Activities Program
Offers recreational and educational classes for older adults, as well as tax assistance, Senior Home Repair, “Are You Okay?” telephone check-ins, and more

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

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

Behavioral Health Services
Providing a holistic approach to wellness for older adults age 55 and up, focusing on how social, emotional, and physical factors affect well-being

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

Nutrition Program
- Senior Dining Centers in Arcata, Eureka, and Fortuna
- Home Delivered Meals program, providing meals to homebound seniors in Arcata, Eureka, Fortuna, and McKinleyville

Redwood Coast PACE
The Program of All-inclusive Care for the Elderly provides comprehensive medical care and support services for qualified adults age 55+ focused on each individual’s health needs

Senior News
The only publication on the North Coast featuring articles and info for those age 50+

Supporting seniors in maintaining health, dignity and self-determination

1910 California Street, Eureka • 3200 Newburg Road, Fortuna
(707) 443-9747 • www.humsenior.org
Introduction

There have been many changes since we published our last Guide in February, 2020. The Guide offers a number of new organizations as well as these new sections: Spanish speaking organizations and services; Tribal services (although these services remain interspersed throughout the Guide); and information on avoiding scams.

A1AA has undergone a few changes as well. We ended our co-ownership of the building on 7th Street. This has put us on firm financial footing moving forward. Our new Eureka office is at 333 J Street.

A portion of the proceeds was used to make a voluntary tax contribution to the Wiyot Nation in recognition of our ongoing use of Wiyot land. If you want to know more about how to do this, go to www.honortax.org.

Humboldt and Del Norte Counties are beautiful and unique places. This edition highlights many of the organizations and businesses that help make it that way. A1AA thanks you!

THIS EDITION’S ADVERTISERS/UNDERWRITERS:

Area 1 Agency on Aging
Adult Day Health Care of Mad River
Ayres Family Cremation
Broadway Medical • Coast Central Credit Union
Coldwell Banker Commercial Pacific Partners
Real Estate • Douglas Lanning, O.D.
Elite Caregivers • Green’s Pharmacy
HICAP • Humboldt Independent Practice Association
Humboldt Mortgage
Humboldt Senior Resource Center
Kraft Transitions
Kramer Investment Corp for the Meadows Apts.
Miller Farms • Pauli-Shaw Insurance
Redwood Coast Village • SHCHD
Tolowa Nation • Timber Ridge Assisted Living
Visiting Angels
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Crisis

A1AA Long-Term Care Ombudsman
333 J St Eureka, CA 95501
(707) 269-1330 (Confidential Line)
(800) 231-4024 (CRISIS Line)
a1aa.org
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 Dr.,
Crescent City, CA 95531
24 hours: (707) 464-3191
codelnorte.ca.us/departments/socialservices/adultprotectiveservices

Humboldt
808 E St., Eureka, CA 95501
24 hours: 866-527-8614
(707) 476-2100
humboldtgov.org/499/Adult-Protective-Services

Harrington House Rural Human Services
286 M St., Suite B,
Crescent City, CA 95531
(707) 465-3013
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.

Bureau of Medi-Cal Fraud and Elder Abuse
California Department of Justice
24 hours: (800) 722-0432
oag.ca.gov/dmfea
Hotline to report Medi-Cal fraud and/or elder abuse. Investigates and prosecutes elder abuse, neglect and poor quality of care in long-term care facilities.

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 St., Crescent City, CA 95531
24 hour/crisis: 800-970-5816
(707) 464-7224
codelnorte.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 St., 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.

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

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**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.

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**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.
**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 of 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 St., Eureka, CA 95501  
**(707) 442-3763**  
**(800) 408-4636**  
a1aa.org

**Senior News**  
**Humboldt Senior Resource Center**  
1910 California St., 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**  
**(833) 866-8444**  
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.  
tilinet.org

**Del Norte**  
1765 Northcrest Dr. Crescent City, 95531  
**(707) 834-2555**

**Humboldt**  
139 5th St., Eureka, CA 95501  
**(707) 445-8404**
Advocacy, Education, Employment, Financial, Legal

**LOCAL**

2-1-1 Humboldt (See page 7)
(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 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 32)
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 44)
(707) 444-3000
(800) 434-0222
a1aa.org

**Humboldt**
333 J St, Eureka, CA 95501

Humboldt Community Breast and GYN Health Project (See page 42)
987 8th St., Arcata, CA 95521
(707) 825-8345
hcbbhp.org

Humboldt County Human Rights Commission
825 Fifth St., Eureka, CA 95501
(707) 268-2548
humboldtgov.org/1308/Human-Rights-Commission
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 5)
333 J St., 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 50)
730 K St., Eureka, CA 95501
(707) 442-7668
mhwcenter.org
Mental Health Patients’ Rights Advocate
Humboldt County
720 Wood St., Eureka, CA 95501
(707) 268-2995
humboldtgov.org/431/Patients-Rights-Advocacy-Services
Advocates for locked and unlocked mental health facilities. Monitors mental health facilities for compliance regarding legal process and patients’ rights.

Public Guardian/Conservator

Del Norte (See page 6)
880 Northcrest Dr., Crescent City, CA 95531
(707) 464-3191
c.co.del-norte.ca.us

Humboldt (See page 6)
1105 Sixth St., 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 St., 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 St., 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.
Advocacy, Education, Employment, Financial, Legal

California Department of Veterans Affairs (CALVET) (See page 54)
1227 O St., Sacramento, CA 95814
(800) 952-5626
TTY/TDD: (800) 324-5966
calvet.ca.gov/

FDIC Consumer Protection
(877) 275-3342
fdic.gov
Investigates all types of consumer complaints about FDIC supervised institutions and responds to consumer inquiries about consumer laws, identity theft, regulations and banking practices. Provides important information and links on credit, identity theft and fraud, banking, loans, mortgages and more.

Mail Fraud - US Postal Inspection Service
(877) 876-2455
postalinspectors.uspis.gov

Mail Preference Service
225 Reinekers Ln., Ste. 325, Alexandria, VA 22314
(212) 768-7277
dmachoice.org
Mail preference registry to remove names and addresses from mail marketing lists. Register online or by mail using downloadable form.

Mobile Home Ombudsman
California Department of Housing and Community Development (See page 32)
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 32)
474 Valencia St. #156,
San Francisco, CA 94103
(415) 495-8100
tenantstogether.org

Victim Services
California Department of Corrections and Rehabilitation
(877) 256-6877
cdcr.ca.gov/Victim_Services

EDUCATION

College of the Redwoods
Community college with campuses in downtown Eureka, South Eureka, Crescent City, and Hoopa.

Del Norte Site
883 West Washington Blvd.,
Crescent City, CA 95531
(707) 465-2380
redwoods.edu/delnorte
Advocacy, Education, Employment, Financial, Legal

Humboldt - Main Campus
7351 Tompkins Hill Rd.,
Eureka, CA 95503
(707) 476-4100
redwoods.edu

Klamath-Trinity Site
P.O. Box 529, 65 Orchard St.,
Hoopa, CA 95546
(530) 625-4821

Community Education Programs
525 D St., 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 St., 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 St., Suite 203, Eureka, CA 95501
(707) 445-3655

Fortuna
922 N St., 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.

Cal Poly Humboldt
Student and Business Services Building
1 Harpst St., 2nd Fl., Arcata, CA 95521
(707) 826-3011
humboldt.edu
Four year California Polytechnic State University.

Humboldt Healthcare
Be a part of the good...

A podcast that's focused on finding all of the many good things that are happening in Humboldt County.
A Program of the Humboldt IPA
Listen to the latest podcast episode on Spotify, Apple or Google Podcast
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 St., 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 Ave., 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 Dr., 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, Eureka, CA 95501
(800) 952-5544
TTY/TDD: (916) 324-1313
dor.ca.gov

Del Norte Workforce Center
875 5th St., 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
northcoastsbdc.org
Information, consulting, counseling and educational materials for self-employment and other small business topics. Resource library, pre-ventures seminars, web-based tools and other workshops offered.

Del Norte
(707) 464-2168

Humboldt
520 E St., Eureka, CA 95501
(707) 445-9720
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 St., 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 St., 15th Floor,
San Francisco, CA 94105
(800) 777-7526
consumercredit.com/about-us/locations/san-francisco/
Financial counseling and education from trained counselors. Nationwide phone service.

Consumer Financial Protection Bureau
P.O. Box 4503, Iowa City, IA, 52244
(855) 411-2372
TTY/TDD: (855) 729-2372
consumerfinance.gov/older-americans/
Information and tools to navigate safely through financial challenges.

Insurance Information Institute
110 William St., New York, NY
(212) 227-5500
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.
PROTECTING YOURSELF AGAINST SCAMS

4 SIGNS THAT IT’S A SCAM
• Scammers PRETEND to be from an organization you know.
• Scammers say there’s a PROBLEM or a PRIZE.
• Scammers PRESSURE you to act immediately.
• Scammers tell you to PAY in a specific way.

STEPS TO AVOID A SCAM
• Block unwanted calls and text messages.
• Don’t give your personal or financial information in response to a request that you didn’t expect.
• Resist the pressure to act immediately.
• Know how scammers tell you to pay, never paying someone who insists you use a gift card or wire transfer. Never deposit a check and send money back to someone.
• Stop and talk to someone you trust. Before doing anything else, tell someone what happened. Talking about it might help you realize it’s a scam.

COMMON SCAMS
• Imposters – Pretending to be government, utilities, family in trouble.
• Fake check – Sending you an “overpayment” asking you to send back money.
• Prize/Sweepstakes – Legitimate sweepstake will never make you pay a fee, buy something or wire money to “insure” delivery.
• Romance – Online love interest asking you for money.
• Tech Support – Makes you believe you have a problem with your computer to hack into personal information.

WHAT TO DO IF YOU’VE BEEN SCAMMED
• Report the scam at fraud.ftc.gov or call 877-382-4357.
• Contact your bank/credit card company immediately.
• Notify the company if applicable.

This information is brought to you by Area 1 Agency on Aging through the Older Americans Act Elder Abuse and Prevention Funding.
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

ssa.gov

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

**Del Norte**

560 East Hoover, Crescent City, CA 95531

(800) 772-1213

TTY/TDD: (800) 325-0778

**Humboldt**

3144 Broadway, Eureka, CA 95501

(800) 772-1213

TTY/TDD: (707) 445-9658

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### LEGAL ASSISTANCE

#### LOCAL

**American Civil Liberties Union**

(Redwood ACLU)

917 3rd St., 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 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 serves Del Norte, Humboldt, and other Northern California counties.

**Del Norte Family Law Facilitator**

650 Fifth St., 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  
hoopacourt.com  
Fair, impartial, efficient and effective resolution of civil cases through the application of tribal law and community standards.

Humboldt County Bar Association  
PO. 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 St., 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.

Small Claims Court  
Handles disputes involving $10,000 or less, and involving deposits, monetary debts or damages.

Del Norte  
450 H St., Room 209,  
Crescent City, CA 95531  
(707) 464-8115  
delnorte.courts.ca.gov

Humboldt  
421 I St., 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 St.,  
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.

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**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**
1330 Broadway #525, Oakland, CA 94612
(510) 663-1055
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 63)
870 Market St., Suite 370, San Francisco, CA 94102
(415) 392-6257
nclrights.org

**National Center on Law and Elder Rights (NCLER)**
ncler.acl.gov
NCLER is a one-stop support center for the legal services and aging and disability community to access trainings and technical assistance on a broad range of legal issues impacting older adults.

**Transgender Law Center (See page 64)**
1800 Market St., San Francisco, CA 94102
(415) 865-0176
transgenderlawcenter.org

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**Caregiving**

**CARE MANAGEMENT**

**Multipurpose Senior Services Program (MSSP)**
Humboldt Senior Resource Center
1901 California St., 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)**
908 7th 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.
Caregiving

Redwood Coast Regional Center (RCRC)
redwoodcoastrc.org
Case management services for individuals with developmental disabilities onset before age 18 and their families.

**Del Norte**
1301-A Northcrest Dr., Crescent City, CA 95531
(707) 464-7488

**Humboldt**
525 2nd St., Suite 300, Eureka, CA 95501
(707) 445-0893

**DAY CARE**

**Adult Day Health Services**
**Humboldt Senior Resource Center**
1910 California St. Eureka, CA 95501
3200 Newburg Rd. Fortuna CA 95540
(707) 443-9747
humsenior.org
A licensed, therapeutic day care program for adults age 18 and older with chronic health conditions and disabilities; includes dementia care.

**Adult Day Health Care of Mad River**
3800 Janes Rd., Arcata, CA 95521
(707) 822-4866
adhcmadriver.org
Provides therapeutic, health, recreational and social services to seniors and those over 18 years old who are dependent on others for care. Promotes independence, rehabilitation, and helps to prevent premature institutionalization.

**Humboldt Community Access and Resource Center (HCAR)**
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
"WHERE COMPASSION MEETS CARE"

ELITE CAREGIVERS
IN-HOME CARE SERVICES
LIC 124700001

COMPASSIONATE CARE SERVICES 2-24 HOURS
1-707-496-8499 OR 1-707-496-8400

WE ARE A LICENSED HOME CARE ORGANIZATION
PROVIDING MEDICAL & NON-MEDICAL IN HOME CARE.
PERSONAL CARE-ASSIST WITH DAILY ACTIVITIES
MEAL PLANNING AND PREPARATION
LIGHT HOUSEKEEPING
TRANSPORTATION TO APPOINTMENTS
SHOPPING AND ERRANDS
WELLNESS CARE AND MUCH MORE

WE ARE FAMILY OWNED, LICENSED, BONDED AND INSURED.
SERVING NORTHERN CALIFORNIA FOR OVER 20 YEARS

1-707-496-8499

WWW.ELITE-CAREGIVERS.COM
GRANDPARENTS

Changing Tides Family Services
2259 Myrtle Ave., 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 St., 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 Rd., 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 St., 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
providence.org/locations/norcal/st-joseph-hospital-eureka/community-support/healthy-kids-humboldt
Assistance with enrollment in the Children’s Health Insurance Programs for children ages 0-19, including Medi-Cal, Healthy Families, and Cal Kids.

Two Feathers Native American Family Services (See page 60)
1560 Betty Ct., Suite A, McKinleyville, CA 95519
(800) 341-9454
(707) 839-1933
twofeathers-nafs.org
Engages adults age 55 and over in intensive volunteerism as tutors and mentors for special needs children.

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(707) 839-1933
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We Care Every Day in Every Way

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

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

707.442.8001
707.725.3611
www.VisitingAngels.com/Eureka
**Caregiving**

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

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

Homework Solutions  
2 Pidgeon Hill Dr. Suite 300,  
Sterling, VA 20165  
(800) 626-4829  
homeworksolutions.com  
Payroll and tax reporting service for employers of household caregivers.

**FEE-FOR-SERVICE CAREGIVER AGENCIES**

Agape Home Care  
321 West Wabash Ave., Eureka, CA 95501  
(707) 445-1212  
agapehomecare.org

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

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

Pacific Medical Resources  
525 2nd St. Suite 204, Eureka, CA 95503  
(707) 798-6244  
pacificmedicalresources.com

Visiting Angels  
1112 5th St., 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) 443-9747  
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 23)  
611 Harris St., Eureka, CA 95501  
(800) 227-2345  
cancer.org

Blue Lake Rancheria Caregiver Support  
428 Chartin Rd., Blue Lake, CA 95525  
(707) 668-5101  
bluelakerancheria-nsn.gov  
Caregiver and respite support for caregivers of Native Americans.

Caregiver Support Groups  
Humboldt Senior Resource Center  
1910 California St. Eureka, CA 95501  
(707) 444-8254  
humsenior.org

Redwood Caregiver Resource Center  
1140 Sonoma Ave., Santa Rosa, CA 95405  
(707) 542-0282  
(800) 834-1636
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
cdp.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 St., Suite 160, Crescent City, CA 95531
(707) 464-7216
cdph.ca.gov

Del Norte’s offices issue certified copies of birth certificates, death certificates, marriage certificates, and marriage licenses for events that occur within the county.

**Humboldt**

825 Fifth St., Fifth Floor, Eureka, CA 95501
(707) 445-7593
cdmh.org

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

OTHER SERVICES

**Alzheimer’s Association**

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

Support groups, counseling, legal services, and education for families and caregivers of brain-impaired adults, including people with Alzheimer’s and related dementias.

**American Cancer Society**

250 Williams St. N.W., Atlanta, GA 30303
24 hours: (800) 227-2345
TTY/TDD: (866) 228-4327
cancer.org

Support groups, counseling, legal services, and education for families and caregivers of brain-impaired adults, including people with Alzheimer’s and related dementias.

**Cancer.org**

24 hours: (800) 227-2345
TTY/TDD: (866) 228-4327
cancer.org

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

**Caregiver Action Network**

1150 Connecticut Ave. NW Ste. 501, Washington, DC 20036
(202) 454-3970
caregiveraction.org

Support groups, counseling, legal services, and education for families and caregivers of brain-impaired adults, including people with Alzheimer’s and related dementias.

**Caring and Aging with Pride**

4101 15th Ave. NE Seattle, WA 98105
(800) 558-8703
age-pride.org

Support groups, counseling, legal services, and education for families and caregivers of brain-impaired adults, including people with Alzheimer’s and related dementias.

**Cemetery and Funeral Bureau**

California Department of Consumer Affairs
1625 N Market Blvd. Ste. S208
Sacramento, CA 95834
(916) 574-7870
(800) 952-5210

Support groups, counseling, legal services, and education for families and caregivers of brain-impaired adults, including people with Alzheimer’s and related dementias.
### End of Life

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.

<table>
<thead>
<tr>
<th>HOSPICE AND PALLIATIVE CARE</th>
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<tbody>
<tr>
<td><strong>Advanced Illness Management</strong></td>
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</tbody>
</table>
| 800 E. Washington Blvd., Crescent City, CA 95531  
855-771-4405  
sutterhealth.org/coast/services/palliative-advanced-illness-management/advanced-illness-management-aim |
| In Del Norte County, offers services such as a social worker, physical and occupational therapy, bath assistant, pain management, wound care, and hospice support. Resources for chronic or terminally ill persons must be ordered by physician. |

| **Heart of the Redwoods Community Hospice** |
| 464 Maple Lane, Garberville, CA 95542  
(707) 923-7276  
heartoftheredwoodscommunityhospice.org |
| Conventional and alternative hospice services available. Pain management, lending library and support groups. Serving Southern Humboldt, Northern Mendocino and Western Trinity counties. |

| **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. |

<table>
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<tr>
<th><strong>GRIEF SUPPORT SERVICES</strong></th>
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<tbody>
<tr>
<td><strong>Hospice of Humboldt</strong></td>
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</tbody>
</table>
| 3327 Timber Fall Ct., Eureka, CA 95503  
(707) 445-8443  
hospiceofhumboldt.org |
| End of life medical, emotional, and spiritual support for patients and their loved ones within a 50 mile radius of the city of Eureka. Offers inpatient care at Hospice House, assistance with preparing advanced healthcare directives, bereavement support groups and counseling. |

| **Humboldt Advance Care Planning Coalition** |
| facebook.com/humboldtACPcoalition |
| Universal advance care planning among all people in Humboldt County so that their wishes may be expressed and respected. |

| **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.

Español

Basta decir que la edición 2022-2023 refleja los cambios provocados por COVID-19. Esta guía es más pequeña, lo que refleja la pérdida de algunos servicios en los últimos dos años, así como menos organizaciones que pudieron suscribirse a esta edición. Tenemos una serie de patrocinadores firmes, otros nuevos, y algunos servicios nuevos de importancia crítica que se han agregado a la guía. Lo alentamos a apoyarlos de cualquier manera que pueda.

Somos conscientes que el acceso a servicios y apoyo no es igual o continuo para muchos y nos complace agregar nuevas organizaciones que están trabajando para abordar estas diferencias.

La Guía ofrece una nueva sección de organizaciones y servicios de habla Hispana; una sección de pueblos indígenas a información sobre como evitar estafas.


Esta venta nos permitió hacer algo que hemos anhelado por algún tiempo: Hacer una contribución fiscal anual voluntaria a la Nación Wiyot para reconocer nuestro uso continuo de sus tierras. Si quiere saber más sobre como hacerlo, visite: www.honortax.org.

A continuación, algunas agencias que se especializan en ayudar a las personas de

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.
habla Hispana. Sin embargo, Ud. tiene el derecho de solicitar servicios de traducción en cualquier servicio enlistado en nuestra Guía. Si tiene problemas de comunicación, llámenos y podemos ayudarlo con un traductor.

**Centro del Pueblo**  
900 Hodgson St., Eureka, CA 95501  
(707) 683-5293  
cdpueblo.com  
Una organización comunitaria que reúne a miembros de la población indígena inmigrante en Humboldt, con Fuertes raíces históricas, sociales y culturales.

**Cumbre Humboldt**  
Cumbrehumboldt707@gmail.com  
cumbehumboldt.org  
Una organización sin fines de lucro dedicada a buscar y promover oportunidades educativas y enriquecedoras para familias e individuos latinos en el Condado de Humboldt.

**C.U.N.A.**  
(Comunidad Unida del Norte de Arcata)  
P.O. Box 7248, Eureka, CA 95502  
(908) 422-8538  
cooperationhumboldt.com/cuna  
Un departamento dentro del Centro Cooperación Humboldt que trabaja para construir mejor representación en el Valle Oeste (Valley West) mediante el desarrollo de relaciones comunitarias.

**English Express**  
(707) 441-4477  
english expressempowered.com  
maryannhytken@gmail.com  
Clases de inglés para todos los niveles. Las clases son por Internet y gratuitas. No se require registración.

**LatinoNet**  
P.O. Box 584, Eureka, CA 95502  
(707) 583-9137  
latinonet.org  
Una red que actúa como defensora de las familias Latinas y trabaja con la comunidad para reunir recursos que respondan a las necesidades culturales y lingüísticas de las familias Latinas. Trabajan para mejorar la calidad de vida de los hispanohablantes.

**Paso a Paso**  
2700 Dolbeer St., Eureka, CA 95501  
(707) 441-4477  
stjoehumboldt.org/for-community/paso-a-paso-step-by-step  
Ofrece información preventiva y apoyo a la comunidad Latina. Los servicios del programa se proporcionan en un ambiente seguro donde los sentimientos, preocupaciones y creencias pueden ser compartidos con confidencialidad. Todos los servicios son gratuitos.

**Visión y Compromiso**  
(530) 524-7836  
visionycompromiso.org  
facebook.com/VYChumboldt/  
Comprometidos a crear y mantener un enfoque estatal impulsado por el consumidor para promover la salud y bienestar de los latinos y sus familias.
Food Resources

Cooperation Humboldt
PO Box 7248, Eureka, CA 95502
(707) 502-2492
coopoperationhumboldt.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 St., 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) 445-594
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 Rd., Loleta, CA 95551
(707) 733-1900

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

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

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

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

Healy Senior Center
456 Briceland Rd., 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 Rd., 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 Rd., 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 St., 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, 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 Sts., Fortuna, CA 95540
(707) 441-9999
Tuesdays, June through October, 3pm to 6pm.
### Food Resources

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Potawot Community Food Garden</strong></td>
<td>1600 Weeot Way, Arcata, CA 95521</td>
<td>(707) 825-5070</td>
</tr>
<tr>
<td><strong>Shelter Cove Farmers Market</strong></td>
<td>533 Machi Rd., Motel Parking lot</td>
<td>(707) 986-7229</td>
</tr>
<tr>
<td></td>
<td>Whitethorn, CA 95589</td>
<td></td>
</tr>
<tr>
<td><strong>Willow Creek Farmer’s Market</strong></td>
<td>Veterans Park, 100 Kimtu Rd., Willow Creek, CA 95573</td>
<td>(707) 441-9999</td>
</tr>
<tr>
<td><strong>Friday Night Market</strong></td>
<td>E St. and Opera Alley, Eureka, CA</td>
<td>(707) 441-9999</td>
</tr>
<tr>
<td></td>
<td>95542</td>
<td></td>
</tr>
<tr>
<td><strong>Garberville Town Square</strong></td>
<td>Town Plaza, Garberville, CA 95542</td>
<td>(707) 498-4089</td>
</tr>
<tr>
<td><strong>Henderson Center Farmers Market</strong></td>
<td>Henderson and F Streets, Eureka, CA</td>
<td>(707) 441-9999</td>
</tr>
<tr>
<td></td>
<td>95501</td>
<td></td>
</tr>
<tr>
<td><strong>McKinleyville Farmers Market</strong></td>
<td>Eureka Natural Foods Parking Lot</td>
<td>(707) 441-9999</td>
</tr>
<tr>
<td></td>
<td>2165 Central Ave, McKinleyville, CA</td>
<td></td>
</tr>
<tr>
<td></td>
<td>95519</td>
<td></td>
</tr>
<tr>
<td><strong>Mad River Community Hospital Farmers Market</strong></td>
<td>3800 Janes Rd. Arcata, CA 95521</td>
<td>(707) 822-3621</td>
</tr>
<tr>
<td></td>
<td>outside the Garden Court</td>
<td></td>
</tr>
<tr>
<td><strong>Miranda Farmers Market</strong></td>
<td>Across from Miranda Gardens Resort,</td>
<td>(707) 786-9460</td>
</tr>
<tr>
<td></td>
<td>Miranda, CA 95553</td>
<td></td>
</tr>
<tr>
<td><strong>Old Town Eureka Farmers Market</strong></td>
<td>2nd and F Streets</td>
<td>(707) 441-9999</td>
</tr>
<tr>
<td></td>
<td>Eureka (front of gazebo), CA 95501</td>
<td></td>
</tr>
</tbody>
</table>

### Food Meal Delivery (Fee)

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eureka Grocery Delivery</strong></td>
<td></td>
<td>(707) 672-3812</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:EurekaGroceryDelivery@gmail.com">EurekaGroceryDelivery@gmail.com</a></td>
</tr>
<tr>
<td><strong>US Vets Deliver</strong></td>
<td>(877) 787-8387</td>
<td><a href="mailto:contact@USVetsDeliver.com">contact@USVetsDeliver.com</a></td>
</tr>
</tbody>
</table>

### Meal Food Delivery (Donation, no cost, eligibility-based)

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Blue Lake Rancheria</strong></td>
<td>428 Chartin Rd., Blue Lake, CA 95525</td>
<td>(707) 668-5101</td>
</tr>
<tr>
<td><strong>Cove Area Senior Outreach (COSO)</strong></td>
<td>Shelter Cove, CA 95589</td>
<td>(707) 986-7609</td>
</tr>
</tbody>
</table>
Food Resources

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

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

Homebound Delivery Program
Food for People
2112 Broadway, Eureka, CA 95501
(707) 445-3166

HSRC Nutrition Program – Home Delivered Meals
Humboldt Senior Resource Center
1910 California St., Eureka, CA 95501
(707) 443-9747

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

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

Rohnerville Rancheria
37 Bear River Dr., Loleta, CA 95551
(707) 733-1900

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
38717 Kneeland Rd., Bridgeville, CA 95526
(707) 777-1775

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 Rd., Fortuna, CA 95540
(707) 725-9381

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

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.
Food Resources

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 St., Eureka, CA 95501
(707) 497-6280

Salvation Army
2123 Tydd St., Eureka, CA 95501
(707) 442-6475

The Journey Church
95 Bellview Ave., Rio Dell, CA 95562
(707) 764-5460

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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 St., 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 St., 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

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Since 1963

Ask about our Nursery Department
Senior Discount Monday–Friday
1828 Central Ave. • McKinleyville • (707) 839-1571 ext. 5
www.millerfarmsnursery.com
Housing

Affordable Homeless Housing Alternatives (AHHA)
P.O. Box 3794, Eureka, CA 95502
(707) 298-1466
ahha-humco.org
AHHA provides information, education, advocacy and policy development for affordable housing with the homeless in Humboldt County. AHHA facilitates implementation of models and assists in operations with community groups. We are striving to develop collaborative individuals and communities as we build affordable homeless housing alternatives.

California State Controller’s Office
Property Tax Postponement Program
300 Capitol Mall, Suite 1850,
Sacramento, CA 95814
Phone (916) 445-2636
PTP Program (800) 952-5661
sco.ca.gov/ardtax_prop_tax_postponement.html
Homeowners who are 62 years or older, blind or have a disability may be able to defer property taxes.

Mobile Home Ombudsman
California Department of Housing and Community Development
P.O. Box 31, Sacramento, CA 95812
(800) 952-8356
hcd.ca.gov/manufactured-mobile-home
Assists with complaints relating to the registration and titling of mobile homes. Assistance with mobile home park inspections (health and safety issues), installation, and problems related to dealer sales.

Northcoast Homeshare Program
Area 1 Agency on Aging
333 J St. Eureka, CA 95501
(707) 442-3763 x213
a1aa.org
Matches people looking for housing with people who have extra space and are looking for a roommate. Provides lists and other resources for older adults to find affordable housing.

Tenants Together
474 Valencia St. #156,
San Francisco, CA 94103
(415) 495-8100
tenantstogether.org
Statewide organization for renter’s rights. Online tenant resource center and free bilingual hotline staffed by trained volunteers. Does not provide legal advice or aid. Online intake forms available.
The Humboldt Edge Newspaper
P.O. Box 328, Trinidad, CA 95570
(707) 953-6300
inkpeople.org/dreammaker-data/2019/1/25/humboldt-edge
Honors and invites the wisdom, knowledge, and creative expression of people living on the St., experiencing homelessness and/or living on the edge economically.

Tri-County Independent Living Center (See page 7)
139 5th St., Eureka, CA 95501
(707) 445-8404
tilinet.org
Provides help with finding accessible and affordable housing and other housing related concerns.

AFFORDABLE HOUSING

Cedar Street Senior Apartments & 703 Cedar St.
725 Cedar St., Garberville, CA 95542
(707) 923-1035
cchnc.org/
Provides 20 one bedroom apartments to low income seniors aged 62+. Some apartments are equipped for people who are visually and/or hearing impaired, or with limited mobility. Easy access to transportation.

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

Crescent City
235 H St., 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 St., 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 St., 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 St., 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
Housing

**The Gardens Active Adult Living**
2520 HUBBARD LANE, EUREKA
(707)499-2919 | WWW.KKRAMER.COM

**Residence Options**
1 Bedroom | 1 Bath Flat
2 Bedroom | 1 Bath Flat
Upgraded Finishes

**On-Site Amenities**
Community Center
Parking
Laundry Facility

Be one of the first to live at The Gardens!
2805 - 2895 HUBBARD LANE

www.kkramer.com | 707.444.2919

Include on site management, a large community room, exercise room, and coin-op laundry facilities.

---

**The Meadows Active Adult Living**
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 St., 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.

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**Redwood Cove Senior Apartments**
1755 Northcrest Dr., 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.

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**Seagull Villa Senior Apartments**
655 Pacific Ave., 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 St., Eureka, CA 95501
(707) 445-3141

HUD-subsidized apartment complex
Housing

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.

Summertime 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 Ct., 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.

Community Care Licensing Division
State of California
101 Golf Course Dr., Suite A-230 MS 29-11, Rohnert Park, CA 94928
(707) 588-5026
ccll.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 Dr., Crescent City, CA 95531
(866) 646-0142
addiemeedomhouse.com

Aguilar Manor
6433 Eggert Rd., Eureka, CA 95503
(707) 443-5160

Alder Bay Assisted Living
1355 Myrtle Ave., 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 St., Fortuna, CA 95540
(707) 725-7899

Frye’s Care Home
2240 Fern St., Cutten, CA 95503
(707) 442-2712
fryescarehome.com

for seniors 62 and over and adults with disabilities that require features of accessible units.
Hall Avenue Rest Home  
2641 Hall Avenue, Eureka, CA 95503  
(707) 442-5541

Redwood R&R  
3231 Dolbeer St., Eureka, CA 95501  
(707) 444-2076

Renaissance at Timber Ridge - Eureka  
2780 Timber Ridge Ln., 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  
arcatahouse.org  
Administrative Offices  
1005 11th St., Arcata, CA 95521  
(707) 822-4528  
Client Services – The Annex  
501 9th St., Arcata, CA 95521  
(707) 633-6236

A WELCOMING HOME

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

CALL US TO SCHEDULE A TOUR TODAY!  
EUREKA 707.443.3000  
MCKINLEYVILLE 707.839.9100  
timberridgecare.com
Arcata House Partnership provides permanent housing, emergency shelter, case management, CalFresh outreach, and drop in services to individuals and families who are homeless and/or hungry in Humboldt County.

Betty Kwan Chinn Day Center  
133 7th St., 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 St., 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 3rd St., 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.

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

California Access  
P.O. Box 4904, Eureka, CA 95502  
(707) 444-8584  
Accessibility surveys, accessible housing information and design, home modification services, and ramp rentals.

City of Eureka  
Residential Rehabilitation Program  
531 K St., Eureka, CA 95501  
(707) 441-4209  
ci.eureka.ca.gov  
This loan program assists low to moderate income single-family homeowners, located within the City limits of Eureka, with health and safety repairs, energy-efficient upgrades, and handicapped-accessible repairs to their home.

Comprehensive Career Services (CCS)  
Humboldt Community Access and Resource Center (HCAR)  
1707 E St. #2, Eureka CA 95501  
(707) 443-7077  
hcar.us  
Helps create jobs for people with disabilities. Services include custodial, yard maintenance, bulk mailing and small product assembly.

Developed Employment Services  
P.O. Box 2129, McKinleyville, CA 95519  
(707) 443-0600  
developedemploymentservices.com  
A work program for adults with developmental disabilities.
Let us help you with...
- move management and space planning
- decluttering, downsizing and reorganizing
- arranging for the dispersal of possessions no longer needed
- gentle packing services and oversight of packers
- unpacking

Call for a FREE in-home consultation.
707.362.3223
info@krafttransitions.com • www.krafttransitions.com
P.O. Box 809, Eureka, CA 95502
Pacific Gas and Electric (PG&E) Assistance Programs
2555 Myrtle Avenue, Eureka, CA 95501
(800) 743-5000
Smarter energy line: (800) 933-9555
CARE line: (866) 743-2273
pge.com

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

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

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

**Energy Savings Assistance Program (ESA)**
(800) 989-9744
Provides no-cost weatherization services and energy-efficient appliances to eligible renters or homeowners who receive electric or gas service through a residential meter.

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

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**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 St., Eureka CA 95501
(800) 933-9670

**Garberville**
727 Cedar St., Garberville, CA 95542
(707) 923-2779

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**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.

---

**Coldwell Banker Commercial Pacific Partners Real Estate**
Specializing in Humboldt County Commercial Sales, Leasing, Consultations, and 1031 Exchanges
Scott Pesch
707-442-2222
JB Mathers
1036 5th St, Suite A, Eureka
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 St., Eureka, CA 95501  
(800) 931-7232  
redwoodenergy.org  
Offers no-cost, no-obligation assessment and can receive specific recommendations for improving a home’s comfort and efficiency. Renters and homeowners may be eligible for a variety of no-cost and reduced-cost upgrades.

Medical

ASSISTIVE DEVICES

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

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

Tri-County Independent Living Center  
(See page 7)  
139 5th St., Eureka, CA 95501  
(707) 445-8404  
tilinet.org

HOME HEALTH CARE

Advanced Illness Management (See page 24)  
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  
madrivershospital.com  
Progressive, compassionate care to people at home, including skilled nursing, physical, occupational and speech therapy,

Primetime Checking For Age 60+  
• No monthly service fee  
• $20 discount on safe deposit box  
• Free box of standard checks*  
• Three free Cashier’s Checks per month  
*One box per calendar year of custom checks. Membership Savings account required.
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 St., 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 Ave., 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 Rd., 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
You Have Healthcare Choices... and time to make them!
Do you ever feel confused when making a health care decision?

FREE Coaching Services and Decision Aids are being offered for many conditions, such as:
- Back Pain
- Osteoarthritis
- Breast Reconstruction
- Early Stage Breast Cancer
- Heart Tests
- Living with Heart Failure
- Colon Cancer Screening
- Weight Loss Surgery
- And Many More...

Self-Referrals Welcome!

Health Decisions Center
A program of the Humboldt Independent Practice Association
2316 Harrison Avenue • Eureka
707-442-0478
www.humboldtipa.com/sdm

and referrals to treatment. Community education and training related to the concepts of harm reduction.

Humboldt Community Breast and GYN Health Project
987 8th St., 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
2316 Harrison St., Eureka, CA 95501
(707) 443-4563
humboldtipa.com

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

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

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

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**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.

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**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.

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**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 New Montgomery St., Suite 710,  
San Francisco, CA 94105  
(888) 391-9389 x13  
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**
(888) 266-3015  
americanbonehealth.org
Free bone health hotline. Online resources and information on bone health and osteoporosis.
HUMBOLDT & DEL NORTE COUNTIES

AREA 1 Agency on Aging

**HICAP**

Health Insurance Counseling & Advocacy Program

Need help applying for Medicare?
Have questions about existing coverage?
Need help signing up for a MyMedicare account?

Make an appointment by phone or website
1(800) 434-0222 or (707) 444-3000
www.a1aa.org

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**National Osteoporosis Foundation (NOF)**
251 18th St., Suite 630, Arlington, VA 22202
(800) 231-4222
nof.org

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

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**Parkinson’s Disease Foundation (PDF)**
200 SE 1st St., 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.

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**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.

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**Western Neuropathy Association**
P.O. Box 276567, Sacramento, CA 95827
(877) 622-6298
pnhelp.org

Telephone support and resources.

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**HEALTH INSURANCE**

**HICAP (Health Insurance Counseling and Advocacy Program)**
Area 1 Agency on Aging
(800) 434-0222
(707) 444-3000

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Medicare Pre-Enrollment Checklist

**6 months before you turn 65**
- Start exploring Medicare coverage options

**3 months before you turn 65**
- Enroll in Original Medicare
- Arrange for Medicare coverage to help fill the gaps in Original Medicare

**Your 65th birthday month**
- Medicare starts on the first day of your birth month unless you are still working

**3 months after you turn 65**
- You should be enrolled in Original Medicare by now
- Be sure to have drug coverage in place

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CONFUSED BY MEDICARE? We Can Help!

Are you just becoming eligible or currently on a Medicare plan but unsure if it’s right for you?

Call for a FREE consultation with Polly who knows the options specific to our area.

Pauli-Shaw INSURANCE AGENCY
Lic. #0C60256
We’ve got you covered
7th & F, Arcata • 707 822-7251

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 St., 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.

(707) 442-3763
a1aa.org
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 Dr.,
Crescent City, CA 95531

Humboldt
333 J St., Eureka, CA 95501

California Department of Managed Health Care
980 9th St., Suite 500,
Sacramento, CA 95814
(888) 466-2219
TTY/TDD: (877) 688-9891
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 Dr.,  
Crescent City, CA 95531  
(707) 464-3191  
co.del-norte.ca.us/departments/health-human-services

Humboldt  
929 Koster St., Eureka CA 95501  
(877) 410-8809  
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 St., 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 Ave., #115,  
Clovis, CA 93613  
(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 St., 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 Rd., 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 Dr., 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 St., 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 St., 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 St., Arcata, CA 95521
(707) 826-8610

McKinleyville Community Health Center
1644 Central Ave., McKinleyville, CA 95519
(707) 839-3068

Mobile Health Services/Telehealth & Visiting Specialist
(707) 443-4666

North Country Clinic
785 18th St., Arcata, CA 95521
(707) 822-2481

Willow Creek Community Health Center
38883 Highway 299, Willow Creek, CA 95573
(530) 629-3111
Medical/dental: (530) 629-3111

Eureka Veterans Outpatient Clinic
930 West Harris St., Eureka, CA 95501
(707) 269-7500
va.gov
Preventive and primary care and specialty services including mental health, substance abuse and nutrition counseling.
Humboldt Family Medical Care
Mad River Hospital
1733 Central Ave.,
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 Dr.,
Crescent City, CA 95531
(707) 464-3191
codelnorte.ca.us/departments/health-human-services/public-health

Humboldt
529 I St., Eureka, CA 95501
(707) 445-6200
humboldtgov.org/330

Redwood Laboratory
2440 23rd St., 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 Rd., 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 Ct. 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 St., 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 Ave.,
Crescent City, CA 95531
(707) 464-2919

Eureka Health Center
2332 Harrison #C, Eureka, CA 95501
(707) 442-0380

Hop'-Ew Puel
241 Salmon Ave., Klamath, CA 95548
(707) 482-2181

Potawot
1600 Weeot Way, Arcata, CA 95521
(707) 825-5000

Taa-‘at-dvn
1675 Northcrest Dr.,
Crescent City, CA 95531
(707) 465-2950

Weitchpec
Libby Nix Community Center
Route 96, Weitchpec, CA 95531
(530) 625-4300

Xaa-wan’k’wvt
501 Indian Ct., Smith River, CA 95567
(707) 487-0215

Humboldt Family Service Center
1802 California St., 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 St., 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 (See page 20)
1560 Betty Ct., Suite A,
McKinleyville, CA 95519
(800) 341-9454
twofeathers-nafs.org

NON-CRISIS BEHAVIORAL HEALTH

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

Friendship Line Institute on Aging
3575 Geary Blvd., San Francisco, CA
(800) 971-0016
ioaging.org
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 Ave., 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) 629-3116
50 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

GREEN’S
FORTUNA PHARMACY
1058 Main Street • Fortuna, CA • 95540
Robert & Mary Johnson
(707) 725-4431 • fax (707) 725-2671
greensrx@att.net • greensfortuna.com

Garberville Pharmacy

Your new local pharmacy is ready to fill your prescriptions right here in Garberville! Most major insurance plans accepted.

Location 286 Sprowel Creek Road
Hours Mon-Fri: 9:30 AM - 6 PM
Phone (707) 921-7078
sohumhealth.org/pharmacy
WHAT IS ELDER ABUSE?

An intentional act or failure to act that causes or creates a risk of harm to an adult 65 and older

Did you know?

• Elder abuse most commonly occurs at the hands of a caregiver or a person the older adult trusts

• About 1 in 10 Americans have suffered from elder abuse, but only 1 in 23 cases are reported

• Neglect is the most common type of elder abuse

Types of Elder Abuse

Physical – The intentional use of force against an elderly person that leads to physical harm.

Sexual – The forced or unwanted sexual interaction of any kind with an older adult, including sexual contact with someone living with dementia or another disability that prevents them from consenting to a sexual act

Financial – The illegal, unauthorized, or improper use of an individual’s resources by someone in a trusting relationship with that individual

Emotional/Psychological – Inflicting mental pain, anguish, fear, or distress through verbal or nonverbal acts.

Neglect – Failing to protect an elder from harm or meet an elder’s needs in a way that results in or risks serious injury. Neglect is not an honest accident, it the result of carelessness or a lack of regard for the wellbeing of an elder.

What to Do if You Suspect Abuse

• Check in with your loved one

• Take accusations seriously

• Keep in regular contact with loved ones

REPORT THE ABUSE

If your loved one is living at home, call Adult Protective Services APS: 1-833-401-0832

If your loved one is in a Skilled Nursing or Assisted Living Facility, call the Ombudsman: 1-800-231-4024

This information is brought to you by Area 1 Agency on Aging through the Older Americans Act Elder Abuse Prevention Funding
and injury prevention. Fitness centers open to the public for a monthly fee.

Vector Physical Therapy
2121 Myrtle Ave., Eureka, CA, 95501
(707) 442-6463
vectorpt.org

Vector Aquatic Center (See page 63)
3289 Edgewood Rd., 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 nursing rehabilitation and custodial care. Facilities are licensed, regulated, inspected, and/or certified at the state and federal levels. 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., 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
(800) 474-1116
canhr.org
Consumer information regarding the rights of individuals in long-term care facilities, Medi-Cal and other long-term care issues. Statewide lawyer referral services primarily for elder law issues, including elder abuse, neglect or injury, estate planning, long-term care and protective services.

Health Facilities Consumer Information System
(916) 558-1757
cdhca/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
cdhca/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 Dr., 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
1101 King St., Ste. 300,
Alexandria, VA 22314
(800) 669-7079
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
(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 W. Harris St., Eureka, CA 95501
(707) 269-7500
va.gov/directory/guide/facility.asp?ID=756
Offers preventive and primary care and specialty services including mental health, substance abuse and nutrition counseling.

Eureka Vet Center
2830 G St., Suite A/B, Eureka, CA 95501
(707) 444-8271
va/gov/eureka-vet-center
Readjustment counseling and mental health services for combat veterans and military sexual trauma veterans.

Nation’s Finest
109 4th St., Eureka, CA 95501
(707) 442-4322
nationsfinest.org
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 St., Crescent City, CA 95531  
(707) 464-2154  
co.del-norte.ca.us/departments/veterans-services

**Humboldt**
1105 6th St., Suite F, Eureka, CA 95501  
(707) 445-7611  
humboldt.gov/517/veterans-service-office

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**VISION**

**Access News**
(916) 452-8271  
societyfortheblind.org/programs-services/access-news/  
Telephone Reader service provided for individuals who are blind or low vision, as well as those who have dyslexia or other difficulties reading conventional print materials. Audio recordings of local newspapers, store sales ads and other printed media.

**Braille and Talking Book Library**  
(916) 654-0640  
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  
cbcsf.com  
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 St., 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**
200 E. Wells St., Baltimore, MD 21230  
(410) 659-9314  
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  
(415) 561-8500  
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  
Humboldt Council of the Blind Affiliate.
Medical

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 Rd., 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 St., 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.

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

Everything you need to maintain independence and comfort in your home

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

1034 Broadway, Eureka CA
(707) 442-3719
Mon - Fri 8 - 5:30 • Sat 9 - noon

Accepting Medicare, MediCal and other insurances

CPAP & Oxygen Supplies
Indoor & Outdoor Ramps
Lift Chairs
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 St., Arcata, CA 95521
(707) 822-3775
arcatatransit.org
Provides access to Redwood Coast Transit, Arcata/Mad River Transit, Willow Creek, Blue Lake, Crescent City and Greyhound. Dial-a-ride ticket information.

**Fortuna Transit**
5 Park St., 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.

**Humboldt Transit Authority**
133 V St., Eureka, CA 95501
(707) 443-0826
htat.org
Public bus service in Eureka, offering several routes.

**Redwood Coast Transit**
140 Williams Dr., 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
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.
Transportation

VOLUNTEER DRIVER PROGRAMS

Del Norte

Volunteer Driver Program
Del Norte Senior Center
1765 Northcrest Dr.,
Crescent City, CA 95531
(707) 464-3069
Volunteer transportation service provided to people 60 years of age and older. Call for more information.

Humboldt

Volunteer Driver Program
Area 1 Agency on Aging
333 J St., Eureka, CA 95501
(707) 442-3763
a1aa.org
Volunteer transportation service provided to people 50 years of age and older living independently. 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

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

Mercy Flights, Inc.
2020 Milligan Way, Medford, OR 97504
(541) 858-2600
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.
**Comfort Cab**  
1600 Northcrest Dr., Crescent City, CA 95531  
(707) 218-7979

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**Del Norte Taxi Service**  
1533 Oregon St., Crescent City, CA 95531  
(707) 464-6030

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**Humboldt**

**City Cab - Eureka**  
135 W 7th St., Eureka, CA 95501  
(707) 442-4551  
citycabhumboldt.com  
Taxi service available in the Eureka/Arcata and greater McKinleyville areas.

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**Door-to-Door Airporter**  
P.O. Box 8241, Eureka, CA 95502  
(707) 839-4186  
doortodoorairporter.com  
Shuttle service from any location in Humboldt County to and from the Eureka-Arcata airport.

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**GoGoGrandparent**  
(855) 464-6872  
gogograndparent.com  
A taxi alternative, no need for a smartphone, cell phone or app.

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

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**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 Dr., 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**  
1475 Parkway Dr., Crescent City, CA 95531  
(707) 464-3117

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

**Highway Road Conditions**  
CalTrans  
(800) 427-7623  
roads.dot.ca.gov  
Current highway road conditions.

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

<table>
<thead>
<tr>
<th>Tribal Resource</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tribal Resources</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Bear River Band of the Rohnerville Rancheria</strong></td>
<td>233 Keisner Rd., Loleta, CA 95551</td>
<td>(707) 733-1900</td>
<td>brb-nsn.gov</td>
</tr>
<tr>
<td><strong>Big Lagoon Rancheria</strong></td>
<td>P.O. Box 3060, Trinidad, CA 95570</td>
<td>(707) 826-2079</td>
<td></td>
</tr>
<tr>
<td><strong>Blue Lake Rancheria</strong></td>
<td>P.O. Box 428, Blue Lake, CA 95525</td>
<td>(707) 668-5101</td>
<td>bluelakerancheria-nsn.gov</td>
</tr>
<tr>
<td><strong>Elk Valley Rancheria</strong></td>
<td>2332 Howland Hill Rd., Crescent City, CA 95531</td>
<td>(707) 464-4680</td>
<td>elk-valley.com</td>
</tr>
<tr>
<td><strong>Hoopa Valley Tribe</strong></td>
<td>11860 State Hwy 96, Hoopa, CA 95546</td>
<td>(530) 625-4211</td>
<td>hoopa-nsn.gov</td>
</tr>
<tr>
<td><strong>Karuk Tribe</strong></td>
<td>64236 Second Ave., Happy Camp, CA 96039</td>
<td>(707) 493-1600</td>
<td>karuk.us</td>
</tr>
<tr>
<td><strong>Resighini Rancheria</strong></td>
<td>P.O. Box 529, Klamath, CA 95548</td>
<td>(707) 482-2431</td>
<td>resighinirancheria.com</td>
</tr>
<tr>
<td><strong>Tolowa Dee-ni Nation</strong></td>
<td>16299 Hwy 101N, Smith River, CA 95567</td>
<td>(707) 487-9255</td>
<td>tolowa-nsn.gov</td>
</tr>
<tr>
<td><strong>Trinidad Rancheria</strong></td>
<td>1 Cher-Ae Ln., Trinidad, CA 95570</td>
<td>(707) 677-0211</td>
<td>Trinidad-rancheria.org</td>
</tr>
<tr>
<td><strong>Wiyot Tribe</strong></td>
<td>1000 Wiyot Dr., Loleta, CA 95551</td>
<td>(707) 733-5055</td>
<td>wiyot.us</td>
</tr>
<tr>
<td><strong>Yurok Tribe of CA</strong></td>
<td>190 Klamath Blvd, Klamath, CA 95548</td>
<td>(707) 677-0211</td>
<td>yuroktribe.org</td>
</tr>
</tbody>
</table>

### FAMILY SERVICES

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

**Humboldt**
241 F St., Eureka, CA 95501
(707) 445-8451

**Del Norte**
445 I St. Suite B., Crescent City, CA 95541
(707) 464-3512

**Two Feathers**
Native American Family Services
1560 Betty Ct., Mckinleyville, CA 95519
Well-Being

COMMUNITY AND FAMILY RESOURCE CENTERS

Family Resource Centers offer a variety of information and services to local communities.

Humboldt Network of Family Resource Centers
HNFRC.org

Arcata Family Resource Center
2400 Baldwin St., Arcata, CA 95521
(707) 826-1002

Blue Lake Community Resource Center
St. Joseph Health System
111 Greenwood Dr., Blue Lake, CA 95525
(707) 668-5239

Bridgeville Community Center
38717 Kneeland Rd., Bridgeville, CA 95526
P.O. Box 3, Bridgeville, CA 95526
(707) 777-1775
bridgevillecommunitycenter.org

Carlotta Community Center
300 Wilder Rd., Box 7, Carlotta, CA 95528
(707) 768-3860

Del Norte Family Resource Center - First5
494 Pacific Ave., Crescent City, CA 95531
Business: (707) 464-0955
delnortekids.org

Eureka Community Resource Center
St. Joseph Health System
35 West 3rd St., Eureka, CA 95501
(707) 442-5239

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
2905 Hubbard Ln., Ste. C
Eureka, CA 95501
(707) 839-1933
twofeathers-nafs.org
American Indian education center with a Native American library and computer lab.

Well-Being

➤

(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.
Eel River Valley Multigenerational Center  
2280 Newburg Rd., Fortuna, CA 95540  
(707) 725-3300

Fortuna Family Resource Center  
2089 Newburg Road Fortuna, CA 95540  
(707) 725-9082

Hupa Family Resource Center  
8 Holt St., Box 728, Hoopa, CA 95546  
(530) 625-4000

Jefferson Community Center  
1000 B St., Eureka, CA 95501  
(707) 497-6280  
jefferson-project.org

Loleta Community Resource Center  
St. Joseph Health System  
700 Loleta Dr., Loleta, CA 95551  
(707) 733-5239

Manila Community Resource Center  
1611 Peninsula Dr., Arcata, CA 95521  
(707) 444-9771  
manilacrc.org

Marshall Family Resource Center  
Eureka City Schools  
2100 J St., Eureka, CA 95501  
(707) 441-2516

Mattole Valley Resource Center  
P.O. Box 191, Petrolia, CA 95558  
167 Sherman St., 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 Ave., 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 Ave., Rio Dell, CA 95562  
(707) 764-5239

Willow Creek Community Resource Center  
38883 Hwy. 299, Willow Creek, CA 95573  
(530) 629-3141

**FITNESS AND RECREATION**

**Adorni Center**  
1011 Waterfront Dr., 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.
### Online resources to help understand the aging and health needs of lesbian, gay, bisexual and transgender (LGBT) adults 50 years of age and older.

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Center for Lesbian Rights</td>
<td>870 Market St., Suite 370, San Francisco, CA 94102</td>
<td>(415) 392-6257</td>
<td>nclrights.org/explore-the-issues/elders/elder-law-overview/</td>
<td>Provides legal services, legislative support, and policy work to advance equality for LGBT elders.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gay and Lesbian Medical Association</td>
<td>1133 19th St. NW, Suite 302, Washington, DC 20036</td>
<td>(202) 600-8037</td>
<td>glma.org</td>
<td>Maintains a searchable online database of LGBT-friendly doctors and care providers and web pages devoted to transgender health resources.</td>
</tr>
</tbody>
</table>

### Arcata Community Pool
Arcata Community Pool
1150 16th St., 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.

<table>
<thead>
<tr>
<th>California State Parks</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>California State Parks</td>
<td>(800) 777-0369</td>
<td>parks.ca.gov</td>
<td></td>
<td>Discount programs and limited passes for seniors, veterans and people with disabilities. Applications available online.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fred Endert Municipal Swimming Pool</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fred Endert Municipal Swimming Pool</td>
<td>1000 Play St., Crescent City, CA 95531</td>
<td>(707) 464-9503</td>
<td>crescentcity.org/pool.html</td>
<td>Year-round heated pool, lap swimming, easy water aerobics and water walking.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SAIL - Staying Active &amp; Independent for Life</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAIL - Staying Active &amp; Independent for Life</td>
<td>333 J St., Eureka, CA 95501</td>
<td>(707) 442-3763</td>
<td></td>
<td>Science based cardio and strength classes taught by trained volunteers.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vector Aquatic Center</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vector Aquatic Center</td>
<td>3289 Edgewood Rd., Eureka, CA 95501</td>
<td>(707) 441-9262</td>
<td>vectorpt.org</td>
<td>Warm water recreational swimming exercise and aqua therapy.</td>
</tr>
</tbody>
</table>

### L-Word Lesbian Voice of the North Coast

<table>
<thead>
<tr>
<th>L-Word Lesbian Voice of the North Coast</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>L-Word Lesbian Voice of the North Coast</td>
<td>P.O. Box 272, Bayside, CA 95524</td>
<td></td>
<td>lword.mamajudy.com</td>
<td>Monthly newsletter for and by North Coast lesbians and our friends.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>National Resource Center on LGBT Aging</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Resource Center on LGBT Aging</td>
<td>305 Seventh Ave., 6th Floor, New York, NY 10001</td>
<td>(212) 741-2247</td>
<td>lgbtagingcenter.org</td>
<td>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.</td>
</tr>
</tbody>
</table>

### Lesbian/Gay/Bisexual/Transgender

<table>
<thead>
<tr>
<th>Caring and Aging with Pride</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caring and Aging with Pride</td>
<td>4101 15th Ave., NE, Seattle, WA 98105</td>
<td>(800) 558-8703</td>
<td>age-pride.org</td>
<td></td>
</tr>
</tbody>
</table>
**Well-Being**

Queer Humboldt
P.O. Box 45, Arcata, CA 95521
(707) 502-2890
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 Ave., Suite 400, Oakland, CA 94612
(415) 865-0176
transgenderlawcenter.org
Direct legal services, public policy advocacy and educational opportunities to advance the rights and safety of transgender communities.

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

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**PETS**

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

**Animal Control and Shelter**

**Del Norte County Shelter**
2650 Washington Blvd,
Crescent City, CA 95531
(707) 464-7235
humanesocietyofdelnorte.org

**Humboldt County Shelter**
980 Lycoming Rd.,
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 Ave., 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 Rd., 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 Ct., 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 Ave., 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 St., 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.
A NETWORK OF VOLUNTEER SUPPORT FOR SENIORS

Redwood Coast Village matches vetted volunteers of all ages with members at all income levels who could use a little help to stay safe in their own homes and stay socially connected with others.

- Rides to shopping, medical appts, other activities
- Grocery and other essential shopping
- Help with home and garden tasks
- Personal check-in calls
- Social activities (following COVID protocols)

Join or volunteer now!

www.redwoodcoastvillage.org
(707) 442-3763 x217

Redwood Coast Village is a 501(c)3 California Non-Profit Organization.

The Village takes the old idea of neighbors helping neighbors…
but now your neighborhood is a whole lot bigger!

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.

Well-Being

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
ferdaleseniors.org

Fortuna Senior Center
3000 Newburg Rd., Suite B, Fortuna, CA 95540
(707) 726-9203
fortunasenior.org

Healy Senior Center
456 Briceland Rd., Redway, CA 95560
(707) 923-2399
healyseniorcenter.org

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

Karuk Senior Center
Panaminik Center
459 Asip Rd., Orleans, CA 95556
(530) 627-3056
karuk.us

Klamath Senior Center
219 Salmon Ave., Klamath, CA 95548
P.O. Box 770, Klamath, CA 95548
(707) 482-0107

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

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
ferdaleseniors.org

Fortuna Senior Center
3000 Newburg Rd., Suite B, Fortuna, CA 95540
(707) 726-9203
fortunasenior.org

Healy Senior Center
456 Briceland Rd., Redway, CA 95560
(707) 923-2399
healyseniorcenter.org

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1910 California St., Eureka, CA 95501
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1620 Pickett Rd., McKinleyville, CA 95519
(707) 839-0191

The Village takes the old idea of neighbors helping neighbors…
but now your neighborhood is a whole lot bigger!

A NETWORK OF VOLUNTEER SUPPORT FOR SENIORS

Redwood Coast Village matches vetted volunteers of all ages with members at all income levels who could use a little help to stay safe in their own homes and stay socially connected with others.

- Rides to shopping, medical appts, other activities
- Grocery and other essential shopping
- Help with home and garden tasks
- Personal check-in calls
- Social activities (following COVID protocols)

Join or volunteer now!

www.redwoodcoastvillage.org
(707) 442-3763 x217

Redwood Coast Village is a 501(c)3 California Non-Profit Organization.
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 Rd., 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 Sat. of every month from 10am to 12pm.

Parkinson’s Support Group
3230 Harrison St. Eureka CA 95503
(707) 826-7764
For people with Parkinson’s disease and their family members; meets second Friday of each month from 3-4 pm at Immanuel Lutheran Church.

TELEPHONE REASSURANCE

Friendship Line
Institute on Aging
3575 Geary Blvd, San Francisco, CA
24 hours: (800) 971-0016
ioaging.org
Confidential crisis hotline and ‘warm line’ offers emotional support and crisis intervention for adults age 60 and older, younger disabled adults, their family members and caregivers. 24/7.

Kunle Centre Warm Line
Throughout Humboldt County
Fridays-Sundays, 6 pm – 12 am.
(707) 599-2381
If you’re troubled and need to talk things over, call the warm line. We are here to listen to you!

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 22)
1140 Sonoma Ave. Ste. 1B,
Santa Rosa 95405
(707) 230-4046

Chetco Activity Center and Respite Care
550 Chetco Ln., 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 St., 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
Well-Being

**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**
**413 N. State St., Ukiah, CA 95482**
*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.

**Foster Grandparents Program**
*(707) 462-1954 x328*
Foster grandparents are role models, mentors, and friends to children with exceptional needs.

**Retired Senior Volunteer Program (RSVP)**
*(707) 633-9013*
A network of volunteer opportunities for those 55+.

**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.
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We’ve got you covered!

SoHum Health has great health services for seniors!

Rehabilitation Services
Free Exercise Classes
Skilled Nursing
Lab open 7 days a week
Visiting Nurse Program
Telehealth Virtual Clinic Visits
Mammography and CT Scans
Rapid COVID-19 testing and vaccines

Learn more by giving us a call at (707) 923-3921 or visiting sohumhealth.org/seniors.
ELDER ABUSE is a common occurrence effecting proportionately higher numbers of Native American elders than any other population. It is also one of the most under-reported types of victimization, in many cases it isn’t obvious to the victim that what they are experiencing is abuse. Because abuse often happens at the hands of family & relatives, it can be difficult for victims to identify and report what is happening to them.

The Tolowa Dee-ni’ Nation is now offering advocacy services to Native American Elders & Vulnerable Adults who have experienced abuse or have been victimized.

ADVOCATES CAN ASSIST WITH:

FILING RESTRAINING ORDERS & OTHER COURT DOCUMENTS
OBTAINING LEGAL AID

OBTAINING PROFESSIONAL SERVICES TO ADDRESS PROPERTY & FINANCIAL ASSET RIGHTS

OBTAINING HEALTH, WELLNESS, & MENTAL HEALTH SERVICES

COURT ADVOCACY
TRANSPORTATION
PEER COUNSELING

OBTAINING OR MAINTAINING SAFE HOUSING

Elder abuse can include violence, neglect, exploitation of financial assets, withholding or misuse of medications, restricting cultural activities and more.

COMMON SIGNS OF ELDER ABUSE

- **Unexplained injuries**, such as bruising, cuts, broken bones, pressure marks, and burns without an obvious cause, or **signs of sexual abuse** such as bruising on breasts & genitals

- **Changes in mental & emotional state** – loss of interest in activities, withdrawal from friends & relatives, having a short fuse, or experiencing confusion

- **Changes to finances**, sudden lack of money for basic necessities, unexpected transferring of assets, unexplained withdrawals from bank accounts, bills & utilities not being paid, forged signatures on important financial documents

- **Inattention to personal & hygiene needs**, not being bathed or not having clean clothes, hair not being kept, and home being unkept

- **Verbal abuse**

- **Dislike for or having nervousness** about a specific caregiver or individual in their life

- **Medical needs going unmet** – appointments not being made, health concerns not getting proper treatment

- **Isolation from loved ones** – being kept from engaging in one-on-one time with friends & family

- **Regalia or other cultural items are “lost” or missing**

Tolowa Dee-ni’ Nation
Department of Community & Family Wellness
Victim Services Division

140 Rowdy Creek • Smith River, CA 95567 • 707-487-9255

Information provided by:
Tribal Elder & Vulnerable Adult Services Program