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
humboldtgov.org/499/Adult-Protective-Services

Bureau of Medi-Cal Fraud and Elder Abuse
California Department of Justice
24 hours: (800) 722-0432
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
cchildhelp.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
humboldtgov.org/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
**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
codelnorte.ca.us/publicguardian

**Humboldt**
1105 6th Street, Eureka, CA  95501
(707) 445-7343
humboldtgov.org/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
codelnorte.ca.us/departments/district-attorney/victim-witness
Humboldt
825 5th Street, Eureka, CA 95501
(707) 445-7414
Humboldtgov.org/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
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 County Human Rights Commission
825 Fifth Street, Eureka, CA 95501
(707) 268-2548
humboldtgov.org/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
humboldtgov.org/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
codelnorte.ca.us

Humboldt (See page 7)
1105 Sixth Street, Eureka, CA 95501
(707) 445-7343
humboldtgov.org/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.
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
tenantstogther.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
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
c 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.
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.

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
ncrrights.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
humboldtgov.org/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
humboldtipa.com
Priority Care provides customized care coordination specific to each patients' healthcare needs to ensure they receive the right care, in the right form, from the right health care professional, at the right time.

Redwood Coast Regional Center (RCRC)
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

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**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
adhomadriver.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
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.
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
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
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
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.

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  
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/humboldtACPcoaltition
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
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
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
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
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.
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  
cclld.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  
especiallyyou.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
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
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
delnorteseniiorcenter.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
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
Accessible Environments, Inc.
P.O. Box 5073, Williamsburg, VA, 23185
(800) 643-5906
acessinc.com
Online resource selling adaptive equipment for persons with disabilities.

Tri-County Independent Living Center (See page 8)
139 5th Street, Eureka, CA 95501
(707) 445-8404
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
madriverhospital.com
Progressive, compassionate care to people at home, including skilled nursing, physical, occupational and speech therapy, home health aide and medical social workers. Serves residents from Fortuna to Orick and east to Fieldbrook, Kneeland, and Blue Lake.
Southern Humboldt Community Clinic
Visiting Nurse Program
733 Cedar Street, Garberville, CA 95542
(707) 923-3921 ext. 273
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

HEALTH EDUCATION AND INFORMATION
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

Humboldt Independent Practice Association (IPA)
Priority Care Center
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
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
codel-norte.ca.us/departments/health-human-services

**Humboldt**
929 Koster St., Eureka CA 95501
(877) 410-8809
humboldtgov.org/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
madriverhospital.com
Acute care hospital with 78 beds offering emergency care, OB, radiological and surgical services, pain management, wound care, and other services.

Redwood Memorial Hospital
3300 Renner Drive, Fortuna, CA 95540
(707) 725-3361
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
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
code.l-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*  
madriverhospital.com  
Rural health outreach center for Mad River Hospital providing family care for all ages. Includes laboratory, health maintenance and promotion, and diagnosis and management of health conditions.

**Six Rivers Planned Parenthood**  
3225 Timber Fall Court, Eureka, CA 95503  
*(707) 442-5700*  
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)
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  
madriverhospital.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
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
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**
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
doorodoorairporter.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.
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
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
cicdc.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

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
FIND THE RIGHT FIT FOR YOU

**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
crecentcity.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*  
glama.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
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*  
Humboldtgov.org/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.team.org
No kill domestic animal rescue facility providing spay/neuter program, vaccinations, and medical attention while looking for forever homes.

Humboldt Paws Cause
humboldtpawscause.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  
wildfelinerescue.org  
Spays and neuters feral cats. Kittens are socialized and adopted out. Operates Purple Cat thrift store.

**SENIOR CENTERS**

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

**Del Norte Senior Center**  
1765 Northcrest, Crescent City, CA 95531
(707) 464-3069
delnorteseniorcenter.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
fortunasenior.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
humsenior.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
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.