

Senior Information Guide 2018-2019

Area 1 Agency on Aging

Crisis

We have listed crucial crisis information and advocacy resources here for easy access. More resources are in the Medical and Well Being sections.

Adult Protective Services

Del Norte

880 Northcrest Drive
Crescent City, CA 95531
24 hours: (707) 464-3191
www.co.del-norte.ca.us

Humboldt

808 E Street, Eureka, CA 95501
24 hours: (707) 445-7715
(707) 476-2100

www.humboldt.gov/499/Adult-Protective-Services

Services to individuals age 65 and older and dependent adults ages 18 to 64 unable to protect their own interests or care for themselves. Investigates reports of abuse, neglect, and financial exploitation.

Bureau of Medi-Cal Fraud and Elder Abuse

California Department of Justice

24 hours: (800) 722-0432

www.oag.ca.gov/bmfea

Hotline to report Medi-Cal fraud and/or elder abuse. Investigates and prosecutes elder abuse, neglect and poor quality of care concerning long-term care facilities.

Child Abuse National Hotline (Childhelp)

4350 E. Camelback Road, Bldg. F250
Phoenix, AZ 85014
24 hours: (800) 422-4453
(480) 922-8212
www.childhelp.org

Child Welfare Services

Del Norte

880 Northcrest Drive,
Crescent City, CA 95531
24 hours: (707) 464-3191
www.co.del-norte.ca.us

Humboldt

2440 6th Street, Eureka, CA 95501
24 hours: (707) 445-6180
www.humboldt.gov/497/Child-Welfare-Services

Emergency response to investigate reports of child maltreatment. Includes programs for family maintenance, reunification, and/or preservation.

Harrington House Rural Human Services

286 M Street, Suite B
Crescent City, CA 95531
24 hours: (707) 465-3013
(707) 464-7441
www.ruralhumanservices.org
scarrick@ncen.org

Emergency food and shelter for all victims of domestic violence and their children. 24-hour crisis line, counseling, referrals and domestic abuse education.

Humboldt Domestic Violence Services

P.O. Box 969, Eureka, CA 95502
24 hours: (866) 668-6543
24 hours: (707) 443-6042
(707) 444-9255
Fax: (707) 444-3190

www.hdvs.org

dvservices@hdvs.org

Confidential emergency support services for clients who are in or transitioning from a domestic violence situation. Provides emergency shelter, counseling, advocacy, information and referrals.

Mental Health Services

Del Norte

455 K Street (mental health)

880 Northcrest Drive (social services)

Crescent City, CA 95531

24 hours/crisis: (888) 446-4408

(707) 464-7224

www.co.del-norte.ca.us/departments/health-human-services/mental-health-branch

Walk-in crisis center open 8 to 5 M-F and 24 hour on-call crisis service. Services including case management for adults and older adults with persistent mental illness. Daily groups and activities. Tele-psychiatry for ongoing psychiatric medication support.

Humboldt

720 Wood Street, Eureka, CA 95501

24 hours/crisis: (888) 849-5728

(707) 268-2900

Suicide/crisis intervention: (707) 445-7715

Adult outpatient: (707) 268-2900

Alcohol/drug services: (707) 476-4054

Garberville outpatient: (707) 923-2729

www.humboldt.gov/329/Mental-Health

Same day services and inpatient psychiatric emergency services for treatment of mental health crisis and acute psychological distress. Outpatient therapy and case management services for persons with severe mental illness. Street Outreach Services program provides intensive case services for people who are homeless.

Public Guardian/Conservator

Del Norte

880 Northcrest Drive

Crescent City, CA 95531

(707) 464-3191

Fax: (707) 464-7169

www.co.del-norte.ca.us

Humboldt

1105 6th Street, Eureka, CA 95501

(707) 445-7343

Fax: (707) 445-7474

www.humboldt.gov/513/Public-Guardian-Office

Acts as the legally-appointed guardian or conservator for persons found by the Superior Court to be unable to properly care for themselves or their finances or who are unable to resist undue influence or fraud.

National Suicide Prevention Hotline

24 hours: (800) 273-8255

www.suicidepreventionlifeline.org

If you feel you are in a crisis, whether or not you are thinking about killing yourself, please call the 24-hour Lifeline.

North Coast Rape Crisis Team

Del Norte

24 hours: (707) 465-2851

Office: (707) 465-6961

TTY/TDD: (707) 465-2031 (only available 8:30-5 M-F)

www.ncrct.org

Humboldt

24 hours: (707) 445-2881

Office: (707) 443-2737

TTY/TDD: (707) 443-2738 (only available 8:30-5 M-F)

www.ncrct.org

Crisis counseling, intervention and advocacy, plus accompaniment to legal and medical proceedings. Counseling for all ages and genders. Self-defense training.

Victim Witness Program

Del Norte

450 H Street, #182

Crescent City, CA 95531

(707) 464-7273

Fax: (707) 464-2975

www.co.del-norte.ca.us/departments/district-attorney/victim-witness

Humboldt

712 4th Street, Eureka, CA 95501

(707) 445-7417

Assists and supports victims of crime by explaining the court process, keeping them informed of court dates, times and outcomes, accompanying them in court, and connecting them with community resources. Opens 'Victims of Crime' claims to help with financial reimbursement of crime-related expenses such as: medical, hospital, counseling, funeral and burial expenses, loss of wages, job retraining and rehabilitation, crime clean up, relocation and home modification or vehicle because of crime.

Women in Crisis in Southern Humboldt

(WISH)

PO Box 642

Garberville, CA 95542

24 hours: (800) 211-1188

24 hours: (707) 223-0043

(707) 923-4100

www.wishshelter.org

Emergency shelter in Southern Humboldt, providing aid and empowering women and their children in crisis and/or as victims of domestic violence. Services include housing and education about prevention of family violence.

INFORMATION RESOURCES

2-1-1 Humboldt

(707) 441-1001 or 211

Business: (707) 443-8637

www.211humboldt.org

Comprehensive Humboldt County information and referral services for resources for all ages. Searchable database on web site.

Eldercare Locator

(800) 677-1116

(202) 872-0888

www.eldercare.gov

eldercarelocator@n4a.org

Nationwide service helps older people and their caregivers locate local support and resources. Online chat available.

Senior Information and Assistance

Del Norte

Del Norte Senior Center

1765 Northcrest Drive

Crescent City, CA 95531

(707) 464-3069

www.delnorteseniorcenter.org

Humboldt

Area 1 Agency on Aging

434 7th Street, Eureka, CA 95501

(800) 408-4636

(707) 442-3763

www.a1aa.org

a1aa@a1aa.org

Helps identify options and locate resources. Services include advocacy, home safety assessments, assistance with government benefits and applications. Provides lists for senior housing, residential care and skilled nursing facilities. Publishes Senior Information Guide and the Finding and Hiring In-Home Assistance Guidebook.

Senior News

Humboldt Senior Resource Center

1910 California Street, Eureka, CA 95501

Business: (707) 443-9747 x1226 (editorial), x1227 (ads)

www.humsenior.org

seniornewseditor@humsenior.org

The only monthly publication on the North Coast featuring articles and information targeted to adults

age 50+.

Tri-County Independent Living Center

139 5th Street

Eureka, CA 95501

(707) 445-8404

Fax: (707) 445-9751

www.tilinet.org

aa@tilinet.org

Services include information and referral, independent living skills training, housing assistance, peer support and personal care assistance to people with disabilities in Humboldt, Del Norte, and Trinity counties.

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Advocacy, Education, Employment, Financial, Legal

ADVOCACY

LOCAL

2-1-1 Humboldt (See page 8)

(707) 441-1001 or 211

Business: (707) 443-8637

www.211humboldt.org

Advisory Council

Area 1 Agency on Aging

434 7th Street, Eureka, CA 95501

(707) 442-3763

Fax: (707) 442-3714

www.a1aa.org

administrator@a1aa.org

Assists A1AA staff in the development of a four-year plan to spend Older Americans Act funds for programs and services to meet the needs of older adults in Humboldt and Del Norte counties. Holds annual public hearings on Older Americans Act funded services and accepts public input. Call for dates and times.

Affordable Housing Homeless Alternatives (AHHA) (See page 37)

Nezzie Wade (707) 267-4035

Eddie Jessup (707) 407-0047

www.ahha-humco.org

HICAP

(Health Insurance Counseling and Advocacy)

Area 1 Agency on Aging (See page 53)

Del Norte

1765 Northcrest Drive

Crescent City, CA 95531

(707) 464-7876

Humboldt

434 7th Street, Eureka, CA 95501

(800) 434-0222

(707) 442-3763

(707) 444-3000

www.a1aa.org

hicap@a1aa.org

Humboldt Community Breast and GYN Health Project (See page 49)

987 8th Street, Arcata, CA 95521

(707) 825-8345

Fax: (707) 825-8384

www.hcbhp.org

info@hcbhp.org

Humboldt County Human Rights Commission

825 Fifth Street, Eureka, CA 95501

(707) 268-2548

humboldt.gov/1308/Human-Rights-Commission

www.HHR@co.humboldt.ca.us

Consults with individuals about complaints related to human rights violations or discrimination due to social category. Provides speaker's bureau on topics related to discrimination such as anti-Semitism, race relations, lesbian, gay and transgender issues, hate crimes and more.

The Humboldt Edge Newspaper

(See page 37)

P.O. Box 162, Arcata, CA 95518

(707) 273-7704

www.humbolddedge.com

Humboldt Mediation Services

317 Third Street #8, Eureka, CA 95501

(707) 445-2505

www.humboldtmediationservices.org

info@humboldtmediationservices.org

Provides trained and experienced mediators to assist people in resolving conflicts for disputes of all kinds. Fees based on income. Free initial consultation.

Long Term Care Ombudsman Program

Area 1 Agency on Aging (See page 40)

434 7th Street, Eureka, CA 95501

Emergency/Crisis 24 hours: (800) 231-4024

Confidential reporting: (707) 269-1330

Fax: (707) 269-1331

www.a1aa.org

ombudsman@a1aa.org

Making Headway Center for Brain Injury Recovery (See page 59)

730 K Street, Eureka, CA 95501

(707) 442-7668

Fax: (707) 443-8839

mhwcenter.org

info@mhwcenter.org

Mental Health Patients' Rights Advocate

Humboldt County

720 Wood Street, Eureka, CA 95501

(707) 268-2995

Assists all clients in locked and unlocked mental health facilities by providing access to advocacy services for all Humboldt County mental health clients. Monitors all facilities for compliance regarding legal process and patients' rights.

Public Guardian/Conservator

Del Norte (See page 7)

880 Northcrest Drive

Crescent City, CA 95531

(707) 464-3191

Fax: (707) 464-7169

www.co.del-norte.ca.us

Humboldt (See page 7)

1105 Sixth Street, Eureka, CA 95501

(707) 445-7343

Fax: (707) 445-7474

www.humboldt.gov/513/Public-Guardian-Office

Seeds of Understanding Speakers Collective

25 Sunshine Way, Eureka, CA 95503

(707) 502-2367

seedsofunderstanding@aol.com

Fights discrimination and stigma.

Senior Action Coalition

(707) 953-6300

www.humseniorsinaction.org

senioractioncoalition@gmail.com

Nonpartisan, grassroots group of older adults in Humboldt County working to address the concerns of seniors in our communities, take action regarding pressing challenges, and strengthen the voice of older adults in community decision making.

ADVOCACY

NATIONAL/STATE/REGIONAL

Americans with Disabilities Act (ADA)

Info Line

50 United Nations Plaza, Room 239

Office for Civil Rights

San Francisco, CA 94102

(800) 514-0301

TTY/TDD: (800) 514-0383

www.ada.gov

Technical assistance for understanding and complying with regulations as they apply to equal access for persons with disabilities related to issues of housing, employment, accessibility, service animals, building standards and more.

Better Business Bureau

1000 Broadway, Suite 625

Oakland, CA 94607

(866) 411-2221

Fax: (510) 844-2100

www.bbb.org/greater-san-francisco/

info@bbbemail.org

Publishes reports on the reliability of businesses, works to reduce fraudulent business activities, educates about rights and responsibilities, and works to resolve disputes.

California Department of Business Oversight

1515 K Street, Suite 200

Sacramento, CA 95814

(866) 275-2677

www.dbo.ca.gov/

Ask.DBO@dbo.ca.gov

Information and education on how to protect against mail and telephone fraud.

California Department of Consumer Affairs - Senior Resources

400 R Street, Sacramento, CA 95814

Consumer Information Division

1625 North Market Blvd., Suite N 112,

Sacramento, CA 95834

(800) 952-5210

TTY/TDD: (800) 326-2297

www.dca.ca.gov/dca/consumer/seniors/index.shtml

Helps seniors with consumer problems. Access to email contacts are available on website.

California Department of Insurance

300 Capitol Mall, Suite 1700, 17th Floor Sacramento, CA 95814

Consumer hotline: (800) 927-4357

Office: (213) 897-8921

TTY/TDD: (800) 482-4833

www.insurance.ca.gov

Responds to general insurance questions and formal requests for assistance with claims delays, denials, cancellations, misrepresentation by agents/brokers/solicitors, and problems with insurance rates and premiums.

California Department of Veterans Affairs (CALVET) (See page 63)

1227 O Street, Sacramento, CA 95814

P.O. Box 942895, Sacramento, CA 94295

(800) 952-5626

TTY/TDD: (800) 324-5966

www.calvet.ca.gov/

FDIC Consumer Protection

(877) 275-3342

www.fdic.gov/CONSUMERS/

Investigates all types of consumer complaints about FDIC supervised institutions and responds to consumer inquiries about consumer laws, identity theft, regulations and banking practices. Provides important information and links on credit, identity theft and fraud, banking, loans, mortgages and more.

Mail Fraud - US Postal Inspection Service

(877) 876-2455

www.postalinspectors.uspis.gov

Mail Preference Service

1615 L Street, Washington, DC

(212) 768-7277

www.dmachoice.org

Mail preference registry to remove names and addresses from mail marketing lists. Register online or by mail using downloadable form.

Mobile Home Ombudsman

California Department of Housing and Community Development (See page 37)

P.O. Box 31, Sacramento, CA 95812

(800) 952-5275

www.hcd.ca.gov/codes/ol/ombpg-menu.html

ombudsman@hcd.ca.gov

National Do Not Call Registry

Federal Trade Commission

(888) 382-1222

www.donotcall.gov/

dnccconsumerinquiry2@ftc.gov

Registry to limit telemarketing calls.

State Council on Developmental Disabilities, North Coast Office

505 S. State Street, Ukiah, CA 95482

(707) 463-4700

Fax: (707) 463-4752

www.scdd.ca.gov/

dawn.morley@scdd.ca.gov

Services and support to people with federally-defined developmental disabilities and their families.

Tenants Together (See page 37)

474 Valencia St. #156

San Francisco, CA 94103

(888) 495-8020

www.tenantstogether.org

info@tenantstogether.org

Victim Services

California Department of Corrections and Rehabilitation

(877) 256-6877

www.cdcr.ca.gov/Victim_Services/Victim_Rights.html

victimservices@cdcr.ca.gov

EDUCATION

College of the Redwoods

Main Campus

7351 Tompkins Hill Road

Eureka, CA 95503

(707) 476-4100

www.redwoods.edu

ambassador@eureka.redwoods.edu

Community college with campuses in downtown Eureka, south Eureka, Crescent City, and Hoopa. Vocational certificate programs, associate of science or arts degree programs, community education programs, educational advising, placement testing and General Educational Development testing. Courses transferable to the UC and CSU systems. Career Center is open to the public.

Community Programs

525 D Street

Eureka, CA 95501

(707) 476-4500

Fax: (707) 443-3417

www.redwoods.edu/communityed

Community education and business development. Provides a wide range of not-for-credit classes, programs, trainings and workshops to develop professional skills, enhance career opportunities, enrich personal knowledge, and promote cultural and academic growth.

Del Norte Site

883 West Washington Blvd.
Crescent City, CA 95531
(707) 465-2300
Fax: (707) 464-6867
www.redwoods.edu/delnorte

Klamath-Trinity Site

P.O. Box 529 65 Orchard Street
Hoopa, CA 95546
(530) 625-4821
Fax: (530) 625-4895

Del Norte Reads

1080 Mason Mall, Suite 9
Crescent City, CA 95531
(707) 464-7072
www.delnortecountylibrary.org/del-norte-reads
phoebe.delnortelibrary@gmail.com

Provides literacy services for Del Norte County. Free services include learning how to read, preparing for the high school equivalency exam, and learning English as a second language.

Eureka Adult School

2100 J Street, Eureka, CA 95501
(707) 441-2448
www.eurekaadultschool.org
High School and General Education Development preparation and computer classes.

Humboldt Literacy Project

Eureka

537 G Street, Suite 203
Eureka, CA 95501
(707) 445-3655
Fax: (707) 445-3657
www.humlit.org
literacyhelpers@gmail.com

Fortuna

922 N Street
Fortuna, CA 95540

(707) 725-0655

Fax: (707) 725-0625

www.humlit.org

humboldtliteracy@gmail.com

Volunteer tutors for adults seeking literacy skills.

Indian Action Council

2905 Hubbard Lane, Ste. C
Eureka, CA 95501

(707) 443-8401

American Indian education center; Native American library and computer lab.

Humboldt State University

HSU Student and Business Services Building
1 Harpst St., 2nd Fl.
Arcata, CA 95521

(707) 826-3011

www.humboldt.edu

Osher Lifelong Learning Institute (OLLI)

(707) 826-5880

Fax: (707) 826-5885

www.humboldt.edu/olli

olli@humboldt.edu

Low-cost short courses with no exams or grades focusing on learners who are age 50 or better.
Includes HSU privileges and benefits.

Over 60 Program

(707) 826-3731

Fax: (707) 826-5885

www.humboldt.edu/over60

extended@humboldt.edu

Discount on tuition for adults over age 60.

Senior Center Without Walls

881 Turk Street, San Francisco, CA 94102

(877) 797-7299

www.seniorcenterwithoutwalls.org

info@seniorcenterwithoutwalls.org

A variety of free classes, friendly conversation and support groups to homebound elders and others by telephone contact in the comfort of home. No special equipment is needed and the calls are free.

EMPLOYMENT

AARP Foundation

Senior Community Service Employment Program

791 8th Street, Suite O

Arcata, CA 95521

(707) 840-6211

Fax: (707) 840-6212

The Senior Community Service Employment Program (SCSEP) is the nation's oldest program to help low-income, unemployed individuals aged 55+ find work.

California Department of Fair Employment and Housing

2218 Kausen Drive Suite 100

Elk Grove, CA 95758

121 Spear Street Suite 430

San Francisco, CA 94105

(800) 884-1684

TTY/TDD: (800) 700-2320

www.dfeh.ca.gov/

contact.center@dfef.ca.gov

Investigates complaints of discrimination in the areas of employment, housing, public accommodations and hate violence.

California Department of Rehabilitation

Del Norte

875 5th Street (in Del Norte Workforce Center), Crescent City, CA 95531

(800) 952-5544

(707) 464-8347

TTY/TDD: (916) 324-1313

Humboldt

1330 Bayshore Way, US 101

Eureka, CA 95501

(800) 952-5544

(707) 445-6300

TTY/TDD: (916) 324-1313

www.rehab.cahwnet.gov/

VREDCSU@dor.ca.gov

Assists people with disabilities to secure and retain employment. Services include job preparation, training, placement and independent living skills. Specialized program for older individuals with vision loss available.

Del Norte Workforce Center

875 5th Street

Crescent City, CA 95531

(707) 464-8347

www.ruralhumanservices.org/workforce-center/

rhwfc@gmail.com

Job finders workshop, computer lab, access to unemployment insurance and disability applications. Job listings available online.

Job Market/Employment Development Department, Humboldt

409 K Street, Eureka, CA 95501

(800) 242-1353

(707) 441-5627

Fax: (707) 445-6276

www.thejobmarket.org

Offers a full range of free services for job seekers, including job search workshops, career exploration, help with resumes and job applications, and use of office equipment (computer, printer, fax and telephone) while seeking employment.

North Coast Small Business

Development Center

Del Norte

883 W. Washington Blvd.

Crescent City, CA 95531

(707) 464-2168

Fax: (707) 464-1349

www.northcoastsbdc.org

Humboldt

520 E Street, Eureka, CA 95501

(707) 445-9720

Fax: (707) 445-9652

www.northcoastsbdc.org

Information, consulting, counseling and educational materials for self-employment and other small business topics. Resource library, pre-ventures seminars, web-based tools and other workshops offered.

FINANCIAL ASSISTANCE

California State Disability Insurance (SDI)

645 Salem Street, Chico, CA 95928

(800) 480-3287

www.edd.ca.gov/Disability

Determines eligibility and generates payments to qualified applicants unable to work due to temporary disability.

California's Low Cost Auto Insurance (CLCA)

(866) 602-8861

www.mylowcostauto.com

California's Low Cost Auto Insurance is a state-sponsored program that makes auto insurance affordable, helping you drive responsibly and legally.

Consumer Financial Protection Bureau

P.O. Box 4503, Iowa City, IA, 52244

(855) 411-2372

TTY/TDD: (855) 729-2372

www.consumerfinance.gov/older-americans/

Information and tools to navigate safely through financial challenges.

**Consumer Credit Counseling Service
of San Francisco**

595 Market Street, 15th Floor

San Francisco, CA 94105

(800) 777-7526

Fax: (415) 777-4030

www.cccssf.org

Financial counseling and education from trained counselors. Nationwide phone service.

Insurance Information Institute

110 William Street, New York, NY

(212) 346-5500

www.iii.org

Helps to promote and improve public understanding of insurance, what it is and what it does. Online resources and low-cost brochures for a variety of insurance topics.

Internal Revenue Service (IRS)

777 Sonoma Avenue

Washington, DC 20420

(800) 829-1040

www.irs.gov

Provides information and publications about filing taxes.

Keep Your Home California

(888) 954-5337

www.keepyourhomecalifornia.org

Programs to help California homeowners pay overdue mortgages. Mortgage assistance to unemployed or those past due on mortgage, principal reduction, or help with relocation after a short sale or deed-in-lieu of foreclosure.

National Organization of Social Security Claimants Representatives

560 Sylvan Avenue, Suite 2200

Short Hills, NJ, 07078

(201) 567-4228

Fax: (201) 567-1542

www.nosscr.org

nosscr@nosscr.org

Services, information, and support for claiming benefits or providing representation for another person. NOSSCR is a specialized bar association for attorneys and other advocates who represent people with disabilities, representing Social Security Disability and Supplemental Security Insurance claimants through the adjudication process.

National Council on Aging

1901 L Street NW 4th Floor,

Sterling, VA, 20165

(202) 479-1200

Benefits Checkup

www.benefitscheckup.org

A free service designed specifically for those age 55 years and older to help identify benefits that can help pay for medications, health care, food, utilities and more.

Economic Checkup

www.economiccheckup.org

A free service designed specifically for those 55 years and older. The Economic Checkup includes: money management and budgeting, housing, health, employment & training and debt & credit management resources.

Social Security Administration

Del Norte

560 East Hoover, Crescent City, CA 95531

(800) 772-1213

(855) 727-3600

TTY/TDD: (800) 325-0778

www.ssa.gov

Humboldt

3144 Broadway, Eureka, CA 95501

(800) 772-1213

TTY/TDD: (707) 445-9658

Eureka office: (866) 828-1991

www.ssa.gov

Processes applications for social security benefits, including survivor benefits, disability insurance and Supplemental Security Income and applications to determine eligibility for the Medicare Extra Help program, which helps with prescription drug plan costs.

LEGAL ASSISTANCE

LOCAL

American Civil Liberties Union

(Redwood ACLU)

917 3rd Street, Suite Q, Eureka, CA 95502

(707) 336-2258

www.redwoodaclu.org

redwoodaclu@hotmail.com

Local chapter of ACLU. Conducts monthly board meetings and will hear complaints of civil liberties violations. Contact for more information.

California Indian Legal Services

324 F Street, Eureka, CA 95501

(707) 443-8397

Fax: (707) 443-8913

www.calindian.org

Free and low-cost federal Indian legal services to California tribes, tribal organizations and Native American individuals. Eureka office serves Del Norte, Humboldt, and other Northern California counties.

Del Norte Family Law Facilitator

650 Fifth Street, Crescent City, CA 95531

(707) 465-1896

www.delnorte.courts.ca.gov/

Legal consultations for divorce, custody, property settlements, legal separations, spousal support, guardianship and child support. Self-help resource library located at main courthouse. Call for available walk-in and appointment times.

Family Law Self Help Center

421 I Street, Eureka, CA 95501

(707) 445-7256

(707) 269-1223

www.humboldt.courts.ca.gov

selfhelp@humboldtcourt.ca.gov

Free legal services in the following areas: Divorce/Dissolution, Child Custody/Visitation, Child/Spousal/Partner Support, Parentage, Restraining Orders, Guardianship (of person only), Landlord/Tenant (Evictions), Small Claims/Debt Collection, Name Changes, some Civil Matters. Intake, information and referral to legal services partners in the local community; individual assistance with legal document preparation; bilingual assistance and legal reference materials for non-English speakers; and assistance in conducting self-guided legal research.

Hoopa Tribal Court

11860 State Hwy. 96, Hoopa, CA 95546

(530) 625-4305

www.hoopa-nsn.gov

Fair, impartial, efficient and effective resolution of civil cases through the application of tribal law and community standards.

Humboldt County Bar Association

P.O. Box 310, Eureka, CA 95502

(707) 440-9119

www.hcbar.net/

jocelyn@eurekabankruptcy.org

Voluntary association of attorneys in public or private practice. Web site provides access to names of members, contact information and legal focus areas. Includes links to local and statewide resources.

Senior Legal Services**Legal Services of Northern California**

123 Third Street, Eureka, CA 95501

Del Norte toll free: (800) 972-0002

(707) 445-0866, Attn: Cindy

Fax: (707) 445-0935

www.lsnc.net

Provides free legal service to individuals 60 years or older in Humboldt and Del Norte counties including some aspects of family law, eviction, tenant rights, public benefits, social security appeals and foreclosure.

Small Claims Court

Del Norte

Del Norte County Courthouse 450 H Street, Room 209, Crescent City, CA 95531
(707) 464-8115

Humboldt

421 I Street, Eureka, CA 95501
825 Fifth Street, Eureka, CA 95501
(707) 445-7256

www.humboldt.courts.ca.gov/dv/smallclaims_detainers.htm

Handles disputes involving \$10,000 or less, and involving deposits, monetary debts or damages.
Hours are 8:00 am to 5:00 pm.

Small Claims Clinic - Humboldt

The Small Claims Clinic is held on Tuesdays from 3pm-5pm in Room 305E on the third floor of the courthouse. This clinic is for those who need assistance with small claims procedures and with the small claims paperwork. More information, including forms, available on website.

LEGAL ASSISTANCE

NATIONAL/STATE/REGIONAL

American Bar Association

1050 Connecticut Ave. N.W. Suite 400, Sterling, VA, 20165
(800) 285-2221

www.americanbar.org/portals/public_resources

Web site provides practical guides and information related to a variety of legal issues including estate planning, real estate, auto/vehicles, personal injury, tax tips, healthcare and information on how the courts work.

Attorney Search Network**(800) 215-1190**www.getareferral.com

A certified lawyer referral service in the area of law related to a client's particular legal issue or problem.

California Bar Association

State Bar of California

180 Howard Street,

San Francisco, CA 94105

(415) 538-2000www.calbar.ca.govfeedback@calbar.ca.gov

Provides information related to legal issues specific to California law. Provides a template that can be used to complete a will. Accepts complaints about attorneys or judges.

California Courts Online Self-Help Centerwww.courts.ca.gov/selfhelp

Online resources to find assistance and information, to enhance working with an attorney, or to represent yourself in legal matters.

Justice in Aging

1330 Broadway #525, Oakland, CA 94612

(510) 663-1055www.justiceinaging.org

Works to eliminate senior poverty through administrative advocacy, providing expertise and resources for advocates, and litigation.

National Center for Lesbian Rights Elder Law Project (See page 71)

870 Market Street, Suite 370,

San Francisco, CA 94102

(415) 392-6257**Fax: (415) 392-8442**www.nclrights.org/explore-the-issues/elders/elder-law-overview/info@nclrights.org

National Center on Law and Elder Rights (NCLER)

www.ncler.acl.gov

NCLER is a one-stop support center for the legal services and aging and disability community to access trainings and technical assistance on a broad range of legal issues impacting older adults.

Senior Legal Hotline

Legal Services of Northern California

515 12th Street,

Sacramento, CA 95814

www.lsnrc.net/slh

(916) 551-2140

www.seniorlegalhotline.org

Free assistance to individuals over age 60 with legal issues including elder abuse, harassment, power of attorney, advanced directives, scams, social security related issues.

Transgender Law Center (See page 72)

SF LGBT Center 1800 Market St.,

San Francisco, CA 94102

1629 Telegraph Avenue, Suite 400

Oakland, CA 94612

(415) 865-0176

Fax: (877) 847-1278

www.transgenderlawcenter.org

info@transgenderlawcenter.org

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Caregiving

Informal (unpaid) caregivers, usually family and friends, provide the majority of assistance to help older adults and people with chronic illnesses or disabilities remain at home. Respite care, either in or out of the home, offers the unpaid caregiver a short break from caregiving.

CARE MANAGEMENT

Multipurpose Senior Services Program (MSSP)

Humboldt Senior Resource Center

1901 California Street, Eureka, CA 95501

(707) 443-9747 x3259

www.humsenior.org

socser@humsenior.org

A care management program for medically frail, low-income adults age 65+ that helps locate, arrange, and manage support services with the goal of helping elders to continue living at home.

North Coast AIDS Project (NorCAP)

908 7th Street, Eureka, CA 95501

(707) 268-2132

Fax: (707) 268-0415

www.humboldt.gov/620/North-Coast-AIDS-Project-NorCAP

mweiss@co.humboldt.ca.us

NorCAP is part of the Humboldt County Department of Health and Human Services Public Health Branch. NorCAP provides services to people living with HIV and those who are at high risk for HIV. Services include: HIV Case Management, housing assistance / HOPWA, PrEP, Partner Notification, HIV education classes, Free HIV and Hepatitis C testing, Needle Exchange and Disposal, and Overdose Prevention training.

Redwood Coast Regional Center (RCRC)

Del Norte

1301-A Northcrest Drive

Crescent City, CA 95531

(707) 464-7488

Fax: (707) 465-4230

www.redwoodcoastrc.org

Humboldt

525 2nd Street Suite 300,

Eureka, CA 95501

(707) 445-0893

Fax: (707) 444-2563

www.redwoodcoastrc.org

Case management services for individuals with developmental disabilities onset before age 18 and their families.

DAY CARE

Adult Day Health Services

Humboldt Senior Resource Center

1901 California Street, Building B

Eureka, CA 95501

(707) 444-8254 x3203

www.humsenior.org

alz@humsenior.org

A licensed, therapeutic day care program for adults age 18 and older with chronic health conditions and disabilities; includes dementia care. Serves Humboldt Bay north to Arcata and Eel River Valley south to Rio Dell.

Adult Day Health Care of Mad River

3800 Janes Road, Arcata, CA 95521

P.O. Box 1115, Arcata, CA 95518

(707) 822-4866

www.adhcmadriver.org

adhc@madriverrhospital.com

Provides therapeutic, health, recreational and social services to seniors and those over 18 years old who are dependent on others for care. Promotes independence, rehabilitation, and helps to prevent premature institutionalization.

Humboldt Community Access and Resource Center (HCAR)

Bay Center

1001 Searles St, Eureka, CA 95501

(707) 441-8625

Fax: (707) 441-8669

www.hcar.us
baycenter@hcar.us

Sequoia Center

4620 Meyers Avenue, Eureka, CA 95503
(707) 443-8317

Fax: (707) 441-8669

www.hcar.us
carmstrong@hcar.us

Day programs for people with developmental disabilities. Education, community outreach, employment services. Independent and supported living services and respite care.

GRANDPARENTS

Changing Tides Family Services

2259 Myrtle Avenue, Eureka, CA 95501

(800) 795-3554

(707) 444-8293

Fax: (707) 444-8298

www.changingtidesfs.org
info@changingtidesfs.org

Help in finding child care, child care subsidies; in-home respite care for qualified clients; and mental health counseling for children with Medi-Cal.

Foster Grandparent Program

Del Norte and Humboldt

1440 California Street
Crescent City, CA 95531

(707) 462-1959

Fax: (707) 465-6800

www.ncoinc.org/programs/foster-grandparents

Engages adults age 55 and over in intensive volunteerism as tutors and mentors for special needs children. Foster Grandparents serve from 15-40 hours per week and a minimum 1,044 hours per year per volunteer. Volunteers must meet income eligibility requirements at no more than 200% of poverty, plus medical exemptions.

Foster/Kinship/Adoption Education Program

College of the Redwoods

7351 Tompkins Hill Road, Redwoods Business Complex B, Forum Rm 107 Eureka, CA 95501

(707) 476-4455

www.redwoods.edu/eureka/foster/

amber-hamilton@redwoods.edu

Information, education and support for grandparents or non-relatives raising children. Helps with guardianship and other legal and family issues. Education and support opportunities to caregivers of children and youth in out-of-home care.

Grandparents Raising Grandchildren

www.usa.gov/echild-care

Resources linking grandparents to information about benefits, data, childcare assistance, and programs by state.

Head Start

Northcoast Children's Services

1266 9th Street, Arcata, CA 95521

(800) 808-7206

(707) 822-7206

Fax: (707) 822-7962

www.ncsheadstart.org

info@ncsheadstart.org

Integrated services include early childhood education, child and adult mental health services, extensive family services including adult education, social services, provision of basic needs, health, dental and nutritional services, case management, resource and referral, family literacy and parent involvement.

Healthy Kids Humboldt

2200 Harrison Avenue

(Old General Hospital)

Eureka, CA 95501

(707) 442-6066

Assistance with enrollment in the Children's Health Insurance Programs for children ages 0-19, including Medi-Cal, Healthy Families, and Cal Kids.

Two Feathers Native American Family Services (See page 60)

1560 Betty Ct., Suite A
McKinleyville, CA 95519
(800) 341-9454
(707) 839-1933
Fax: (707) 839-1726
www.twofeathers-nafs.org
frontdesk@twofeathers-nafs.org

CAREGIVER HIRING INFORMATION AND ASSISTANCE

Homework Solutions

2 Pidgeon Hill Dr. Suite 300
Sterling, VA 20165
(800) 626-4829
Fax: (703) 404-8155
www.homeworksolutions.com
Payroll and tax reporting service for employers of household caregivers.

County In-Home Supportive Services

Del Norte

(707) 464-3191
www.co.del-norte.ca.us/

Humboldt

(866) 527-8614
(707) 476-2100
www.humboldt.gov/502
County operated program that provides in-home care for aged and disabled individuals who need assistance to remain safely in their homes. Must be receiving Medi-Cal benefits to be eligible.
Manages IHSS caregiver registry.

FEE-FOR-SERVICE CAREGIVER AGENCIES

Agape Home Care

321 West Wabash Avenue
Eureka, CA 95501
P.O. Box 4881, Eureka, CA 95502
(707) 445-1212
www.assistedlivingservices.org
office@assistedlivingservices.org

Elite Caregivers

P.O. Box 6888
Eureka, CA 95502
(707) 496-8499
Fax: (707) 497-6777
www.elite-caregivers.com
elitecaregivers@gmail.com

Guardians by the Sea

PO Box 7202
Brookings, OR 97415
(541) 661-7011
www.theguardiansbythesea.com/

Humboldt Caregivers

612 2nd Street, Eureka, CA 95501
(707)798-6244
(707) 964-2000
www.humboldtcaregivers.com

Visiting Angels

1112 5th Street
Eureka, CA 95501
Eureka: (707) 442-8001
Fortuna: (707) 725-3611
Arcata: (707) 825-8008
www.visitingangels.com/eureka

OTHER SERVICES

LOCAL

Alzheimer's Services

Humboldt Senior Resource Center

1901 California Street, Building B

Eureka, CA 95501

(707) 444-8254 x3203

www.humsenior.org

alz@humsenior.org

Provides resources and information about Alzheimer's and other dementia-related conditions, including caregiver resources and support groups.

American Cancer Society, Humboldt

(See page 48)

611 Harris Street, Eureka, CA 95501

(707) 442-1436

(800) 227-2345

www.cancer.org

Blue Lake Rancheria Caregiver Support

428 Chartin Road, Blue Lake, CA 95525

(707) 668-5101

www.bluelakerancheria-nsn.gov

info@bluelakerancheria-nsn.gov

Caregiver and respite support for caregivers of Native Americans.

Caregiver Support Groups

Humboldt Senior Resource Center

(See page 75)

(707) 444-8254 x3202

www.humsenior.org

reception@humsenior.org

Redwood Caregiver Resource Center

Humboldt and Del Norte

1901B California Street, Eureka, CA 95501

(707) 443-9747 x3220

(800) 834-1636

www.redwoodcrc.org

exm@redwoodcrc.org

Support groups, counseling, legal services, and education for families and caregivers of brain-impaired adults with onset after age 18.

OTHER SERVICES

NATIONAL/STATE/REGIONAL

Alzheimer's Association

921 Eleventh St., Ste. 601

Sacramento, CA

(800) 272-3900

www.caalz.org

info@alz.org

American Cancer Society, National

1599 Clifton Road, NE

Atlanta, GA, 30329

24 hours: (800) 227-2345

TTY/TDD: (866) 228-4327

www.cancer.org/onlineclasses

Live chat and free online "I Can Cope" program for those facing cancer, their families and friends.

Caregiver Action Network

1130 Connecticut Ave., NW, Suite 300

Washington, DC 20036-3904

(202) 454-3970

www.caregiveraction.org

info@caregiveraction.org

Caring and Aging with Pride

4101 15th Ave., NE, Seattle, WA 98105

(800) 558-8703

www.agepride.org

agepride@uw.edu

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End of Life

This section contains resources to help plan for life's end. Planning and preparing ahead of time can enable survivors to honor individual wishes.

Vital Records

California

Vital Records, MS 5103, P.O. Box 997410 Sacramento, CA 95899

(916) 445-2684

www.cdph.ca.gov/

VRmail@cdph.ca.gov

The Vital Records Registration Branch (VRRB) ensures the timely and accurate registration of all vital events occurring in California. The Vital Records Issuance and Preservation Branch (VRIPB) ensures timely and accurate issuance of vital event records registered in CA, in addition to the preservation of all records since 1905.

Del Norte

Del Norte County Clerk/Recorder

981 H Street, Suite 160

Crescent City, CA 95531

(707) 464-7216

www.co.del-norte.ca.us/departments/clerk-recorder

Humboldt

825 Fifth Street, Fifth Floor, Eureka, CA 95501

(707) 445-7382

www.humboldt.gov/recorder

County Recorder's offices issue certified copies of birth certificates, death certificates, marriage certificates, and marriage licenses for events that occur within the county.

FUNERAL**Cemetery and Funeral Bureau**

California Department of Consumer Affairs

(916) 574-7870

Fax: (916) 928-7988

www.cfb.ca.gov/

emailcfb@dca.ca.gov

Regulates the removal, transportation and burial preparation of deceased persons, inspects mortuaries and crematories to ensure sanitary conditions and investigates complaints.

Funeral Consumers Alliance of Humboldt

P.O. Box 856, Arcata, CA 95518

(707) 822-8599

www.fcahumboldt.org

info@fcahumboldt.org

Non-profit consumer organization assists members and the public in accessing simple, dignified and economical funeral services.

Neptune Society of Northern California

1455 B2 Santa Rosa Avenue

Santa Rosa, CA 95404

(800) 229-5719

www.neptunesantarosa.com

Coordinates services that include taking cremation ashes to sea. More information available at website.

HOSPICE AND PALLIATIVE CARE

Advanced Illness Management

785 E. Washington Blvd.

Crescent City, CA 95531

(707) 464-8741

www.sutterhealth.org

In Del Norte County, offers services such as a social worker, physical and occupational therapy, bath assistant, pain management, wound care, and hospice support. Resources for chronic or terminally ill persons must be ordered by physician.

Heart of the Redwoods Community Hospice

464 Maple Lane, Garberville, CA 95542

(707) 923-7276

Fax: (707) 923-7278

www.heartoftheredwoodscommunityhospice.org

hospice@asis.com

Conventional and alternative hospice services available. Pain management, lending library and support groups. Serving Southern Humboldt, Northern Mendocino and Western Trinity counties.

Hospice of Humboldt

3327 Timber Fall Court, Eureka, CA 95503

(707) 445-8443

www.hospiceofhumboldt.org

info@hospiceofhumboldt.org

End of life medical, emotional, and spiritual support for patients and their loved ones within a 50 mile radius of the city of Eureka. Offers inpatient care at Hospice House, assistance with preparing advanced healthcare directives, bereavement support groups and counseling.

Pet Peace of Mind

3327 Timber Fall Court, Eureka, CA 95503

(707) 267-9801

www.hospiceofhumboldt.org

info@hospiceofhumboldt.org

Pet Peace of Mind (PPOM) program helps hospice patients care for their pets.

Resolution Care

2440 23rd St., Suite B, Eureka, CA 95501

(707) 442-5683

Fax: (707) 442-2006

www.ResolutionCare.com

leanne@resolutioncare.com

Resolution Care is a community-based, home-centered specialty palliative care program. Delivers interdisciplinary care using house calls and virtual house calls, through video conferencing technology. Extra support to the ongoing care provided by other doctors and specialists. Educational programs use Project ECHO to improve primary palliative care.

GRIEF SUPPORT SERVICES

Two Rivers Community Care Group

P.O. Box 3, Bridgeville, CA 95526

(707) 777-1775

Serving families and individuals facing life-threatening or life-altering illnesses, including those needing palliative or end of life care. Professional staff and lay volunteers support physical, emotional, social and spiritual needs. Serves Bridgeville, Kneeland, Blocksburg areas in Humboldt County.

Organ and Tissue Donation

Donor Network West

12667 Alcosta Blvd., Suite 500

San Ramon, CA 94583

24 hours: (800) 553-6667

(888) 570-9400

Fax: (925) 480-3101

Spanish: (800) 588-0024

www.ctdn.org

info@ctdn.org

Coordinates organ and tissue recovery and distribution. Educates healthcare professionals and the public about organ and tissue donation.

Living Bank

P.O. Box 6725

Houston, TX, 77265

(800) 528-2971

Fax: (713) 961-0979

www.livingbank.org

info@livingbank.org

Information and registry for individuals to donate their organs and tissues.

National Kidney Foundation (NKF)

Northern California

717 Market St., Ste. 450

San Francisco, CA 94105

(415) 543-3303

Fax: (415) 543-3331

www.kidneyca.org

eventsnca@kidney.org

Research and organ donation programs.

Willed Body Program (UCSF)

UCSF Department of Anatomy, Ac 14

San Francisco, CA 94143

(415) 476-1981

Fax: (415) 502-1460

www.willedbodyprogram.ucsf.edu/

willedbodyprogram@ucsf.edu

Coordinates whole body donations with the University of California.

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Food Resources

Thank you to the Humboldt County Department of Health and Human Services and a CalFresh grant for the support.

Food Guides

The Local Food Guide

Locally Delicious

PO Box 309

Arcata, CA 95521

(707) 633 5467

www.locally-delicious.org

Listings of farms, packaged food products, food-related events, restaurants, and grocery stores that feature local food. Locally Delicious advocates for a healthy and sustainable local food system.

Menu of Menus

North Coast Journal

310 F Street

Eureka, CA 95501

(707) 442-1400

www.northcoastjournal.com

Directory of restaurants and food events in the Humboldt County region.

Commodity Supplemental Food Program (CSFP)

Provides a 30-40 pound box of nutritious food monthly for income-eligible seniors each month (age 60 and older). Services are currently available for pick-up in Eureka, Arcata, McKinleyville, Trinidad and Fortuna.

Food for People (CSFP)

207 W. 14th St., Eureka, CA 95501

(707) 445-3166 x303

Call or visit the main office for an application.

Dining Sites

Contact each site for the most up-to-date information.

Arcata House Partnership “Lunch Box”

14th and Union at entrance to Arcata Community Forest, Arcata, CA 95521

(707) 633-6236

Delivers free lunches: Mon.-Thurs.

11:15 a.m.-11:30 a.m.

Arcata Lunch Site

Humboldt Senior Resource Center

321 Martin Luther King Jr. Parkway
Arcata, CA 95521
(707) 825-2027

Bear River Band of the Rohnerville Rancheria
Tish-Non Community Center
266 Keisner Road, Loleta, CA 95551
(707) 733-1900

Blue Lake Rancheria
428 Chartin Road, Blue Lake, CA 95525
(707) 668-5101

Bridgeville Community Center
38717 Kneeland Road
Bridgeville, CA 95526
(707) 777-1775

Del Norte Senior Center
1765 Northcrest Dr.
Crescent City, CA 95531
(707) 464-6069

Elder Nutrition Site
101 Indian Court
Smith River, CA 95567
(707) 487-4463

Eureka Lunch Site
Humboldt Senior Resource Center
1910 California St., Eureka, CA 95501
(707) 443-9747

Ferndale Senior Resource Agency
100 South Berding St., Ferndale, CA 95536
(707) 786-4141

Fortuna Lunch Site
Humboldt Senior Resource Center

2130 Smith Lane, Fortuna, CA 95540
(707) 725-6245

Healy Senior Center
456 Briceland Road, Redway, CA 95560
(707) 923-2399

Howonquet Senior Center
101 Indian Ct., Smith River, CA 95567
(707) 487-4463

Karuk Senior Center
459 Asip Road, Orleans, CA 95556
(530) 627-3056

K'ima:w Medical Center (meal site)
768 Loop Rd., Hoopa, CA 95546
(530) 625-4834

Klamath Senior Center
219 Salmon Ave., Klamath, CA 95548
(707) 482-0107

Mateel Community Center
59 Rusk Lane, Redway, CA 95560
(707) 923-3368

McKinleyville Senior Center
1620 Pickett Road, McKinleyville, CA 95519
(707) 839-0191

Our Daily Bread - Del Norte
1135 Harold St., Crescent City, CA 95531
(707) 954-6775
(707) 464-7771

St. Paul's Episcopal Church
220 East Macken, Crescent City, CA 95531
(707) 464-2708

St. Vincent de Paul Dining Center

35 West Third Street, Eureka, CA 95501

(707) 445-9588

Farmers Markets

Arcata Plaza Farmers' Market

Arcata Plaza, 8th and 9th Streets

between G and H Streets, CA 95521

(707) 441-9999

Main Season: 9am-2pm, April-November

Winter Market: 10am-2pm, December-March

Crescent City Farmers Market

Del Norte County Fairgrounds

421 Highway 101N, Crescent City, CA 95531

(707) 464-7441

Open from June to October on Saturdays, 9am-1:30pm.

Crescent City Farmer's Market (Downtown)

Price Mall Parking Lot

Front and K Streets, CA 95531

(707) 464-7441

Open Wednesdays, June to October, 9am-2pm.

Fortuna Farmers Market

Corner of Main and 10th Sts., Fortuna, CA 95540

(707) 499-2150

Open Tuesdays, 3 to 6pm, mid-May through October

Garberville Town Square

Town Plaza, Garberville, CA 95542

(707) 498-4089

May through mid-November, Fridays,

11am to 3pm.

Henderson Center Farmers Market

Henderson and F Streets, Eureka, CA 95501

(707) 441-9999

Open Thursdays, June through October 10am-1pm.

McKinleyville Farmers Market

Eureka Natural Foods Parking Lot

2165 Central Ave, McKinleyville, CA 95519

(707) 441-9999

Open Thursdays, June through October 3:30pm-6:30pm.

Miranda Farmers Market

Across from Miranda Gardens Resort, Miranda, CA 95553

(707) 786-9460

Open seasonally from May to October on Tuesday, 1pm to 5pm.

Old Town Eureka Farmers Market

2nd and F Streets

Eureka (front of gazebo), CA 95501

(707) 441-9999

Open Tuesdays, June - Oct., 10am to 1pm.

Potawot Community Food Garden

1600 Weeot Way, Arcata, CA 95521

(707) 826-8476

Shelter Cove Farmers Market

Machi Road, Mario's Marina Motel parking lot

Shelter Cove, CA 95589

(707) 943-3025

Open Tuesdays, May - Oct., 11am to 3pm.

Willow Creek Farmer's Market

Hwy 299 and Hwy 96, Community Commons Park, Willow Creek, CA 95573

(707) 786-9460

Open Thursdays June - Oct., 5 to 8pm.

Food Delivery

Eureka Grocery Delivery

(707) 672-3812

EurekaGroceryDelivery@gmail.com

Food for People

Homebound Delivery Program

307 West 14th Street, Eureka, CA 95501

(707) 445-3166

Ray's Food Place (McKinleyville)

1500 Anna Sparks Way

McKinleyville, CA 95519

(707) 839-4413

Valley Grocery

(707) 786-9515

100 South Berding St., Ferndale, CA 95536

FOOD DELIVERY - home delivered meals (eligibility-based)

Blue Lake Rancheria

428 Chartin Rd., Blue Lake, CA 95525

(707) 668-5101

Ferndale Senior Resource Agency

100 Main St., Ferndale, CA 95536

(707) 786-4141

Healy Senior Center

456 Briceland Rd., Redway, CA 95560

(707) 923-2399

Humboldt Senior Resource Center

1910 California St., Eureka, CA 95501

(707) 443-9747

Karuk Senior Center

459 Asip Rd., Orleans, CA 95556

(530) 627-3056

K'ima:w Medical Center

768 Loop Rd., Hoopa, CA 95546

(530) 625-4834

Rohnerville Rancheria

37 Bear River Dr., Loleta, CA 95551

(707) 733-1900

Food Pantries

Bags or boxes of food distributed directly to those in need who live in a specific region and meet eligibility requirements. Contact each site for more information.

Bread for Life

143 Main St., Scotia, CA 95565

(707) 764-5239

Bridgeville Community Center

38717 Kneeland Rd., Bridgeville, CA 95526

(707) 777-1775

Campbell Creek Connexion

76 13th St., Arcata, CA 95521

(707) 826-1000

Ferndale Community Church

712 Main St., Ferndale, CA 95536

(707) 786-4475

Community Assistance Network (CAN)

355 Standard Veneer Rd.

Crescent City, CA 95531

(707) 464-9190

Dorcas Society

Seventh Day Adventist Church

1770 Northcrest Dr., Crescent City, CA 95531
(707) 464-2738

Food For People (Choice Pantry)
307 W. 14th St., Eureka, CA 95501
(707) 445-3166

Grace Lutheran Evangelical Church LCMS
188 E. Cooper Ave., Crescent City, CA 95531
(707) 464-4712

Fortuna Community Services
2331 Rohnerville Road, Fortuna, CA 95540
(707) 725-1166

Garberville Presbyterian Church
437 Maple Lane, Garberville, CA 95542
(707) 923-3295

Humboldt Senior Resource Center
1910 California St., Eureka, CA 95501
(707) 443-9747 x 1228

Loleta Community Church
218 Church Street, Loleta, CA 95551
(707) 733-5751

McKinleyville Family Resource Center
1450 Hiller Road, McKinleyville, CA 95519
(707) 840-0905

Orick Community Resource Center Pantry
120918 Hwy. 101, Orick, CA 95555
(707) 488-2403

Rio Dell Community Resource Center
99 Wildwood Ave., Rio Dell, CA 95562
(707) 764-5239

St. Joseph's Pantry Shelf

2292 Newburg Rd, Fortuna, CA 95540

(707) 725-1148

St. Vincent de Paul

35 W 3rd., Eureka, CA 95501

(707) 445-9588

St. Vincent de Paul

1440 Parkway Dr., Crescent City, CA 95531

(707) 464-1322

Trinidad Lion's Club Pantry

Town Hall-409 Trinity St., Trinidad, CA 95570

(707) 677-0223

Willow Creek

Community Resource Center Pantry

38883 Hwy. 299, Willow Creek, CA 95573

(530) 629-3141

Emergency Food Pantries

Emergency food available. Call for more info.

Assembly of God Church

Emergency Food Bank

95 Belleview Ave., Rio Dell, CA 95562

(707) 764-5460

Blue Lake Community Resource Center

111 Greenwood Ave., Blue Lake, CA 95525

(707) 668-4281

(707) 668-5239

Salvation Army

2123 Tydd Street, Eureka, CA 95501

(707) 442-6475

Westside Family Resource Center
1000 B Street, Eureka, CA 95501
(707) 497-6280

U

Housing

Affordable Housing Homeless Alternatives (AHHA)

Nezzie Wade (707) 267-4035

Edie Jessup (707) 407-0047

www.ahha-humco.org

AHHA provides information, education, advocacy and policy development for affordable housing with the homeless in Humboldt County. AHHA facilitates implementation of models and assists in operations with community groups. We are striving to develop collaborative individuals and communities as we build affordable homeless housing alternatives.

The Humboldt Edge Newspaper

P.O. Box 162, Arcata, CA 95518

(707) 273-7704

www.humboltdedge.com

The Humboldt Edge newspaper honors and invites the wisdom, knowledge and creative expression of people living on the street, experiencing homelessness and/or living on the edge economically.

Keep Your Home California (See page 16)

(888) 954-5337

www.keepyourhomecalifornia.org

California State Controller's Office

Property Tax Postponement Program

300 Capitol Mall, Suite 1850

Sacramento, CA 95814

Phone (916) 445-2636

PTP Program (800) 952-5661

www.sco.ca.gov/ardtax_prop_tax_postponement.html

The State Controller's Office (SCO) administers the Property Tax Postponement (PTP) Program, which allows eligible homeowners to postpone payment of current year property taxes on their primary residence. Homeowners who are elderly, blind or have a disability may be able to defer property taxes. For this program, elderly is 62 or greater.

Mobile Home Ombudsman

California Department of Housing and Community Development

P.O. Box 31, Sacramento, CA 95812

(800) 952-5275

www.hcd.ca.gov/manufactured-mobile-home

ombudsman@hcd.ca.gov

Assists with complaints relating to the registration and titling of mobile homes. Assistance with mobile home park inspections (health and safety issues), installation and problems related to dealer sales.

Tenants Together

474 Valencia St. #156

San Francisco, CA 94103

(888) 495-8020

www.tenantstogether.org

info@tenantstogether.org

Statewide organization for renter's rights. Online tenant resource center and free bilingual hotline staffed by trained volunteers. Does not provide legal advice or aid. Online intake forms available.

Tri-County Independent Living Center

(See page 8)

139 5th Street, Eureka, CA 95501

(707) 445-8404

Fax: (707) 445-9751

www.tilinet.org

aa@tilinet.org

Provides help concerning housing related issues and information regarding finding accessible and affordable housing.

PERMANENT HOUSING

Area 1 Agency on Aging

Information & Assistance - Housing Resources

434 7th Street, Eureka, CA 95501

(707) 442-3763 x301

seniorinfo@a1aa.org

Provides lists and other resources for seniors to find affordable housing.

Housing Authority - Crescent City

235 H Street, Crescent City, CA 95531

(707) 464-9216

Fax: (707) 464-2692

www.crescentcity.org/housing.html

Federally funded program that enables low-income families or individuals to rent affordable, decent, and sanitary housing. Section 8 (Housing Choice Voucher Program) - find your own place and use the voucher to pay for all or part of the rent. To apply, contact the housing assistance agency by phone or via the website.

Housing Authority - Eureka

735 West Everding Street

Eureka, CA 95503

(707) 443-4583

www.ci.eureka.ca.gov

melliew@eureka-humboldt-hsg.org

Federally funded program for low-income families, seniors and disabled individuals to help with renting affordable, decent, and sanitary housing. Provides public housing. Availability dependent upon federal funding and waiting list.

Housing Authority - Yurok Indian

15540 U.S. Hwy. 101 N., Klamath, CA 95548

(707) 482-1506

Fax: (707) 482-3117

www.yurokhousing.com

yiha@yurokhousing.com

Subsidized housing assistance for low-income Native American families, elders, and disabled adults.

Housing Division - City of Eureka

531 K Street, Eureka, CA 95501

(707) 441-4214

www.ci.eureka.ca.gov

Housing rehabilitation, homeownership and funding assistance for low-income households, seniors, and disabled persons. Must reside within Eureka city limits.

Humboldt Bay Housing and Development Corporation

Housing Humboldt

824 L Street #5, Arcata, CA 95521

(707) 826-7312

Fax: (707) 826-7319

www.housinghumboldt.org

info@housinghumboldt.org

Maintains and administers housing options for individuals of low and moderate income, dwellings, rentals and other options. Seniors must be able to live independently.

The Lodge at Eureka

428 8th Street, Eureka, CA 95501

(707) 269-7131

www.danco-group.com/affordable-housing

A 50 unit affordable housing complex for low-income seniors. Amenities on site. Contact for more information on eligibility.

The Meadows Senior Village

2065 David Way, Fortuna, CA 95540

(707) 725-6500

www.danco-group.com/affordable-housing

Ten four-plex apartment buildings in a park-like setting with a centrally located community building. Contact for eligibility.

Plaza Point

977 8th Street, Arcata, CA 95521

(707) 269-7131

www.danco-group.com/affordable-housing

Three-story mixed-use housing development with stores and living spaces. Contact for eligibility.

Redwood Cove Senior Apartments

1755 Northcrest Drive,
Crescent City, CA 95531

(707) 465-6045

Redwood Cove is a 39-unit, HUD-subsidized independent-living apartment complex for low-income individuals aged 62 or older. All units are 1 bedroom, 1 bathroom with an open concept kitchen and living area.

Silvercrest Residence – Salvation Army

2141 Tydd Street, Eureka, CA 95501

(707) 445-3141

HUD-subsidized apartment complex for seniors 62 and over and adults with disabilities that require features of accessible units. Not an assisted living facility.

Summercreek Place

1636 Myrtle Ave, Eureka, CA 95501

(707) 443-0773

www.danco-group.com/affordable-housing

Residential senior community comprised of 40 units and a community center. Contact for eligibility.

Yarrow Village

2080 Stockton Court, Fortuna, CA 95540

(707) 725-6500

www.danco-group.com/affordable-housing

A 25 unit affordable senior housing project. Within close distance of stores, offices, and bus stops. Call for more about eligibility.

RESIDENTIAL CARE FACILITIES FOR THE ELDERLY

Residential Care Facilities for the Elderly (RCFE) (also called Assisted Living Facilities, retirement homes, and board and care homes) provide care for those who may need assistance with Activities of Daily Living (ADL) but do not need 24-hour nursing care. Consumers should carefully evaluate each facility and check licensing resources regarding complaints.

Long Term Care Ombudsman Program

Area 1 Agency on Aging

434 7th Street, Eureka, CA 95501

Emergency/Crisis 24 hrs: (800) 231-4024

Confidential reporting: (707) 269-1330

Fax: (707) 269-1331

www.a1aa.org

ombudsman@a1aa.org

Investigates and works to resolve elder abuse complaints made by, or on behalf of, individual resident's in long-term care facilities. These facilities include nursing homes and residential care facilities for the elderly.

Community Care Licensing Division

State of California

101 Golf Course Drive, Suite A-230 MS 29-11, Rohnert Park, CA 94928

(707) 588-5026

Fax: (707) 588-5080

www.cclid.ca.gov

Investigates complaints against Residential Care Facilities for the Elderly, also known as assisted living facilities. This location serves Humboldt and Del Norte counties.

Addie Meedom House Senior Assisted Living

1445 Parkway Drive,

Crescent City, CA 95531

(866) 646-0142

(707) 464-3311

Fax: (707) 464-3377

www.addiemeedomhouse.com

Aguilar Manor

6433 Eggert Road, Eureka, CA 95501

(707) 443-5160

Fax: (707) 443-5160

Alder Bay Assisted Living

1355 Myrtle Avenue, Eureka, CA 95501

(707) 444-8000

Fax: (707) 268-5607

www.alderbayalf.com

Brookdale

2401 Redwood Way, Fortuna, CA 95540

(707) 726-0111

www.brookdale.com

Cleo's Care Home

129 Higgins St., Eureka, CA 95503

(707) 443-6691

Fax: (707) 442-9274

Cutten Care Home

6253 Berry Lane, Eureka, CA 95503

(707) 444-3428

Fax: (707) 445-3586

www.cuttencarehome.com

cuttencare@yahoo.com

Especially You Assisted Living

12 Henderson St., Eureka, CA 95501

(707) 443-8838

Fax: (707) 443-0572

www.especiallyyou.net

espyou@sbcglobal.net

Frye's Care Home

2240 Fern Street, Cutten, CA 95503

(707) 442-2712

Fax: (707) 442-1238

www.fryescarehome.com

Hall Avenue Rest Home

2641 Hall Avenue, Eureka, CA 95503

(707) 442-5541

Humboldt House Lodge

4041 F Street, Eureka, CA 95503

(707) 601-5561

www.humboldthouselodge.net

First Choice Care Home

456 10th Street, Fortuna, CA 95540

(707) 725-7899

Redwood R&R

3231 Dolbeer Street, Eureka, CA 95501

(707) 444-2076

Renaissance at Timber Ridge - Eureka

2780 Timber Ridge Lane, Eureka, CA 95503

(707) 443-3000

www.timberridgecare.com

Memory care unit.

River House Assisted Living

510 Painter Street, Rio Dell, CA 95562

(707) 764-5505

www.riverhouseliving.com

Roseland Care Home

6449 Purdue Drive, Eureka, CA 95501

(707) 442-3656

roseland212005@aol.com

Timber Ridge - Eureka

2740 Timber Ridge Lane, Eureka, CA 95503

(707) 443-3000

Fax: (707) 443-3027

www.timberridgecare.com
efarnum@timberridgecare.com

Timber Ridge - McKinleyville

1400 Nursery Way, McKinleyville, CA 95519

(707) 839-9100

Fax: (707) 839-2981

www.timberridgecare.com

Larona@TimberRidgeCare.com

TEMPORARY SHELTER AND TRANSITIONAL HOUSING

Betty Kwan Chinn Day Center

133 7th Street, Eureka, CA 95501

(707) 407-3833

www.bettychinn.org

In partnership with Catholic Charities, provides services for people experiencing homelessness. Services include transitional housing, case management, career coaching, stabilization services, learning center, and referral to community resources.

Eureka Rescue Mission (Men)

110 2nd Street, Eureka, CA 95501

(707) 443-4551

(707) 445-3787

Fax: (707) 443-0753

www.eurekarescuemission.org

office@eurekarescuemission.org

Food, clothing, showers and shelter available. Must be sober and respectful of others.

Eureka Rescue Mission (Women and Children)

107 Third Street, Eureka, CA 95501

(707) 443-5016

(707) 445-3787

www.eurekarescuemission.org

office@eurekarescuemission.org

Food, clothing, showers and shelter provided for women with or without children. Must be sober and respectful of others.

HOME REPAIR AND MODIFICATION

504 Loan and Grant Program

USDA Rural Development

USDA Rural Development, Room 5014-S, MS0701, 1400 Independence Avenue SW, Washington, DC 20250

430 G Street, Agency 4169

Davis, CA 95616

(800) 670-6553

(530) 792-5816

TTY/TDD: (800) 877-8339

Eureka Office: (707) 443-6714 ext. 4

www.rurdev.usda.gov/ca

Low-interest loans for the improvement of housing safety and sanitation. Humboldt Hill south to county line, north from Indianola to Oregon state line. Excludes residents in the City of Eureka and in mobile home parks.

California Access

P.O. Box 4904, Eureka, CA 95502

(707) 444-8584

Accessibility surveys, accessible housing information and design, home modification services, and ramp rentals.

City of Eureka

Residential Rehabilitation Program

City Hall

531 K St., Eureka, CA 95501

(707) 441-4209

Fax (707) 441-4138

Kristen Raymond kraymond@ci.eureka.ca.gov

The purpose of this block grant loan program is to assist low to moderate income single-family homeowners, located within the City limits of Eureka, an opportunity to finance health and safety repairs, energy-efficient upgrades, and handicapped-accessible repairs to their home.

Developed Employment Services

P.O. Box 2129, McKinleyville, CA 95519

(707) 443-0600

DevelopedEmploymentServices.com

info@developedemploymentservices.com

Developed Employment Services is a work program for adults with developmental disabilities. With support from a job coach, clients seek the following work: landscaping, janitorial services, industrial/warehouse work, and other on-demand jobs. Other types of work are welcome and tools are available.

Glen Haven (GH) Outreach

700 East Washington Boulevard,

Crescent City, CA 95531

(707) 464-5089

ghoutreach@aol.com

Groups of adults with developmental disabilities are available for recycling, yard work, power washing, moving & minor construction.

Lead Hazard Control Inspection Services**Redwood Community Action Agency**

539 T Street, Eureka, CA 95501

(707) 444-3831

www.rcaa.org

Lead-based paint hazard reduction services on a fee-for-services and grant-funded basis, designed to make lead-safe housing for families with small children and pregnant women.

Redwood Teen Challenge

2212 2nd St., Eureka, CA 95501

(707) 268-8727 ext. 106.

www.redwoodtc.org

Redwood Teen Challenge offers a variety of professional services including: Landscaping, Food Service, Construction, Painting & Janitorial Services. If you are in need of our services contact our website or phone.

Senior Home Repair

Humboldt Senior Resource Center

1910 California Street, Eureka, CA 95501

(707) 443-9747 x1240

www.humsenior.org

activities@humsenior.org

Assists low to moderate income seniors to make their homes safer. Must be age 60+ and live in the City of Eureka (owner or renter).

Weatherization

Redwood Community Action Agency

539 T Street, Eureka, CA 95501

(707) 444-3831

www.rcaa.org/division/energy-services/program/weatherization

RCAA crews complete health-related repairs such as replacing broken windows and doors.

ENERGY ASSISTANCE

Energy Services

Del Norte Senior Center

1765 Northcrest Drive,

Crescent City, CA 95531

(707) 464-9013

www.delnorteseniorcenter.org/energy-assistance.html

Provides help with payments for electricity or home heating fuel for qualified low-income households in Del Norte County. Provides assistance with weatherization and home energy efficiency improvements through direct services and referrals.

Energy Assistance

Redwood Community Action Agency

904 G Street, Eureka, CA 95501

(707) 444-3834

Del Norte office: (855) 299-7336

www.rcaa.org/division/energy-services

Assists eligible households with payments or purchases of electricity, propane, natural gas, heating oil, or firewood. Eligibility is assessed annually and based upon the household's income and family size. If you live in Humboldt County, call on Mon. beginning at 9am. If you live in Del Norte County, call on Tues. beginning at 9 am. Calls are taken until schedule is filled.

Firewood Program**Humboldt Senior Resource Center**

1910 California Street

Eureka, CA 95501

(707) 443-9747 x1240

www.humsenior.org

activities@humsenior.org

Seasonal firewood program for eligible low to moderate income seniors.

Low Income Home Energy Assistance Program (LIHEAP)**Redwood Community Action Agency**

539 T Street, Eureka, CA 95501

(707) 444-3834

Del Norte Office: (707) 464-0955

www.rcaa.org

Limited assistance to eligible households with payments or purchases of electricity, propane, natural gas, heating oil or firewood. Eligibility is based upon the household's income and family size and is provided on a once-per-year basis. In Humboldt County, call Mondays at 9:00 am. In Del Norte, number is for weatherization. Calls are taken until schedule is filled.

Pacific Gas and Electric (PG&E)**Assistance Programs**

2555 Myrtle Avenue, Eureka, CA 95501

(800) 743-5000

Smarter energy line: (800) 933-9555

CARE line: (866) 743-2273

www.pge.com

Balanced Payment Plan allows you to average out your payments over a year to allow for easier budgeting.

Bill Guarantee enables you to add a co-signer to your account as an alternative to keeping a deposit with PG&E. **PG&E Payment Arrangements** provide flexibility in payment due dates.

Californians for Alternative Rates for Energy, or CARE, provides a monthly discount for income-qualified households.

Federal Electric Rate Assistance, or FERA, provides discounts for income qualified households of three or more. FERA has a higher income limit than CARE but offers a lower discount.

The PG&E Smarter Energy Line, (800) 933-9555, offers a weatherization program to low-income, disabled, and senior customers, rebates on energy-efficient appliance purchases.

Pacific Gas and Electric (PG&E)

Medical Baseline Program

PGE, Attention: Medical Baseline

P.O. Box 8329, Stockton, CA 95208

(800) 743-5000

TTY/TDD: (800) 652-4712

www.pge.com/medicalbaseline

Residential customers dependent on life-support equipment, or with special heating or cooling needs due to certain medical conditions, may be eligible to receive additional quantities of energy at the lowest baseline price.

Relief for Energy Assistance through Community Help (REACH)

Eureka

2123 Tydd Street, Eureka, CA 95501

(800) 933-9677

www.pge.com/reach

Garberville

727 Cedar Street, Garberville, CA 95542

(800) 933-9677

Garberville: (707) 923-2779

www.pge.com/reach

Limited financial assistance for overdue utility service bills for qualified customers. A one-time energy-assistance program sponsored by PG&E for those who have experienced an uncontrollable or unforeseen hardship. Assistance available once within an 18 month period, but exceptions can be made for seniors, the physically challenged and the terminally ill.

Pacific Power and Light

(888) 221-7070

www.pacificpower.net

California Alternate Rates for Energy (CARE)

(888) 221-7070

www.pacificpower.net/care

Home Energy Savings

(888) 221-7070

www.pacificpower.net/res/sem/california.

Cash incentives for purchasing high-efficiency appliances and products. Eligible products and requirements are listed on website.

Medical Allowance Program

(888) 221-7070

www.pacificpower.net/assistance

customerservice@pacificcorp.net

Full-time household residents requiring use of medical life-support device essential to maintaining their life. Application form available online.

Redwood Coast Energy Authority (RCEA)

633 3rd Street, Eureka, CA 95501

(800) 931-7232

(707) 269-1700

Fax: (707) 269-7777

www.redwoodenergy.org

info@redwoodenergy.org

All PG&E customers in Humboldt, renters or homeowners, are eligible for a no-cost, no-obligation assessment and can receive specific recommendations for improving a home's comfort and efficiency. Renters and homeowners may be eligible for a variety of no-cost and reduced-cost upgrades.

U

Medical

ASSISTIVE DEVICES

AbleData

103 W. Broad Street, Suite 400,
Falls Church, VA, 22046

(800) 227-0216

Fax: (703) 356-8314

TTY/TDD: (703) 992-8313

www.abledata.com

abledata@neweditions.net

Searchable, easy to use online database for assistive technology and rehabilitation equipment. AbleData is funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR), part of the US government. They do not sell products.

Accessible Environments, Inc.

106 Wingate Drive

Williamsburg, VA 23185

P.O. Box 5073, Williamsburg, VA, 23185

(800) 643-5906

Fax: (757) 565-1570

www.acessinc.com

order@acessinc.com

Online resource selling adaptive equipment for persons with disabilities.

Tri-County Independent Living Center (See page 8)

139 5th Street, Eureka, CA 95501

(707) 445-8404

Fax: (707) 445-9751

www.tilinet.org

aa@tilinet.org

HOME HEALTH CARE

Advanced Illness Management

(See page 28)

785 E. Washington Blvd.

Crescent City, CA 95531

(707) 464-8741

www.sutterhealth.org

Mad River Home Health Service

4605 Valley West Blvd., Arcata, CA 95521

(707) 826-8420

www.madriverhospital.com

Progressive, compassionate care to people at home, including skilled nursing, physical, occupational and speech therapy, home health aide and medical social workers. Serves residents from Fortuna to Orick and east to Fieldbrook, Kneeland, and Blue Lake.

St. Joseph Home Care

2127 Harrison Avenue, Eureka, CA 95501

(707) 443-9332

In-home care to qualified patients, including services of skilled nursing staff and physical, occupational and speech therapy, home health aide and medical social workers. Serves Eureka and Eel River Valley areas.

Sutter Coast Home Health Care

785 East Washington Blvd., Suite 15, Crescent City, CA 95531

489 Hillside Suite B, Brookings, OR, 97415

(707) 464-8741

Fax: (707) 464-3742

www.suttercoast.org

suttercoast@sutterhealth.org

Services provided to ease transition from hospital to home including multiple specialty programs such as pediatrics, obstetrics, enterostomal therapy, infusion and wound therapy.

DENTAL

1-800-DENTIST

24 hours: (800) 336-8478

www.1800dentist.org

Free, in person, online, and on the phone 24/7 help in locating a pre-screened dentist.

Burre Dental Center

Open Door Community Health Centers

959 Myrtle Ave, Eureka, CA

(707) 442-7078

Fax: (707) 442-7298

www.opendoorhealth.com

Call to see if accepting new patients.

Dental Health Center

College of the Redwoods

7351 Tompkins Hill Road AT101,

Eureka, CA 95501

(707) 476-4250

www.redwoods.edu/dental

Reduced cost dental services by licensed dentist and registered dental hygienist, assisted by CR Dental Assisting students. Services include exams, x-rays, cleaning, fluoride treatments and sealants, fillings, crowns, bridges and full and partial dentures. Priority given to CR students and staff. Emergency care not available. Appointments required. Complex dental treatment, extractions or root canal therapy not available.

Humboldt Del Norte Dental Society

P.O. Box 6368, Eureka, CA 95503

(707) 443-7476

www.hdnds.org

humboltdelnorte.dentalsociety@gmail.com

Listings of all Humboldt Del Norte Dental Society members by location and dental specialty.

United Indian Health Services (See page 58)

1600 Weeot Way, Arcata, CA 95521

(707) 825-5000

(800) 675-3693

www.unitedindianhealthservices.org

UIHS operates dental clinics in Arcata and Crescent City.

HEALTH EDUCATION AND INFORMATION

LOCAL

American Cancer Society - Humboldt

611 Harris Street, Eureka, CA 95501

(707) 442-1436

www.cancer.org

Info and educational materials on cancer. Funds research on cancer. Local groups present annual Relay for Life races.

Humboldt Area Center for Harm Reduction (HACHR)

1522 3rd Street, Eureka, CA 95501

(707) 407-6013

www.hachr707.org

hachr707@gmail.com

Strategies aimed at reducing negative consequences associated with drug use. Syringe exchange and disposal, naloxone distribution, on-demand HIV/HCV testing, and referrals to treatment. Community education and training related to the concepts of harm reduction.

Humboldt Independent Practice Association

Diabetes Education Program (See page 75)

2316 Harrison Street, Eureka, CA 95501

(707) 443-0124

Fax: (707) 443-2527

www.humboldtipa.com

Health Decisions Center

2662 Harris Street, Eureka, CA 95503

(707) 443-4563

Fax: (707) 443-2527

Toll Free: 1-866-443-4563

TTY/VCO/HCO to voice (English) 1-800-735-2929

TTY/VCO/HCO to voice (Spanish) 1-800-855-3000

www.humboldtipa.com

Decision aids or coaching services, for low back pain, chronic pain, osteoarthritis, bone protection, spinal stenosis, torn meniscus, benign prostatic hyperplasia, PSA testing, carotid artery disease, heart tests, heart failure, peripheral artery disease, chest discomfort, breast reconstruction, breast cancer, uterine bleeding, colon cancer screening, weight loss surgery, anxiety, insomnia, and depression.

Our Pathways to Health

2662 Harris Street, Eureka, CA 95503

(707) 267-9606

Fax: (707) 443-2527

www.humboldtpta.com/wrd-prs/our-pathways-to-health/

Chronic disease and chronic pain self-management programs to help improve the health of anyone living with a long-term health condition.

Rx Safe Humboldt

2662 Harris St., Eureka, CA 95503

(707) 443-4563

www.rxsafehumboldt.com

Working to improve the diagnosis and treatment for chronic pain and developing strategies for minimizing misuse of prescription pain medications.

Humboldt Community Breast and GYN Health Project

987 8th Street, Arcata, CA 95521

(707) 825-8345

Fax: (707) 825-8384

www.hcbhp.org

info@hcbhp.org

A community resource for information, support and assistance for people facing a breast or gynecologic cancer concern. Assists with locating women's health screening and other supportive services during and throughout cancer diagnosis, treatment and beyond.

Humboldt - Del Norte County Medical Society

P.O. Box 6457, Eureka, CA 95502

3100 Edgewood Road, Eureka, CA 95501

(707) 442-2367

Fax: (707) 442-8134

www.hdncms.org

hdncms@sbcglobal.net

Membership organization of approximately 180 physicians in Humboldt and Del Norte counties. Publishes Physician Directory. Referral/Doctor finder on website. Committee to help mediate unresolved doctor-patient disputes related to fees and/or care. Provides information on Do Not Resuscitate (DNR) and Advance Health Care Directive forms.

Kris Kelly Health Information Center

St. Joseph Health System

Evergreen Lodge 2700 Dolbeer Street,
Eureka, CA 95501

(707) 442-9094

Fax: (707) 269-3820

www.kkhic.org

sje-kkhic@stjoe.org

Comprehensive consumer health information resources and electronic databases.

HEALTH EDUCATION AND INFORMATION

NATIONAL/STATE/REGIONAL

American Diabetes Association (ADA)

1970 Broadway, Suite 425

Oakland, CA 94612

2451 Crystal Dr., Suite 900

Arlington, VA 22202

(800) 342-2383

CA state office: (510) 654-4499

www.diabetes.org

askada@diabetes.org

Info and educational materials on preventing, treating and living with diabetes. Funds research and provides services related to diabetes.

American Heart Association - North Bay

1400 N. Dutton Avenue #20,

Santa Rosa, CA 95401

(707) 542-1992

www.heart.org/heartorg

Online information for caregivers of people with heart conditions, including printable caregiving fact sheets, tips on caregiving and for preventing caregiver burnout.

American Lung Association in California

424 Pendleton Way

Oakland, CA 94621

National helpline: (800) 586-4872

Oakland office: (510) 638-5864

Fax: (510) 638-8984

www.lungusa.org

Works to fight smoking. Research, education and advocacy to prevent and treat lung diseases such as asthma and COPD and to eliminate lung cancer.

American Stroke Association - North Bay

2007 O St., Sacramento, CA 95811

(916) 446-6505

www.strokeassociation.org

Arthritis Foundation (AF)

Northern California Chapter

657 Mission Street Suite 603,

San Francisco, CA 94105

Arthritis helpline: (888) 391-9389 x101

(800) 464-6240

San Francisco office: (415) 356-1230

Fax: (415) 356-1240

www.arthritis.org

info.nca@arthritis.org

Information concerning all types of arthritis and arthritis-related illnesses, including managing symptoms and exercise programs to improve arthritis pain and functioning. Provides drug guide and physician referral service for treatment of arthritis.

Foundation for Osteoporosis Research and Education

1814 Franklin Street #620,

Oakland, CA 94612

(888) 266-3015

(510) 832-2663

Fax: (510) 208-7174

www.americanbonehealth.org

info@americanbonehealth.org

Free bone health hotline. Online resources and information on bone health and osteoporosis.

National Osteoporosis Foundation (NOF)

251 18th St. S., Suite 630,
Arlington, VA 22202

(800) 231-4222

(202) 223-2226

Fax: (202) 223-2237

www.nof.org

info@nof.org

Provides information and resources dedicated to preventing and treating osteoporosis and broken bones.

National Parkinson Foundation (NPF) Helpline

200 SE 1st Street, Lake Worth, FL 33461

(800) 473-4636

Fax: (305) 537-9901

www.parkinson.org

contact@parkinson.org

Mission is to improve the quality of Parkinson's care through research, education and outreach.

Parkinson's Disease Foundation (PDF) Hotline (See page 76)

1359 Broadway, Suite 1509,
New York, NY 10018

Parkinson's hotline: (800) 457-6676

Office: (212) 923-4700

Fax: (212) 923-4778

www.pdf.org

info@pdf.org

Western Neuropathy Association

P.O. Box 276567, Sacramento, CA 95827

(877) 622-6298

www.pnhelp.org

info@pnhelp.org

Telephone support and resources.

HEALTH INSURANCE

HICAP**(Health Insurance Counseling and Advocacy)****Area 1 Agency on Aging****Del Norte**

1765 Northcrest Drive

Crescent City, CA 95531

(707) 464-7876**Humboldt**

434 7th Street, Eureka, CA 95501

(800) 434-0222**(707) 444-3000****(707) 442-3763**www.a1aa.orghicap@a1aa.org

Free help with questions or problems regarding Medicare, Medicare prescription drug plans, Medicare Supplement Insurance (Medigap) and long-term care insurance. Counseling sites include Arcata, Crescent City, Eureka, Fortuna, McKinleyville, Redway and Willow Creek. Call for an appointment.

California Department of Managed Health Care

980 9th Street, Suite 500

Sacramento, CA 95814

(888) 466-2219**Fax: (916) 255-5241****TTY/TDD: (877) 688-9891**www.dmhc.ca.gov

State agency oversees health plans. Provides information about options for obtaining health care coverage. Help Center representatives provide assistance for resolving problems with health and dental plans.

Centers for Medicare and Medicaid Services

90 7th Street Suite 5-300

San Francisco, CA 94103

7500 Security Blvd., Windsor Mill, MD 21244

(800) 633-4227

TTY/TDD: (877) 486-2048

www.cms.gov

ROSFOORA@cms.hhs.gov

Information on Medicare, Medicare claim information, Medicare Advantage, Medicare prescription drug plans and publications. Signing up for online “My Medicare” allows beneficiaries to manage and track personal health activities, coverage and claims.

Covered California

P.O. Box 989725

West Sacramento, CA 95798-9725

(800) 300-1506

TTY/TDD: (888) 889-4500

www.coveredca.com

Affordable Care Act health insurance marketplace for all Californians not covered by Medicare, an employer or other health plan. Health exchange allows applicants to view health plan choices, enroll in a plan and determine if they qualify for help with insurance premium costs.

Medi-Cal Eligibility

Department of Health and Human Services

Del Norte

880 Northcrest Drive

Crescent City, CA 95531

(707) 464-3191

Fax: (707) 465-1783

www.co.del-norte.ca.us/departments/health-human-services

Humboldt

808 E Street, Eureka, CA 95501

24 hours: (888) 849-5728

24 hours: (707) 445-7715

(707) 268-3447

www.humboldt.gov/192

Determines eligibility for public assistance programs such as Medi-Cal and other county health insurance coverage, food stamps/Cal-Fresh, Cal Works, and General Relief.

Medi-Cal Estate Recovery Program

(916) 650-0590

Fax: (916) 440-5650

www.dhcs.ca.gov/services/Pages/TPLRD_ER_cont.aspx
er@dhcs.ca.gov

Medi-Cal provides medical care for low-income individuals. The state may require repayments of the cost of premiums for that care. This resource offers information, pamphlets and brochures to learn more about how the program works.

HEARING AND SPEECH

Deaf and Disabled Telecommunications Program

California Public Utilities Commission
CTAP Contact Center, P.O. Box 30310
Stockton, CA 95213

(800) 806-1191

Fax: (800) 889-3974

TTY/TDD: (800) 806-4474

www.ddtp.org
info@ccaf.us

Programs for speech-to-speech telephone services and assistive telecommunications equipment for deaf and hard-of-hearing individuals. Provides free products and services for individuals who have difficulty using the telephone due to hearing, vision, movement, speech or cognitive impairment.

Ear of the Lion Hearing Foundation

850 San Jose Avenue #115
Clovis, CA 93612

(800) 327-8077

Fax: (559) 322-5468

www.earofthelion.org
hearfoundation@aol.com

Lends refurbished and conditioned hearing aids to low-income eligible customers for a lifetime fee of \$150 per hearing aid. The Foundation has a hearing aid bank and supports patients who need hearing aids. The Foundation's funding comes from Lions and Lions.

Hear Now Program - Starkey Foundation

(866) 354-3254

Fax: (953) 828-6900

6700 Washington Avenue South

Eden Prairie, MN 55344

www.starkeyhearingfoundation.org/hearnow

hearnow@starkeyfoundation.org

Provides hearing aids to income eligible persons every five years. Must not have insurance benefit that covers hearing aids.

Vestibular Disorders Association

5018 NE 15th Ave, Portland, OR 97211

(800) 837-8428

Fax: (503) 229-8064

www.vestibular.org

info@vestibular.org

Offers information on disorders of the inner ear including management and diagnosis of dizziness and searchable database of related health care professionals.

HOSPITALS AND MEDICAL CLINICS

Open Door Community Health Centers

Administration: 670 Ninth Street, Suite 203

Arcata, CA 95521

(707) 826-8633 - Administration

www.opendoorhealth.com

Family practice services for primary medical needs, including diagnosis, treatment and referral for more advanced care as necessary. Diagnosis and treatment for acute illnesses and chronic conditions. Routine health screenings, immunizations and boosters, and lab tests. Telehealth and visiting specialists, additional and specialty services. Health Access Assistance Program (HAAP): Free application assistance for public insurance programs and information on available community resources. Assists in determining eligibility for Medi-Cal, Medicare, CMSP, Family PACT and other programs. Those without insurance are eligible for discounts based on income and ability to pay. Accepts most private insurances.

Del Norte Community Health Center

550 E Washington Street Suite 100,
Crescent City, CA 95531

(707) 465-6925

Fax: (707) 465-6070

Dental Services: (707) 465-4636

Eureka Community Health

and Wellness Center

2200 Tydd St., Eureka, CA 95501

(707) 441-1624

Fax: (707) 441-1253

Humboldt Open Door Clinic

770 10th Street, Arcata, CA 95521

(707) 826-8610

Fax: (707) 826-8623

McKinleyville Community Health Center

1644 Central Avenue,

McKinleyville, CA 95519

(707) 839-3068

Mobile Health Services

(707) 443-4666 - Appointment Line

Offers mobile medical services at designated sites in Eureka to patients of all ages, including patients who are homeless, in transitional housing, migrant workers and their families. Services include behavioral health counseling and opiate dependency treatment.

North Country Clinic

785 18th Street, Arcata, CA 95521

(707) 822-2481

Transgender Health Clinic - Open Door Community Health Centers

770 10th Street, Arcata, CA 95521

(707) 826-8610

Willow Creek Community Health Center

38883 Highway 299

Willow Creek, CA 95573

(530) 629-3111

Fax: (530) 629-3122

Medical/dental: (530) 629-3111

Eureka Veterans Outpatient Clinic

930 West Harris St., Eureka, CA 95501

(707) 269-7500

www.va.gov

Preventive and primary care and specialty services including mental health, substance abuse and nutrition counseling.

Humboldt Family Medical Care

Mad River Hospital

1733 Central Avenue

McKinleyville, CA 95519

(707) 839-4852

Provides health maintenance and promotion, diagnosis and management of primary care concerns. Call for appointment.

Jerold Phelps Community Hospital

733 Cedar Street, Garberville, CA 95542

(707) 923-3921

Southern Humboldt hospital with nine skilled nursing beds, eight acute care beds, emergency room.

K'ima:w Medical Center

768 Loop Rd., Hoopa, CA 95546

P.O. Box 1288, Hoopa, CA 95546

(530) 625-4261

Health care to Native American people and others seeking services for the Hoopa Valley Indian Reservation and surrounding areas. Patient transportation is available for medical and dental appointments.

Mad River Community Hospital

3800 Janes Road, Arcata, CA 95521

(707) 822-3621 (hospital operator)

(707) 822-7220 (if you know extension)

www.madriverhospital.com

Acute care hospital with 78 beds offering emergency care, OB, radiological and surgical services, pain management, wound care, and other services.

Public Health Branch

Department of Health and Human Services

Del Norte

880 Northcrest Drive

Crescent City, CA 95531

(707) 464-3191

www.co.del-norte.ca.us/departments/health-human-services/public-health

Humboldt

529 I Street, Eureka, CA 95501

(866) 597-1574

(707) 445-6200

humboldt.gov/330

Home visits from Public Health Nurses, Women, Infant and Children (WIC) services, flu shot clinic, immunizations, AIDS/HIV and tuberculosis testing. Provides permits and inspections from Environmental Health, birth and death certificates and many health education programs.

Redwood Coast PACE

Humboldt Senior Resource Center

1910 California Street, Eureka, CA 95501

(707) 443-9747 x1203

www.humsenior.org

pace@humsenior.org

The Program of All-inclusive Care for the Elderly is a health plan that provides comprehensive medical care and support services for eligible seniors age 55 and older.

Redwood Memorial Hospital

3300 Renner Drive, Fortuna, CA 95540

(707) 725-3361

www.redwoodmemorial.org

Acute care hospital, 25 beds, offering emergency care, laboratory and imaging services, outpatient

rehabilitation, and women and children's program.

Redwoods Rural Health Center - Redway

101 West Coast Road, Redway, CA 95560

(707) 923-2783

www.rrhc.org

Family practice clinic providing medical and dental services.

Six Rivers Medical Center - Willow Creek

Mad River Hospital

P.O. Box 1045 850 State Hwy 96,

Willow Creek, CA 95573

(530) 629-3116

www.madriverhospital.com

Rural health outreach center for Mad River Hospital providing family care for all ages. Includes laboratory, health maintenance and promotion, and diagnosis and management of health conditions.

Six Rivers Planned Parenthood

3225 Timber Fall Court, Eureka, CA 95503

(707) 442-5700

(800) 230-7526

www.srpp.org

Provides services and information on sexuality, menopause and aging-related issues.

Southern Humboldt Community Clinic

509 Elm Street, Garberville, CA 95542

733 Cedar Street, Garberville, CA 95542

(707) 923-3925

www.shchd.org

Southern Humboldt

Community Healthcare District

733 Cedar Street, Garberville, CA 95542

(707) 923-3921

Fax: (707) 923-1456

shchd.org

inquiries@shchd.org

Acute care district hospital in southern Humboldt County offering skilled nursing, emergency care, lab, mammography and radiology services.

St. Joseph Hospital

2700 Dolbeer St, Eureka, CA 95501

(707) 445-8121

www.stjosepheureka.org

Acute care hospital, 99 beds, with clinical specialties in cancer treatment, emergency care, neurosurgery, heart program, rehabilitation, and orthopedic care. Treats sleep disorders, offers programs in women and children's health and pain management.

Sutter Coast Hospital

800 E. Washington Blvd.

Crescent City, CA 95531

(707) 464-8511

www.suttercoast.org

suttercoast@sutterhealth.org

Provides intensive care, emergency and cardiopulmonary services, radiology and teleradiology, pharmacy, maternity, laboratory services and more.

Walk-in Clinic

Sutter Coast Health Center

785 East Washington Blvd. Suite 10

Crescent City, CA 95531

(707) 464-8511

www.suttercoast.org

suttercoast@sutterhealth.org

Daily walk-in services offering prompt treatment for non-life-threatening medical problems as an alternative to the Emergency Room. No appointment necessary.

United Indian Health Services

1600 Weott Way, Arcata, CA 95521

Main number: (707) 825-5000

www.unitedindianhealthservices.org

Serves eligible Native American patients. Services vary by location, please call.

**Crescent City Dental Clinic –
Gho'Mun' Dun Dental Clinic**

785 E. Washington Boulevard, Suite 8
Crescent City, CA 95531
(707) 464-2583

Crescent City Medical Clinic

1675 Northcrest Drive
Crescent City, CA 95531
(707) 464-2750

Elk Valley Office

2298 Norris Avenue Suite A
Crescent City, CA 95531
(707) 464-2919

Fortuna Health Center

3302 Renner Drive #C, Fortuna, CA 95540
(707) 725-7988

Potawot Health Village - Arcata

1600 Weeot Way, Arcata, CA 95521
Administration: (707) 825-5000
Medical: (707) 825-5010
Toll-free: (800) 675-3693
www.unitedindianhealthservices.org

Klamath Health Clinic – Hop'Ew Puel

241 Salmon Avenue, Klamath, CA 95548
(707) 482-2181

Weitchpec Health Clinic

Libby Nix Community Center, Route 96
Hoopa, CA 95546
(530) 625-4300

**WIC (Women, Infants and Children)
Program Office**

5000 Valley West Blvd, Suite 9
Arcata, CA
(707) 822-3921

NON-CRISIS BEHAVIORAL HEALTH

Please see Crisis section (at the beginning of this guide) for additional resources.

Friendship Line Institute on Aging (See page 77)

3575 Geary Blvd,
San Francisco, CA
24 hours: (800) 971-0016
Business: (415) 752-3778
www.ioaging.org
friendshipline@ioaging.org

Humboldt Family Service Center

1802 California Street
Eureka, CA 95501
(707) 443-7358
www.humboldtfamilyservice.org

Counseling to individuals, couples, families, adolescents and children on a low-cost sliding fee scale.
Free walk-in counseling clinic Mondays from 1:00 pm to 4:00 pm.

Making Headway Center for Brain Injury Recovery

730 K Street, Eureka, CA 95501
(707) 442-7668
Fax: (707) 443-8839
www.mhwcenter.org
info@mhwcenter.org

Family and individual counseling, support groups, advocacy, community reintegration, therapeutic recreation and pre-vocational assistance for individuals with traumatic brain injury.

National Alliance on Mental Illness (NAMI)

P.O. Box 1225, Eureka, CA 95502
Message: (707) 444-1600

www.nami-humboldt.org

nami.humboldt@gmail.com

NAMI is dedicated to improving the lives of individuals and families affected by mental illness.

**North Coast Association
of Mental Health Professionals**

P.O. Box 5363, Eureka, CA 95502

(707) 441-3832

www.ncamhp.org

info@ncamhp.org

Searchable online registry of LGBT-friendly psychologists, psychiatrists, marriage and family therapists, licensed clinical social workers, licensed educational psychologists and registered interns of these professions.

Two Feathers Native American Family Services

1560 Betty Court, Suite A,

McKinleyville, CA 95519

(800) 341-9454

(707) 839-1933

Fax: (707) 839-1726

www.twofeathers-nafs.org

frontdesk@twofeathers-nafs.org

Promotes the stability and security of families and protects the best interests of Indian children.

Committed to incorporating cultural traditions that encourage a balance of emotional, mental, physical and spiritual health. Collaborates with both Indian and non-Indian agencies to achieve goals and honor the privacy of Indian families.

PRESCRIPTIONS

Mediguard Safe Med Service

4820 Emperor Blvd., Durham, NC 28160

www.mediguard.org

support@mediguard.org

Free online medication monitoring service to screen for drug and drug disease interactions, sends email alerts and updates as important safety information arises for medication and shares feedback from other members on side effects. Once registered, provides a printable list of medications.

NeedyMeds, Inc.

(800) 503-6897

www.needymeds.org

info@needymeds.org

Online information resource providing assistance to people unable to afford their medications and health care costs. Also offers discount coupons, discount drug cards, and access to other resources to help with prescription drug costs.

Rx Assist

www.rxassist.org

info@rxassist.org

Offers a comprehensive database of patient assistance programs, as well as practical tools, news and articles. Also offers discount drug program cards.

REHABILITATION SERVICES

Only non-profit agencies with rehabilitation services are listed here. There are a number of for profit physical therapy companies. Ask your physician for the best referral to meet your needs.

Acute Rehabilitation Center

Sutter Coast Hospital

800 E. Washington Blvd.

Crescent City, CA 95531

(707) 464-8837

www.suttercoast.org

Comprehensive inpatient physical rehabilitation program.

Adult Day Health Services (See page 21)

1901 California Street, Bldg. B,

Eureka, CA 95501

(707) 444-8254

www.humsenior.org

alzintake@humsenior.org

Adult Day Health Care of Mad River (See page 21)

3800 Janes Road, Arcata, CA 95521

P.O. Box 1115, Arcata, CA 95518

(707) 822-4866

www.adhcmadriver.org

adhcm@madriverhospital.com

Rehabilitation Center

St. Joseph Health System

2200 Harrison Avenue, Eureka, CA 95501

(707) 441-4414

www.stjoe Humboldt.org/Our-Services/Rehabilitation-Services-Inpatient.aspx

Comprehensive acute medical rehabilitation including inpatient and outpatient services.

Six Rivers Rehabilitation and Sports Medicine

Mad River Hospital

(530) 629-3338

550 Highway 96, Willow Creek, CA 95573

Full range of therapy for orthopedic problems, sports injuries, industrial safety and injury prevention.

Fitness centers open to the public for a monthly fee.

Vector Physical Therapy

Vector Rehabilitation

2121 Myrtle Avenue, Eureka, CA, 95501

(707) 442-6463

Vector Aquatic Center (See page 71)

3289 Edgewood Road, Eureka, CA 95501

(707) 441-9262

www.vectorpt.org

SKILLED NURSING FACILITIES

Skilled nursing facilities (also known as nursing homes or long-term care facilities) provide 24 hour care, including both rehabilitation and custodial care. Each facility is licensed, regulated, inspected, and/or certified by a number of public and private agencies at the state and federal levels. Facilities must provide nursing service 24 hours a day and minimum, have one full-time registered nurse on

staff at all times. In California, these facilities are licensed by the California Department of Public Health, Licensing and Certification Division.

Long Term Care Ombudsman Program

Area 1 Agency on Aging

434 7th Street, Eureka, CA 95501

Emergency/Crisis 24 hrs: (800) 231-4024

Confidential reporting: (707) 269-1330

Fax: (707) 269-1331

www.a1aa.org

ombudsman@a1aa.org

Investigates and works to resolve complaints made by, or on behalf of, residents in skilled nursing and residential care facilities for the elderly (aka assisted living facilities).

California Advocates for Nursing Home Reform (CANHR)

650 Harrison Street 2nd Floor

San Francisco, CA 94107

(415) 974-5171

Fax: (415) 777-2904

www.canhr.org

canhrmail@canhr.org

Consumer information regarding the rights of individuals in long-term care facilities, Medi-Cal and other long-term care issues. Statewide lawyer referral services primarily for elder law issues, including elder abuse, neglect or injury, estate planning, long-term care and protective services.

Health Facilities Consumer

Information System

(916) 552-8700

Business: (800) 236-9747

www.hfcis.cdph.ca.gov

Information about licensed long-term care facilities and hospitals throughout California. Information includes ownership, certification status (acceptance of Medicare and/or Medi-Cal) and performance history, including complaints, facility self-reported incidents, state enforcement actions and deficiencies. Facilities can be located by zip code, city or county. Accepts online complaints regarding facilities.

**Licensing and Certification Division -
California Department of Public Health**

2170 Northpoint Parkway
Santa Rosa, CA 95407

(866) 784-0703

Business: (707) 576-6775

Provides information about long-term care facilities in the district, accepts and investigates formal complaints.

Crescent City Skilled Nursing

1280 Marshall Street
Crescent City, CA 95531

(707) 464-6151

Fax (707) 464-6064

Eureka Rehabilitation and Wellness Center

2353 23rd St., Eureka, CA 95501

(707) 445-3261

www.eurekarehabwc.com

Fortuna Rehabilitation and Wellness Center

2321 Newburg Rd, Fortuna, CA 95540

Business: (707) 725-4467

www.fortunarehabwc.com

Granada Rehabilitation and Wellness Center

2885 Harris St., Eureka, CA 95503

(707) 443-1627

www.grnadarehabwc.com

Seaview Rehabilitation and Wellness Center

6400 Purdue Drive, Eureka, CA 95503

(707) 443-5668

**Southern Humboldt Community
Healthcare District (SHCHD)**

733 Cedar St., Garberville, CA 95542

(707) 923-3921

www.shchd.org

VETERANS

Blinded Veterans Association

125 Northwest Street, 3rd Floor
Alexandria, VA, 22314

(800) 669-7079

Business: (202) 371-8880

Fax: (202) 371-8258

www.bva.org

bva@bva.org

Peer support program that assists blinded veterans with overcoming vision loss challenges, locating and using local and Veteran's Blind Rehabilitation Services and claims. Can assist with accessing resources for employment, training, and placement.

California Department of Veterans Affairs (CALVET)

1227 O Street, Sacramento, CA 95814

P.O. Box 942895, Sacramento, CA 94295

Business: (800) 952-5626

Business TTY/TDD: (800) 324-5966

www.calvet.ca.gov/

Information about the Cal-Vet Loan program, the Veterans Homes, the Veterans Memorial, and other benefits and support for the state's veterans.

Eureka Veterans Outpatient Clinic

930 West Harris St., Eureka, CA 95501

(707) 269-7500

www.va.gov

Offers preventive and primary care and specialty services including mental health, substance abuse and nutrition counseling.

Eureka Vet Center

2830 G Street Suite A/B, Eureka, CA 95501

(707) 444-8271

Fax: (707) 444-8391

Readjustment counseling and mental health services for combat veterans and military sexual trauma veterans.

North Coast Veterans Resource Center

109 4th Street, Eureka, CA 95501

Business: (707) 442-4322

Fax: (707) 442-4113

Network of services for veterans including housing assistance, drug and alcohol recovery programs, and case management.

Veterans Service Office

Del Norte

810 H Street,

Crescent City, CA 95531

(707) 464-2154

Fax: (707) 465-0409

www.co.del-norte.ca.us/departments/veterans-services

sisdell@co.del-norte.ca.us

Humboldt

1105 6th St., Suite F

Eureka, CA 95501

(707) 445-7611

Fax: (707) 476-2487

www.humboldt.gov/517rmaveety@co.humboldt.ca.us

Provides advocacy and information regarding entitlement rights to federal, state, and local benefit programs. Assists with claim preparation, submission, and follow-up for service-connected compensation, war-era pensions, education, death pension and burial benefits.

VISION

Access News (formerly Reading Service of the Redwoods in Humboldt County)

Business: (916) 889-7519

www.societyfortheblind.org/programs-services/access-news/

accessnews@societyfortheblind.org

Telephone Reader service provided by Society for the Blind for individuals who are blind or low vision, as well as those who have dyslexia or other difficulties reading conventional print materials. Hear audio recordings of local newspapers, store sales ads and other printed media. Call (916) 732-4000 or (800) 665-4667 to listen to sample programming.

Braille and Talking Book Library

(800) 952-5666

Business TTY/TDD: (888) 657-7323

www.library.ca.gov/services/btbl.html/

btbl@library.ca.gov

California State Library loans braille, cassette and digital talking books, magazines and playback equipment, at no charge, to individuals in Northern California unable to read conventional print.

California Council of the Blind

1303 J. Street Suite 400,

Sacramento, CA 95814

(800) 221-6359

Business: (916) 441-2100

Fax: (916) 441-2188

www.ccbnet.org

ccotb@ccbnet.org

Provides the California Connection which includes weekly news and announcements of interest to blind individuals. Provides information and referral, technical assistance, advocacy, leadership development, publications, emergency funds, accessible technology loans, and scholarships.

California Vision Foundation

2415 K Street, Sacramento, CA 95816

(800) 877-5738

www.californiavision.org

Offers referrals and assistance programs for free eye exams and low-cost glasses for uninsured low-income, working families.

Diabetes Action Network of National Federation of the Blind

200 East Wells Street

Baltimore, MD, 21235

(410) 659-9314

www.nfb.org/diabetics

k7uij@panix.com

Support and information networks for a person with diabetes and especially for those who have lost or are losing their vision due to diabetes.

Eye Care America

655 Beach Street

San Francisco, CA 94109

P.O. Box 7424

(877) 887-6327

Fax: (415) 561-8533

www.eyecareamerica.org

pubserv@aao.org

Free eye health education materials and eye exam for qualified applicants age 65 and older. Includes programs for senior eye care, diabetes eye care, and glaucoma eye care.

LightHouse of the North Coast

1910 California Street, 3rd Floor

Eureka, CA 95501

(707) 268-5646

Fax: (707) 268-5647

www.lighthouse-sf.org

info@lighthouse-sf.org

Vision rehabilitation training and resources for daily living for people who are blind or visually impaired. Group presentations provided on request.

Low Vision Support Group in McKinleyville

1620 Pickett Road

McKinleyville, CA 95519

(707) 839-0191

Meets monthly to discuss and exchange information about living with low vision.

Northcoast Lions Eye Foundation

P.O. Box 335, Eureka, CA 95502

Business: (707) 496-6695

www.lionseyeca-nv.org

mck1962lions@aol.com

Assists with travel expenses for out-of-area vision care. Applications online.

**Office of Services to the Blind
California Department of Social Services**

744 P Street, MS 8-16-94

Sacramento, CA 95814

Business: (916) 657-3327

Fax: (916) 653-4001

www.cdss.ca.gov/Blind-Services

BlindAccess@dss.ca.gov

Online information and referral to services, programs, entitlements, and products of benefit to individuals who are blind or visually impaired and their families or service providers. Downloadable or CD Handbook of Resources and Services for Persons Who are Visually Impaired. Administers the Assistance Dog Special Allowance Program.

U

Transportation

FIXED ROUTE

Amtrak

(800) 872-7245

www.amtrak.com

Serves over 500 travel destinations in 30-plus routes across North America. Provides bus connector from Humboldt to SF Bay area for those linking with a train.

Arcata Transit Center

925 E Street, Arcata, CA 95521

(707) 822-3775

www.arcatatransit.org

trans@cityofarcata.org

Transit center provides access to Redwood Transit, Arcata/Mad River Transit, Willow Creek, Blue Lake, Crescent City and Greyhound. Dial-a-ride ticket information.

Eureka Transit System (ETS)

133 V Street, Eureka, CA 95501

Business: (707) 443-0826

www.eurekatransit.org

admin@hta.org

Public bus service serves Eureka, offering several routes that run Monday to Friday as well as limited Saturday service. Online trip planner.

Fortuna Senior Bus

Fortuna Parks and Recreation

5 Park Street, Fortuna, CA 95540

(707) 725-7625

www.friendlyfortuna.com

Door-to-door senior bus service within Fortuna city limits for individuals aged 50 and older or under 50 with disability. By appointment only. Once per month bus to Eureka, stopping at Bayshore Mall and Winco.

Greyhound

925 E Street, Arcata, CA 95521

24 hours: (800) 231-2222

Business: (707) 825-8934

www.greyhound.com

Companion fare program, buy one ticket, get half off on the second ticket. Available with advance reservations.

Humboldt Transit Authority

133 V Street, Eureka, CA 95501

Business: (707) 443-0826

www.hta.org

admin@hta.org

Klamath-Trinity Non-Emergency Transportation (K-T NET)

38883 Highway 299, Willow Creek, CA 95573

P.O. Box 1147, Willow Creek, CA 95573

(530) 629-1192

www.ktnet.org

ktnet@live.com

Coordinating transportation service from Hoopa and Willow Creek to meet with Redwood Transit System service to Arcata or Trinity Transit to Redding.

Redwood Coast Transit

140 Williams Drive

Crescent City, CA 95531

Business: (707) 464-6400

www.redwoodcoasttransit.org

Scheduled routes available in Crescent City, and from Crescent City to Klamath, Arcata, Smith River and Gasquet. Provides dial-a-ride service in the Crescent City area.

MEDICAL TRANSPORT

Angel Flight West

3161 Donald Douglas Loop South

Santa Monica, CA 90405

(888) 426-2643

Business: (310) 390-2958

Fax: (310) 397-9636

www.angelflightwest.org

info@angelflightwest.org

Non Profit, volunteer-based organization that arranges free, non-emergency air travel for children and adults with serious medical conditions and other compelling needs. Requires referral from social worker or healthcare provider.

CAL-ORE Life Flight

311 Cove Road, Brookings, OR 97415

P.O. Box 1986, Brookings, OR 97415

(800) 705-1728

Fax: (707) 464-4784

www.cal-ore.com

info@cal-ore.com

24-hour emergency ground and air transportation. Transports patients to destinations throughout California, Oregon, and bordering states as authorized by the sending physician.

Coastline Enterprises

950 Front Street, Crescent City, CA 95531

(707) 465-4720

Fax: (707) 465-1029

Crescent City transportation services limited to dialysis clients only.

Del Norte Ambulance

2600 Moorehead Road,

Crescent City, CA 95531

(707) 487-1116

Fax: (707) 487-3116

dnamb@aol.com

Dial-a-Ride

Dial-A-Ride**Humboldt Transit Authority**

133 V Street,

Eureka, CA 95501

Register: (707) 443-0826

Reservations: (707) 442-4555

www.humboldttransit.org/dail-a-ride

A shared ride system for seniors and people with disabilities who are unable to use the public transportation system. Applications also available online.

Mercy Flights, Inc.

2020 Milligan Way, Medford, OR, 97504

(800) 903-9000

Fax: (541) 779-0259

www.mercyflights.com

Air and ground ambulance for emergency and non-emergency transportation for medical purposes.

Volunteer Driver Programs**Del Norte**

**Del Norte Senior Center
Volunteer Driver Program**

1765 Northcrest Dr.
Crescent City, CA 95531

(707) 464-3069

Volunteer transportation service open to those 60 years of old and older. Call for more information.

Humboldt

**Area 1 Agency on Aging
Volunteer Driver Program**

434 7th Street, Eureka, CA 95501

(707) 442-3763

www.a1aa.org
vdp@a1aa.org

Volunteer transportation service open to those 50 years of age and older, or disabled who are living independently in the Eureka, Eel River Valley, Arcata, or McKinleyville areas. Non-emergency medical and grocery rides only. Enrollment required. Ride requests are needed one week in advance.

OTHER RIDES

Del Norte

ABC Cab

110 Coolidge Ave., Crescent City, CA 95531

(707) 464-6506

Comfort Cab

PO Box 1198
1600 Northcrest Dr.
Crescent City, CA 95531

(707) 218-7979

Del Norte Taxi Service

1533 Oregon St., Crescent City, CA 95531
(707) 464-6030

Humboldt

Bridgeville Community Center - Monthly Van

38717 Kneeland Road
Bridgeville, CA 95526

(707) 777-1775

www.bridgevillecommunitycenter.org
cfrenzel@humboldt.k12.ca.us

May offer monthly van trips to Eureka. Please call to verify dates and confirm.

City Cab - Eureka

135 W 7th Street, Eureka, CA 95501

(707) 442-4551

www.citycabhumboldt.com

Taxi service available in the Eureka/Arcata and greater McKinleyville areas.

Door-to-Door Airporter

P.O. Box 8241, Eureka, CA 95502

(707) 839-4186

Business: (888) 338-5497

www.doortodoorairporter.com

airporter@suddenlink.net

Shuttle service from any location in Humboldt County to and from the Eureka-Arcata airport.

Plaza Cab

Business: (707) 822-4742

Serves Arcata-McKinleyville area.

Mon, Tues, Wed: 5 p.m.-5 a.m.

Thurs, Fri, Sat, Sun: 9 a.m.-5 a.m.

OTHER TRANSPORTATION RESOURCES

AARP Driver Safety Program

Toll-Free Nationwide: 1-888-687-2277

TTY users dial 711 -English: 1-877-434-7598 Spanish: 1-866-238-9488

www.aarpdriversafety.org

Driver's education course for drivers age 50 and older consisting of an eight-hour class or a four-hour renewal class leading to a three-year certificate.

California Department of Motor Vehicles (DMV)

Del Norte

1475 Parkway Drive

Crescent City, CA 95531

CA State Office: (800) 777-0133

www.dmv.ca.gov

Humboldt

322 W. 15th Street, Eureka, CA 95501

CA State Office: (800) 777-0133

www.dmv.ca.gov

Information about driver's licenses, automobile registration and the rules and regulations of driving. Information specific to senior drivers at <https://www.dmv.ca.gov/portal/dmv/detail/about/senior>

California Highway Patrol

Del Norte

1444 Parkway Drive

Crescent City, CA 95531

Business: (707) 464-3117

Business: (707) 465-6427

Humboldt

255 E. Samoa Boulevard

Arcata, CA 95521

Business: (707) 822-5981

www.chp.ca.gov

Information about road conditions, highway cameras, rest stops. Helps educate older California drivers about traffic safety and driving.

Highway Road Conditions

CalTrans

Business: (800) 427-7623

www.quickmap.dot.ca.gov/

Current highway road conditions.

Travel Training

Humboldt Community Access and Resource Center (HCAR)

1707 E Street, Suite 2

Eureka, CA 95501

(707) 443-7077

www.hcar.us

hcar@hcar.us

Travel training including assessment of ability to use public transit, using bus schedules, specific destination training and assistance with local trip planning. Services provided by Travel Trainers certified by Easter Seals Project Action.

U

Well-Being

COMMUNITY AND FAMILY RESOURCE CENTERS

These resource centers offer a wealth of information and service to local communities. Contact the one near you to find out what services are provided.

Arcata Family Resource Center

2400 Baldwin St., Arcata, CA 95521

Business: (707) 826-1002

Blue Lake Community Resource Center

St. Joseph Health System

111 Greenwood Drive

Blue Lake, CA 95525

Business: (707) 668-5239

Business: (707) 668-4281

Fax: (707) 668-4285

Bridgeville Community Center

38717 Kneeland Road

Bridgeville, CA 95526

P.O. Box 3, Bridgeville, CA 95526

Business: (707) 777-1775

Business: (707) 777-3023

www.bridgevillecommunitycenter.org

CFRENZEL@humboldt.k12.ca.us

Carlotta Community Center

300 Wilder Road (Box 7)

Carlotta, CA 95528

(707) 768-3860

Del Norte Family Resource Center - First5

494 Pacific Avenue

Crescent City, CA 95531

Business: (707) 464-0955

Fax: (707) 464-0954

www.delnortekids.org

along@delnortekids.org

Classes, programs, resources, health and human service-related information for children and adults.

Eureka Community Resource Center

St. Joseph Health System

35 West 3rd Street, Eureka, CA 95501

Business: (707) 442-5239

Eel River Valley Multigenerational Center

2280 Newburg Road, Fortuna, CA 95540

Business: (707) 725-3300

Fortuna Elementary and HS Healthy Start

2089 Newburg Road (843 L Street),

Fortuna, CA 95540

(707) 725-9082

Hupa Family Resource Center

T8 Holt Street (Box 728), Hoopa, CA 95546

(530) 625-4000

Jefferson Community Center

1000 B Street, Eureka, CA 95501

Box 5315, Eureka, CA 95502

(707) 497-6280

www.jefferson-project.org

thejeffersoncenterandpark@gmail.com

Kunle Centre

P.O. Box 6224, Eureka, CA 95502

(707) 599-2381

www.kunlecentre.wixsite.com/kunle-centre

Kunle.Centre@gmail.com

Referrals for mental health and various local services - 18 or older.

Loleta Community Resource Center

St. Joseph Health System

Loleta Elementary School 700 Loleta Drive,

Loleta, CA 95551

Business: (707) 733-5239

Manila Community Resource Center

1611 Peninsula Drive, Arcata, CA 95521

(707) 444-9771

www.manilacrc.org

manilacommunity@gmail.com

Marshall Family Resource Center

Eureka City Schools

2100 J Street between Trinity and Huntoon Eureka, CA 95501

(707) 441-2516

albeec@eurekacityschools.org

Mattole Valley Resource Center

P.O. Box 191, Petrolia, CA 95558

(707) 629-3348

julie@mattolevalleyresourcecenter.org

McKinleyville Family Resource Center

1450 Hiller Road, McKinleyville, CA 95519

P.O. Box 2668, McKinleyville, CA 95519

(707) 840-0905

Redway/Southern Humboldt

Family Resource Center

344 Humboldt Avenue, Redway, CA 95560

Business: (707) 923-1147

Fax: (707) 923-3793

www.facebook.com/Family-Resource-Center-Southern-Humboldt

Rio Dell Community Resource Center

St. Joseph Health System

99 Wildwood Avenue, Rio Dell, CA 95562

(707) 764-5239

South Bay & Pine Hill Healthy Start

South Bay-6077 Loma Ave.

Eureka, CA 95503

Business: (707) 443-4828

Pine Hill-5230 Vance Ave.

Eureka, CA 95503

Business: (707) 443-4596

Willow Creek Community Resource Center

38883 Hwy. 299 (PO Box 939)

Willow Creek, CA 95573

Business: (707) 629-3141

FITNESS AND RECREATION

Adorni Center

1011 Waterfront Drive, Eureka, CA 95501

(707) 441-4248

Fax: (707) 441-4029

www.eurekaparksandrecreation.com

Fitness center offering classes, weight and cardio rooms, stationary equipment and basketball gym.

Discounts available for adults with disabilities.

Arcata Community Pool

1150 16th Street, Arcata, CA 95521

(707) 822-6801

arcatapool.com

arcatapool@sbcglobal.net

Year-round pool offering recreational and lap swimming, aerobic weight room, hot tub, sauna, water exercise, adaptive aquatics and aquatic educational programs.

California State Parks

(800) 777-0369

Business: (916) 653-6995

www.parks.ca.gov

info@parks.ca.gov

Discount programs and limited passes for seniors, veterans and people with disabilities. Applications available online.

Fortuna Senior Wellness Program

2130 Smith Lane, Fortuna, CA 95540

(707) 725-6245

Health and wellness speaker featured on the second Tuesday of each month at 11:30 am, at the Fortuna Senior Dining Center.

Fred Endert Municipal Swimming Pool

1000 Play Street, Crescent City, CA 95531

(707) 464-9503

www.crescentcity.org/pool.html

Year-round heated pool, lap swimming, easy water aerobics and water walking.

Vector Aquatic Center

3289 Edgewood Road, Eureka, CA 95501

Business: (707) 441-9262

www.vectorpt.org

Warm water recreational swimming exercise and aqua therapy.

LESBIAN/GAY/BISEXUAL/TRANSGENDER**Caring and Aging with Pride**

(800) 558-8703

4101 15th Ave., NE, Seattle, WA 98105

www.age-pride.org

agepride@uw.edu

Online resources providing information designed to better understand the aging and health needs of lesbian, gay, bisexual and transgender (LGBT) adults 50 years of age and older.

Elder Law Project**National Center for Lesbian Rights**

870 Market Street, Suite 370

San Francisco, CA 94102

(415) 392-6257

Fax: (415) 392-8442

www.nclrights.org/explore-the-issues/elders/elder-law-overview/

info@nclrights.org

Provides legal services, legislative support and policy work to advance equality for LGBT elders.

Gay and Lesbian Medical Association

1100 H St., NW, Suite 540

Washington, DC 20005

(202) 600-8037

Fax: (202) 478-1500

www.glma.org

info@glma.org

Maintains a searchable online database of LGBT-friendly doctors and care providers and web pages devoted to transgender health resources.

L-Word Lesbian Voice of the North Coast

P.O. Box 272, Bayside, CA 95524

www.lword.mamajudy.com

suejh@humboldt1.com

Monthly newsletter for and by North Coast Lesbians and our friends.

National Resource Center on LGBT Aging

305 Seventh Avenue 6th Floor,

New York, NY 10001

(212) 741-2247

www.lgbtagingcenter.org

info@lgbtagingcenter.org

Online resources providing training, technical assistance and educational resources to aging providers, LGBT organizations and LGBT older adults. Provides state-by-state listing of resource for LGBT aging.

Queer Humboldt

(707) 502-2890

www.queerhumboldt.org

info@queerhumboldt.org

Services and Advocacy for LGBT Elders (SAGE)

www.sageusa.org

Services & Advocacy for LGBT Elders (SAGE) is the country's largest and oldest organization dedicated to improving the lives of lesbian, gay, bisexual and transgender (LGBT) older adults. Operates National Resource Center on LGBT Aging, a technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults.

Transgender Aging Network

P.O. Box 1272, Milwaukee, WI, 53201

Business: (414) 559-2123

www.forge-forward.org

Transgender Law Center

SF LGBT Center 1800 Market St.

San Francisco, CA 94102

1629 Telegraph Avenue, Suite 400,

Oakland, CA 94612

Business: (415) 865-0176

Fax: (877) 847-1278

www.transgenderlawcenter.org

info@transgenderlawcenter.org

Utilizes direct legal services, public policy advocacy and educational opportunities to advance the rights and safety of transgender communities.

Transgender Health Clinic

Open Door Community Health Centers

770 Tenth Street, Arcata, CA 95521

(707) 826-8610 x1139

PETS

Shelters depend on volunteers to be successful. Call them to find out how you can help.

Animal Control and Shelter

Del Norte County

2650 Washington Blvd,
Crescent City, CA 95531
(707) 464-7235
Animal shelter.

Humboldt County

980 Lycoming Road,
McKinleyville, CA 95519
(707) 840-9132
www.facebook.com/HumboldtAnimalShelter
HSoanimalshelter@co.humboldt.ca.us
Adoption and limited time shelter for stray animals.

Bless the Beasts

P.O. Box 286, Eureka, CA 95502
(707) 444-0408
(707) 845-9748
alismill@tidepool.com
Assistance to low-income individuals to help with spay and neuter costs. Will try to assist with Eureka area transport of pets to and from appointments if necessary.

Friends for Life Animal Rescue

P.O. Box 962, Eureka, CA 95502
(707) 442-5999
www.dogrescuers.org
friendsforlife@sbcglobal.net
Assistance with finding new homes for dogs or cats, spay/neuter program for low-income homes, humane education programs, foster cat program and shelter emergency medical fund for animals at the Humboldt County Animal Shelter.

Heart of the Redwoods Horse Rescue

P.O. Box 226, Cutten, CA 95534
(707) 440-9140
www.redwoodrescue.org
hrhorserescue@gmail.com
Promotes responsible horse ownership through education, community outreach and assistance. Program for adoption of recovering abused or neglected horses.

Humane Society of Del Norte County

821 Elk Valley Road,
Crescent City, CA 95531

(707) 464-1686

www.humanesocietyofdelnorte.org

hsdnanimals@yahoo.com

Provides spay and neuter program, public education, wild feline program (trap, neuter, release), animal rescue, animal shelter, and adoptions.

Humboldt Animal Rescue Team (HART)

8 W. 6th St., Eureka, CA
P.O. Box 253, Cutten, CA 95534

(707) 616-6440

www.humboldtrescue.org

spayhumboldt@aol.com

Non-profit, no kill domestic animal rescue facility providing spay/neuter program, vaccinations, and medical attention while looking for forever homes.

Humboldt Paws Cause

www.humboldtpawscase.com

hank@lostcoastoutpost.com

Online resource for listing notices and pictures of pets lost and found in Humboldt County.

Humboldt Spay/Neuter Network

3954A Jacobs Avenue, Eureka, CA 95501

P.O. Box 7236, Eureka, CA 95502

(707) 442-7729

www.spayhumboldt.org

spayhumboldt@gmail.com

Spay/neuter clinic for cats and voucher assistance for dogs; assistance for stray and feral cats, foster and adoption program for needy cats and kittens.

Miranda's Rescue for Large and Small Animals

1603 Sandy Prairie Road,
Fortuna, CA 95540

(707) 725-4449

Fax: (707) 725-9808

www.mirandasrescue.org

info@mirandasrescue.org

Adoption and sanctuary facility providing relief to distressed, neglected, abused and discarded animals, large and small. Thrift shops located in Eureka, Fortuna, and McKinleyville.

Pet Peace of Mind - Hospice of Humboldt (See page 29)

3327 Timber Fall Court, Eureka, CA 95503

(707) 445-8443

www.hospiceofhumboldt.org

info@hospiceofhumboldt.org

Pet Peace of Mind (PPOM) program helps hospice patients care for their pets by providing food and litter, volunteers to help with pet care, routine veterinary visits, medications and vaccinations, boarding or foster care during emergencies, and guidance in finding new homes for pets.

The Other Side of the Fence

Eureka, CA 95501

(707) 616-5717

www.theothersideofthefence.org

We provide sliding fee pet care service to assist low-income seniors, single parents, and persons with an illness or disability keep their pets. Our network of reliable workers and volunteers provide dog walking, pet sitting, and obedience training.

Sequoia Humane Society

6073 Loma Avenue, Eureka, CA 95503

(707) 442-1782

www.sequoiahumane.org

info@sequoiahumane.org

Promotes spay/neuter programs and adoption. Senior members can receive a 10% thrift shop discount on Fridays. Microchipping and financial assistance (if funding is available) to low-income families for the spaying or neutering of their pets, and to feral cat caretakers. Sponsors the Tailwaggers Thrift Shop located in Eureka.

Wild Feline Rescue

457 Vance Street, Crescent City, CA 95531

Box 1235, Crescent City, CA 95531

(707) 464-7729

www.wildfeline rescue.org

Non-profit which spays and neuters feral cats. Kittens are socialized and adopted out. Operates Purple Cat thrift store.

SENIOR CENTERS

Senior Centers connect you to vital services and offer a wide variety of programs and opportunities in an enjoyable environment. Most offer meal programs. Centers are unique so visit or call one to find out what they offer.

Del Norte Senior Center

1765 Northcrest, Crescent City, CA 95531

(707) 464-3069

www.delnortese seniorcenter.org

Ferndale Senior Resource Agency

100 South Berding St., Ferndale, CA 95536

P.O. Box 726, Ferndale, CA 95536

(707) 786-4141

www.ferndaleseniors.org

ferndaleseniors@gmail.com

Fortuna Senior Center

2280 Newburg Road, Fortuna, CA 95540

P.O. Box 336, Fortuna, CA 95540

(707) 726-9203

www.fortunase nior.org

admin@fortunase nior.org

Healy Senior Center

456 Briceland Road, Redway, CA 95560

(707) 923-2399

www.healyseniorcenter.org

healyseniorcenter@gmail.com

Humboldt Senior Resource Center

1910 California Street, Eureka, CA 95501

(707) 443-9747 x1240

www.humsenior.org

reception@humsenior.org

Karuk Senior Center

Panaminik Center

459 Asip Road, Orleans, CA 95556

(530) 627-3056

www.karuk.us

Klamath Senior Center

219 Salmon Avenue, Klamath, CA 95548

P.O. Box 770, Klamath, CA 95548

(707) 482-0107

McKinleyville Senior Center

1620 Pickett Road,

McKinleyville, CA 95519

(707) 839-0191

Fax: (707) 839-5006

www.mcseniorsctr.freenorthcoast.com

azaleahall@att.net

SENIOR VILLAGES

Redwood Coast Village

434 7th Street, Eureka, CA 95501

(707) 442-3763

www.redwoodcoastvillage.org

info@redwoodcoastvillage.org

A membership organization that helps seniors live independently at home through the support of other

members, community volunteers, and qualified businesses. Services include help with transportation, household chores, yard care, and much more.

SUPPORT GROUPS

Caregiver Support Groups

Humboldt Senior Resource Center

(707) 444-8254 x3203

www.humsenior.org

reception@humsenior.org

Support groups to support caregivers coping with all types of illnesses and caregiving situations. Call for locations.

Cancer Support Group

St. Joseph Hospital

2200 Harrison Avenue

Eureka, CA 95501

(707) 445-8121 x7521

www.stjosepheureka.org

Chetco Activity Center and Respite Care

550 Chetco Lane

Brookings, OR 97415

(541) 469-6822

Del Norte Senior Center

1765 Northcrest Dr.

Crescent City, CA 95531

(707) 464-3069

4th Wednesday every month in the Boardroom

Diabetes Education Program

Humboldt Independent Practice Association

2316 Harrison Street,

Eureka, CA 95501

(707) 443-0124

Fax: (707) 443-2527

www.humboldtipa.com

The Diabetes Education Program teaches people what they need to know to stay healthy while living with diabetes.

Diabetes Support Group

St. Joseph Hospital

2200 Harrison Avenue, Eureka, CA 95501

(707) 442-7819

www.stjosepheureka.org

Provides a variety of up-to-date information to assist and help people with diabetes. Meets first Monday of each month 6:00-7:30 pm @ General Hospital Burre Room. Free, no registration required.

Redwood Caregiver Resource Center

(See page 27)

1910B California Street, Eureka, CA 95501

(707) 443-9747 x3220

Friends for Survival

P.O. Box 214463, Sacramento, CA 95821

(916) 392-0664

www.friendsforsurvival.org

ffs@truevine.net

An organization of people who have been affected by a death caused by suicide. Provides a variety of peer support services that comfort those in grief, encourage healing and growth, foster the development of skills to cope with a loss and educate the entire community regarding the impact of suicide.

Humboldt Community Breast and GYN Health Project (See page 49)

987 8th Street, Arcata, CA 95521

(707) 825-8345

Fax: (707) 825-8384

www.hcbhp.org

info@hcbhp.org

Low Vision Support Group in McKinleyville

(See page 65)

1620 Pickett Road,
McKinleyville, CA 95519
(707) 839-0191

Mended Hearts Support Group

2700 Dolbeer Street, Eureka, CA 95501
(707) 445-2549

www.mendedhearts.org

Support group for people with heart disease and post-heart surgery and their family members, including visits. Meets fourth Tuesday of each month at 4 pm at St. Joseph Hospital, Conference Room C1.

Parkinson's Support Group

(707) 442-5245

For people with Parkinson's disease and their family members. Meets second Friday of each month from 3-4 pm in the Eureka area.

Redwood Ostomy Association Support Group

St. Joseph Hospital

2700 Dolbeer Street
Conference Room C2, St. Joseph Hospital Eureka, CA 95501

(707) 442-2770

www.stjosepheureka.org

Stroke Support Group

St. Joseph Hospital

2200 Harrison Avenue,
3rd Floor Burre Room,
General Hospital Campus,
Eureka, CA 95501

(707) 445-8121 x5655

www.stjosepheureka.org/Classes-Events

Support group for stroke survivors and their families, significant others, and caregivers. Meets first Monday (except holidays) 10:30 am to noon.

TELEPHONE REASSURANCE

Parkinson's Disease Foundation (PDF) Hotline

1359 Broadway Suite 1509

New York, NY 10018

Parkinson's helpline: (800) 457-6676

(212) 923-4700

Fax: (212) 923-4778

www.pdf.org

info@pdf.org

Provides up-to-date information about Parkinson's Disease, emotional support, and referrals to health professionals and community resources.

Friendship Line

Institute on Aging

3575 Geary Blvd, San Francisco, CA

24 hours: (800) 971-0016

Office: (415) 752-3778

www.ioaging.org

friendshipline@ioaging.org

Confidential crisis hotline and 'warmline' offers emotional support and crisis intervention for adults age 60 and older, younger disabled adults, their family members and caregivers. 24/7.

Are You OK?

Humboldt Senior Resource Center

(707) 443-9747 x1240 Computerized Telephone checks to confirm that a participant is able to get to their phone. Limited to Eureka City limits.

VOLUNTEERING

Non-profit and governmental organizations depend on volunteers. Contact Volunteer Center of the Redwoods/RSVP to help find the perfect volunteer opportunity.

Golden Years

House 91 Humboldt State University,

Arcata, CA 95521

(707) 826-4965

www.humboldt.edu/yes

yes@humboldt.edu

Golden Years is a free, student volunteer-based senior companionship program provides elders with friendship, support and a lending hand. Schedule and availability based on HSU academic calendar.

Volunteer Center of the Redwoods / RSVP

Area 1 Agency on Aging

839 9th Street, Arcata, CA 95521

(707) 630-5081

Fax: (707) 442-3714

www.a1aa.org/programs-and-services

vcor@a1aa.org

VCOR assists people of all ages in finding volunteer opportunities. RSVP is a volunteer referral program for seniors aged 55 and older. Volunteer opportunities in a variety of priority service areas are available. RSVP offers modest mileage reimbursement to income-eligible volunteers. All RSVP volunteers receive recognition and support, supplemental voluntary insurance and training opportunities.

U