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## **Transportation Services in Lincoln Hills Advice from Neighbors InDeed**

BY DOUG BROWN

The title may sound like an oxymoron to some. Buses and transport vans are a rare sight on our streets. Residents are accustomed to the independence of our personal cars and golf carts for transportation needs.

But what happens if, for one reason or another, I cannot drive?

Neighbors InDeed (NID) has answers! By using NID's list of options through our Information & Referral (I&R) Service, Lincoln Hills residents who need transportation are not stranded in their homes. Here's what's available:

### **NON-EMERGENCY MEDICAL TRANSPORTATION**

HEALTH EXPRESS is a transportation service that will take you to and from medical (non-emergency) appointments in Roseville and Rocklin. This is a low to no-cost service provided by Seniors First, Placer County, and other partners. All you need to do is call (916) 745-7560 two days in advance for a reservation. Currently, this service is available for Lincoln residents on Mondays, Wednesdays, and Fridays from 8:00AM to 5:00PM. For more information, check:

<http://placerhealthexpress.org>

ROAD TO RECOVERY is a transportation service provided by the American Cancer Society that will take you to and from cancer related appointments only in Auburn, Roseville, Rocklin and Sacramento. Services are provided by volunteers and there must be a 10-day advance notice of the need for a ride. Riders must be ambulatory. Call 1-800-227-2345 to schedule a ride.

### **CITY OF LINCOLN TRANSPORTATION**

The City of Lincoln does not offer regularly scheduled bus service in Lincoln Hills – an inconvenience perhaps, but alternatives are available. Of most interest to Lincoln Hills residents is Lincoln's DIAL-A-RIDE service, a demand-response service, with priority given to persons with disabilities. But note: THEY ALSO SERVE OTHERS ON A SPACE-AVAILABLE BASIS. If you believe you fall into the disability category, you may submit an application, signed by a physician, to the ADA Coordinator of Lincoln Transit. This door-to-door service operates wheelchair-accessible vans, and each ride is just \$1.50. For reservations, call (916) 645-5400 (until September 1). After that date call (916) 745-7560. For more information, visit:

[www.ci.lincoln.ca.us](http://www.ci.lincoln.ca.us)

From such locations as the Safeway Center, Twelve Bridges Library, and Kaiser-Lincoln Medical Offices, either the LINCOLN LOOP or DOWNTOWN CIRCULATOR offers fixed-route scheduled bus service that may be useful to you. The drawback for SCLH residents is that this bus service does not go through Lincoln Hills. For more information, call the same number or visit the same website listed above.

#### AIRPORT TRANSPORTATION

Should you wish transportation to or from the Sacramento airport, a number of options are available. One is to become a member of our SCLH AIRPORT CO-OP, but you must become a member of the group and be able to offer rides to others in order to benefit by getting “credit” to get a ride. For more information call (916) 258-2410 or check

[www.lh-airportco-op.org](http://www.lh-airportco-op.org)

Otherwise, call Neighbors InDeed at 223-2763 and ask for referrals of airport shuttles, limousine services, and private drivers. Our I&R Service maintains a list of agencies that are recommended by Lincoln Hills residents. A call to Neighbors InDeed will give you a variety of options.

#### PRIVATE SERVICES

Another way to procure transportation is through private services operated by SCLH residents and transportation agencies that serve Lincoln. These drivers will drive you within Lincoln, but will also take you to Roseville, Sacramento, and some even to the San Francisco Bay area – just ask! Many can accommodate walkers and wheelchairs. All will charge a fee. How do you find these services? Call Neighbors InDeed at 223-2763 and our I&R Service will provide names, phone numbers, and other details.

Beyond these services, another option is to ask a neighbor for help when you need transportation. Lincoln Hills is a very friendly community and most neighbors are happy to offer rides to those in need. Don't hesitate to consider your neighbors as your family. We're all here to help each other.

#### MAKE YOUR NEEDS KNOWN!

We are a changing community with more and more residents reaching the stage of being unable to drive one's own vehicle. If you think our Association should provide more transportation services, how about letting them know? We have it on good authority that there will be responsive and listening ears!