3870 Rosin Ct, Ste 130 Sacramento, CA 95834

**Did you know...** February is designated as American Heart Month to recognize the nation-wide problem of heart and blood vessel diseases and to support all essential programs required to solve the problems.

## El Hogar Community Services Inc.

**FEBRUARY 2019** 

## SENIORLINK NEWSLETTER

## TRANSPORTATION IN SACRAMENTO COUNTY

**Safe Medical Transportation**: non-emergency transportation to disabled persons or those who experience difficulty walking. 916-961-5836

**Para-transit:** transportation services to individuals with disabilities, the elderly and related agencies throughout Sacramento County. 916-429-2009

Regional Transit: transportation in Sacramento County. 916-321-2800

**Molina:** non-emergency medical transportation to doctor office visits, labs, x-ray or therapy. 866-475-5423

**Molina Neighborhood Shuttle North:** travels a 15 mile route from Molina Medical stopping at a variety of locations both medical and non-medical. 916-564-0521

**Molina Neighborhood Shuttle <u>South</u>:** travels a 12.5 mile route from Molina Medical stopping at a variety of locations both medical and non medical. 877-665-4623.

**Asian Community Center:** door-to-door transportation for adults 60+ in zip codes: 95814, 95818, 95820, 95822, 95823, 95824, 95828, 95831, and 95832. 916-393-9026 x333

**SmaRT Ride:** ride-share service where customers can request same day pick up and drop off travel in select areas. Customers may use Microtransit app or call 916-556-0100 to schedule ride.

**HealthNet:** transportation for members to select locations. 866-779-5165 **Citrus Heights City Rides:** curb-to-curb service to any destination within the city of Citrus Heights, Mercy San Juan Medical Center in Carmichael, and Kaiser Medical Offices in Roseville. 916-556-0258

**Dial-a-Ride:** transit that provides curb-to-curb transportation within Galt. 209-745-3052.

Qualification requirements vary for each program. For further eligibility requirements and more information, please contact each program.