

## *Origin of the Senior Resource Directory*

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The value of a senior resource directory was seen by Dorothy Elsenius who knew this had been done in Contra Costa County and brought it to the attention of the Vacaville Senior Advisory Committee in 1997. The project to produce such a magnificent document was undertaken by Kris Delaplane - Conti and her husband, Charles Conti, who supervised and oversaw the complete project in conjunction with members of the Senior Advisory Committee and the community.

The first issues were available for distribution at the inauguration of the City of Vacaville's *Tribute to Seniors* event in 1997. The outstanding success of the Solano Seniors Resource Directory was immediate. It proved to be tremendously valuable to have this information available in such a "hands on" document.

Even though we are aware of moving into the world of computers and technology, there is still a solid need to have such a document available for seniors, their families, care givers and all the support lines of communication that are valuable to a "caring community." This booklet has been greatly received by health care providers, hospital discharge nurses, social workers, counselors, physicians and many others caring for Senior Citizens.

I am very pleased to have been involved with both the Solano Resource Directory and the *Tribute to Seniors* event since their inception. I am quite proud of the continuing efforts of the City of Vacaville to assist seniors in this wonderfully caring community.

**"A CIVILIZED SOCIETY CHERISHES ITS ELDERS"**

Dorothy Locke,  
Vacaville Commission on Aging



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## Tips for Using this Directory



All numbers in this directory are in the 707 area code unless otherwise noted. Inclusion of a resource or service in this directory does not constitute an endorsement. Resources and services are listed by general heading and you will find an alphabetical listing in the back of the directory. If you are unable to find a service or resource that suits your needs, refer to the list of Primary Resources that serve Vacaville and the Solano County area.

The acronyms TTY (Teletypewriter), TDD (Telecommunication Device for the Deaf), and TT (Text Telephone) are the various terms commonly used to denote devices to type telephone conversations. In this publication, the acronym TDD before a telephone number indicates the telephone can be answered by such a device.

Please bring suggested additions or corrections to attention of the Vacaville Commission on Aging or the Vacaville Community Services Department by calling 449-5654.



## Primary Resources

The following agencies are major resources for information and referrals for senior needs.



### City of Vacaville - Help Link

**469-6666**

Information and referral service matching needs to available community resources.

### Area Agency on Aging

**1-800-510-2020**

**Administrative  
Offices:**

**644-6612**

**Fairfield:**

**429-6235**

**Vacaville:**

**446-4242**

**Vallejo:**

**643-1797**

The toll-free number automatically routes the caller to the city of residence.

### Health and Social Services

**1-800-400-6001**

Variety of public assistance programs designed to help meet basic daily needs.

### AARP - American Association of Retired Persons

**Membership: 1-800-424-3410**

**Health Insurance  
Information: 1-800-523-5800**

**Fax: 916-556-3000**

**TDD: 916-446-2680**

Provides information and referrals regardless of income status.

**<http://aarp.org/office/field.html#CA>**



## Primary Resources

### Outreach Project

**Vacaville:** 446-6458

**Vallejo:** 553-5404

Referrals for services, health and employment opportunities. Targets specific areas of Vacaville and Vallejo, but has general referral information available.

### Community Action Centers

**Dixon:** 678-5596

**Benicia:** 745-0900

**Fairfield/Suisun:** 427-2651

**Rio Vista:** 374-5706



## Emergency Safety & Public Protection



**Fire  
Highway Patrol  
Police/Sheriff  
Rescue**



**911**  
**Deaf/TDD/TTY/TT:**  
**Dial 9 - 1-1, then press the space bar (TDD's, TTY's & TT's are telecommunication devices).**

When you dial 9-1-1 and the phone rings, your call is automatically registered whether a party answers or not. You will be called back if there is no answer.

### Poison Control Center



**24 - Hour Hotline** 800-876-4766

Advice given by physicians and pharmacists in poison emergencies.

### Deaf Emergency Lifeline

**24 - Hour Hotline:** TDD: 9-1-1

**Business phone:** 421-7090

A special emergency telephone number for deaf people with a telecommunication device to reach help for FIRE, POLICE, or MEDICAL ASSISTANCE.

### Solano County Mental Health Crisis Health & Social Services

**24 - Hour Hotlines:**

**TDD:** 421-6147

**Fairfield:** 428-1131

**Vallejo:** 553-5331

Provides crisis help and suicide prevention services. Emergency services, assessment, brief counseling in crisis situations. Services available 24 hours/day.







# Alzheimer ' s



Families caring for an Alzheimer's patient can be helped with many available community resources: diagnosis, support groups, respite programs, caregiving classes, short term placement and facilities which specialize in Alzheimer's. For information on local respite care see the **Help to Stay at Home: Respite/Adult Day Care** section. For support group locations and other information contact your local senior center or Area Agency on Aging office.



## Alzheimer's Association National Headquarters

**800-660-1993**                      **800-272-3900**

Provides information on Alzheimer's disease and related disorders, their diagnosis and the steps families and caregivers need to take to prepare for the future. See <http://www.alz.org/chapters/router.asp?State=CA> for a listing of local chapters, or call/email the National Headquarters at [info@alz.org](mailto:info@alz.org).

- Publishes newsletter and brochures.
- Undertakes major public awareness efforts.
- Advocates for increased research dollars and other needs of those affected by Alzheimer's.
- Has assumed leadership of world's largest conference on Alzheimer's disease.

For the Safe Return program see **Emergency Safety & Public Protection** section.

## Alzheimer's Support Group

**24 - Hour Hotline:**

**Vallejo: 643-7333**

Support group for caregivers and families. Some financial assistance available for respite care.

## NorthBay Alzheimer's Resource Center NorthBay Healthcare

**888-922-9922**                      **454-3006**

### Vaca Valley Health Plaza, Vacaville

Extensive library of video tapes, books and pamphlets on all facets of disease and issues families and caregivers face. Referrals to agencies, residential and day-care facilities, respite programs, physicians and caregiver support groups. Caregiver support group meets in the hospital cafeteria conference room the 2nd Wednesday of each month at 7:00 pm. <http://www.northbay.org/>



# City of Vacaville - Department Links



The City of Vacaville, understanding and balancing our citizen's needs, desires and resources to achieve the highest possible quality of life for the overall community.



## Police Department



Family Investigative Response Services Team (FIRST)

### **Domestic Violence/Child Abuse**

Law Enforcement: 469-6600      Advocacy: 469-6613

### **Elder Abuse**

Law Enforcement: 469-6600      Advocacy: 469-6623

Families At Risk (PASS): 469-6606      469-6620

### **General Contact Numbers**

Administration: 449-5213

Dispatch: 449-5200

Human Resources: 449-5220

Investigative Services Section: 449-5205

Narcotic Enforcement Team: 449-5245

Records Section: 449-5229

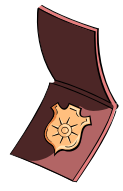
Street Enforcement Team: 449-5219

Traffic Section: 449-5259

Training Section: 449-5432

Youth Services: Vacaville High School: 449-1820

Wood High School: 449-6086





# City of Vacaville - Department Links

## Community Services Department

*We create community through  
people, parks and  
programs.*

Administration:	449-5654
Aquatics:	469-6670
Georgie Duke Sports Center:	449-6285
Gymnastics:	449-6101
McBride Senior Center:	469-6660
Park Planning Division:	449-5656
Recruitment:	449-5632
Sports and Fitness:	449-6070
Three Oaks Community Center:	449-6122
Ulatis Community Center:	449-6214
Vacaville Performing Arts Theatre:	449-6217



## *City of Vacaville - Department Links*



### **Fire Department**



Administration:	449-5452
Prevention/Arson:	449-5453
Station 1 - 111 South Orchard:	449-1837
Station 2 - 2001 Ulatis Drive:	449-1825
Station 3 - 650 Eubanks:	449-6116
Station 4 - 1850 Alamo Drive:	449-6211



### **Housing & Redevelopment Department**

General Information:	449-5675
Family Self-Sufficient Program:	449-5675
First Time Home Buyers Program:	449-5675
Housing Counseling:	449-5675
Voucher (Section 8) Auto Waitlist:	454-5777
Family Resource Center:	449-5610
Healthy Vacaville Collaborative:	449-5660
Neighborhood Liaisons:	449-5690
Neighborhood Services:	449-5693
Redevelopment Agency:	449-5660
Rehabilitation Loan Program:	449-5660
Reduced Fee Program:	449-5610
Youth Corp./Youth Build:	449-5675





## *Consumer Information & Advocacy*



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

**800-474-1116**

Consumer information, pre-placement counseling and quality of care information on nursing homes. Lawyer referral services.

<http://www.canhr.org>

### **Solano Ombudsman**

**24 - Hour Hotline: 800-231-4024**

**Vallejo: 644-4194**

**All Others: 800-644-4194**

Advocates for residents of residential treatment facilities for the elderly, adult residential facilities, skilled nursing facilities and immediate care facilities. Investigates complaints and allegations of abuse in these facilities. Can witness Durable Powers of Attorney for health care.

### **California Medical Review Inc. (CMRI)**

**24-Hour Hotline: 800-841-1602**

**TTD: 800-881-5980**

#### **San Francisco**

Helps Medicare recipients who have complaints about quality of medical care provided in hospitals, outpatient surgery centers, and HMOs. Multilingual. Email: [capro.helpline@sdps.org](mailto:capro.helpline@sdps.org)  
<http://www.cmri-ca.org/>

### **Health Insurance Counseling & Advocacy Program**

**North Bay HICAP**

**800-303-4477**

See **Health Insurance** section.

<http://seniors-site.com/help/hicap.html>

<http://www.medicarehic.com/bene/hicap.htm>

### **ID Card**

**State of Calif. Dept. of Motor Vehicles**

**TTY: 800-368-4327**

#### **Fairfield:**

**554 Pacific Ave. 428-2052**

#### **Vacaville:**

**621 Orange Dr. 448-9629**

#### **Vallejo:**

**200 Couch St. 649-0130**

The DMV issues identification cards for individuals 60+ marked "Senior Citizen." May be obtained at any DMV office with a birth verification document/legal presence document and your Social Security Number (SSN).

### **Crime and Safety**

**800-510-2020**

Call for a free "Age Page" on crime and safety for seniors.





## Death & Bereavement



Times of illness, dying or other major loss are quite difficult. Fortunately, there are services designed to help people through the process.



### Catholic Social Services/Friendship

**Benicia:** 644-8909

**Vacaville:** 453-0844

**Vallejo:** 646-9062

Offers a grief support group to assist seniors 60 and over who have lost loved ones and are having difficulty with the grieving process. Telephoning and home visits offered as additional emotional support. Non-denominational. Serves all of Solano County.



### Neptune Society of Northern California 24 - Hour Hotlines

**Fairfield:** 800-420-8820

**Fairfield Fax:** 422-8128

**Sacramento:** 800-229-0709

**Walnut Creek:** 800-229-6773

Known for cremations and scattering at sea. Also provide cremations with or without a memorial service or simple funeral service with cremation or burial. Prepayment plan available. Hardship cases considered. Call for brochure.

### Vital Statistics 553-5541

355 Tuolumne, Vallejo

Registration of death certificates and issues permits for disposition of human remains.

### Veterans Burial Benefits

See **Veteran Services - Military** section.

### Widowed Persons of Solano County

449-6160 448-2120 425-9469

See **Support Groups** section.

### Grief Recovery Seminars

642-7148

**First Baptist Church**  
2025 Sonoma Blvd.  
Vallejo, CA

Support group to assist those experiencing grief and help with the day-to-day problems faced by the widow or widower.

<http://www.northbay.org/c/c-FRM.html>

### Bereavement Support Group

556-9137

**St. Paul's Episcopal Church**  
120 J Street, Benicia, CA



## *Death & Bereavement*



### **Hospice Services**

In home services for terminally ill individuals being cared for at home, as well as for their families or caregivers. Coordinated services with physicians, nurses, social workers, aides, chaplain and therapy. Volunteers provide some respite and support.



#### **NorthBay Hospice and Bereavement Center NorthBay Healthcare**

**429-7758**

**399-3705**

**1300 Oliver Road, Suite 210  
Fairfield, CA**

Staff and volunteers help families create a comfortable environment so the terminally ill can die at home. A bereavement group is offered for those who have experienced the death of a family member or significant other. No fee. Adult grief and bereavement support groups are offered on an ongoing basis. Grief and bereavement support groups for children and teens are also offered.

#### **Kaiser Hospice Kaiser Permanente**

**645-2385**

**TDD: access via operator**

**Fax: 645-2126**

**<http://ca.Kaiserpermanente.org/seniors/>**

**975 Sereno Dr., Vallejo, 94590**

Medically directed home care program for terminally ill Kaiser members. Pain control and symptom management. Also, emotional support provided to family members through time of bereavement.

#### **Yolo Hospice**

**800-491-7711**

**24 - Hour Hotline:**

**530-758-5566**

**Fax:**

**clinical.**

**530-758-9017**

**admin...**

**530-758-5122**

**1909 Galileo Crt #A**

**Davis CA 95616**

**Mail: PO Box 1014 Davis CA 95617**

Serves Dixon, Vacaville and Fairfield area residents. Offers services and support to patients and families facing terminal illness. Provides pain control and symptom management. Bereavement services offered. All services at no fee.



## *Deaf & Hearing Impaired*



If you are concerned about hearing loss, the first step is to consult an ear, nose and throat (ENT) doctor. There are many causes of hearing loss which should be checked before going for hearing testing with an audiologist. It is not recommended to be tested at a hearing aid center. Insist on a trial period with any hearing aid.



### **California Relay Service**

**Dial:** 7-1-1  
800-735-2922

**For more Info:** 800-735-0373

**TTY:** 800-735-0193

**Vox TTY en Espanol:** 800-855-3000

**Computer/ASCII:** 800-735-0091

**Speech to Speech:** 800-854-7784

**International Code:** +1-209-863-0162

Links hearing and deaf people together. If you use voice phone, call voice operator who will then connect you to a TDD user. If you use TDD, call 800-735-2929. Operator will connect you to a voice user. No fee.

### **California Telephone Access Program**

**Voice:** 800-806-1191

**TTY:** 800-806-4474

**Fax:** 800-889-3974

**Espanol vox:** 800-949-5650

**Espanol TTY:** 800-896-7670

Offers phone service and free phone for the hearing impaired. For presentations or events only call 800-995-6831 or [www.ddtp.org](http://www.ddtp.org)

### **Deaf & Disabled Service Center Pacific Bell**

800-772-3140

**TTY:** 800-651-5111

**Fax:** 800-245-0882

Provides equipment to help disabled people use the telephone. Has equipment for vision, hearing, motion and speech losses, large number dials and speaker phones. Loans and delivers equipment for severely impaired individuals. No charge. Requires a doctor's certification form.

### **Ear of the Lion**

800-327-8077

Assists hearing impaired who do not qualify under any government programs. Can provide hearing aids or ear surgery assistance. Sponsorship by local Lions Club needed. Information and referral for hearing impaired.



## *Deaf & Hearing Impaired*



### **Hearing Dog Program The San Francisco SPCA**

**415-554-3020**

**TDD: 415-554-3022**

**<http://www.sfspcahdp.org/>**

**Email: [hearingdog@sfspca.org](mailto:hearingdog@sfspca.org)**

See **Help to Stay at Home** section.

### **Assistive Hearing Devices Senior Information**

**800-510-2020**

Earphones and an amplification system can help people hear better in meetings and classes. The Area Agency on Aging office may have this equipment available. In some cases the equipment may be loaned for community meetings.



### **Canine Companions for Independence**

**800-572-2275**

**557-1700**

See **Help to Stay at Home** section.

### **Hearing Society for the Bay Area**

**415-693-5870 TTD: 415-834-1005**

**870 Market Street #330**

**San Francisco**

Licensed social workers provide counseling on adjusting to hearing loss, information and referral and audiological evaluation. Offers display and demonstration of all types of assistive devices for persons with hearing loss (alerting, signaling, informing, etc.). Hearing-aid loan program.

### **Hear Now National Hearing Aid Bank**

**800-648-4327 TDD: 800-648-4327**

#### **Denver**

Donates reconditioned and new hearing aids to people in need. Email: **[1-77737.1272@compuserve.com](mailto:1-77737.1272@compuserve.com)**



### **National Information Center on Deafness Gallaudet University**

**202-651-5051 TTY: 202-651-5052**

**800 Florida Ave. NE, Washington DC**

A resource listing of inexpensive informational brochures and awareness of materials on hearing loss and deafness produced by various organizations for the general public. Lists publications that are available free of charge or less than \$1.00.

**<http://www.gallaudet.edu~nicd/360.html>**



## *Deaf & Hearing Impaired*



### **Hearing and Helpline International Hearing Society**

**800-521-5247                      248-478-2610**

Non-profit agency provides consumer information and referrals to hearing instrument specialist at no cost. <http://www.unitedwaydenver.org/iris/tjOia6t7.html>

### **Speech to Speech (STS)**

**800-854-7784      Voice: 800-735-0373**

**TTY: 800-735-0193**

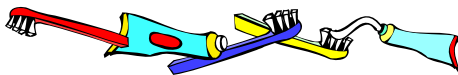
Enables a person with a speech disability to use the California Relay

Service (CRS) using his or her voice or voice synthesizer to call another person.

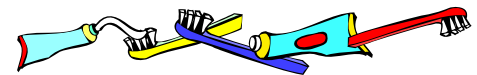
### **California Telephone Equipment Loan Program (CTELP)**

**800-995-6831                      510-261-2546**

The program lends telephone equipment and services to those who qualify. Equipment available includes amplified telephones, loud ringers, text telephones (TT), light flashers, speaker phones, cordless phones, headsets and big button phones.



## *Dental Services*



### **Dental Clinics**

**Fairfield:                              435-2120**

Provides diagnosis, emergency treatment, limited restorative and prosthodontics treatment (dentures and bridges), consultation and preventive care. Fees based on ability to pay. Medi-Cal and insurance billed.

**Denti-Cal                              800-322-6384**

Dental program for Medi-Cal participants. Referrals provided to dentists accepting Medi-Cal patients, information on patient rights and advice regarding complaints. Be prepared to give your SSN and have pen and paper available while listening to the information given when calling the toll-free number.

### **Napa/Solano Dental Society**

**428-3894**

Sponsors a dental discount program for seniors. Has a listing of participating dentists. Closed Mondays and Tuesdays.

### **Traveling Dentistry**

**510-245-2522**

Fillings, dentures, cleanings, denture repair, etc. For nursing home, board and care and home-bound patients. 24 - Hour on-call emergency service. Private pay, insurance and Medi-Cal accepted.

### **Medi-Cal Dentists**

**1-800-322-6384**

To locate a dentist that accepts Medi-Cal.



## Diabetes



### American Diabetes Association

800-342-2383

631 Howard Street  
San Francisco, CA 94105

Provides information and referrals.  
Sponsors public education and awareness programs and funding for research.

<http://www.diabetes.org/default.htm>

A series of four classes are offered by the Department of Health & Social Services for Medi-Cal recipients. These classes cover meal planning for the diabetic, exercise and blood sugar monitoring.

### Solano County Clinical Nutrition Program

435-2213

1-800-700-0045

### Diabetes Education and Support Health & Social Services Nutrition Services Bureau

817 Missouri St. #4 FF

Provides education, counseling and assistance for diabetics and their families. Provides literature and publishes a newsletter.

## Disabled Services



There are many resources available to help disabled people. More than ever before, adaptive aids and equipment allow disabled people to live full and active lives.

### Disabled Parking Placard Calif. State Dept. of Motor Vehicles



TTY: 800-368-4327

Fairfield:  
554 Pacific Ave 428-2052

Vacaville:  
621 Orange Dr. 448-9629

Vallejo:  
200 Couch St. 649-0130

Call or stop in at your local DMV office for a form to obtain a disabled license plate and/or window signs for disabled parking. Form must be completed and signed by a doctor. Form can also

be downloaded and printed from:  
<http://www.dmv.ca.gov/formsenglish/>

### Deaf & Disabled Telecommunications SBC Customer Services

Voice/TTY: 800-772-3140 x4

Free phone equipment for people who have trouble using a regular phone because of illness or disability.

Amplifiers, special ringers, big button phones and large number overlays, speaker phones, speed calling, hands-free phones, TTY's and text phones, for people who are deaf. TTY toll calling discounts also available.





## *Domestic Violence*



### **National Domestic Violence**

**24 Hour Hotline: 800-799-7233**

Crisis intervention. Provides referrals to local domestic violence prevention services.

### ***Elder Abuse***

#### **Adult Protective Services**

**800-850-0012**

**421-7512**

**F.I.R.S.T.**

**449-5242**

**Solano Ombudsman**

**800-231-4024**

**644-4194**



## *Drugs & Alcohol Use Programs*



### **Alcoholics Anonymous**

**24-Hour Hotlines: 800-889-6827**

**Fairfield/Vacaville/  
Suisun: 446-2244**

**Vallejo: 643-8217**

Call for time and location of 12 step meetings held in your area. Ask for information and literature about recovery from alcoholism.

### **Southern County Alcoholics Counsel**

**643-2715**

**419 Pennsylvania St., Vallejo**

Provides alcohol/drug services, detox residential drug & treatment program for men and women. Operates 24 hrs, 7 days a week. Drop-in support, out-patient recovery program, information & referral. Bilingual: English/Spanish. Wheelchair accessible.

### **Alcohol & Drug Programs**

**800-889-6827**

**TTD: 916-445-1942**

Prevention, information and referral.

### **Chemical Dependency Recovery Program (CDRP)**

**Kaiser Permanente**

**453-5255**

**Vacaville Medical Offices  
3700 Vaca Valley Parkway  
Vacaville**

Assessment and treatment of alcohol, drug and prescription drug problems provided by medical staff. Open to Kaiser members by appointment and referral.

### **AI-Non**

**24-Hour Hotlines:**

**Dixon: 530-756-2829**

**Fairfield/Vacaville/  
Suisun: 446-2244**

**Vallejo: 643-2715**



## Drugs & Alcohol Use Programs



### Prevention of Substance Abuse

Health and Social Services

24 Hour hotlines:

**800-400-6001**

**421-6615**

Provides information and referrals for substance abuse programs.

### Narcotics Anonymous

**251-5982**

Information regarding 12 step programs for those wishing to overcome drug use and addiction. Serves both Napa and Solano Counties.

### National Institute on Drug Abuse

24 Hour Hotline: **800-662-4357**

Information and referrals on substance abuse treatment programs.

### Tobacco Prevention and Education

Health & Social Services

24 Hour Hotline: **800-827-7357**

Office: **553-5890**

Provides information and referrals for tobacco cessation.

### Alcohol & Drug Abuse Services

Health & Social Services

24 Hour Hotline: **428-1131**

Office: **435-2220**

Fax: **435-2205**

2101 Courage Drive, Fairfield  
Recovery support services, substance abuse referral information.



## Drugs & Prescriptions



With the many potential problems concerning prescription and over-the-counter drugs, the likelihood of adverse reactions increases with age due to age-related body changes. Because older people tend to take more drugs, dangerous drug interactions can occur. It is important to take drugs properly, according to prescription directions.



### Free Prescription Advice

Pharmacists can help you learn more about your medicines:  
generics, proper doses, side effects, drug interactions.  
Talk with your pharmacist.



### ARRP Pharmacy Service American Association of Retired Persons

**800-933-4327**

Customer Serv. Rep.: **800-456-2277**

Fax: **800-456-7631**







## Education

### Vallejo Adult School

**556-8680**

Courses tailored to senior interests include music appreciation, fine and applied arts, discussion groups, and physical fitness training. Call for schedules and locations.

### Vacaville Adult School

**446-6018**

Diverse class offerings provide intellectual, physical and social enrichment activities for our older adult population. Classes include fine and applied arts and crafts, physical fitness, computer technology, cultural studies, and discussion groups.

### Senior Centers

Most senior centers offer special interest classes. Many put out a newsletter with this information. See **Senior Centers & Programs** section.

### CalMedicare.org

A free public service web site for California Medicare beneficiaries and families. Site provides info about Medicare and options for covering health costs not paid by Medicare.

### AARP Foundation Tax-Aide

**800-227-7669**

Tax counseling.



### Federal Trade Commission

**1-877-438-4338**

Offers a free booklet ID Theft - When Bad Things Happen to Your Good Name to receive a copy call.

### California Office of Privacy Protection

**800-952-5210**

Supplies information on identity theft.

### 55 Alive/Mature Driving Course

through AARP: **888-227-7669**

**Fairfield: 447-1848**

**Vacaville: 447-1205**

**Vallejo: 643-6023**

For people 50+, an 8 hour course developed by AARP and the DMV, usually given in 2 sessions. Classroom instruction helps improve driving skills and defensive driving techniques. Upon completion you receive a certificate which may entitle you to an insurance discount. To find out about classes call the instructors at the numbers listed above, your local senior center or your insurance agent.

<http://www.aarp.org/55alive/about.html>

Email: [member@aarp.org](mailto:member@aarp.org)

### Elderhostel

**877-426-426-8056 617-426-8056**

**TDD: 877-426-2167**

**80 Boylston Street, #400  
Boston, MA 02116**



## Education

Short-term residential academic programs for those 55+. A spouse, or an adult companion may attend with an age-eligible participant. Over 65% of Elderhostel's sites offer single accommodations. Catalogues list courses given in US/Canada and worldwide. Some scholarships available. Request catalogue by toll-free fax, phone, or email. See HI-AYH in **Transportation** section.

**Email:** [catalogs@elderhostel.org](mailto:catalogs@elderhostel.org)  
**http://www.elderhostel.org/**

### Seniors-site.com

**530-938-3163 Fax: 530-938-3850**

**Writers Consortium**  
**5443 Stag Mt. Rd.**  
**Weed, CA 96094**

This online service is dedicated to providing a unique, informative, interesting, and entertaining websites for: senior citizens, adults 50+, your children, grandchildren, and caregivers.

**http://seniors-site.com**  
**Email: writers@seniors-site.com**

### AARP- American Association of Retired Persons

**800-424-3410**

**601 E. St. N.W.**  
**Washington D.C. 20049**

Offers a variety of programs.  
**Email: member@aarp.org**  
**www.aarp.org**

### Information and Assistance (I&A) Area Agency on Aging

**446-4242**

Each Area Agency on Aging contracts with an Information and Assistance (I&A) provider who assesses the needs of the individual calling for assistance, links the caller to specific services and provides follow-up to ensure, when possible, that the needed services were received. Staffed by both professionals and volunteers, these I & A's give accurate and up-to-date information to seniors and their families about programs and services in their community.

**http://www.aging.state.ca.us/Internet/aaa.htm.**









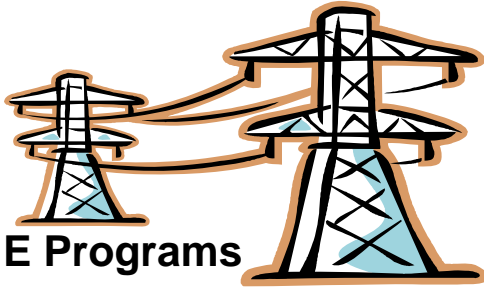
## *Financial Assistance/Discounts*



### **Water Bills**

<b>Benicia: 60+</b>	<b>746-4225</b>
<b>Fairfield: 62+</b>	<b>428-7346</b>
<b>Vacaville: 65+</b>	<b>449-5128</b>

Reduced rates on water bills for seniors. Fairfield has income qualification requirements. Benicia also offers Utility Users Tax Exemption program on PG & E and PacBell usage for seniors 62+. Call for info and forms.



### **PG & E Programs**

**800-743-5000**

CARE program offers 15% discount on monthly PG & E bills for those who qualify as low income or who have medical problems requiring more energy use. A special medical provision allows for additional amounts of gas and electrical at baseline rates. Contact your local PG & E office for information.

### **Food Stamps**

#### **Health & Social Services**

<b>Fairfield:</b>	<b>421-4784</b>
<b>Vallejo:</b>	<b>553-5020</b>

People whose income and resources are low may qualify for food stamps. If you receive SSI you cannot get food stamps.

### **General Assistance**

#### **Health & Social Services**

<b>Fairfield:</b>	<b>421-4784</b>
<b>Vallejo:</b>	<b>553-5031</b>

County-funded financial assistance for people with very low or no income.

### **Home Energy Assistance Program (HEAP)**

#### **Applications:**

	<b>800-233-4480</b>
<b>TDD:</b>	<b>916-327-6318</b>
<b>Relay Svc:</b>	<b>800-735-2929</b>
<b>Office:</b>	<b>800-433-4327</b>

#### **P.O. Box 1947**

#### **Sacramento, CA 95812-1947**

Low-income households may apply for a once-a-year non-emergency PG & E or other utility assistance program. Sponsored by the Calif. Dept. of Community Services and Development (800-433-4327). Only 20 applications per day.

### **Bill Payer Programs**

#### **Ombudsman of Solano County**

**800-644-4194**                      **643-1797**

Bank deposits made and bills paid for low income home-bound, disabled or confused.

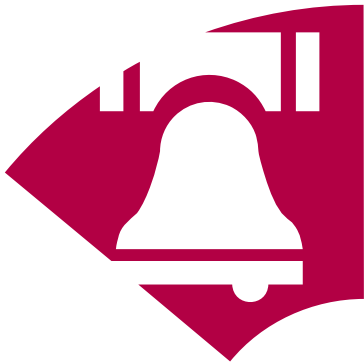








## Government



### Washington D.C. Capitol Hill Telephone Numbers

To register an opinion on an issue call  
the White House Comments Line:

**202-456-1111**

To Inquire about a bill, call the White  
House Executive Clerk:

**202-225- 1772**

Democratic National Committee:

**202-863-8000**

Republican National Committee:

**202-863-8500**

To order documents call:

**202-783-3238**

To order Senate Documents in writing,  
enclose a gummed self addressed  
mailing label:

Senate Document Room,  
Hart Senate Office Building  
Washington D.C. 20510

To order House Documents in writing,  
enclose a gummed self addressed  
mailing label:

House Document Room  
House Annex #2, Room B-18  
2nd & D Streets, SW  
Washington D.C. 20515

### Greetings Office The White House

**202-456-7639**

**Washington D.C. 20500**

President's greetings for 80th plus  
birthday or 50th plus wedding  
anniversary. Request must be in  
writing, six weeks in advance.  
Specify name, address and special  
date. No fee.



### California Senior Legislature

**916-322-5630**

**<http://www.4csl.org>**

**1600 K Street, 4th Floor  
Sacramento, CA 95814**

The CSL provides political opportunity  
for the senior population, through  
election of Senior Legislators, who  
identify priority concerns, develop  
proposals for the State Legislature and  
educate others to be more effective in  
influencing public policy for seniors.

## Health Education & Resources



### Health Resources

Proper health care is important. Solano County has numerous services available. As with any service, being a careful and wise consumer is critical to receiving the care you need.

### Dixon Family Services

**678-0442**

**155 N. 2nd Street  
Dixon, CA 95620**

Referrals for health care and resources available in and around the Dixon area.

### Health Call

**UC Davis Medical Center**

**800-848-2260**

A collection of brief pre-recorded messages on various health topics. Listen to your choice of recordings by pressing the number on your touch-tone phone. Call for a brochure that lists the topics available in the tape library.



### Hills Physicians Medical Group

**800-455-5747**

A medical provider group for Medicare-risk plans in Solano County.

### Solano County Medical Society

**425-7267**

Provides referrals of physicians in Solano County.

### Planetree

**415-923-3680**

**415-923-3681**

### San Francisco

Health resource library to help you research information about any particular health topic.

### Exercise Programs

There are many exercise programs geared to older adults, from “gentle gyms” to walking programs to water exercise and more. Senior centers, hospitals and recreation departments usually offer these programs.

### Free/Low Cost Health Screenings

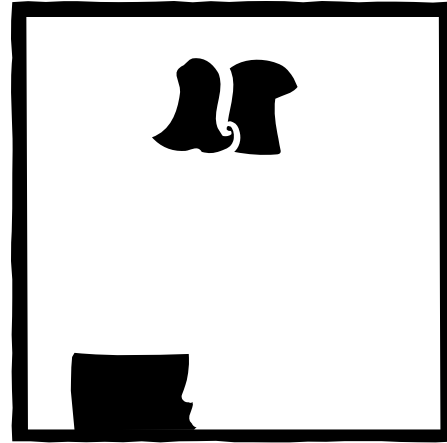
Many health checkups are offered for free or at a low cost in the community. Seniors should watch the paper for health fairs and screenings at their senior centers. Some services offered are flu and pneumonia shot clinics, blood pressure checks, cholesterol and diabetes screenings, osteoporosis screenings, and many others.





## Immunizations/Flu Shots

Influenza is a major and potentially life-threatening disease. Among infectious diseases, pneumonia has been a leading killer. Influenza and pneumonia vaccines are covered by Medicare and Medi-Cal. Please get your shots. Clinics are held each Fall. Check with your local senior center or hospital.



## Health Education Center Kaiser Permanente

**Vacaville:** 453-5156

**Vallejo:** 651-2692

Centers have pamphlets, books, videos and journals on health topics. Classes offered in the prevention and treatment of specific diseases, including arthritis and cardiac care. Various support groups, including one for Alzheimer's disease. Open to the community. Fee varies. Call for a free catalogue.



## Sutter Davis Hospital

**916-757-5121**

Sponsors a wide range of classes such as Asthma Education, Nutrition, Healthy Aging, and Memory Improvement for Older Adults.

## NorthBay Healthcare

**434-2099**

**<http://www.northbay.org>**

A wide range of health education classes are offered each month through the NorthBay Healthcare system. Regular classes include CPR, Smoking Cessation, Better Breathers, Asthma Care, Weight Management, Nutrition, and Fitness. Call for a complete list of current classes and fees. Additional classes such as diabetes education, cholesterol education and nutrition education are available to patients of NorthBay Health Care Medical Group physicians.

## Health Insurance & Benefits



### California Medical Review Inc. (CMRI)

800-841-1602 TDD: 800-881-5980

Call for information and referrals regarding Medicare issues, or quality-of-care concerns.

<http://www.cmri-ca.org/>

Email: [capro.helpline@sdps.org](mailto:capro.helpline@sdps.org)



### California Consumer Health Care Council (CCHCC)

888-225-2686 510-419-0757

200 Grand Ave, #104  
Oakland, CA 94610

CCHCC is an advocate for California Health Care Consumers in all available forums. Free help available for problems with your HMO, health insurer or other health care plans.

A grassroots, volunteer-governed and operated organization of individuals and groups concerned with protecting the interests of health care consumers throughout California, the CCHCC is committed to establishing and enhancing health care systems that work well for all Californians - systems that are safe, fair, accountable, and that promote quality, accessibility, and affordability. CCHCC is committed to serving all population groups .

<http://www.cchcc.org>

Email: [cchcc@igc.org](mailto:cchcc@igc.org)

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

800-434-0222

Assistance with Medicare problems, Medicare supplemental insurance, HMO plans, long-term care insurance, medical billings, claims and Medicare appeals. Objective counseling by trained volunteers registered by the CA Dept. of Aging; no insurance is sold or endorsed. Counseling sites: Benicia, Fairfield, Vacaville, Vallejo. Long Term Care Insurance is being marketed to seniors to help pay for nursing home costs and sometimes for home care. The policies are complex and difficult to understand. It is advised that you consult a HICAP counselor for objective help when considering purchase of long term care policies. Contact your local senior center or Area Agency on Aging office (800-510-2020) for an appointment with a counselor. No fee.

<http://www.aging.state.ca.us/internet/programes/hicap.html>

### National Council on Aging

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

Can help senior citizens and their families track down state and federal benefits.



## Health Insurance & Benefits



### Kaiser Permanente Senior Advantage

**New Member Enrollment:**

**800-826-9742**

**Health Plan Member Services:**

**800-464-4000**

**<http://ca.kaiserpermanente.org/seniors/>**

Kaiser Permanente is a federally qualified HMO with a Medicare contract called Senior Advantage.

Anyone with Medicare Parts A & B may apply, including those under 65 entitled on the basis of Social Security Disability (SSDI). Benefits include: no monthly plan premium, \$5.00 co-pay for doctor visits, HMO dental coverage, world-wide and urgent care coverage, \$1600 annual prescription benefit, a \$7 co-pay (when filled at a Kaiser Permanente pharmacy within formulary guidelines) and more.

Members must use Kaiser Permanente's plan providers and continue to pay Medicare premiums. If you do not have Medicare Part A, you may purchase it from Social Security. Contact the above numbers for more information.



### Medi-Cal/County Medical Services Program (CMSP)

**Fairfield: 421-4783**

**Vallejo: 553-5019**

You may be eligible for coverage by Medi-Cal or CMSP if your assets are limited and payment of your medical bills would leave you with less than the "need standard" for your living expenses. Medi-Cal pays for many types of benefits which are excluded by Medicare. Medi-Cal applications and appointments are available at the Social Services offices listed above.

### Solano Partnership Health Plan

**800-863-4155**

**Dixon (Provider): 678-0442**

**Fairfield/Suisun :  
(Member Services) 863-4120**

**Vallejo:  
(Medi-Cal Office) 553-5311**

Applies to most residents who are enrolled in Medi-Cal. Members have a primary care physician who oversees the medical services needed to stay as healthy as possible. Benefits include diagnosis, management and treatment.

## Health Insurance & Benefits



**Medicare** 800-772-1213

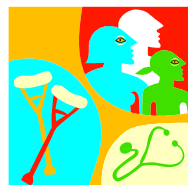
**Social Security Administration:**  
TTY: 800-325-0778

**Fairfield:**  
1955 West Texas 425-9532 425-8082

**Vallejo:**  
823 Marin Street 643-0381

<http://www.medicare.gov/>

Medicare is a federal health insurance program for people 65+ and for certain disabled people who have contributed to Social Security. Some who have not contributed may get benefits if they pay premiums. Immigrants 65+ can purchase Medicare after living in the United States for five consecutive years. Contact the SSA for details and for [The Medicare Handbook](#). Ask for or view SSA Publication No. 05-10043 at <http://www.ssa.gov/pubs/10043.html>, a booklet which will give you an overview of this complex program. For problems with Medicare or a free Medicare Fact Sheet, contact your local senior center or Area Agency on Aging office, or schedule an appointment with a Health Insurance Counseling and Advocacy Program (HICAP) counselor, at 1-800-434-0222. Call SSA's toll-free TTY number listed above between 7 a.m. and 7 p.m. on business days.



**Medicare Hotline**  
US Dept. of Health & Human Services  
800-638-6833

Listen to prerecorded information about Medicare or speak to a Medicare Hotline operator to answer your specific questions.

**Qualified Medicare Beneficiary Program (QMB)**

**Specified Low - Income Medicare Beneficiary Program (SLMB)**

**Health & Social Services**  
<http://www.hcfa.gov/medicaid/obs4.htm>  
<http://www.ssa.gov/OP Home/handbook/handbook.24/hbk-2433.htm>

Some recipients of Medicare are eligible to have their monthly premiums, deductibles and certain co-payments covered by QMB or SLMB. Call the Medicare hotline at 800-638-6833, or your Health & Social Services office at 421-6663, to learn about the eligibility requirements. Apply in person at your local Health & Social Services office.

**Veteran's Benefits**

See **Veteran Services: Military, Retired** section.





## Health Organizations



### Planetree

415-923-3680

415-923-3681

#### San Francisco

Health resource library to help you research information about any particular health topic.

### Dixon Family Services

678-0442

155 N. 2nd, Dixon

Referrals for health care and resources available in and around the Dixon area.

### Solano County Medical Society

425-7267

Provides referrals of physicians in Solano County.

### Health Call

UC Davis Medical Center

800-848-2260

A collection of brief pre-recorded messages on various health topics. Listen to your choice of recordings by pressing the number on your touch-tone phone. Call for a brochure that lists the topics available in the tape library.



### Hills Physicians Medical Group

800-445-5747

A medical provider group for Medicare-risk plans in Solano County.

## Health Organizations: National



### National Institute on Aging

800-222-2225

### American Diabetes Association

800-DIABETES

(342-2383)

### Arthritis Foundation

800-464-6240

800-283-7800

### American Heart Association

800-242-8721

### Breast Cancer

800-342-2383

800-4-CANCER

### American Lung Association

800-LUNG-USA

(800-586-4872)

## Health Organizations: National



### Hearing Society & Hearing Aid Helpline

800-521-5247

### National Osteoporosis Foundation

800-223-9994

### Help for Incontinence

800-BLADDER

800-252-3337

### National Parkinson's Foundation

800-400-8448

### Medicare

24 hour Hotline

800-638-6833

### National Parkinson's Disease Association

800-223-2732

### Medicare Part B

800-952-8627

### Multiple Sclerosis Society

800-344-4867

### National Stroke

800-STROKES

800-787-6537

### National Mental Health Association

800-969-6642

### Rose Resnick Lighthouse National Ctr. for Vision & Aging

800-334-5497



## Help to Stay at Home

There are many services and programs that make it possible for the frail elderly and seniors with health problems or disabilities to remain in their own homes.

### Elder Care Locator



800-677-1116

Aids family, friends, and caregivers in locating community service information & resources anywhere in the US and US territories. Can help locate sources for services such as home delivered meals, transportation, legal

assistance, housing options, senior center programs, nursing home ombudsmen. The toll-free number is manned during business hours. After hours, leave name and number on voice mail.

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



## Help to Stay at Home

### Faith in Action Interfaith Volunteer Caregivers of Solano County

**Fairfield:**  
2448 Mainsail Ct. 425-6164

**Vacaville:**  
411 Kendall Street 469-6675

Provides non-acute, non-medical support services to frail elders, people with chronic illnesses, people with disabilities, so they may remain safely in their homes. Services include respite for primary caregiver, limited transportation, assistance with shopping, light meal preparation, help with business forms and light housekeeping.

### Canine Companions for Independence

800-572-2275 579-1985

2965 Dutton Ave  
Santa Rosa 95402

Assistance/working dogs for people with disabilities other than blindness. Call for details.

### Guide Dogs for the Blind

800-295-4050

#### San Rafael

Provides mobility by means of dog guides to qualified blind persons. Call for details.



### Hearing Dog Program

415-554-3020 TTD: 415-554-3022

San Francisco SPCA  
2500 16th Street  
San Francisco, CA 94103  
Email: [hearingdog@sfspca.org](mailto:hearingdog@sfspca.org)

Specially trained dogs can alert their owners to important sounds, the sounds that need a response, like smoke alarms, telephones or knocks at the door. Places dogs with owners. There is an application and class fee, as well as a waiting list.

### Home Delivered Meals

See **Food & Nutrition** section.

### Friendship Services Of Solano County Catholic Social Services

**Vallejo:** 644-8909

**Vacaville:** 453-0844

**Emergency:**  
(24 hours) 428-1131

Reassurance phone calls and/or weekly visits by trained volunteers to isolated or lonely seniors. Emergency contacts are notified if client does not answer. Clients will be evaluated by (social/nutritional/physical and mental





## Help to Stay at Home

health) by licensed, professional staff. Non-denominational. Serves all of Solano County.

### Phone Care/Phone Alert Program Area Agency on Aging

**442-4242**

See **Emergency/Response Systems** section in this chapter.



### Vacaville Tele-Care Service

**448-2273**

Daily telephone calling to elderly and handicapped people who live alone. If telephone is not answered, an alternate (family member, friend, neighbor) is called. If emergency is indicated, police or sheriff is notified.

### *Respite/Adult Day Care*

Relatives or other caregivers can be relieved of caregiving duties for a short period of time. Many programs not only offer relief through respite programs for those taking care of an elderly spouse, parent or relative, but also provide a social outlet to the elderly participant.

Social day care programs offer social and recreational activities: music, arts, exercise. Some programs

for frail elders will accept people with early stage dementia. The elderly benefit from a stimulating program while the caregiver gets a break (respite) from caregiving duties. Call programs for fees and details.

### American Cancer Society

**24 hour Hotline: 800-223-2345**

<http://www2.cancer.org/state/ca/index.html>

Provides respite care.



### Connections for Independent Living American Association of Retired Persons - Staying in Charge

**AARP Fulfillment: (EE01155)  
AARP Connections for Independent  
Living Program  
Staying in Charge (D15937-English  
or D16063- Spanish)  
601 E St., NW  
Washington, DC 20049**



## Help to Stay at Home

The American Association of Retired Persons (AARP) through appropriate local agencies, links potential volunteers with those needing assistance in their home. Staying in Charge offers twenty-five tips to help you remain independent in your home and community. Order form for this and other materials is available at: <http://www.aarp.org/programs/connect/resources.html> Requests for materials can be mailed to above address or e-mailed to: [member@aarp.org](mailto:member@aarp.org). Remember to specify English or Spanish.

### Outreach Independence Senior Day Program

428-7742

#### Fairfield Senior Center

Diverse program includes social activities, exercise, discussion groups, speakers. Continental breakfast and hot lunch. Transportation provided in most areas. Costs based on income.



### Filipina Home Companions

557-5299

Provides licensed caregivers for developmentally handicapped.

### *Care Management*

Care managers make home visits and help older persons and families decide what services they need to remain as independent as possible. They can coordinate the delivery of services. A family member may live far from the

person they are trying to help. The care manager knows the community and can help the “long distance caregiver” by arranging and monitoring service.

### Advantage Home Healthcare, Inc.

426-6381

Fax: 426-6333

1319 Travis Blvd., Ste D  
Fairfield

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

This is a state licensed, private duty home care agency, providing attendant care as a well as skilled nursing services. Their goal is to assist clients to live independently in the comfort of their own home.

### Area Agency on Aging

800-510-2020

Provides information, referrals and offers problem solving assistance to seniors. This agency also provides referrals to seniors for chore workers and in-home nursing assistance.

### NorthBay Health at Home NorthBay Healthcare

429-7756

<http://www.northbay.org>

Hospitalization time can be reduced with staff coordinated recuperation. The program can also help the home-bound or elderly avoid or postpone nursing home care.



## Help to Stay at Home

### **Coordinated Patient Care Health & Social Services**

**421-6660**

Geriatric case management for 55+. Provides in-home assessment and coordination of resources by a public health nurse and/or medical social worker. No fee.

### **Caregivers Support Groups**

For information call your local Area Agency on Aging, Senior Center or United Way's First Call for Help for listings. See **Support Groups** section for numbers.

### ***Classes & Conferences***

Caregiving conferences and classes are offered throughout Solano County. Watch your newspaper for notices. Check with your senior center for classes; see **Senior Centers & Programs** section. The Fairfield-Suisun Adult school offers such a class; see **Education** section.



### ***Home Health Care***

Home health care provides skilled health care in the home because of an illness or injury. There are many agencies providing home health services. If you are in the hospital or being discharged, speak to your doctor or the hospital social worker about home health services. If you are at

home contact your doctor or medical clinic. Contact your local Area Agency on Aging office for a listing of home health agencies. These agencies are listed in the phone book in the yellow pages under Home Health Services. For a listing of qualified home health care workers, contact the Health & Social Services, Discharge Planning Departments of local hospitals.

Your local Area Agency on Aging has a resource list of fingerprinted and background checked caregivers. Call the AAA for information and placement assistance.

If you need skilled health care in your home for the treatment of an illness or injury, Medicare covers some home health services furnished by a participating home health agency. A home health agency is a public or private agency that specializes in giving skilled nursing services and other therapeutic services, such as physical therapy, in your home. A hospital or other facility that mainly provides skilled nursing or rehabilitation services cannot be considered your home. Medicare pays the full approved cost of all covered home health visits. You may be charged for any services or costs that Medicare does not cover. However, if you need durable medical equipment, you are responsible for a 20 percent co-insurance payment for the equipment.

**<http://www.medicare.gov/>**



## Help to Stay at Home



### **In-Home Supportive Services (I.H.S.S.)**

**Health and Social Services**

**421-7514**

Assists those aged, blind or physically or mentally disabled individuals who are unable to remain safely at home without assistance. Must meet income criteria. Family members may be employed. Also employment possible for those wanting to provide these services.

### **Independent Living Resource Center**

**435-8174**

**1545 Webster St., Suite C  
Fairfield**

Provides advocacy and support to help seniors and people with disabilities to live independently. Offers assistance with social security and other benefits, housing, personal assistants and various independent living skills. Call for an appointment.



### **Emergency/Response Systems Vital Links, Inc.**

**24 Hour Hotline: 800-752-5522**

**2131 University Ave. #314  
Berkeley, CA 94704**

24-Hour monitored medical alarm system. Notifies paramedics directly rather than pre-designated contact, unless otherwise requested. Serves all of Solano County. Financial aid available.







## Hospitals & Clinics



### Sutter Davis Hospital

800-745-0227                      530-756-6440

**Emergencies:**                      530-757-5111

**Urgent Care:**                      530-750-5802

**200 Sutter Place, Davis**

<http://www.sutterhealth.org>

A 48-bed acute care facility with 24-hour emergency service and surgery center. Offers Lifeline, a home monitoring system for the disabled and frail elderly.

### Transitions of Vacaville St. Helena Hospital

**649-4022**

See **Mental Health** section.

### Sutter West Medical Group

**Dixon:**  
125 North Lincoln                      678-1623

**Winters:**  
111 East Grant                      530-795-4591

**Woodland:**  
239 West Court                      530-662-3922

**Patient Advocate  
Service:**                      800-866-7724

<http://www.sutterhealth.org>

Primary care and specialty physicians located in Dixon, Winters, Woodland and various locations in Davis. Most insurance plans accepted.

### Veterans Outpatient Clinic

See **Veteran Services - Military** section.

### Rehabilitation Services

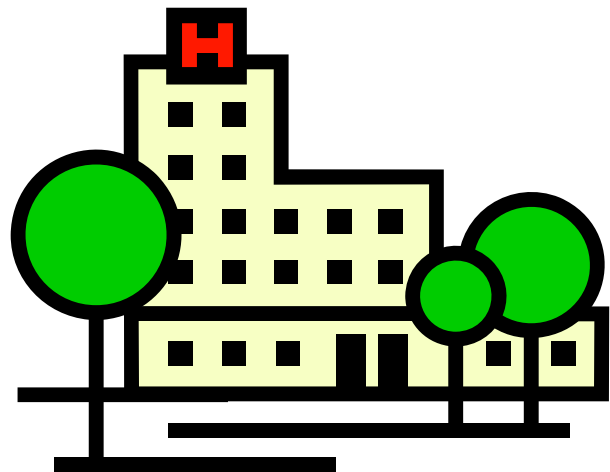
Most hospitals offer rehabilitation programs which include physical and occupational therapy. See previous listings in this section.

### Department of Rehabilitation Services California State

**Fairfield:**                      428-2080

**Vallejo:**                      648-4010

Must have medical problem causing a vocational handicap. Provides vocational counseling, training and job placement. No fee.





## *Housing*

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There are different levels of service and care provided in housing. Housing related services are designed to maintain individuals at the most independent level possible.



### **Independent Living Resource Center**

**435-8174**

See **Help to Stay at Home** section.

### **Placements, Assessments & Care for the Elderly (PACE)**

**800-303-7223**

A service offered when elderly person is unable to live safely at home. Consults with patient, family and medical staff to determine the appropriate Independent Living, Residential Care or Skilled Nursing facility for the individual that will meet medical and financial needs. Fee paid by care facility.

### **Solano Ombudsman**

**800-644-4194**

**644-4194**

See **Domestic Violence** section.

### ***Emergency Housing***

Temporary shelter or help is given in emergency situations and is provided at the following locations:

### **Christian Help Center** **553-8198**

**2166 Sacramento St., Vallejo**

Open for calls 8 a.m. - 8 p.m.  
Message machine after hours.

### **Dixon Family Services**

**678-0442**

**155 North 2nd St., Dixon**

Provides financial assistance for rent or mortgage emergencies if qualifications are met.

### **Opportunity House**

**24-Hour Hotline: 447-1988**

**712 Catherine St., Vacaville**

### **Prospect House**

**315 Jefferson St. Fairfield**  
**Shelter: 427-8518**

**724 Ohio St., Fairfield**  
**Office: 427-8466**

The Prospect House Complex has transitional housing units to help





## Housing

house several population groups at risk of, or who are already homeless. Job development services are provided on and off site to aid clients. The Prospect House Shelter is a 24-bed shelter which offers shelter, food and clothing for up to 60 days.

**Email:** [cahwld@cahlink.com](mailto:cahwld@cahlink.com)  
**http://cahlink.com/**

### Home Maintenance & Improvement



### Neighborhood Preservation Solano County Environmental Management

**421-6765**

A housing rehabilitation program in the HomeAcres and Starr Subdivision unincorporated areas of Vallejo. Call for further information.

### Housing Advocacy

#### Mobile Home Ombudsman Calif. Dept. of Housing & Community Development

**24-Hour Hotline: 800-952-5275**

Accepts complaints involving mobile home parks, dealers, salespersons and manufacturers. Gives information on status of dealer's license and health and safety codes.

### Low Cost Housing

#### Section 8

<b>Benicia:</b>	<b>745-2071</b>
<b>Fairfield:</b>	<b>428-7392</b>
<b>Suisun:</b>	<b>421-7330</b>
<b>Vacaville:</b>	<b>449-5675</b>
<b>Vallejo:</b>	<b>648-4507</b>

People who qualify for Section 8 may receive a voucher and a subsidy for an independent apartment or house. Since very few vouchers are issued each year, there is usually a long waiting list.

For additional low-cost housing information, call your local Area Agency on Aging office. Ask for a listing of low cost housing for older or disabled adults and tips on how to apply. Call your local Area Agency on Aging office. Ask for a listing of low cost housing for older or disabled adults and tips on how to apply.

### Senior Housing

To consider moving from one's home is a major life decision. Care should be taken to explore alternatives before committing to a change. Many people prefer to "age in place"; that is, to stay in their own homes and bring in services and support as needed. See the **Help to Stay at Home** section. If you decide to move, you must first think about the level of care and service you require. Also, if you are looking for subsidized housing or below market rate senior apartments,



## Housing

you will need to check with facilities about their income guidelines. The major and current senior housing and apartments in Solano County are listed below. For a complete Senior Housing list call your local Area Agency on Aging office or Housing Authority.

### **Lemon Tree Mobile Home Park**

**448-0818**

**1 Lemon Tree Circle  
Vacaville**

Mobile home park adjacent to Leisure Town. Provides large home sites and has a club house with many ongoing social functions. Pool, spa, billiards, shuffleboard, croquet, horseshoes, and barbecue pit all featured. Must be 55+.



### **Summerset**

**800-589-4080**

**990 Summerset  
Rio Vista, CA 94571**

A senior community that caters to active senior 55+. Over 4,600 homes are planned with a pool, an activities room, will be offering many activities.

### **Paradise Valley Estates**

See **Veteran Services: Military, Retired** section.

### **Leisure Town**

**Leisure Town Home Association**

**448-8042**

**100 Sequoia Dr.**

Leisure Town is adjacent to a golf course and is an area with moderately priced single family homes, rentals and town-homes for seniors. At least one person must be 54 1/2+. There is also a large congregate care facility nearby.

The Home Association can answer all questions about moving to the Leisure Town area and advise you of any rules and regulations. Members of the association have access to the town hall where entertainment and functions take place and to recreational facilities including swimming pool, billiards, craft areas and a library.

### **Apartments**

Independent apartments for seniors only. Generally, activities and social functions are provided by management. Most have resident managers and some have emergency pull-cord systems.

**Benicia:**

**Casa De Vilarrasa (60+)**

**746-6019**

**383 East I St.**

**Fairfield:**

**Parkway Plaza (62+)**

**429-3511**

**188 East Alaska Ave**





## *Housing*

Following are some facilities that fall within these categories. This listing is provided as a convenience only. Information provided about these facilities has not been verified as to accuracy, nor professional standings and are for the purpose of inclusion in this publication only. As always, you should check with your local or regional agencies that monitor senior housing facilities prior to engaging their services.

### **Benicia:**

**Benicia Sr. Care Home**  
**745-4705 or 745-6581**  
**236 Chadwick Way**

### **Dixon:**

**Cherry St. Residence Club**  
**678-1651**  
**575 S. Jefferson Drive**  
 Specializes in Alzheimer's Care

**Home Instead Sr. Care**  
**678-2005**  
**1285 Stratford Ave, Ste E**

**Johnson's Community Care Home**  
**678-5460**  
**540 N. Adams St.**

### **Fairfield:**

**Golden Years Care Home**  
**422-6476**  
**1419 Coolidge Street**

**Heritage Home**  
**426-4316**  
**2889 Calaveras Dr**

**La Mariposa Nursing & Rehabilitation Ctr.**  
**422-7750**  
**1244 Travis Blvd.**

### **Fairfield:**

**Laurel Creek at Paradise Valley Estates**  
**425-5334**  
**3313 El Pinole Way**  
 Specializing in Dementia and Alzheimer's care.

**Lota's Care Home**  
**421-9569**  
**2649 Vista Bonita**

**Nene's Rest Home**  
**425-7522**  
**2968 Vista Grande**

**Parkview Manor Retirement Apts.**  
**422-1565**  
**1095 E. Tabor Ave.**

**Sierra Solano Care Center**  
**425-0669**  
**1260 Travis Blvd.**

**Sunrise of Fairfield**  
**425-0623**  
**1255 Travis Blvd.**

**Westwind Gardens**  
**422-1565**  
**1095 E. Tahoe**  
 Specializing in Dementia and Alzheimer's

**Zelmer Guest House**  
**428-4762**  
**2130 Madrone Dr.**





## *Housing*

### **Suisun:**

**TNL Care Home**  
**425-5303**  
**1345 Lois Lane**

**Goss Care Home**  
**429-9967**  
**405 Kings Way**

Goss Care Homes are locally owned and operated care homes, providing services to the elderly since 1982. There are two locations on Kings Way in Suisun city. Can accommodate residents who are incontinent, wander, or are wheelchair-bound. Affordable rates include incontinent supplies and toiletries.



### **Vacaville:**

**Country Gardens**  
**455-8609**  
**1200 Burton Dr.**

**Leisure Town Villa**  
**888-678-2690 678-2696**  
**Leisure Town Rd.**

**Montgomery Sr. Services**  
**447-5896**  
**3883 Skyhawk Lane**

**Summerfield House**  
**447-7100**  
**1111 Ulatis Dr**  
 Specializes in Alzheimer's care.

**Vaca Valley Manor**  
**449-9575 624 Tiburon Court**  
**446-1885 691 Buck Ave.**  
**448-1488 761 Seville**

**Vacaville Convalescent and Rehabilitation**  
**449-8000**  
**558 Nut Tree Rd**

**Westlake Leisure Gardens**  
**447-7496**  
**799 Yellowstone Dr.**

Located in Leisure Town, close to a golf course, historic sights, doctors, shopping centers, and more. Studios, 1 and 2 bedroom apartments are available. Rent includes 3 meals/day, weekly laundry, housing utilities and scheduled transportation.

**<http://www.westlakecompany.com>**

**Winsor House**  
**448-6458**  
**101 S. Orchard**



## Housing

### Vallejo:

#### Casa De Vallejo

800-644-7737

644-7737

1825 Sonoma Blvd.

HUD/Sect. 8 available

#### Camino Alto Residence

643-7617

105 Power Dr.

#### Gabriel Care Home

649-8213

1000 Jack London Dr.

#### Merrill Gardens

552-3336

2261 Tuolumne

#### Senior Villa

554-0225

136 Evelyn Circle

Board and care for female elderly and handicapped. Also has skilled nursing facility.

#### The Family Affair

The Golden Home

653-0473

1025 Oakwood Ave.



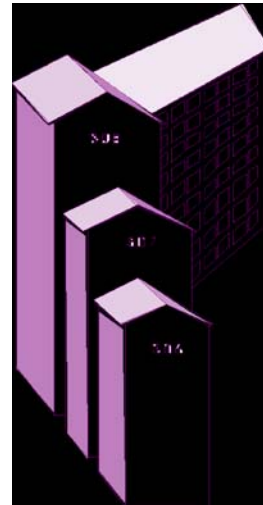
### Westlake Gold Country House

553-2698

350 Locust Drive

154 units, 32 of which are Assisted Living. Offers spacious 1 and 2 bedroom apartments and 2 bedroom/2bath suites, all with kitchens. Monthly rentals includes 3 meals daily/weekly housekeeping and laundry services, utilities, and scheduled transportation.

<http://www.westlakecompany.com>



### Koinania Care Services

554-4752

621 Amador Street

Residential Care for the Elderly (RCFE), 60 years and above, located one block north of the Vallejo Senior Citizens Center. 25 hour/7 day care includes meals, laundry services, transportation and private and semi-private rooms available for ambulatory and non-ambulatory residents.



## Legal Services



### **Battered Women's Alternative Solano Women's Crisis Center 24 Hour Hotlines:**

**422-7345      422-7273      557-6600**

See **Domestic Violence** Section.

### **California Advocates for Nursing Home Reform (CANHR)**

**800-474-1116**

Lawyer referral service. See **Consumer Information & Advocacy** section.

### **California Center for Law & the Deaf or Hard of Hearing**

**Voice or TDD: 510-483-0922**

**14895 E. 14th St.  
San Leandro, CA**

Free legal services for hearing-impaired people. Offers information, advocacy and education about legal rights of the deaf.

### **Senior Legal Hotline**

**800-222-1753**

**Sacramento: 916-551-2140**

Free legal advice over the phone and provides some referrals. Must be a grandparent or 60+.



### **Solano County Office of Legal Services**

**800-270-7252**

**643-0054**

Seniors seeking civil legal services can call for an appointment to speak with an advocate.

### **Lawyer Referral Service of Solano County Bar Association**

**422-0127**

Sponsored by the local bar association; \$25 for a half-hour consultation with an attorney. Various areas of law available. Call for an appointment. State Bar Certification #0102.

### **Legal Services of Northern California**

**800-270-7252**

**Solano County Office: 643-0054**

**TDD: 800-735-2922**

**1810 Capitol Street, Vallejo**

**Email: [Solano@lsnc.net](mailto:Solano@lsnc.net)**

**<http://www.lsnc.net/>**



Legal services for seniors and for low income or disabled people. Advice and representation in civil matters: durable powers of attorney, denied government benefits and Social Security issues, divorce, grandparent's rights, housing, medical issues, restraining orders. A lawyer will make home visits to disabled. Ask-A-Lawyer program offers advice by phone. Offers no fee wills clinics. Eligible clients accepted by appointment.

### **AARP Foundation Litigation**

**202-434-2060**

Defends and expands the rights of older Americans by representing them in significant cases and by writing *amicus curiae* briefs on behalf of AARP.



## *Libraries of Solano County*

Volunteers will deliver/pick up books when requested by homebound seniors. Some books are available in large print. Libraries are located as follows:

### **Benicia:**

746-4343                      150 East L. St.

### **Dixon:**

678-5447                      230 North First St.

### **Fairfield:**

421-6500                      1150 Kentucky St.

### **Rio Vista:**

374-2664                      44 S. 2nd St.

### **Suisun:**

421-6937                      333 Sunset, #280

### **Vacaville:**

449-6290                      Cultural Center  
1020 Ulatis Dr.

469-4590                      Town Square  
#1 Town Square

### **Vallejo:**

553-5568                      John F. Kennedy  
505 Santa Clara St.

553-5546                      Springstowne  
1003 Oakwood St.

The twenty first century has brought us into the computer age. Access Solano County libraries' resources and catalogues online at <http://solanolibrary.com> from your computer.

Local libraries have computers that the public can use. You can research the internet for information on diseases and medications. As always

it is **STRONGLY** advised that you consult your physician before taking any action in regards to your health.

### **General Web Browsers:**

<http://www.google.com>

<http://www.dogpile.com>

<http://www.yahoo.com>



### **Disease and Symptom Research:**

[http://dir.yahoo.com/health/diseases\\_and\\_conditions/](http://dir.yahoo.com/health/diseases_and_conditions/)

<http://www.my.webmd.com>

<http://www.cdc.gov/ncidod/>

<http://nlm.nih.gov/medlineplus/symptomsandmanifestations.html>

### **Drugs, Medication and Prescription Information:**

<http://healthtouch.com/level1/pdri.htm>

<http://medlineplus.gov/>

<http://www.healthsquare.com/drugmain.htm>

<http://www.fda.gov/cdr/consumerinfo/default.htm>

Medical equipment and supplies may be covered by your private insurance when prescribed by your physician.



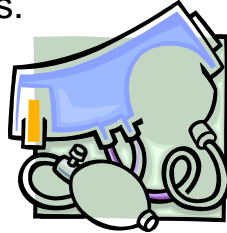
## Medical Equipment



### American Cancer Society

642-4417

Provides equipment, supplies and wigs for cancer patients.



### Easter Seals

226-5364

1303 Jefferson Street, Napa  
Equipment loan and services, recreational activities, and referrals to rehabilitation services and support groups for handicapped and disabled individuals. Mon. - Fri., 9 a.m. - 2 p.m. Services available to Solano County residents.

### Senior Centers

Some medical equipment may be available through senior centers on a loan basis or at a nominal fee. Senior centers are also a resource for finding suppliers of medical equipment. See **Senior Centers and Programs** section.

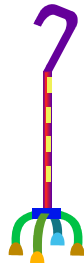
### Jackson Medical Supply

446-7014

Fax: 446-1871

506 Main Street, Vacaville

A full service retail medical supply store specializing in personalized sales for home health medical needs.



### Braille & Talking Book Library California State Library

800-952-5666

916-654-0640

900 N Street,  
Sacramento, CA 94237-001

Lending library provides Braille books, cassette tapes and records. Phone or mail order. Call for application. Must be certified by doctor or other professional. No fee.

### Canine Companions for Independence

800-572-2275

579-1985

### Guide Dogs for the Blind

800-295-4050



### Hearing Dog Program

415-554-3020

TDD: 415-554-3022

### Independent Living Resource Ctr.

435-8174



## *Mental Health*

### **Family Services of the North Bay**

**Fairfield:** 425-6225

**Vallejo:** 644-8938

Provides individual and family counseling.  
Fees on a sliding scale. basis.

### **California Specialty Hospital Psychiatric Hospital**

**800-222-8220** 648-2200

**525 Oregon Street  
Vallejo**

Was First Hospital in Vallejo. Adult partial hospitalization program to treat a variety of problems including depression and anxiety disorders, isolation and withdrawal, low self-esteem, compulsive behaviors, dual diagnosis.

### **Mental Health Services Psychiatric Emergency Services**

**421-7514**

ODAS of Health and Social Services.  
See **Disabled Services** section.

### **Transitions of Vacaville St. Helena Hospital**

**649-4022**

**525 Oregon St.  
Vallejo**

Partial hospitalization programs offer time-limited, ambulatory, intensive, coordinated and structured clinical services to adults within a stable and supportive environment. Services are designed to meet the needs of adults who are exhibiting acute symptoms of mental illness, such as disabling emotional cognitive and/or social dysfunction. Transportation will be provided by self-owned handicap accessible van bearing the name Adventist Health.

### **Veterans Mental Health Clinic**

See **Veteran Services: Military,  
Retired** section.





## Recreation & Leisure



Many recreational activities are available for seniors with varying levels of activity and interest. Exercise classes, trips, music activities, crafts and entertainment are offered at senior centers, Solano Community College, Adult School and through many Community Centers and Parks and Recreation Departments.



### Exercise

Exercise has proven to be most beneficial to seniors, creating a better quality of life and shorter recuperation time from illness or accidents. Pool exercise programs are especially good for those with joint problems. Programs are often offered through senior centers and Parks & Recreation departments. Some fitness centers and gyms have special programs for seniors and offer discounts.



### Trips

Senior Centers and many senior clubs coordinate low cost trips from one day outings to extensive foreign travel. Usually participants from out of their area are welcome as long as there is space available.



### Senior Sports

#### Vacaville Recreation Department

449-6073

449-6168

A senior recreation program that offers opportunities for active seniors to participate in team sports. Softball is an active program. Other sports programs are possible, depending on interest.

### Solano Community College

864-7115

864-7100

552-4330

4000 Suisun Valley Rd.  
Suisun

Award-winning theater (SCT) presents a full season of dramatic and musical fare at reduced prices for seniors.

### Tribute to Seniors Day

449-6160

Vacaville tribute to Seniors Committee is a fun-filled day dedicated to honoring our Senior Citizens. Held each year at the Vacaville Cultural Center, located at 1000 Ulatis Drive.





## Senior Centers & Programs



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Email: [member@arrp.org](mailto:member@arrp.org)  
<http://www.aarp.org/benefits/msms.html>  
<http://www.aarp.org/benefits/cspy.html>  
<http://www.aarp.org/office/field.html#CA>  
<http://www.arrp.org/55alive/about.html>

### Committees on Aging

Several cities have citizens' advocates groups that meet regularly to advise city and county government about the needs of older adults. Check with your local senior center for information.

### California Department of Aging

800-510-2020                      916-322-3887

Contact this department regarding any issues or problems concerning the Area Agency on Aging. This department oversees the Area Agency on Aging as a funding source, setting policy and giving the agency technical assistance with programs. The Department also works with other public and private non profit agencies through out California. Website to contact that offers the ability to communicate with the CDA through a "feedback form," issues about complaints, problems suggestion and praise: <http://www.aging.state.ca.us/>



### Area Agency on Aging Serving Napa & Solano Advisory Council

This volunteer citizens' advocate group advises and makes recommendations to the Area Agency on Aging. Council members work to improve the well-being of older persons. Monthly meetings are open to the public. Contact your local Area Agency on Aging for information and meeting locations.

## Support Groups



It helps to talk with people who understand and share your problems and concerns. Support groups can assist in finding solutions to very specialized questions. Such programs offer guidance, assistance and support to older adults and family members providing care. Some topics include:

Caregiving	Financial Crisis
Alzheimer's	Bereavement
Coping with Disabilities and Disease	Alcohol and Drug Abuse

Your local Area Agency on Aging office, United Way's First Call for Help and often your local Senior Center will provide an extensive list of local support groups. Many hospitals sponsor various support groups as well.



### **American Chronic Pain Association**

**916-632-0922**

Group meetings are free and open to the public, providing a support system for those suffering from chronic pain. Call for information packet and meeting schedules for your area.

### **Breast Cancer Support Groups**

**429-7961**

Two groups are offered:

1. For newly diagnosed, and currently in treatment.
2. For women who have completed treatment or are one year or more past diagnosis.

No fee

### **Chronic Fatigue & Immune Dysfunction Syndrome (CFIDS)**

**800-442-3437**

**704-365-9755**

**Email: [info@cfids.org](mailto:info@cfids.org)**

**<http://www.cfids.org>**

The CFIDS Association of America is the nation's leading organization dedicated to conquering Chronic Fatigue and Immune Dysfunction Syndrome (FFIDS), also known as Chronic Fatigue Syndrome (CFS), Myalgic Encephalopathy (M.E.) and many other names. Since 1987 its efforts to expand education and research have greatly enhanced understanding of this complex and debilitating illness. Message phone system. Leave request for information, questions about membership and listing of support groups.

### **Kinship Care Support Group**

**449-6160**

In Vacaville, the group meets the fourth Wednesday of the month at 7:00 p.m. at the McBride Senior Center.

Meetings include guest speakers, sharing of ideas, concerns and resources. Free child care is provided. Call for more information.







## Transportation



### Airport Transportation

#### Davis Airporter

916-756-6715

800-565-5153

Offers door-to-door charter van service between Solano County and the Sacramento Airport. Requires minimum one day advance reservation.

#### Evans Airporter

255-1559

Scheduled daily service from Vallejo to San Francisco International Airport or Oakland Airport. One bus in fleet is wheelchair accessible. Prefers advance notice.

#### Reile Transportation Services

451-4816

Van service from all points within Solano County, except Rio Vista, to the Sacramento, Oakland and San Francisco airports. Reservations required, as much advance notice as possible preferred. No discounts. No wheelchair lifts, but can transport a wheelchair. No service on Sundays.

#### Super Shuttle

800-258-3826

916-557-8370

Door to door, 7 days/week to Sacramento Airport.

#### Solano Airporter

554-2254

Door to door, 7 days/week.



### M & M Luxury Airport Shuttle

800-286-0303

Door to door, 7 days/week.

### Dial-A-Ride Services

Door-to-door transportation and wheelchair accessible. Reduced fares for seniors and disabled. Call for appointment. Give as much advance notice as possible.

### Benicia:

745-3212

Sundays, call 745-3211

Daily transportation within city limits. Limited service outside city limits for disabled when Yellow Cab Paratransit service not available. For seniors 60+ and all disabled individuals.

### Yellow Cab Paratransit

745-4040

Wheelchair van transportation. Services senior citizens and disabled daily anywhere in Benicia door-to-door. Dial-a-ride program.

### Benicia & Vallejo:

#### Runabout

469-1999

Elderly and handicapped transportation. For Vallejo clients who are unable to ride the regular Vallejo Transit bus. For Benicia clients traveling outside of Benicia.



## Transportation



### Dixon:

#### Readi-Ride

916-678-5020

Transportation within Dixon city limits. Discounts for seniors 60+. Operates Monday through Friday.

### Fairfield & Suisun:

#### Dial-A-Ride Transit (DART)

429-2400

Service Monday through Saturday. Applies to seniors 60+. Call 428-7590 for application or pick up at City Hall.

#### Transit System

429-1296

422-2877

Special door-to-door service available for seniors. All buses are wheelchair accessible.

### Rio Vista:

#### Rio Vista Transit System

374-2878

Service for all citizens in the city and to most points in the surrounding area. Medical transportation needs take priority. Operates Monday through Friday. No discounts.

### Vacaville:

#### Vacaville City Coach Special Services

449-6000

Service within city for certified handicapped and senior residents. At least 25 hour advance notice required. Call 449-5170 for an application.

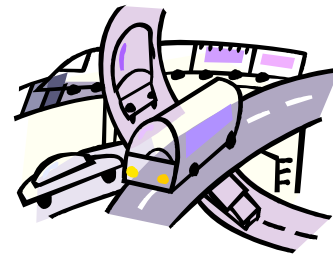


### Solano Paratransit

429-2400

Eligibility Applications: 428-7590

Door to door service through out Solano County. Wheelchair accessible. Need 2 to 14 working days notice. Operates Monday through Saturday. Applies to seniors 60+.



### Public Transportation Systems

#### Benicia Transit

745-8015

Public bus running between Benicia, Vallejo, and Pleasant Hill. Transfer available to Kaiser Vallejo. Discount for seniors 60+.

#### City Link

422-2877

Public transportation that extends from Solano Community College as far as Davis with stops in Fairfield, Vacaville and Dixon. Wheelchair lifts available. Reduced fares for seniors 62+ and disabled.

#### Fairfield/Suisun Transit System

422-2877

Scheduled local city bus service. Discounts for seniors 60+.



## Transportation



### Vacaville City Coach

**449-6000**

Public transportation system within Vacaville. Reduced fares for people 62+ or handicapped. Senior discount does not apply to Travis Air Force Base.

### Greyhound Bus Lines

**800-231-2222**

**Spanish: 800-531-5332**

Operates schedule between Vallejo, Fairfield and Vacaville, and to all points outside of the county. An attendant for a disabled person rides free with prior authorization. Discount for people aged 55+. Must show photo ID as proof of age.

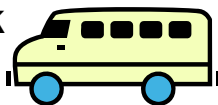
### Solano BART Express

**422-2877**

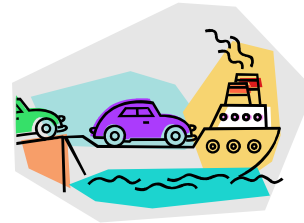
Transportation between Vacaville and Fairfield to and from Pleasant Hill BART. Runs during commuter hours. Ticket purchased when boarding, or monthly passes available. No senior discount.

### Vallejo Transit Bart Link

**648-4669**



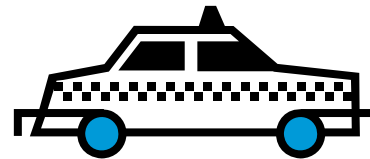
Scheduled service to El Cerrito BART. Stops in Hercules. Benicia service connects with Vallejo Transit. Also offers scheduled service to Solano Community College and the Solano Mall in Fairfield. Senior discount applies to those 62+.



### Vallejo/San Francisco Ferry

**643-3779**

Discount for seniors 65+. Call for current scheduling information.



### Taxicab Service

Seniors and disabled individuals can qualify for half-fare travel via taxi service.

### Vacaville:

**AA Cab**

**449-8294**

Travel by cab at a 50% discount with pre-purchased script booklet. Applies to seniors 60+ and eligible disabled. For script information call 449-5170.

### Vallejo:

**Yellow Cab**

**642-4421**

Half price cab fare vouchers for seniors and disabled. Pick up senior citizen discount books from cab company or call Florence Douglas Senior Center at 643-1044.



## Veteran Services - Military



### Mental Health Clinic Dept. of Veteran Affairs

**925-372-2000**

**150 Muir Road, Martinez**

Comprehensive mental health care for honorably discharged veterans. Walk-ins and emergency clinic. Also addresses Alzheimer's and dementia concerns. Smoking cessation program. Fee is dependent on eligibility. Substance abuse program includes independent and group therapy, and relapse programs.

### Center for Rehabilitation & Extended Care

**925-372-2000**

**Dept. of Veterans Affairs  
150 Muir Road, Martinez**

A 120-bed rehabilitation, neuropsychiatric and extended care facility. Fee based on eligibility.



### Outpatient Clinic

**925-372-2000**

**150 Muir Road, Martinez**

Same-day surgery, eye and dental clinics, drug and alcohol treatment and mental health services. Must meet eligibility guidelines.



### Veterans Affairs

**800-952-5626**

Provides assistance to veterans, their dependents and survivors with

compensation or pension benefits for service and non-service connected disability, death and burial benefits. Also provides information and assistance on benefits related to life insurance medical, and education benefits.

### Disabled Veterans Pass Program Calif. Dept. of Parks and Recreation

**916-653-6995**



Discounted or free passes for hunting, fishing and State Parks. Lifetime pass to former POW's and veterans with service connected conditions. Offered for \$3.50, allowing free day use, camping and boat launching.

### Calif. Dept. of Fish and Game

**916-227-2245**

Reduced fee hunting and fishing licenses available to honorably discharged disabled veterans. Proof of condition must be provided in first time application.



### VA Medical Care

**Sacramento: 916-843-7034  
(Mather)**

**Mare Island: 562-8200**

**Martinez: 925-372-2883**

Patient advocates located at VA Medical facilities, provide assistance to veterans on issues relating to health care delivery, availability of various services, and provides an understanding of the system.

## Veteran Services - Military



### Veterans Home of California Yountville

800-404-8387                      944-4541

### Veterans Tax Exemption County Veterans Service Office

421-6590

Property tax exemptions for blind and disabled veterans.

### Veterans Service Office Fairfield, CA

437-1900                      437-1902

### Solano County Veterans Service Office (CVSO)

421-6590

Assists veterans and dependents at the county level to provide information on federal and state benefits and help to complete application forms.



*Military, Retired*

### American Red Cross

Fairfield:                      429-3131

Travis AFB:                      424-2261

Vallejo:                      643-5683

After hours emergencies only:  
800-540-2000

Provides verification of family emergencies and 24-hour communication to assist a military member or their family members with travel. Emergency shelter, food, clothing. Refugee reunification program. Disaster preparedness, planning and assistance. Referral service.



### Paradise Valley Estates

800-326-0419                      434-8600

4500 Paradise Valley Dr.  
Fairfield

This is a gated, continuing care community for retired military officers 62+, spouses, friends, and acquaintances. Adjacent to a golf course with single family homes, duplexes and apartments. Includes community center with dining room and a recreation center with swimming pool, tennis court and fitness area. Health care center on site.

### Travis Air Force Base (TAFB)

424-5000

Information Operator: 424-2801

This 8,000+ active duty air force base belongs to Air Force Mobility Command whose mission is to provide cargo and troop support whenever and wherever needed. A number of services, programs and classes relating to health promotion and preventive health education are available on base to all beneficiaries at a low cost or at no cost.

## Veteran Services - Military



### David Grant Medical Center

423-7300

101 Bodin Circle, TAFB

A 350-bed Air Force Hospital and a designated trauma center for the county. Comprehensive healthcare administered to Dept. of Defense (DOD) beneficiaries. Provides clinical training and education, conducts clinical investigations and operates an aeromedical staging facility. Provides a large variety of health and wellness programs for active duty members, their families and military retirees.

### Fisher House

423-7550

A place to stay for family members of patients hospitalized at David Grant Medical Center or the Fairfield VA Clinic who are coming from further than 60 miles.

### Family Support Center

424-2486

Building 112, Airman Drive, TAFB

A focal point for family matters. Information, referral and counseling follow-up. Annual Travis Community Action Plan publication lists all classes and services on base. May pick up a copy at center. Also provides emergency food supply to military and dependents as well as military retirees and their spouses. Not for general public.

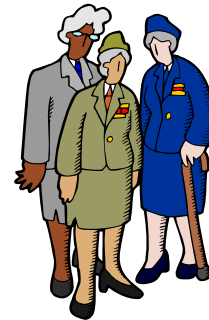
### Health & Wellness Center (HAWC)

424-HAWC

424-4292

### Crosswinds Community Center Building 212, Travis Ave, Travis AFB

Provides a large variety of health and wellness programs. Available to VA patients. Literature, videos, computer interaction, blood pressure, cholesterol and other self-check stations and de-stressor room.



### Health Plan - Tricare

800-242-6788

Tri Care, formerly Champus, is a supplemental insurance program that enables non-active duty beneficiaries to receive non-military health care. To speak to a Health Benefits Advisor call 423-7921.

Ask for the 800 Health Care Information Line number which provides information about health issues through an audio health tape library. You may also speak to a nurse who will assess symptoms and answer medical questions. Another department provides assistance with referrals and has information about benefits.



## Volunteer Opportunities



### Retiree Affairs

424-3904

Building 381, Airlift Drive  
Travis Air force Base

See **Veteran Services: Military Retired**  
section.



### American Cancer Society

**Fairfield:** 425-5006

**Vallejo:** 642-4417

Volunteers drive ambulatory cancer patients to medical appointments. Volunteers also help organize events, assist with donation drives, and are trained as community representatives to handle many and varied activities.

### Area Agency on Aging

800-510-2020

**Fairfield:** 429-6235

**Vacaville:** 446-4242

**Vallejo:** 643-1797

Varied volunteer opportunities available.

### American Association of Retired Persons (AARP)

800-424-3410

Provides a wide range of volunteer opportunities.

### California Consumer Health Care Council

888-225-2686

510-419-0757

200 Grand Ave, #106  
Oakland, CA 94610

A grassroots, volunteer-governed and operated organization of individuals and groups concerned with protecting the interests of health care consumers throughout California, the CCHCC is always in need of volunteers for a variety of functions in your area.

<http://www.cchcc.org>

Email: [cchcc@igc.org](mailto:cchcc@igc.org)

### Meals on Wheels Services

Volunteer drivers are needed to deliver lunches to homebound seniors. See **Food & Nutrition** section for numbers in your area.





















