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# SENIOR INFORMATION GUIDE



**Area 1 Agency on Aging**

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





# Humboldt Senior Resource Center

**We provide programs and services that help older adults be as healthy and independent as possible. Our service area stretches from Scotia to Trinidad, with centers in Eureka and Fortuna.**

## **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](http://www.humsenior.org)**



# Introduction

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



## **COVER ART:**

We thank Jose Quezada for this edition's cover photo.

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](http://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**

*co.del-norte.ca.us/adultprotectiveservices*

### ***Humboldt***

808 E St., Eureka, CA 95501

**24 hours: 866-527-8614**

**(707) 476-2100**

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

## **Bureau of Medi-Cal Fraud and Elder Abuse California Department of Justice**

**24 hours: (800) 722-0432**

*oag.ca.gov/dmfea*

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

## **Child Abuse National Hotline (Childhelp)**

6730 N Scottsdale Rd, Suite 150

Scottsdale, AZ 85253

**24 hours: (800) 422-4453**

**(480) 922-8212**

*childhelp.org*

Provides crisis counseling, medical examinations, and foster placement.

## **Child Welfare Services**

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

### ***Del Norte***

880 Northcrest Dr.,  
Crescent City, CA 95531

**24 hours: (707) 464-3191**

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

### ***Humboldt***

2440 6th St., Eureka, CA 95501

**24 hours: (707) 445-6180**

*humboldt.gov/497/Child-Welfare-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.

## **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**

[co.del-norte.ca.us/departments/health-human-services/mental-health-branch](https://co.del-norte.ca.us/departments/health-human-services/mental-health-branch)

Services including case management for adults and older adults with persistent mental illness. Daily groups and activities. Tele-psychiatry for ongoing psychiatric medication support.

### **Humboldt**

720 Wood St., Eureka, CA 95501

**24 hours/crisis: (888) 849-5728**

**(707) 268-2900**

[humboldt.gov.org/329/Mental-Health](https://humboldt.gov.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](https://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.

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### **North Coast Rape Crisis Team**

[ncrct.org](https://ncrct.org)

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

### **Del Norte**

**24 hours: (707) 465-2851**

**Office: (707) 465-6961**

**TTY/TDD: (707) 465-2031**

**(only available 8:30-5 M-F)**

### **Humboldt**

**24 hours: (707) 445-2737**

**TTY/TDD: (707) 4443-2738 (only available**

**8:30-5 M-F)**

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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.

### **Del Norte**

880 Northcrest Dr.,

Crescent City, CA 95531

**(707) 464-3191**

[co.del-norte.ca.us/publicguardian](https://co.del-norte.ca.us/publicguardian)

### **Humboldt**

1105 6th St., Eureka, CA 95501

**(707) 445-7343**

[humboldt.gov.org/513/Public-Guardian-Office](https://humboldt.gov.org/513/Public-Guardian-Office)

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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.

### **Del Norte**

450 H St., #182,

Crescent City, CA 95531

**(707) 464-7273**

[co.del-norte.ca.us/departments/victimwitness](https://co.del-norte.ca.us/departments/victimwitness)

### **Humboldt**

825 5th St., Eureka, CA 95501

**(707) 445-7414**

[humboldt.gov.org/1360/victim-witness-assistance-program](https://humboldt.gov.org/1360/victim-witness-assistance-program)



## **Women in Crisis in Southern Humboldt (WISH)**

PO Box 642, Garberville, CA 95542

**24 hours: 707-223-0043**

*wishshelter.org*

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

## **INFORMATION RESOURCES**

### **2-1-1 Humboldt**

**(707) 441-1001 or 211**

P.O. Box 6683, Eureka, CA 95502

*211humboldt.org*

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

### **Eldercare Locator**

**(800) 677-1116**

*eldercare.acl.gov*

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

### **Senior Information and Assistance**

Helps identify options and locate resources. Services include advocacy, home safety assessments, assistance with government benefits and applications. Provides lists 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*

**Del Norte**  
1765 Northcrest Dr.,  
Crescent City, CA 95531

**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**  
*hcbhp.org*

**Humboldt County Human Rights Commission**  
825 Fifth St., Eureka, CA 95501  
**(707) 268-2548**  
*humboldt.gov/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**

[humboldt.gov.org/431/Patients-Rights-Advocacy-Services](http://humboldt.gov.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.

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## **Public Guardian/Conservator**

### ***Del Norte* (See page 6)**

880 Northcrest Dr.,  
Crescent City, CA 95531

**(707) 464-3191**

[co.del-norte.ca.us](http://co.del-norte.ca.us)

### ***Humboldt* (See page 6)**

1105 Sixth St., Eureka, CA 95501

**(707) 445-7343**

[humboldt.gov.org/513/Public-Guardian-Office](http://humboldt.gov.org/513/Public-Guardian-Office)

## **ADVOCACY**

### **NATIONAL/STATE/REGIONAL**

## **Americans with Disabilities Act (ADA) Info Line**

1155 Market St., 1<sup>st</sup> Floor,  
San Francisco CA 94103

**(800) 514-0301**

**TTY/TDD: (800) 514-0383**

[ada.gov](http://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/](http://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.

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## **California Department of Business Oversight**

1515 K St., Suite 200,  
Sacramento, CA 95814

**(866) 275-2677**

[dbo.ca.gov/](http://dbo.ca.gov/)

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

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## **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](http://Oag.ca.gov/consumers/general/seniors)

Helps seniors with consumer problems.

Access to email contacts are available on website.

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## **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](http://insurance.ca.gov)

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



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

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**FDIC Consumer Protection**  
**(877) 275-3342**

[fdic.gov](http://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.

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**Mail Fraud - US Postal Inspection Service**  
**(877) 876-2455**  
[postalinspectors.uspis.gov](http://postalinspectors.uspis.gov)

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

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**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](http://hcd.ca.gov/manufactured-mobile-home/mobile-home-ombudsman/index.shtml)

**National Do Not Call Registry**  
**Federal Trade Commission**  
**(888) 382-1222**  
[donotcall.gov/](http://donotcall.gov/)  
Registry to limit telemarketing calls.

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**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/](http://scdd.ca.gov/northcoast/)  
Services and support to people with federally-defined developmental disabilities and their families.

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**Tenants Together (See page 32)**  
474 Valencia St. #156,  
San Francisco, CA 94103  
**(415) 495-8100**  
[tenantstogether.org](http://tenantstogether.org)

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**Victim Services**  
**California Department of Corrections and Rehabilitation**  
**(877) 256-6877**  
[cdcr.ca.gov/Victim\\_Services](http://cdcr.ca.gov/Victim_Services)

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**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](http://redwoods.edu/delnorte)

### **Humboldt - Main Campus**

7351 Tompkins Hill Rd.,  
Eureka, CA 95503  
**(707) 476-4100**  
[redwoods.edu](http://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](http://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](http://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](http://eurekaadultschool.org)

High School and General Education Development preparation and computer classes.

### **Humboldt Literacy Project**

[humblit.org](http://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](http://humboldt.edu)

Four year California Polytechnic State University.

## **Humboldt Healthcast**

*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](https://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](https://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](https://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](https://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/](https://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/](https://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](https://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](https://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](https://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](https://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](https://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**

**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 5<sup>th</sup> 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.

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### **Humboldt County Bar Association**

P.O. Box 310, Eureka, CA 95502

**(707) 440-9119**

*hcbar.net*

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

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### **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.

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### **Senior Legal Services**

**Legal Services of Northern California**

123 Third St., Eureka, CA 95501

**Del Norte toll free: (800) 972-0002**

**(707) 445-0866**

*lsnc.net*

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

### **Small Claims Court**

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

#### ***Del Norte***

450 H 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.

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#### **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.

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#### **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.

**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*



# 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**

*humboldt.gov/620/North-Coast-AIDS-Project-NorCAP*  
NorCAP provides services to people living with HIV and those who are at high risk for HIV. Services include: HIV Case Management, housing assistance / HOPWA, PrEP, Partner Notification, HIV education classes, Free HIV and Hepatitis C testing, Needle Exchange and Disposal, and Overdose Prevention training.

**Priority Care Center  
Humboldt Independent Practice  
Association**

2316 Harrison St., Eureka, CA 95501  
**(707) 442-0478**  
*humboldtipa.com*  
Priority Care provides customized care coordination specific to each patients' healthcare needs to ensure they receive the right care, in the right form, from the right health care professional, at the right time.





## Redwood Coast Regional Center (RCRC)

[redwoodcoastrc.org](http://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**

## ADULT DAY HEALTH CARE OF MAD RIVER

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

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

3800 Janes Road, adjacent to Mad River Hospital  
For more information, call 707-822-4866,  
e-mail [adhcmadriverhospital.com](mailto:adhcmadriverhospital.com)  
or go to [adhcmadriver.org](http://adhcmadriver.org)

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

## 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](http://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](http://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](http://WWW.ELITE-CAREGIVERS.COM)

## GRANDPARENTS

### Changing Tides Family Services

2259 Myrtle Ave., Eureka, CA 95501

**(800) 795-3554**

**(707) 444-8293**

[changingtidesfs.org](http://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](http://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](http://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](http://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 2<sup>nd</sup> St. Eureka, CA 95501

**(707) 442-6066**

[providence.org/locations/norcal/st-joseph-hospital-eureka/community-support/healthy-kids-humboldt](http://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](http://twofeathers-nafs.org)

## CAREGIVER HIRING INFORMATION AND ASSISTANCE

### Area 1 Agency on Aging

333 J St., Eureka, CA 95501

**(707) 442-3763**

[a1aa.org](http://a1aa.org)

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

### In-Home Supportive Services (IHSS)

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







# 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*

**Locally  
Owned and  
Operated**

**707.442.8001  
707.725.3611**

[www.VisitingAngels.com/Eureka](http://www.VisitingAngels.com/Eureka)



Each Visiting Angels agency is independently owned and operated. HCO: #124700002

### **Del Norte**

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

### **Humboldt**

808 E St., Eureka, CA 95501  
**(866) 527-8614**  
**(707) 476-2100**  
[humboldt.gov.org/502](http://humboldt.gov.org/502)

### **Homework Solutions**

2 Pidgeon Hill Dr. Suite 300,  
 Sterling, VA 20165  
**(800) 626-4829**  
[homeworksolutions.com](http://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](http://agapehomecare.org)

### **Elite Caregivers**

710 E St. Suite 230 Eureka, CA 95502  
**(707) 496-8499**  
[elite-caregivers.com](http://elite-caregivers.com)

### **Guardians by the Sea**

16210 E. Hoffeldt Ln. Suite #5,  
 Brookings, OR 97415  
**(541) 661-7011**  
[theguardiansbythesea.com](http://theguardiansbythesea.com)

### **Pacific Medical Resources**

525 2<sup>nd</sup> St. Suite 204, Eureka, CA 95503  
**(707) 798-6244**  
[pacificmedicalresources.com](http://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](http://visitingangels.com/eureka)

## **OTHER SERVICES**

### **LOCAL**

### **Alzheimer's Services**

#### **Humboldt Senior Resource Center**

1901 California St. Eureka, CA 95501  
**(707) 443-9747**  
[humsenior.org](http://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](http://cancer.org)

### **Blue Lake Rancheria Caregiver Support**

428 Chartin Rd., Blue Lake, CA 95525  
**(707) 668-5101**  
[bluelakerancheria-nsn.gov](http://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](http://humsenior.org)

### **Redwood Caregiver Resource Center**

1140 Sonoma Ave., Santa Rosa, CA 95405  
**(707) 542-0282**  
**(800) 834-1636**

[redwoodcrc.org](http://redwoodcrc.org)

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

## OTHER SERVICES NATIONAL/STATE/REGIONAL

### Alzheimer's Association

1455 Response Rd. Ste. 190,  
Sacramento, CA 95815  
**(800) 272-3900**  
[alz.org](http://alz.org)

### American Cancer Society

250 Williams St. N.W.,  
Atlanta, GA 30303  
**24 hours: (800) 227-2345**  
**TTY/TDD: (866) 228-4327**  
[cancer.org/onlineclasses](http://cancer.org/onlineclasses)  
Live chat and free online "I Can Cope" program for those facing cancer, their families and friends.

### Caregiver Action Network

1150 Connecticut Ave. NW Ste. 501,  
Washington, DC 20036  
**(202) 454-3970**  
[caregiveraction.org](http://caregiveraction.org)

### Caring and Aging with Pride

4101 15th Ave. NE Seattle, WA  
98105  
**(800) 558-8703**  
[age-pride.org](http://age-pride.org)

## End of Life

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

### Vital Records

#### California

Vital Records, MS 5103, P.O. Box 997410  
Sacramento, CA 95899  
**(916) 445-2684**

[cdph.ca.gov](http://cdph.ca.gov)

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

#### County Clerk/Recorder

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

#### Del Norte

981 H St., Suite 160, Crescent City, CA 95531  
**(707) 464-7216**  
[co.del-norte.ca.us/departments/clerk-recorder](http://co.del-norte.ca.us/departments/clerk-recorder)

#### Humboldt

825 Fifth St., Fifth Floor, Eureka, CA 95501  
**(707) 445-7593**  
**(888) 486-2732**  
[humboldt.gov/recorder](http://humboldt.gov/recorder)

## FUNERAL

#### Cemetery and Funeral Bureau

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



[cfb.ca.gov](http://cfb.ca.gov)

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

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### **Funeral Consumers Alliance of Humboldt**

P.O. Box 856, Arcata, CA 95518

**(707) 822-8599**

[fcahumboldt.org](http://fcahumboldt.org)

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

## **HOSPICE AND PALLIATIVE CARE**

### **Advanced Illness Management**

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

**855-771-4405**

[sutterhealth.org/coast/services/palliative-advanced-illness-management/advanced-illness-management-aim](http://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.

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### **Heart of the Redwoods Community Hospice**

464 Maple Lane, Garberville, CA 95542

**(707) 923-7276**

[heartoftheredwoodscommunityhospice.org](http://heartoftheredwoodscommunityhospice.org)

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

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### **Hospice of Humboldt**

3327 Timber Fall Ct., Eureka, CA 95503

**(707) 445-8443**

[hospiceofhumboldt.org](http://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.

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### **Humboldt Advance Care Planning Coalition**

[facebook.com/humboldtACPcoalition](https://facebook.com/humboldtACPcoalition)

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

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### **Resolution Care**

517 3<sup>rd</sup> St. Eureka, CA 95501

**(707) 442-5683**

**Fax: (707) 442-2006**

[resolutioncare.com](http://resolutioncare.com)

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

## **GRIEF SUPPORT SERVICES**

### **Hospice of Humboldt**

3327 Timber Fall Ct., Eureka, CA 95503

**(707) 267-9801**

[hospiceofhumboldt.org/grief-support](http://hospiceofhumboldt.org/grief-support)

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

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### **Two Rivers Community Care Group**

P.O. Box 3, Bridgeville, CA 95526

**(707) 777-1775**

Serving families and individuals facing

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

## ORGAN AND TISSUE DONATION

### Donor Network West

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

**(925) 480-3100**

**Spanish: (800) 588-0024**

[donornetworkwest.org](http://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](http://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](http://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](http://meded.ucsf.edu/willed-body-program)

Coordinates whole body donations with the University of California.

## Español

Basta decir que la edición 2022-2023 refleja los cambios provocados por COVID-19. Esta guía es mas 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.

A1AA también ha sufrido cambios. Terminamos nuestro 50% de propiedad del edificio en la calle 7 de Eureka. Resultó no ser la inversión adecuada para nosotros y la venta nos ha puesto en una base financiera firme para el futuro. Nuestras oficinas en Eureka estan ubicadas en la siguiente dirección: 333, J Street – Eureka, CA 95501.

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](http://www.honortax.org).

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

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**

*englishexpressempowered.com*

*maryannhytken@gmail.com*

Clases de inglés para todos los niveles. Las clases son por Internet y gratuitas. No se requiere 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**

cooperationhumboldt.com

## Community Food Guide

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

## Community Fruit Trees

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

## Mini Gardens

Free garden beds that volunteers will deliver and set up.

## Menu of Menus

North Coast Journal

310 F 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**

**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.

**Friday Night Market**

E St. and Opera Alley, Eureka, CA

**(707) 441-9999**

Fridays, June through October, 5:30pm to 8:30pm

**Garberville Town Square**

Town Plaza, Garberville, CA 95542

**(707) 498-4089**

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

**Henderson Center Farmers Market**

Henderson and F Streets, Eureka, CA 95501

**(707) 441-9999**

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

**McKinleyville Farmers Market**

Eureka Natural Foods Parking Lot

2165 Central Ave, McKinleyville, CA 95519

**(707) 441-9999**

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

**Mad River Community Hospital  
Farmers Market**3800 Janes Rd. Arcata, CA 95521  
outside the Garden Court**(707) 822-3621**

Wednesday, June through November, 11am-2pm

**Miranda Farmers Market**Across from Miranda Gardens Resort,  
Miranda, CA 95553**(707) 786-9460**

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

**Old Town Eureka Farmers Market**

2nd and F Streets

Eureka (front of gazebo), CA 95501

**(707) 441-9999**

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

**Potawot Community Food Garden**

1600 Weeot Way, Arcata, CA 95521

**(707) 825-5070****Shelter Cove Farmers Market**

533 Machi Rd., Motel Parking lot

Whitethorn, CA 95589

**(707) 986-7229**

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

**Willow Creek Farmer's Market**

Veterans Park, 100 Kimtu Rd.,

Willow Creek, CA 95573

**(707) 441-9999**

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

**Food Meal Delivery (Fee)****Eureka Grocery Delivery****(707) 672-3812**

EurekaGroceryDelivery@gmail.com

**US Vets Deliver****(877) 787-8387**

contact@USVetsDeliver.com

**Meal Food Delivery  
(Donation, no cost, eligibility-based)****Blue Lake Rancheria**

428 Chartin Rd., Blue Lake, CA 95525

**(707) 668-5101****Cove Area Senior Outreach (COSO)**

Shelter Cove, CA 95589

**Michael Schad (707) 986-7609**



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

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

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

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

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

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

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

### Food Pantries

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

**Arcata House Partnership “Lunch Box”**  
14th and Union St., Arcata, CA 95521  
(707) 633-6236  
Delivers free lunches: Mon.-Thurs.  
11:15 a.m.-11:30 a.m.

**Bread for Life**  
95 Bellview Ave., Rio Dell, CA 95562  
(707) 764-5239

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

**Campbell Creek Connexion**  
76 13th St., Arcata, CA 95521  
(707) 826-1000

**Dorcas Society**  
Seventh Day Adventist Church  
1770 Northcrest Dr., Crescent City, CA 95531  
(707) 464-2738

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

**Food for People (Choice Pantry)**  
2112 Broadway, Eureka, CA 95501  
(707) 407-0477

**Fortuna Community Services**  
2331 Rohnerville Rd., Fortuna, CA 95540  
(707) 725-9381

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

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

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

**Loleta Community Church**  
218 Church 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

**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



**Miller Farms**  
Ask about our  
Nursery Department  
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Since 1963  
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## Housing

### Affordable Homeless Housing Alternatives (AHHA)

P.O. Box 3794, Eureka, CA 95502

**(707) 298-1466**

[ahha-humco.org](http://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](http://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](http://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](http://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](http://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.



TRUST AN EXPERIENCED BROKER

**SAVE MONEY  
LOW RATES  
LOW FEES**

**707-445-3027**

[BOB@HUMBOLDTMORTGAGE.NET](mailto:BOB@HUMBOLDTMORTGAGE.NET)

**2037 HARRISON AVE. EUREKA, CA**

CAL BRE #01144618 NMLS: #323296

**The Humboldt Edge Newspaper**

P.O. Box 328, Trinidad, CA 95570

**(707) 953-6300**[inkpeople.org/dreammaker-data/2019/1/25/humboldt-edge](http://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](http://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/](http://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](http://crescentcity.org/departments/HousingAuthority)**Eureka**

735 West Everding St., Eureka, CA 95503

**(707) 443-4583**[eureka-humboldt-hsg.org/home.html](http://eureka-humboldt-hsg.org/home.html)**Yurok Indian Housing Authority**

15540 U.S. Hwy. 101 N.,

Klamath, CA 95548

**(707) 482-1506**[yurokhousing.com](http://yurokhousing.com)**Housing Division - City of Eureka**

531 K St., Eureka, CA 95501

**(707) 441-4214**[ci.eureka.ca.gov](http://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](http://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](http://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





**UNIT FEATURES**  
 2 Bedroom Flats, Pet Friendly,  
 On-Site Laundry, Activities

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2520 HUBBARD LANE, EUREKA  
 (707)499-2919 | WWW.KKRAMER.COM

**THE GARDENS**  
 ACTIVE ADULT LIVING

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**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.

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**The Meadows Active Adult Living**

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

[danco-group.com/affordable-housing](http://danco-group.com/affordable-housing)

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

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**Plaza Point**

977 8th St., Arcata, CA 95521  
**(707) 822-2770**

[danco-group.com/affordable-housing](http://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.

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**Silvercrest Residence**

**Salvation Army**

2141 Tydd St., Eureka, CA 95501  
**(707) 445-3141**

HUD-subsidized apartment complex

for seniors 62 and over and adults with disabilities that require features of accessible units.

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#### **Summerville Place**

1636 Myrtle Ave, Eureka, CA 95501

**(707) 443-0773**

[danco-group.com/affordable-housing](https://danco-group.com/affordable-housing)

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

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#### **Yarrow Village**

2080 Stockton Ct., Fortuna, CA 95540

**(707) 725-6500**

[danco-group.com/affordable-housing](https://danco-group.com/affordable-housing)

A 25 unit affordable senior housing project for people with disabilities age 55+ and disabled, or over 62 years of age.

### **RESIDENTIAL CARE FACILITIES FOR THE ELDERLY**

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

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#### **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](https://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.

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#### **Community Care Licensing Division**

##### **State of California**

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

**(707) 588-5026**

[cclid.ca.gov](https://cclid.ca.gov)

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

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#### **Addie Meedom House Senior Assisted Living**

1445 Parkway Dr.,  
Crescent City, CA 95531

**(866) 646-0142**

[addiemeedomhouse.com](https://addiemeedomhouse.com)

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#### **Aguilar Manor**

6433 Eggert Rd., Eureka, CA 95503

**(707) 443-5160**

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#### **Alder Bay Assisted Living**

1355 Myrtle Ave., Eureka, CA 95501

**(707) 273-1503**

[alderbayalf.com](https://alderbayalf.com)

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#### **Cleo's Care Home**

129 Higgins St., Eureka, CA 95503

**(707) 443-6691**

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#### **Especially You Assisted Living**

12 Henderson St., Eureka, CA 95501

**(707) 443-8838**

[especiallyyou.net](https://especiallyyou.net)

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#### **First Choice Care Home**

456 10th St., Fortuna, CA 95540

**(707) 725-7899**

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#### **Frye's Care Home**

2240 Fern St., Cutten, CA 95503

**(707) 442-2712**

[fryescarehome.com](https://fryescarehome.com)



### 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](http://timberridgecare.com)

Memory care unit.

### Sequoia Springs Senior Living

2401 Redwood Way, Fortuna, CA 95540  
(707) 726-0111

[sequoiasprings-sl.com/](http://sequoiasprings-sl.com/)

Also has a memory care unit.

### Timber Ridge - Eureka

2740 Timber Ridge Lane, Eureka, CA 95503  
(707) 443-3000

[timberridgecare.com](http://timberridgecare.com)

### Timber Ridge - McKinleyville

1400 Nursery Way, McKinleyville, CA 95519  
(707) 839-9100

[timberridgecare.com](http://timberridgecare.com)

Also has a memory care unit.

### TEMPORARY SHELTER AND TRANSITIONAL HOUSING

### Arcata House Partnership

[arcatahouse.org](http://arcatahouse.org)

Administrative Offices

1005 11<sup>th</sup> St., Arcata, CA 95521

(707) 822-4528

Client Services – The Annex

501 9<sup>th</sup> St., Arcata, CA 95521

(707) 633-6236



**TIMBER RIDGE**  
— SENIOR LIVING COMMUNITY —

## A WELCOMING HOME

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

CALL US TO SCHEDULE A TOUR TODAY!

EUREKA 707.443.3000

MCKINLEYVILLE 707.839.9100

[timberridgecare.com](http://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.

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**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.

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**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.

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**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.

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**HOME REPAIR, MAINTENANCE, AND  
MODIFICATION**

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**504 Loan and Grant Program  
USDA Rural Development**  
5630 S Broadway, Eureka CA 95503  
**(707) 443-6714 ext. 4**  
*rd.usda.gov/ca*

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

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**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.

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**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.

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**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.

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**Developed Employment Services**

P.O. Box 2129, McKinleyville, CA 95519

**(707) 443-0600**

*developedemploymentservices.com*

A work program for adults with developmental disabilities.



**Glen Haven (GH) Outreach**

700 East Washington Blvd.,  
Crescent City, CA 95531

**(707) 464-5089**

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

**Redwood Community Action Agency**

904 G St., Eureka, CA 95501

**(707) 444-3831**

[rcaa.org](http://rcaa.org)

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

**Redwood Adult & Teen Challenge**

2212 2nd St., Eureka, CA 95501

**(707) 268-8727**

[redwoodtc.org](http://redwoodtc.org)

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

**Senior Home Repair****Humboldt Senior Resource Center**

1910 California St., Eureka, CA 95501

**(707) 443-9747**

[humsenior.org](http://humsenior.org)

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

**ENERGY ASSISTANCE****Energy Services - Del Norte Senior Center**

1765 Northcrest Dr.,  
Crescent City, CA 95531

**(707) 464-9013**

[delnorteseniorcenter.org/energy-assistance.html](http://delnorteseniorcenter.org/energy-assistance.html)

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

**Energy Assistance/LIHEAP****Redwood Community Action Agency**

539 T St., Eureka, CA 95501

**(707) 444-3834**

**Del Norte office: (855) 299-7336**

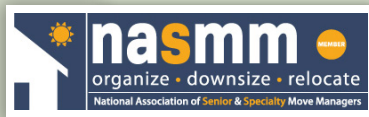
[wrcaa.org/division/energy-services](http://wrcaa.org/division/energy-services)

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

**Kraft Transitions****Downsize, Reorganize, Energize, Act, Move On.**

Let us help you with...

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

**Maggie Kraft, MSW**

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

Call for a FREE in-home consultation.

**707.362.3223**

[info@krafttransitions.com](mailto:info@krafttransitions.com) • [www.krafttransitions.com](http://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.

**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****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**

**COLDWELL  
BANKER  
COMMERCIAL**

**JB Mathers****707-442-2222****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](http://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

COAST CENTRAL CREDIT UNION

**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.

[coastccu.org](http://coastccu.org)

Belonging Never Felt Better®

Coast Central Credit Union

**DOUGLAS LANNING, O.D.**

**Look Better**

**See Clearer**

Phone: (707) 443-4581      2437 Buhne Street  
[Drdouglasslanning.com](http://Drdouglasslanning.com)      Eureka, Ca 95501

**Medical****ASSISTIVE DEVICES****AbleData**

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

**(800) 227-0216**

**TTY/TDD: (703) 992-8313**

[abledata.com](http://abledata.com)

Online database search for assistive technology.

**Accessible Environments, Inc.**

P.O. Box 5073, Williamsburg, VA 23185

**(800) 643-5906**

[accessinc.com](http://accessinc.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](http://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](http://sutterhealth.org/coast)

**Mad River Home Health Service**

4605 Valley West Blvd., Arcata, CA 95521

**(707) 826-8420**

[madriverrhospital.com](http://madriverrhospital.com)

Progressive, compassionate care to people at home, including skilled nursing, physical, occupational and speech therapy,

home health aide and medical social workers. Serves residents from Fortuna to Orick and east to Fieldbrook, Kneeland, and Blue Lake.

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### **Southern Humboldt Community Clinic Visiting Nurse Program**

733 Cedar St., Garberville, CA 95542

**(707) 923-3921 ext. 273**

[shchd.org/services/visiting-nurse-program/](http://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.

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### **St. Joseph Home Care**

2127 Harrison Ave., Eureka, CA 95501

**(707) 443-9332**

[providence.org/locations/norcal/st-joseph-home-health-humboldt-county](http://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.

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### **Sutter Coast Home Health Care**

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

**(707) 464-8741**

[suttercoast.org](http://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](http://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](http://opendoorhealth.com)

Wide-range of dental and emergency services.

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### **Del Norte Community Dental Health Center**

500 E. Washington St., Ste 100

Crescent City, CA 95531

**(707) 464-2583**

Primary dental care services.

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### **Dental Health Center**

#### **College of the Redwoods**

7351 Tompkins Hill Rd., AT101,

Eureka, CA 95501

**(707) 476-4250**

[redwoods.edu/dental](http://redwoods.edu/dental)

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

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### **Humboldt Del Norte Dental Society**

P.O. Box 6368, Eureka, CA 95503

**(707) 443-7476**

[hdnds.org](http://hdnds.org)

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

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### **United Indian Health Dental Clinics**

**(707) 825-5040**

[unitedindianhealthservices.org/dental-services](http://unitedindianhealthservices.org/dental-services)

### **Hop'-ew Puel**

241 Salmon Ave, Klamath CA 95548

### **Xaa-wan'-k'wvt**

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

### **Potawot Health Village**

1600 Weeot Way, Arcata, CA 95521





## HEALTH EDUCATION AND INFORMATION

## LOCAL

**Humboldt Advance Care Planning Coalition  
(See page 24)**

2662 Harris St. Eureka CA 95501

**707-443-4563 ext. 22**

facebook.com/humboldtACPcoalition

**Humboldt Area Center for Harm Reduction  
(HACHR)**

1522 3rd St., Eureka, CA 95501

**(707) 407-6013**

hachr707.org

Strategies aimed at reducing negative consequences associated with drug use. Syringe exchange and disposal, naloxone distribution, on-demand HIV/HCV testing,

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

**Humboldt Community Breast  
and GYN Health Project**

987 8th 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

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

**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

**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.

## 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.

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#### 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.

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#### 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.

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#### 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 &amp; 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

## 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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## 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.

## 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.

## Prepare™ For Your Care

P.O. Box 276567, Sacramento, CA 95827

(877) 622-6298

prepareforyourcare.org/

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

## Western Neuropathy Association

P.O. Box 276567, Sacramento, CA 95827

(877) 622-6298

pnhelp.org

Telephone support and resources.

## HEALTH INSURANCE

HICAP (Health Insurance Counseling and  
Advocacy Program)

Area 1 Agency on Aging

(800) 434-0222

(707) 444-3000

**(707) 442-3763***a1aa.org*

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***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.

**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**



**Covered California**

P.O. Box 989725,  
West Sacramento, CA 95798-9725

**(800) 300-1506**

**TTY/TDD: (888) 889-4500**

[coveredca.com](http://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](http://co.del-norte.ca.us/departments/health-human-services)

**Humboldt**

929 Koster St., Eureka CA 95501

**(877) 410-8809**

[humboldt.gov.org/528/medi-cal](http://humboldt.gov.org/528/medi-cal)

**Medi-Cal Estate Recovery Program**

**(916) 650-0590**

[dhcs.ca.gov/services/Pages/TPLRD\\_ER\\_cont.aspx](http://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](http://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](http://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](http://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***madriverrhospital.com*

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

**Redwood Memorial Hospital**

3300 Renner 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.

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### **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 8<sup>th</sup> 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**

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### **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**

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

#### ***Humboldt***

529 I St., Eureka, CA 95501

**(707) 445-6200**

*humboldt.gov.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**

### 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](http://ioaging.org)

**Humboldt Family Service Center**

1802 California St., Eureka, CA 95501  
**(707) 443-7358**

[humboldtfamilyservice.org](http://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](http://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](http://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](http://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](http://twofeathers-nafs.org)

## PRESCRIPTIONS

### NeedyMeds, Inc.

**(800) 503-6897**

[needymeds.org](http://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](http://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](http://suttercoast.org)

### Rehabilitation Center

#### St. Joseph Health System

2200 Harrison Ave., Eureka, CA 95501

**(707) 441-4414**

[stjoehumboldt.org/Our-Services/](http://stjoehumboldt.org/Our-Services/Rehabilitation-Services-Inpatient.aspx)

[Rehabilitation-Services-Inpatient.aspx](http://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

[madriverrhospital.com/six-rivers-medical-center-willow-creek](http://madriverrhospital.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](mailto:greensrx@att.net) • [greensfortuna.com](http://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](http://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.

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### **Vector Physical Therapy**

2121 Myrtle Ave., Eureka, CA, 95501

**(707) 442-6463**

*vectorpt.org*

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### **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 6<sup>th</sup> 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.

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### **Health Facilities Consumer Information System**

**(916) 558-1757**

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

Information about licensed long-term care facilities and hospitals throughout California. Includes ownership, certification status (acceptance of Medicare and/or Medi-Cal) and performance history, including complaints, facility self-reported incidents, state enforcement actions and deficiencies. Accepts online complaints regarding facilities.

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

2170 Northpoint Parkway,  
Santa Rosa, CA 95407

**(866) 784-0703**

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

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



**Crescent City Skilled Nursing**

1280 Marshall Street,  
Crescent City, CA 95531  
(707) 464-6151

**Eureka Rehabilitation and Wellness Center**

2353 23rd St., Eureka, CA 95501  
(707) 445-3261  
[eurekarehabwc.com](http://eurekarehabwc.com)

**Fortuna Rehabilitation and Wellness Center**

2321 Newburg Rd, Fortuna, CA 95540  
(707) 725-4467  
[fortunarehabwc.com](http://fortunarehabwc.com)

**Granada Rehabilitation and Wellness Center**

2885 Harris St., Eureka, CA 95503  
(707) 443-1627  
[granadarehabwc.com](http://granadarehabwc.com)

**Seaview Rehabilitation and Wellness Center**

6400 Purdue Dr., Eureka, CA 95503  
(707) 443-5668  
[seaviewrehabwc.com](http://seaviewrehabwc.com)

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

733 Cedar St., Garberville, CA 95542  
(707) 923-3921  
[shchd.org](http://shchd.org)

**VETERANS****Blinded Veterans Association**

1101 King St., Ste. 300,  
Alexandria, VA 22314  
(800) 669-7079  
[bva.org](http://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/](http://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](http://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](http://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](http://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](http://co.del-norte.ca.us/departments/veterans-services)

### ***Humboldt***

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

**(707) 445-7611**

[humboldt.gov.org/517/veterans-service-office](http://humboldt.gov.org/517/veterans-service-office)

## VISION

### **Access News**

**(916) 452-8271**

[societyfortheblind.org/programs-services/access-news/](http://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/](http://library.ca.gov/services/btbl.html/)

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

### **California Council of the Blind**

2143 Hurley Way, Suite 250, Sacramento,

CA 95825

**(916) 441-2100**

**800-221-6359**

[ccbnet.org](http://ccbnet.org)

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

### **California Vision Foundation**

2415 K St., Sacramento, CA 95816

**(800) 877-5738**

[californiavision.org](http://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](http://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**

California Council of the Blind Affiliate.

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 3<sup>rd</sup> 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.



**Scooters**



**Powerchairs**



**Stair Lifts**



## BROADWAY MEDICAL

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Everything you need to maintain  
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**(707) 442-3719**

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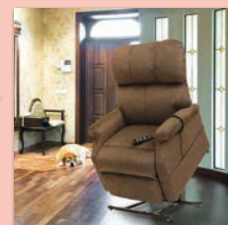
Accepting Medicare, MediCal and other insurances



**CPAP & Oxygen  
Supplies**



**Indoor &  
Out door 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**  
*hta.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.





**Coastline Enterprises**

950 Front St.,  
Crescent City, CA 95531

**(707) 465-4720**

Crescent City transportation services  
limited to dialysis clients only.

**Del Norte Ambulance**

2600 Moorehead Rd.,  
Crescent City, CA 95531

**(707) 487-1116**

**Wheelchair Service**

**(707) 487-2047**

Non-emergency trips to doctors'  
appointments.

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

133 V St., Eureka, CA 95501

**Register: (707) 443-0826**

**Reservations: (707) 442-4555**

[humboldttransit.org/dail-a-ride](http://humboldttransit.org/dail-a-ride)

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

**Fortuna Transit (See page 57)**

**(707) 725-7625**

[friendlyfortuna.com](http://friendlyfortuna.com)

**Mercy Flights, Inc.**

2020 Milligan Way, Medford, OR 97504

**(541) 858-2600**

[mercyflights.com](http://mercyflights.com)

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

**Mercy Medical Angels**

[mercymedical.org](http://mercymedical.org)

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

**VOLUNTEER DRIVER PROGRAMS****Del Norte****Volunteer Driver Program****Del Norte Senior Center**

1765 Northcrest Dr.,  
Crescent City, CA 95531

**(707) 464-3069**

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

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

333 J St., Eureka, CA 95501

**(707) 442-3763**

[a1aa.org](http://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 6<sup>th</sup> St., Crescent City, CA 95531

**(707) 458-5708**

### Comfort Cab

1600 Northcrest Dr.,  
Crescent City, CA 95531  
**(707) 218-7979**

### Del Norte Taxi Service

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

### Humboldt

#### City Cab - Eureka

135 W 7th St., Eureka, CA 95501  
**(707) 442-4551**

[citycabhumboldt.com](http://citycabhumboldt.com)

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

#### Door-to-Door Airporter

P.O. Box 8241, Eureka, CA 95502  
**(707) 839-4186**

[doortodoorairporter.com](http://doortodoorairporter.com)

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

#### GoGoGrandparent

**(855) 464-6872**

[gogograndparent.com](http://gogograndparent.com)

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

#### Plaza Cab

**(707) 822-4742**

## OTHER TRANSPORTATION RESOURCES

#### AARP Driver Safety Program

**(800) 350-7025**

[aarpdriversafety.org](http://aarpdriversafety.org)

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

### California Department of Motor Vehicles (DMV)

**CA State Office: (800) 777-0133**

[dmv.ca.gov](http://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

1444 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](http://roads.dot.ca.gov)

Current highway road conditions.

## Tribal Resources

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

**Bear River Band  
of the Rohnerville Rancheria**  
233 Keisner Rd., Loleta, CA 95551  
**(707) 733-1900**  
*brb-nsn.gov*

**Big Lagoon Rancheria**  
P.O. Box 3060, Trinidad, CA 95570  
**(707) 826-2079**

**Blue Lake Rancheria**  
P.O. Box 428, Blue Lake, CA 95525  
**(707) 668-5101**  
*bluelakerancheria-nsn.gov*

**Elk Valley Rancheria**  
2332 Howland Hill Rd., Crescent City, CA 95531  
**(707) 464-4680**  
*elk-valley.com*

**Hoopla Valley Tribe**  
11860 State Hwy 96, Hoopa, CA 95546  
**(530) 625-4211**  
*hoopa-nsn.gov*

**Karuk Tribe**  
64236 Second Ave., Happy Camp, CA 96039  
**(707) 493-1600**  
*karuk.us*

**Resighini Rancheria**  
P.O. Box 529, Klamath, CA 95548  
**(707) 482-2431**  
*resighinirancheria.com*

**Tolowa Dee-ni Nation**  
16299 Hwy 101N, Smith River, CA 95567  
**(707) 487-9255**  
*tolowa-nsn.gov*

**Trinidad Rancheria**  
1 Cher-Ae Ln., Trinidad, CA 95570  
**(707) 677-0211**  
*Trinidad-rancheria.org*

**Wiyot Tribe**  
1000 Wiyot Dr., Loleta, CA 95551  
**(707) 733-5055**  
*wiyot.us*

**Yurok Tribe of CA**  
190 Klamath Blvd, Klamath, CA 95548  
**(707) 677-0211**  
*yuroktribe.org*

### FAMILY SERVICES

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

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

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

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

**(707) 839-1933***twofeathers-nafs.org*

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

**LEGAL****California Indian Legal Services**

324 F St., Eureka, CA 95501

**(707) 443-8397***calindian.org*

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

**Hoopa Tribal Court**

12530 State Hwy 96, Hoopa, CA 95546

(530) 625-4305

*hoopa.nsn.gov*

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

**EDUCATION****Indian Action Council**

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

**COMMUNITY AND  
FAMILY RESOURCE CENTERS**

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

**Humboldt Network  
of Family Resource Centers***HNFRFC.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**



**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

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

Visit **www.ayrescremation.com**  
to learn more.

**Ayres**  
family cremation

707-269-7160 • 2620 Jacobs Ave, Eureka



FD2087

**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.

**Arcata Community Pool**

1150 16th St., Arcata, CA 95521

**(707) 822-6801**[arcatapool.com](http://arcatapool.com)

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

**California State Parks****(800) 777-0369**[parks.ca.gov](http://parks.ca.gov)

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

**Fred Endert Municipal Swimming Pool**

1000 Play St., Crescent City, CA 95531

**(707) 464-9503**[crescentcity.org/pool.html](http://crescentcity.org/pool.html)

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

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

333 J St., Eureka, CA 95501

**(707) 442-3763**

Science based cardio and strength classes taught by trained volunteers.

**Vector Aquatic Center**

3289 Edgewood Rd., Eureka, CA 95501

**(707) 441-9262**[vectorpt.org](http://vectorpt.org)

Warm water recreational swimming exercise and aqua therapy.

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

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

**(800) 558-8703**[age-pride.org](http://age-pride.org)

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

**National Center for Lesbian Rights**870 Market St., Suite 370,  
San Francisco, CA 94102**(415) 392-6257**[nclrights.org/explore-the-issues/elders/elder-law-overview/](http://nclrights.org/explore-the-issues/elders/elder-law-overview/)

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

**Gay and Lesbian Medical Association**1133 19<sup>th</sup> St. NW, Suite 302,  
Washington, DC 20036**(202) 600-8037**[glma.org](http://glma.org)

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

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

P.O. Box 272, Bayside, CA 95524

[lword.mamajudy.com](http://lword.mamajudy.com)

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

**National Resource Center on LGBT Aging**305 Seventh Ave., 6th Floor,  
New York, NY 10001**(212) 741-2247**[lgbtagingcenter.org](http://lgbtagingcenter.org)

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



**Queer Humboldt**

P.O. Box 45, Arcata, CA 95521

**(707) 502-2890***queerhumboldt.org***Services and Advocacy for LGBT Elders (SAGE)**305 7<sup>th</sup> Ave. 15<sup>th</sup> 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****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.teamorg*

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

**Humboldt Paws Cause***humboldtpawscase.com*

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

**Humboldt Spay/Neuter Network**

2606 Myrtle 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***wildfeline rescue.org*

Spays and neuters feral cats. Kittens are socialized and adopted out. Operates Purple Cat thrift store.

**SENIOR CENTERS**

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





**Del Norte Senior Center**

1765 Northcrest, Crescent City, CA 95531

**(707) 464-3069***delnorteseniorcenter.org***Ferndale Senior Resource Agency**

100 South Berding St., Ferndale, CA 95536

P.O. Box 726, Ferndale, CA 95536

**(707) 786-4141***ferndaleseniors.org***Fortuna Senior Center**

3000 Newburg Rd., Suite B,

Fortuna, CA 95540

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

456 Briceland 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****SENIOR VILLAGES****Redwood Coast Village**517 3<sup>rd</sup> 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.

*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](http://www.redwoodcoastvillage.org)**

**(707) 442-3763 x217**

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



## SUPPORT GROUPS

### Adult Transgender Support Group Open Door Clinic

770 10<sup>th</sup> 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*

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 1<sup>st</sup> 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!



**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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**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**