clubs**

### **Hi Country Library**

Call Joan Henderson

**209-586-6251**

Service: books come to both  
Twain Harte and Mi-Wuk Libraries

## **Civic Events**

### **Columbia College**

Civic Engagement Program

**209-588-5226**

Community Services Program-  
Public cultural events; forums

**209-588-5144**

## **Dance**

### **All-Around Wunder's**

Senior Center

540 Greenley Rd

Sonora, CA 95370

**209-532-2622**

Service: Round Dance

Wednesdays 7:30pm

### **Copper Hoppers**

Armory Building

695 Main St.

Copperopolis, CA

**209-785-4534**

**209-785-3021**

Service: New Dance classes

### **Don Pedro Sidewinders**

Lake Don Pedro Hacienda

Hwy J-59 and Bond Flat Road

Service: Tuesdays 7:30pm

√ **Nutrition & Meal Tip:** Find  
online help planning and  
shopping for healthy meals as  
well as recipes:

[www.mealsmatter.org](http://www.mealsmatter.org)

**High Country Line Dancers**  
Groveland Community Hall  
Main St. Groveland  
**209-962-7254**  
Service: Tuesdays 7 - 8:30 pm

**Mountain Rounders**  
Angelo's Hall  
Columbia State Park  
Service: Tuesdays 7:30 - 10pm

**Sonora Contra Dance**  
Aronos Women's Club  
37 E. Elkin St  
Sonora, CA 95347  
**209-989-0213**

**Twain Harte Twirlers**  
Soulsbyville Elem. School  
Soulsbyville, CA 95372  
**209 532-1023**  
**209-532-1512**  
Service: Square Dancing  
Tues - 7:30pm

**Music**  
**Great Mother Lode Brass and  
Reed Band**  
11175 Red Bud Dr  
Sonora, CA. 95370  
**209-533-0941**

**Columbia College**  
Music Courses  
**209-588-5100**

**Ironstone Vineyards Summer  
Concert & Movie Series**  
1891 Six Mile Rd  
Murphys, CA  
**209-728-1251**

**Theatre**  
**Fallon House Theatre**  
11175 Washington St  
Columbia, CA  
**209-532-4644**

**Sierra Repertory Theatre**  
13891 Mono Way  
Sonora, CA 95370  
**209-532-3120**

**Stage 3 Theatre**  
208 S. Green St  
Sonora, CA 95370  
**209-536-1778**

**Movie Theatres**  
**Regal Entertainment**  
901 Sanguinetti  
Sonora, CA 95370  
**209-588-2840**

## **BOARD & CARE HOMES**

**Avalon Care Center**  
19929 Greenley Rd.  
Sonora, CA 95370  
**209-533-2500**  
Hours: 8:30am - 5pm office  
/24hr care  
Services: Long Term Care, Skilled  
nursing.

**Country Lane Estate**

22008 Sawmill Flat Road  
Sonora, CA 95370

**209-536-9956**

Hours: 8am - 5pm office/24hr  
care

Services: 6 non-ambulatory  
residents, meals.

**Oak Terrace Memory Care**

20420 Rafferty Ct  
Soulsbyville, CA 95372

**209-533-4822**

Hours: 8am-5pm Mon - Fri  
office/24hr care

Services: 48 residents,  
Beauty/Barber care, Therapy  
dogs

**Casa Viejos**

18760 Chabrouillian Lane  
Jamestown, CA 95327

**209-984-5124**

Hours: 8:30am - 5pm office  
/24hr care

Services: Assisted Living -99 beds  
(including Alzheimer Care)

**Meadowview Manor**

19227 South Court  
Sonora, CA 95370

**209-533-0935**

Hours: 24 Hours

Services: 15 rooms, hot meals,  
assistance with dressing, showers,  
laundry, beauty/barber shop.

**Rose Villa 1**

16899 Crestview Dr  
Sonora, CA 95370

**209-532-3840**

Hours: 24 hours

Services: 4 houses - 6 residents  
each with 24-hr caregivers, hot  
meals, activities, transportation  
for local medical appointments.

**Skyline Place**

12877 Sylva Lane  
Sonora, CA 95370

**209-588-0373**

Hours: 8am - 4:30pm office  
/24hours

Services: Assisted Living 100 units,  
meals, daily activities,  
transportation for medical  
appointments and community  
activities, Alzheimer/Dementia  
care unit.

√ **Senior Tip** – Volunteer at any  
one of more than a dozen  
organizations. You will feel good  
about yourself and assist those  
who really need a helping hand.

**BOARD & CARE HOMES/SKILLED  
NURSING MONITORING &  
COMPLAINTS**

**Community Care Licensing Board  
559-243-8226  
209-948-3627**

**State Department of Health  
800-554-0348**

**CLUBS & ASSOCIATIONS**

**Adult Softball  
Men's 50+ slow pitch  
2 S. Green St  
Sonora, CA 95370  
209-533-5663x6908**

**American Association of  
University Women  
Call Kathy O'Gorman  
209-588-8851**

**American Cribbage Congress  
Senior Center  
540 Greenley Rd  
Sonora, CA 95370  
209-694-8101  
209-532-2145**

√Family Tip: Tools to assist  
with choosing a Care Facility  
and how to help your loved  
ones with the aging process  
[www.asktransitions.com](http://www.asktransitions.com)  
Click on: "Caregiving Guide"

**Aronos Research  
Women's Club  
37 E. Elkin St  
Sonora, CA 95370  
209-533-8664**

**Beta Sigma Phi Intl.  
Call Janis Starn  
209-586-7007**

**California Retired Teachers Assoc.  
Call Carole Green  
209-588-1778**

**Camping Women  
209-586-9557**

**Central Sierra Audubon Program  
209-532-0570  
[auduboncalifornia@audubon.org](mailto:auduboncalifornia@audubon.org)**

**Delta Kappa Gamma  
209-586-6475**

**Democratic Club  
209-533-0615**

**E. Clampus Vitus  
Matuca Chapter  
209-928-3149  
209-785-6276  
209-984-3395**

**Eastern Star  
Tuolumne Lodge #8  
Fraternal Organization  
16 S. Washington St  
Sonora, CA 95370  
209-586-1131**

**Elks**

100 Elk Dr  
Sonora, CA 95370  
**209-533-1587**

**Mother Lode Dowsers**

Mother Lode Chapter  
**209-533-3759**

**Garden Club**

Delta Blood Bank  
850 Sanguinetti Rd  
Sonora, CA 95370  
**209-728-0101**  
**209-586-0611**  
**209-965-4269**

**Garden Exchange Club**

13570 Rocky Top Rd  
Sonora, CA 95370  
**209-536-0380**

**Gold Country Social Club**

East Sonora Conference Ctr.  
Sonora, CA 95370  
**209-588-8401**

**Golden Wing Road Riders**

Motor Vehicle Club  
Call Mike Burke  
**209-536-1318**

**Kiwanis**

Kiwanis-Greater Sonora  
**209-533-2854**  
Kiwanis-Groveland  
**209-532-0140**  
Kiwanis – Sonora  
**209-984-5832**

**Lions Club**

Lions Club Groveland  
**209-962-6179**  
Lions Club – Lake Don Pedro  
**209-852-2461**  
Lions Club - Sonora  
**209-586-6045**  
Lions Club – Sonora Mountain  
**209-962-7677**

**Masons****Sonora Masonic Temple**

16 S. Washington St  
Sonora, CA 95370  
**209-533-0491**

**Master Gardner's**

**209-533-5695**

**Moose**

20921 Longeway Road  
Sonora, CA 95370  
**209-533-4653**

**Mother Lode Doll Study Club**

**209-532-8696**

**Mother Lode Gun Club**

19185 Jamestown Rd  
Jamestown, CA 95327  
**209-984-4160**

**Mother Lode Fly Fishing Club**

**209-536-9364**

**Mother Lode Weaver & Spinners**

**209-533-4732**  
**209-533-2539**

**National Speleological Society**

Columbia Grotto  
Ralph Squire  
11555 Yankee Hill Rd  
Columbia, CA 95310  
**209-533-3759**

**Native Daughters of the Golden West**

**209-532-5253**

**Native Plant Society**

Groveland  
**209-962-4759**

**Newcomers**

Karen Aberle (membership)  
**209-532-4066**

**Odd Fellows Lodge**

Bald Mountain Encampment  
Sonora Odd Fellows Hall  
**209-532-4179**  
Pine Tree Lodge  
Tuolumne Odd Fellows Hall  
**209-928-3848**  
Sierra Park Lodge  
Odd Fellows Park Recreation Rm.  
**209-586-3471**

Sonora Lodge  
Sonora Odd Fellows Hall  
**532-4493**

Yosemite Lodge  
Big Oak Flat Odd Fellows Hall  
**209-962-6330**

**Omega Nu - Alpha Iota Chapter**

Call Maureen Woods  
**209-532-8969**

**P-FLAG** (Parents, Families & Friends of Lesbians & Gays  
Tuolumne County Library  
480 Greenley Rd  
Sonora, CA 95370  
**209-533-1665**  
**209-736-1765**

**Pine Mountain Lake Aviation Association**

Pine Mtn. Lake Lodge  
Groveland, CA  
**209-533-5685**

**Porsche Enthusiasts**

Pine Tree Restaurant  
Hess & Mono Way  
Sonora, CA 95370  
Call Carl Ermert  
**209-586-3519**

**Rebekah**

Big Oak Flats  
Mary Laveroni  
**209-962-7878**  
Sonora Odd Fellows Hall  
Joan Meza  
**209-532-2609**

**Rotary**

Rotary – Groveland  
**209-962-5797**  
Rotary – Jamestown  
**209-536-5256**  
Rotary – Sonora Sunrise  
**209-586-2523**  
Rotary – Sonora 49er  
Pine Tree Restaurant Thurs: 12:15P  
Rotary – Twain Harte  
**209-586-2108**

**Rose Society**  
Eagle Cottage  
Columbia State Park  
209-536-9415

**Shrine-Mother Lode**  
Call Ron Cole  
209-586-5775

**Sierra Club**  
209-586-7323

**Sierra Needle Artists**  
Art of the threaded needle  
PO Box 744  
Sonora, CA 95370  
209-533-4015  
209-586-6188

**Sierra-Tuolumne Kennel Club**  
Call Linda Grant  
209-533-2276

**Sonora Stamp Club**  
Sonora Library  
480 Greenley Rd  
Sonora, CA 95370  
209-984-5138  
209-532-0229

**Sonora Grange**  
Vernon Shaw  
209-532-9201  
Lena Fraguero  
209-532-4648

**Sonora Pass SnoGoers**  
(Snowmobile Club)  
209-524-3444

**Sonora R/C Flying Club**  
PO Box 6  
Sonora, CA 95370  
209-532-3802

**Sons in Retirement**  
Sonora  
209-588-0869  
Twain Harte  
209-536-0825  
209 533-4228

**Sonora Writers Club**  
Sonora Main Library  
Call Marylin Martin  
209-586-3545

**Soroptimist Intl**  
Sonora  
209-984-3429  
Groveland  
209-962-60291  
Twain Harte  
209-586-1616

**Symphony of the Sierra  
Musicians Guild**  
Call Dawn Sarto  
209-532-6763

**Tuolumne County  
Genealogical Society**  
158 W. Bradford Ave  
Sonora, CA 95370  
209-532-1317

**Tuolumne County  
Historical Society**  
158 West Bradford Ave  
Sonora, CA 95370  
209-532-1317

**Tuolumne County Horseshoe Club**  
**209-928-4618**

**Tuolumne County  
Women's Network**  
PO Box 405  
Standard, CA 95373  
Call Lynda Tome  
**209-536-6336**

**Tuolumne Wine Assoc.**  
Call Charlene Heller  
**209-586-7323**

**Twain Harte Women's Club**  
Call Anna Lewis  
**209-588-9413**

**Veterans Groups**  
**Veterans Memorial Hall**  
9 N. Washington St  
Sonora, CA 95370  
**209-588-1926**

**Korean War Veterans Assoc.**  
Call Al Koski  
**209-588-0292**

**American Legion (Post 58)**  
**209-543-2565**

**Vietnam Veterans**  
(Chapter 391)  
**209-532-2052**

## **COMMUNITY ACTIVITIES**

**Sierra Mountain Times**  
18711 Tiffeni Dr  
Twain Harte, CA 95383  
**209-586-3675**  
Hours: 8am - 5pm Mon – Fri  
Service: Weekly newspaper.

**The Union Democrat Newspaper**  
84 S. Washington St  
Sonora, CA 95370  
**209-532-7151**  
Hours: 8am - 5pm Mon – Fri  
Service: Weekender Supplement  
Thursday edition; Daily  
newspaper.

## **COMMUNITY EDUCATION /EMPLOYMENT & TRAINING PROGRAMS**

**Adult Education**  
251 S. Barretta St  
Sonora, CA 95370  
**209-532-1587**

**ATCAA Amador-Tuolumne  
Community Action Agency**  
427 N. Highway 49 Ste.103  
Sonora, CA 95370  
**209-533-1397**  
Hours: 9am - 4pm  
Services: Classes for adults  
include preparation for general  
education degree, computer  
training & job readiness.

**American Red Cross**

13669 Mono Way  
Sonora, CA 95370

**209-533-1513**

Hours: 8:30am - 5pm Mon – Fri  
Services: CPR/First Aid Classes  
Disaster Preparedness.

**Columbia College**

11600 Columbia College Dr  
Sonora, CA 95370

**209-588-5100**

Services: Short duration courses  
available

**Online Classes:**

Website:

[www.ed2go.com/columbia](http://www.ed2go.com/columbia)

**Columbia College –**

Civic Engagement Program  
Jim Toner

**209-588-5226**

Training Classes

**209-588-5278**

Placement Services

**209-588-5312****Elderhostel**

Life long Learning/Travel

**209-533-2393**

Service: Offers a variety of indoor  
and outdoor programs, trips and  
cruises- Catalog available at  
local libraries.

√ **Senior Tip – Emergency  
Response Systems** summon help  
24 hrs a day. At a touch of a  
button help is summoned. See  
pages 30 & 31.

**Employment Development Dept.**

19890 Cedar Road North  
Sonora, CA 95370

Website: [www.caljobs.ca.gov](http://www.caljobs.ca.gov)

**209-536-2972**

Hours: 8am - 4:30pm Mon – Fri  
Service: Unemployment  
information; job listings; online job  
search.

**Job Connection**

19890 Cedar Rd. North  
Sonora, CA 95370

**209-588-1150**

700 Mountain Ranch Rd  
San Andreas, CA 95249

**209-754-4242**

Hours: 9am - 2pm M,W,F  
Service: Provides wide variety of  
computer skills, technology  
training services for low income  
people 55 yrs of age and above.

**Food Stamp and Nutrition****Education Programs**

52 North Washington St  
Sonora, CA 95370

**209-533-5695****Tuolumne County Food Stamps**

20075 Cedar Road N.  
Sonora, CA 95370

**209-768-7746**

Service: The Food Stamp program  
helps low income people buy the  
food they need for good health.

**Mother Lode Workforce  
Investment Board**

19900 Cedar Rd. Sonora, CA  
95370

**209-533-3396**

Service: The Mother Lode Workforce Investment Board is responsible for coordinating and integrating workforce preparation programs and services in the four counties of Amador, Calaveras, Tuolumne and Mariposa. The One-Stop Career Center System is the method through which the coordinated services are provided to workers and employers.

**Score**

222 S. Shepherd St  
Sonora, CA 95370

**209-532-4316**

**Hours:** By appointment

**Services:** A service corps of retired executives, counsel and offer useful business templates to those starting businesses.

**Senior Youth Partnership**

**209-533-5641**

Service: Trains those 55yrs and older adults to tutor in schools, after-school program.

√ **Care giving Tip** – Give the gift of you. Make a specific date and time to come over and visit with a person who needs special care. Companionship and spending quality time is the best gift you can give.

**COMMUNITY SERVICE AGENCIES**

**Adult Protective Services**

20075 Cedar Rd No  
Sonora, CA 95370

**209-533-4357 (24 hrs)**

**209-533-5711**

Hours: 8am - 4pm Mon – Fri

Service: Elder Abuse investigation and assessment; emergency shelter, advocacy, education, peer counseling, respite care.

**Amador Tuolumne  
Community Action Agency  
(ATCAA)**

427 North Highway 49 Ste 103  
Sonora, CA 95370

**209-533-1397**

Hours: 9am - 4pm

Services:

- AARP Tax Aid
- Americorps
- Emergency Food Assistance
- Home Weatherization/Utility assistance
- Homeless Shelter

√ **Senior Tip on Falls** – Devices are available to be worn and sense when a person has fallen down and unable to right themselves. Automatic notification for help is sent. See Assistive tools.

### **Area 12 Agency on Aging**

19074 Standard Rd.

Sonora, CA 95370

Website: <https://www.area12.org>

**209-532-6272**

Hours: 8:00am – 5:00pm

Services:

- Family Caregiver Support Prog.
- Information & Assistance Prog.
- HICAP Medicare counseling.
- Multipurpose Senior Services Prog. – Case Management
- Linkages - Case Management Program
- Supports Meals on Wheels/Senior Nutrition.
- Senior Fitness Program.

### **Better Business Bureau**

**800-948-4880**

Hours: 9am - 4pm Mon – Fri

Services: Promotes ethical relationships between businesses and the public.

### **Burn Day Information**

Tuolumne County Air Pollution Control

22365 S. Airport Rd

Sonora, CA 95370

**209-533-5598**

Hours: 8am -12pm Mon – Fri

Service: burn permits.

√ **Caregiver Tip** – Sometimes seniors can experience emotional difficulties and/or behave strangely due to medications. See a Physician to discuss causes .

### **Chamber of Commerce**

Columbia

**209-536-1672**

Historic Sonora

**209-588-9625**

Twain Harte

**209-586-4482**

Tuolumne County

**209-532-4212**

### **Dorcas Society**

87 Forest Rd.

Sonora, CA 95370

**209-532-1872**

Hours: 9am – 12n Mon & Wed

Service: Disaster relief, food pantry, used Clothing and Furniture.

### **Groveland Area (GAIN)**

#### **Involved Neighbors**

PO Box 179

Groveland, CA 95321

**209-962-7730**

Services: Groveland Resource & Health Directories, Movies in the Park, Christmas Baskets.

### **Humane Society of**

#### **Tuolumne County**

10040 Victoria Way

Jamestown, CA 95327

**209-984-5489**

Hours: 9am - 3pm Mon - Sat

Services: Finds permanent caring homes for animals.

**InfoNet**

Website: [www.infonettc.org](http://www.infonettc.org)

**209-533-1397x274**

Service: Computer linkage to local Health & Human Resources in Tuolumne County.

**Interfaith Community Social Services**

18500 Striker Ct

Sonora, CA 95370

**209-532-0905**

Hours: 10am –1pm Mon – Fri  
Services: provides food, clothing, wood, housing & job referrals, household items, hair cuts, showers, utility bill assistance.

**Mother Lode Independent Living Center (DRAIL)**

67 Linoberg Street

Sonora, CA 95370

**209-532-0963**

Hours: 9am - 5pm  
Service: Assists in finding housing, transportation and installing wheelchair ramps & handrails, assistive technologies, Braille reading and writing.

**Mother Lode Ombudsman Program**

14855 Mono Way Ste 101

Sonora, CA 95370

**209-532-7632**

Hours: 8:30am - 4:30pm Mon – Fri  
Service: elder abuse issues in long-term care facilities.

**Public Guardian Program**

20075 Cedar Road North

Sonora, CA 95370

**209-533-5711**

Hours: 8am - 4pm Mon – Fri  
Service: Acts as conservator when no appropriate individual is available to assist with care of person or estate.

**Reach Fuel Assist - Program**

Salvation Army Service Extension

**209-588-1986**

Service: emergency assistance with energy bill.

**Salvation Army**

P.O. Box 654

Sonora, CA 95370

**209-532-4763**

Service: Helps to pay energy & other bills for seniors, disaster relief.

**Sonora Area Foundation**

20100 Cedar Rd. No. Ste. E

Sonora, CA 95370

**209-533-2596**

Hours: 8:30am - 5pm Mon – Fri  
Service: Grant assistance to make community projects happen; provides community leadership.

**Sierra Senior Providers**

**CHORE Program (firewood)**

**532-2662**

**Sonora Mountain Lions  
Help Program**

14328 Cuest Court  
Sonora, CA 95370

**209-533-7766**

Hours: 9am - 5pm Mon – Fri  
Services: Loan walkers,  
wheelchairs, hospital beds,  
commodes, hoists etc.

**Tuolumne County Senior Network**

20111 N. Cedar Rd  
Sonora, CA 95370

**209-588-1835**

Service: A forum of service  
agencies which provide services  
to seniors in Tuolumne County,  
meets 2<sup>nd</sup> Thursday 8:30am -  
10am.

**Valley Caregiver Resource Ctr.**

3845 N. Clark St Ste 201  
Fresno, CA 93726

**559-224-9154**

**Veterans Service Office**

105 Hospital Rd  
Sonora, CA 95370

**209-533-6280**

Hours: 9am - 4pm Mon – Fri  
Services: Files claims with US  
Dept. of Veterans Affairs  
including pensions, disability,  
medical, burial, death &  
educational.

**WATCH Resources, Inc.**

19411 Village Drive  
Sonora, CA 95370

**209-533-0510**

Hours: 9am - 3pm  
Services: Community integration  
for adults with developmental  
disabilities.

**CONVALESCENT CARE  
/LONGTERM CARE**

**Avalon Care Center**

19929 Greenley Rd  
Sonora, CA 95370

**209-533-2500**

Hours: 8:30am - 5pm  
Services: Long Term Care; Skilled  
nursing.

**Skilled Nursing Units 6 & 7**

Sonora Regional Medical Center  
**209-532-5000**

Services: Extended care

**Skilled Nursing Unit 6**

1 South Forest Rd  
Sonora, CA 95370

**209-536-3850**

**Skilled Nursing Unit 7**

538 Ponderosa Dr  
Sonora, CA 95370

**209-536-3870**

**Tuolumne County  
Long Term Care Unit**

100 Hospital Rd  
Sonora, CA 95370  
209-533-7178

**CONSUMER  
INFORMATION/COMPLAINTS**

**California Department of  
Consumer Affairs**

1625 North Market Blvd  
Sacramento, CA 953834

Website: [www.dca.ca.gov](http://www.dca.ca.gov)

**1-800-952-5210**

Hours: M-F 8am - 4:50pm

Services: Acts as a clearinghouse for consumer complaints and inquiries, looking up doctor licenses and guides consumers through procedures to resolve problems.

**U.S. Consumer Product Safety  
Commission**

1301 Clay St. Ste 610 N  
Oakland, CA 946125230

Website: [www.cpsc.gov](http://www.cpsc.gov)

**1-800-638-2772**

Service: Investigates complaints of product safety, defects, hazards and safety related injuries. Provides advice on how to look for safe products.

**Federal Citizen Information  
Center**

**1-800-333-4636**

Service: Information specialists can answer any questions about government services or benefits

**CRISIS INTERVENTION**

**CALL - 911**

**Abuse Helpline for Men**

Website: [www.safe4all.org](http://www.safe4all.org)

**1-888-743-5754**

**Adult Protective Services**

20075 Cedar Road North  
Sonora, CA 95370

**209-533-4357**

**AIDSHIV Hotline**

**415-863-2437**

**Alano Club**

General Information

19421 Village Dr  
Sonora, CA 95370

**209-532-9838**

Hours: 8am-10pm

Services:

- Adult Children of Alcoholics Anonymous  
**209-524-3907**
- Alcoholics Anonymous  
**209-533-1134**
- Gamblers Anonymous  
**209 743-5503**
- Narcotics Anonymous  
**209-533-2348 (24hr)**

**American Safety & Health Institute**

Website: [www.ashinstitute.org](http://www.ashinstitute.org)

**1-800-246-5101**

Service: Online information and educational programs in basic emergency care and disaster response

## California Department of Aging

Website: [www.aging.ca.gov](http://www.aging.ca.gov)

Service: Disaster preparedness handbook. From the main menu select AAA partners and select resource materials and guides.

## TC Behavioral Health

24 hr Crisis Line

209-533-4357

## Maynard Recovery Center

9325 Cherokee Rd

Tuolumne, CA 95379

800-228-8280

209-928-3737

Services: Chemical Dependency Recovery.

## National Crisis Hotline

1-800-SUICIDE/

1-800-784-2433

## National Suicide Prevention

1-800-273-8255

## Panic Disorder Hotline

1-800-647-2642

√ **Caregiver Tip** – Information is available online on hiring a caregiver, needs & eldercare, home safety, nursing homes and more. Look under Caregiver Tools at

[www.agenet.com](http://www.agenet.com)

## Disaster Preparedness

- Decide where to meet in the event you become separated from family during an emergency.
- Choose an “Out-of-Town” contact to call and check in with if other family members can’t be reached.
- Complete a communication plan that has phone numbers, inventory of home possessions, vital records and documents.
- In the event of a serious disaster everyone should be self-sufficient for at least three days without help or emergency service. If your home is not too badly damaged, it is the best place to stay.

### **The Most important things to have:**

1. 3 gallons of bottled water per person.
2. 3 day supply of nonperishable food.
3. Can Opener.
4. Flashlights with working batteries.
5. One week supply of medicines.
6. Vial of Life Kit.
7. First Aid Kit.
8. Shoes under bed to protect feet from broken glass.
9. Fire Extinguisher.
10. Battery operated radio or TV.
11. Whistle or loud bell.
12. Wrench for gas turn-off.
13. Garbage bags.
14. Extra clothing and blankets.
15. Hygiene items: moist towelettes.
16. Duct tape and masking tape.
17. Emergency Go-Kit to grab if you need to evacuate.
18. Sunscreen.
19. Jumper cables, tire repair & pump kit
20. Cash and coins.

**Remember to include the safety of your Pet in your disaster plan!**

**Partner Abuse Mountain Women's Resource Center**

514 S. Stewart Street  
Sonora, CA 95370

Website:

[www.MountainWomen.org](http://www.MountainWomen.org)

**209 533-3401** (24 hour Crisis Line)

**800 454-4766**

**209-588-9305** Business

Hours: 8:30am - 5pm Mon - Fri

Services: provides services to women who have been victims of domestic violence and/or sexual assault.

**Tribal Welfare Tuolumne Me-Wuk Social Service**

19595 Mi-Wuk Street  
Tuolumne, CA 95379

**209 928-3475**

**U.S. Department of Homeland Security**

Office of Public Affairs – Ready Campaign

Website: [www.ready.gov](http://www.ready.gov)

**1-800-237-3239**

**DISABLED SERVICES**

**Amputee Information and Support**

**American Amputee Foundation**

**1-501-666-2523**

**Amputee Coalition of America**

Website: [www.amputee-coalition.org](http://www.amputee-coalition.org)

**1-888-267-5669**

**National Amputation Foundation**

Website:

[www.nationalamputation.org](http://www.nationalamputation.org)

**California Mentor**

7474 Shoreline Dr. Ste. 3  
Stockton, CA 95219

**209-957-4310**

Hours: 8:30am - 5:00pm

Service: Provides Assistance for adults with developmental disabilities.

**Disability Resources, Inc. – California**

Website:

[www.disabilityresources.org/CALIFORNIA.html](http://www.disabilityresources.org/CALIFORNIA.html)

Service: Statewide accessibility information and resources.

**Mother Lode Independent Living Center (DRAIL)**

67 Linoberg Street  
Sonora, CA 95370

**209-532-0963**

Hours: 9am - 5pm

Service: assist finding housing, transportation and installing wheelchair ramps & handrails, assistive technologies, Braille reading and writing.

**National Organization on Disability**

Website: [www.nod.org](http://www.nod.org)

Service: Information and resources on emergency preparedness for special needs population.

## New Freedom Initiative Disability Information Website

Website: [www.disabilityinfo.gov](http://www.disabilityinfo.gov)

Service: A one-stop online resource for Americans with disabilities. Information on Civil Rights, Employment, Education, Housing, Transportation, Health, Income and Technology.

## Disabled Parking Permits

You can get a DP placard or plate if you have impaired mobility and your doctor certifies to your condition. You may qualify for a placard if any of the following conditions exist:

- Heart or circulatory disease.
- Lung disease.
- A disease or disorder which significantly limits the use of the lower extremities.
- Loss of use of one or both legs or both hands.

You can find out more detailed information about how to obtain your placard on the website:

[www.dmv.ca.gov](http://www.dmv.ca.gov) Click on Disabled Placards and then on the application form.

## Social Security Disability Income (SSDI)

This insurance provides basic financial protection to workers and their families in the event of loss of income due to a disability. You can receive SSDI benefits at any age.

Applicants are encouraged to apply for disability benefits as soon as possible by calling **1-800-772-1213**, or in person at the Social Security Office.

You must qualify for and receive SSDI benefits to be eligible for Medicare. Once approved you must wait 5 months before benefits begin, and an additional 24 months before receiving Medicare benefits. If you have Lou Gehrig's Disease (ALS) or End Stage Renal Disease (ESRD) you can get Medicare almost immediately.

## WATCH Resources, Inc.

19411 Village Drive  
Sonora, CA 95370

**209-533-0510**

Hours: 9am - 3pm

Services: Community integration for adults with developmental disabilities.

√ **Senior Tip** - Make a Fire Safety Plan – Know the best way to get out of your home if a fire starts. Get down, Crawl Low, Get out and Stay out

## **DRIVING FITNESS**

The ability to remain mobile is key to independence. Safe driving is an equally important issue. Older drivers are often perceived as a threat to safety of others on the road. This is not the case. Seniors are not involved in as many fatal crashes as younger drivers, but rather traffic accidents are more likely to seriously or fatally injure older adults.

Physicians are required by law to inform the DMV if a driver of any age has a lapse in consciousness or is impaired for any reason to: Driving Safety Office for California at 1-916-657-7023.

Concerned citizens may also request a senior be retested for driving skills by contacting the DMV.

### **AAA Foundation for Traffic Safety**

Website: [www.seniordrivers.org](http://www.seniordrivers.org)

**1-202-638-5944**

Service: Website includes tips to keep driving skills sharp, the latest research on seniors and driving, and solutions for concerned caregivers on senior drivers.

## **AARP**

### **Safe Driving Program (55 Alive)**

Sonora Elks Lodge

Website: [www.aarp.org/drive](http://www.aarp.org/drive)

**209 588-9114**

Hours: Fourth Monday & Tuesdays

9am -1pm (Call Marty)

Services: Classroom education about driving skills/age related driving problems.

### **Center for Injury Prevention**

San Diego State University

Website: [www.eldersafety.org](http://www.eldersafety.org)

**1-619-594-3691**

Service: Information on driving safety, directory of driving evaluation, and rehabilitation programs helping people drive safely longer.

### **National Highway Traffic Safety Administration**

Website: [www.nhtsa.gov](http://www.nhtsa.gov)

**1-888-327-4236**

Service: By calling or clicking on "Traffic Safety" you can get free publications and information on older drivers programs.

### **Safe Senior Citizen Driving**

The Center for Healthy Aging

Help Guide

Website: [www.helpguide.org/aging/senior\\_citizen\\_driving.htm](http://www.helpguide.org/aging/senior_citizen_driving.htm)

Service: Expert information about seniors on the road and other issues.

## **FINANCIAL & LEGAL**

### **Attorney General's Office –**

CA Dept. of Justice

**1-800-952-5225**

Website: [www.ag.ca.gov](http://www.ag.ca.gov)

Service: Fraud Complaints, identity theft, registry and other programs related to fraud or criminal activities. Check on a charity and tips for giving wisely.

### **Better Business Bureau**

Wise Giving Alliance

Website: [www.give.org](http://www.give.org)

**Service:** Check validity of a charity and tips for charitable giving.

### **California Advocates for Nursing Home Reform**

Website:

[www.responsiblelending.org](http://www.responsiblelending.org)

**1-800-474-1116**

Service: Information on how to prevent elder financial abuse.

### **Central California Legal Services**

357 W Main St

Merced, CA 95340

**209-723-5466**

Hours: 9am - 3pm Mon

9am - 4pm Tue – Fri

Service: Low income guidelines; Tenant problems, Health Care issues; Social Security/SSI, Tax/IRS, In-home supportive Services, Small Claims Court, Elder Law - **ICAN!** is a free, intuitive, web-based service designed to help

individuals fill out and print court documents. The service is designed for individuals with little computer experience and anyone with internet access can use it. The "modules" currently available are: Restraining Orders, Paternity Petitions, Small Claims, Fee Waivers and Unlawful Detainers, and one for the IRS Earned Income Credit. Go to the following link for documents.

<http://www.icandocs.org>

### **Federal Bureau of Investigation (FBI)**

Website: [www.fbi.gov](http://www.fbi.gov)

**1-916-481-9110**

### **Looks Too Good To Be True**

Website:

[www.LooksTooGoodToBeTrue.com](http://www.LooksTooGoodToBeTrue.com)

Service: Information on types of fraud, consumer alerts, victim's stories and prevents you from becoming a victim of an internet fraud scheme.

### **National Fraud Information Center**

Website: [www.fraud.org](http://www.fraud.org)

**1-800-876-7060**

Service: Information on fraud and an online complaint form.

#### **√ Senior Tip – (Sweepstakes Fraud)**

If you get a call or letter saying that you have won a large sum of money but just need to send payment for taxes or fees to receive the prize, **BEWARE**. Notify the Attorney Generals Office 1-800-952-5225

## **National DO NOT CALL Registry**

Website: [www.donotcall.gov](http://www.donotcall.gov)

**1-888-382-1222**

Service: Register all your phone numbers online or by phone if you do not wish to receive Telemarketer call. Telemarketers should not call you once the number has been registered for 31 day. If they do, you can file a complaint- Registration is effective for 5 years.

## **North American Securities Administrators Association (NASAA)**

Website: [www.nasaa.org](http://www.nasaa.org)

**1-202-737-0900**

Service: Information on threats to senior investors - Call for brochure called "Cutting Through the Confusion".

## **Public Defender's Office**

99 N. Washington St  
Sonoma, CA 95370

**209-533-6370**

Service: Represents misdemeanor and felony defendants who cannot afford to hire counsel in criminal and juvenile cases. Represents prospective conservatees in mental health matters. The court will assess fees for service based on the ability to pay.

## **Elder Abuse**

Elder Abuse and mistreatment can take many forms including:

### **Physical Abuse:**

Direct physical harm (hitting, pushing, hair pulling), threatening harm, lack of medical care or over-medication, sexual exploitation, inappropriate restraints, prolonged food or water deprivation.

### **Violation of Rights:**

Restricting an elder from leaving home or room, forced removal from home or forced entry into a care facility without legal procedure, refusing to move from and elder's home when requested, and abandonment.

### **Neglect:**

Denial of basic needs including food, clothing, medication, medical care, and medically prescribed diet.

### **Financial:**

Theft of property or financial assets, mismanaging property, deprivation of control of money, stocks and bonds, social security checks, credit cards etc.

### **Emotional:**

Threats, verbal abuse, isolation, or creating fear.

### **What to do:**

Call **911** or Adult Protective Services - **209-533-4357**

### **Public Guardian**

20075 N. Cedar Rd  
Sonora, CA 95370

**209-533-5711**

Service: This office is appointed by and accountable to the court to provide services to those people who are mentally and/or physically incapable of managing their personal or financial affairs. Also, this office is responsible for administering a deceased person's estate in the event there is no other capable legal party to do so.

### **Senior Legal Advocacy (Two Locations)**

#### **Sonora Senior Center**

\*540 Greenley

Sonora, CA 95370 (no cost)

**209-588-1597**

Hours: Wed. 10am – 12n

\*14855 Mono Way Ste. 103

Sonora, CA 95370 (no cost)

Hours: Tuesday 10am -12n,

Wed. 1 - 3pm

Service: 60+ - Free legal assistance with simple wills, Landlord/Tenant issues, Vendor/Contractor Issues, etc. No court cases.

### **Senior Legal Hotline**

Website:

[www.seniorlegalhotline.org](http://www.seniorlegalhotline.org)

**1-800-222-1753**

Service: Free legal consultation over the phone including self help packet's on many topics. For those 60+.

### **Small Claims Court of Tuolumne County**

41 W. Yancy

Sonora, CA 95370

**209-533-6509**

Service: Information on how to prepare your claim, identify the right party to sue, where to file and how to collect, if you win.

### **Social Security**

#### **Contact the Social Security office if:**

- You are age 62 or older and are planning to retire.
- You are within three months of age 65, even if you will not be retiring.
- You are unable to work because of a disability that is expected to last a year or longer.
- You are suffering permanent kidney failure.
- A beneficiary or dependent has died.

### **Social Security Administration**

1194 N. Hwy 49

Sonora, CA 95370

**209-532-5101**

**800-772-1213**

Hours: 9am - 4pm Mon – Fri

Services: Handles all Social Security and Supplemental Security Income (SSI) programs.

## **Supplemental Security Income**

Supplemental Security Income (SSI) provides monthly financial assistance to very low income individuals age 65+, the blind, and the disabled. Contact the Social Security office for information about eligibility and benefits.

## **TAXES**

### **AARP Tax Aid Program**

209-532-6357

### **Tax Rebates/Assistance**

Homeowner's and renter's assistance is available to provide financial relief for those people who are eligible.

Renter's Assistance is available if you are 62+ years old, blind or totally disabled and have occupied a rental property sometime between January 1 and December 31. Contact the Franchise Tax Board for more information and forms.

### **Assessor's Office**

2 S. Green Street  
Sonoma, CA 95370

**209-533-5535**

Hours: 8am - 5pm

Service: Property Taxes

Seniors with limited income may qualify for a partial property tax

refund on their home under the Property Tax Assistance program. Additionally, qualifying seniors (or the disabled) may apply for the Property Tax Postponement program, which pays all or part of their property taxes on their home. For more information contact the State **Controller's Office**

1-800-952-5661.

### **Franchise Tax Board**

Website: [www.ftb.ca.gov](http://www.ftb.ca.gov)

**1-800-868-4171**

Service: Homeowner's Assistance is a refund of a portion of your property tax if you are a homeowner age 62+, blind, or totally disabled with a household income of not more than \$39,699. Information and applications are available through the Franchise Tax Board. Homeowner's Property Tax Exemption is available if you own and occupy your California home a principal dwelling as of 12:01 AM on January 1.

### **Internal Revenue Service**

Need a Tax Form

**800-829-3676**

Tax Help Line Individuals

**800-829-4933**

## Wills/Trusts

### **AARP Legal Services Network**

Website:

[www.aarp.org/families/legal\\_issues](http://www.aarp.org/families/legal_issues)

**1-800-424-3410**

Service: Simple legal forms prepared for reasonable prices including a simple will, or a power of attorney. Can request a number of consumer guides on legal documents and decisions. A member benefit.

### **Wills/Trusts prepared by Attorneys**

(Only those local attorneys who advertise a specialty in will's, trust or elder law in the phone book and have given permission to sRs to publish their information are listed here).

#### **Paul Bunt (Elder Law)**

PO Box 243

Groveland CA 95321

**209-962-6778**

#### **Coffill & Coffill**

23 N. Washington

Sonora, CA 95370

**209-532-4291**

#### **Gary Dambacher**

**Priscilla Davis**

**Law Offices**

32 N. Washington

Sonora, CA 95370

**209-533-1883**

It is important for seniors to determine how they would like their estates distributed. Without a will, State law will decide how your property and other assets are distributed. A will is the primary tool for distributing your assets when you die and need not be expensive or complicated. The following is general information to help you understand more about wills and trusts.

Handwritten or Holographic will are most often used by people in the hospital and can be used to cancel any previous will that may have been written. It must be written in your own hand and no part can be typed. An executor is a person who you choose to see that your will is executed according to your wishes. If you do not choose an executor, the court will appoint one.

Intestate is dying without a will and where the court determines the distribution of your assets. Probate refers to the formal court action necessary to settle the estate of a deceased person.

Trusts are a popular way to avoid probate and reduce Federal Estate taxes by establishing a living trust, charitable trust or insurance trust. Trusts provide for the distribution of your assets and are administered by a trustee who you select. A trust is fully amendable and can be revoked during your lifetime.

A Testamentary Trust does not avoid probate and is established by a will. This trust is formed only after death and after probate of a will.

**Germain Law**  
**Michael R. Germain**  
945 Morning Star Dr  
Sonora, CA 95370  
**209-536-9577**

**Gianelli, Polley & Hadell**  
27 S. Sheperd  
Sonora, CA 95370 (Elder Law)  
**209-533-2233**

### **FOOD & MEAL ASSISTANCE**

**Big Oak Flat**  
Senior Lunch Meal Site Program  
First Baptist Church Fellowship Hall  
11347 Wards Ferry Rd  
**209-962-6700 info**

**Dorcas Society**  
Food & Furniture  
532 Forest Rd  
**532-1872**

**Food Commodities Distribution**  
(A-TCAA)  
**209-984-3960**

**Food Stamps**  
**209-533-5711**  
**877-847-3663**  
**309-533-1397**

**Groveland Community Center**  
Senior Lunch Meal Site  
Main Street  
Groveland, CA  
**209-962-6907**

**Interfaith Community**  
**Social Service**  
18500 Striker Court  
Sonora, CA 95370  
**209-532-0905**

**Red Church**  
**Food Distribution**  
Washington & Snell  
Sonora, CA 95370  
**532-0104**

**Sonora Senior Center**  
Senior Lunch Meal Site  
540 Greenley Rd  
Sonora, CA 95370  
**209-533-2622**

**Tuolumne Memorial Hall**  
18375 Fir Ave.  
Tuolumne, CA 95379  
**209-928-3901**

**Upcountry Senior Center**  
Senior Lunch Meal Site  
Mount Calvary Lutheran Church  
24176 Pine Lake Dr  
Sugar Pine, CA  
**209-586-3616**

√ **Protect your identity** – Do not give out your personal data over the phone or on the internet:

- Social Security numbers
- Credit Card numbers
- Bank Account numbers
- Calling Card numbers
- MediCare Cards numbers
- Policy numbers

## Meal on Wheels

### **Sonora Senior Center**

540 Greenley Rd  
Sonora, CA 95370

**209 532-1124**

**Hours:** 8am - 4pm

Service: Hot meal service is offered and delivered 5 days a week to senior living in Sonora, Tuolumne and Jamestown. In addition, 2 frozen meals can be delivered on Friday for weekend consumption. In other areas of the county, 5 or 7 frozen meals are delivered once a week.

### **Southside Senior Services**

PO Box 63  
Groveland, CA 95321

**209-962-7707**

Hours 9am - 5pm Mon – Fri

Service: 7 days of frozen meals are delivered once a week. Plus lunches at local halls

√ **Senior Tip** – Need access to a computer? Go to your local library, the Sonora Senior Center, DRAIL or the David Lambert Drop-In Center for access.

## HEALTH CARE COMPLAINTS

### **California Medical Review (Lumetra)**

Website: [www.lumetra.com](http://www.lumetra.com)

**1-800-841-1602**

Service: For problems with Medi-Cal or Medi-Care related complaints about care provided.

### **Medical Board of California**

1426 Howe Ave #54

Sacramento, CA 958253236

Website: [www.Medbd.ca.gov](http://www.Medbd.ca.gov)

**1-916-263-2382**

MD License Verification

**1-800-633-2322**

Consumer Complaint

## HEALTH CLINICS

### **Forest Road Health & Wellness Center : & Dental Clinic**

193 S. Fairview Lane  
Sonora, CA 95370

**209-536-5130**

Hours: 8am - 8pm

### **Groveland Family Medical Ctr.**

18661 Hwy 120

Groveland, CA 95321

**209-962-7121**

Hours: 8am - 5pm Mon – Thur  
8am -12n on Fri.

### **Indian Rock Prompt Care Ctr.**

14540 Mono Way

Sonora, CA 95370

**209-532-3167**

Hours: 8am - 6pm daily

### **Sonora Indian Health Clinic**

13975 Mono Way Ste G

Sonora, CA 95370

**209-533-9600**

Hours: 8am - 6pm Mon – Fri

### **Tuolumne County Public Health Care Clinic**

20111 Cedar Road North

Sonora, CA 95370

**209-533-7401**

Hours: 8am - 5pm Mon – Fri

### **Tuolumne Dental Clinic**

18670 Carter Street (MACT)

Tuolumne, CA 95379

**209-928-4279**

Hours: 8am - 5pm Mon – Fri

### **Tuolumne Indian Health Clinic**

18382 Tuolumne Rd (MACT)

Tuolumne, CA 95379

**209-928-4004**

Hours: 8am - 6:30pm Mon – Fri

### **Tuol. Me-Wuk Indian Health Ctr.**

18880 Cherry Valley Blvd

Tuolumne, CA 95379

**209-928-5797**

Hours: 8am - 5pm

### **Sonora Veterans Health Clinic**

(must be a veteran)

19747 Greenley Rd

Sonora, CA 95370

**209-588-2600**

Hours: 8am - 4:30pm Mon – Fri

### **Talk to your Doctor**

Healthy Lifestyles can slow down the natural aging process and eliminate some age-related disorders. Studies show that we can control 50% of the factors that influence our health. Ask your Doctors advice:

-- **Exercise** regularly, eat a low fat, high fiber diet, consume alcohol in moderation, do not smoke, get enough rest and use preventative health services.

-- **Keep your mind active** by reading and keeping up with current events, participate in activities that stimulate your thinking and creativity.

-- **Be optimistic** and develop a positive outlook on life. Manage your anger and stress; laugh

-- **Nurture ties with friends and family**

-- When **visiting your Doctor**, be prepared, make a list of symptoms and ask questions about tests ordered or medication prescribed.

--**Get Information** – Why do I need this medication and what is it for? Ask about the benefits and risks of the medication or procedure.

--**After the visit:** If you have questions about test results call the Doctor. Be sure to call if symptoms get worse and be sure to complete any follow-up visits.

## **HEALTH & WELLNESS PROGRAMS**

### **Blood Pressure**

#### **Sonora Senior Center**

Hours: 11am - 12N Wednesdays

**Walmart** Parking lot/Sonora

Regional Med. Health Van

Hours: 9am - 3pm Fridays

(and other health monitoring)

#### **Seniors Lounge**

125 N. Washington

Sonora, CA 95370

Hours: 10:30am – 12 N 2<sup>nd</sup> Tue. of each month

**209-532-7890**

### **Exercise Classes/Gyms**

#### **Class 5 Fitness**

20860 Mechanical Dr

Sonora, CA 95370

**209 532-5556**

Hours: 6am -1pm/ 4pm - 8pm

Mon – Thur 6am -1pm/4-8pm

Fri 6am -1pm /4 - 7pm

Sat 8am - 1pm/Sun 9am - 1pm

#### **Curves for Women**

22629 Parrotts Ferry Rd

Columbia, CA 95310

**209-532-8880**

Hours: 6:15am - 7pm Mon – Thur

6:15am - 4pm Fri

8am -11am Sat

#### **Curves for Women**

19000 Main

Groveland, CA 95321

**209-962-4908**

Hours: 6:30am - 6pm Mon – Fri

8am -11am Sat

#### **Curves for Women**

19534 Hillsdale Dr

Sonora, CA 95370

**209-588-0553**

Hours: 7am - 6pm M, W, F

8am - 6pm Tu, Thur

10am -1pm Sat

#### **Curves for Women**

18711 Tiffini Dr

Twain Harte, CA 95383

**209-586-5878**

Hours: 7:30am - 7pm Mon & Wed

8am - 7pm Tue & Thur

7:30am - 6pm Fri

9am -12N Sat

#### **The Club for Body, Mind & Soul**

19401 Susan Way

Sonora, CA 95370

**209 532-9152**

Hours: 5am-9pm Mon – Fri

8am-6pm Sat

9am-6pm Sun

Service: Exercise programs with Pool.

#### **Senior Center**

540 Greenley Rd.

Sonora, CA 95370

**209-533-2622**

Hours: 9am - 10:30am Mon – Fri

**Fee:** \$14 for 4 months and Health

Habits Stretching \$2 per class

Service: Cardio-Vascular exercise, Stationary Bikes etc.

#### **Slim & Tone**

905 Mono Way

Sonora, CA 95370

**209-533-5326**

**Sonora Sports & Fitness Ctr.**

13760 Mono Way

Sonora, CA 95370

Website:

[www.sonorasportsandfitness.com](http://www.sonorasportsandfitness.com)**209 532-1202**

Hours:

Adult Center

Mon – Thur 5am -10pm

Fri 5am - 9pm, Sat 7am - 7pm

Sun 8am - 6pm

**Athletic Center**

Mon – Thur 5am - 9:30pm

Fri. 5am - 8:30pm

Sat. 7am - 6pm

Sun. 9am - 5pm

Service: Exercise classes; Senior Program; Pool.

**HEALTH & WELLNESS SEMINARS****Oak Plus**

Sonora Regional Medical Center

**209 536-5025**

Service: Free Health &amp; Wellness Seminars - (Call for topics /dates &amp; location)

**HEARING SERVICES****Alternative Hearing Aid Center**

722 Mono Way

Sonora, CA 95370

**209-532-9337****California Telephone Access Program****800-806-1191****Ear of the Lion Foundation**

1030 Gettysburg Ave. Ste 100D

Clovis, CA 93612

**1-559-291-4662****1-800-327-8077**

Service: Assists qualified low income hearing impaired people unable to afford the care they need to hear better.

**Greenley Oaks Hearing Resource Center, Inc.**

795 Morning Star Dr

Sonora, CA 95370

**209-588-0662**

Hours: 8:30am - 5pm

**Hillside Hearing Aid Ctr.**

780 Delnero Dr

Sonora, CA 95370

**209-532-4008**Hours: 9am - 5pm Mon – Thur  
9am -1pm Fri**MiracleEar Center**

1069 Mono Way

Sonora, CA 95370

**209-533-8723**

Hours: 9am - 4:30pm

**Rockwell Sierra Hearing Aids**

162 W. Stockton Rd

Sonora, CA 95370

**209-532-5208**

Hours: 10am - 4pm Mon, Tue, Thur &amp; Fri

## **The Starkey Hearing Foundation**

Hear Now Program  
6700 Washington Avenue S.  
Eden Prairie, MN 55344

Website: [www.sotheworldmayhear.org](http://www.sotheworldmayhear.org)

**1-800-648-4327**

Service: HEAR NOW is a nonprofit program that provides hearing aids to low income adults and children who are permanent residents of the U.S., meet the financial criteria, complete the application process, and are approved for assistance.

## **HOME CARE ASSISTIVE TOOLS/TECHNOLOGY**

(If you can't find what you need below call 516-568-2715 or 800-346-2742 for other referrals)

### **AARP World Technologies for Elders**

Website: [www.aarp.org/international/agingadvances/univdesign](http://www.aarp.org/international/agingadvances/univdesign)

### **AgeInPlace™**

Baby Boomer products

Website: <http://www.AgeInPlace.com>

### **Access to Recreation**

Recreational and household Aids  
**800-634-4351**

## **Braille & Talking Book Library**

PO Box 942837  
Sacramento, CA 95237

Website: [www.library.ca.gov/html/pubser05.cfm](http://www.library.ca.gov/html/pubser05.cfm)

**1800-952-5666**

Service: Library services for those unable to read standard print due to a physical or visual disability. Postage provided free to qualified applicants. The service is conducted by mail. Patrons get services free.

## **Bruce Medical Supply**

**800-225-8446**

## **Buck & Buck**

(easy-to-wear clothing)

**800-458-0600**

## **California Telephone Access Program**

(large button phones, etc.)

**800-806-1191**

## **CAST – Center for Aging Services Technologies**

2159 Connecticut Ave, NW  
Washington, DC 20008

Website: [www.agingtech.org](http://www.agingtech.org)

**1-202-508-9463**

Services: Product clearinghouse: Assistance Call System, Cognitive Aids, Communication, Electronic Health Records, Fall Management, Smart Home, Wander Management.

## **Universal Design**

Our living environment should be designed to simplify the activities of daily living as we age. Universal Design is a new concept that will enhance independence and aging in place as time goes on.

View these useful online guides and resources:

[www.homesforeasyliving.com](http://www.homesforeasyliving.com)

[www.adaptenv.org](http://www.adaptenv.org)

[www.aia.org/dfa](http://www.aia.org/dfa)

[www.seniorsafehome.com](http://www.seniorsafehome.com)

## **Disability Resource Agency For Independent Living (DRAIL)**

Assistive devices, bath-rail, ramps etc., need based.

**209-532-0963**

## **Electric Mobility**

(Electric scooters)

**800-662-4548**

## **Epill, LLCA**

Website: [www.epill.com](http://www.epill.com)

**1-800-549-0095**

Services: Medication (pill) reminder and adherence devices; offers a large selection of practical tools, alarm watches, clocks, reminders, dispensers, beepers and cell phones, etc.

## **Guide Dogs for the Blind**

350 Los Ranchitos Rd  
San Rafael, CA 94903  
**1-800-295-4050**

## **Independent Living Aids**

(Low Vision & Living Aid gadgets)

Website:

[www.independentliving.com](http://www.independentliving.com)

**800-537-2118**

## **InSiPhil (TeleSensory)**

650 Vaqueros Ste F  
Sunnyvale, CA 94085

**800-804-8004**

Service: Magnification and Speech Output products.

## **Easy International**

**800-446-4522**

Service: Electric Scooters

## **Life Alert**

**800-247-0000**

Service: Emergency Response  
Service Home monitoring.

## **Lifeline – Sonora Oxygen**

358 W. Stockton  
Sonora, CA 95370

**209-536-3760**

Service: Emergency Response System.

√ **Medical Emergencies –**  
Make a list of your medications and their dosages; Place the list in your wallet so that you have it with you at all times.

**Living Independently Group, Inc.**

Website:

[www.livingindependently.com](http://www.livingindependently.com)

[www.quietcaresystem.com](http://www.quietcaresystem.com)

**1-866-216-4600**

Service: QuietCare functions as a 24 hour-a-day, seven day a week early detection and early warning system that let's caregivers and family members know that a loved one is safe. It recognizes emerging problems before they become emergencies. The system utilizes small, unobtrusive, strategically placed wireless sensors to monitor the senior in their own home.

**L S & S Group**

**800-468-4789**

Service: low-vision aids

**M & M Health Care Apparel**

**800-221-8929**

Service: Health Care Apparel.

**NIH Senior Health**

Website:

[www.nihseniorhealth.gov](http://www.nihseniorhealth.gov)

**S & S Worldwide**

**800-243-9232**

Service: Therapy & Rehabilitation products.

**Sears Home Health Care**

**800-326-1750**

**SammonPreston**

**800-323-5547**

Service: All types of rehabilitation devices.

**Smith & Nephew**

**800-558-8633**

Service: Rehabilitation Products.

**Wardrobe Wagon**

**800-992-2737**

Service: Easy-to-wear clothing.

**Wishing Well**

**818-840-6919**

Service: Easy-to wear clothing.

**Vials for Life**

Tuolumne County Ambulance

18440 Striker Court

Sonora, CA 95370

**209-533-5114**

Service: Vials are placed in the refrigerator with medical information and where medical personnel are trained to search.

√ **Senior Tip** - If you would like photo identification and do not have a driver's license, you can obtain a State Identification Card for a fee from the Department of Motor Vehicles.

## HOME CARE SERVICES

### **Community Personal Care**

177 S. Fairview Lane  
Sonora, CA 95370

**209-536-3820**

Hours: 8am - 5pm Mon – Fri  
Service: LVN for respite, ventilator care and medication minder; HHA/PCA for personal care, light housekeeping, grocery shopping meal preparation; 24hour care; Bath service.

### **Helping Hands Home Services**

15000 Jenness Rd  
Sonora, CA 95370

**209-536-1660**

Hours: 8am - 3pm Mon - Fri  
Service: In-home help, personal care, home maintenance and home management to convalescing clients. Work in conjunction with all local home health agencies and Hospice.

### **Seniority Lifecare at Home**

183 C S. Fairwview Lane  
Sonora, CA 95370

**209-532-4500**

Hours: 8:30am - 5:00pm Mon – Fri  
Service: In-home care, case management for elderly; housecleaning, transportation, meds, personal hygiene.

√ **Medical Emergencies –**  
Make a list of your medications & dosages: Place the list in your wallet so that you have it with you at all times.

### **Tuolumne County In-Home Supportive Services (IHSS)**

20075 Cedar Road North  
Sonora, CA 95370

**209-533-5711**

Hours: 8am - 5pm Mon – Fri  
Services: Provides assistance for aged, blind, disabled to remain safely living in their homes; Personal care, bathing, grooming, meals, laundry and shopping. (Eligibility - 65 yrs old, disabled or blind)

## HOME MEDICAL CARE

### **Community Home Care**

4 S. Forest Rd 2<sup>nd</sup> Flr  
Sonora, CA 95370

**209-536-3800**

Hours: 8am - 5pm Mon – Fri  
Service: Registered Nursing, Home Health Aid; Physical Therapy, Speech Therapy, Ostomy/Wound Care etc. Must have a caregiver and be under a physicians care.

### **Skilled Nursing**

Sonora Regional Medical Center  
1000 Greenley RD  
Sonora, CA 95370

**209-532-5000**

### **Transitional Care Unit**

179 S. Fairview Ln

### **Skilled Nursing Unit 6**

179 S. Fairview Ln

### **Skilled Nursing Unit 7**

538 Ponderosa Dr

### **Hospice of the Sierras**

20100 Cedar Road North  
Sonora, CA 95370

**209-533-6800**

Hours: 8am - 5pm daily  
(24 hour nurse)

Service: Physician Referral;  
Provides health care and  
supportive services for the  
terminally ill regardless of the  
ability to pay. Nursing, Home  
Health Aides, medical equipment  
and supplies; Spiritual support.

### **Public Health Nursing**

Home Visiting Program  
20100 Cedar Rd N.  
Sonora, CA 95370

**209-533-7400**

Hours: 8am - 5pm Mon – Fri  
Service: Will go out and assess the  
health needs of the elderly and  
make referrals.

### **Sierra House Calls**

183 S. Fairview Ln  
Sonora, CA 95370

**209-532-4287**

Hours: 8am - 5pm Mon – Fri  
Service: Home treatment of  
chronic and semi-acute illnesses,  
prescriptions, follow-up care after  
hospital discharge, coordination  
of care.

√ **Family Tip – Social Security Disability Income (SSDI) provides basic financial protection to workers & their families in the event of loss of income due to a disability. You can receive SSDI benefits at any age.**

### **Visiting Nurse Association**

20100 Cedar Road North  
Sonora, CA 95370

**209-533-6800**

**800-990-9795**

Hours: 8am - 5pm  
(on call nurse 24 hrs)

Service: Physician Referral and  
have medical need for skilled,  
short-term intervention and be  
homebound for health reasons;  
Nursing, Home Health Aide,  
Infusion Therapy, Wound and  
Ostomy care.

### **HOUSING – LOW INCOME**

#### **Central Sierra**

#### **Planning Council**

53 West Bradford Street  
Ste. 200

Sonora, CA 95370

**209-532-8768**

#### **Blackberry Oaks**

801 Old Bald Mountain Rd  
Sonora, CA 95370

**209-536-1587**

#### **East Garden Apartments**

10347 Willow Street  
Jamestown, CA 95327

**209-984-0613**

#### **Forest View Senior Apt.**

19499 Hess Ave  
Sonora, CA 95370

**209-533-8500**

**Greenwood Village**

420 Greenley Rd  
Sonora, CA 95370  
209-532-4866

**Jamestown Terrace Apts.**

10330 Preston Ln  
Jamestown, CA 95327  
209-984-0632

**Sierra Commons**

11059 State Street  
Columbia, CA 95310  
209-532-0633

**Sierra Village**

250 Greenley Rd  
Sonora, CA 95370  
209-532-0817

**Sonora Gardens**

810 Greenley Rd  
Sonora, CA 95370  
209-533-0401

**Sonora Terrace**

200 Greenley Rd  
Sonora, CA 95370  
209-532-5707

**Tuolumne Apartments**

18400 Tuolumne Rd  
Tuolumne, CA 95379  
209-928-3168

**Tuolumne Senior Apts.**

18402 Tuolumne Rd  
Tuolumne, CA 95379  
209-928-1567

**Twin Pine Apartments**

19611 Elder Lane  
Groveland, CA 95321  
209-962-4160

**INSURANCE**

With the health care industry rapidly evolving and changing, seniors need to understand how to best insure their health. This section of the directory identifies resources for health insurance counseling as well as many booklets, guides and information sources on all aspects of health care insurance.

**Medicare** Medicare is the federal health insurance program for people who are 65+ years old (as well as certain disabled people) who have contributed to Social Security. People who have not made contributions may receive benefits if they pay premiums. Immigrants, age 65+, may also purchase coverage after living in the U.S. for five consecutive years and becoming legal U.S. residents. When applying for Social Security benefits at age 65, you will also apply for Medicare. Should you continue to work past 65 and have coverage from your employer, you can delay enrollment until retirement with no attached penalty.

Other assistance programs such as the Qualified Medicare Beneficiary Program (QMB) are available. People with low income and assets, who are 65+ years old, blind or disabled, and are eligible for Medicare can get their Medicare premiums, co-payments and deductibles paid by the state.

**Medi-Cal** – Medi-Cal is California’s program to pay for medical care for public assistance recipients and other low income individuals. In some cases, if your income is too high to qualify for SSI, you may be eligible for Medi-Cal if you have limited resources and can not pay all of your medical expenses. Medi-cal covers many optional medical procedures as well as eyeglasses, dental care, long term nursing care, and other types of benefits not covered with Medicare.

### **Centers for Medicare & Medicaid Services**

7500 Security Boulevard  
Baltimore, MD. 21244-1850  
Website: [www.medicare.gov](http://www.medicare.gov)

**1-410-786-3000**

Service: This site has many useful tools that allow beneficiaries to:

- Compare Medicare Part D prescription drug plans.
- Compare nursing homes in our area.

- Compare health plans & policies.
- Compare hospitals & dialysis centers.
- Find a Doctor.
- Compare home health agencies.
- Get information on Medicare billing and appeals.
- Get a replacement card.

### **Health Insurance Counseling & Advocacy Program (HICAP)**

Area 12 Agency on Aging  
13975 Mono Way Ste. E  
Sonora, CA 95370

**209-532-6272**

Hours: 7:30am - 4:30pm Mon – Fri  
Service: Counseling on health insurance information for those over 60.

### **MediCare Insurance Counseling/Complaint Hotline**

**1- 800-927-4357**

**1- 800-633-4227**

### **Medicare Rights Center**

Website: [www.medicarerights.org](http://www.medicarerights.org)

Service: A very large independent source of health care information and assistance provides online tools such as Marci’s Medicare Answers, a free monthly Medicare Q&A syndicated column and Medicare interaction.

## **Medicare Supplemental Insurance**

Medicare does not pay all medical expenses. Many people choose to buy a supplemental Medi-gap policy that covers the gaps. Under federal mandate, private insurance companies in most state offer 12 different Medi-gap plans, referred to as Plan A through Plan L. The California legislature passed laws to help protect consumers from insurance salespeople who may offer unneeded coverage. A good source of information when considering supplemental insurance is: *The Guide to Health Insurance for People with Medicare* or contact Area 12 Council on Aging Health Insurance Counseling Program.

## **California Dept. of Insurance**

200 S. Spring Street  
Los Angeles, CA 90013  
Website: [www.insurance.ca.gov](http://www.insurance.ca.gov)  
**1-800-927-4357**

Service: For information or to file complaints regarding companies selling Medi-gap plans in Calif.

### **Caregiver Tip – Ask for help!**

- Hold a family meeting to ask for help from family members.
- Make a list of needs and create a schedule.
- Don't make family members feel guilty.
- Be appreciated and say thanks to those who do help.

## **Medi-Cal Insurance**

Tuolumne County Welfare Dept.  
20075 Cedar Rd. North  
Sonora, CA 95370

**209-533-5711**

Service: Provide information about Medical Services program for low income persons authorized by Title XIX of Social Security Act.

## **National Council on Aging**

– Benefits CheckUP

Website:

[www.benefitscheckup.org](http://www.benefitscheckup.org)

Service: Analyze your benefits to see if your are accessing all the available benefits at the maximum savings.

## **Office of the Attorney General**

Bureau of Medi-Cal Fraud & Elder Abuse

Website: [www.ag.ca.gov/bmfea](http://www.ag.ca.gov/bmfea)

**1-800-952-5225**

**1-916-322-3360**

Service: Report suspicions of Medi-Cal fraud such as; illegal billings, unnecessary services, neglect in nursing homes. Has complaint forms available online.

## **LIBRARIES**

### **Main Branch**

480 Greenley Rd  
Sonora, CA 95370

**209-533-5507**

Hours: 10am - 9pm Mon – Wed  
10am - 5:30pm Thur – Sat

**Groveland Branch**

18990 Hwy 120  
Groveland, CA 95321

**209-962-6144**

Hours: 2pm - 6pm Mon – Thur  
10am - 2pm Fri & Sat

**Mi-Wuk Branch**

24411 Sierra Park  
Mi-Wuk Village, CA 95346

**209-586-6251**

Hours: 11am - 2pm Tue  
1pm - 4pm Thur & Fri

**Pinecrest Branch**

Pinecrest Lake Resort Bldg.  
Pinecrest, CA 95364

**209-965-4225**

Hours: Jun - Aug 2pm - 5pm  
Mon – Fri Winters closed

**Tuolumne City Branch**

18636 Main St  
Tuolumne, CA 95379

**209-928-3612**

Hours: 1pm - 5pm Tue & Wed  
3pm-7pm Thur  
11am - 2pm Sat

**Twain Harte Branch**

18701 Tiffeni Dr  
Twain Harte, CA 95383

**209-586-4501**

Hours: 1pm - 4pm Mon – Thur  
10am - 2pm Sat  
Summer hours:  
1pm – 4:30pm Mon Tue  
Thur  
10am - 2pm Wed  
10am - 2pm Sat

**MEDICAL EQUIPMENT****Sonora Mountain Lions Help Program**

14328 Cuest Court  
Sonora, CA 95370

**209-533-7768**

Hours: 9am - 5pm  
Service: Loans wheelchairs,  
hospital beds, walkers,  
commodes, hoists etc.

**Sonora Oxygen and Medical Supply**

358 W. Stockton  
Sonora, CA 95370

**209-536-3760**

Hours: 9:30am - 5pm Mon – Fri  
Services: Rents, sells most  
medical equipment; 24 hr  
emergency service on physician's  
request.

**MENTAL HEALTH SERVICES****Tuolumne County Behavioral Health**

197 Mono Way  
Sonora, CA 95370

**209-588-9528**

Hours: 8am - 5pm Mon – Fri  
Service: Provides counseling,  
home visits, assessments and links  
to other services.

**National Alliance for the  
Mentally Ill (NAMI)**

18081 Bonanza Dr.  
Twain Harte, CA. 95383  
Website: [www.nami.org](http://www.nami.org)

**209-586-9351**

Hours: 9am - 9pm Mon – Fri  
Service: Information on mental illnesses for victims and their families.

**Tuolumne County  
Psychiatric Care Unit**

101 Hospital Rd.  
Sonora, CA 95370  
209-533-7196

**Depression in Older Adults**

Depression is NOT a normal part of aging, it is a medical condition that can and should be treated. Senior depression affects the health and well-being of 6 million Americans, but only 10% receive treatment. For information about the symptoms, causes, support and treatment for depression visit the following sites:

**Center for Healthy Aging Help  
Guide**

[www.helpguide.org/mental/depression\\_elderly.htm](http://www.helpguide.org/mental/depression_elderly.htm)

**Depression Awareness  
National Institute of Mental  
Health**

**1-800-421-4211**

**Psychology Information Online**

[www.psychologyinfo.com/depression/seniors.htm](http://www.psychologyinfo.com/depression/seniors.htm)

**MOBILE HOME ASSISTANCE**

**Mobile Home  
Registration/Titling**

PO Box 2111  
8911 Folsom Blvd.  
Sacramento, CA 95821  
Website: [www.hcd.ca.gov](http://www.hcd.ca.gov)

**209-952-8356**

**800-952-8356**

Hours: 8am - 5pm Mon – Fri  
Service: Information on how to register and change title.

**Mobile Home Ombudsman**

PO Box 31  
Sacramento, CA 95812  
Hours: 8am - 5pm Mon – Fri  
**800-952-5275**

Service: Assists in problem resolution associated with manufactured and mobile homes

**MOVING SERVICES**

**Affordable Moving & Storage**

14997 Camage Ave, Unit B  
Sonora, CA 95370  
**209-532-0093**

Hours: Leave message

**Sonora Moving**

16885 Amy Dr  
Sonora, CA 95370  
**209-532-7602**

Hours: Leave message 24 hr svc.

## NOTARY PUBLIC

**Joseph B. Dugan**  
209-586-1457

**Carolyn Henkel**  
(Mobil Notary)  
209-736-0046

**Goin' Mobile**  
209-962-0972

**Have Notary Will Travel-Groveland**  
209-962-7830

**Pac N Copy**  
13767 A Mono Way  
Sonora, CA 95370  
209-536-0220

**Sonora Blue Print**  
730 Mono Way  
Sonora, CA 95370  
532-5223

**The UPS Store**  
1257 Sanguinetti Rd  
Sonora, CA 95370  
588-8049

**PODIATRIST**(Feet Problems /Nails Clipped)

**Steve Jensen, DPM**  
780 Delnero Dr  
Sonora, CA 95370  
209-533-2468

**Todd Self, DPM**  
13975 Mono Way Ste. J  
Sonora, CA 95370  
209-533-3996

## Summer Heat

Seniors are more prone to heat-related illnesses. Drink plenty of fluids. Alcohol, tea and coffee do not count because they dehydrate.

### Prevent Heat Stroke

- Stay out of the sun between 10am-3pm.
- Wear light weight and light colored clothing.
- Use a fan, air conditioner; place a cool wet washcloth on the forehead.

### Signs of heat stroke:

- Headache/nausea
- Rapid pulse and breathing
- High body temperature
- Hot, dry, flushed skin

## RECREATION

### Birthday and Anniversary Greetings

**Greetings from the White House Office of the President**

Website:

[www.whitehouse.gov/greeting](http://www.whitehouse.gov/greeting)

**1-202-456-1414**

Service: The President will send a greeting card to those celebrating their 80<sup>th</sup> or later birthday and to couples celebrating their 50<sup>th</sup> anniversary. 6 week advance notice of the event is required.

**California State Park** camping reservations are made through Reserve America.

Website [www.parkhere.org](http://www.parkhere.org)

**1-800-444-7275**

If you are 62+ you are eligible for a discount. You can also make reservations at:

[www.GoOutsideandPlay.org](http://www.GoOutsideandPlay.org)

**National Parks campgrounds** are available through reservations handled by Recreations.Gov

Website: [www.recreation.gov](http://www.recreation.gov)

**1-877-444-6777**

√ **Senior Tip** – Hand washing is the single best way to prevent infection.

## **Golden Age Pass**

The Golden Age Passport is a lifetime admission and discount pass for citizens or permanent residents of the United States who are age 62 or older. The pass is valid at National Park Service, Bureau of Land Management, Corps of Engineers, Fish and Wildlife Service, Forest Service, and Tennessee Valley Authority sites with admission fees. The Golden Age Passport admits the pass owner and any accompanying passengers in a private vehicle\* if a park has a per vehicle entrance fee. Where a per person entrance fee is

charged, the Golden Age Passport admits the pass owner, spouse, and children.

The Golden Age Passport also provides a 50% discount on federal use fees charged for facilities and services such as camping, swimming, parking, boat launching, and specialized interpretive services. In some cases where use fees are charged, only the pass owner will be given the 50% price reduction. The Passport is nontransferable and does NOT cover or reduce special recreation permit fees or fees charged by concessionaires.

A Golden Age Passport must be obtained in person at a federal area (National Park, Wildlife Refuge, Forest, etc.) where an entrance fee is charged. The cost of the cost of the Golden Age Passport is \$10.00. It is available only to citizens or permanent residents of the United States who are 62 years of age or older. You must show proof of age and residency, such as a state driver's license, birth certificate, or similar document.

## **Aviation**

**Pine Mountain Lake Aviation Association**

**209-962-1990**

## **Biking**

### **Lyons Reservoir** – Beg to Exp.

Hwy 108 past Twain Harte - Left on Confidence Rd. Just past Sugarpine Rd. on the right is a gate, go through the gate and ride along the ditch road.

**Cedar Ridge:** Beginner to Mod. From Sonora take Hwy 108 to Twain Harte Dr. to Joaquin Gully, then to Mt. Elizabeth Rd. The bike road is a ditch road that crosses Mt. Elizabeth Rd. Turn left onto the ditch road.

**Hammill Canyon:** Beginner to Mod. An 11 mile loop through the canyon around the reservoir. Take Hwy 108 past Pinecrest to Herring Creek Rd. Continue until pavement ends then 1.3 miles to a fork. Bear left or right, the route forms a loop around the water.

### **New Melones Lake**

Gloryhole Recreation Area

## **Boating**

### **Lake Don Pedro**

209-852-2369

### **Lake Tulloch**

209-881-0107

### **New Melones Lake**

209-536-9543

### **Pinecrest Lake**

209-965-3333

## **Tuolumne River**

209-962-7825

Cherry Creek Trailhead & launch  
Stanislaus National Forest  
Groveland Ranger District

## **Tuolumne River**

209-962-7825

Lumsden Boat Launch  
Stanislaus National Forest

## **Bowling**

### **Black Oak Lanes (24 lanes)**

Black Oaks Casino  
19400 Tuolumne Road North  
Tuolumne, CA  
209-928-9419

### **Sonora Family Bowl**

19 S. Stewart St  
Sonora, CA 95370  
209-532-5167

## **Fishing**

### **Fish'N Dan's Guide Service**

22701 Confidence Rd  
Twain Harte, CA 95383  
209-586-2383

## **Golf**

### **Greenhorn Creek (18 holes)**

711 McCauley Ranch Rd  
Angles, Camp, CA  
209-729-8111

### **Forest Meadow (18 holes)**

Hwy 4 – 4 miles above Murphys  
209-728-3439

**La Contenta Golf Club** (18 holes)  
Hwy 26 Valley Springs  
**209-772-1081**

**Meadowmont** (9 holes)  
1684 Highway 4  
Arnold, CA  
**209-795-1313**

**Mountain Springs Golf Course**  
(18 holes)  
17566 Lime Kiln Rd  
Sonora, CA 95370  
**209-532-1000**

**Phoenix Lake Golf Course**  
Paseo de los Portales  
Sonora, CA 95370  
**209-532-0111**

**Pine Mountain Lake Public Driving Range**  
Mueller Dr  
Groveland  
**209-962-8620**

**Saddle Creek Golf Course**  
1001 Saddle Creek Dr  
Copperopolis, CA  
(18 holes) Semi Private, Dress Req.  
14 day Adv. Reservations)  
**209-785-7400**

**Sequoia Woods Country Club**  
(Private – Members only -18 holes)  
1000 Cypress Point Dr  
Arnold, CA  
**209-795-2141**

**Twain Harte Golf Course** (9 holes)  
Meadow Lane  
Twain Harte  
**209-586-3131**

### Hiking

**Stanislaus National Forest Office**  
19777 Greenley Rd  
Sonora, CA  
Maps, permits, Gen info.  
**532-3671**

**Andresen Mine Trail** 4.5 miles  
Tuolumne River  
Stanislaus National Forest  
**209-962-7825**

**Indian Creek Trail**  
Tuolumne River  
Stanislaus National Forest  
**209-962-7825**

**Hamby Trail Tuolumne River**  
Stanislaus National Forest  
**209-962-7825**

**Kennedy Meadows**  
Hwy 108 at Kennedy Meadows  
**209-965-3434**

**Natural Bridges** 1.5 mile trail  
Parrots Ferry Rd.  
**209-536-9094**

**Preston Flat Trail**  
Tuolumne River  
Stanislaus National Forest  
**209-962-7825**

**Pinecrest Lake**

Pinecrest, CA  
209-965-3411

**Tuolumne River Trail 6 miles**

Tuolumne River  
Stanislaus National Forest  
209-962-7825

**Ice Skating****Long Barn Lodge**

25957 Long Barn Rd  
Long Barn, CA  
209-586-3533

**Inline Skating****High Country Sports Arena**

14934 Camage Rd  
Sonora, CA 95370  
209-588-0776

**Parks & Recreation Districts**

**Tuolumne City Park &  
Recreation District**  
209-928-1214

**Tuolumne County**

**Recreation Dept.**  
209-533-5663

**Ranger Districts**

**Stanislaus National Forest**  
209-532-3671

**Groveland Ranger District**

24425 Hwy 120  
Groveland, CA 95321  
209-962-7825

**Summit Range District**

Hwy 108  
1 Pinecrest Lake Rd  
Pinecrest, CA 95364  
209-965-3434

**Mi-Wuk Ranger District**

24695 Hwy. 108  
Mi-Wuk, CA 95346  
209 586-3234

**Skiing****Bear Valley Ski Area**

Bear Valley Rd  
Bear Valley, CA  
209-753-2301

**Dodge Ridge Ski Area**

Pinecrest, CA. 95364  
209-965-3474

**Sledding****Leland High Sierra Snow Play**

Strawberry, CA  
209-965-4719

**Snowshoeing****Dodge Ridge Ski Area**

Demo Center  
1 Dodge Ridge Road  
Pinecrest, CA 95364  
209-965-3474

**Snowmobiling****Bear Valley Snowmobile**

132 Bear Valley Rd  
Bear Valley, CA  
209-753-2323

**Sonora Pass SnoGoers**  
(Snowmobile Club)  
**209-524-3444**

**Swimming**

**New Melones Lake**

**Lake Don Pedro**

**Lake Tullock**

**Pinecrest Lake**

**Sonora High School**

N. Washington St  
Sonora, CA 95370  
Summer Program  
**209-532-0441**

**Tuolumne City Pool**

Main Street  
Tuolumne, CA 95379  
**928-3932**

**Twain Harte Public Pool**

23075 Fuller Rd  
Twain Harte, CA  
Summer Program  
**209-586-1842**

**Tennis**

**Columbia College**

6 courts/night lights until 9pm  
11600 Columbia College Dr  
Sonora, CA 95370

**Sonora High**

5 courts/summer lessons  
**533-5663**

**Summerville High**

Three courts  
Not open during school  
Tennis season  
**928-4228**

**Twain Harte**

3 courts  
Marquis Dr  
Twain Harte, CA

**Touring**

**ElderHostel**

**1-800-454-5768**

**Natural Resource Tours (TuCARE)**

22960 Vantage Point Dr  
Twain Harte, CA 95383  
**209-586-7816**

**Whitewater Rafting**

**American River Touring**  
**209-962-7873**

**O.A.R.S**

**209-736-4677**

**Sierra Mac River Trips**

**209-962-0367**

**Zepyr Whitewater**

**209-532-6249**

## **RESPITE/END OF LIFE SERVICES**

### **Burial**

**Department of Consumer Affairs  
Cemetery & Funeral Bureau**

Website: [www.cfb.ca.gov](http://www.cfb.ca.gov)

**1-800-952-5210**

**1-916-574-7870**

Service: Consumer guide to funeral and cemetery purchases. Verify licensing and file complaints.

### **Sheriff-Corner/Tuolumne County**

28 N. Lower Sunset Dr

Sonora, CA 95370

**209-533-5855**

**209-533-5833**-Corner cases

Service: Provides for the health, safety, and dignity of the community by determining the circumstances, conditions, and cause of death of person who fall under its legal jurisdiction and to notify bereaved family members of these deaths in a compassionate and professional manner.

√ **Senior Tip** – Remove excess clutter from rooms to allow for easier mobility. This will also limit obstacles in case of an emergency such as an earthquake or fire.

## **CEMETERIES**

### **Carters Cemetery**

End of Cemetery Lane

Tuolumne

**209-928-3077**

### **Catholic Cemetery**

Lyons Bald Rd & Greenley Rd

Sonora

**209-532-8673**

### **City of Sonora**

Mountain Shadow Cemetery

Lyons-Bald Mt. Rd

Sonora

**209-532-4492**

### **Columbia Cemetery**

End of School Street

Columbia

**209-532-8673**

### **County Cemetery**

Hwy 120, Oak Grove

**209-962-7294**

### **Dambacher Mountain Memorial Cemetery**

22394 Lyons Bald Mountain Rd

Sonora

**532-2058**

### **I. O.O.F Cemetery**

Lytton Street

Sonora

**209-532-1608**

### **Jamestown City Cemetery**

Hwy 108 & Cemetery Rd  
Jamestown, CA  
**209-984-3699**

### **Masonic Cemetery**

Stewart Street, Sonora  
**209-532-7121**

### **Old City Cemetery**

West end of Jackson St  
Sonora, CA  
**209-532-4492**

### **Our Lady of Mt-Carmel Cemetery**

Big Oak Flat  
**209-532-7139**

### **Shaws Flat-Springfield Cemetery**

School Road  
Sonora  
**532-3057**

### **Death Certification**

A copy of the death certificate is arranged for by the Funeral Home of your choice in Tuolumne County and included in the service fee. Additional copies can be obtained from the:

### **Recorders Office**

2 S. Green Street  
Sonora, CA 95370  
**209-533-5531**

### **Donor Programs**

#### **Donate Life California**

Website:  
[www.donatelifecalifornia.org](http://www.donatelifecalifornia.org)  
**1-888-570-9400**

Service: Organ and tissue donor registry.

#### **End of Life Planning**

#### **California Coalition for Compassionate Care**

Website:  
[www.finalchoices.calhealth.org](http://www.finalchoices.calhealth.org)  
**1-916-552-7573**

Service: Information on living wills and advance directives as well as a Guide for End-of-Life booklet.

#### **Caring Connections**

Website: [www.caringinfo.org](http://www.caringinfo.org)  
**1-800-658-8898**

Service: Comprehensive end of life resource. It's about how you LIVE.

### **Funeral Homes**

#### **Heuston Memorial Chapel**

400 S. Stewart St  
Sonora, CA  
**532-7121**

#### **Terzich and Wilson Funeral Home**

225 E. Rose Ave  
Sonora, CA  
**532-3131**

## Grief Support

**Dawn's Light**  
532-9001

**Grief Share Support**  
209-533-4441

**Hospice of the Sierra**  
209-533-6800

## Respite

**Alzheimer Resources Center**  
209-533-7180

**Area 12 Council on Aging**  
19074 Standard Rd.  
Sonora, CA 95370  
Website: <https://www.area12.org>  
209-532-6272

**Skyline Place**  
12877 Sylva Lane  
Sonora, CA 95370  
209-588-0373

**Valley Caregiver Resource Ctr.**  
(For brain impaired)  
Fresno, CA  
559-224-9154

**Hospice of the Sierra**  
209-533-6800

**Volunteer to Drive**  
(2 days a month)

Seniors who are unable to drive  
need your help!

**209-588-1334**

## RETIREMENT GROUPS

### **AARP**

980 9<sup>TH</sup> Street, Ste. 700  
Sacramento, CA 95814  
**800-532-5800**

**Hours:** 8:30am - 5pm

**Service:** Membership organization that provides effective legislative advocacy on all senior issues; provides travel discounts, pharmacy discounts; Magazine; Auto and Health Insurance.

### **Sons in Retirement**

Sonora  
**209-533-0627**  
Twain Harte  
**209-536-0825**

## ROAD/WEATHER CONDITIONS

**Highway Information**  
1-800-427-7623

**Highway Patrol - Jamestown**  
209-984-3944

**Weather**  
1-916-979-3038

## **SENIOR ASSISTIVE GROUPS**

### **Area 12 Agency on Aging**

19074 Standard Rd.

Sonora, CA 95370

Website: <https://www.area12.org>

**209-532-6272**

Service: Information & Referral Services.

### **California Commission on Aging**

1300 National Drive Ste. 173

Sacramento, CA. 95834

Website: [www.calaging.org](http://www.calaging.org)

**916-419-7591**

### **Senior Legislator Area 12**

**209-532-6272 (for current members)**

Service: a nonpartisan organization advocating for California seniors. Linkages to statewide organizations and advisory body at the state level. Triple A Council on California (TACC) and California Senior Legislature.

### **A-TCAA Home Weatherization & Utility Program**

**209-533-1397 x232**

### **Mother Lode**

#### **Ombudsman Program**

**209-532-7632**

Service: Elder Abuse referral, Long Term care facility issues.

### **Tuolumne County Commission on Aging**

**209-588-9408**

Meets at Area 12 Agency on Aging 2<sup>nd</sup> Monday 1:30PM –

Service: Makes recommendations to the Board of Supervisors on all matters affecting seniors in Tuolumne County.

### **Senior Legal Advocacy**

**209-588-1597**

Service: Free assistance with wills, tenant problem, other legal issues.

Cannot take court cases.

### **Senior Peer Services**

**209-588-9528**

Service: TC Behavioral Health - Counseling/Companionship.

### **Senior Resource Service**

**209-588-1334**

Senior Service Directory.

Rides provided for seniors and the disabled with no other means of transportation.

## **SENIOR CENTERS**

### **Sonora Senior Center**

540 Greenley Rd

Sonora, CA. 95370

209-533-2622

### **Senior Lounge and Boutique**

125 N. Washington St

Sonora, CA. 95370

**209-532-7890**

**The Little House**  
11699 Merrill Rd.  
Groveland, CA 95321  
**209-962-7303**

**Tuolumne Memorial Hall**  
18375 Fir Ave  
Tuolumne, CA. 95379  
**209-928-3901**

**Upcountry Senior Center**  
Mt. Calvary Lutheran Church  
Pine Lake Dr  
Twain Harte, CA  
**209-586-3616**

### **SENIOR COMMUNITIES**

**Cascade Estates**  
18330 Wards Ferry Rd.  
Sonora, CA 95370  
**209-532-5542**

**Mill Villa Estates**  
18217 Mill Villa Rd  
Sonora, CA 95370  
**209-533-3151**

**Ponderosa Mobil Home Park**  
21850 Bellview Rd  
Sonora, CA 95370  
**209-532-2562**

**Sonora Hills Residential  
Community**  
Greenley Rd  
Sonora, CA 95370  
**209-532-9287**

**Tamarron Mobile Senior Park**  
14610 Mono Way  
Sonora, CA 95370  
**209-532-7007**

### **SUPPORT GROUPS**

**Adult Diabetes Support Group**  
**209-536-5046**

**Alcoholics Anonymous**  
**209-524-3907**

**Alzheimer Association**  
**800-272-3900**

**Alzheimer's Day Care Resource  
Ctr.**  
**209-533-7180**

**Alzheimer Support Group**  
**209-533-7180**

**American Cancer Society**  
**800-227-2345**

**American Chronic Pain  
Association**  
Website: [www.theacpa.org](http://www.theacpa.org)  
**1-800-533-3231**  
Service: Information & resources  
on pain management.

**American Heart Assoc.**  
Website: [www.americanheart.org](http://www.americanheart.org)  
**800-242-8721**

**Bereavement VNA/Hospice**  
**209-533-6800**

**Cancer Support Group**  
209-536-3717

**Breast Cancer Support**  
209-533-0333

**Caregiver Support Group**  
209-532-6272

**Dawns Light Grief Center**  
532-9001

**Diabetic Support Group**  
209-536-5046

**Grief Share Support**  
209-533-4441

**National Association for  
Continence**

Website: [www.nafc.org](http://www.nafc.org)

**1-884-377-0900**

Service: Education and resource  
for people with incontinence.  
Also a tool to locate physicians  
who treat incontinence problems.

**National Osteoporosis Foundation**

Website: [www.no.org](http://www.no.org)

**1-800-231-4222**

Service: Provides education/  
support to professionals about  
causes, prevention, diagnosis, &  
management solutions.

**Sonora Peripheral Neuropathy  
Support Group**  
209-533-2887

**Stroke Association**  
1-888-478-7653

## **TEN WARNING SIGNS:**

**Your older family member may  
need HELP:**

- Drastic changes in eating habits or weight.
- Neglected personal hygiene.
- Home unsanitary due to no cleaning.
- Changes in relationships such that friends have expressed concerns. Senior isolating themselves.
- Burns, injuries, bruises, or increased use of alcohol.
- Stopped participating in previously enjoyed activities.
- Losing, hiding money, or neglecting to pay bills.
- Unusual purchases such as buying items not needed or used, multiple subscriptions, or increased purchasing from TV ads.

## yTRANSPORTATION

49er Taxi  
209-532-0957

Tuolumne County Transit  
Dial-A-Ride  
209-532-0404

Senior Resource Service  
Rides for seniors and the  
disabled who have no other  
means of transportation  
209-588-1334

Sierra Senior Providers  
Medical Ride Program  
209-533-2622

## UTILITIES

Garbage  
Burns Refuse  
Tuolumne, CA  
209-928-4251

CalSierra Disposal  
Standard, CA  
209-532-1413  
888-964-9747

Moore Bros. Scavenge Co.  
Big Oak Flats  
209-962-7224

Gas & Electric  
PG&E  
800-743-5000

Propane  
Durnall & Campora  
209-532-3579

JSWest Propane  
209-532-7475

Mother Lode Propane  
209-736-0070

ProFlame  
209-984-0800  
800-335-3897n

Suburban  
209-984-5283

ReCycling  
CalSierra  
209-533-0445

Telephone  
AT&T  
Repair Service 611  
800-288-2020

Water/Sewer (larger systems)  
Groveland Community  
Service District  
209-962-7121

Mi-Wuk Village Mutual  
Water Company  
209-586-3304

Phoenix Lake Water Co.  
209-536-0570

Tuolumne Utility District - TUD  
209-532-5536

**Twain Harte Community Service  
Dist.  
586-3172**

**Sonora Meadows Water  
533-4787**

**VOLUNTEER OPPORTUNITIES**

**Alano Club of Sonora  
209-532-9838**

**Amador Tuolumne  
Community Action ATCAA  
209-533-1397**

**American Red Cross  
209-533-1513**

**Area 12 Agency on Aging  
209-532-6272**

**Central Sierra  
Environmental Resource Center  
209-586-7440**

**Columbia State  
Historic Park Docents  
209-588-9128**

**David Lambert Community  
Center  
209-533-4879**

**Dorcas Society  
209-532-1872**

**Good Stuff  
209-588-0550**

**Food Bank  
209-984-3960**

**Friends of Animal Control  
209-768-3630**

**Friends of Groveland Library  
209-962-6144**

**Friends of Tuolumne County  
Library  
209-533-5507**

**Groveland Comm. Service Unit  
(Assist members of Sheriffs Dept.  
& community)  
209-962-6974**

**Habitat for Humanity  
209-536-0970**

**Humane Society of Tuolumne  
County  
209-984-5489**

**Helping Hands Thrift Store  
209-962-6830**

**Fire Safe Council/Hwy 108  
209-768-1794**

**Interfaith Community Soc. Svc.  
209-532-0905**

**Jamestown Community Service  
Unit  
(Assist members of Sheriffs Dept. &  
community)  
209-984-3012**

**Meals on Wheels**

209-533-2622

**Mentoring Works**

(Adults helping Children)

209-533-1397x229

**Mother Lode Ombudsman**

(Helping seniors in long term care facilities)

209-532-7632

**Mountain Women's Resource Center**

(Assists battered women)

209-588-9305

**Older Adult Friendly Visitor Program - Peer Services**

Tuolumne Co. Behavioral Health

209-533-6695

**Red Church Thrift Shop**

209-533-1540

**Railtown**

209-984-3953

**Salvation Army**

209-532-6642

209-532-7463

**SCORE**

(Retirees help with setting up new businesses)

209-532-4316

**Senior Resource Service**

(Assists seniors with transportation and provides information on service for seniors in Tuolumne County)

209-588-1334

**Senior Legal Advocacy**

209-588-1597

**Sonora Community Service Unit**

(Assist members of Sheriffs Dept. & community)

209-536-9828

**Sonora Regional Medical Ctr. Auxiliary**

209-536-5000

**Sonora Senior Center**

209-533-2622

**The Little House Senior Ctr.**

209-962-7303

**Therapy dogs of the Sierra**

209-532-9217

**Sheriffs Community Service Unit – Tuolumne City**

(Assist members of Sheriffs Dept. & community)

209-982-1703

**Tuolumne County Commission on Aging**

(Advises Board of Spvr. on Senior Issues)

209-588-9408

**Tuolumne County Library**

209-533-5507

**Tuolumne County**

**Museum and Historical Center**

209-532-1317

**Twain Harte Community Service**

**Unit**

(Assist members of Sheriffs Dept. &  
community)

209-962-0729

**VNA/Hospice**

209-533-6800

**Useful Websites**

AARP	<a href="http://www.aarp.org">www.aarp.org</a>
Administration on Aging	<a href="http://www.aoa.dhhs.gov">www.aoa.dhhs.gov</a>
Alzheimer's Association	<a href="http://www.alz.org">www.alz.org</a>
American Society on Aging	<a href="http://www.asaging.org">www.asaging.org</a>
Best Buddies California	<a href="http://www.ebuddies.org">www.ebuddies.org</a>
Cancer support and info.	<a href="http://www.cancer.org">www.cancer.org</a>
Care Giving Guide	<a href="http://www.asktransitions.com/">www.asktransitions.com/</a> (click on caregiving guide)
Craig's List	<a href="http://www.craigslist.org">www.craigslist.org</a>
DRAIL	<a href="http://www.drail.org">www.drail.org</a>
Fall Prevention Center	<a href="http://www.stopfalls.org">www.stopfalls.org</a>
Fifty Plus Fitness	<a href="http://www.50plus.org">www.50plus.org</a>
Financial Planning Assoc.	<a href="http://www.plannersearch.org">www.plannersearch.org</a>
Senior Legal / Care Challenges	<a href="http://www.help4srs.org">www.help4srs.org</a>
Long Term Care Ombudsman Program	<a href="http://www.aging.ca.gov">www.aging.ca.gov</a>
Medicare Information	<a href="http://www.medicare.gov">www.medicare.gov</a>
Mental Illness- Info & support	<a href="http://www.nami.org">www.nami.org</a>
Nat. Hospice and Palliative Care Organization	<a href="http://www.nhpco.org">www.nhpco.org</a>
On-line Job Search	<a href="http://www.caljobs.ca.gov">www.caljobs.ca.gov</a>
Senior Citizen & low income housing	<a href="http://www.hud.gov/">www.hud.gov/</a>
Social Security Admin..	<a href="http://www.ssa.gov">www.ssa.gov</a>
Tuolumne County Info	<a href="http://www.infonettc.org">www.infonettc.org</a>
Universal Design	<a href="http://www.seniorsafefhome.com">www.seniorsafefhome.com</a>
Veterans' News and Info.	<a href="http://www.vnis.com">www.vnis.com</a>

## Post Offices and Area Zip codes

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<b>Big Oak Flat</b>	<b>95305</b>
17850 Hwy 120	962-6231
<b>Columbia</b>	<b>95310</b>
22628 Parrotts Ferry Rd	532-7557
<b>Groveland</b>	<b>95310</b>
18737 Back St	962-7102
<b>Jamestown</b>	<b>95327</b>
18303 Main St	984-5864
<b>Long Barn</b>	<b>95335</b>
25955 Long Barn Rd	586-5283
<b>Mi-Wuk Village</b>	<b>95346</b>
20755 Long Barn-Sugar Pine Rd	586-4500
<b>Moccasin</b>	<b>95347</b>
10390 Moccasin Rd	989-2362
<b>Pinecrest</b>	<b>95364</b>
411 Pinecrest Lake Rd	965-3545
<b>Soulsbyville</b>	<b>95372</b>
20489 Willow Springs Dr	532-6782
<b>Standard</b>	<b>95373</b>
Mono Village Shopping Center	533-4219
<b>Tuolumne</b>	<b>95379</b>
8758 Carter St	928-4257
<b>Twain Harte</b>	<b>95383</b>
23051 Fuller Rd	586-3342