

Program	Description	Contact Info
<i>Disability Benefits</i>		
Disability Benefits 101 - California	Tools and information on employment, health coverage, and benefits. https://ca.db101.org/	None
State Disability Insurance	Information about California State Disability Insurance (SDI) short-term Disability Insurance (DI) and Paid Family Leave benefits. https://www.edd.ca.gov/disability/	
Social Security Administration	Information about federal disability benefits and online forms. https://www.ssa.gov/benefits/disability/	1-800-772-1213
California Department of Motor Vehicles	Information for disabled person parking placard or license plates. https://www.dmv.ca.gov/portal/dmv/detail/vr/disabled	1-800-777-0133
Medi-Cal	California's Medicaid program https://www.dhcs.ca.gov/	
<i>Transportation</i>		
Road to Recovery (American Cancer Society)	ACS volunteer program provides transportation to and from treatment, for people with cancer who do not have a ride or are unable to drive themselves. https://www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html	1-800-227-2345
Volunteer Wheels (Sonoma County)	Provides seniors and people with disabilities with transportation. Operates the ADA paratransit service for Sonoma County Transit. http://sctransit.com/paratransit/	1-800-992-1006 1-707-573-3377

Program	Description	Contact Info
<i>Nutrition</i>		
Ceres Community Project	Supporting individuals dealing with serious illness with free and low-cost, delivered meals, nutrition education, and a community of caring. https://www.ceresproject.org/#	707-829-5833
Mom's Meal	National provider of refrigerated, home-delivered meals and nutrition services for individuals managing a chronic disease or desiring convenience. https://my.momsmeals.com/members/order.aspx	1-877-508-6667
Meals on Wheels (Council on Aging)	Nutrition-rich meals delivered to seniors. http://councilonaging.com/meals-on-wheels/	1-707-525-0143
<i>Exercise</i>		
Airport Club Cancer Wellness Program	Exercise program for people recovering from cancer. https://www.airportclub.com/cancer-wellness-program	Lori Ennis 1-707-521-2443
Park Point Club Community Wellness	Exercise program for cancer patients at any stage from diagnosis through recovery. http://www.parkpointhealthclub.com/santa-rosa/cancer-wellness-program-sr/	Krista Williams 1-707-578-1640 X 125
<i>Community and Online Support</i>		
North Bay Cancer Alliance	Independent community resource providing local cancer resources and information as well as financial support for cancer patients who cannot pay. https://northbaycancer.org/	
Nancy's List	A grass roots list of local and internet resources as well as valuable information for navigating through diagnosis, treatment and survivorship. https://nancyslist.org/	Nancy Novak, Ph.D. 1-215-596-9591

Program	Description	Contact Info
<i>Community and Online Support (cont'd)</i>		
Stupid Cancer	Empowerment for the young adult cancer community. https://stupidcancer.org/	
<i>Websites to Help Communicate with Family and Friends</i>		
Caring Bridge	A free site where you can share news and receive support. https://www.caringbridge.org/	
Lotsa Helping Hands	A free site that facilitates organization of support for caregivers. https://lotsahelpinghands.com/	
Gofundme	Formerly known as YouCaring, this is a free crowdfunding site for cancer patients. https://www.youcaring.com/	

