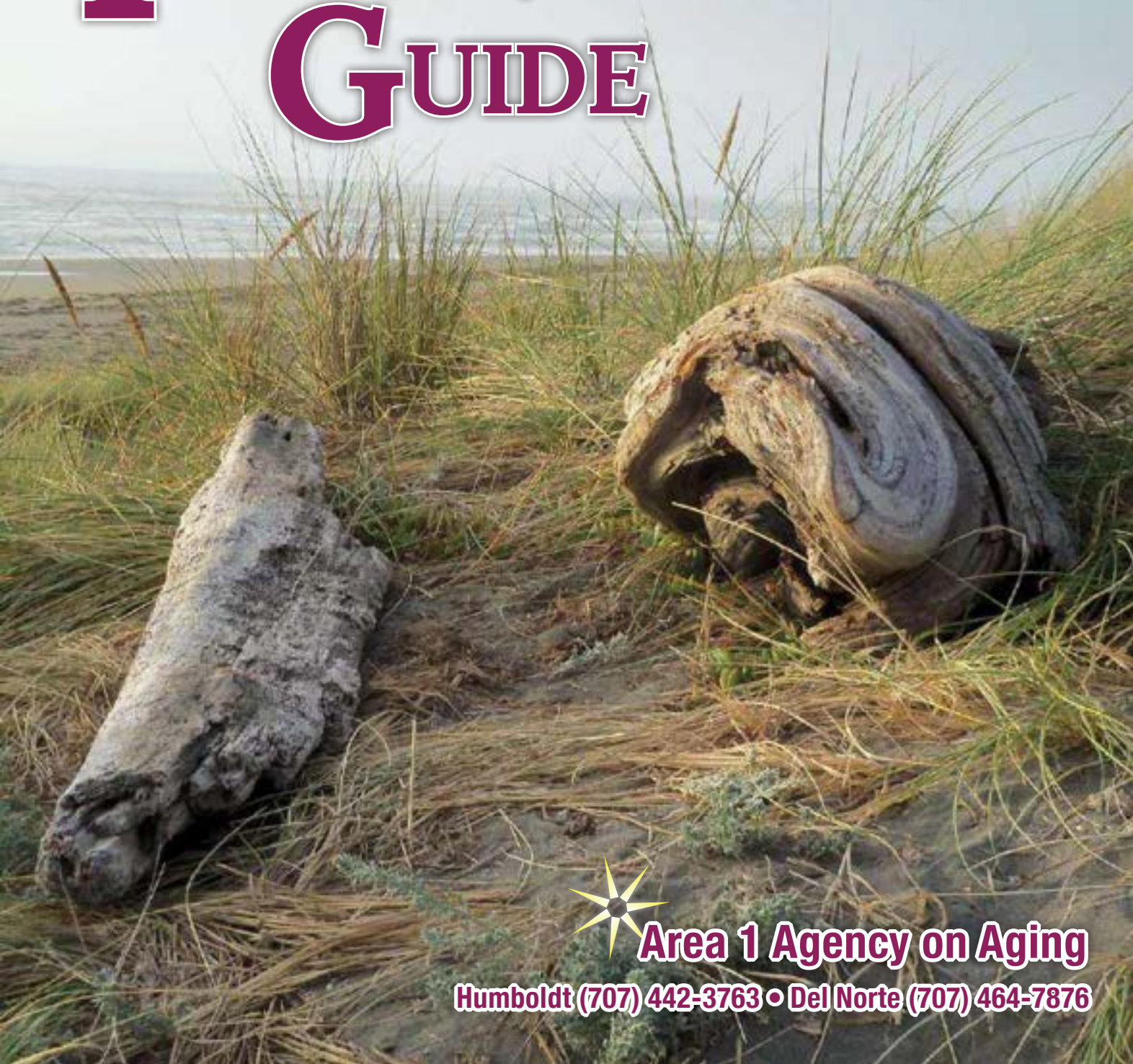


SENIOR INFORMATION GUIDE

\$2 Donation Suggested
2020-2021



Area 1 Agency on Aging

Humboldt (707) 442-3763 • Del Norte (707) 464-7876



Humboldt Senior Resource Center

Humboldt Senior Resource Center is committed to ensuring that older adults in Humboldt County be as independent as possible with a high quality of life. We offer a number of programs and services for seniors, along with their families and caregivers.



Activities Program

Offers recreational, educational, and exercise classes for older adults, as well as tax assistance, commodity food distribution, Senior Home Repair, "Are You Okay?" telephone check-ins, and more

Adult Day Health Services

A licensed, therapeutic day care program for adults age 18 and older with chronic health conditions and disabilities

Alzheimer's Services

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

Multipurpose Senior Services Program (MSSP)

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

Nutrition Program

- Senior Dining Centers in Arcata, Eureka, and Fortuna
- Home Delivered Meals program, providing meals to homebound seniors in Arcata, Eureka, Fortuna, and McKinleyville
- Catering, including **Box Lunches**

Redwood Coast PACE

The Program of All-inclusive Care for the Elderly provides medical care and support services for eligible frail elders age 55+, with care plans based on each participant's unique care needs

Senior News

The only monthly publication on the North Coast featuring articles and information targeted to adults age 50-plus

Serving older adults in Humboldt County communities from Scotia to Trinidad

1910 California Street • Eureka • Phone 707-443-9747 • www.humsenior.org

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Area 1 Agency on Aging could not have printed this guide without Western Web. Two thumbs up to Western Web for its contribution, professionalism and commitment to its North Coast neighbors.

COVER ART

Manila Dune Shoreline
Photograph by Michelle Baggett

Welcome to the Area 1 Agency on Aging (A1AA) *Senior Information Guide* 2020-2021! We hope this directory will assist you in finding the services and resources you need. Thanks to everyone who helped make this update possible.

The A1AA does not recommend or endorse any of the listings in this guide and does not warrant or guarantee any of the information or services provided by the organizations listed. Users of the guide are encouraged to consult with appropriate and accredited professional advisors.

All listings are current as of Fall 2019. Efforts have been made to obtain accurate information from these organizations. If you experience difficulty in reaching or locating a service, if you find errors, or changes are needed, please notify our office:

Area 1 Agency on Aging

434 7th Street, Eureka, CA 95501

(707) 442-3763

(800) 408-4636

a1aa@a1aa.org

Sponsors

The *Senior Information Guide* is made possible through the support of the following businesses and nonprofits.

Adult Day Health Care of Mad River
American Foot Comfort Center
Ayres Family Cremation
Broadway Medical
Cloney's Pharmacy
Coast Central Credit Union
Coldwell Banker Commercial Realty
Easy Call
Elite Caregivers
EPT Physical Therapy and Wellness Center
Funeral Consumers Alliance of Humboldt
Green's Pharmacy
Hospice of Humboldt
Humboldt Audiology

Humboldt Caregivers
Humboldt Catering
Humboldt House Lodge
Humboldt Independent Practice Association
Humboldt Mortgage
Humboldt Senior Resource Center
Kraft Transitions
Kramer Investment Corp
Lima's Pharmacy
Long-term Care Ombudsman Program
Mad River Community Hospital
Miller Farms
OLLI
Open Door Community Health Center
Pauli-Shaw Insurance Agency
Redwood Coast Village
Southern Humboldt Community Health District
Sidney Noyes, CPA
Timber Ridge Senior Living Community
Visiting Angels

Table of Contents

CRISIS 5

Information Resources **7**

ADVOCACY, EDUCATION, EMPLOYMENT, FINANCIAL, LEGAL 8

Advocacy **8**

Education **11**

Employment **13**

Financial Assistance **14**

Legal Assistance **16**

CAREGIVING 18

Care Management **18**

Day Care **19**

Grandparents **20**

Caregiver Hiring Information
and Assistance **21**

Fee-For-Service Caregiver Agencies **23**

Other Services **23**

END OF LIFE 25

Funeral **26**

Hospice and Palliative Care **26**

Grief Support Services **27**

Organ and Tissue Donation **28**

FOOD RESOURCES 28

Food Guides **28**

CSFP **28**

Dining Sites **29**

Farmers Markets **30**

Food Delivery **31**

Food Pantries **31**

Emergency Food Pantries **32**

CalFresh Information 33

HOUSING 34

Permanent Housing **35**

Residential Care Facilities
for the Elderly **37**

Temporary Shelter and Transitional
Housing **40**

Home Repair and Modification **41**

Energy Assistance **42**

Decluttering Your Home 44

MEDICAL 45

Assistive Devices **45**

Home Health Care **45**

Dental **46**

Health Education and Information **47**

Health Insurance **51**

Hearing and Speech **52**

Hospitals and Medical Clinics **53**

Clinics **54**

Non-Crisis Behavioral Health **57**

Prescriptions **58**

Rehabilitation Services **59**

Skilled Nursing Facilities **60**

Veterans **61**

Vision **62**

TRANSPORTATION 64

Fixed Route **64**

Medical Transport **65**

Volunteer Driver Program **66**

Other Rides **66**

Other Transportation Resources **67**

WELL-BEING 68

Community
and Family Resource Centers **68**

Fitness and Recreation **69**

Lesbian/Gay/Bisexual/Transgender **70**

Pets **71**

Senior Centers **73**

Senior Villages **74**

Support Groups **74**

Telephone Reassurance **75**

Volunteering **75**

Crisis

A1AA Long-Term Care Ombudsman 434 7th Street, Eureka, CA 95501 **(707) 269-1330 (Confidential Line)** **(800) 231-4024 (CRISIS Line)**

Advocates for residents of nursing homes, assisted living facilities and similar adult care facilities, resolve problems of individual residents and works at the local, state, and national levels to improve care. Investigates reports of abuse, neglect and financial exploitation in long-term care facilities only.

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 survivors 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 hour/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**

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. Mobile Outreach Program provides intensive case services for people who are homeless.

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 American Mental Health Services (NAMHS)

434 7th St Ste B, Eureka, CA 95501

707-296-7660

<https://www.namhs.com/>
NAMHS offers comprehensive care through medication management, therapy and counseling, and telemedicine. Adult and pediatric appointments available.

North Coast Rape Crisis Team

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

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) 4443-2738 (only available 8:30-5 M-F)

www.ncrct.org

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.

Senior Life Solutions Jerold Phelps Community Hospital

286 Sprowel Creek Road
Garberville, CA 95542

(707) 922-6321

Senior Life Solutions is an intensive outpatient group therapy program designed to meet the unique needs of older adults who struggle with symptoms of depression and anxiety, often related to grief and aging.

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 throughout court process. 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

434 7th St., Suite 210, Eureka, CA 95501

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.acl.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

(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<http://www.humsenior.org/news-seniornews/senior-news/>

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.orgaa@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.



Advocacy, Education, Employment, Financial, Legal

ADVOCACY

LOCAL

2-1-1 Humboldt (See page 7)**(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.orgadministrator@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. Call for dates and times.

Affordable Homeless Housing Alternatives (AHHA) (See page 34)

P.O. Box 3794, Eureka, CA 95502

(707) 298-1466www.ahha-humco.orgahha.humco@gmail.com**HICAP****(Health Insurance Counseling and Advocacy)****Area 1 Agency on Aging (See page 51)****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 48)

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
www.humboldtgov.org/1308/Human-Rights-
Commission
HHR@co.humboldt.ca.us
Consults with individuals about human
rights violations or discrimination due to
social category. Speaker's bureau on topics
related to discrimination.

The Humboldt Edge Newspaper (See page 34)

P.O. Box 328, Trinidad, CA 95570
(707) 953-6300
www.humboltdedge.com

Humboldt Mediation Services

317 Third Street #8, Eureka, CA 95501
(707) 445-2505
www.humboldtmediationservices.org
humboldtmediation@reninet.com
Provides trained and experienced mediators
to assist in resolving conflicts and disputes.
Fees based on income. Free initial consult.

Long Term Care Ombudsman Program Area 1 Agency on Aging (See page 37)

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 58)

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
[https://humboldtgov.org/431/Patients-
Rights-Advocacy-Services](https://humboldtgov.org/431/Patients-Rights-Advocacy-Services)
patientrightsadvocates@co.humboldt.ca.us
Assists clients in locked and unlocked
mental health facilities by providing access
to advocacy services. Monitors facilities for
compliance regarding legal process and
patients' rights.

Public Guardian/Conservator

Del Norte (See page 6)

880 Northcrest Drive,
Crescent City, CA 95531
(707) 464-3191
Fax: (707) 464-7169
www.co.del-norte.ca.us

Humboldt (See page 6)

1105 Sixth Street, Eureka, CA 95501
(707) 445-7343
Fax: (707) 445-7474
www.humboldtgov.org/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

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.

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 and resolves 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

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 61)

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/
Investigates consumer complaints about FDIC supervised institutions and responds to consumer inquiries about consumer laws, identity theft, regulations and banking practices. Important information on credit, identity theft and fraud, banking, loans, mortgages, etc.

**Mail Fraud - US Postal Inspection Service
(877) 876-2455**

www.postalinspectors.uspis.gov

Mail Preference Service

225 Reinekers Ln., Ste. 325,
Alexandria, VA 22314
(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 34)**

P.O. Box 31, Sacramento, CA 95812
(800) 952-5275
<http://www.hcd.ca.gov/manufactured-mobile-home/mobile-home-ombudsman/index.shtml>
ombudsman@hcd.ca.gov

**National Do Not Call Registry
Federal Trade Commission
(888) 382-1222**

www.donotcall.gov/
dncconsumerinquiry2@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/northcoast/dawn.morley@scdd.ca.gov
Services and support to people with federally-defined developmental disabilities and their families.

Tenants Together (See page 34)

474 Valencia St. #156,
San Francisco, CA 94103
(415) 495-8100
www.tenantstogether.org
info@tenantstogether.org

**Victim Services
California Department of Corrections and
Rehabilitation**

(877) 256-6877
www.cdcr.ca.gov/Victim_Services
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) 465-2380

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) 441-3345

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

<https://covia.org/services/well-connected/>

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

2400 Washington Avenue, Suite 231,
Redding, CA 96001

(530) 768-5252

Fax: (530) 768-5255

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

American's Job Center of California

The Job Market

409 K Street, Eureka, CA 95501

(707) 441-5627

www.thesmartcenter.biz/humboldt-county/

Provides comprehensive job search assistance and a central resource for employers to post jobs.

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@dfefh.ca.gov

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

California Department of Rehabilitation

Del Norte

286 M St., 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.

Del Norte Workforce Center

875 5th Street, Crescent City, CA 95531

(707) 464-8347

www.dnworkforcecenter.org

chernandez@ncen.org

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

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 St., 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

Benefits Checkup

www.benefitscheckup.org

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

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 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.

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.

COAST CENTRAL CREDIT UNION

The Rewards of Being 60+

Primetime Checking with all the Perks!

Your Money Doing More

Membership Savings account required.

Belonging Never Felt Better®

Coast Central Credit Union

Insurance Information Institute

110 William Street, New York, NY

(212) 346-5500

www.iii.org

Helps 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)

1500 Pennsylvania Ave. N.W., Washington, DC 20229

(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

161 Airport Executive Park

Nanuet, N.Y. 10954

(845) 682-1880

Fax: (845) 517-2277

www.nosscr.org

nosscr@nosscr.org

Services, information, and support for claiming benefits or providing representation for another person. Specialized association for attorneys and other advocates who represent Social Security Disability and Supplemental Security Insurance claimants through the adjudication process.

National Council on Aging

251 18th St. South, Ste. 500

Arlington, VA 22202

(571) 527-3900

www.ncoa.org

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.

Sidney W. Noyes
CPA, CMA

605 Harris Street
Eureka, CA 95503

PH 707-444-1341
FAX 707-444-1371

sidesidnoyescpa.com

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

825 5th St., Rm. 305, Eureka, CA 95501
(707) 445-7256
(707) 269-1223

www.humboldt.courts.ca.gov

Free legal services in the following areas: Divorce, 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. Referral to local legal services partners;w assistance with legal document preparation; conducting self-guided legal research; and bilingual assistance and legal reference materials for non-English speakers.

Hoopa Tribal Court

12530 State Hwy. 96, P.O. Box 1389
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

Voluntary association of attorneys in public or private practice. Web site provides names of members, contact information and legal focus areas.

Senior Legal Hotline

Legal Services of Northern California

517 12th Street, Sacramento, CA 95814

www.lsnr.net/slh

(916) 551-2140

www.seniorlegalhotline.org

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

Senior Legal Services
Legal Services of Northern California
123 Third Street, Eureka, CA 95501
Del Norte toll free: (800) 972-0002
(707) 445-0866
Fax: (707) 445-0935

www.lsnrc.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
(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. The Small Claims Clinic (Humboldt) is Tues. 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 paperwork. More information, including forms, available on website.

LEGAL ASSISTANCE

NATIONAL/STATE/REGIONAL

American Bar Association

321 N. Clark St., Chicago, IL 60654
(800) 285-2221
www.americanbar.org

Web site provides 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) 538-2000

www.calbar.ca.gov

feedback@calbar.ca.gov

Provides information related 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 Center

www.courts.ca.gov

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) 663-1055

www.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 70)

870 Market Street, Suite 370
San Francisco, CA 94102
(415) 392-6257

Fax: (415) 392-8442
www.nclrights.org
info@nclrights.org

National Center on Law and Elder Rights (NCLER)

www.ncler.acl.gov
 NCLER provides the legal services and aging and disability communities with trainings and technical assistance on a broad range of legal issues impacting older adults.

Transgender Law Center (See page 71)

SF LGBT Center 1800 Market Street
 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

Caregiving

CARE MANAGEMENT

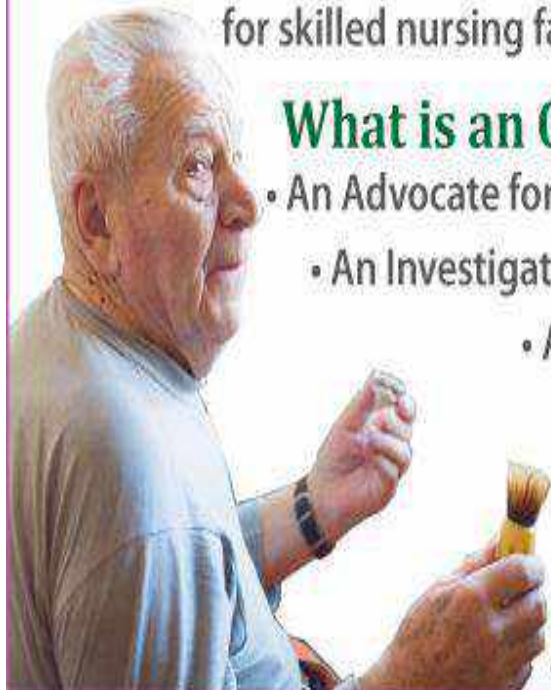
Multipurpose Senior Services Program (MSSP)

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

Can You Be a Voice for Him?

The Ombudsman Program needs volunteers like you to advocate for skilled nursing facility and assisted living facility residents' rights



What is an Ombudsman?

- An Advocate for residents' rights
- An Investigator of Complaints
- A Problem Solver
- An Observer
- A Mediator
- A Witness

START YOUR TRAINING TODAY

- Call (707) 269-1330
- Introductory visit to a living facility
- 40-hour Certification Training
- Computer skills necessary



Ombudsman advocacy is free of cost to the resident and family. All contact is confidential.

Fax: (707) 268-0415

www.humboldt.gov/620/North-Coast-AIDS-Project-NorCAP
 mweiss@co.humboldt.ca.us
 Provides a variety of services to people living with HIV and those who are at high risk for HIV.

Priority Care Center

Humboldt Independent Practice Association

2316 Harrison St., Eureka CA 95501

(707) 442-0478

Fax: (707) 443-2527

www.humboldtipa.com

Provides customized care coordination specific to patients' healthcare needs to ensure they receive the right care, in the right form, from the right health care professional, at the right time.

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

1910 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

adhcofmadriver@outlook.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.

**ADULT DAY HEALTH CARE
OF MAD RIVER**

Providing therapeutic, health, recreational and social services for the elderly and those over 18 years old who are cared for by others.

- Specialized Dementia Program**
- Physical and Occupational Therapy**
- Nursing Services and Personal Care**
- Nutritious Meals**
- Social Services**
- Door-to-Door Transportation**

3800 Janes Road, adjacent to Mad River Hospital
 For more information, call 707-822-4866,
 e-mail adhcmadriverhospital.com
 or go to adhcmadriver.org

Serving Arcata, Fieldbrook, Eureka, McKinleyville
 and Blue Lake since 1985

Humboldt Community Access and Resource Center (HCAR) Administration Site

1707 E St., Suite 2, Eureka, CA 95501
(707) 443-7077

www.hcar.us

Services citizens with developmental disabilities. Provides variety of services and supports including licensed day programs, comprehensive career services, and respite care.

Bay Center

1001 Searles St., Eureka, CA 95501

(707) 441-8625

Fax: (707) 441-8669

www.hcar.us

wpatterson@hcar.us

Sequoia Center

4620 Meyers Ave., Eureka, CA 95503

(707) 443-8317

Fax: (707) 441-8669

www.hcar.us

carmstrong.hcar@gmail.com

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.

In~Home Services

Humboldt Caregivers

We are here for you

Registered Nurse Support~Personal Care

Light Housekeeping~Assistance with Daily Activities

Meal Preparation~Shopping & Errands

Respite Care and Much More

Serving N. California for over 20 years

Insured and Bonded

Call for a free in-home consultation

707-798-6244

Foster Grandparent Program North Coast Opportunities, Inc. Del Norte and Humboldt

1440 California Street,
Crescent City, CA 95531

(707) 462-1959

Fax: (707) 462-0191

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 a minimum 1,044 hours/year. Volunteers must meet income eligibility requirements.

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.

Grandparents Raising Grandchildren

www.usa.gov/child-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

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 58)

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

In-Home Supportive Services

Del Norte

Del Norte County Dept. of Health
and Human Services

880 Northcrest Dr.

Crescent City, CA 95531

(707) 464-3191

www.co.del-norte.ca.us/

Humboldt

808 E St., Eureka CA 95501

(866) 527-8614

(707) 476-2100

www.humboldt.gov/502

Provides in-home care for aged and disabled individuals who need assistance to remain



"WHERE COMPASSION MEETS CARE"

ELITE CAREGIVERS

IN-HOME CARE SERVICES

LIC 124700001



COMPASSIONATE CARE SERVICES 2-24 HOURS

1-707-496-8499 OR 1-707-496-8400

WE ARE A LICENSED HOME CARE ORGANIZATION
PROVIDING MEDICAL & NON-MEDICAL IN HOME CARE.

PERSONAL CARE-ASSIST WITH DAILY ACTIVITIES

MEAL PLANNING AND PREPARATION

LIGHT HOUSEKEEPING

TRANSPORTATION TO APPOINTMENTS

SHOPPING AND ERRANDS

WELLNESS CARE AND MUCH MORE

WE ARE FAMILY OWNED, LICENSED, BONDED AND INSURED.

SERVING NORTHERN CALIFORNIA FOR OVER 20 YEARS

1-707-496-8499

WWW.ELITE-CAREGIVERS.COM

safely in their homes. Must be receiving Medi-Cal benefits to be eligible. Manages IHSS caregiver registry.

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.

FEE-FOR-SERVICE CAREGIVER AGENCIES

Agape Home Care

321 West Wabash Ave., Eureka, CA 95501

P.O. Box 4881, Eureka, CA 95502

(707) 445-1212

www.agapehomecare.org

office@agapehomecare.org

Elite Caregivers

P.O. Box 6888, Eureka, CA 95502

(707) 496-8499 or (707) 496-8400

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/

Pacific Medical Resources

612 2nd Street, Eureka, CA 95503

(707)798-6244

www.pacificmedicalresources.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.

American Cancer Society, Humboldt

(See page 47)

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 74)

(707) 444-8254 x3202

www.humsenior.org

reception@humsenior.org

Redwood Caregiver Resource Center

Humboldt and Del Norte 



**Locally
Owned and
Operated**

We Care Every Day in Every Way

- Bathing Assistance
- Dressing Assistance
- Grooming
- Assistance with Walking
- Medication Reminders
- Errands/Shopping
- Light Housekeeping
- Meal Preparation
- Companionship
- Flexible Hourly Care
- Respite Care for Families

*Caregivers Receive Ongoing Training
All of our Caregivers are Registered
by the State of California*

707.442.8001
707.725.3611

www.VisitingAngels.com/Eureka



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, including people with
Alzheimer's and related dementias.

OTHER SERVICES

NATIONAL/STATE/REGIONAL

Alzheimer's Association

1455 Response Rd. Ste. 190
Sacramento, CA 95815
(800) 272-3900
www.caalz.org
info@alz.org

American Cancer Society

250 Williams St. N.W., Atlanta, GA 30303
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

1150 Connecticut Ave., NW, Ste. 501
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.age-pride.org
agepride@uw.edu

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

Humboldt County Clerk/Recorder

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

(707) 525-9700

www.neptunesantarosa.com

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

**Your locally-owned funeral home
now has a virtual office.**

Visit www.ayrescremation.com
to learn more.



707-269-7160 • 2620 Jacobs Ave, Eureka

ED2087

HOSPICE AND PALLIATIVE CARE

Advanced Illness Management

785 E. Washington Blvd.

Crescent City, CA 95531

(707) 464-8741

www.sutterhealth.org/coast

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 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.hearoftheredwoodscommunityhospice.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. Hospice's Pet Peace of Mind (PPOM) program helps hospice patients care for their pets (see page 72).

Humboldt Advance Care Planning Coalition

707-443-4563 ext. 22

humACPcoalition@gmail.com

www.facebook.com/humboldtACPcoalition
Universal advance care planning among all people in Humboldt County so that their wishes may be expressed and respected.

Resolution Care

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

(707) 442-5683

Fax: (707) 442-2006

www.ResolutionCare.com

leanne@resolutioncare.com

Community-based, home-centered specialty palliative care program. Delivers interdisciplinary care using house calls and virtual house calls. Extra support to the ongoing care provided by other doctors and specialists. Uses Project ECHO to improve primary palliative care.

GRIEF SUPPORT SERVICES

Hospice of Humboldt

3327 Timber Fall Court, Eureka, CA 95503

(707) 267-9801

<https://www.hospiceofhumboldt.org/bereavement/>

Private, confidential grief support visits in person, by phone, or drop-in Grief Support Groups to exchange emotional support and ideas on coping with the death of a loved one. Open to the public, free of charge, call to confirm schedule before attending.

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, includes 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.

Heartfelt Care & Support when it matters the most

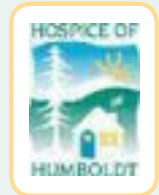
Hospice means...

- ♥ Hope and dignity in the face of pain and suffering
- ♥ 24 hour support & education for families every step of the way
- ♥ Access to specialized care at the Ida Emmerson Hospice House
- ♥ Grief support as families navigate the disease process

**For a free consultation,
call Hospice at 707-445-8443**

3327 Timber Fall Court, Eureka

www.hospiceofhumboldt.org



Funeral Consumers Alliance of Humboldt

We are a local nonprofit group providing free service to guide you in:

- end of life options
- communicating your final wishes
- tending to post-death details of a loved one

We are here to support you!

707-822-8599

PO Box 856 • Arcata, CA 95518

info@fcahumboldt.org

www.fcahumboldt.org

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.donorwest.org

screening@dnwest.org

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

Living Bank

4545 Post Oak Place, Ste. 340
Houston, TX 77027

(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

(888) 427-5653

Fax: (415) 543-3331

www.kidneyca.org

eventsnca@kidney.org

Research and organ donation programs.

Willed Body Program (UCSF)

UCSF School of Medicine, Ac 14
PO Box 0902, San Francisco, CA 94143

(415) 476-1981

Fax: (415) 502-1460

www.meded.ucsf.edu

Coordinates whole body donations with the University of California.

Food Resources

FOOD GUIDES

The Local Food Guide

Locally Delicious

PO Box 309, Arcata, CA 95518

(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 people age 60 and older. Services are currently available for pick-up in Eureka, Arcata, McKinleyville, Trinidad, Fortuna and Rio Dell.

Food for People (CSFP)

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

(707) 445-3166 x303

Call or visit the main office for an application.

The Journey Church

95 Bellview Ave., Rio Dell, CA 95562

(707) 764-5460

Third Thursday of the month 9:00 am to 12:00 pm.

DINING SITES

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

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 Community Center

100 South Berding St., Ferndale, CA 95536
(707) 496-5498

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 Nutrition Program

300 N. 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) 482-1121

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

Rio Dell Terrace

325 Center St., Rio Dell, CA 95562
(707) 764-3350
Provides brown bag lunches every
Thursday at 10:30

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: Saturdays, April to November, 9am-2pm

Winter Market: Saturday 10am-2pm

Crescent City Farmers Market

Del Norte County Fairgrounds
421 Highway 101N,
Crescent City, CA 95531

(707) 464-7441

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

Crescent City Farmer's Market (Downtown)

Price Mall Parking Lot
Front and K Streets, CA 95531

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

Fortuna Farmers Market

Corner of Main and 10th Streets,
Fortuna, CA 95540

(707) 441-9999

Tuesdays, June through October, 3pm to 6pm

Friday Night Market

E St. and Opera Alley, Eureka, CA

(707) 441-9999

Fridays, June through October, 5pm to 8pm

Garberville Town Square

Town Plaza, Garberville, CA 95542

(707) 498-4089

Fridays, May through mid-November,
11am to 3pm.

Henderson Center Farmers Market

Henderson and F Streets, Eureka, CA 95501

(707) 441-9999

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

McKinleyville Farmers Market

Eureka Natural Foods Parking Lot
2165 Central Ave, McKinleyville, CA 95519

(707) 441-9999

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

Mad River Community Hospital Farmers Market

3800 Janes Rd. Arcata, CA 95521
outside the Garden Court

(707) 822-3621

Wednesday, June through November,
11am-2:00pm

Miranda Farmers Market

Across from Miranda Gardens Resort,
Miranda, CA 95553

(707) 786-9460

Tuesday, May to October, 2pm to 6pm.

Old Town Eureka Farmers Market

2nd and F Streets

Eureka (front of gazebo), CA 95501

(707) 441-9999

Tuesdays, June through October,
10am to 1pm.

Potawot Community Food Garden

1600 Weeot Way, Arcata, CA 95521

(707) 825-5070

Shelter Cove Farmers Market

Machi Road, Motel Parking lot
Whitethorn, CA 95589

(707) 986-7229

TASTY MEALS DELIVERED TO SENIORS

\$4.99-7.99

www.sunnysidemealdelivery.com

707-496-2307

Tuesdays, May through October,
11am to 3pm.

Willow Creek Farmer's Market

Veterans Park, 100 Kimtu Rd.,
Willow Creek, CA 95573

(707) 441-9999

Thursdays, June through August 31,
4:30pm to 7:30pm

FOOD MEAL DELIVERY (FEE)

Eureka Grocery Delivery

(707) 672-3812

EurekaGroceryDelivery@gmail.com

Sunnyside Home Delivery

(707) 496-2307

Sunnysidemealdelivery.com

Specializing in gluten free, organic, health
conscious, vegan meals. Free delivery
within 40 miles of Eureka downtown.

Subsidiarity of humboldtcatering.net

MEAL FOOD DELIVERY - (donation, no cost, 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

Food for People

Homebound Delivery Program

307 West 14th Street, Eureka, CA 95501

(707) 445-3166

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 (See page 29)

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.

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.

Bread for Life

95 Bellview Ave., Rio Dell, CA 95562

(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

Dorcas Society

Seventh Day Adventist Church

1770 Northcrest Dr.,

Crescent City, CA 95531

(707) 464-2738



Ferndale Community Church

712 Main St., Ferndale, CA 95536
(707) 786-4475

Food for People (Choice Pantry)

307 W. 14th St., Eureka, CA 95501
(707) 445-3166

Fortuna Community Services

2331 Rohnerville Road, Fortuna, CA 95540
(707) 725-9381

Garberville Presbyterian Church

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

Grace Lutheran Evangelical Church LCMS

188 E. Cooper Ave.,
 Crescent City, CA 95531
(707) 464-4712

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) 488-2803

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.

Blue Lake Community Resource Center

111 Greenwood Ave., Blue Lake, CA 95525
(707) 668-4281
(707) 668-5239

Food for People (Choice Pantry)

(See pages 28 & 31)
 307 W. 14th St., Eureka, CA 95501
(707) 445-3166

Jefferson Community Center

1000 B Street, Eureka, CA 95501
(707) 497-6280

Salvation Army

2123 Tydd Street, Eureka, CA 95501
(707) 442-6475

The Journey Church

(See page 28)
 95 Bellview Ave., Rio Dell, CA 95562
(707) 764-5460



CALFRESH BENEFITS

WHAT IS CALFRESH?

CalFresh is California's version of SNAP (Supplemental Nutrition Assistance Program) a federally funded program. CalFresh benefits are issued on an EBT card that works like a debit card and can be used at most grocery stores and farmers markets to purchase food. **SSI recipients may now be eligible.**

ELIGIBILITY BASICS

In CalFresh, a household is a group of people who regularly buy and eat food together.

- The people in a household do not have to be related to each other.
- Households can be as small as one person
- The same address can have more than one household
- You don't need to have a home to receive CalFresh

BASIC ELIGIBILITY QUESTIONS:

- Does anyone in your household have a social security number? **YES or NO**
- Is your monthly income before taxes less than the amount allowed? **YES or NO**
- Use the chart below to see if your household's monthly income, before taxes and other deductions, is under the limit allowed for your household size.

INCOME GUIDELINES

October 1, 2019 – September 30, 2020 (may change in future years)

| Household Size | Gross Monthly Income | Net Monthly Income | Maximum Allotment |
|------------------------|----------------------|--------------------|-------------------|
| 1 | 2,082 | 1,041 | 194 |
| 2 | 2,820 | 1,410 | 355 |
| 3 | 3,556 | 1,778 | 509 |
| 4 | 4,292 | 2,146 | 646 |
| 5 | 5,030 | 2,515 | 768 |
| 6 | 5,766 | 2,883 | 921 |
| 7 | 6,502 | 3,251 | 1,018 |
| 8 | 7,240 | 3,620 | 1,164 |
| Each Additional Member | 738 | 369 | 146 |

Contact the Service Center to find out more information and apply **1-877-410-8809**

Housing

Affordable Homeless Housing Alternatives (AHHA)

P.O. Box 3794, Eureka, CA 95502
(707) 298-1466

www.ahha-humco.org

ahha.humco@gmail.com

Provides information, education, advocacy and policy development for affordable housing with the homeless in Humboldt County. Facilitates implementation of models and assists in operations with community groups.

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 Property Tax Postponement (PTP) Program 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.

Keep Your Home California (See page 15)
(888) 953-3722

www.KeepYourHomeCalifornia.org

Mobile Home Ombudsman California Department of Housing and Community Development

P.O. Box 31, Sacramento, CA 95812

(800) 952-8356

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

mhassistance@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

(415) 495-8100

www.tenantstogether.org

info@tenantstogether.org

Online tenant resource center and free bilingual hotline staffed by trained volunteers. Does not provide legal advice or aid. Online intake forms available.

The Humboldt Edge Newspaper

P.O. Box 328, Trinidad, CA 95570

(707) 953-6300

www.humboltdedge.com

Honors and invites the wisdom, knowledge and creative expression of people living on the street, experiencing homelessness and/or living on the edge economically.

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

**Northcoast Homeshare Program
 Area 1 Agency on Aging**

434 7th Street, Eureka, CA 95501
(707) 442-3763 x301
 homeshare@a1aa.org

Provides lists and other resources for seniors to find affordable housing. Offers the Northcoast Homeshare program that matches people looking for housing with people that have extra space and are looking for a roommate.

**Cedar Street Senior Apartments
 & 703 Cedar St.**

725 Cedar St., Garberville, CA 95542
(707) 923-1035
 www.cchnc.org/

The 703 Cedar Street and the Cedar Street Senior Apartments offer a total of 20 one bedroom apartments to seniors age 62 and over. Built and owned by local non-profit, these properties provide affordable housing to very low income seniors.

Housing Authority - Crescent City
 235 H Street, Crescent City, CA 95531
(707) 464-9216
Fax: (707) 464-2692
 www.crescentcity.org/housing.html

Housing Authority - Eureka
 735 West Everding St., Eureka, CA 95503
(707) 443-4583
 www.eureka-humboldt-hsg.org/home.html
 melliew@eureka-humboldt-hsg.org
 Program enables low-income families or individuals to rent affordable, decent, and sanitary housing. Section 8 (Housing Choice Voucher Program). To apply, contact the housing assistance agency by phone or via the website.

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.




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 LOW RATES
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707-445-3027
 BOB@HUMBOLDTMORTGAGE.NET

2037 HARRISON AVE. EUREKA, CA
 CAL BRE #01144618 NMLS: #323296

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.



REDWOOD COAST VILLAGE
 A membership organization that helps seniors continue living in their own homes.

For more info
 call: (707) 442-3763 x 217
 visit: www.redwoodcoastvillage.org

A 501(c)3 nonprofit

The
MEADOWS APARTMENTS
Independent Senior Living 55+

- 1 bedroom flats
- 2 bedroom flats
- Townhouses
- Pets welcome
- On-site laundry
- Activities

2520 Hubbard Lane • Eureka

KIC | kramer investment corp.
www.kkramer.com
707-444-2919

**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, 62 or older unless disabled. Studios, one, and two bedroom apartments. Amenities include on site management, a large community room, exercise room and coin-op laundry facilities.

The Meadows Senior Village

2065 David Way, Fortuna, CA 95540
(707) 725-6500

www.danco-group.com/affordable-housing

Ten four-plex apartment buildings with a centrally located community building for age 62+.

Plaza Point

977 8th Street, Arcata, CA 95521
(707) 822-2770

www.danco-group.com/affordable-housing

Three-story mixed-use housing development with stores and living spaces for age 50+ and/or disabled.

Redwood Cove Senior Apartments

1755 Northcrest Drive,
 Crescent City, CA 95531
(707) 465-6045

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.

Seagull Villa Senior Apartments

655 Pacific Avenue, Crescent City, CA 95531
Crescent City, CA 95531
(707) 464-7612
Age 62 or older.

**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 who 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
40 units and a community center for age 50 and older.

Yarrow Village

2080 Stockton Court, Fortuna, CA 95540
(707) 725-6500

www.danco-group.com/affordable-housing
A 25 unit affordable senior housing project for age 55+ and disabled, or over 62 years of age.

**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 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.



Kraft Transitions

Downsize, Reorganize, Energize, Act, Move On.

Let us help you with...

- move management and space planning
- decluttering, downsizing and reorganizing
- arranging for the dispersal of possessions no longer needed
- gentle packing services and oversight of packers
- unpacking



Maggie Kraft, MSW

Senior Move Manager®,
Aging in Place and
Dementia Care Consultant

Call for a FREE in-home consultation.

707.362.3223

info@krafttransitions.com • www.krafttransitions.com
P.O. Box 809, Eureka, CA 95502

**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) 588-5099

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 95503

(707) 443-5160

Fax: (707) 443-5160

Humboldt House Lodge

ASSISTED LIVING in EUREKA, CALIFORNIA



We offer independent and assisted living options. Each room is private, and features its own restroom and entrance/exit to a deck or balcony.

Schedule a tour of our beautiful facility today.

707-798-6261

Alder Bay Assisted Living

1355 Myrtle Avenue, Eureka, CA 95501

(707) 444-832-4815

Fax: (707) 268-5607

www.alderbayalf.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

First Choice Care Home

456 10th Street, Fortuna, CA 95540

(707) 725-7899

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





TIMBER RIDGE

— SENIOR LIVING COMMUNITY —

A WELCOMING HOME

The Timber Ridge community is designed to help every person feel at home. But we believe home is more than our kitchenettes and spacious private bathrooms. Home is where you're free to be who you are; it's where a community of caregivers and friends welcome you with open arms.

Choosing assisted living is never easy. Experiencing the warmth of a caring community can make all the difference

CALL US TO
SCHEDULE A TOUR
TODAY!

EUREKA 707.443.3000
MCKINLEYVILLE 707.839.9100

timberridgecare.com

Redwood R&R

3231 Dolbeer Street, Eureka, CA 95501
(707) 444-2076
 Fax: **(707) 444-2079**

Renaissance at Timber Ridge - Eureka

2780 Timber Ridge Lane, Eureka, CA 95503
(707) 443-3000
Fax: (707) 443-3027
www.timberidgecare.com
 Memory care unit.

Sequoia Springs Senior Living

2401 Redwood Way, Fortuna, CA 95540
(707) 726-0111
<https://sequoiasprings-sl.com/>

Timber Ridge - Eureka

2740 Timber Ridge Lane, Eureka, CA 95503
(707) 443-3000
Fax: (707) 443-3027
www.timberidgecare.com
efarnum@timberidgecare.com

Timber Ridge - McKinleyville

1400 Nursery Way, McKinleyville, CA 95519
(707) 839-9100
Fax: (707) 839-2981
www.timberidgecare.com
Larona@TimberRidgeCare.com

**TEMPORARY SHELTER AND
 TRANSITIONAL HOUSING**

Arcata House Partnership

Administrative Offices
 1005 11th St., Arcata, CA 95521
(707) 822-4528
 Client Services – The Annex
 501 9th St., Arcata, CA 95521
(707) 633-6236
www.arcatahouse.org
arcatahouse3@gmail.com
 Arcata House Partnership provides permanent housing, emergency shelter, case management, CalFresh outreach, and drop in services to individuals and families who are homeless and/or hungry in Humboldt County.

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.

*Coldwell Banker Commercial
 Pacific Partners Real Estate*



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707-442-2222

1036 5th St, Suite A, Eureka

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**(630) 792-5800****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) 444-8584Accessibility surveys, accessible housing
information and design, home modification
services, and ramp rentals.**City of Eureka****Residential Rehabilitation Program**

531 K St., Eureka, CA 95501

(707) 441-4209**Fax (707) 441-4138**

ci.eureka.ca.gov

This loan program assists low to moderate
income single-family homeowners,
located within the City limits of Eureka,
with financing of health and safety
repairs, energy-efficient upgrades, and
handicapped-accessible repairs.**Comprehensive Career Services (CCS)
Humboldt Community Access and Resource
Center (HCAR)****Fax: (707) 441-8669**

www.hcar.us

Delivers competitively priced business
solutions while creating jobs for people with
disabilities. Our services include custodial,
yard maintenance, bulk mailing and small
product assembly.**Developed Employment Services**

P.O. Box 2129, McKinleyville, CA 95519

(707) 443-0600

DevelopedEmploymentServices.com

info@developedemploymentservices.com

A work program for adults with
developmental disabilities. With support
from a job coach, clients provide
landscaping, janitorial services, industrial/
warehouse work, and other on-demand jobs.**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.

Redwood Community Action Agency

904 G Street, Eureka, CA 95501

(707) 444-3831

Crews complete health and safety related repairs such as replacing broken windows and doors. Offers a lead-based paint hazard reduction program.

Redwood Teen Challenge

2212 2nd St., Eureka, CA 95501

(707) 268-8727 ext. 106.

www.redwoodtc.org

Offers a variety of professional services including: landscaping, food service, construction, painting & janitorial services.

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 homes safer. Must be age 60+ and live in the City of Eureka (owner or renter).

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 that provides assistance with

weatherization and home energy efficiency improvements through direct services and referrals.

Energy Assistance/LIHEAP

Redwood Community Action Agency

539 T Street, Eureka, CA 95501

(707) 444-3834

Del Norte office: (707) 464-0955

(855) 299-7336

www.rcaa.org/division/energy-services

Through the Low-income Home Energy Assistance Program (LIHEAP) RCAA assists eligible households with payments or purchases of electricity, propane, natural gas, heating oil, or firewood.

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.

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.

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.

PG&E Energy Savings Assistance Program (ESA) 800-989-9744 provides no-cost weatherization services and energy-

efficient appliances to eligible renters or homeowners who receive electric or gas service through a residential meter.

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

Relief for Energy Assistance through Community Help (REACH)

Eureka - Dollar Energy Fund, Inc.

2123 Tydd Street, Eureka CA 95501

(800) 933-9670

www.dollarenergy.org, www.pge.com/reach

Dollar Energy Fund is a 501(c)(3) organization providing utility assistance and other services that lead to self-sufficiency. For application assistance in Humboldt County call the 2-1-1 Humboldt Information and Referral Center at (707) 441-1001 or by dialing 2-1-1.

Garberville

727 Cedar Street, Garberville, CA 95542

(707) 923-2779

www.pge.com/reach

Limited financial assistance for overdue utility service bills for qualified customers. A one-time energy-assistance program 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.

Decluttering Your Home

Have nothing in your home that you do not know to be useful or believe to be beautiful.

- *William Morris*

KNOW WHY YOU WANT TO DECLUTTER. What is your end goal?

- Write it down as a positive statement and refer to it when going gets tough.
- Recognize that even when you choose to do something it is still stressful.
- Surround yourself with positive, helpful people.
- Create a realistic to-do list with a reasonable timeline.
- Recognize decision fatigue and take breaks.
- Start with the least emotional stuff first
- Stop reading how-to books and just do it!

DONATING STILL USEFUL ITEMS

- Thrift Shops – they all have things they don't take, so call first.
- SCRAP Humboldt
- Local nonprofits often have specific needs, call and ask.
- Libraries, schools, youth groups, churches, etc.

SELLING ITEMS

- Used book stores
- Clothing consignment shops for good quality clothing
- Antique and other types of shops specializing in selling interesting stuff
- Pre-Estate Sales
- Carl Johnson's – auctions.

LOCAL ONLINE RESOURCES

- Craigslist Humboldt
- Trash Nothing (online community where you offer free items to the masses)

1) REDUCE what is coming into your home

- Start a 30 day wait list to avoid impulse shopping. If still want/need after 30 days, then buy it.
- Leave credit cards home unless making a planned purchase.
- Open and sort mail daily.
- Get on do not call and do not mail lists.

2) REUSE what you have already purchased

- If you have it, use it. Then use it some more.

3) RECYCLE

- Donate, sell, give to friends, family or strangers, proper recycling and disposal.
- Most things were not purchased as investments, but to use. If you aren't using, or have used it up/worn it out, let it go.
- Letting someone have your unused stuff is almost always better than storing it.

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. Does 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.acesinc.com
order@acesinc.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 26)

785 E. Washington Blvd.
Crescent City, CA 95531
(707) 464-8741
www.sutterhealth.org/coast

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.

Southern Humboldt Community Clinic

Visiting Nurse Program
733 Cedar Street, Garberville, CA 95542
(707) 923-3921 ext. 273
<https://shchd.org/services/visiting-nurse-program/>
Home care services offered through visiting nurse program (VNP) to those who are homebound with home care needs that are medically reasonable and necessary to the treatment of an illness or injury.

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.

Mad River Home Health Services

Professional Healthcare Provided in Your Home

Services Available:

- Skilled Nursing
- Physical Therapy
- Occupational Health
- Medical Social Worker
- Speech Pathology
- Home Health Aides



*Mad River
Community
Hospital*

(707) 826-8420
4605 Valley West Blvd.
Arcata, CA 95521

Sutter Coast Home Health Care
 785 East Washington Blvd., Suite 15
 Crescent City, CA 95531
(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: 1-855-276-7042
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 95501
(707) 442-7078
Fax: (707) 442-7298
www.opendoorhealth.com
 Call to see if accepting new patients.

**Crescent City Dental Clinic –
 Gho’Mun’ Dun Dental Clinic**
 785 E. Washington Boulevard, Suite 8
 Crescent City, CA 95531
(707) 464-2583

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

Are You Turning 65?

Need To Sign Up For Medicare? We Can Help!

Call Senior Products Agent,
POLLY ENDERT 822-7251

Pauli-Shaw
 INSURANCE AGENCY

We've got you covered
 7th & F, Arcata • 707 822-7251



Polly Endert
 Senior Products Agent
 CA License 0C60256

dentist and registered dental hygienist, assisted by CR Dental Assisting students. 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

Fax: 707 442-5857

www.hdnds.org

humboltdelnorte.dentalsociety@gmail.com

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

United Indian Health Services

(See page 56)

1600 Weeot Way, Arcata, CA 95521

(707) 825-5000

(800) 675-3693

Fax: 707 825-6747

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) 443-2241

www.cancer.org



Scoters



Powerchairs



Stair Lifts

BROADWAY MEDICAL
RESPIRATORY & HOME CARE
SUPPLY & SERVICE • SINCE 1974
www.broadwaymedical.com

Everything you need to maintain independence and comfort in your home

**Visit our showroom.
 Try before you buy.
 And...we service what we sell.**

1034 Broadway, Eureka CA

(707) 442-3719

Mon - Fri 8 - 5:30 • Sat 9 - noon



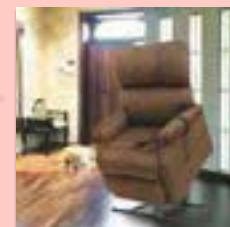
Accepting Medicare, MediCal and other insurances



CPAP & Oxygen Supplies



Indoor & Out door Ramps



Lift Chairs

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

Humboldt Advance Care Planning Coalition
707-443-4563 ext. 22 (See page 26)

humACPcoalition@gmail.com
www.facebook.com/humboldtACPcoalition
Universal advance care planning among all people in Humboldt County so that their wishes may be expressed and respected.

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 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 physicians in Humboldt and Del Norte. 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.

Humboldt Independent Practice Association (IPA)

Diabetes Education Program (See page 74)
2316 Harrison Street, Eureka, CA 95501
(707) 443-0124
Fax: (707) 443-2527
www.humboldtipa.com

PA 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 a variety of chronic health conditions and medical treatments or testing.

IPA Our Pathways to Health

2662 Harris Street, Eureka, CA 95503
(707) 267-9606
Fax: (707) 443-2527
www.humboldtipa.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.

Kunle Community

P.O. Box 6224, Eureka, CA 95502

(707) 599-2381

kunle.community@gmail.com

Facebook@Kunlecommunity

Focuses on mental health needs of people in the community. Goals include reducing the rising suicide rate, raising awareness about mental health, and increasing overall wellness.

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.

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

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

American Heart Association - North Bay North Bay Business Center

1710 Gilbreth Rd., Suite 301

Burlingame, CA 94010

(707) 890-3590

You have healthcare choices... and time to make them!

Do you ever feel confused when making
a health care decision?

FREE Coaching Services and Decision Aids
are being offered for the following conditions:

- Acute Low Back Pain
- Chronic Low Back Pain
- Herniated Disc: Choosing Treatment
- Knee Osteoarthritis
- Protecting Your Bones: Preventing Another Fracture
- Spinal Stenosis
- Treatment Choices for Hip Osteoarthritis
- Treatment Choices for Torn Meniscus
- Breast Reconstruction
- DCIS: Choosing Your Treatment
- Early Stage Breast Cancer
- Treatment Choices for Uterine Fibroids
- Treatment Choices: Abnormal Uterine Bleeding
- Colon Cancer Screening: Deciding What's Right
- Weight Loss Surgery: Is it Right for You?
- Heart Tests: Learning About Your Choices
- Living With Heart Failure
- Stable Chest Discomfort
- Treatment Choices for Carotid Artery Disease
- Treatment Choices for Peripheral Artery Disease
- Coping With Symptoms of Depression
- Help With Anxiety
- Living Better With Chronic
- Sleeping Better: Help for Insomnia
- Benign Prostatic Hyperplasia
- Is a PSA Test Right for You?
- Looking Ahead: Choices for Medical Care When You're Seriously Ill
- Peace of Mind: Advance Directives

... and many more!

Self-Referrals Welcome!

Health Decisions Center

A Program of the

Humboldt Independent Practice Association

2316 Harrison Avenue, Eureka CA 95501

Phone: 707.442.0478

www.humboldtipa.com/sdm

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

333 Hegenberger Rd., Suite 450
 Oakland, CA 94621

National helpline: (800) 586-4872

Oakland office: (510) 638-5864

Fax: (510) 638-8984

www.lungusa.org

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

North Bay Business Center
 1710 Gilbreth Rd., Suite 301
 Burlingame, CA 94010

(707) 890-3590

www.heart.org/heartorg

Arthritis Foundation (AF)

Northern California Chapter

90 Montgomery St., Suite 710
 San Francisco, CA 94105

Arthritis helpline: (844) 571-4357

San Francisco office: (415) 915-2862

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) Parkinson's Disease Foundation (PDF)

200 SE 1st Street, Suite 800
 Lake Worth, FL 33461

(800) 473-4636

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

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.

Prepare™ For Your Care

P.O. Box 276567, Sacramento, CA 95827

(877) 622-6298

<https://prepareforyourcare.org/>

info@prepareforyourcare.org

A step-by-step program with video stories to help you have a voice in your medical care; talk with your doctors; give family and friends a peace of mind and fill out an advance directive form.

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 Program)

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.org

hicap@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

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 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

929 Koster St., Eureka CA 95501

(877) 410-8809

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

Sacramento CTAP Service Center

1300 Ethan Way, Suite 105

Sacramento, CA 95825

(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.

Hear Now Program - Starkey Foundation

6801 Washington Ave. S, Suite 200,

Minneapolis, MN 55439

(866) 354-3254

Fax: (953) 828-6900

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

HOSPITALS AND URGENT CARE

Jerold Phelps Community Hospital Southern Humboldt Community Health District

733 Cedar Street, Garberville, CA 95542
(707) 923-3921

A nine-bed, Medicare certified, Critical Access Hospital (CAH), operated by the Southern Humboldt Community Healthcare District offering laboratory, radiology, mammography, physical therapy, rehabilitation, 24-hour emergency room (ER), and acute inpatient services, along with swing-bed services for those who need a combination of hospital and skilled nursing services.

K'ima:w Medical Center Main Campus

535 Airport Rd., 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.

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.

Redwood Urgent Care – Eureka

2440 23rd Street, Eureka, CA 95501
707-298-2011

Redwoodurgentcare.com
A walk-in Urgent Care clinic providing treatment for urgent, non-emergency needs. Onsite x-ray available. No appointment necessary. Open every day of the year.

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 telerradiology, pharmacy, maternity, laboratory services and more.

HICAP

Health Insurance and Advocacy Program

Have Questions About Medicare?

HICAP Can Help You:

- Understand Medicare

Choose the Right Prescription Plan

- Get Extra Help with Rx Costs

- Make Sense of Medigap Plans?

Free Counseling Available

Humboldt
437 7th Street
Eureka
(707) 443-3000

Del Norte
1765 Northcrest Blvd
Crescent City
(707) 464-7876

(800) 434-0222
www.a1aa.org



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CLINICS

Open Door Community Health Centers

Administration: 1275 8th St.

Arcata, CA 95521

(707) 826-8633 – Administration

Fax: (707) 826-8638

www.opendoorhealth.com

Family practice services for primary medical needs, including diagnosis, treatment and referral for more advanced. 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. Discounts based on income and ability to pay for uninsured. 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

Ferndale Community Health and Wellness Center

638 Main St., Ferndale, CA 95536

(707) 786-4028

Fax: (707) 786-9029

Fortuna Community Health and Wellness Center

3750 Rohnerville Rd., Fortuna, CA 95540

(707) 725-4477

Fax: (707) 725-2978

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
Fax: (707) 839-3827

Mobile Health Services/Telehealth & Visiting Specialist
(707) 443-4666 - Appointment Line
 Mobile medical services at designated sites in Eureka to 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
Fax: (707) 822-3656

Transgender Health Clinic - Open Door Community Health Centers
 770 10th Street, Arcata, CA 95521
(707) 826-8610 ext. 1139

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.

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

Improving access to quality care across the North Coast. **opendoor** Community Health Centers
opendoorhealth.com

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 Laboratory

2440 23rd Street, Suite C
Eureka, CA 95501

707-798-6214

A walk-in clinical laboratory offering blood draws and immediate results. Results are automatically sent to your primary doctor.

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

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

Fax: (707) 441-1000

www.srpp.org

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

Southern Humboldt Community Clinic

733 Cedar Street, Garberville, CA 95542

(707) 923-3925

www.shchd.org

Walk-in Clinic

Sutter Coast Health Center

785 East Washington Blvd. Suite 10
Crescent City, CA 95531

(707) 464-8818

www.suttercoast.org

suttercoast@sutterhealth.org

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.

Elk Valley Office

2298 Norris Ave., Crescent City, CA 95531

(707) 464-2919

Fax: (707) 464-8218

Eureka UIHS

2332 Harrison #C, Eureka, CA 95501

(707) 725-7988

Fax: (707) 725-8088

Hop'-Ew Puel

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

Potawot

1600 Weeot Way, Arcata, CA 95521
Medical: (707) 825-5010
Toll-free: (800) 675-3693

Taa-'at-dvn

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

**Weitchpec Libby Nix Community Center
Health Clinic**

Route 96, Hoopa, CA 95546
(530) 625-4300
Fax: (530) 625-4308

Xaa-wan'k'wvt

501 Indian Court, Smith River, CA 95567
(707) 487-0215

NON-CRISIS BEHAVIORAL HEALTH

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

**Friendship Line Institute on Aging
(See page 75)**

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



SoHum Health

Accepting New Patients

Primary Care, Lab & Radiology



Offering:

**Low-Dose CT Lung Cancer
Screenings • X-Rays
CT Scans • Mammograms**

Lab and Radiology walk-ins &
same day appointments available
7 days a week • 8 am – 5 pm

**Jerold Phelps Community
Hospital • 24/7 ER**

733 Cedar Street
Garberville, CA

**Southern Humboldt
Community Clinic**

509 Elm Street
Garberville, CA



(707) 923-3921 • sohumhealth.org

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

NeedyMeds, Inc.

(800) 503-6897

Fax: (206) 260-8850

www.needymeds.org

info@needymeds.org

Online information resource for people unable

Lima's Professional Pharmacy
Your Pharmacy for Life Since 1907

It's all about Personal Service!
 Delivery from Garberville to Trinidad and Blue Lake

Celebrating 20+ years of serving our community!

Eureka • 441-8500
 2097 Harrison Avenue • Fax: 443-7608

www.limasrx.com

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 19)

1910 California Street, Bldg. B
Eureka, CA 95501

(707) 443-9747

www.humsenior.org

alzintake@humsenior.org

Adult Day Health Care of Mad River (See page 19)

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.stjoehumboldt.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 70)

3289 Edgewood Road, Eureka, CA 95501

(707) 441-9262

www.vectorpt.org

New location!

GREEN'S

FORTUNA PHARMACY

1058 Main Street • Fortuna, CA • 95540

Robert & Mary Johnson
(707) 725-4431 • fax (707) 725-2671
greensrx@att.net • greensfortuna.com

The best professional care

The latest digital hearing aid technology



William Speer, Au.D.
Doctor of Audiology



Trisha Ostermeier, Au.D.
Doctor of Audiology

HumboldtAudiology^{PC}

Hear what you've been missing.

707-443-7111

831 Harris Street (at J and Harris) • Eureka

OSTOMY SUPPLIES • IMMUNIZATIONS •
BLISTER PACKAGING AVAILABLE • CERTIFIED
DIABETES EDUCATOR • DIABETES SHOPPE
• CUSTOM COMPOUNDING FOR PAIN
MANAGEMENT, WOUND CARE,
DERMATOLOGY, DENTISTRY AND PETS

◆ **FREE LOCAL DELIVERY** ◆

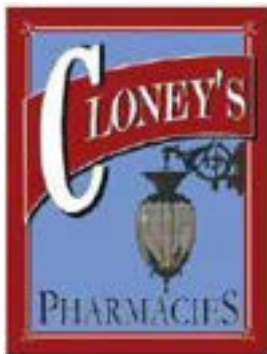
**FAMILY OWNED
& OPERATED
SINCE 1921**

**CLONEY'S RED CROSS
PHARMACY**
525 FIFTH ST., EUREKA
443-1614 • FAX 443-4461

**CLONEY'S PRESCRIPTION
PHARMACY**
2515 HARRISON AVE., EKA
443-7086 • FAX 443-0302

**CLONEY'S MCKINLEYVILLE
PHARMACY**
1567 CITY CENTER RD., MCK
840-9923 • FAX 840-9928

WWW.CLONEYS.COM



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 at the state and federal levels. Facilities must provide nursing service 24 hours a day and a minimum of one full-time registered nurse on staff at all times. 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) 558-1784

Business: (800) 236-9747

www.hfcis.cdph.ca.gov

Information about licensed long-term care facilities and hospitals throughout California. 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

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.gradarehabwc.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 Fl.
Alexandria, VA, 22314

(800) 669-7079

Business: (202) 371-8880

Fax: (202) 371-8258

www.bva.org

bva@bva.org

Peer support to assist 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
 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.

Redwood Equine Partners

Business: (707) 786-4158

www.RedwoodEquinePartners.com
 Reintegration and Wellness (RAW) program, an Equine Assisted, Treatment, Growth and Learning Program for returning and returned Veterans for over 20 years.

Help at the Touch of a Button

EasyCall
 Medical Alert System

Medical • Falls • Emergencies • Police • Fire
 707-443-6366 • www.GetEasyCall.com

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 for individuals who are blind or low vision, as well as those who have dyslexia or other difficulties reading conventional print materials. 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

(916) 654-0640

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

2143 Hurley Way, Suite 250
Sacramento, CA 95825

(800) 221-6359

Business: (916) 441-2100

Fax: (916) 441-2188

www.ccbnet.org

cotb@ccbnet.org

Provides the California Connection with weekly news and announcements of interest to blind individuals. 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

1501 Langford Rd., Gwynn Oak, MD, 21207

(410) 215-8587

www.berniefb75@gmail.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 St., 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.

The Humboldt Council of the Blind

PO Box 175, Eureka, CA 95502

(707) 839-0588

As a California Council of the Blind affiliate, acts as a consumer based group of blind and sighted people whose purpose is to advocate for more opportunities for visually impaired people.

LightHouse of the North Coast

1910 California Street, 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) 839-3251 or (707) 839-0588

www.dougdrose@suddenlink.net

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

Northcoast Lions Eye Foundation

P.O. Box 274, 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 9-7-96
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, and products to individuals who are blind or visually impaired, 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.



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

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 in Eureka, offering several routes Monday to Friday and limited Saturday service. Online trip planner.

Fortuna Transit

5 Park Street, Fortuna, CA 95540

(707) 725-7625

www.friendlyfortuna.com

Transportation within Fortuna city limits to seniors or persons with a disability. Second Tuesday of each month also goes to the Bayshore and Eureka Malls in Eureka.

**AMERICAN
FOOT COMFORT CENTER**

Specialty Shoes
Robert P. Sylvester
Certified Pedorthist

1670 Myrtle Avenue
Eureka, CA 95501
ph/fax: (707) 445-8690
americanfootcomfort.com

Greyhound

925 E St., Arcata, CA 95521

24 hours: (800) 231-2222

Business: (707) 825-8934

www.greyhound.com

Ticket office at Arcata location only or can be purchased on line.

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 connecting with Redwood Transit System 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

Volunteer-based organization 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.

Angel Wheels

(800) 768-02338

www.angelwheels.org

Provides non-emergency, long-distance ground transportation to financially disadvantaged, ambulatory patients traveling for treatment.

CAL-ORE Life Flight

311 Cove Road, Brookings, OR 97415

P.O. Box 1986, Brookings, OR 97415

Toll Free (800) 761-5183

Business (541) 469-7911

Fax: (541) 469-4518

www.cal-ore.com

info@cal-ore.com

24-hour emergency ground and air transportation 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

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.

Fortuna Transit

(see page 64)

(707) 725-7625

www.friendlyfortuna.com

Every Tuesday provides transportation to doctor's appointments in Eureka between 10am and 2pm.

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 medical transportation.

VOLUNTEER DRIVER PROGRAMS

DEL NORTE

Volunteer Driver Program

Del Norte Senior Center

1765 Northcrest Dr.

Crescent City, CA 95531

(707) 464-3069

Volunteer transportation service provided to people 60 years of age and older. Call for more information.

HUMBOLDT

Volunteer Driver Program

Area 1 Agency on Aging

434 7th Street, Eureka, CA 95501

(707) 442-3763

www.a1aa.org

vdp@a1aa.org

Volunteer transportation service provided to people 50 years of age and older living independently from the areas of Trinidad to Scotia and inland to Blue Lake. 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

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.

GoGoGrandparent**Business: (855) 464-6872**

www.gogograndparent.com

A taxi alternative. Available in the Eureka area; call for details, to confirm other service areas, and to order a ride.

Plaza Cab**Business: (707) 822-4742**

Serves Arcata-McKinleyville area.

Mon, Tues, Wed: 5 p.m.-5 a.m. and Thurs, Fri, Sat, Sun: 9 a.m.-5 a.m.

OTHER TRANSPORTATION RESOURCES**AARP Driver Safety Program**

Toll-Free Nationwide: 1-(800) 350-7025

www.aarpdriversafety.org

Driver's education course for drivers age 50 and older.

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**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**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.roads.dot.ca.gov

Current highway road conditions.

Well-Being

COMMUNITY AND FAMILY RESOURCE CENTERS

Family Resource Centers offer a variety of information and services to local communities. Humboldt Networks of Family Resources Centers, www.HNFRC.org

Arcata Family Resource Center

2400 Baldwin St., Arcata, CA 95521

Business: (707) 822-4858

Fax: (707) 822-6419

Blue Lake Community Resource Center

St. Joseph Health System

111 Greenwood Drive. Blue Lake, CA 95525

Business: (707) 668-5239

Fax: (707) 668-4285

Bridgeville Community Center

38717 Kneeland Road

Bridgeville, CA 95526

P.O. Box 3, Bridgeville, CA 95526

Business: (707) 777-1775

www.bridgevillecommunitycenter.org

CFRENZEL@humboldt.k12.ca.us

Carlotta Community Center

300 Wilder Road (Box 7)

Carlotta, CA 95528

(707) 768-3860

Fax: (707) 768-3211

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

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, Eureka, CA 95501
(707) 441-2516
albeec@eurekacityschools.org

Mattole Valley Resource Center
P.O. Box 191, Petrolia, CA 95558
203 Old Coast Wagon Rd.
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. 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
Fax: (916) 654-6374
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.

SAIL - Staying Active & Independent for Life Area 1 Agency on Aging

434 7th St., Eureka, CA 95501

(707) 442-3763

Science based cardio and strength classes taught by trained volunteers. For class information contact Phoebe Smith at phoebesmith@gmail.com or 707 502-1696.

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

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

(800) 558-8703

www.age-pride.org

agepride@uw.edu

Online resources to help 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

1133 19th St. NW, Suite 302

Washington, DC 20036

(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

Fax: (212) 366-1947

www.lgbtagingcenter.org

info@lgbtagingcenter.org

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

Queer Humboldt

P.O. Box 45, Arcata CA 95518-0045

(707) 502-2890

www.queerhumboldt.org

info@queerhumboldt.org

Services and Advocacy for LGBT Elders

(SAGE)

305 7th Ave. 15th Fl., New York, NY 10001

(212) 741-2247

www.sageusa.org

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
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

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) 764-4081
Or (707) 845-9748
alismill@tidepool.com
Assistance to low-income individuals to help with spay and neuter costs and food when supplies are available.



EPTREHABILITATION.COM

EUREKA

2306 DEAN ST
707-443-8354

MCKINLEYVILLE

1585 HEARTWOOD DR • SUITE H
707-839-1802

FORTUNA

1095 S FORTUNA BLVD • SUITE 4G
707-725-6995

Friends for Life Animal Rescue

P.O. Box 962, Eureka, CA 95502

(707) 442-5999**Fax: (707) 443-8664**

www.dogrescuers.org

friendsforlife@sbcglobal.net

Helps find 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

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

Humboldt Paws Cause

www.humboldtpawscare.com

hank@lostcoastoutpost.com

lccitraffic@gmail.com

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

Humboldt Spay/Neuter Network

2606 Myrtle Avenue, Eureka, CA 95501

(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

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

1 X Street, Eureka, CA 95501

(707) 616-5717www.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. Reliable workers and volunteers provide dog walking, pet sitting, and obedience training.

Sequoia Humane Society

6073 Loma Avenue, Eureka, CA 95503

(707) 442-1782www.sequoiahumane.orginfo@sequoiahumane.org

Promotes spay/neuter programs and adoption. Seniors 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.

Wild Feline Rescue

457 Vance Street, Crescent City, CA 95531

Box 1235, Crescent City, CA 95531

(707) 464-7729www.wildfelinerescue.org

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) 464-3069www.delnorteseniorcenter.org**Ferndale Senior Resource Agency**

100 South Berding St., Ferndale, CA 95536

P.O. Box 726, Ferndale, CA 95536

(707) 786-4141www.ferndaleseniors.orgferndaleseniors@gmail.com**Fortuna Senior Center**

3000 Newburg Rd. Suite C

Fortuna, CA 95540

(707) 726-9203www.fortunasenior.orgadmin@fortunasenior.org**Healy Senior Center**

456 Briceland Road, Redway, CA 95560

(707) 923-2399www.healyseniorcenter.orghealyseniorcenter@gmail.com**Humboldt Senior Resource Center**

1910 California Street, Eureka, CA 95501

(707) 443-9747 x1240www.humsenior.orgreception@humsenior.org**Karuk Senior Center****Panaminik Center**

459 Asip Road, Orleans, CA 95556

(530) 627-3056www.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.comazaleahall@att.net

SENIOR VILLAGES

Redwood Coast Village

434 7th Street, Eureka, CA 95501

(707) 442-3763 x. 217 or 218

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 for caregivers coping with all types of illnesses and caregiving situations. Call for locations.

Cancer Support Group

St. Joseph Hospital

2700 Dolbeer St., Eureka, CA 95501

(707) 445-8121 x6349

www.stjosepheureka.org

Chetco Activity Center and Respite Care

550 Chetco Lane, Brookings, OR 97415

(541) 469-6822

Diabetes Education Program

Humboldt Independent Practice Association

2662 Harris St., Eureka, CA 95503

(707) 443-4563

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) 445-8121

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.

Friends for Survival

P.O. Box 214463, Sacramento, CA 95821

(916) 392-0664

(800) 646-7322

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 48)

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 63)

1620 Pickett Road, McKinleyville, CA 95519

(707) 839-3251

(707) 839-0588

www.dougdrose@suddenlink.net

Multiple Sclerosis Support Group
(707) 599-5175

www.nationalmssociety.org/Chapters/CAN
Support group for people with MS in Humboldt County. This group meets the 1st Saturday of every month from 10:00 am to 12:00 pm in Eureka at the Meadows Apartments Community Center Room at 1653 Myrtle Avenue, Eureka.

Parkinson's Support Group
(707) 826-7764

For people with Parkinson's disease and their family members; meets second Friday of each month from 3-4 pm at Immanuel Lutheran Church 3230 Harrison Ave., Eureka.

Redwood Caregiver Resource Center
(See page 23)

1910B California Street, Eureka, CA 95501
(707) 443-9747 x3220

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

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

Are You OK? (RUOK)
Humboldt Senior Resource Center

(707) 443-9747 x1228

Computerized telephone checks to confirm that a participant is able to get to their phone. **No longer limited** to Eureka City limits.

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

Kunle Centre Warm Line
Throughout Humboldt County

Fridays-Sundays, 6 pm – 12 am.
(707) 599-2381

If you're troubled and need to talk things over, call the warm line. We are here to listen to you!

VOLUNTEERING

Non-profit and governmental organizations depend on volunteers. Call the organization that interests you and ask how you can help.

Volunteer Center of the Redwoods (VCOR)
Area 1 Agency on Aging

434 7th St., Eureka CA 95501
(707) 442-3763

www.a1aa.org/programs-and-services
vcor@a1aa.org

VCOR helps people of all ages volunteer to help older adults live independently.



Area 1 Agency on Aging

Northcoast Homeshare



LINKING HOME PROVIDERS TO HOME SEEKERS TO CREATE A HOME SHARING PARTNERSHIP

Home sharing is a living arrangement of two or more unrelated people who share a home for their mutual benefit. Each person has their own bedroom and possibly bathroom, but shares common living areas.

WHY CHOOSE TO SHARE YOUR HOME?

SECURITY: Peace of mind for all involved knowing there is more than one person in the home.

INDEPENDENCE: Older adults can remain in their homes and in the community they want to be in.

AFFORDABILITY: Affordable rent for home seekers and an alternative to long waiting lists for subsidized housing. May provide extra income for the home provider.

HOW DOES IT WORK?

All interested participants go through a process that includes an application, interview, reference and background checks.

WHAT WE DO?

- Conduct a visit to each home provider's residence to assess condition of the rental space.
- Introduce you to pre-screened applicants for your consideration as a potential housemate.
- Provide guidance on creating a homeshare rental agreement.
- Provide on-going support to ensure a successful match.

WHAT AREAS ARE SERVED?

The Northcoast Homeshare program covers Del Norte and Humboldt counties.

FOR MORE INFORMATION about the Northcoast Homeshare Program:

(707) 442-3763 x209
or via email at homeshare@a1aa.org

LOCATION

Area 1 Agency on Aging
434 7th Street • Eureka, CA 95501

| INDEX | | | |
|---|---------------|--|-------------------|
| 1-800-DENTIST | 46 | Arcata Community Pool | 69 |
| 2-1-1 Humboldt | 7, 8 | Arcata Family Resource Center | 68 |
| 504 Loan and Grant Program USDA Rural Development | 41 | Arcata House Partnership | 40 |
| | | Arcata House Partnership “Lunch Box” | 31 |
| | | Arcata Lunch Site | 29 |
| | | Arcata Plaza Farmers’ Market | 30 |
| | | Arcata Transit Center | 64 |
| | | Are You OK? (RUOK) | 75 |
| | | Arthritis Foundation (AF) | 50 |
| | | Attorney Search Network | 17 |
| | | | |
| A | | B | |
| AARP Driver Safety Program | 67 | Bear River Band of the Rohnerville | 29 |
| AARP Foundation | 13 | Benefits Checkup | 14 |
| ABC Cab | 66 | Better Business Bureau | 10 |
| AbleData | 45 | Betty Kwan Chinn Day Center | 40 |
| Access News (formerly Reading Service of the Redwoods in Humboldt County) | 62 | Bless the Beasts | 71 |
| Accessible Environments, Inc. | 45 | Blinded Veterans Association | 61 |
| Acute Rehabilitation Center Sutter Coast Hospital | 59 | Blue Lake Community Resource Center | 32, 68 |
| Addie Meedom House Senior Assisted Living | 38 | Blue Lake Rancheria | 29, 31 |
| Adorni Center | 69 | Blue Lake Rancheria Caregiver Support | 23 |
| Adult Day Health Care of Mad River | 19, 59 | Braille and Talking Book Library | 62 |
| Adult Day Health Services | 19, 59 | Bread for Life | 31 |
| Adult Protective Services | 5 | | |
| Advanced Illness Management | 26, 45 | Bridgeville Community Center | 29, 31, 68 |
| Advisory Council | 8 | Bureau of Medi-Cal Fraud and Elder Abuse | 5 |
| Affordable Homeless Housing Alternatives | 8, 34 | Burre Dental Center | 46 |
| Agape Home Care | 23 | | |
| Aguilar Manor | 38 | C | |
| Alder Bay Assisted Living | 38 | California Access | 41 |
| Alzheimer’s Association | 25 | California Advocates for Nursing Home Reform (CANHR) | 60 |
| Alzheimer’s Services | 23 | California Bar Association | 17 |
| American Bar Association | 17 | California Council of the Blind | 63 |
| American Cancer Society, Humboldt | 23, 47 | California Department of Business Oversight | 10 |
| American Cancer Society | 25 | California Department of Consumer Affairs - Senior Resources | 10 |
| American Civil Liberties Union | 16 | California Department of Fair Employment and Housing | 13 |
| American Diabetes Association (ADA) | 49 | California Department of Insurance | 10 |
| American Heart Association - North Bay | 49 | California Department of Managed Health Care | 51 |
| North Bay Business Center | | California Department of Motor Vehicles (DMV) | 67 |
| American Lung Association in California | 50 | | |
| American Stroke Association - North Bay | 50 | | |
| American’s Job Center of California | 13 | | |
| Americans with Disabilities Act (ADA) | 10 | | |
| Amtrak | 64 | | |
| Angel Flight West | 65 | | |
| Angel Wheels | 65 | | |
| Animal Control and Shelter | 71 | | |

| | | | |
|--|--------|---|------------|
| California Department of Rehabilitation | 13 | D | |
| California Department of Veterans Affairs (CALVET) | 10, 61 | Deaf and Disabled Telecommunications Program | 52 |
| California Highway Patrol | 67 | Del Norte Ambulance | 65 |
| California Indian Legal Services | 16 | Del Norte Community Health Center | 54 |
| California State Controller's Office | 34 | Del Norte Family Law Facilitator | 16 |
| California State Disability Insurance (SDI) | 14 | Del Norte Family Resource Center - First5 | 68 |
| California State Parks | 69 | Del Norte Reads | 12 |
| California Vision Foundation | 63 | Del Norte Senior Center | 29, 42, 73 |
| California Vital Records | 25 | Del Norte Taxi Service | 66 |
| California's Low Cost Auto Insurance (CLCA) | 14 | Del Norte Vital Records | 25 |
| CAL-ORE Life Flight | 65 | Del Norte Volunteer Driver Program | 66 |
| Campbell Creek Connexion | 31 | Del Norte Workforce Center | 13 |
| Cancer Support Group | 74 | Dental Health Center (College of the Redwoods) | 46 |
| Caregiver Action Network | 25 | Developed Employment Services | 41 |
| Caregiver Support Groups | 74 | Diabetes Action Network of National Federation of the Blind | 63 |
| Caring and Aging with Pride | 25, 70 | Diabetes Education Program | 74 |
| Carlotta Community Center | 68 | Diabetes Support Group | 74 |
| Cedar Street Senior Apartments & 703 Cedar St. | 35 | Dial-A-Ride Humboldt Transit Authority | 66 |
| Cemetery and Funeral Bureau | 26 | Donor Network West | 28 |
| Centers for Medicare and Medicaid Services | 51 | Door-to-Door Airporter | 67 |
| Changing Tides Family Services | 20 | Dorcas Society | 31 |
| Chetco Activity Center and Respite Care | 74 | | |
| Child Abuse National Hotline (Childhelp) | 5 | E | |
| Child Welfare Services | 5 | Ear of the Lion Hearing Foundation | 52 |
| City Cab - Eureka | 66 | Economic Checkup | 14 |
| City of Eureka Residential Rehabilitation Program | 41 | Eel River Valley Multigenerational Center | 68 |
| Cleo's Care Home | 38 | Elder Law Project National Center for Lesbian Rights | 70 |
| Coastline Enterprises | 65 | Elder Nutrition Site | 29 |
| College of the Redwoods | 11 | Eldercare Locator | 7 |
| Comfort Cab | 66 | Elite Caregivers | 23 |
| Community Programs | 12 | Energy Assistance/LIHEAP | 42 |
| Comprehensive Career Services (CCS) | 41 | Especially You Assisted Living | 38 |
| Consumer Credit Counseling Service | 14 | Eureka Adult School | 12 |
| Consumer Financial Protection Bureau | 14 | Eureka Community Resource Center | 68 |
| Covered California | 51 | Eureka Grocery Delivery | 31 |
| Crescent City Dental Clinic | 46 | Eureka Lunch Site | 29 |
| Crescent City Farmers Market | 30 | Eureka Rehabilitation and Wellness Center | 61 |
| Crescent City Skilled Nursing | 61 | Eureka Rescue Mission (Men) | 41 |
| Cutten Care Home | 38 | Eureka Rescue Mission (Women and Children) | 41 |

| | |
|-----------------------------------|--------|
| Eureka Transit System (ETS) | 64 |
| Eureka Vet Center | 62 |
| Eureka Veterans Outpatient Clinic | 55, 62 |
| Eye Care America | 63 |

| | |
|--|----|
| Granada Rehabilitation and Wellness Center | 61 |
| Grandparents Raising Grandchildren | 21 |
| Greyhound | 65 |
| Guardians by the Sea | 23 |

F

| | |
|--|------------|
| Family Law Self Help Center | 16 |
| FDIC Consumer Protection | 11 |
| Ferndale Community Center | 29 |
| Ferndale Community Church | 32 |
| Ferndale Senior Resource Agency | 31, 73 |
| Firewood Program | 42 |
| First Choice Care Home | 38 |
| Food for People | 28, 31, 32 |
| Fortuna Community Services | 32 |
| Fortuna Elementary and HS Healthy Start | 68 |
| Fortuna Farmers Market | 30 |
| Fortuna Lunch Site | 29 |
| Fortuna Rehabilitation and Wellness Center | 61 |
| Fortuna Senior Center | 73 |
| Fortuna Senior Wellness Program | 69 |
| Fortuna Transit | 64, 66 |
| Foster Grandparent Program | 21 |
| Foster/Kinship/Adoption Education Program | 21 |
| Foundation for Osteoporosis Research and Education | 50 |
| Fred Endert Municipal Swimming Pool | 69 |
| Friday Night Market | 30 |
| Friends for Life Animal Rescue | 72 |
| Friends for Survival | 74 |
| Friendship Line | 75 |
| Friendship Line Institute on Aging | 57 |
| Frye's Care Home | 38 |
| Funeral Consumers Alliance of Humboldt | 26 |

G

| | |
|--|----|
| Garberville Presbyterian Church | 32 |
| Garberville Town Square | 30 |
| Gay and Lesbian Medical Association | 70 |
| Glen Haven (GH) Outreach | 41 |
| GoGoGrandparent | 67 |
| Grace Lutheran Evangelical Church LCMS | 32 |

H

| | |
|--|------------|
| Hall Avenue Rest Home | 38 |
| Harrington House Rural Human Services | 5 |
| Head Start | 21 |
| Health Facilities Consumer | 61 |
| Healthy Kids Humboldt | 21 |
| Healy Senior Center | 29, 31, 73 |
| Hear Now Program - Starkey Foundation | 52 |
| Heart of the Redwoods Community Hospice | 26 |
| Heart of the Redwoods Horse Rescue | 72 |
| Henderson Center Farmers Market | 30 |
| HICAP | 8, 51 |
| Highway Road Conditions CalTrans | 67 |
| Homework Solutions | 23 |
| Hoopla Tribal Court | 16 |
| Hospice of Humboldt | 26, 27 |
| Housing Authority - Eureka | 35 |
| Housing Authority - Yurok Indian | 35 |
| Housing Division - City of Eureka | 36 |
| Howonquet Senior Nutrition Program | 29 |
| Humane Society of Del Norte County | 72 |
| Humboldt - Del Norte County Medical Society | 48 |
| Humboldt Advance Care Planning Coalition | 26, 48 |
| Humboldt Animal Rescue Team (HART) | 72 |
| Humboldt Area Center for Harm Reduction (HACHR) | 48 |
| Humboldt Bay Housing and Development Corporation | 36 |
| Humboldt Community Access and Resource Center | 20 |
| Humboldt Community Breast and GYN Health Project | 9, 48, 74 |
| Humboldt County Bar Association | 16 |
| Humboldt County Human Rights Commission | 9 |
| Humboldt Del Norte Dental Society | 47 |
| Humboldt Domestic Violence Services | 5 |
| Humboldt Family Medical Care | 55 |

| | | | |
|--|------------|--|------------------|
| Humboldt Family Service Center | 57 | Loleta Community Church | 32 |
| Humboldt House Lodge | 38 | Loleta Community Resource Center | 68 |
| Humboldt Independent Practice Association (IPA) | 48, 74 | St. Joseph Health System | 5, 9, 37, 60, 77 |
| Humboldt Literacy Project | 12 | Long-Term Ombudsman Program | 77 |
| Humboldt Mediation Services | 9 | Low Vision Support Group in McKinleyville | 63, 74 |
| Humboldt Paws Cause | 72 | L-Word Lesbian Voice of the North Coast | 70 |
| Humboldt Senior Resource Center | 31, 32, 73 | | |
| Humboldt Spay/Neuter Network | 72 | | |
| Humboldt State University | 12 | | |
| Humboldt Transit Authority | 65 | | |
| Humboldt Vital Records | 25 | | |
| Humboldt Volunteer Driver Program | 66 | | |
| Hupa Family Resource Center | 68 | | |
| I | | | |
| Indian Action Council | 12 | | |
| Information and Assistance | 7 | | |
| In-Home Supportive Services | 21 | | |
| Insurance Information Institute | 15 | | |
| Internal Revenue Service (IRS) | 15 | | |
| J | | | |
| Jefferson Community Center | 32, 68 | | |
| Jerold Phelps Community Hospital | 53 | | |
| Justice in Aging | 17 | | |
| K | | | |
| K'ima:w Medical Center | 31, 53 | | |
| K'ima:w Medical Center (meal site) | 29 | | |
| Karuk Senior Center | 29, 31 | | |
| Karuk Senior Center Panaminik Center | 73 | | |
| Keep Your Home California | 15, 34 | | |
| Klamath Senior Center | 29, 73 | | |
| Klamath-Trinity Non-Emergency Transportation (K-T NET) | 65 | | |
| Kunle Centre Warm Line | 75 | | |
| Kunle Community | 49 | | |
| L | | | |
| Licensing and Certification Division - | 61 | | |
| LightHouse of the North Coast | 63 | | |
| Living Bank | 28 | | |
| M | | | |
| | | Mad River Community Hospital | 53 |
| | | Mad River Community Hospital Farmers Market | 30 |
| | | Mad River Home Health Service | 45 |
| | | Mail Fraud - US Postal Inspection Service | 11 |
| | | Mail Preference Service | 11 |
| | | Making Headway Center for Brain Injury Recovery | 9, 58 |
| | | Manila Community Resource Center | 68 |
| | | Marshall Family Resource Center | 69 |
| | | Mattole Valley Resource Center | 69 |
| | | McKinleyville Family Resource Center | 32, 69 |
| | | McKinleyville Farmers Market | 30 |
| | | McKinleyville Senior Center | 29, 73 |
| | | Medi-Cal Eligibility Department of Health and Human Services | 52 |
| | | Medi-Cal Estate Recovery Program | 52 |
| | | Mental Health Patients' Rights Advocate Humboldt County | 9 |
| | | Mental Health Services | 6 |
| | | Menu of Menus | 28 |
| | | Mercy Flights, Inc. | 66 |
| | | Miranda Farmers Market | 30 |
| | | Miranda's Rescue for Large and Small Animals | 72 |
| | | Mobile Home Ombudsman | 11, 34 |
| | | Multiple Sclerosis Support Group | 75 |
| | | Multipurpose Senior Services Program | 18 |
| N | | | |
| | | National Alliance on Mental Illness (NAMI) | 58 |
| | | National Center for Lesbian Rights Elder Law Project | 17 |
| | | National Center on Law and Elder Rights | 18 |
| | | National Council on Aging | 15 |
| | | National Do Not Call Registry | 11 |

| | |
|--|----|
| National Kidney Foundation (NKF) | 28 |
| National Organization of Social Security | 15 |
| National Osteoporosis Foundation (NOF) | 50 |
| National Parkinson Foundation (NPF) | 50 |
| National Resource Center on LGBT Aging | 70 |
| National Suicide Prevention Hotline | 6 |
| NeedyMeds, Inc. | 58 |
| Neptune Society of Northern California | 26 |
| North American Mental Health Services | 6 |
| North Coast AIDS Project (NorCAP) | 18 |
| North Coast Association of Mental Health Professionals | 58 |
| North Coast Rape Crisis Team | 6 |
| North Coast Small Business | 14 |
| North Coast Veterans Resource Center | 62 |
| Northcoast Homeshare Program | 35 |
| Northcoast Lions Eye Foundation | 63 |

O

| | |
|--|----|
| Office of Services to the Blind | 64 |
| Old Town Eureka Farmers Market | 30 |
| Orick Community Resource Center Pantry | 32 |
| Osher Lifelong Learning Institute (OLLI) | 12 |
| Our Daily Bread - Del Norte | 29 |
| Over 60 Program | 12 |

P

| | |
|---|------|
| Pacific Gas and Electric (PG&E) Assistance Programs | 42 |
| Pacific Power and Light | 43 |
| Parkinson's Disease Foundation | 50 |
| Parkinson's Support Group | 75 |
| Pet Peace of Mind - Hospice of Humboldt | 72 |
| Plaza Cab | 67 |
| Plaza Point | 36 |
| Potawot Community Food Garden | 30 |
| Prepare For Your Care | 51 |
| Priority Care Center | 19 |
| Public Guardian/Conservator | 6, 9 |
| Public Health Branch | 55 |

Q

| | |
|----------------|----|
| Queer Humboldt | 70 |
|----------------|----|

R

| | |
|---|--------|
| Redway/Southern Humboldt Family Resource Center | 69 |
| Redwood Caregiver Resource Center | 23, 75 |
| Redwood Coast Energy Authority (RCEA) | 43 |
| Redwood Coast PACE | 56 |
| Redwood Coast Regional Center (RCRC) | 19 |
| Redwood Coast Transit | 65 |
| Redwood Coast Village | 74 |
| Redwood Community Action Agency | 42 |
| Redwood Cove Senior Apartments | 36 |
| Redwood Equine Partners | 62 |
| Redwood Laboratory | 56 |
| Redwood Memorial Hospital | 53 |
| Redwood Ostomy Association Support Group | 75 |
| Redwood R&R | 40 |
| Redwood Teen Challenge | 42 |
| Redwood Urgent Care – Eureka | 53 |
| Redwoods Rural Health Center - Redway | 56 |
| Rehabilitation Center (St. Joseph Health System) | 59 |
| Relief for Energy Assistance through Community Help (REACH) | 43 |
| Renaissance at Timber Ridge - Eureka | 40 |
| Resolution Care | 27 |
| Rio Dell Community Resource Center | 32, 69 |
| Rio Dell Terrace | 29 |
| Rohnerville Rancheria | 31 |
| Rx Assist | 59 |
| Rx Safe Humboldt | 49 |

S

| | |
|--|----|
| SAIL - Staying Active & Independent for Life | 70 |
| Salvation Army | 32 |
| Seagull Villa Senior Apartments | 37 |
| Seaview Rehabilitation and Wellness Center | 61 |
| Seeds of Understanding Speakers Collective | 10 |
| Senior Action Coalition | 10 |
| Senior Center Without Walls | 13 |
| Senior Home Repair | 42 |
| Senior Information and Assistance | 7 |
| Senior Legal Hotline | 16 |

| | | | |
|--|--------|---|-----------|
| Senior Legal Services | 17 | Timber Ridge - McKinleyville | 40 |
| Senior Life Solutions | 7 | Transgender Aging Network | 71 |
| Senior News | 8 | Transgender Health Clinic | 71 |
| Sequoia Humane Society | 73 | Transgender Law Center | 18, 71 |
| Sequoia Springs Senior Living | 40 | Tri-County Independent Living Center | 8, 34, 45 |
| Services and Advocacy for LGBT Elders (SAGE) | 70 | Trinidad Lion's Club Pantry | 32 |
| Shelter Cove Farmers Market | 30 | Two Feathers Native American Family Services | 21, 58 |
| Silvercrest Residence | 37 | Two Rivers Community Care Group | 27 |
| Six Rivers Medical Center - Willow Creek Mad River Hospital | 56 | | |
| Six Rivers Planned Parenthood | 56 | U | |
| Six Rivers Rehabilitation and Sports Medicine Mad River Hospital | 59 | United Indian Health Services | 47, 56 |
| Small Claims Court | 17 | | |
| Social Security Administration | 15 | V | |
| South Bay & Pine Hill Healthy Start | 69 | Vector Aquatic Center | 59, 70 |
| Southern Humboldt Community Clinic | 45, 56 | Vector Physical Therapy Vector Rehabilitation | 59 |
| Southern Humboldt Community Healthcare District (SHCHD) | 61 | Vestibular Disorders Association | 52 |
| St. Joseph Home Care | 45 | Veterans Service Office | 62 |
| St. Joseph Hospital | 53 | Victim Services | 11 |
| St. Joseph's Pantry Shelf | 32 | Victim Witness Program | 7 |
| St. Paul's Episcopal Church | 29 | Visiting Angels | 23 |
| St. Vincent de Paul | 32 | Volunteer Center of the Redwoods (VCOR) | 75 |
| St. Vincent de Paul Dining Center | 29 | | |
| State Council on Developmental Disabilities, North Coast Office | 11 | W | |
| Stroke Support Group - St. Joseph | 75 | Walk-in Clinic (Sutter Coast)ww | 56 |
| Summercreek Place | 37 | Western Neuropathy Association | 51 |
| Sunnyside Home Delivery | 31 | Wild Feline Rescue | 73 |
| Sutter Coast Home Health Care | 46 | Willed Body Program (UCSF) | 28 |
| Sutter Coast Hospital | 53 | Willow Creek Community Resource Center | 69 |
| | | Willow Creek Farmer's Market | 31 |
| | | Women in Crisis in Southern Humboldt | 7 |
| T | | | |
| Tenants Together | 11, 34 | Y | |
| The Humboldt Council of the Blind | 63 | Yarrow Village | 37 |
| The Humboldt Edge Newspaper | 9, 34 | | |
| The Journey Church | 28, 32 | | |
| The Local Food Guide | 28 | | |
| The Lodge at Eureka | 36 | | |
| The Meadows Senior Village | 36 | | |
| The Other Side of the Fence | 73 | | |
| Timber Ridge - Eureka | 40 | | |

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