

Senior Information Guide 2022-2023

Area 1 Agency on Aging

Crisis

A1AA Long-Term Care Ombudsman

333 J St 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

Services to individuals age 60 and older and dependent adults ages 18 to 59 unable to protect their own interests or care for themselves. Investigates reports of abuse, neglect, and financial exploitation.

Del Norte

880 Northcrest Drive, Crescent City, CA 95531

24 hours: (707) 464-3191

co.del-norte.ca.us/adultprotectiveservices

Humboldt

808 E St., Eureka, CA 95501

24 hours: 866-527-8614

(707) 476-2100

humboldt.gov/499/Adult-Protective-Services

Bureau of Medi-Cal Fraud and Elder Abuse

California Department of Justice

24 hours: (800) 722-0432

oag.ca.gov/dmfea

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)

6730 N Scottsdale Rd Suite 150 Scottsdale, AZ 85253

24 hours: (800) 422-4453

(480) 922-8212

childhelp.org

Provides crisis counseling, medical examinations, and foster placement.

Child Welfare Services

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

Del Norte

880 Northcrest Drive, Crescent City, CA 95531

24 hours: (707) 464-3191

co.del-norte.ca.us/departments/socialservices/childwelfareservices

Humboldt

2440 6th Street, Eureka, CA 95501

24 hours: (707) 445-6180

humboldtgov.org/497/Child-Welfare-Services

Harrington House Rural Human Services

286 M Street, Suite B, Crescent City, CA 95531

24 hours: (707) 465-3013

(707) 464-7441

ruralhumanservices.net

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

Humboldt Domestic Violence Services

P.O. Box 969, Eureka, CA 95502

24 hours: (866) 668-6543

(707) 444-9255

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 Crescent City, CA 95531

24 hour/crisis: 800-970-5816

(707) 464-7224

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

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

humboldt.gov/329/Mental-Health

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

National Suicide Prevention Hotline

24 hours: (800) 273-8255

suicidepreventionlifeline.org

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

North Coast Rape Crisis Team

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)

ncrct.org

Humboldt

24 hours: (707) 445-2737

TTY/TDD: (707) 4443-2738 (only available 8:30-5 M-F)

ncrct.org

Public Guardian/Conservator

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.

Del Norte

880 Northcrest Drive, Crescent City, CA 95531

(707) 464-3191

co.del-norte.ca.us/publicguardian

Humboldt

1105 6th Street, Eureka, CA 95501

(707) 445-7343

humboldt.gov/513/Public-Guardian-Office

Victim Witness Program

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

Del Norte

450 H Street, #182, Crescent City, CA 95531

(707) 464-7273

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

Humboldt

825 5th Street, Eureka, CA 95501

(707) 445-7414

Humboldt.gov/1360/victim-witness-assistance-program

Women in Crisis in Southern Humboldt (WISH)

PO Box 642, Garberville, CA 95542

24 hours: 707-223-0043

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

P.O. Box 6683 Eureka, CA 95502

211humboldt.org

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

Eldercare Locator

(800) 677-1116

eldercare.acl.gov

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

Senior Information and Assistance

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.

Humboldt/Del Norte

Area 1 Agency on Aging

333 J street, Eureka, CA 95501

(707) 442-3763

(800) 408-4636

a1aa.org

Senior News**Humboldt Senior Resource Center**

1910 California Street, Eureka, CA 95501

Business: (707) 443-9747

Humsenior.org

The only monthly publication on the North Coast featuring articles and information for those age 50 and better.

Tri-County Independent Living Center

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.

Del Norte

1765 Northcrest Dr. Crescent City, 95531

(707) 834-2555

(833) 866-8444

tilinet.org

Humboldt

139 5th Street, Eureka, CA 95501

(707) 445-8404

(833) 866-8444

tilinet.org

**Advocacy, Education, Employment,
Financial, Legal**

ADVOCACY

LOCAL

2-1-1 Humboldt (See page 8)

(707) 441-1001 or 211

211humboldt.org

Advisory Council

Area 1 Agency on Aging

333 J st, Eureka, CA 95501

(707) 442-3763

a1aa.org

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

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

840 E St, Eureka CA 95502

(707) 298-1466

ahha-humco.org

HICAP

(Health Insurance Counseling and Advocacy)

Area 1 Agency on Aging (See page 53)

(707) 444-3000

(800) 434-0222

a1aa.org

Del Norte

1765 Northcrest Drive, Crescent City, CA 95531

Humboldt

333 J St, Eureka, CA 95501

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

987 8th Street, Arcata, CA 95521

(707) 825-8345

hcbhp.org

Humboldt County Human Rights Commission

825 Fifth Street, Eureka, CA 95501

(707) 268-2548

humboldt.gov/1308/Human-Rights-Commission

HHR@co.humboldt.ca.us

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

Humboldt Mediation Services

317 Third Street #8, Eureka, CA 95501

(707) 445-2505

humboldtmediationservices.org

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

Long Term Care Ombudsman Program**Area 1 Agency on Aging (See page 40)**

333 J Street, Eureka, CA 95501

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

Confidential reporting: (707) 269-1330

a1aa.org

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

730 K Street, Eureka, CA 95501

(707) 442-7668

mhwcenter.org

**Mental Health Patients' Rights Advocate
Humboldt County**

720 Wood Street, Eureka, CA 95501

(707) 268-2995

humboldt.gov/431/Patients-Rights-Advocacy-Services

patientrightsadvocates@co.humboldt.ca.us

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

Public Guardian/Conservator

Del Norte (See page 7)

880 Northcrest Drive, Crescent City, CA 95531

(707) 464-3191

co.del-norte.ca.us

Humboldt (See page 7)

1105 Sixth Street, Eureka, CA 95501

(707) 445-7343

humboldt.gov/513/Public-Guardian-Office

ADVOCACY

NATIONAL/STATE/REGIONAL

Americans with Disabilities Act (ADA)

Info Line

1155 Market St 1st Floor, San Francisco CA 94103

(800) 514-0301

TTY/TDD: (800) 514-0383

ada.gov

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

Better Business Bureau

1000 Broadway, Suite 625, Oakland, CA 94607

(866) 411-2221

bbb.org/greater-san-francisco/

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

California Department of Business Oversight

1515 K Street, Suite 200, Sacramento, CA 95814

(866) 275-2677

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

Oag.ca.gov/consumers/general/seniors

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

California Department of Insurance

300 Capitol Mall, Suite 1700, Sacramento, CA 95814

Consumer hotline: (800) 927-4357

TTY/TDD: (800) 482-4833

insurance.ca.gov

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

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

1227 O Street, Sacramento, CA 95814

(800) 952-5626

TTY/TDD: (800) 324-5966

calvet.ca.gov/

FDIC Consumer Protection

(877) 275-3342

fdic.gov

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

Mail Fraud - US Postal Inspection Service

(877) 876-2455

postalinspectors.uspis.gov

Mail Preference Service

225 Reinekers Ln., Ste. 325, Alexandria, VA 22314

(212) 768-7277

dmachoice.org

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

Mobile Home Ombudsman

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

P.O. Box 31, Sacramento, CA 95812

(800) 952-8356

hcd.ca.gov/manufactured-mobile-home/mobile-home-ombudsman/index.shtml

National Do Not Call Registry

Federal Trade Commission

(888) 382-1222

donotcall.gov/

Registry to limit telemarketing calls.

State Council on Developmental Disabilities, North Coast Office

3831 N Freeway Blvd. #125, Sacramento CA 95834

(707) 463-4700

(833) 818-9886

scdd.ca.gov/northcoast/

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

Tenants Together (See page 37)

474 Valencia St. #156, San Francisco, CA 94103

(415) 495-8100

tenantstogether.org

Victim Services

California Department of Corrections and Rehabilitation

(877) 256-6877

cdcr.ca.gov/Victim_Services

EDUCATION

College of the Redwoods

Community college with campuses in downtown Eureka, south Eureka, Crescent City, and Hoopa.

Del Norte Site

883 West Washington Blvd., Crescent City, CA 95531

(707) 465-2380

redwoods.edu/delnorte

Humboldt - Main Campus

7351 Tompkins Hill Road, Eureka, CA 95503

(707) 476-4100

redwoods.edu

Klamath-Trinity Site

P.O. Box 529, 65 Orchard Street, Hoopa, CA 95546

(530) 625-4821

Community Education Programs

525 D Street, Eureka, CA 95501

(707) 476-4500

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 Reads

1080 Mason Mall, Suite 9, Crescent City, CA 95531

(707) 464-7072

delnortecountylibrary.org/del-norte-reads

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

eurekaadultschool.org

High School and General Education Development preparation and computer classes.

Humboldt Literacy Project

humblit.org

Volunteer tutors for adults seeking literacy skills.

Eureka

537 G Street, Suite 203, Eureka, CA 95501

(707) 445-3655

Fortuna

922 N Street, Fortuna, CA 95540

(707) 725-0655

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

humboldt.edu

A highly acclaimed public university.

Osher Lifelong Learning Institute (OLLI)

(707) 826-5880

humboldt.edu/olli

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

humboldt.edu/over60

Discounts on tuition for adults over age 60.

Senior Center Without Walls

881 Turk Street, San Francisco, CA 94102

(877) 797-7299

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

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

California Department of Fair Employment and Housing

2218 Kausen Drive Suite 100, Elk Grove, CA 95758

(800) 884-1684

TTY/TDD: (800) 700-2320

dfeh.ca.gov

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

California Department of Rehabilitation

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

Humboldt/Del Norte

1330 Bayshore Way, US 101, Eureka, CA 95501

(800) 952-5544

TTY/TDD: (916) 324-1313

Dor.ca.gov

Del Norte Workforce Center

875 5th Street, Crescent City, CA 95531

(707) 464-8347

Thesmartcenter.biz

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

North Coast Small Business**Development Center**

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.

Del Norte

(707) 464-2168

northcoastsbdc.org

Humboldt

520 E St., Eureka, CA 95501

(707) 445-9720

northcoastsbdc.org

FINANCIAL ASSISTANCE

Benefits Checkup

benefitscheckup.org

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

Economic Checkup

economiccheckup.org

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

California State Disability Insurance (SDI)

645 Salem Street, Chico, CA 95928

(800) 480-3287

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

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

<https://www.consumercredit.com/about-us/locations/san-francisco/>

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

consumerfinance.gov/older-americans/

Information and tools to navigate safely through financial challenges.

Insurance Information Institute

110 William Street, New York, NY

(212) 227-5500

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

irs.gov

Provides information and publications about filing taxes.

Keep Your Home California

500 Capital Mall, MS 975, Sacramento, CA 95814

(888) 953-3722

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

nosscr.org

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

National Council on Aging

(571) 527-3900

ncoa.org

Social Security Administration

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.

Del Norte

560 East Hoover, Crescent City, CA 95531

(800) 772-1213

TTY/TDD: (800) 325-0778

ssa.gov

Humboldt

3144 Broadway, Eureka, CA 95501

(800) 772-1213

TTY/TDD: (707) 445-9658

ssa.gov

LEGAL ASSISTANCE

LOCAL

**American Civil Liberties Union
(Redwood ACLU)**

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

(707) 336-2258

redwoodaclu.blogspot.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

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

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. 310, Eureka, CA 95501

(707) 269-1223

humboldt.courts.ca.gov

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

Hoopla Tribal Court

12530 State Hwy. 96, Hoopa, CA 95546

(530) 625-4305

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

hcbar.net

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

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

515 12th Street, Sacramento, CA 95814

lsnc.net

(916) 551-2140

(800) 222-1753

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

lsnc.net

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

Small Claims Court

Handles disputes involving \$10,000 or less, and involving deposits, monetary debts or damages.

Del Norte

450 H Street, Room 209, Crescent City, CA 95531

(707) 464-8115

Delnorte.courts.ca.gov

Humboldt

421 I Street, Eureka, CA 95501

(707) 269-1223

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

LEGAL ASSISTANCE

NATIONAL/STATE/REGIONAL

American Bar Association

321 N. Clark St., Chicago, IL 60654

(800) 285-2221

americanbar.org

Guides and information related to a variety of legal issues.

Attorney Search Network

(800) 215-1190

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

calbar.ca.gov

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

California Courts Online Self-Help Center

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

3660 Wilshire Blvd, Suite 718, Los Angeles, CA 90010

(213) 639-0930

justiceinaging.org

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

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

870 Market Street, Suite 370, San Francisco, CA 94102

(415) 392-6257

nclrights.org

National Center on Law and Elder Rights (NCLER)

ncler.acl.gov

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

Transgender Law Center (See page 72)

1800 Market St., San Francisco, CA 94102

(415) 865-0176

transgenderlawcenter.org

Caregiving

CARE MANAGEMENT

**Multipurpose Senior Services Program
(MSSP)**

Humboldt Senior Resource Center

1901 California Street, Eureka, CA 95501

(707) 443-9747

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)

638 W. Clark St. Eureka CA 95501

(707) 268-2132

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

NorCAP provides services to people living with HIV and those who are at high risk for HIV. Services include: HIV Case Management, housing assistance / HOPWA, PrEP, Partner Notification, HIV education classes, Free HIV and Hepatitis C testing, Needle Exchange and Disposal, and Overdose Prevention training.

Priority Care Center

Humboldt Independent Practice Association

2316 Harrison St., Eureka CA 95501

(707) 442-0478

humboldt.ipa.com

Priority Care provides customized care coordination specific to each patient's 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)

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

redwoodcoastrc.org

Del Norte

1301-A Northcrest Drive, Crescent City, CA 95531

(707) 464-7488

Humboldt

525 2nd Street Suite 300, Eureka, CA 95501

(707) 445-0893

DAY CARE

Adult Day Health Services

Humboldt Senior Resource Center

1910 California St. Eureka CA 95501

3200 Newburg Rd. Fortuna CA 95540

(707) 443-9747

humsenior.org

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

Adult Day Health Care of Mad River

3800 Janes Road, Arcata, CA 95521

(707) 822-4866

adhcmadriver.org

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

Humboldt Community Access and Resource Center (HCAR)

Humboldt Community Access and Resource Center (HCAR) is a private nonprofit agency serving citizens with developmental disabilities by providing a wide variety of services and supports including licensed day programs, comprehensive career services, and respite care.

Administration Site

1707 E St., Suite 2, Eureka, CA 95501

(707) 443-7077

Bay Center

1001 Searles St., Eureka, CA 95501

(707) 441-8625

GRANDPARENTS

Changing Tides Family Services

2259 Myrtle Avenue, Eureka, CA 95501

(800) 795-3554

(707) 444-8293

changingtidesfs.org

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

Foster Grandparent Program

Del Norte and Humboldt

1440 California Street, Crescent City, CA 95531

(707) 462-1959

ncoinc.org/programs/foster-grandparents

Engages adults age 55 and over in intensive volunteerism as tutors and mentors for special needs children.

Foster/Kinship/Adoption Education Program

College of the Redwoods

7351 Tompkins Hill Road, Eureka, CA 95501

(707) 476-4455

redwoods.edu/eureka/foster

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

Head Start

Northcoast Children's Services

1266 9th Street, Arcata, CA 95521

(800) 808-7206

(707) 822-7206

ncsheadstart.org

Integrated services include early childhood education, child and adult mental health services,

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

Healthy Kids Humboldt

317 2nd St. Eureka, CA 95501

(707) 442-6066

<https://www.providence.org/locations/norcal/st-joseph-hospital-eureka/community-support/healthy-kids-humboldt>

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

Two Feathers Native American Family Services (See page 60)

1560 Betty Ct., Suite A, McKinleyville, CA 95519

(800) 341-9454

(707) 839-1933

twofeathers-nafs.org

Promotes stability and security of families while protecting rights of Indian children. Committed to utilizing cultural traditions that ensure a balance of emotional, mental, physical, and spiritual health while collaborating with Indian and non-Indian agencies to achieve goals and honor privacy of Indian families

**CAREGIVER HIRING INFORMATION
AND ASSISTANCE**

Area 1 Agency on Aging

333 J st., Eureka CA 95501

(707) 442-3763

a1aa.org

Publishes an in home hiring guide that explains the steps you should take to hire a private in home caregiver. Sample interview questions and working agreement.

In-Home Supportive Services

County operated program that provides in-home care for aged and disabled individuals who need assistance to remain safely in their homes. Must be receiving Medi-Cal benefits to be eligible. Manages IHSS caregiver registry.

Del Norte

880 Northcrest Dr., Crescent City, CA 95531
(707) 464-3191
co.del-norte.ca.us/

Humboldt

808 E St., Eureka CA 95501
(866) 527-8614
(707) 476-2100
humboldtgov.org/502

Homework Solutions

2 Pidgeon Hill Dr. Suite 300, Sterling, VA 20165
(800) 626-4829
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
(707) 445-1212
agapehomecare.org

Elite Caregivers

710 E St. Suite 230 Eureka, CA 95502
(707) 496-8499
elite-caregivers.com

Guardians by the Sea

16210 E. Hoffeldt Ln. Suite #5, Brookings, OR 97415
(541) 661-7011
theguardiansbythesea.com

Pacific Medical Resources

525 2nd St. Suite 204, Eureka, CA 95503

(707) 798-6244

pacificmedicalresources.com

Visiting Angels

1112 5th Street, Eureka, CA 95501

Eureka: (707) 442-8001

Fortuna: (707) 725-3611

Arcata: (707) 825-8008

visitingangels.com/eureka

OTHER SERVICES

LOCAL

Alzheimer's Services

Humboldt Senior Resource Center

1901 California St. Eureka, CA 95501

(707) 444-8254

humsenior.org

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

American Cancer Society, Humboldt (See page 48)

611 Harris Street, Eureka, CA 95501

(800) 227-2345

cancer.org

Blue Lake Rancheria Caregiver Support

428 Chartin Road, Blue Lake, CA 95525

(707) 668-5101

bluelakerancheria-nsn.gov

Caregiver and respite support for caregivers of Native Americans.

Caregiver Support Groups (See page 75)

Humboldt Senior Resource Center

1910 California St. Eureka CA 95501

(707) 444-8254

humsenior.org

Redwood Caregiver Resource Center

1140 Sonoma Av. Santa Rosa CA 95405

(707) 542-0282

(800) 834-1636

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

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

(202) 454-3970

caregiveraction.org

Caring and Aging with Pride

4101 15th Ave. NE Seattle WA 98105

(800) 558-8703

age-pride.org

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

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.

County Clerk/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.

Del Norte

981 H Street, Suite 160, Crescent City, CA 95531

(707) 464-7216

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

Humboldt

825 Fifth Street, Fifth Floor, Eureka, CA 95501

(707) 445-7593

(888) 486-2732

humboldt.gov/recorder

FUNERAL

Cemetery and Funeral Bureau

California Department of Consumer Affairs

1625 N Market Blvd. Ste. S208 Sacramento, CA 95834

(916) 574-7870

(800) 952-5210

cfb.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

fcahumboldt.org

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

HOSPICE AND PALLIATIVE CARE

Advanced Illness Management

800 E. Washington Blvd., Crescent City, CA 95531

855-771-4405

sutterhealth.org/coast/services/palliative-advanced-illness-management/advanced-illness-management-aim

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

Heart of the Redwoods Community Hospice

464 Maple Lane, Garberville, CA 95542

(707) 923-7276

heartoftheredwoodscommunityhospice.org

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

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.

Humboldt Advance Care Planning Coalition

facebook.com/humboldtACPcoalition

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

Resolution Care

517 3rd St. Eureka, CA 95501

(707) 442-5683

Fax: (707) 442-2006

resolutioncare.com

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

GRIEF SUPPORT SERVICES**Hospice of Humboldt**

3327 Timber Fall Court, Eureka, CA 95503

(707) 267-9801

hospiceofhumboldt.org/grief-support

Private, confidential grief support visits in person, by phone, or support groups to meet others with whom you can exchange emotional support and ideas on coping with the death of a loved one.

Two Rivers Community Care Group

P.O. Box 3, Bridgeville, CA 95526

(707) 777-1775

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

ORGAN AND TISSUE DONATION

Donor Network West

12667 Alcosta Blvd., Suite 500, San Ramon, CA 94583

(925) 480-3100

Spanish: (800) 588-0024

donornetworkwest.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

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

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

meded.ucsf.edu/willed-body-program

Coordinates whole body donations with the University of California.

Food Resources

Cooperation Humboldt

PO Box 7248, Eureka, CA 95502

(707) 502-2492

cooperationhumboldt.com

Community Food Guide

Resources and access to food that is culturally appropriate and nutritious. Offers various food programs to ensure education and sustainability for food within communities

Community Fruit Trees

Plants free fruit trees in your yard as long as it is accessible to passers-by and you are willing to make the fruit available to anyone who wants some.

Mini Gardens

Free garden beds that volunteers will deliver and set up.

Menu of Menus

North Coast Journal

310 F Street, Eureka, CA 95501

(707) 442-1400

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)

2112 Broadway., Eureka, CA 95501

(707) 407-0447

Call or visit the main office for an application.

HSRC Monthly Commodities Distribution

Humboldt Senior Resource Center

1910 California St., Eureka, CA 95501

(707) 443-9747

Call for monthly schedules and locations.

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

*Due to COVID many dining sites are not open for dining, but may offer to-go meals or home delivered meals. Contact each site for the most up-to-date information.

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

Ferndale Community Center

100 South Berding St., Ferndale, CA 95536

(707) 496-5498

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

HSRC Senior Dining Center - Arcata

Arcata Community Center

321 Martin Luther King Jr. Parkway, Arcata, CA 95521

(707) 825-2027

HSRC Senior Dining Center - Eureka

Humboldt Senior Resource Center

1910 California St., Eureka, CA 95501

(707) 443-9747

HSRC Senior Dining Center - Fortuna

Gene Lucas Community Center

3000 Newburg Rd, Fortuna, CA 95540

(707) 725-6245

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

Rio Dell Terrace

325 Center St., Rio Dell, CA 95562

(707) 764-3350

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

Wiyot Tribe

1000 Wiyot Dr. Loleta, CA 95551

(707) 733-5055

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

Crescent City Harbor District

Anchor Way, Crescent City, CA 95531

(707) 464-7441

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

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, 5:30pm to 8:30pm

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

533 Machi Road, Motel Parking lot

Whitethorn, CA 95589

(707) 986-7229

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

US Vets Deliver

(877) 787-8387

contact@USVetsDeliver.com

MEAL FOOD DELIVERY - (donation, no cost, eligibility-based)

Blue Lake Rancheria

428 Chartin Rd., Blue Lake, CA 95525

(707) 668-5101

Cove Area Senior Outreach (COSO)

Shelter Cove, CA 95589

Michael Schad (707) 986-7609

Ferndale Senior Resource Agency

100 South Berding St. Ferndale, CA 95536

(707) 496-5498

Healy Senior Center

456 Briceland Rd., Redway, CA 95560

(707) 923-2399

Homebound Delivery Program

Food for People

2112 Broadway, Eureka, CA 95501

(707) 445-3166

HSRC Nutrition Program – Home Delivered Meals

Humboldt Senior Resource Center

1910 California St., Eureka, CA 95501

(707) 443-9747

Karuk Senior Center

459 Asip Rd., Orleans, CA 95556

(530) 627-3056

K'ima:w Medical Center

768 Loop Rd., Hoopa, CA 95546

(530) 625-4834

Rohnerville Rancheria

37 Bear River Dr., Loleta, CA 95551

(707) 733-1900

Food Pantries

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

Arcata House Partnership “Lunch Box”

14th and Union St., 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)

2112 Broadway Eureka, CA 95501

(707) 407-0477

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
1944 Central Ave., 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 information

Blue Lake Community Resource Center

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

Food for People (Choice Pantry)

2112 Broadway, Eureka, CA 95501
(707) 407-0447

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

95 Bellview Ave., Rio Dell, CA 95562

(707) 764-5460

Housing

Affordable Homeless Housing Alternatives (AHHA)

P.O. Box 3794, Eureka, CA 95502

(707) 298-1466

ahha-humco.org

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

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

sco.ca.gov/ardtax_prop_tax_postponement.html

Homeowners who are 62 years or older, blind or have a disability may be able to defer property taxes.

Mobile Home Ombudsman**California Department of Housing and Community Development**

P.O. Box 31, Sacramento, CA 95812

(800) 952-8356

hcd.ca.gov/manufactured-mobile-home

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.

Northcoast Homeshare Program

Area 1 Agency on Aging

333 J st. Eureka, CA 95501

(707) 442-3763 x213

a1aa.org

Matches people looking for housing with people who have extra space and are looking for a roommate. Provides lists and other resources for older adults to find affordable housing.

Tenants Together

474 Valencia St. #156, San Francisco, CA 94103

(415) 495-8100

tenantstogether.org

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

The Humboldt Edge Newspaper

P.O. Box 328, Trinidad, CA 95570

(707) 953-6300

inkpeople.org/dreammaker-data/2019/1/25/humboldt-edge

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

tilinet.org

Provides help with finding accessible and affordable housing and other housing related concerns.

AFFORDABLE HOUSING

Cedar Street Senior Apartments & 703 Cedar St.

725 Cedar St., Garberville, CA 95542

(707) 923-1035

cchnc.org/

Provides 20 one bedroom apartments to low income seniors aged 62+. Some apartments are equipped for people who are visually and/or hearing impaired, or with limited mobility. Easy access to transportation.

Housing Authority

Federally funded program that helps low-income families or individuals rent affordable, decent, and sanitary housing. Section 8 (Housing Choice Voucher Program) allows renters to find a home and use the voucher to pay for all or part of the rent.

Crescent City

235 H Street, Crescent City, CA 95531

(707) 464-9216

crescentcity.org/departments/HousingAuthority

Eureka

735 West Everding St., Eureka, CA 95503

(707) 443-4583

eureka-humboldt-hsg.org/home.html

Yurok Indian Housing Authority

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

(707) 482-1506

yurokhousing.com

Housing Division - City of Eureka

531 K Street, Eureka, CA 95501

(707) 441-4214

ci.eureka.ca.gov

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

Humboldt Bay Housing and Development Corporation

Housing Humboldt

824 L Street, Arcata, CA 95521

(707) 826-7312

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

danco-group.com/affordable-housing

A 50 unit affordable housing complex for low-income seniors, 62 or older unless disabled, featuring studios, and 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

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

danco-group.com/affordable-housing

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

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 Ave, Crescent City, CA 95531

Crescent City, CA 95531

(707) 464-7612

A 50 unit apartment complex for low income residents who are aged 62 or older and adults living with disabilities as well as low income families.

Silvercrest Residence

Salvation Army

2141 Tydd Street, Eureka, CA 95501

(707) 445-3141

HUD-subsidized apartment complex for seniors 62 and over and adults with disabilities that require features of accessible units.

Summercreek Place

1636 Myrtle Ave, Eureka, CA 95501

(707) 443-0773

danco-group.com/affordable-housing

Residential senior community comprised of 40 units and a community center for age 50 and older.

Yarrow Village

2080 Stockton Court, Fortuna, CA 95540

(707) 725-6500

danco-group.com/affordable-housing

A 25 unit affordable senior housing project for people with disabilities 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 may need assistance with Activities of Daily Living (ADL) but do not need 24-hour nursing care. Consumers should carefully evaluate each facility and check

licensing resources regarding complaints.

Long Term Care Ombudsman Program

Area 1 Agency on Aging

333 J St., Eureka, CA 95501

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

Confidential reporting: (707) 269-1330

a1aa.org

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

Community Care Licensing Division

State of California

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

(707) 588-5026

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

addiemeedomhouse.com

Aguilar Manor

6433 Eggert Road, Eureka, CA 95503

(707) 443-5160

Alder Bay Assisted Living

1355 Myrtle Avenue, Eureka, CA 95501

(707) 273-1503

alderbayalf.com

Cleo's Care Home

129 Higgins St., Eureka, CA 95503

(707) 443-6691

Especially You Assisted Living

12 Henderson St., Eureka, CA 95501

(707) 443-8838

especialyyou.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

fryescarehome.com

Hall Avenue Rest Home

2641 Hall Avenue, Eureka, CA 95503

(707) 442-5541

Redwood R&R

3231 Dolbeer Street, Eureka, CA 95501

(707) 444-2076

Renaissance at Timber Ridge - Eureka

2780 Timber Ridge Lane, Eureka, CA 95503

(707) 443-3000

timberridgecare.com

Memory care unit.

Sequoia Springs Senior Living

2401 Redwood Way, Fortuna, CA 95540

(707) 726-0111

sequoiasprings-sl.com/

Also has a memory care unit.

Timber Ridge - Eureka

2740 Timber Ridge Lane, Eureka, CA 95503

(707) 443-3000

timberridgecare.com

Timber Ridge - McKinleyville

1400 Nursery Way, McKinleyville, CA 95519

(707) 839-9100

timberridgecare.com

Also has a memory care unit.

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

arcatahouse.org

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

bettychinn.org

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

Eureka Rescue Mission (Men)

110 2nd Street, Eureka, CA 95501

(707) 443-4551

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

eurekarescuemission.org

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

HOME REPAIR, MAINTENANCE, AND MODIFICATION

504 Loan and Grant Program

USDA Rural Development

5630 S Broadway, Eureka CA 95503

(707) 443-6714 ext. 4

rd.usda.gov/ca

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

California Access

P.O. Box 4904, Eureka, CA 95502

(707) 444-8584

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

City of Eureka

Residential Rehabilitation Program

531 K St., Eureka, CA 95501

(707) 441-4209

ci.eureka.ca.gov

This loan program assists low to moderate income single-family homeowners, located within the City limits of Eureka, with health and safety repairs, energy-efficient upgrades, and handicapped-accessible repairs to their home.

Comprehensive Career Services (CCS)

Humboldt Community Access and Resource Center (HCAR)

1707 E St. #2, Eureka CA 95501

(707) 443-7077

hcar.us

Helps create jobs for people with disabilities. 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

A work program for adults with developmental disabilities.

Glen Haven (GH) Outreach

700 East Washington Boulevard, Crescent City, CA 95531

(707) 464-5089

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

rcaa.org

Provides health and safety repairs, window and door replacement, and offers a lead based paint hazard reduction program.

Redwood Teen Challenge

2212 2nd St., Eureka, CA 95501

(707) 268-8727 ext. 106

redwoodtc.org

Redwood Teen Challenge offers a variety of professional services including: landscaping, food service, construction, painting & janitorial services. If you are in need of our services contact our website or phone.

Senior Home Repair

Humboldt Senior Resource Center

1910 California Street, Eureka, CA 95501

(707) 443-9747

humsenior.org

Assists low to moderate income seniors with minor repairs 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

delnorteseniorcenter.org/energy-assistance.html

Provides help with payments for electricity or home heating fuel for qualified low-income households in Del Norte County. 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: (855) 299-7336

wrcaa.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.

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

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.

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.

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

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

Relief for Energy Assistance through Community Help (REACH) Limited financial assistance for overdue utility service bills for qualified customers. A one-time energy-assistance program sponsored by PG&E for those who have experienced an uncontrollable or unforeseen hardship.

Eureka

2123 Tydd Street, Eureka CA 95501

(800) 933-9670

Garberville

727 Cedar Street, Garberville, CA 95542
(707) 923-2779

Pacific Power and Light

825 NE Multnomah St. Portland OR 97232

(888) 221-7070

pacificpower.net

Provides tools to lower monthly energy bills, incentives for efficiency upgrades and options for supporting renewable energy.

California Alternate Rates for Energy (CARE) Provides a 20% discount to eligible residential customers.

Home Energy Savings Allows cash incentives for purchasing high-efficiency appliances and products.

Medical Allowance Program Full-time household residents requiring use of medical life-support device essential to maintaining their life.

Redwood Coast Energy Authority (RCEA)

633 3rd Street, Eureka, CA 95501

(800) 931-7232

redwoodenergy.org

Offers 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

Medical

ASSISTIVE DEVICES

AbleData

103 W. Broad Street, Suite 400,
Falls Church, VA, 22046
(800) 227-0216
TTY/TDD: (703) 992-8313
abledata.com
Online database search for assistive technology.

Accessible Environments, Inc.
P.O. Box 5073, Williamsburg, VA, 23185
(800) 643-5906
accessinc.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
tilinet.org

HOME HEALTH CARE

Advanced Illness Management (See page 28)
785 E. Washington Blvd.
Crescent City, CA 95531
(707) 464-8741
sutterhealth.org/coast

Mad River Home Health Service
4605 Valley West Blvd., Arcata, CA 95521
(707) 826-8420
madriverrhospital.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

shchd.org/services/visiting-nurse-program/

Home care services those who are homebound and have home care service 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

providence.org/locations/norcal/st-joseph-home-health-humboldt-county

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

Sutter Coast Home Health Care

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

(707) 464-8741

suttercoast.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

1-855-276-7042

1800dentist.org

24-hour online and phone dental referrals.

Burre Dental Center

Open Door Community Health Centers

959 Myrtle Ave, Eureka, CA 95501

(707) 442-7078

opendoorhealth.com

Wide-range of dental and emergency services.

Del Norte Community Dental Health Center

500 E. Washington St. Ste 100 Crescent City, CA 95531

(707) 464-2583

Primary dental care services.

Dental Health Center

College of the Redwoods

7351 Tompkins Hill Road AT101, Eureka, CA 95501

(707) 476-4250

redwoods.edu/dental

Reduced cost dental services by licensed dentist and registered dental hygienist, assisted by CR Dental Assisting students.

Humboldt Del Norte Dental Society

P.O. Box 6368, Eureka, CA 95503

(707) 443-7476

hdnds.org

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

United Indian Health Dental Clinics

(707) 825-5040

unitedindianhealthservices.org/dental-services

Hop'-ew Puel

241 Salmon Ave, Klamath CA 95548

Xaa-wan'-k'wvt

501 N. Indian Rd., Smith River, CA 95567

Potawot Health Village

1600 Weeot Way, Arcata, CA 95521

LOCAL

Humboldt Advance Care Planning Coalition See pg

2662 Harris St. Eureka CA 95501

707-443-4563 ext. 22

facebook.com/humboldtACPcoalition

Humboldt Area Center for Harm Reduction (HACHR)

1522 3rd Street, Eureka, CA 95501

(707) 407-6013

hachr707.org

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

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

(707) 442-2367

hdncms.org

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

Humboldt Independent Practice Association (IPA)

Priority Care Center

2316 Harrison Street, Eureka, CA 95501

(707) 443-0478

humboldtipa.com

Chronic Pain and Disease Self-Management Program A six-week program to help improve the health of anyone living with a long-term health condition.

Shared Decision Making Provides access to accurate and easy to understand booklets called decision aids and coaching services specific to their condition. Helps patients understand all of their care choices.

Wellness Coaching Nonjudgmental partnership between you and your coach to discover doable, creative, and realistic ways for you to meet your health and wellness goals.

Kunle Community

P.O. Box 6224, Eureka, CA 95502

(707) 599-2381

kunlecommunity.org

Focuses on addressing the 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

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

(800) 342-2383

CA state office: (510) 654-4499

diabetes.org

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

American Heart and Stroke Association - North Bay

North Bay Business Center

1710 Gilbreth Rd., Suite 301, Burlingame, CA 94010

(707) 890-3590

heart.org/en/affiliates/california/north-bay

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

(510) 638-5864

lungusa.org

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

Arthritis Foundation (AF) Northern California Chapter

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

(415) 915-2862

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

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

nof.org

Information and resources dedicated to preventing and treating osteoporosis and broken bones.

Parkinson's Disease Foundation (PDF)

200 SE 1st Street, Suite 800, Miami, FL 33461

(800) 473-4636

parkinson.org

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

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

prepareforyourcare.org/

PREPARE is 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

pnhelp.org

Telephone support and resources.

HEALTH INSURANCE

HICAP (Health Insurance Counseling and Advocacy Program)

Area 1 Agency on Aging

(800) 434-0222

(707) 444-3000

(707) 442-3763

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.

Del Norte

1765 Northcrest Drive, Crescent City, CA 95531

Humboldt

333 J St., Eureka, CA 95501

California Department of Managed Health Care

980 9th Street, Suite 500, Sacramento, CA 95814

(888) 466-2219

TTY/TDD: (877) 688-9891

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

(800) 633-4227

TTY/TDD: (877) 486-2048

cms.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

coveredca.com

Affordable Care Act health insurance marketplace for all Californians not covered by Medicare, an

employer or other health plan. Health exchange allows applicants to view health plan choices, enroll in a plan and determine if they qualify for help with insurance premium costs.

Medi-Cal Eligibility

Department of Health and Human Services

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.

Del Norte

880 Northcrest Drive, Crescent City, CA 95531

(707) 464-3191

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

Humboldt

929 Koster St., Eureka CA 95501

(877) 410-8809

humboldt.gov/528/medi-cal

Medi-Cal Estate Recovery Program

(916) 650-0590

dhcs.ca.gov/services/Pages/TPLRD_ER_cont.aspx

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 about how the program works.

Redwood Coast PACE

Humboldt Senior Resource Center

1910 California Street, Eureka, CA 95501

3200 Newburg Rd. Fortuna, CA 95540

(707) 443-9747

humsenior.org

Provides comprehensive medical care and support services for eligible seniors age 55 and older with the goal of helping them live at home for as long as possible.

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

TTY/TDD: (800) 806-4474

ddtp.org

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

earofthelion.org

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

starkeyhearingfoundation.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

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

sohumhealth.org/services/hospital

Jerold Phelps Community Hospital is 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

kimaw.org

Health care to Native Americans and others seeking services in the Hoopa Valley 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

madriverrhospital.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

providence.org/locations/norcal/redwood-memorial

Acute care hospital, 25 beds, offering emergency care, laboratory and imaging services, outpatient rehabilitation, and women and children's program.

Redwood Urgent Care

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

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

suttercoast.org

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

Medical Clinics**Open Door Community Health Centers****Administration**

1275 8th St., Arcata CA 95521

(707) 826-8633

opendoorhealth.com

Family practice services for primary medical needs, including diagnosis, treatment and referral for more advanced care as necessary. 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.

Del Norte Community Health Center

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

(707) 465-6925

Dental Services: (707) 465-4636

Eureka Community Health and Wellness Center

2200 Tydd St., Eureka, CA 95501

(707) 441-1624

Ferndale Community Health and Wellness Center

638 Main St., Ferndale, CA 95536

(707) 786-4028

Fortuna Community Health and Wellness Center

3750 Rohnerville Rd., Fortuna, CA 95540

(707) 725-4477

Humboldt Open Door Clinic

Transgender Health Clinic

770 10th Street, Arcata, CA 95521

(707) 826-8610

McKinleyville Community Health Center

1644 Central Avenue, McKinleyville, CA 95519

(707) 839-3068

Mobile Health Services/Telehealth & Visiting Specialist

(707) 443-4666

North Country Clinic

785 18th Street, Arcata, CA 95521

(707) 822-2481

Willow Creek Community Health Center

38883 Highway 299, Willow Creek, CA 95573

(530) 629-3111

Medical/dental: (530) 629-3111

Eureka Veterans Outpatient Clinic

930 West Harris St., Eureka, CA 95501

(707) 269-7500

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.

Public Health Branch

Department of Health and Human Services

Engaged in a broad range of activities designed to promote good health in individuals, families, and the community.

Del Norte

880 Northcrest Drive, Crescent City, CA 95531

(707) 464-3191

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

Humboldt

529 I Street, Eureka, CA 95501

(707) 445-6200

humboldtgov.org/330

Redwood Laboratory

2440 23rd Street, Suite C, Eureka, CA 95501

(707) 798-6214

redwoodlaboratory.com

A walk-in clinical laboratory offering blood draws and immediate results.

Redwoods Rural Health Center - Redway

101 West Coast Road, Redway, CA 95560

(707) 923-2783

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

madriverrhospital.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

plannedparenthood.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

shchd.org

Rural health clinic providing annual wellness exams, chronic disease management, routine cancer screenings, vaccinations, referral coordination, and support in reaching your optimal health and wellness.

Walk-in Clinic

Sutter Coast Health Center

785 East Washington Blvd. Suite 10

Crescent City, CA 95531

(707) 464-8818

suttercoast.org

Daily walk-in services offering prompt treatment for non-life-threatening medical problems as an alternative to the Emergency Room.

United Indian Health Services

unitedindianhealthservices.org

Health services for eligible Native American patients. Services vary by location, please call.

Elk Valley Office

2298 Norris Avenue, Crescent City, CA 95531

(707) 464-2919

Eureka Health Center

2332 Harrison #C&D, Eureka, CA 95501

(707) 442-0380

Hop'-Ew Puel

241 Salmon Avenue, Klamath, CA 95548

(707) 725-7988

Potawot

1600 Weeot Way, Arcata, CA 95521

(707) 825-5000

Taa'-at-dvn

1675 Northcrest Drive, Crescent City, CA 95531

(707) 464-2750

Weitchpec

Libby Nix Community Center

Route 96, Weitchpec, CA 95531

(530) 625-4300

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 77)

3575 Geary Blvd, San Francisco, CA

(800) 971-0016

ioaging.org

Humboldt Family Service Center

1802 California Street, Eureka, CA 95501

(707) 443-7358

humboldtfamilyservice.org

Counseling to individuals, couples, families, adolescents and children on a low-cost sliding fee scale.

Making Headway Center for Brain Injury Recovery

730 K Street, Eureka, CA 95501

(707) 442-7668

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

(707) 444-1600

nami-humboldt.org

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

ncamhp.org

Searchable online registry of 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

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.

PRESCRIPTIONS

NeedyMeds, Inc.

(800) 503-6897

needymeds.org

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

Rx Assist

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

suttercoast.org

Rehabilitation Center

St. Joseph Health System

2200 Harrison Avenue, Eureka, CA 95501

(707) 441-4414

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

madriverrhospital.com/six-rivers-medical-center-willow-creek

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

2121 Myrtle Avenue, Eureka, CA, 95501

(707) 442-6463

vectorpt.org

Vector Aquatic Center (See page 71)

3289 Edgewood Road, Eureka, CA 95501

(707) 441-9262

vectorpt.org

SKILLED NURSING FACILITIES

Skilled nursing facilities (also known as nursing homes or long-term care facilities) provide 24 hour care, including both rehabilitation and custodial care. Each facility is licensed, regulated, inspected, and/or certified 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

333 J St. Street, Eureka, CA 95501

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

Confidential reporting: (707) 269-1330

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)

1803 6th St., Berkeley, CA 94710

(415) 974-5171

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) 324-6630

cdph.ca.gov/Programs/CHCQ/LCP/calhealthfind/pages/home.aspx

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. Accepts online complaints regarding facilities.

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

2170 Northpoint Parkway, Santa Rosa, CA 95407

(866) 784-0703

cdph.ca.gov/Programs/CHCQ/LCP/Pages/LandCProgramHome.aspx

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

Eureka Rehabilitation and Wellness Center

2353 23rd St., Eureka, CA 95501

(707) 445-3261

eurekarehabwc.com

Fortuna Rehabilitation and Wellness Center

2321 Newburg Rd, Fortuna, CA 95540

(707) 725-4467

fortunarehabwc.com

Granada Rehabilitation and Wellness Center

2885 Harris St., Eureka, CA 95503

(707) 443-1627

granadarehabwc.com

Seaview Rehabilitation and Wellness Center

6400 Purdue Drive, Eureka, CA 95503

(707) 443-5668

seaviewrehabwc.com

Southern Humboldt Community

Healthcare District (SHCHD)

733 Cedar St., Garberville, CA 95542

(707) 923-3921

shchd.org

VETERANS

Blinded Veterans Association

125 Northwest Street, 3rd Fl., Alexandria, VA, 22314

(844) 250-5180

bva.org

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

California Department of Veterans Affairs (CALVET)

P.O. Box 942895, Sacramento, CA 94295

Business: (800) 952-5626

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

va.gov

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

Eureka Vet Center

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

(707) 444-8271

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

(707) 442-4322

Network of services for veterans including housing assistance, drug and alcohol recovery programs, case management after transition to permanent housing, and supportive services for veterans and families to promote rapid re-housing.

Veterans Service Office

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.

Del Norte

810 H Street, Crescent City, CA 95531

(707) 464-2154

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

Humboldt

1105 6th St., Suite F, Eureka, CA 95501

(707) 445-7611

humboldt.gov.org/517/veterans-service-office

VISION

Access News

(916) 889-7519

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

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.

Braille and Talking Book Library

(916) 654-0640

Business TTY/TDD: (888) 657-7323

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

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

(916) 441-2100

800-221-6359

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

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

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

American Academy of Ophthalmology

P.O. Box 7424., San Francisco, CA 94120

(877) 887-6327

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

317 3rd St., Eureka, CA 95501

(707) 268-5646

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) 839-0588

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

Northcoast Lions Eye Foundation

P.O. Box 274, Eureka, CA 95502

(707) 496-6695

lionseyeca-nv.org

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

Office of Services to the Blind

California Department of Social Services

744 P Street, MS 9-7-96, Sacramento, CA 95814

(916) 657-3327

cdss.ca.gov/Blind-Services

Online information and referral to services, programs, entitlements, and products of benefit 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

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

arcatatransit.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)

Humboldt Transit Authority

133 V Street, Eureka, CA 95501

(707) 443-0826

hta.org

Public bus service in Eureka, offering several routes.

Fortuna Transit

5 Park Street, Fortuna, CA 95540

(707) 725-7625

friendlyfortuna.com

The City of Fortuna offers transportation within the City limits to seniors or persons with a disability. Every Tuesday, provides transport to same individuals to doctor's appointments in Eureka between 10 am and 2 pm. On the second Tuesday of each month also goes to the Bayshore and Eureka Malls in Eureka.

Greyhound

925 E St., Arcata, CA 95521

(800) 231-2222

greyhound.com

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

Redwood Coast Transit

140 Williams Drive

Crescent City, CA 95531

(707) 464-6400

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

angelflightwest.org

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

CAL-ORE Life Flight

P.O. Box 1986, Brookings, OR 97415

(800) 761-5183

www.cal-ore.com

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

Coastline Enterprises

950 Front Street, Crescent City, CA 95531

(707) 465-4720

Crescent City transportation services limited to dialysis clients only.

Del Norte Ambulance

2600 Moorehead Road, Crescent City, CA 95531

(707) 487-1116

Wheelchair Service

(707) 487-2047

Non-emergency trips to doctors' appointments.

Dial-A-Ride

Humboldt Transit Authority

133 V Street, Eureka, CA 95501

Register: (707) 443-0826

Reservations: (707) 442-4555

humboldttransit.org/dail-a-ride

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

Fortuna Transit (see page __

(707) 725-7625

friendlyfortuna.com

Mercy Flights, Inc.

2020 Milligan Way, Medford, OR, 97504

(800) 903-9000

mercyflights.com

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

Mercy Medical Angels

mercymedical.org

Provides commercial airline tickets, ground transportation and volunteer pilot transportation. Must apply online and financially qualify.

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

333 J st., Eureka, CA 95501

(707) 442-3763

www.a1aa.org

Volunteer transportation service provided to people 50 years of age and older living independently. 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

Costal Cab Company

1250 6th St., Crescent City, CA 95531
(707) 458-5708

Comfort Cab

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

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

doortodoorairporter.com

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

GoGoGrandparent

(855) 464-6872

gogograndparent.com

A taxi alternative, no need for a smartphone, cell phone or app.

Plaza Cab
(707) 822-4742

OTHER TRANSPORTATION RESOURCES

AARP Driver Safety Program
(800) 350-7025
aarpdriversafety.org
Driver's education course for drivers age 50 and older.

California Department of Motor Vehicles (DMV)
CA State Office: (800) 777-0133
dmv.ca.gov
Information about driver's licenses, automobile registration and the rules and regulations of driving.

Del Norte
1475 Parkway Drive, Crescent City, CA 95531

Humboldt
3300 Broadway Ave, Eureka CA 95501

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

Del Norte
1444 Parkway Drive, Crescent City, CA 95531
(707) 464-3117

Humboldt
255 E. Samoa Boulevard, Arcata, CA 95521
(707) 822-5981

Highway Road Conditions

CalTrans**(800) 427-7623**

roads.dot.ca.gov

Current highway road conditions.

Tribal Resources

The Social Services departments offer a variety of services to their members usually including child care, housing, employment and meals. Contact the tribe for specific services offered.

Bear River Band of the Rohnerville Rancheria

233 Keisner Rd. Loleta CA 95551

(707) 733-1900

brb-nsn.gov

Big Lagoon Rancheria

P.O. Box 3060 Trinidad, CA 95570

(707) 826-2079**Blue Lake Rancheria**

P.O. Box 428 Blue Lake CA 95525

(707) 668-5101

bluelakerancheria-nsn.gov

Elk Valley Rancheria

2332 Howland Hill Rd. Crescent City, CA 95531

(707) 464-4680

elk-valley.com

Hoopa Valley Tribe

11860 State Hwy 96, Hoopa CA 95546

(530) 625-4211

hoopa-nsn.gov

Karuk Tribe

64236 Second Ave, Happy Camp CA 96039

(707) 493-1600

karuk.us

Resighini Rancheria

P.O. Box 529 Klamath CA 95548

(707) 482-2431

resighinirancheria.com

Tolowa Dee-ni Nation

16299 Hwy 101N Smith River CA 95567

(707) 487-9255

tolowa-nsn.gov

Trinidad Rancheria

1 Cher-Ae Ln, Trinidad CA 95570

(707) 677-0211

Trinidad-rancheria.org

Wiyot Tribe

1000 Wiyot Dr. Loleta CA 95551

(707) 733-5055

wiyot.us

Yurok Tribe of CA

190 Klamath Blvd, Klamath CA 95548

(707) 677-0211

yuroktribe.org

Family Services

Northern California Indian Development Council

ncidc.org/

The Northern California Indian Development Council works to meet the needs of American Indian communities by researching, developing, and administering social and economic development programs.

Humboldt

241 F St. Eureka CA 95501

(707) 445-8451

Del Norte

445 I St. Suite B Crescent City, CA 95541

(707) 464-3512

Two Feathers Native American Family Services

1560 Betty Ct, Mckinleyville CA 95519

(707) 839-1933

twofeathers-nafs.org

Works with native American children and families including using culturally based interventions that promote health and develop respectful collaborations with both native and non-native agencies.

Legal

California Indian Legal Services

324 F St. Eureka CA 95501

(707) 443-8397

calindian.org

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

Hoopa Tribal Court

12530 State Hwy 96, Hoopa CA 95546

(530) 625-4305

hoopa.nsn.gov

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

Education

Indian Action Council

1560 Betty Ct, Mckinleyville CA 95519

(707) 839-1933

twofeathers-nafs.org

American Indian education center with a Native American library and computer lab.

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

HNFRC.org

Arcata Family Resource Center

2400 Baldwin St., Arcata, CA 95521

(707) 822-1002

Blue Lake Community Resource Center

St. Joseph Health System

111 Greenwood Drive. Blue Lake, CA 95525

(707) 668-5239

Bridgeville Community Center

38717 Kneeland Road, Bridgeville, CA 95526

P.O. Box 3, Bridgeville, CA 95526

(707) 777-1775

bridgevillecommunitycenter.org

Carlotta Community Center

300 Wilder Road (Box 7), Carlotta, CA 95528

(707) 768-3860

Del Norte Family Resource Center - First5

494 Pacific Avenue, Crescent City, CA 95531

Business: (707) 464-0955

delnortekids.org

Eureka Community Resource Center

St. Joseph Health System

35 West 3rd Street, Eureka, CA 95501

(707) 442-5239

Eel River Valley Multigenerational Center

2280 Newburg Road, Fortuna, CA 95540

(707) 725-3300

Fortuna Family Resource Center

2089 Newburg Road 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

jefferson-project.org

Loleta Community Resource Center

St. Joseph Health System

700 Loleta Drive, Loleta, CA 95551

(707) 733-5239

Manila Community Resource Center

1611 Peninsula Drive, Arcata, CA 95521

(707) 444-9771

manilacrc.org

Marshall Family Resource Center

Eureka City Schools

2100 J Street, Eureka, CA 95501

(707) 441-2516

Mattole Valley Resource Center

P.O. Box 191, Petrolia, CA 95558

203 Old Coast Wagon Rd., Petrolia, CA 95558

(707) 629-3348

McKinleyville Family Resource Center

1944 Central Ave, Mckinleyville, CA 95519

P.O. Box 2668, McKinleyville, CA 95519

(707) 840-0905

Pine Hill Family Resource Center

5230 Vance Ave., Eureka, CA 95503

(707) 443-4596

Southern Humboldt Family Resource Center

344 Humboldt Avenue, Redway, CA 95560

Business: (707) 923-1147

[facebook.com/Family-Resource-Center-Southern-Humboldt](https://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

Willow Creek Community Resource Center

38883 Hwy. 299 (PO Box 939), Willow Creek, CA 95573

(530) 629-3141

FITNESS AND RECREATION

Adorni Center

1011 Waterfront Drive, Eureka, CA 95501

(707) 441-4248

eurekaparksandrecreation.com

Fitness center offering classes, weight and cardio rooms, stationary equipment and basketball gym. Discounts available for adults with disabilities.

Arcata Community Pool

1150 16th Street, Arcata, CA 95521

(707) 822-6801

arcatapool.com

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

parks.ca.gov

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

Fred Endert Municipal Swimming Pool

1000 Play Street, Crescent City, CA 95531

(707) 464-9503

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

333 J St., Eureka, CA 95501

(707) 442-3763

Science based cardio and strength classes taught by trained volunteers.

Vector Aquatic Center

3289 Edgewood Road, Eureka, CA 95501

(707) 441-9262

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

age-pride.org

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

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

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

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

lword.mamajudy.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

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

Services and Advocacy for LGBT Elders (SAGE)

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

(212) 741-2247

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

(414) 559-2123

forge-forward.org

Transgender Law Center

1800 Market St., San Francisco, CA 94102

1629 Telegraph Avenue, Suite 400, Oakland, CA 94612

(415) 865-0176

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

PETS

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

Animal Control and Shelter

Del Norte County Shelter

2650 Washington Blvd, Crescent City, CA 95531

(707) 464-7235

humanesocietyofdelnorte.org

Humboldt County Shelter

980 Lycoming Road, McKinleyville, CA 95519

(707) 840-9132

Humboldt.gov/2658/animal-shelter

Bless the Beasts

P.O. Box 286, Eureka, CA 95502

(707) 764-4081

Assistance to low-income individuals to help with spay and neuter costs and food when supplies are available.

Friends for Life Animal Rescue

P.O. Box 962, Eureka, CA 95502

(707) 442-5999

dogrescuers.org

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

redwoodrescue.org

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

125 New Hope Ln, Crescent City, CA 95531

(707) 464-1686

humanesocietyofdelnorte.org

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

humboldtanimalrescue.teamorg

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

Humboldt Paws Cause

humboldtpawscase.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

spayhumboldt.org

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

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

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.

Sequoia Humane Society

6073 Loma Avenue, Eureka, CA 95503

(707) 442-1782

sequoiahumane.org

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

Wild Feline Rescue

457 Vance Street, Crescent City, CA 95531

(707) 464-7729

wildfeline rescue.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) 464-3069

delnorteseiorcenter.org

Ferndale Senior Resource Agency

100 South Berding St., Ferndale, CA 95536

P.O. Box 726, Ferndale, CA 95536

(707) 786-4141

ferndaleseniors.org

Fortuna Senior Center

3000 Newburg Rd. Suite B, Fortuna, CA 95540

(707) 726-9203

fortunaseior.org

Healy Senior Center

456 Briceland Road, Redway, CA 95560

(707) 923-2399

healyseniorcenter.org

Humboldt Senior Resource Center

1910 California Street, Eureka, CA 95501

(707) 443-9747

humseior.org

Karuk Senior Center

Panaminik Center

459 Asip Road, Orleans, CA 95556

(530) 627-3056

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

SENIOR VILLAGES**Redwood Coast Village**

517 3rd St. Ste. 14, Eureka, CA 95501

(707) 798-6311

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**Adult Transgender Support Group****Open Door Clinic**

770 10th St. Arcata CA 95521

(707) 826-8610 (Ask for Sergio)

Open to all Open Door patients age 18 and over who identify as transgender or queer.

Caregiver Support Groups**Redwood Caregiver Resource Center (See page 27)**

1140 Sonoma Ave. Ste. 1B, Santa Rosa 95405

(707) 230-4046

Chetco Activity Center and Respite Care

550 Chetco Lane, Brookings, OR 97415

(541) 469-6822

chetcoac.org

Friends for Survival

P.O. Box 214463, Sacramento, CA 95821

(916) 392-0664

(800) 646-7322

friendsforsurvival.org

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

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

987 8th Street, Arcata, CA 95521

(707) 825-8345

hcbhp.org

HSRC Caregiver Support Groups**Humboldt Senior Resource Center**

1910 California St. Eureka CA 95501

(707) 443-9747

humsenior.org

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

Low Vision Support Group (See page 65)

1620 Pickett Road, McKinleyville, CA 95519

(707) 839-0588

Multiple Sclerosis Support Group

1653 Myrtle Ave, Eureka CA 95501

(707) 599-5175

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.

Parkinson's Support Group

3230 Harrison St. Eureka CA 95503

(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.

TELEPHONE REASSURANCE

Friendship Line

Institute on Aging

3575 Geary Blvd, San Francisco, CA

24 hours: (800) 971-0016

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!

My Safety Call

Humboldt Senior Resource Center

1910 California St. Eureka CA 95501

(707) 443-9747

humsenior.org

A telephone reassurance service providing daily check-ins and peace of mind for elders who live alone.

VOLUNTEERING

Non-profit and governmental organizations depend on volunteers. Call the organization that interests

you and ask how you can help

North Coast Opportunities

Retired Senior Volunteer Program (RSVP), Foster Grandparents and Senior Companion

P.O. Box 111, Arcata CA 95518

(707) 633-9013

ncoinc.org

Senior Corps is a network of national service programs for Americans 55 years and older, made up of three primary programs that each take a different approach to improving lives and fostering civic engagement.

Volunteer Center of the Redwoods (VCOR)

Area 1 Agency on Aging

333 J St., Eureka CA 95501

(707) 442-3763

a1aa.org

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