

# WINTERS SENIOR RESOURCE GUIDE

All the agencies you need to know about as you age

Winters Senior Programs Project | 2018



## Transportation

### **Winters Senior Foundation Medical Appointments Car**

Volunteer drivers will drive to medical related appointments (including doctor appointments, lab, pharmacy, therapy, etc.) within and outside Winters. Rider must be able to transfer into car. Caregivers may ride along. Appointments must be made 72 hours in advance.

Telephone: (707) 497-5289.

### **Partnership Healthplan Care Management ride program**

Persons with Medi-Cal that receive their benefit through Partnership Healthplan and have complex medical needs can receive additional care management including free transportation assistance. Contact Partnership Healthplan for eligibility requirements. (800) 809-1350 Website: <http://www.partnershiphp.org/Providers/HealthServices/Pages/Care-Coordination.aspx>

### **Yolo Bus**

Yolo Bus picks up within the city of Winters and has lines that connect to Davis, West Sacramento, Winters, Woodland, downtown Sacramento, Sacramento International Airport, Cache Creek Casino Resort, Esparto, Madison, Dunnigan and Knights Landing. Yolo Bus connects with other local public transportation systems. In Davis Unitrans and Fairfield-Suisun Transit and Regional Transit and Light Rail in Sacramento.

Telephone: (530) 666-2877

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

### **Yolobus Special**

ADA Paratransit Service for persons with disabilities in Yolo County is provided by Yolobus Special. It is available on a prearranged basis for any trips proposed within the designated service area. Yolobus Special serves the cities of Winters, Davis, West Sacramento, Woodland and portions of Sacramento.

Telephone: (530)666-2877

Website: <http://www.yolobus.com/riderinformation/yolobusspecial.php>

### **Faith in Action-Ride with Pride Program (Solano County residents only)**

Transportation to and from medical or social programs. Individual recipients are requested to make a donation of \$5.00 for the round trip; however, no one is turned away for a lack of funds.

Telephone: (707) 469-6667 Website: [www.faithinactionsolano.org](http://www.faithinactionsolano.org)

## Food Resources

### **Meals on Wheels of Yolo County**

Meals on Wheels of Yolo County provides nourishing fresh meals prepared daily to persons age 60 years and older who are home-bound. Meals are delivered Monday through Friday by volunteers. Volunteer drivers are always welcome, and donations are appreciated. Call to receive meals and to volunteer.

Telephone: (530) 662-7035

Website: [mowyolo.org](http://mowyolo.org)

### **Congregate Meals at the Winters Community Center**

Congregate (group) meals are served free of charge for persons age 60 years and older Monday through Friday at 11:30 at the Winters Community Center. Pre-registration is required and paperwork can be completed at the Community Center. The program is managed by Meals on Wheels of Yolo County.

Telephone: Meals on Wheels (530) 662-7035,

Winters Community Center (530) 795-4233, Community Center Address: 201 Railroad St.

### **Food Bank of Yolo County**

The Food Bank of Yolo County distributes food through various programs and locations in Yolo County to those that are eligible. Every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month from 10:00am-11:00am 200 Baker St. Room 4 & 5 Winters. Every 1<sup>st</sup> Wednesday of the month from 10:00am-12:00pm 512 First St., Winters. To receive text reminders about food distributions in Winters, text "ALMOND" to 888777

Telephone: (530) 668-0690

Website: <http://www.yolofoodbank.org/>

### **RISE Inc.**

RISE Inc. provides services from pre-school experiences through elder recreation and resource programs. Youth programs, employment services, emergency food, clothing, and a variety of other programs for social services in rural Yolo County.

Telephone: (530) 794-6000

Website: <http://riseinc.org>

## Mental Health & Crisis Support

### Adult Protective Services

Adult Protective Services provides resources, information and referral services to the elderly (65 and older) and to dependent adults (18- 64) who are suffering or at risk of abuse, exploitation or self-neglect. Adult Protective Services investigates allegations of abuse and links clients to the appropriate resources.

Telephone: 530-661-2727

Website: <http://www.yolocounty.org/health-human-services/adult-aging/adult-protective-services>

**Yolo County District Attorney's Office Elder Protection Unit** provides information and assistance with reported fraud and scams. The phone calls and reports which come to our office can be investigated in house by the appropriate fraud department, referred to local law enforcement or responded to with information about civil remedies and other community resources.

The DA's fraud hotline: 1-855-496-5632

Website: <http://www.yolocounty.org/law-justice/district-attorney/departments/elder-protection-unit>

### Yolo Hospice

Grief support services are available, free of charge, to those whose loved ones have been in their care, as well as to community members. Bereavement specialists and trained volunteers facilitate groups and family meetings, and provide individual support sessions, home visits and telephone contact as needed. Referrals to additional support resources are made when appropriate.

Telephone: (530) 758-5566 or 1-800-491-7711

Website: <http://www.yolohospice.org/>

### The Friendship Line

The Friendship Line reaches out to older adults offering telephone counseling, support, reassurance, crisis intervention, elder abuse prevention, medication reminders, well-being checks, and information and referral. The friendship Line provides support to at-risk seniors, family members and their advocates 24 hours a day, 365 a year. Any person aged 60 years or older, their family members or any others who may be concerned can call.

Telephone: 1-800-971-0016

Website: [http://www.ioaging.org/services/counseling\\_seniors\\_sf.html](http://www.ioaging.org/services/counseling_seniors_sf.html)

## **Mental Health & Crisis Support (continued)**

### **Yolo County 24-Hour Crisis Line**

\*IMPORTANT – The after-hours and Toll-Free crisis phone number goes to the Yolo County Dispatch line. The operator will answer “County Dispatch” or “Communications.” Please don’t hang up. Identify your problem as a “Mental Health Crisis” and you will be connected with someone who can help you. Telephone: 1-888-965-6647

### **Older Adult Mental Health Care Team**

This team provides triage, crisis intervention assessments, therapeutic counseling, and wrap-around case management support for individuals aged 60 and older who present with a serious mental illness.

Telephone: (530) 666-8630

Website: <http://www.yolocounty.org/health-human-services/adult-aging/older-adult-outreach-assessment-programs>

### **Yolo County Mental Health Urgent Care**

Services are available to individuals experiencing a mental health crisis, including those who are insured through Medi-Cal and uninsured individuals. Persons may be brought in by family or friends or self-referral. Services include crisis assessment and supportive counseling, medication intervention, referrals to community services and safe discharge planning. Open 7 days per week, 12pm – 9pm, location at 500 Jefferson Blvd., Building B, West Sacramento

Telephone: (855) 897-2033

### **Yolo County Adult Specialty Mental Health Services**

Yolo County provides a range of mental health services to community members of all ages, including adults, older adults, children, and youth. Yolo County will help anyone in a crisis, connect persons to appropriate mental health services and provide on-going services for those with chronic and severe mental health symptoms who have no insurance or who qualify for Medi-Cal. Woodland: 137 N. Cottonwood St. Woodland, CA 95695 (530) 666-8630 Davis: 600 A St. Davis, CA 95616 (530) 757-5530

## Housing

### **Yolo County Housing**

Yolo County Housing provides quality affordable housing and community development services. It also provides safe temporary housing to migrant farmworker families during the county's growing season and operates in two centers in Yolo County.

Telephone: 1-800-662-9656

Main Office location: 147 W Main St, Woodland, CA 95695

Winters Office: 62 Shams Way, Winters, Telephone: (530) 795-4111

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

### **Local Handyman**

Cecil (Pancho) Padilla donates the labor and the senior requesting the age in place modifications pays for any hardware needed. Service is a Winters Rotary Project and home must be in the City of Winters.

Telephone to schedule appointment: (530) 753-0585

### **Yolo County Housing Rehabilitation Program**

The program is funded by the Community Development Block Grant and gives out low-interest rate loans for homeowners to make repairs to their home to address health or safety related issues.

Phone: 1-800-995-0431

Website: <http://www.yolocounty.org/general-government/general-government-departments/county-administrator/county-administrator-divisions/economic-development/housing/housing-rehabilitation-loan-program>

### **Winters Senior Apartments**

Thirty-eight affordable units for older adults and persons with disabilities. Includes free parking, common room and on-site manager.

Telephone: (530) 795-1033

Address: 400 Morgan St., Winters

## Caregiving/Caregiver Support

### **Winters Caregiver Support Group**

Group facilitated by local psychologist, Wendy Davis, meets every Wednesday at 10am. The purpose of the group is to support each other and share ideas and resources. Call for consultation and location.

Telephone: (530) 309-5149

### **Citizens who Care for the elderly**

Provides social support services to frail elderly and their family caregivers including in-home volunteers for respite, and Saturday Club respite 2<sup>nd</sup> and 4<sup>th</sup> Saturdays at Davis Senior Center.

Telephone: (530) 758-3704

### **Yolo County In-Home Supportive Services**

In-Home Supportive Services (IHSS) provides services support a person living in their home including personal care, light housekeeping, shopping, meal prep and accompanying to medical appointments. Eligibility: Medi-Cal, blind, disabled or 65 years of age or older, AND unable to live at home safely without help. Note: Caregivers are also continually recruited to provide care in the Winters area.

Telephone: (530) 661-2955

Website: <http://www.yolocounty.org/health-human-services/adult-aging/in-home-support-services>

### **Yolo Adult Day Health Center**

Yolo Adult Day Health Center is a program designed for adults struggling to function independently. The diverse program of health, social and rehabilitation services promote the well-being, dignity and self-esteem of an individual. The goal is to maximize independence, improve management of chronic symptoms, prevent hospitalization and/or premature nursing home placement. Free transportation available.

Telephone: (530) 666-8828

Location: 20 Cottonwood St. Woodland, CA 95695

Website: <http://friendsofadultdayhealth.org/yolo-adult-day-health-center>

### **Del Oro Caregiver Resource Center**

Serves families and individuals who provide care for frail elderly and brain impaired adults. The goal is to improve the well-being of family caregivers and provide support throughout the caregiving process. Time off for caregiver respite can be arranged and care plan assistance.

Telephone: (916) 728-9333 Website: [www.deloro.org](http://www.deloro.org)

## Education & Recreation

### **Winters Senior Citizen Club**

Social club with seasonal activities, bingo and guest speakers. Potluck lunch and meeting 2<sup>nd</sup> Wednesday each month, 11:30am at Winters Community Center, 201 Railroad St., Winters.

### **Winters Senior Foundation**

Local non-profit whose mission is to advocate for and support local seniors. Activities include weekly games, excursions, and volunteer opportunities. Game day: Free, walk-ins welcome. Weekly on Thursdays, 1pm – 3:30pm, St. Anthony Parish Hall, 555 Main St., Winters. Monthly meetings include education and information are the 3<sup>rd</sup> Wednesday each month, 2pm – 4pm (except July and August), Winters Safety Building, 700 Main St., Winters.

Telephone: (707) 497-7289

Email: wintersseniorfoundation@gmail.com

### **Yolo County Library Books by Mail**

Books by Mail is a free service from the Yolo County Library that brings library materials to you through the mail on a long-term or short-term basis. It is available to any Yolo County resident who has a disability, illness or lack of transportation that prevents access to a library.

Telephone: (530)757-5588 or (530)575-5580

Website: [www.yolocounty.org/booksbymail](http://www.yolocounty.org/booksbymail)

### **Yolo County Library-Winters Branch**

Public library with books, CDs, DVDs, ebooks and computer access.

Friends of Winters Library supports library and sponsors cultural and educational events.

Telephone: (530) 795-5001

Address: 708 Railroad St., Winters

### **Davis Senior Center**

Provides access to a wide range of recreational, social, and supportive services for mature adults and their family members. Winters residents are welcome!

Telephone: (530) 757-5696

Website: <http://cityofdavis.org/city-hall/parks-and-community-services/senior-services>

### **Woodland Senior Center**

Woodland Senior Center is an access point for programs that encourage healthy aging, provide basic social services, information and referral and socialization opportunities for older adults. Winters residents are welcome! Telephone: (530) 661-2001 Website:

Website: [http://www.cityofwoodland.org/gov/depts/communityserv/adult\\_senior/default.asp](http://www.cityofwoodland.org/gov/depts/communityserv/adult_senior/default.asp)



## Connection to Services and Care Management

### Senior Link of Yolo County

Senior Link is a free information & assistance program of Legal Services of Northern California that serves older adults 60+ in Yolo County. Program provides information & assistance accessing resources including in-home help, consumer problems, education & employment programs, financial assistance, fitness & recreation, food & meals, health insurance counseling, health care & wellness services, housing, minor home repairs, legal assistance, mental health & counseling, support groups, tax & rebate assistance, transportation and veteran's services. Phone assistance available in English and Spanish.

Telephone: (530) 207-4250

Location: 619 North St, Woodland, CA 95695

### Del Oro Caregiver Resource Center

Serves families and individuals who provide care for brain impaired adults and frail elderly. The goal is to improve the well-being of family caregivers and provide support throughout the caregiving process.

Telephone: (916) 728-9333 Website: [www.deloro.org](http://www.deloro.org)

### Resources for Independent Living

promotes the socioeconomic independence of person with disabilities and seniors by providing peer supported, consumer directed independent living services and advocacy. RIL provides 7 core services: Advocacy and Legislative Monitoring; Housing; Personal Assistance Services; Information and Referral; Peer counseling; Independent Living Skills training; and Assistive technology.

T: 916-446-3074 F: 916-446-2443

<http://www.ril-sacramento.org/>

### Yolo 2-1-1

211 Yolo is the information hub for Yolo County, linking residents to vital health and human services, information and resources in the community. Use our guided search options below, dial 2-1-1 or text your zip code to 898211 for text response. This service is free, multilingual, confidential and available 24 hours per day, every day of the year.

Telephone: 211

## Health and Medical

### **Winters Healthcare Foundation**

Winters Healthcare Foundation is a local community clinic providing primary care medical, dental and pre-natal care. They also provide behavioral and mental health services as well as specialist referrals and pharmacy. WHF provides care to anyone in our community including those with Medi-Cal and those without any insurance. Staff is bi-lingual in Spanish.

Telephone: (530) 795-4377

Website: <http://www.wintershealth.org/>

### **Dr. Bill Davis, private practice physician**

Primary and family care provided in your home or by appointment. Accepts Medicare, cash or his private practice membership dues.

Telephone: (530) 795-1110

### **Sutter Medical Plaza Winters**

Local access to Sutter Medical Group primary care, internal and family medicine providers.

Address: 111 Main Street, Suite B, Winters

Telephone: (530) 795-3822

### **Communicare Clinics**

Davis Community Clinic

Medical Reception: (530) 758-2060 Dental Reception: (530) 757-4667

Behavioral Health Reception: (916) 403-2970.

Website: [http://www.communicarehc.org/View\\_webpage.asp?Title=Davis](http://www.communicarehc.org/View_webpage.asp?Title=Davis)

Hansen Family Health Center-Woodland

Medical Reception: (530) 405-2800 Dental Reception: (530) 405-2811; Behavioral Health Reception: (530) 405-2815

Website: [www.communicarehc.org/View\\_webpage.asp?Title=Hansen%20Family%20Health%20Center%20\(Woodland\)](http://www.communicarehc.org/View_webpage.asp?Title=Hansen%20Family%20Health%20Center%20(Woodland))

## Health and Medical (continued)

### Medical Equipment Closets

The Winters Community Center and the Davis Senior Center lend out wheelchairs, walkers, commodes, toilet seat rises, and canes to older adults in need. Donations for use of the equipment are accepted.

Winters Community Center: Contact Marie at 530-795-4824, 201 Railroad Avenue, Winters

Davis Senior Center: 530-757-5696, 646 A St., Davis (you do not need to be a resident of Davis to borrow or donate to this closet)

### Eagle Pharmacy

Local pharmacy provides in-store and in-home medication information. Free home delivery to Winters and most of Yolo County. Vaccinations: flu, TDaP, Pneumonia, Shingles, MMR, Varicella, Hep A & B (most free through insurances). Bubble package for ease of taking medicine, pharmaceutical/therapeutic grade essential oils. Se habla Espanol.

Telephone: (530) 795-4123

Address: 101 Main Street, Winters

### Yolo Hospice

Yolo Hospice provides end-of-life transition care emphasizing clinical expertise, individualized plans of care, and support connecting with other community services. Yolo Hospice offers bereavement and grief services including group and individual support to any member of our community who has lost a loved one, regardless of whether the loved one was a Yolo Hospice patient. All clinical and grief services are provided at no charge.

Telephone: (530) 758-5566 or (800) 491-7711

Location: 1909 Galileo Court, Suite A Davis, CA 95618

Website: <http://www.yolohospice.org>

### Private Home Care Agencies

Provides personal care in your home.

Apex Care Telephone: (530) 421-9111

Comfort Keepers Telephone: (530) 666-4300

WeCare4Yolo Telephone: (530) 564-6229

Your Home...Nursing Services Telephone: (530) 753-7478

## Assisted Living

### **Carlton Plaza Senior Living**

The Davis community offers both independent and assisted living options, along with numerous personalized care services, including our signature memory care program for those challenged by dementia and Alzheimer's disease. Licensed nurses are on site every day to help residents manage their diabetes, medications and other health issues.

Tel: 877-707-7756 Website: <http://carltonseniorliving.com/location/davis/>

### **St. John's Retirement Village**

St. John's Retirement Village is a non-profit, multi-level, wellness-focused community located in Woodland, CA built to enhance quality of life for every senior that calls its lushly landscaped 14-acre campus home. Four levels of care, active assisted living, personal care, memory support and skilled nursing serve over 160 seniors. Residents enjoy hearty farm-to-fork fare, an activity program geared toward successful aging and care that supports independence delivered by a compassionate and highly trained staff.

Tel:530-662-1290 Fax:530-662-4639 Website: <http://www.sjrv.org/>

### **University Retirement Community**

University Retirement Community is a fully accredited, not-for-profit Continuing Care Retirement Community. All of the programs have been carefully designed to provide you with the services, amenities, and activities you want to enjoy now—along with those you may need later. As a CCRC, University Retirement Community offers the following levels of care and support: residential living, assisted living, memory care, care giving, skilled nursing care, and a variety of other health and wellness programs. URC's Medicare Certified Health Care Center 5-star community, which is open to the public, provides compassionate skilled nursing and rehabilitation for individuals who are temporarily or permanently in need of such services.

Tel: 530-747-7000 Website: <http://www.retirement.org/davis/>

## Support Groups

### **Dementia Caregivers Support Group**

Dementia Caregivers Support Group offers support group for families, including children and spouses, and caregivers of persons with dementia (not for those with dementia). Group meets the third Wed. of every month, 10am-noon. Drop ins welcome. Tel: 530-757-5696 Address: Davis Senior Center 646 A St. Davis, CA 95616

### **Alzheimer's Association Support Group**

Monthly meeting led by a social worker at Yolo Adult Day Health Center in Woodland. Discussion of resources and caregiving techniques. Drop ins welcome. Meetings the 2nd Thursday of every month, 6:30p-8p.

Tel: 530-666-8828 Address: 20 N. Cottonwood St., Woodland, CA 95695

### **Arthritis Support Group**

Arthritis Support Group provides a network of others living with arthritis to find support. The purpose is similar condition is to take comfort in the experiences of others in this support group.

Telephone: 530-662-9038 Address: 2001 East St. Woodland, CA 95695

### **Hear, Here! Support Group**

HEAR! HERE! is your local chapter of the Hearing Loss Association of America [HLAA] serving Yolo County. They offer informational programs for the hearing impaired throughout the year that are open to all. Telephone: 530-757-5696

Email: hearherewoodland@gmail.com Address: 646 A St. Davis, CA 95616

### **Living with Cancer Support Group**

Support group for those living with cancer to provide comfort, present information, teach coping skills, help reduce anxiety, and provide a place for people to share common concerns and emotional support.

Tel: 530-669-5305 Address: 1321 Cottonwood St. Woodland, CA 95695

### **Parkinson's Support Groups**

Care Partners support group, 2<sup>nd</sup> Wednesday of month, 1:30pm

Parkinson's support group for those with the disease, 3<sup>rd</sup> Thursday of the month, 1:30pm

Tel: 530-757-5696 Address: 646 A St. Davis, CA 95616