

Resources available to the Elderly Population in Alpine County

This list is offered without warranty or guarantee. If you contract with any of the organizations or individuals, all financial arrangements, scheduling, or other arrangements of any type between you and the organization or individual is solely between you and the organization or individual.

Company Name	Contact Information	Contact Person/Email	Services Provided	Notes
Adaptive Clothing & Equipment				
Adaptations by Adrian	1-760-744-3565 PO Box 7 San Marcos, CA. 92079	sales@adaptationsbyadrian.com	Adaptive clothing for wheelchair users, handicapped elderly	Online-based company
Alzheimer's Association	775-786-8061 1301 Cordone Ave, Reno (Carson office as well)		Can assist with obtaining clothing or adaptive equipment	Respite grant pays for respite provider in home – out of Sacramento
Buck and Buck	1-800-458-0600 3111-27 th Avenue, South Seattle, WA. 98144-6502		See catalog	Catalog available at www.buckandbuck.com
Calaveras County Senior Center (for Bear Valley)	209-754-3967 956 Mountain Ranch Rd. San Andreas, CA 95249	www.calaverasseniorcenter.org	Free medical equipment for seniors in the Bear Valley area	
Independent Living Aids, LLC	1-800-537-2118 137 Rano Street Buffalo, NY. 14207		Distributor of adaptive equipment for visually impaired or blind, by mail order	Catalog available at www.independentliving.com
LS & S Group, Inc.	1-800-468-4789 145 River Rock Drive Buffalo, NY. 14207		Distributor of products for visually impaired, blind, hard of hearing and deaf equipment	Catalog available at www.lssproducts.com
Maxi Aids	1-800-522-6294 42 Executive Blvd. Farmingdale, NY. 11735		Distributor of adaptive equipment; visual & hearing impaired/physical disabilities	Catalog available at www.maxiaids.com
Resident Essentials	1-888-543-2566		Furniture, clothing, and electronics	www.residentessentials.com
Shopper's Service	1-800-537-3811 5946 Success Drive Rome, NY. 13440		Quality, affordable clothing for nursing homes, health facilities and private homes	Catalog available at www.shoppersservice.com
Silverts	1-800-387-7088		Easy wear, easy care clothing; adaptive clothing for disabled and senior care	Catalog available at www.silverts.com
Society for the Blind	916-452-8271 1238 S. Street Sacramento, CA 95811	www.societyfortheblind.org	Provide life and job skills training and tools to maintain independence	

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Wardrobe Wagon	1-800-221-8929		Special needs clothing store for nursing homes and home care	Catalog available at www.wardrobewagon.com
Advocacy & Protective Services				
Eldercare Locator	209-532-6272 19074 Standard Road, #A Sonora, CA. 95370	kristin@area12.org	Locates resources and support to seniors age 60 and older, and their families	Regional office for Alpine County. Contact on a case-by-case basis for specific information
SAFE (Special Advocate for the Elderly)	775-782-6247 1038 Buckeye Road Minden, NV. 89423	www.douglasdistrictcourt.com	Court-based program providing volunteer advocates for additional eyes/ears for judge	
Hearing Aid Hotline	1-800-521-5247			Hours: M-F 5:00am-2:00pm PST
Hepatitis "C" Task Force	775-825-7434 2713 Starr Meadows Loop Reno, NV. 89519	errolarla@msn.com	Support information for hepatitis C	
Medicare Hotline	1-800-633-4227	www.medicare.gov		
Social Security Office	1-800-772-1213	www.socialsecurity.gov	To apply for Medicare and low income subsidies	
Alternative Dispute Resolution / Mediation				
California Academy of Distinguished Neutrals (Rubenstein Mediation)	1-805-569-2747 2629 Montrose Place Santa Barbara, CA 93105	Judith Rubenstein Judith@rsmediate.com	Serves Alpine County in ADA disability, civil rights, insurance, and other matters	http://www.californianeutrals.org/profile.php?id=19402166 51
Bereavement				
Calaveras County Senior Center (for Bear Valley)	209-754-3967 956 Mountain Ranch Rd. San Andreas, CA 95249	www.calaverasseniorcenter.org	Bereavement groups available to residents of Bear Valley	
Douglas Center for Hope and Healing	775-450-0329	www.douglascenterforhopeandhealing.org	Supporting grieving children, teens, families and elderly with support groups and sharing	
Caregivers				
A Hand At Home	530-545-0780 1543 Horace Greeley Ave.	www.ahandathome.net	Provides a wide range of non-medical support services to	Private pay and long-term care insurance

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A Matter of Balance	S. Lake Tahoe, CA. 96150 775-265-8621 #30305	Brittany Williamson Brittany.Williamson@washoetribe.us	help families function and meet their needs for daily living at home. Emphasizes practical strategies to manage falls, and home adaptations to prevent falls	Available to Washoe tribal members only
Alzheimer's Association	775-786-8061 1301 Cordone Ave, Reno (Carson office as well)		Support groups, respite care (grant funded), education and training programs, family resource center, video/print library	Respite grant pays for respite provider in home – out of Sacramento
Alzheimer's Disease Education & Referral Center	1-800-438-4380 31 Center Dr., MSC 2292 Bethesda, MD.		Provides materials and referrals to local resources	Open 5:30am-2:00pm PST Monday-Friday
Barton Home Health	530-543-5581 2092 Lake Tahoe Blvd. #500 S. Lake Tahoe, CA. 96150	www.bartonhealth.org	Skilled home health care for post-operative, diabetic, rehabilitation, cardiac and wound care	
Bureau of Services to the Blind & Visually Impaired	775-684-0357 1929 N. Carson St. Carson City, NV	Mike	Daily living skills, low vision aids, orientation and mobility training to blind elderly	Application needed
Community Care Associates	775-786-8288 PO Box 11705 Reno, NV. 89510		Private geriatric care management, guardianships, etc. (in home)	Cost for mileage
Elder Options	530-541-1812 800-336-1709 2074 Lake Tahoe Blvd #7 S. Lake Tahoe, CA. 96150	www.elderoptionsca.com	Works with families to find solutions for older family members in honoring their wishes and keeping them safe at home. 24/7 care & supervision.	
Maxim Healthcare Services	775-348-7300 9400 Gateway Drive, #A Reno, NV. 89521		Provide skilled nursing and skilled hourly care (in home)	Referral based only (referral for home health care needed)
OptionCare Infusion Center	775-828-8200 7300 S. Virginia Street, A Reno, NV. 89511	Amber or Morgan	Infusion medication supply	They have the California Board of Pharmacy license

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Society for the Blind	916-452-8271 1238 S. Street Sacramento, CA 95811	www.societyfortheblind.org	Provide life and job skills training and tools to maintain independence	
Washoe Tribe Elder Center	775-265-6426	Courtney	Assist Elder members of the Washoe Tribe	
Community Services				
AARP California Chapter	1-888-687-2277	https://states.aarp.org/region/california/	Resource assistance for Californians	
Area 12 Agency on Aging (for all of Alpine County)	209-532-6272 19074 Standard Rd. Ste. A Sonora, CA 95370	www.area12.org	Bear Valley-specific services include health insurance counseling and advocacy program, legal advocacy program, ombudsman program	Call for detailed information about resources – they may not always be available to Bear Valley
Barton Memorial Hospital	530-541-3420 2170 South Avenue S. Lake Tahoe, CA 96150	www.bartonhealth.org	Services include medical care, wellness programs, and specific services for various medical conditions and diagnoses.	
Calaveras County Senior Center (for Bear Valley)	209-754-3967 956 Mountain Ranch Rd. San Andreas, CA 95249	www.calaverassseniorcenter.org	Recreational, educational and wellness activities for seniors, free medical equipment, meals, AARP tax program, and bereavement groups	
Common Ground Senior Services (for Bear Valley)	209-498-2246 130 E. St. Charles St. San Andreas, CA 95249	No website		
ComputerCorps	775-883-2323 550 Mallory Way, #175 Carson City, NV. 89701		Provides refurbished computer equipment to community members at little to no cost	
Douglas County Senior Center	775-783-6455 1329 Waterloo Lane Gardnerville, NV. 89410	www.douglascountynv.gov	Recreational, educational and wellness activities for seniors age 60 and older, meals on wheels and homemaker services	
Elder Options	530-541-1812 800-336-1709 2074 Lake Tahoe Blvd #7	www.elderoptionsca.com	Works with families to find solutions for older family members in honoring their	

	S. Lake Tahoe, CA. 96150		wishes and keeping them safe at home. 24/7 care & supervision.	
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Eye Care America	1-877-887-6327	www.eyecareamerica.org		
Mark Twain St. Joseph's Hospital (for Bear Valley)	209-754-3521 768 Mountain Ranch Rd. San Andreas, CA 95249	https://www.dignityhealth.org	Services include behavioral health, cancer care, diagnostic imaging, emergency services, heart care, intensive care, lab, clinic, orthopedic, outpatient, physical therapy, pulmonary, telehealth, surgery, and specialty services	
Nevada Talking Book Services	1-800-922-9334	nvtalkingbooks@admin.nv.gov	A free national library program of Braille and recorded materials for qualified blind and people with physical disability	
Reverse 911 for Alpine County		https://douglascounty.onthealert.com	A reverse 911 system where you sign up to have all of your contact numbers and emails associated with your address registered to receive automatic notification in the event of any type of emergency or alert	Free to use
Ron Bliss Affordable Healthcare	775-224-7169 2307 N. Carson Street Carson City, NV. 98706	Ron Bliss Independent Agent	Assist with senior insurance products including Medicare supplements, Medicare Advantage, Part D drug plans, and dental and vision	Services are free. He is paid by insurance companies.
Society for the Blind	916-452-8271 1238 S. Street Sacramento, CA 95811	www.societyfortheblind.org	Provide life and job skills training & tools to maintain independence	
Sonora Regional Medical Center (for Bear Valley)	209-536-5000 1000 Greenley Road Sonora, CA 95370	www.adventisthealth.org	Services include a full continuum of health care services, from prevention and diagnosis to treatment and healing, medical services, technology, support systems	

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South Lake Tahoe Senior Center	530-542-6094 3050 Lake Tahoe Blvd S. Lake Tahoe, CA. 96150	www.cityofslt.us	An activity and information center that brings support services including exercise programs, computer lab, tax preparation, legal services, daily meals and nutrition counseling	
Veterans Affairs (VA) Sierra Nevada Health Care System - Outpatient Clinic	775-782-5265 1330 Waterloo Lane, #101 Gardnerville, NV. 89410	https://www.reno.va.gov/locations/VA_Carson_Valley_Outpatient_Clinic.asp	Primary Care, Doctors, and Lab services available to veterans in this outpatient clinic	
Vitality for Life	775-782-1599 1107 Hwy 395 North Gardnerville, NV. 89410		Intensive outpatient wellness & mental health program serving seniors with depression, anxiety, grief & loss, social isolation & other mental health/life issues.	Primary Medicare with secondary insurance or private pay.
Washoe Tribal Health Center	775-265-4215 1559 Watasheamu Rd. Gardnerville, NV. 89460	www.washoetribe.us	Provide medical and health services to tribal members including wellness exams, preventative exams, testing, family planning, immunizations, joint injection, physical exams, lab work, and nutrition support	
Housing/Assisted Living/Skilled Nursing				
Barton Skilled Nursing Facility	530-543-5885 2170 South Ave. S. Lake Tahoe, CA 96150	www.bartonhealth.org	48-bed unit providing both long-term and short-term rehabilitation stays.	Accepts Medicare, Medi-Cal, private health insurance, and private pay
Brookdale Gardnerville	775-782-3100 1565 Virginia Ranch Rd. Gardnerville, NV. 89410	www.brookdale.com	Assisted living and memory care services for seniors promoting an active lifestyle.	Private pay or long-term insurance accepted.
Carson Valley Senior Living	775-265-1400 1189 Kimmerling Rd. Gardnerville, NV. 89410	www.carsonvalleyseniorliving.net	High quality assisted living and memory care	Pet friendly
Gardnerville Health &	775-782-6620	www.gardnervillehealthand rehab.com	24-hour skilled nursing, long-	Accepts Medicare,

Rehabilitation Center	1573 Muller Parkway Gardnerville, NC. 89410		term care, post acute rehabilitation, physical therapy, occupational therapy, and speech language pathology	Medicaid, private insurance and private pay
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Kelly Ridge Apartments	530-542-1680 1447 Herbert Avenue S. Lake Tahoe, CA 96150	www.humangood.org	Affordable housing for seniors; independent living	
Maxim Healthcare Services	775-348-7300 9400 Gateway Drive, #A Reno, NV. 89521		Provide skilled nursing and skilled hourly care (in home)	Referral based only (referral for home health care needed)
Mountain View Health & Rehabilitation Center	775-883-3622 201 Koontz Lane Carson City, NV. 89701	www.mountainviewhealthandrehab.com	Residential facility for seniors. Dementia services, 24-hr skilled nursing, restorative nursing, and long-term care	Accepts Medicare, Medicaid, private pay, HMO and private insurance
Tahoe Senior Plaza	530-542-7048 1101 3 rd Street S. Lake Tahoe, CA 96150	www.tahoeseiorplaza.com	Affordable housing for seniors 62 and older; independent living	
Hospice				
Barton Hospice	530-543-5581 2092 Tahoe Blvd. #500 S. Lake Tahoe, CA.		Home-based hospice services providing comfort and relieves symptoms of those who are terminally ill.	