

SIERRA COUNTY RESOURCE GUIDE



Janice Maddox



Dan Cross



Dan Cross



Sara Wright

This is a living document. There is always room for changes, updates and new information.
Please call or email: sierrachildcare@att.net or 862-1420 for corrections and additions.

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ALCOHOL / DRUG / MENTAL HEALTH SERVICES

- Sierra County Drug and Alcohol Department
PO Box 265
704 Mill Street
Loyalton, CA 96118
530-993-6747 Loyalton
530-289-3711 Downieville
Email: drug-alcohol@sierracounty.ws
Services Include:
D/A Counseling, Inpatient and Outpatient Treatment, Crisis Intervention, DUI and Wet & Reckless Programs
- Sierra County Mental Health
PO Box 265
704 Mill Street
Loyalton, CA 96118
530-993-6747 Loyalton
530-289-3711 Downieville
Email: drug-alcohol@sierracounty.ws
Services Include:
Mental Health Counseling, Family Counseling, Services for Children and Adults, Psychiatric Services including Medication Management, and Crisis Intervention
- Sierra County Drug & Alcohol Advisory Board/ Tobacco Coalition
P.O. Box 265
Loyalton, CA 96118
530-993-6745
- Alcoholics Anonymous
www.aa.org
212-870-3400
Sierra County Drug and Alcohol Dept. can provide a list of area meetings

IF YOU ARE HAVING A MENTAL HEALTH CRISIS, YOU MAY CALL THE LOYALTON OR DOWNIEVILLE MENTAL HEALTH OFFICE. IF IT IS AN EMERGENCY, CALL 9-1-1, or call the Crisis Line: 1-877-435-7137.

CHILD CARE and OTHER CHILDREN'S PROGRAMS

- Sierra County Child Care Council
P.O. Box 176
Sierra City, CA 96125 (sierrachildcare@att.net)
530-862-1420
- First 5 Sierra
105 Beckwith Street
P.O. Box 556
Loyalton, CA 96118
530-993-4884
- Sierra Nevada Children's Services
Child Care Resource and Referral
P.O. Box 1139
Loyalton, CA 96118
530-993-1288
- Sierra Kids Child Development Center
111 Beckwith Street
P.O. Box 130
Loyalton, CA 96118
530-993-4391
- Sierra Cascade Family Opportunities
Early Head Start
Prenatal Moms and children 0-3
(530)832-1029
- Sierra County Health Department
WIC, Immunizations, CHDP, CCS
P.O. Box 7
202 Front St.
Loyalton, CA 96118
993-6700

CHILDREN WITH SPECIAL NEEDS

- Sierra County Office of Education: SELPA services provided, early intervention, school health, psychologists and counselors, Special Education, speech and language. 530-994-1044
- Sierra County Health Department
Child Health and Disability Prevention Program (CHDP); Well-child care for low income children.
P.O. Box 7
202 Front St.
Loyalton, CA 96118
530-993-6701
- Alta Regional Center: Coordinates community resources for individuals with developmental disabilities: services across the lifespan
Janice Eastburn: 530-542-8123 Laura Roach 530-550-3262
- High Sierra's Family Services: Rainbow Early Start/ Early intervention and resources, Cathy Morrell: 530-993-1110
- Behavior Intervention Specialist, Katie Cochran: 530-993-6712
- Best Consulting: In home programs for children, functional communication trainings, parent trainings, life skills, reduction of behavior problems.
916-448-2050 or 530-583-2057
- Sierra Cascade Family Opportunities Early Head Start: 530-283-1242
- California Children's Services
Administered through Sierra County Health Department (financial assist. For medical needs/ low income/ special needs disability children)
Call 530-993-6701 (ask for CCS)
www.dhs.ca.gov/pcfh/cms/ccs

CHURCHES

- **Assembly of God**
803 Main Street
Loyalton, CA 96118
530-993-0709
- **Assembly of God**
Downieville, CA 95936
530-289-3125
- **Holy Rosary Catholic Church**
613 Fourth Street
Loyalton, CA 96118
530-993-4411
- **Immaculate Conception Catholic Church**
Church Street,
Downieville, CA 95936
530-289-3102
- **Community Church of Loyalton**
601 Lewis Avenue
Loyalton, CA 96118
530-993-4411
- **United Methodist Church**
P. O. Box 116
Downieville, CA 95936
530-289-3639
- **Church of Jesus Christ of Latter Day Saints**
61600 Highway 49
Loyalton, CA 96118
530-993-4366
- **Calvary Chapel**
Meets at Loyalton Elementary
School
530-993-1877
- **Sierraville Community Church**
424 S. Lincoln Street
Sierraville, CA 96126
530-994-3708
- **Sierraville Community Parsonage**
401 Main Street
Calpine, CA 96124
530-994-3730

CLOTHING FOR PURCHASE

- Two Rivers Gallery
310 Main Street
Downieville, CA 95936
530-289-2748
- Sierra Valley Feed & Ranch Supply
Hwy 49 & Hwy 89
Sierraville, CA 96126
530-994-3091
- Loyalton Pharmacy & Flower Shop
701 Main Street
Loyalton, CA 96118
530-993-4343
- Salvation Army
Downieville, CA 95936
530-289-3623
- Bassett's Station
100 Gold Lake Road
Sierra City, CA 96125
530-862-1297
- Senior Thrift Store
302 First Street
Loyalton, CA 96118
530-993-1948
- Salvation Army
High Sierra's Family Services
Loyalton, CA 96118
530-993-1110

LOCATIONS FOR CLOTHING DONATIONS

- Senior Thrift Store
302 First Street
Loyalton, CA 96118
530-993-1948
- High Sierra's Family Services
Winter Coat Closet
315 Main Street
Loyalton, CA 96118
530-993-1110

COMMUNICATIONS

- Local Phone Providers:
AT&T Residential Local and Long Distance
800-222-0300
- Long Distance Service Providers:
Customer Choice
- Internet Service:

AT&T High speed Internet
800-222-0300 or www.att.com
- Dial up—Customer Choice
Wild Blue / Got Sky high speed satellite Internet service
800-221-3474
Digital Path high speed Internet
800-676-7284
- Cellular Phone Service:
West Side of County—partial cellular available (AT&T & Verizon)
East Side of County—Verizon Wireless, and Cingular/AT&T Wireless
- Coastal Web Online
T-1 Broadband Internet service, ISDN Internet Service, DSL High Speed Internet Service, CWO Toll Free Dial Up Internet Service,
1112 I Street, Suite 230, Sacramento, CA 95814
(916) 231-1680, fax (916) 369-1913 email: support@cwo.com

DENTISTS

- Western Sierra Dental Clinic
Downieville, CA 95936
530-289-3199
- Walker, Lee DDS
703 Main St
Loyalton, CA 96118
530-993-4728

DISABLED CLIENTS

- Sierra County Social Services
202 Front St
Loyalton, CA 96118
530-993-6720
- IHSS Public Authority
10879 Donner Pass Road
Truckee, CA
866-577-6331
www.ns-pa.org
www.cdss.ca.gov/cdssweb/In-HomeSup_173.htm
- Loyalton Senior Center
302 First St
Loyalton, CA 96118
530-993-4563
- North San Juan Senior Services Center
North San Juan , CA
530-292-9048
- Western Sierra Residential Center
Downieville, CA 96125
530-289-1235
- Alta Regional Center
916-978-6400
www.altaregional.org
(serving multiple counties, including Sierra County)
- Legal Services of Northern California
530-823-7560
www.lsn.net
(serving multiple counties, including Sierra County)
- High Sierra's Family Services
Family Resource Center
530-993-1110
(Rainbow Children's services)

DOCTORS / HOSPITALS / CLINICS

- Western Sierra Medical Clinic
209 Nevada St.
P.O. Box 286
Downieville, CA 95936
530-289-3298
- Eastern Plumas Health Care—Loyalton Campus
725 Third Street
Loyalton, CA 96118
530-993-1231
- Sierra County Health Department
Family Planning, Immunizations
P.O. Box 7 (Public / Environmental Health) 530-993-6700
P.O. Box 265 (Mental Health / Drug and Alcohol Services) 530-993-6748
P.O. Box 1019 (Social Services) 530-993-6720
Loyalton, CA 96118

DOMESTIC VIOLENCE

- Sierra County Sheriff's Department
County Wide—911
Dispatch 530-289-3700
- Sierra Safe Program
County Wide,
Rape Crisis Center and Domestic Violence
Suzie Shelton
Loyalton, CA
530-993-1237
- Victim Witness Program
County Wide,
Sara Wright
Loyalton, CA
530-993-4617

SIERRA COUNTY EMERGENCY PREPAREDNESS



Sierra County Health and Human Services has been working extensively on finding ways to help our residents in an emergency. We have two programs available now that may be able to help you or someone you love.

Sierra County Medically Fragile Registry: is a registry of people with special needs who might need help in an emergency, whether it be a medical condition, disability, or old age. In case of fire, flood, earthquake or other disaster, Human Services will try to provide medical shelter and transportation. Register by filling out the form found in the post office, on the county website under Health, or call 530-993-6737. *You are responsible for paying all shelter, ambulance or other medical transportation costs. Sierra County will not pay for these services.*

Disaster Healthcare Volunteers: are medical professionals who want to help our community in the event of a disaster by practicing their profession or skill. They will be registered in our secure online system and can be automatically notified in case of a disaster in our community, or wherever they wish to help. Register by visiting www.healthcarevolunteers.ca.gov

Whether you might need help or want to help, these are some wonderful opportunities for the people of our community. Emergencies can be physically and emotionally difficult, the more prepared we are ahead of time, the better we are able to deal with them. Please consider whether any of these programs are right for you and
Help Us Help You In An Emergency!

Registering is completely voluntary. For more information call 530-993-6737

PREPARACION PARA EMERGENCIAS



Sierra County Health and Human Services ha tratado con diligencia a mejorar nuestras maneras de responder a las emergencias de nuestros residentes. Tenemos dos programas disponibles ahora que pueden ayudarle o alguien que le quiere.

El registro de las personas frágiles médicamente: es un registro de personas con necesidades especiales quienes podrían necesitar ayuda en caso de emergencia, sea una condición médica, una discapacidad, o la vejez. En caso de incendio, inundación, terremoto, u otro desastre, la Agencia Human Services intentará a proporcionar refugio médico y transporte. Inscríbase por rellenar el formulario que se encuentra en la oficina de correos, en el sitio web del condado bajo Health, o por telefonar 530-993-6737. Ud. mismo es responsable por pagar todos los costos del refugio, ambulancia, u otros costos de transporte médico. El condado de Sierra no pagará por estos servicios.

Voluntarios de atención sanitaria en caso de desastre: son profesionales médicos que quieren ayudar nuestra comunidad en caso de una catástrofe por ejercer su profesión o destreza. Se inscribirán en nuestra sistema en línea segura y ellos recibirán notificación automáticamente en caso de desastre en nuestra comunidad, o donde sea quieren ayudar. Inscríbase a www.healthcarevolunteers.ca.gov

No importa que podría necesitar ayuda o podría ayudar, estas son unas oportunidades buenas para la gente de nuestra comunidad. Las emergencias pueden ser dificultosos físicamente y emocionalmente, pero lo más preparados estamos antes de tiempo, lo más podríamos hacer frente a ellos. Favor de contemplar la posibilidad de aprovecharse de uno de estos programas
¡Ayúdanos A Ayudarles En Una Emergencia!

Inscribirse es completamente voluntario. Para más información llame a 530-993-6737.

FAMILY ACTIVITIES

- Friday Night Live, Club Live (membership)
Loyalton High School
700 Fourth St., P.O. Box 37
Loyalton, CA 96118
530-993-4454
- Downieville High School (membership)
Advisor: Shelly Fischer 530-289-3146
#1 School St., Downieville, CA 96125
530-289-3473
- Sierra County Chamber of Commerce
P.O. Box 436, Sierra City, CA 96125
800-200-4949
sierracountychamber.net
- Sierra County Historical Society
Lynn McKechnie
P.O. Box 294
Sierraville, CA 96126
- Canyon Ranch Resort LLC
Ms. Carla Merica
622 Old Truckee Rd
Sierraville, CA 96126
530-994-1033
- Yuba Expeditions
Downieville Adventure Co.
P.O. Box 224/ 208 Main St.
Downieville, CA 95936
530-289-3010
- Sierra County Arts Council
B.J. Jordan
P.O. Box 546
Downieville, CA 95936
530-289-9822
- C & R Guide Services
Ralph Wood
619 Kate Hayes #3 Grass Valley, CA 95945
530-477-0780
- Sierra Valley Roping Club
Anthony Gonzales, President
405 W. Willow St., Sierraville, CA 96126
530-249-9009
- Underground Gold Miners Museum
Rae Bell
356 Main Street
P.O. Box 907
Alleghany, CA 95910
530-287-3330
530-287-3223
- Reid Horse & Cattle Company
Russell Reid
1540 Chandler Road, Quincy, CA 95971
530-836-0940
- Sierra Hot Springs
521 Campbell Hot Springs Rd.
P.O. Box 366,
Sierraville, CA 96126
530-994-3773
- Tributary Whitewater Tours, LLC
Lorraine Hall
20480 Woodbury Drive,
Grass Valley, CA
800-672-3846
- Boy Scouts of America, Loyalton
Tim Lysen
530-993-1183
- Sierra Valley 4-H, Donna Matlock, Advisor
530-993-1170
- Echo 4-H, Judy Guidotti, Advisor
530-993-0336
- Treasure Mtn. 4-H, Jay Huebert, Advisor
530-994-3802
- Sierraville Recreation Association
Don McKechnie, 530-994-9999
- Sierraville Gardening Club
Bill Harnach or Diane Schemerhorn
- Sierra Valley Little League
Joel Armstrong, President
530-993-6089

FAMILY ACTIVITIES

- Sierra County Literacy
Monthly Story-times—530-993-1105
- Loyalton Library 530-993-1105
Children's programs
- Mona Trigg, Master Gardener
available for consultation at the
Loyalton Library Wed. from 1-5,
530-993-1105
- Sierra City Library 530-862-0210
Children's programs
- Downieville Library 530-289-3544
Children's programs
- Milton Gottardi Museum
210 Front St. Loyalton, 96118
530- 993-6754.

FAMILY DAY CARE HOMES/ CENTERS

Loyalton

- Sierra Kids Child Development Center
P.O. Box 130
Loyalton, CA 96118
530-993-4391

Family Day Care Homes (FDC)

- Jamie Bennett (FDC)
728 Roundup Drive/ P.O. Box 411
Loyalton, CA 96118
530-993-4498
 - Christa Ketchum (FDC)
964 Sierra Brooks Drive/ P.O. Box 812
Loyalton, CA 96118
530-993-0226
 - Shelly Kludt (FDC)
402 Rancho Circle/ P.O. Box 72
Loyalton, CA 96118
530-993-0231
- Monique Koch (FDC)
P.O. Box 52,
Loyalton, CA 96118
530-993-4335

Downieville

- Shelly Fischer (FDC)
773 Upper Main Street /P.O. Box 648
Downieville, CA 95936
530-289-3146
- Barbara O'Donnell (FDC)
141 River Street/ P.O. Box 624
Downieville, CA 95936
530-289-3143

FIRE PROTECTION

- Alleghany Fire Department
9-1-1 or 530-289-3333
PO Box 920, Alleghany, CA 95910
Email: rae4466@yahoo.com
- Calpine Fire Department
9-1-1 or 530-289-3700
PO Box 141, Calpine, CA 96124
Email: dbc96124@yahoo.com
- Downieville Fire Department
9-1-1 or 530-289-3333
PO Box 174, Downieville, CA 95936
Email: dfpd@cwo.com
- Loyalton Fire Department
9-1-1 or 530-993-6751 / 530-289-3700
PO Box 128, Loyalton, CA 96118
Email: rmana@psln.com
- Pike Fire Department
9-1-1 or 530-289-3333
149 Pike City Rd, No San Juan, CA 95960
- Sierra City Fire Department
9-1-1 or 530-289-3333
PO Box 485, Sierra City, CA 96125
Email: bigelowstate@yahoo.com
- Sierraville Fire Department
9-1-1 or 530-994-3344
PO Box 5, Sierraville, CA 96126
- Verdi Fire Department
9-1-1 or 775-883-3535
PO Box 444
Verdi, NV 89439

FOOD—GROCERS

- Leonard's Market
606 Main Street
Loyalton, CA 96118
530-993-4397
- White's Sierra Station
508 Main Street
Loyalton, CA 96118
530-993-1212
- Sierraville Country Store
126 S. Lincoln
Sierraville, CA
530-994-3387
- Indian Valley Outpost
Goodyears Bar, CA
530-289-3630
- Downieville Grocery
Main Street
Downieville, CA 95936
530-289-3596
- Sierra Motor Co. LLC
114 Main Street (P.O. Box 6)
Downieville, CA 95936
530-289-3430
- Bassett's Station
Hwy 49 & Gold Lake Rd
Sierra City, CA 96125
530-862-1297
- Sierra City Country Store
Hwy 49
Sierra City, CA 96125
530-862-1560

FOOD—RESTAURANTS

- The Gallows Café
118 Main Street
Downieville, CA, 95936
530-289-3540
- La Cocina de Oro
322 Main Street
Downieville, CA 95936
530-289-3419
- Coyoteville Café
15921 Hwy 49
Downieville, CA, 95936
530-289-1820
- Mountain Creek Restaurant
Hwy 49 Sierra City, CA, 96125
530-862-1171
- Herrington's Sierra Pines (seasonal) Hwy 49
Sierra City, CA, 96125
530-862-1151
- Red Moose Café
Hwy 49, Main Street
Sierra City, CA
- Gold Lake Lodge (seasonal)
John Barker
7000 Gold Lake Road
P.O. Box 308
Graeagle, CA 96103
530-836-2350
- Packer Lake Lodge (seasonal)
The Lakes Basin
530-862-1221
- Sardine Lake Resort (seasonal)
530-862-1196
- Sierra Valley Lodge
Hwy 49
Calpine, CA, 96124
530-994-3367
- Los Dos Hermanos
101 S. Batelle
Sierraville, CA, 96126
530-994-1058
- Loyalton Senior Center
302 First Street
Loyalton, CA 96118
Week day lunches.
- The Roundup Café
Hwy 49 & Hwy 89
Sierraville, CA
530-994-3704
- Golden West Saloon & Restaurant
Main Street
Loyalton, CA
530-993-4467
- Vicki's Blue Moon Bakery
700 Main Street
P.O. Box 857
Loyalton CA 96118
530-993-4634
- Rhonda's Lil' Frosty (seasonal)
319 Main Street
Loyalton, CA
530-993-1192
- Country Cookin'
820 Main Street
Loyaton, CA
530-993-1162
- Old Sierra City Hotel
530-862-1300
- Sierra Valley Lodge Restaurant & Bar
103 Main St.
Calpine, CA 96124
530-994-3367
sierravalleylodge.com
- Loyalton Food Bank
530-993-4723
Sue—After 5:00 P.M.
- Western Sierra Food Bank
Contact Western Sierra Medical Clinic
530-289-3298

OTHER BUSINESSES AND CLUBS IN SIERRA COUNTY

- Gone Batty/ Harvey Farms, Anna Harvey, Owner
6780 Harvey Ranch Road
Calpine, CA 96124 (530) 994-3617
harvey5cvsb@ad.com
http://www.battlady.com
- East Sierra Valley Chamber of Commerce
Bob Macey
P.O. Box 366
Loyalton, CA 96118
530-993-4337
- Sierra Valley Realty
Kathy Freschi
P.O. Box 65
Calpine, CA 96124
- Griffin Plumbing
530-994-3212
- KT Hay & Cattle Co.
62011 Highway 49
Loyalton, CA 96118
info@kthayandcattle.com.
(530) 993-1045
- Linda Beeson Income Tax &
Bookkeeping Services
530-993-4916
- Bucks TV and Appliance
530-249-0191
- Calif. Land Management/Campground
530-322-1181
- Loyalton Pharmacy & Flower Shop
701 Main St. Loyalton, CA 96118
530-993-4343
- Country Gentleman Barber Shop
Main Street, Loyalton, 96118
530-993-4511
- Hair Faire. Main Street, Loyalton, 96118
530-993-4678
- Loyalton Mobile Estates
205 Hill Street, Loyalton, CA 96118
530-993-4001
- Sierra Booster
411 Second Street, Loyalton, CA 96118
530-993-4379
- La Sierra Beauty Boutique
309 Main St., Downieville
530-289-3504
- Mountain Messenger
P.O. Drawer A
Downieville, CA 96125
530-289-3262
- Timberline Auto Parts & Power Equipment
712 Main Street, Loyalton, CA 96118
530-993-4990
- Sierra Motor Co.
114 Main St., Downieville, CA 95936
530-289-3231
- Whites Sierra Station
508 Main Street, Loyalton, CA 96118
530-993-1212
- Jan Koettel Realty/ Notary Public
Miners Emporium
221 Main Street
Sierra City, CA 96125
530-862-9009
- Mobile Notary Services
Joni M. Ostrom, Notary Public
530-862-1475
- Sierra Hot Springs & Globe Hotel
P.O. Box 366, Sierraville, CA 96126
530-994-3773
- Sierra County Historical Society
P.O. Box 294, Sierraville, CA 96126
- Kentucky Mine and Museum
Hwy 49, Sierra City, CA 96125
530-862-1310
- Sierra County Arts Council
Yvonne Warner
212 Main ST. P.O. Box 546
Downieville, CA 95936
530-289-3138
- Tom's Snowmobile
530-862-1128
- Wells Fargo Bank
326 Main St, Downieville, CA 95936
530-289-3204
- Sierra Hardware
305 Main Street, Downieville CA 95936
530-289-3582
- Rotary Club
Brooks Mitchell
530-993-4012
Loyalton, CA 96118
- Downieville Lion's Club
Lou Phillippi
530-862-1156
Sierra City, CA 96125
- GLBT Services PFLAG (Parents & Friends
of Lesbians /Gays)
Sierra County Representative—Kara Yegge
530-249-2049

HEALTH INSURANCE / PROGRAMS

- Sierra County Social Services & Eligibility
Programs include: *Cal Works, Food Stamps, Medi-cal, County Medical Services Program, Foster Care, Welfare to Work, and General Relief.*
P.O. Box 1019
202 Front Street
Loyalton, CA 96118
530-993-6720
- California Healthy Families
1-800-880-5305
www.healthyfamilies.ca.gov
- Sierra County Health Department

California Children's Services
916-327-1400
www.dhs.ca.gov/pcfh/cms/ccs

P.O. Box 7
202 Front St
Loyalton, CA 96118
530-993-6701
www.sierracounty.ws

HIV SERVICES

- Sierra County Health Department
P.O. Box 7
202 Front Street
Loyalton, CA 96118
530-993-6701
www.sierracounty.ws

- Legal Services of Northern California
530-823-7560
www.lsn.net
(serving multiple counties, including Sierra County)

HOUSING / SECTION 8

- Department of Housing and Community Development
Housing Assistance Program
P.O. Box 952054, MS 390-4
Sacramento, CA 94252-2054
Attn: Juanita Bermudez
916-324-3643
(or pick up an application at the local Social Services Office)
www.hcd.ca.gov

Sierra Valley Senior Apartments

- 100 Hill St.,
Loyalton, CA 96118
530-993-4307

MEDICAL CARE

- Sierra County Health Department (not primary or urgent care)
P.O. Box 7
202 Front St
Loyalton, CA 96118
530-993-6701
www.sierracounty.ws
- Eastern Plumas Health Care—Loyalton Campus
725 3rd Street
Loyalton, CA 96118
530-993-1231
- Western Sierra Medical Clinic
209 Nevada St.
P.O. Box 286
Downieville, CA 95936
530-289-3298
(see next page for office hours and services)
- Home Health
530-283-9787
- Hospice Tahoe Forest
530-582-3534

AMBULANCE

- Downieville Ambulance
9-1-1 or 530-289-3333
- Loyalton Ambulance
9-1-1 or 530-832-5700
- Sierraville Ambulance
9-1-1 or 530-289-3700
- Truckee Ambulance
530-832-4277
- Portola District Ambulance
530-832-5700

Western Sierra Medical Clinic Programs and Office Hours

209 Nevada Street

P.O. Box 286

Downieville, CA96125

Medical Phone: 530-289-3298

Dental Phone: 530-289-3199 Fax: 530-289-3159

Office Hours: Mon– Fri 8-5, Wed till 6, On call 24/7.

Services:

- Emergency Medical Care
- Urgent Medical Care
- Primary Medical Care
- Dental Service
- Physical Therapy
- Behavior Health Services
- Registered Dietitian
- United Home Health Services
- House Calls
- Hospice Care
- Smoking Cessation
- Digital X-Ray and Telemed Services
- Limited Pharmacy Services
- Telemedicine Services
- Laboratory Services

Mobile Health Clinic

Mobile Clinic serves Camptonville,

Tuesday & Thursday 10:00 a.m. to 3:00 p.m.

Eastern Plumas Health

Loyalton Medical Clinic
725 3rd St.
Loyalton, CA 96118
530-993-1231 Fax: 530-993-4857

Days/Hours: Mon-Fri,9-5 (with a midday lunch break)

- Services/Specialties available:
- Family Practice
- Pediatrics
- Dietician Consults
- Podiatry

Lab Draws: Blood for lab work is done in the main hospital building in Loyalton (700 third Street) on Mondays and Wednesdays, from 8:30am-12:00pm, so patients can avoid driving to Portola or Reno for routine lab tests. Our staff transports them to Portola for processing. We process the majority of all tests ordered for any of our patients in Portola.

Loyalton Skilled Nursing Facility

700 Third Street
Loyalton, CA 96118
Phone: 530-993-1225 Fax: 530-993-4528

- Licensed for 30 beds
- Personal care and activities
- Visitors/ Entertainment /Outings/Spiritual enrichment, if desired
- Pet Therapy
- Speech and Physical therapy, for those patients who qualify

In addition to long term care services, they provide therapies and rehabs for post surgical patients. People who perhaps had a hip replacement or other types of surgery can recover and get their physical therapy in Loyalton instead of staying in Reno.

Hospice Program

- Tahoe Forest Hospital
Truckee, CA.
530-587-6011

MEETING PLACES

- Downieville Community Hall
530-289-0213 or 530-289-3333
- Sierra City Community Hall
- 530-862-1580 or 530-862-1297
- Western Sierra Residential Center (Downieville)
530-289-1235
- Calpine Community Hall
530-994-3508 or 530-994-3783
- Loyalton Senior Center
530-993-4770
- Loyalton Social Hall
530-993-6750
- Catholic Church Hall—Loyalton
530-832-5510
- Loyalton Community Church
530-993-4411
- The Golden West—Loyalton
530-993-4467
- Alleghany Fire House
530-287-3357
- Goodyears Bar Community Hall
530-289-3132 or 530-289-3297
- Forest City Community Hall
530-287-3413

POST OFFICES

- Blairsden / Graeagle
530-836-2352
- Calpine/ Sattley
530-994-3508
- Chilcoot / Vinton
530-993-4861
- Clio
530-836-0201
- Downieville
530-289-3575
- Goodyears Bar
530-289-3442
- Loyalton
530-993-4471
- Portola
530-832-4202
- Quincy
530-283-1690
- Sierra City
530-862-1152
- Sierraville
530-994-3460

SENIOR SERVICES

- Sierra County Social Services
202 Front St
Loyalton, CA
530-993-6720
- IHSS Public Authority
10879 Donner Pass Road
Truckee, CA
866-577-6331
www.ns-pa.org
www.cdss.ca.gov/cdssweb/In-HomeSup_173.htm
- Loyalton Senior Center
302 First St
Loyalton, CA
530-993-4770
- North San Juan Senior Services Center
North San Juan , CA
530-292-9048
- Western Sierra Residential Center
Downieville, CA
530-289-3544
- Golden Rays Senior Citizens of Sierra County Inc.
P.O. Box 532, Downieville, 95936
530-289-1236
- Sierra Valley Senior Apartments
100 Hill St
Loyalton, CA 96118
530-993-4307
- Legal Services of Northern California
530-823-7560
www.lsn.net

SIERRA COUNTY GOVERNMENT

County Board of Supervisors

Call the Clerk's office to find out what district you live in.

Lee Adams, Supervisor District 1

P.O. Box 1

Downieville, CA 95936

530-289-3506

supervisor1@sierracounty.ws

Peter W. Huebner, Supervisor District 2,

P.O. Box 349

Sierra City, CA 96125

530-862-1004

supervisor2@sierracounty.ws

Bill Nunes, Supervisor District 3

P.O. Box 118

Calpine, CA 96124

530-994-3222

supervisor3@sierracounty.ws

Dave Goicoechea, Supervisor District 4,

P.O. Box 883

Loyalton, CA 96118

530-993-4059

supervisor4@sierracounty.ws

Patricia Whitley, Supervisor District 5

P.O. Box 702

Loyalton, CA 96118

530-994-1258

supervisor5@sierracounty.ws

Heather Foster, Clerk of the Board

P.O. Drawer D

100 Courthouse Square, Suite 11

Downieville, CA 95936

SIERRA COUNTY GOVERNMENT—continued

- Keith Mahan—Agriculture Commissioner
208 Fairgrounds Rd.
Quincy, CA 95971
530-283-6365
Email: keithmahan@countyofplumas.com
- Laura Marshall—Assessor (Elected), Information Systems Manager
P.O. Box 8
100 Courthouse Square, Suite B1
Downieville, CA 95936
530-289-3283
Email: assessor@sierracounty.ws
- Van Maddox—Auditor (Elected), Risk Manager and Insurance
P.O. Box 425
211 Nevada St, 2nd Floor above Clinic
Downieville, CA 95936
530-289-3273
Email: auditorrisk@sierracounty.ws
- Tex Ritter—Director Sierra Nevada Regional Child Support Svcs
P.O. Box 463
204 Durgan Flat Rd, Suite C
Downieville, CA 95936
530-289-3212
Email: snrdcss@co.nevada.ca.us
- Lawrence Allen—District Attorney (Elected), Public Guardian
P.O. Box 457
100 Courthouse Square, 2nd Floor
Downieville, CA 95936
530-289-3269
Email: districtatty@sierracounty.ws
- Jeffrey Bosworth— Chief Probation Officer
P.O. Box 67
100 Courthouse Square, 2nd Floor
Downieville, CA 95936
530-289-3277
Email: probation@sierracounty.ws

SIERRA COUNTY GOVERNMENT—continued

- Carol Roberts—Director of Health and Human Services
P.O. Box 7 (Public / Environmental Health) 530-993-6700
P.O. Box 265 (Mental Health / Drug and Alcohol Services) 530-993-6748
P.O. Box 1019 (Social Services) 530-993-6720
Loyalton, CA 96118
Email: croberts@sierracounty.ws
- Elizabeth Morgan -Environmental Health
P.O. Box 7
Loyalton, CA 96118
(530) 993-6716 (for messages 530-993-6700)
- Tim Beals—Director of Planning and Transportation
P.O. Box 530 (OES) 530-289-2850
P.O. Box 530 (Planning and Building) 530-289-3251
P.O. Box 98 (Road Department and Transportation) 530-289-3201
Downieville, CA 95936
Email: tbeals@sierracounty.ws
- John I Evans—Sheriff-Coroner (Elected),
Brian Leap—Animal Control
P.O. Box 66
100 Courthouse Square, 1st Floor
Downieville, CA 95936
530-289-3700
Email: johnevans@sierracounty.ws
- Stan Hardeman—Superintendent of Schools (Elected)
P.O. Box 157
305 South Lincoln Street
Sierraville, CA 96126
530-994-1044
Email: shardeman@spjUSD.org

SIERRA COUNTY GOVERNMENT—continued

- Stephanie Levings—Treasurer & Tax Collector (Elected)
100 Courthouse Square, Suite 14
Downieville, CA 95936
530-289-3286
Email: collector@sierracounty.ws
- Jan Hamilton—Court Administrator
P.O. Box 476
100 Courthouse Square, 2nd Floor
Downieville, CA 95936
530-289-3698
Email: Hamilton@sierracourt.org

LOYALTON CITY HALL

- P.O. Box 128
210 Front St.
Loyalton, CA 96118
(530)993-6750
Hours: 9-3 (closed 12-1) M-F

HIGHWAY PATROL

- (916) 861-1299 (Sac)
(530) 257-9605
(530) 282-7550 (Truckee)
Call 911 for emergency

FISH & GAME (Wildlife Problems)

- (916) 358-1300

SIERRA COUNTY PUBLIC SCHOOLS

- Sierra Plumas Joint Unified School District
P.O. Box 152
305 South Lincoln Street
Sierraville, CA 96126
530-994-1044
- Downieville School
P.O. Drawer B
130 School Street
Downieville, CA 95936
530-289-3473
- Loyalton High School
P.O. Box 37
700 Fourth Street
Loyalton, CA 96118
530-993-4454
- Loyalton Elementary School
P.O. Box 127
111 Beckwith Street
Loyalton, CA 96118
530-993-4482
- Loyalton Middle School
P.O. Box 5
130 Beckwith Street
Loyalton, CA 96118
530-993-4186
- Sierra Pass Continuation High School
700 Fourth Street
Loyalton, CA 96118
530-993-4454
- Sierra Crest Independent Study School
305 South Lincoln Street
Sierraville, CA 96126
530-993-4454

OTHER EDUCATIONAL OPPORTUNITIES

- Senior County Literacy Program
P. O. Box 385
Loyalton, CA 96118
530-993-1105
- Alliance for Workforce Development
Sierra Work Connections
306 First Street
Loyalton, CA 96118
530-993-4295

SKILLED NURSING / ASSISTED LIVING FACILITIES

- Eastern Plumas Health Care
Skilled Nursing Facility
700 Third Street
Loyalton, CA 96118
530-993-1225
Email: info@ephc.org

TRANSPORTATION

Downieville

- Western Sierra Residential Center
Senior Services Center
Upper Main Street,
Downieville, CA 95936
530-289-1235

Loyalton

- Loyalton Senior Center
302 First Street
P.O. Box 675
Loyalton, CA 96118
530-993-4770

UTILITIES

- Plumas Sierra Rural Electric Coop
530-832-4261
www.psln.com
- Sierra Pacific Power
800-782-2506
www.sierrapacific.com
- P.G. & E.
800-743-5000
www.pge.com
- Amerigas
530-832-5133
www.amerigas.com
- Suburban Propane
530-832-5534
530-273-6113
www.suburban.com
- Sierra Energy
530-993-4378
www.sierraenergy.net
- Ferrellgas
530-823-0607
www.ferrellgas.com
- City of Loyalton (water/sewer)
530-993-6750
- Sierra City Waterworks Inc.
530-273-6447

SANITATION

(portable toilets)

- Plumas Sanitation
73762 Industrial Way
Portola, CA 96122
530-832-0370
(serves both east and west side of Sierra County)

(garbage removal)

- Intermountain Disposal
108 Commercial St, Suite A
Portola, CA 96122
530-832-4879
- Sierra Solid Waste
P.O. Box 360
Willits, CA 95490
800-694-2722

WATER—bulk

- North San Juan Fire Protection District
Station #3, Tyler Foote Road
PO Box 229
North San Juan, CA 95960
530-292-9159
(3000 gal potable water truck)
- Sierra County OES
PO Box 530
Downieville, CA 95936
530-289-2850 / 289-3251 / 289-3700 (24hr)
(contact Lee Brown about scheduling a bulk delivery from Sierra Springs Water—will come with a truck full of 5 gal jugs, or individual sized bottles)

LIQUID WASTE HAULERS

- Sani Hut Company, Inc.
P.O. Box 7455
Reno, NV 89510
(775) 358-6720
- Plumas Sanitation
P.O. Box 1297
Portola, CA 96122
(530) 832-0370
- Navo & Sons, Inc.
815 Idaho-Maryland
Grass Valley, CA 95945
(530) 273-2964

US FOREST SERVICE RANGER STATIONS

- Sierraville Ranger District
317 South Lincoln Street
P.O. Box 95
Sierraville, CA 96126
530-994-3401
- Yuba River Ranger District
15924 Highway 49
Camptonville, CA 95922
530-288-3231

WELL DRILLERS

Dickens Drilling
189 Danny Court
Quincy, CA 95971
(530) 283-4844

Aqua Drilling Verdi Area
675 Edison Way
Reno, Nevada 89502
(530) 857-3337

Beckett Drilling & Pump Service
436-005 Willow
Doyle, CA

Bruce Mackay Verdi Area
1600 Mt. Rose Hwy
Reno, Nevada, 89511

Diamond Drilling
1660 Old Airport Road
Auburn, CA 95602
(530) 823-0354

Humboldt Well Drilling
4975 W. Winnemucca Blvd.
Winnemucca, NV 89445
(775) 623-5259

Gary C. Tanko
12150 Luther Road
Auburn, CA 95603
(530) 823-8234

Peters' Drilling
P.O. Box 1546
Grass Valley, CA 95945
(530) 273-8136

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Programa de Reducción del Uso de Tabaco del Condado de Sierra

Educación sobre el cese de tabaco



1

Los beneficios para la salud al dejar de fumar:

20 minutos después de dejar su pulso viene a volver a lo normal.

12 horas después de dejar la cantidad de monóxido de carbono en la sangre comienza a descender.

2 semanas a 3 meses después de dejar su riesgo de infarto comienza a disminuir.. Los pulmones comienzan a funcionar mejor.

1 a 9 meses después de dejar la tos y la falta de aliento se bajan.

1 año después de dejar su riesgo de la enfermedad cardíaca es reducido por la mitad.

5 años después de dejar su riesgo de derrame cerebral es reducido igual a una persona que nunca ha fumado.

10 años después de dejar su mortalidad de cáncer de pulmón es la mitad de un fumador. Su riesgo de cáncer de boca, garganta, esófago, vesícula, riñón, y páncreas disminuyen.

15 años después de dejar su riesgo de la enfermedad cardíaca está como si usted nunca ha fumado.

Si prefiere dejar en el calor e intimidad del hogar llama:

1-800-456-6386
O, por el internet,
www.ffsonline.org

Sierra County Tobacco Use Reduction Program



Tobacco Education and Cessation

Health benefits over time when smokers quit:

20 Minutes after quitting your heart rate drops.

12 Hours after quitting the amount of carbon monoxide in your blood drops to normal.

2 weeks to 3 months after quitting your heart attack risk begins to drop. Your lungs begin to work better.

1 to 9 months after quitting your coughing and shortness of breath decreases.

1 year after quitting your risk of heart disease is half that of a smoker's.

5 years after quitting your stroke risk is reduced to that of a nonsmoker's.

10 years after quitting your lung cancer death rate is half of a smoker's. Your risk of mouth, throat, esophagus, bladder, kidney, and pancreas cancer decreases.

15 years after quitting your risk of heart disease is like you never smoked at all.

350 Third Ave.

PO Box 299

Loyalton, CA 96118

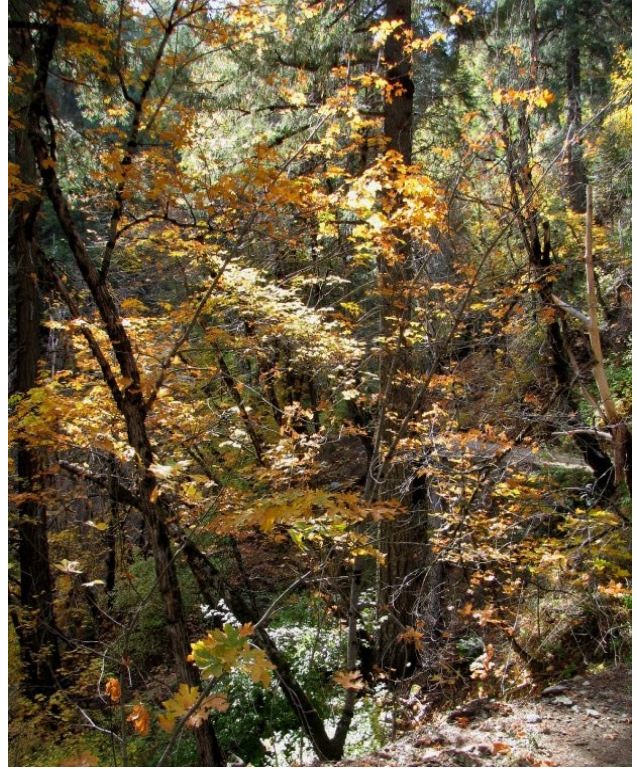
530.993.6745

prevention@sierracounty.ws

If you prefer quitting in the comfort
and privacy of your home call:

1-800-NO-BUTTS
Or 1-800-844-CHEW

Go online at:
www.ffsonline.org



Photos by Janice Maddox