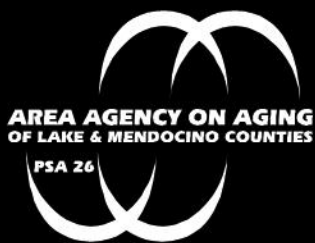




Lake & Mendocino Counties **Senior & Disabled Resource Directory**



Courtesy of:
The Area Agency on Aging of Lake and Mendocino Counties
Community Care Senior Information & Assistance Program

Revised 2011

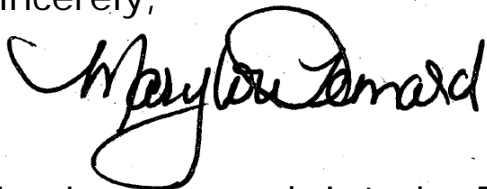
A Message from the Area Agency on Aging of Lake and Mendocino Counties:

Lake and Mendocino Counties are a community that includes nearly 34,000 citizens aged 60 and older. You are the roots from which our community grows, who bestow gifts of wisdom and insight upon younger generations, and strengthen the bonds between neighbors to create a better place to live. Our society is enhanced by each of you.

These resources are intended to help you, and our loved ones, navigate the system of services, technologies, and support systems that will assist you in living a healthy and productive life within the community. These valuable community assets are what make it possible for seniors and persons with disabilities to remain safely in their homes.

I would like to extend a very special thank you to Ukiah Valley Medical Center, Umpqua Bank, Savings Bank of Mendocino County, Mendocino Transit Authority, Sutter Lakeside Hospital and Sutter Pacific Medical Foundation - Lake Division (see pages 88 & 89) for their generous donations to help make this directory available.

Sincerely,

A handwritten signature in black ink that reads "MaryLou Leonard". The signature is written in a cursive, flowing style with a large loop at the end of the last name.

MaryLou Leonard, Interim Director

Area Agency on Aging of Lake and Mendocino Counties,
PSA26

Senior Information & Assistance

Helping you to know and access services in our community



**A free service for seniors 60 and older in
Lake and Mendocino Counties
800-510-2020**

SENIOR INFORMATION & ASSISTANCE will help you to know about area services and whether you qualify. And if you need, a Senior Information Specialist will go the extra step to help you connect to these services.

This directory has been compiled during a time of federal, state, and local budget uncertainty. Some of the services listed are experiencing reduced funding and program changes. Senior Information & Assistance welcomes your calls for current resource information, as the listed providers adjust to these lean times.

Monday thru Friday, 8am to 5pm



Call and ask for Senior Information

Ukiah area **468-5132**
Toll-free Lake or Mendocino County **800-510-2020**
From outside Lake or Mendocino County **707-468-5132**



E-mail IASpecialist@hotmail.com



Visit COMMUNITY CARE, 301 S. State St., Ukiah CA 95482
(Appointments Suggested)

An online version of this directory is available at
www.SeniorResourceDirectory.org

For information on resources in other counties, contact the
Eldercare Locator at **800-677-1116** or at www.eldercare.gov

Questions? Contact Senior Information & Assistance at 800-510-2020 or 707-468-5132

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Emergencies

Emergency Numbers

Emergency Numbers – Lake County

In all areas, call 9-1-1 for life or death emergencies.

	Fire	Sheriff	Police
Clearlake:			
Business	994-2170	262-4200	994-8251
Dispatch	911	911	994-7244
Clearlake Oaks:			
Business	274-3100	262-4200	262-4200
Dispatch	263-2690	263-2690	911
Kelseyville:			
Business	279-4268	262-4200	262-4200
Dispatch	911	911	911
Lakeport:			
Business	263-4396	262-4200	263-5491
Dispatch	911	263-2690	263-2690
Lower Lake:			
Business	994-2531	262-4200	262-4200
Dispatch	911	911	911
Lucerne:			
Business	274-3100	262-4200	262-4200
Dispatch	263-2690	263-2690	911
Middletown:			
Business	987-3089	262-4200	262-4200
Dispatch	911	911	911
Nice:			
Business	274-3100	262-4200	262-4200
Dispatch	263-2690	263-2690	911
Upper Lake:			
Business	274-3100	262-4200	262-4200
Dispatch	263-2690	263-2690	911

Emergencies

Emergency Numbers

Emergency Numbers – Mendocino County

In all areas, call 9-1-1 for life or death emergencies.

	Fire	Sheriff	Police
Covelo:			
Business	983-6719	983-8226	
Dispatch	911	911	911
Fort Bragg:			
Business	961-2831	964-6308	961-2800
Dispatch	911	961-2421	964-0200
Point Arena:			
Business	882-1833	882-2331	
Dispatch	911	911	911
Ukiah:			
Business	463-6261	463-4411	463-6242
Dispatch	463-6262	463-4086	463-6262
Willits:			
Business	459-6271	459-6111	459-6122
Dispatch	459-4611	911	459-4611

Poison Control

Nationwide **800-222-1222**
California **800-876-4766**
TTY/TDD **800-972-3323**

24 hr help with accidental poisoning, medication missteps or overdoses, drug interactions.

(Note: if person has collapsed or stopped breathing call 911.)

Personal Phone Numbers

Physician: _____

Hospital: _____

Veterinarian: _____

Emergency Contact: _____

Other: _____

Questions? Contact Senior Information & Assistance at 800-510-2020 or 707-468-5132

Emergencies

Individual Crisis

Individual Crisis

Adult Protective Services (APS)

Responds to reports of elder and dependent adult abuse and neglect. Intervenes to resolve the problems that place the adult at risk, links to needed services, and, if necessary, secures out-of-home placement for protection.

Lake County

16170 Main St., Unit C, PO Box 9000, Lower Lake **995-4680**
Toll-Free **888-221-2204**
Night/weekend emergency **995-4680**
See www.co.lake.ca.us/Government/Directory/Social_Services.htm.

Mendocino County

825 S. Franklin St., PO Box 1306, Fort Bragg .. **877-327-1677** or **962-1102**
747 S. State St., PO Box 839, Ukiah **877-327-1799** or **463-7900**
221 S. Lenore Ave., Willits **800-771-2453** or **456-3740**
After Hours Emergency **800-575-HELP (4357)**
See www.co.mendocino.ca.us/hhsa/adult/adult.htm.

AIDS/HIV Nightline

Toll-Free CA **800-628-9240** or **800-273-2437**
TTY **415-227-0245**
Free after-hours telephone support when other service agencies are closed. Emotional support, crisis counseling and basic information for anyone with HIV related concerns. See www.aidsnightline.org.

American Indian Domestic Violence and Sexual Assault Program

77826 Covelo Rd., PO Box 448, Covelo **983-9333**
Crisis Line **995-8777**
Support for victims of domestic violence, including transportation, court accompaniment, assistance with restraining orders, referrals to counseling, etc.

Catholic Charities of the Diocese of Santa Rosa – Lake County Programs

21085 Bush St., PO Box 678, Middletown **987-8139**
Provides emergency and monthly food and limited financial assistance. Works with other community partners to offer rental subsidies and utility assistance to the almost homeless in Lake County, who meet the requirements of the non-emergency Homeless Prevention & Rapid Re-Housing Program (HPRP) and the Federal Emergency Shelter Grant Program (FESG). Other support programs to address physical, emotional, and spiritual needs by volunteers from St. Joseph and Our Lady of the Lake Catholic Churches. Citizen workshops 1-2 times/year. See www.srcharities.org/services/homeless-lake-county.html for HPRP and FESG details, or call 528-8712.

Emergencies

Individual Crisis

Crisis Line

888 N. State St., Ukiah **800-575-HELP (4357)**
24-hour telephone service administered by the Ukiah Community Center connects callers with crisis service agencies countywide.

Dorcas Community Services

14490 Uhl Ave., PO Box 3888, Clearlake **994-5660**
Assists with clothing and linens for those in need, including fire victims. Tue 9:00am – 12:00pm.

Dorcas Society

151 Cherry St., Ukiah **462-1388**
Free clothing, household linens, and smaller house wares, Wed 9:00am – 12:00pm.

First Baptist Church of Clearlake

14550 Pearl Ave., PO Box 547, Clearlake..... **994-5148**
Food and clothes closets, Mon, Wed, and Thu 9:00 – 11:00am; food only Fri 9:00 – 11:00am.

Fort Bragg Food Bank

910 N. Franklin St., PO Box 70, Fort Bragg **964-9404**
Food distribution. See www.fortbraggfoodbank.org.

Hospitality Center

790 S. Franklin St., Ste. E, Fort Bragg **671-4302**
Resource center for homeless people, providing advice and information. Case management for Supportive Housing Program. Mon – Thu 1:00 – 5:00pm.

Institute on Aging Center for Elderly Suicide Prevention and Grief Counseling (CESP) – Friendship Line **800-971-0016**

Bay Area based suicide prevention services for older adults suffering from life-threatening depression. Hosts 24-hour toll-free Friendship Line available to persons age 60+ nationwide. Eligibility: Age 60+ can call when depressed, isolated, grieving, suicidal, going through a difficult time, in an abusive situation, or are lonely and want to talk to someone. See www.ioaging.org.

Inter-Tribal Council of California, Inc.

Lake County office **262-3150**

Sacramento office **916-973-9581**

Lake County office of statewide non-profit Native American social services corporation designed to strengthen sovereignty and improve the health and well-being of tribal communities in California. Programs include those which focus on family violence prevention and services; individual and community accountability towards violence, substance abuse, poor nutrition, and other health related matters; supports for children and youth; and scholarships for higher education. Call for more information. See www.itccinc.org.

Emergencies

Individual Crisis

Lake Family Resource Center – Rape & Domestic Violence Crisis Center

5350 Main St., Kelseyville **888-775-8336** or **279-0563**
24/7 crisis line **888-485-7733**
Provides services to victims and families. Advocacy, peer counseling, and restraining orders are available. Therapy and counseling services. Shelter for women and children through the Freedom House. See www.lakefrc.org.

Mental Health Crisis Lines

Lake County

Toll-Free **800-900-2075**

Mendocino County

Fort Bragg **964-4747**
North County **456-3850**
Ukiah **463-4396**

Project Sanctuary

461 N. Franklin St., Fort Bragg **961-1507**
564 S. Dora St., PO Box 450, Ukiah **462-9196**
24-hour Crisis Line **800-575-HELP (4357)**

Services to prevent and lessen the effects of domestic violence and sexual assault, including 24-hour crisis hotline; emergency safe shelter for battered women and their children; peer counseling, transitional housing program in Ukiah; individual and group counseling; prevention and education programs; legal assistance; and a volunteer program. See www.projectsanctuary.org.

Salvation Army

Lake County

14420 Lakeshore Dr., Ste. C, Clearlake **995-1128**
Utility assistance, food pantry and assistance, and emergency services as needed.

Mendocino County

714 S. State, Ste. A, Ukiah **468-9577**
Various programs to assist those in need, including utilities, wood, propane, clothes, and limited food, gas, and bus vouchers.

St. John's Episcopal Church Food Closet/Thrift

1190 N. Forbes St., Lakeport **263-7564**
Food closet and thrift shop Tue, Wed, Thu, 10:00am – 3:00pm. Bring ID for food assistance.

Emergencies

Individual Crisis

St. Vincent de Paul

Lake County

Queen of Peace Catholic Church, 14435 Uhl Ave. PO Box 6697, Clearlake Thrift Store, 16125 Orchard St., Lower Lake **995-1724**
Emergency food assistance at Queen of Peace Catholic Church in Clearlake (Tue and Thu 10:00am – 2:00pm). Can apply there for vouchers to be used towards low cost or free clothing/household items at Thrift Store in Lower Lake (open Mon, Wed, and Sat 10:00am – 3:00pm). Other assistance may be available on a case-by-case basis upon approval of board. Eligibility: Picture ID and written proof of Lake County street address. Documentation of emergency may be required for assistance received more than once. Emergency is considered something that happened this month, did not happen last month, is not expected to happen again, and caused a reduction in income available to pay living expenses.

Mendocino County

St. Mary of the Angels Church, 900 S. Oak St., Ukiah..... **462-1431**
Limited emergency assistance, primarily food, Tue and Thu 4:00pm. Call prior to 3:00pm to sign up.

Ukiah Community Center (UCC) & Food Bank

888 N. State St., Ukiah **462-8879**
Coordinates referrals for clothing, food, and shelter through various local organizations.

Victim / Witness Program

Offers comprehensive support for victims of violent crime. Includes crisis intervention, emergency assistance, resource referral and follow-up – including for counseling/therapy. Assists in applying to the State Victims Compensation Program. Provides orientation to the Criminal Justice System, supplies court escort and support, case status and disposition. Assists with restitution recovery, employer and creditor intervention, and more. Networks with county and community agencies.

Lake County

420 Second St., Lakeport **262-4282**

Mendocino County

County Courthouse Rm. 501
100 N. State St., PO Box 144, Ukiah..... **800-785-3332** or **463-4218**
Appointments may be arranged at offices in Fort Bragg and Willits.

Willits Community Services (WCS) & Food Bank

229 E. San Francisco St., Willits **459-3333**
Emergency assistance with food, transportation, shelter, blankets, utilities, prescriptions, cooking propane, formula, etc.

Emergencies

Natural Disaster

Natural Disaster

To plan for a major disaster, assume you would be without power and would not be able to go out for food or water. Your “stay at home” household emergency supplies should include:

- Enough water to last 3 to 6 days (recommended: one gallon per person per day)
- Enough food to last 3 to 6 days (nonperishable items that don't require cooking)
- Flashlight
- Portable radio with spare batteries
- First aid kit
- Hand-operated can opener
- Waterproof matches
- A 3 to 6 day supply of prescription medications and a current list of your medications
- Cell phone, if you have one
- Cash or traveler's checks
- Names and phone numbers you would want to have or give to others in an emergency

Your “evacuation bag” should be packed with the following:

- Basic hygiene items like toilet paper, alcohol wipes, and hand sanitizer
- Extra pair of prescription glasses
- Change of clothing
- Compact rain slicker
- Good pair of walking shoes
- Blanket or sleeping bag
- Energy bars, 1 or 2 bottles of water, some hard candy
- Disposable dust masks
- Copies of your emergency names and phone numbers and your medication list

American Red Cross

5297 Aero Dr., Santa Rosa **577-7600**
from Lake County..... **577-7600**
from Mendocino County **463-0112**

Helps the community to prevent, prepare for, and respond to disasters in Lake, Mendocino, and Sonoma Counties. See www.arcsm.org.

Office of Emergency Services

Works to ensure each County is ready and able to mitigate against, prepare for, respond to, and recover from the effects of emergencies that threaten lives, property, and the environment.

Lake County

1375 Hoyt Ave., PO Box 489, Lakeport..... **263-1813**
24/7 Dispatch..... **263-2690**

Mendocino County

951 Low Gap Rd., Ukiah..... **463-5667**

Emergencies

Natural Disaster ♦ Preparing for Health Emergencies

Radio Stations for Emergency News

KUKI, Ukiah 103.3 FM
KOZT, Coast 95.3 or 95.9 FM
KZYX&Z 88.1, 90.7, 91.5 FM

Road Closures/Conditions

CalTrans 800-427-7623
Also check the CHP Traffic Incident Information Page at <http://cad.chp.ca.gov> and choose "Ukiah" for the Area.

Preparing for Health Emergencies

Note: Emergency Response Systems

For home telephone-connected systems that allow users to push a button to access emergency services in times of crisis, see phone book yellow pages under "Medical Alarms."

Air Ambulance Memberships

Protect you from being billed for costly emergency medical air transport by these providers above and beyond what your health insurance may pay. Membership with one carrier does not cover transport by the other, and in most cases you will not be able to choose which provider is dispatched to you, so membership with both is recommended. (Note: not the same as insurance; membership is not a guarantee that you will receive an air ambulance transport.)

- **CALSTAR - California Shock Trauma Air Rescue**

1407 S. State St., Ukiah 888-207-LIFE (5433) or 462-5972
Mail to: CALSTAR Memberships, 4933 Bailey Loop, McClellan, CA 95652.
Non-profit agency provides service within a 150-mile radius of bases in Ukiah, Auburn, South Lake Tahoe, Concord, Vacaville, Gilroy, Salinas, and Santa Maria. Additional coverage through reciprocal non-profit partner air ambulance transporters in select western states. See www.calstar.org.

- **REACH Air Medical Services**

451 Aviation Blvd., Ste. 201, Santa Rosa 866-76-REACH (73224)
Mail to: REACH for Life Membership, PO Box 49100, San Jose or 324-2400
Headquartered in Santa Rosa, supports bases in Concord, El Centro, Lakeport, Lodi, Marysville, Redding, Sacramento, and Santa Rosa, as well as Corvallis, Oregon. See www.REACHair.com.

File of Life

Area Agency on Aging 463-7775
Emergency information sheet that is kept on your refrigerator in a magnetic envelope for easy reach by ambulance, fire, or rescue personnel. Should you be unable to respond, your information will be handy. Provided by the Area Agency on Aging of Lake & Mendocino Counties.

Emergencies

Preparing for Health Emergencies

MedicAlert

2323 Colorado Ave., Turlock **800-432-5378**

Bracelet, watch, or necklace allows ER responders to call a 24-hour response center for information on your conditions, medications, and allergies so you can receive faster, safer treatment. Call, or visit website. See www.medicalert.org.

MedicAlert + Alzheimer’s Association Safe Return..... 888-572-8566

ID bracelet and support system to help find someone who wanders, plus provides emergency responders access to vital medical information in the time of need. When a person with dementia wanders or becomes lost, one call immediately activates a community support network to help reunite the lost person with his or her caregiver.

When a person is found, a citizen or law official calls the toll-free 24-hour emergency response number on the identification product, and the individual's family or caregivers are contacted. The nearest Alzheimer's Association office provides support during search and rescue efforts. Call or download application at “MedicAlert + Alzheimer’s Association Safe Return” link at www.alz.org.

POLST (Physician Orders for Life-Sustaining Treatment)

POLST is a form that states what kind of medical treatment patients want toward the end of their lives. Printed on bright pink paper, and signed by both a doctor and patient, POLST helps give seriously ill patients more control over their end-of-life care. To learn more, see www.capolst.org or contact the Coalition for Compassionate Care of California at 916-489-2222.

Education

California Human Development Farmworker Services

55 First St., Box M, Lakeport **262-0440**
631 S. Orchard Ave., Ukiah **467-5959** or **800-570-1377**
Program for farmworkers and their dependents age 18+. Creates paths and opportunities for those seeking greater self-sufficiency, independence, and dignity through education, training, criminal justice alternatives, housing, and other services. English education, referrals to immigration and other agencies and services, green card renewal, citizenship class, and emergency help. Job search assistance and placement, adult work experience training and on-the-job training. Eligibility: 50% of income must be from being employed as a farm worker or legal dependant of a farm worker age 18+. Walk in or call for appointment. See www.CHDCorp.org.

College of the Redwoods

1211 Del Mar Dr., Fort Bragg **962-2600**
Disabled Services **962-2638**
Community college. Contact Admissions & Records. For students with disabilities, Disabled Services accommodates a student's disabling condition and empowers him/her to successfully participate in the educational experience. Counseling/advising, instructional assistance, testing, accommodations, note-taking, adaptive equipment/aids, etc. Adaptive physical education classes – both land and water. See www.redwoods.edu.

Konocti USD Adult School

9625 Adams, Lower Lake **994-1033** or **995-0386**

Literacy Volunteer Programs

Tutors help adults learn to read.

- **Lake County Library Adult Literacy Program**

1425 N. High St., Lakeport **263-7633**

- **Coast Literacy Program for Adults**

Mendocino County Public Library, Fort Bragg..... **964-8794** or **961-2625**

- **Ukiah Literacy Alliance**

Mendocino County Public Library, Ukiah **463-4155**

- **Literacy Volunteers of Willits**

Mendocino County Public Library, Willits **459-5098**

Mendocino College

1005 Parallel Dr., Lakeport **263-4944**

1000 Hensley Creek Rd., Ukiah **468-3000**

Disability Resource Center (DRC), Ukiah..... **468-3031**

11 Marin St., Willits **459-6224**

A fully accredited public two-year community college. Apply on-line or contact Admissions and Records. Lake Transit Authority bus transportation available between Lakeport and Ukiah daily.

Active Living

Education ♦ Employment

For students with with a verifiable disability who are otherwise eligible for admission to Mendocino College, the Disability Resource Center (DRC) assesses student needs and helps to provide accommodations (from technology aids to personal assistance) to allow equal access to education. See www.mendocino.edu.

Ukiah Adult School

1056 N. Bush St., Ukiah **463-5217**
GED/high school diploma, learn to speak English, citizenship class, LVN program, and a variety of other classes for active adults. See www.ukiahadultschool.net.

Yuba Community College - Clear Lake Campus

15880 Dam Rd. Ext., Clearlake **995-7900**
Disabled Program/Services **995-7910**
TTY **995-4183**

A fully accredited two-year community college. Classes offered for lifelong learners, Veterans, and students with disabilities. Call admissions and records or apply on-line at www.yccd.edu, click on "Apply Now."

Employment

California Human Development Farmworker Services

55 First St., Box M, Lakeport **262-0440**
631 S. Orchard Ave., Ukiah **467-5959** or **800-570-1377**
Program for farmworkers and their dependents age 18+. Creates paths and opportunities for those seeking greater self-sufficiency, independence, and dignity through education, training, criminal justice alternatives, housing and other services. English education, referrals to immigration, and other agencies and services, green card renewal, citizenship class, and emergency help. Job search assistance and placement, adult work experience training and on-the-job training. Eligibility: 50% of income must be from being employed as a farm worker or legal dependant of a farm worker age 18+. Walk in or call for appointment. See www.CHDCorp.org.

California Indian Manpower Consortium (CIMC)

631 S. Orchard Ave., Ukiah **467-5932**
Assessment and individual employment planning; educational and skills training; and entrepreneurial planning and development for eligible Native American Indians, Alaskans, and Hawaiians living in California. See www.cimcinc.org.

Department of Rehabilitation

55 1st St., Ste. 215, Box B, Lakeport **263-3797**
625 Kings Ct., Ste. A, Ukiah **463-4791**
Provides services, training, and advocacy resulting in employment, independent living, and equality for individuals with disabilities. Special programs include "Personal Goal" and "Homemaker" services for blind and low-vision individuals. Eligibility: Permanent physical or mental disability. Call to apply or visit website. See www.dor.ca.gov.

Employment Development Department - CALJOBS

California's Internet system for linking employer job listings and job seeker résumés. Creates résumé that employers with job listing may view. No fees and accessible wherever Internet is available, including public libraries and employment resource centers. See www.caljobs.ca.gov.

Employment Development Department - Job Services Lake County

55 First St., 1st Floor, (mail to Ste. C), Lakeport **262-3105** or **262-3116**
Free job placement and referrals, unemployment insurance, state disability insurance, employment, and training; special program for Veterans. See www.edd.ca.gov.

Employment Development Department - Unemployment Insurance

Toll-Free **800-300-5616**
Toll-Free TTY **800-815-9387**
Unemployment insurance. See www.edd.ca.gov.

Employment Development Department – Workforce Services

Located at the following Mendocino Works Employment Resource Centers:

310 E. Redwood Ave., Fort Bragg **964-3295**
631 S. Orchard, Ukiah **463-5710**
221 S. Lenore, Willits..... **456-3782**

Free job placement and referrals, unemployment insurance, state disability insurance, employment, and training; special program for Veterans. See www.edd.ca.gov.

Experience Works

Lake Resource Center, 55 First St., Ste. F, Lakeport **263-5958**
Ukiah **467-5952**

Assists low income seniors age 55+ to transition into the workforce through temporary paid training assignments at public and nonprofit agencies in the community. Supplemental intensive training is individually designed to enhance skills related to employment goals and obtaining a job outside the program. Call office for pre-application paperwork. See www.experienceworks.org.

Lake County One-Stops

4477 Moss Ave., Ste. A, Clearlake **994-0633**
55 First St., Box F, Lakeport **263-0630**

A collaborative of human service agencies offer comprehensive employment and training services to job seekers and businesses. Specific services vary by site. Computer stations, résumé help, resource library; free to the public. Supportive services may include transportation, work clothing, internships, and other work experience. Eligibility: Laid-off workers, low-income seniors age 55+, youths age 16-21, migrant and seasonal farm workers, school leavers, or Veterans. See www.lakeonestop.org.

Active Living

Employment ♦ Recreation & Physical Activity

Mendocino Works Employment Resource Centers

310 E. Redwood Ave., Fort Bragg 800-600-6950 or 962-1001
Fort Bragg TDD 964-8124
631 S. Orchard Ave., Ukiah 800-616-1196 or 467-5900
Ukiah TDD 800-735-2929
221 S. Lenore, Willits 800-521-9950 or 456-3700
Willits TDD 456-3783

The Mendocino Private Industry Council serves as the operator for Mendocino Works' three "one-stop" locations. Each hosts a collaborative of human service agencies offering comprehensive employment and training services to job seekers and businesses. Computer stations, résumé help, resource library, free to the public. See www.mendocinoworks.org.

North Bay Veterans Resource Center ~ Santa Rosa

2455 Bennett Valley Rd., Ste. B-117, Santa Rosa 578-8387
One of several service centers in Northern California offering community based supports for Veterans and their families. Programs focus on the complex realities of Veterans' issues including work force development, homelessness, and linking to VA medical and benefits. Transitional supportive housing site in Sonoma County for at-risk homeless Veterans. See www.vietvets.org/nbvrc.htm.

Pinoleville Vocational Rehabilitation Program

220 Mason St., Ukiah 462-7801
Vocational training, counseling to Native Americans with disabilities.
See www.pinoleville-nsn.us.

Recreation & Physical Activity

California State Parks and Recreation Department

Toll-Free 800-777-0369
Discount passes for parking and camping in state parks for people w/disabilities, people age 62+, and some Veterans. See www.parks.ca.gov to download application or learn about Volunteer Park Host positions.

Fall Prevention Center of Excellence

Website offers helpful ideas that can help prevent serious injuries due to falls in the home and the community. See www.stopfalls.org/.

Fishing Licenses

601 Locust St., Redding 530-225-2300
Reduced-fee or free fishing licenses. Eligibility: Age 65+ or American Indian and meet low-income criteria; or honorably discharged Veteran with 50% service-connected disability; or meet vision loss, mobility impairment, or developmentally disabled criteria. Call, or e-mail request to: LRB@dfg.ca.gov; include your name, mailing address, and the type of application (reduced fee, free one-year, or free five-year) needed. See www.dfg.ca.gov.

Volunteer Opportunities

Note: Volunteer Opportunities

These organizations connect volunteers to appropriate service agencies or those in need in the community. Senior centers, community centers, food banks, hospices, and other service providers listed throughout this directory also depend upon and welcome volunteers (e.g., for thrift stores, etc.).

Community Resources Connection (CRC)

PO Box 336, Gualala **800-395-8984** or **884-4562**
Provide "neighbor to neighbor" help on the South Coast, such as transportation, simple handy person services, and information on local services. See www.crconnection.org.

Foster Grandparent Program

413 N. State St., Ukiah **467-3200**
Provide individualized attention and mentoring to children with special needs. Participants receive stipend and meal. Eligibility: Age 60+, limited income, and willing to volunteer 20 hrs/wk. See www.ncoinc.org.

Health Insurance Counseling & Advocacy Program (HICAP)

3262 Airway Dr., #C, Santa Rosa **800-434-0222** or **526-4108**
Provide free and objective information and assistance in dealing with Medicare, HMOs, long-term care insurance, and other health insurance issues. Volunteers receive training.

Konocti Senior Support, Inc.

14310 Memory Ln., PO Box 6668, Clearlake **995-1417**
Sponsors two volunteer programs that provide home visits to seniors age 55+ in Lake County.

- **Senior Peer Counseling** volunteers age 55+ receive training and weekly supervision from a licensed psychotherapist. Volunteers provide a confidential and non-judgmental listening ear and can also provide advice on linking to community services while always allowing client to make his/her own choices.
- **Friendly Visitors** volunteers age 18+ receive training and offer friendship, understanding, and companionship to those who are homebound, isolated, lonely, or needing comfort and support.

Literacy Volunteer Programs

Tutor adults who are learning to read.

- **Lake County Library Adult Literacy Program**
1425 N. High St., Lakeport **263-7633**
- **Coast Literacy Program for Adults**
Mendocino County Public Library, Fort Bragg **964-8794** or **961-2625**
- **Ukiah Literacy Alliance**
Mendocino County Public Library, Ukiah **463-4155**

Active Living

Volunteer Opportunities

- **Literacy Volunteers of Willits**
Mendocino County Public Library, Willits **459-5098**

Ombudsman Program of Lake and Mendocino Counties
747 S. State St., PO Box 839, Ukiah **467-5835**
Visit and advocate for residents of nursing and residential care homes. Receive training to investigate and resolve problems and complaints made by or on behalf of residents.

Retired & Senior Volunteer Program (RSVP)/Volunteer Network
413 N. State St., Ukiah **467-3200**
Links volunteers age 55+ with available volunteer opportunities. Also, search by zip code at www.1800volunteer.org for local positions.

Senior Companion Program
413 N. State St., Ukiah **467-3200**
Provide individualized attention to frail, homebound elders in Ukiah or Willits.
Eligibility: Age 60+, limited income, and willing to volunteer 20 hrs/wk.

Adult Day Programs

Adult Day Programs

Adult Day Care/Respite of Clearlake

St. John's Lutheran Church, 14310 Memory Ln. (at Olympic Dr.), Clearlake

Mail to: 3067 Willow Rd., Kelseyville

Eva Johnson **279-4836**

On-site Tue/Wed. **994-2829**

Social day program provides structured activities and nutrition for attendees with cognitive impairment while providing caregivers with respite. See www.carecenters-lake.org.

Northlake Adult Day Center

First Lutheran Church of Lake County, 3863 Country Club Ln., Lucerne

Mail to: 1026 Compton St., Lakeport

Caroline Denny **263-9481**

On-site Thurs. **274-5572**

Social day program provides structured activities and nutrition for attendees with cognitive impairment while providing caregivers with respite. See www.carecenters-lake.org.

Redwood Coast Senior Center Circle of Elders Social Day Program

490 N. Harold St., Fort Bragg **961-4310**

Social day program features a safe, stimulating environment with therapeutic, enjoyable activities. Respite care for families and caregivers. For adults who are either experiencing a loss of cognitive function, are homebound or having health problems, are in need of social contact, and/or coping with loss of independence. Low cost door-to-door transportation provided. See www.rcscenter.org.

Disability or Condition Specific Supports

Adaptive Aids & Durable Medical Equipment ♦ AIDS/HIV & Hepatitis C

Adaptive Aids & Durable Medical Equipment

Note: Durable Medical Equipment (DME)

For companies that provide medical equipment (ranging from canes, walkers, wheelchairs, and commodes to hospital beds, oxygen, etc.), see yellow pages of your phone book under "Medical Equipment and Supplies" or "Hospital Equipment, Instruments, and Supplies." Senior Centers often have some of these smaller items to loan out.

CA Telephone Access Program (CTAP)

2033 Howe Ave., #150, Sacramento..... **800-806-1191**

TTY **800-806-4474**

Provides free telephone equipment for anyone who is disabled in hearing, seeing, moving, remembering, or speaking. See www.ddtp.org.

Disability Services & Legal Center

415 Talmage Rd., Ste. B, Ukiah **800-528-7704** or **463-8875**

TTY **462-4498**

Information on assistive technology solutions. See www.disabilityserviceandlegal.org.

AIDS/HIV & Hepatitis C

AIDS/HIV Nightline

Toll-Free CA **800-628-9240** or **800-273-2437**

TTY **415-227-0245**

Free after-hours telephone support when other service agencies are closed. Emotional support, crisis counseling, and basic information for anyone with HIV related concerns. See www.aidsnightline.org.

AIDS Drug Assistance Program (ADAP)

Public Health, 922 Bevins Ct., Lakeport **800-794-9291** or **263-1090**

Community Health Services, 1120 S. Dora, Ukiah... **456-3806** or **472-2698**

Provides funding for HIV-related prescription medications for income eligible individuals.

Eligibility: ADAP available to those with an HIV or AIDS diagnosis, a prescription by a licensed California physician, and adjusted gross income less than \$50,000. See

www.dhs.ca.gov/AIDS/Programs/CARE/adap.htm for ADAP program updates.

Community Care HIV/AIDS Program (CCHAP) and Drop-In Center

301 S. State St., Ukiah **462-3041**

14644 Lakeshore Blvd., Ste. B, Clearlake **995-1606**

CCHAP provides case management and support services to persons in Lake and Mendocino Counties who have been diagnosed with HIV or AIDS. Clearlake Drop-in Center provides counseling, social activities, informational meetings, support groups, and literature to persons living with HIV and AIDS, their family, friends, and caregivers. See

www.communitycare707.com.

Disability or Condition Specific Supports

AIDS/HIV & Hepatitis C ♦ Cancer

Mendocino County AIDS, Viral, Hepatitis Network (MCAVHN)

148 Clara St., PO Box 1350, Ukiah **462-1932**
Case management, practical assistance, emotional support, drop-in center, referral and information, food vouchers, transportation, rent and utilities assistance. HIV/HCV counseling and testing, syringe exchange, HCV support groups, and client socials. For any person affected by, living with, or at risk for HIV/HCV in Mendocino County. See www.mcavn.org.

Cancer

American Cancer Society

Lake Cty: 1031 Jefferson St., Napa..... **255-5911 x 3**
Mendocino Cty: 1451 Guerneville Rd., Ste 220, Santa Rosa ... **545-6728 x 3**
National Toll-Free 24/7/365..... **800-ACS-2345**
TTY.....**866-228-4327**
Services for cancer patients include transportation, wigs, information and referral to local and national resources. Cancer information specialists available to answer questions 24/7 365 days at toll-free national phone line. Partial transportation reimbursement for travel to/from cancer-related appointments. See www.cancer.org.

Cancer Resource Center of Mendocino County

45040 Calpella St., PO Box 50, Mendocino **937-3833**
590 S. Dora St., Ukiah..... **467-3828**
Toll-Free **800-449-6483**
Provides a wide range of information, support, and advocacy to those faced with cancer. Lending library, individual assistance in treatment choices/planning, various support groups. Eligibility: cancer patients, cancer survivors, and those who support them. See www.crcmendocino.org.

Community Foundation of Mendocino County Foster Fund Grant Program

290 S. State St., Ukiah **468-9882**
Provides low-income or self-insured Mendocino County residents mini-grants for diagnostic tests and/or needed medications (i.e. anti-nausea, pain etc.) while undergoing cancer treatment. The fund also provides transportation and lodging assistance with a grant through the Cancer Resource Center of Mendocino County. See: www.communityfound.org.

National Cancer Institute's Cancer Information Service

Toll-Free National..... **800-422-6237**
TTY..... **800-332-8615**
Regional Office **510-608-5000**
Provides up-to-date cancer information and personalized, confidential responses to specific questions about cancer via phone or on-line. Online assistance at the LiveHelp link at www.cancer.gov available Mon – Fri 6:00am – 8:00pm Pacific Time. See www.cancer.gov/aboutnci/cis.

Disability or Condition Specific Supports

Cognitive & Memory Loss

Cognitive & Memory Loss

Note: Forgetting to Pay Bills

If forgetting to pay bills is an issue, contact utility, phone service, and other providers to sign up for "Third Party Notification" to let someone else know if payments become overdue.

Note: Also see “**Adult Day Programs**” section for other programs that serve those with cognitive impairment while providing respite for their care providers.

Alzheimer's Association

2065 El Camino Real, Ste. C, Mountain View

Toll-Free 24/7 **800-272-3900**

TDD **866-403-3073**

Helpline 24/7 with support information and referrals, newsletter, educational materials, and Safe Return Wanderer ID program. Call the 800 number or visit websites: www.alzncal.org (N. CA chapter) or www.alz.org (National).

Alzheimer's Resource and Education Center (AREC)

620 S. Dora, Ste. 101, Ukiah **391-6188**

Provides assistance, referral, and education to those who aid and care for those with dementia and Alzheimer's disease. Volunteer staff assists caregivers to contact local and regional resources for assessment and respite, register for counseling sessions, obtain information on rates and services from private care providers, and provide access to an extensive resource library. Provides educational workshops to caregivers; contact AREC to receive email notification of upcoming workshops.

CA Telephone Access Program (CTAP)

2033 Howe Ave., #150, Sacramento..... **800-806-1191**

TTY **800-806-4474**

Provides free telephone equipment for anyone who is disabled in hearing, seeing, moving, remembering, or speaking. See www.ddtp.org.

Redwood Caregiver Resource Center (RCRC)

141 Stony Cir., Ste. 200, Santa Rosa **542-0282**

Toll-Free **800-834-1636**

Provides services, including possible respite, to assist caregivers of older, frail individuals, or to assist older caregivers of people of any age who have disabilities. Also provides counseling and support for family caregivers of adults with brain impairments through education, research, services, and advocacy. Helpful factsheets and links at website: www.redwoodcrc.org.

Disability or Condition Specific Supports

Developmental Disabilities ♦ Hearing & Vision Loss

Developmental Disabilities

Area I Developmental Disabilities Board

505 S. State St., PO Box 245, Ukiah **463-4700**
Advocates for legal, civil, and service rights for individuals with developmental disabilities.

Office of Clients' Rights Advocacy

1116 Airport Park Blvd., Ukiah **800-281-3832 x235** or **462-3832 x235**
Alternate direct line **462-2462**

Advocates on behalf of persons with a developmental disability in Lake and Mendocino Counties; services include consultation, representation, training, investigating complaints, and assuring compliance of law by facilities and other service providers. May also assist the individual, who feels he/she has a developmental disability and should qualify for Regional Center services, in his/her attempt to be found eligible for those services. Eligibility: Any person with a developmental disability. See www.pai-ca.org/about/OCRA.htm.

Redwood Coast Regional Center

180 3rd St., Lakeport **888-909-0470** or **262-0470**

270 Chestnut St., Ste. A, Fort Bragg **964-6387**

1116 Airport Park Blvd., Ukiah **800-281-3832** or **462-3832**

One of 21 private, non-profit regional centers in California. Serves as an entry point through which residents with developmental disabilities and their families can obtain community supports and services. Eligibility: Age 0-3 with developmental disability per Title 17 and at risk; or age 3+ with developmental disability or substantial handicaps (ex: cerebral palsy, seizure disorder, autism, traumatic brain injury) diagnosed prior to age 18.

See www.redwoodcoastrc.org.

Hearing & Vision Loss

American Council of the Blind **800-424-8666**

Nation's leading membership organization of blind and visually impaired people. Information, referral, advocacy, governmental monitoring and involvement, and legal assistance on matters related to blindness. Provides scholarships for blind students. See www.acb.org.

ATT Accessibility Resource Center **800-772-3140**

TTY **800-651-5111**

Spanish Voice & TTY **800-400-6868**

Provides services and equipment for eligible subscribers with vision, hearing, voice, and mobility impairment.

Disability or Condition Specific Supports

Hearing & Vision Loss

Braille and Talking Book Library

900 N St., PO Box 942837, Sacramento .. **800-952-5666** or **916-654-0640**
Library for blind individuals and those unable to read due to other disabilities. Braille books, recorded books, machines to play recorded books, and other materials go back and forth, free of charge, through the mail. Eligibility: Specified forms of visual or other disability, certified by doctor or other authorized agent. Call for application or download from website. See www.library.ca.gov/services/btbl.html.

CA Telephone Access Program (CTAP)

2033 Howe Ave., #150, Sacramento..... **800-806-1191**
TTY **800-806-4474**
Provides free telephone equipment for anyone who is disabled in hearing, seeing, moving, remembering, or speaking. Eligibility: All California residents with phone service and doctor's or other authorized agent's signature. Call for application or download from website. See www.ddtp.org.

California Council of The Blind

1510 J St., Ste. 125, Sacramento..... **916-441-2100**
Toll-Free & After Hours Newslines **800-221-6359**
Redwood Empire Chapter at Earle Baum Center..... **636-0082**
Provides information and referral, technical assistance, membership and advocacy, leadership development, publications, emergency funds, accessible technology loans. Eligibility: Any visually impaired person. Call for details. See www.ccbnet.org.

Council of Citizens with Low Vision International

American Council of the Blind, Washington DC **800-733-2258**
Membership organization provides information in various formats (large print, cassette, Braille); quarterly Vision Access magazine; conventions with topics related to vision impairment. See www.cclvi.org.

Department of Rehabilitation

55 1st St., Ste. 215, Box B, Lakeport..... **263-3797**
625 Kings Ct., Ste. A, Ukiah **463-4791**
Provides services, training, and advocacy resulting in employment, independent living, and equality for individuals with disabilities. Special programs include "Personal Goal" and "Homemaker" services for blind and low-vision individuals. Eligibility: Permanent physical or mental disability. Call to apply or visit website. See www.dor.ca.gov.

Ear of the Lion Hearing Foundation of California/Nevada, Inc.

850 San Jose Ave., Ste. 115, Clovis..... **800-327-8077**
Provides reconditioned used hearing aids to low-income individuals. Also collects used hearing aids. Eligibility: Low-income eligibility of \$24,000 or less for family of two unless special circumstances; physician referral, and audiogram hearing test in prior six months; \$150 "Lifetime Loan" fee for each hearing aid approved to be dispensed. Call, or e-mail office at hearfoundation@aol.com for application.

Disability or Condition Specific Supports

Hearing & Vision Loss ♦ Lung Disease ♦ Other Supports

Earle Baum Center of The Blind

4539 Occidental Rd., Santa Rosa **707-523-3222**

Provides training to individuals with sight loss. Orientation and adjusting to vision loss and mobility, daily living skills, and adaptive technology. Certified Dept. of Rehabilitation vendor. Fosters social and recreational activities. Facilitates support groups and provides in-home training in Mendocino and Lake counties. See www.earlebaum.org.

International Hearing Society - Hearing Aid Helpline

16880 Middlebelt Rd., Ste. 4, Livonia **800-521-5247**

Professional association representing Hearing Instrument Specialists provides information and referral for those with hearing loss and hearing aides. See www.ihinfo.org.

TTY/TDD (Text Telephone aka Telecommunications Services for the Deaf)

All callers **711**

Relay operators that allow telephone communication by or to someone using a Text Telephone due to hearing or speech impairment.

Lung Disease

American Lung Association - Better Breathers Club

115 Talbot Ave., Santa Rosa **800-LUNG-USA** or **527-5864**

Education about chronic lung disease, tips and techniques to better manage lung disease. Support and monthly meetings. Call for locations. See www.lungusa.org. For free **Freedom From Smoking Online** smoking cessation program, select "Quit Smoking" blue tab at the top of the web page.

Other Supports

Easter Seals

501B N Main St, Lakeport **263-3949** or **263-3983**

Toll-Free **877-263-3994**

Provides services to Lake County children and adults with disabilities and other special needs and support to their families. Children's programs include early intervention, child care counseling, educational services, and community integration. See www.noca.easterseals.com.

End-of-Life

End-of-Life Resources

End-of-Life Resources

Note: Bereavement

Also contact the agencies listed under "Hospice" for ongoing support groups.

AARP Grief & Loss Info

Information and links on end-of-life issues. See www.aarp.org/relationships/grief-loss/.

Moving On

Willits Senior Center, 1501 Baechtel Rd. **459-6826**
Activity-oriented social support group for widows or women in divorce. Meets 2nd and 4th Thu noon – 1:00pm for lunch, followed by meeting 1:00 – 2:00pm. Social activities are offered, such as trips, dinners, theater, etc.

Public Administrator

15975 Anderson Ranch Parkway, PO Box 9000, Lower Lake **995-4260**
747 S. State St., PO Box 839, Ukiah **463-7786**
Provides cremation to no income/low income families, and administers the decedent's estate.

Widow's Support Group **485-7037**

Support group for widows age 55+. Meets 1st and 3rd Tue 11:30am – 1:00pm at Ukiah Methodist Church Library, 209 N. Pine St., Ukiah.

Hospice

Hospice of Ukiah

620 S. Dora St., Ste. 101, PO Box 763, Ukiah **462-4038**
End of life care including nurse, home health aid, and chaplain home visits for individuals with a terminal diagnosis and declining health.

Hospice Services of Lake County

1717 S. Main St., Lakeport **800-900-8820** or **263-6222**
Services for persons with terminal illnesses include skilled nursing (pain/symptom management), patient/family education, health aides, social workers, and spiritual/bereavement counseling for patients and family. The focus of care is on comfort rather than cure. Eligibility: Doctor-ordered services for patients of all ages. Medicare, Medi-Cal and most private insurance carriers provide coverage for hospice care. See www.lakecountyhospice.org.

Mendocino Coast District Hospital Hospice

700 River Dr., Fort Bragg **961-4617**
Hospice Coordinator provides information and support. Volunteers provide patient and caregiver support. Program may also provide access to funds to help pay for comfort items and caregiver assistance and an ongoing grief support group. See www.mcdh.org/dept/hospice-program/.

Phoenix Hospice

100 San Hedrin Cir., Willits **459-1818**
Toll-Free **800-606-9596**
Home health as well as hospice services for individuals with less than 6 months to live, including RN, PT, OT, ST, HHA, MSW, chaplain services, volunteers. By physician referral.

Redwood Coast Medical Services - Shamli Volunteer Hospice/Respite Program

Cerutti Healthcare Center, 175 Main St., Point Arena **882-2189** ext. **107**
Provides symptom and supplemental management and respite at no cost to families dealing with life threatening or chronic illness. See www.rcms-healthcare.org.

Energy Payment Assistance

Energy Payment Assistance

Note: Energy Savings

Also see “**Home Rehabilitation/Modification**” section for programs to offset the costs of installing energy efficient equipment, appliances, or weatherization.

City of Ukiah Utilities Dept.

300 Seminary Ave., PO Box 2860, Ukiah **463-6228**

Programs to reduce the energy costs of customers within Ukiah city limits. See www.cityofukiah.com and link to “Utilities” for information and applications.

- **C.A.R.E.S. Discounts**

Monthly credit is applied towards electric charges on City utility bill. \$40/month for eligible senior (62+) households; \$30/month for non-senior. Must meet low-income requirements. Customers can call the Salvation Army office at 468-9577 to get pre-qualified over the phone.

- **Medical Baseline & Life Support**

Increased baseline allowance for customers who use life support equipment in the home. Doctor verification of condition and equipment required. Call Utilities Dept. for application.

- **Temporary Assistance Program**

A benefit of up to \$350 per 12-month period towards electric charges on City utility bill. Eligibility: Must meet low-income requirements. Non-electric charges must be paid prior to receiving this benefit. Customers can call the Salvation Army office at 468-9577 to get pre-qualified over the phone.

North Coast Energy Services, Inc.

966-B Mazzoni St., PO Box 413, Ukiah **463-0303**

Toll-Free **800-233-4480**

Programs to reduce the energy costs of low-income customers. Call for application.

- **Energy Crisis Intervention Program (ECIP)** - Provides once-a-year financial assistance to eligible households for weather-related or energy-related emergencies.

- **Home Energy Assistance Program (HEAP)** - Provides once-a-year financial assistance to eligible households to offset the costs of heating and/or cooling dwellings.

Pacific Gas & Electric (PG&E)

Toll-Free 24/7..... **800-743-5000**

See www.pge.com/myhome/customerservice/financialassistance/.

- **PG&E Medical Baseline & Life Support**, Stockton

Toll-Free **800-743-5000**

Spanish **800-660-6789**

TDD **800-652-4712**

Energy Payment Assistance

Provides additional quantities of energy at the lowest (baseline) price to residential customers with certain medical conditions. Eligibility: PG&E customers dependent on life-support equipment in the home and those with certain conditions with special heating/cooling needs. Call PG&E for application or download from website.

- **PG&E California Alternate Rates for Energy (C.A.R.E.)**

PO Box 7979, San Francisco **866-743-2273**

Discount of 20% on monthly bill for low-income PG&E customers. Call for application or visit website for income eligibility and application. Recertification required every 2 years.

- **PG&E Relief for Energy Assistance through Community Help (REACH)**

One-time utility grant assistance of up to \$200. Eligibility: Low-income PG&E customers at risk of losing electricity services due to demonstrated uncontrollable or unforeseen financial hardships, and who have not received REACH help in the prior 18 months. Contact Salvation Army or Willits Community Services to apply.

Lake County

Salvation Army, Clearlake **995-1128**

Mendocino County

Salvation Army, Ukiah **468-9577**

Willits Community Services, Willits **459-3333**

Renewable Energy Development Institute (REDI)

75 N. Main St., PMB #234, Willits **459-1256**

REDI's HELP outreach program links Willits residents to energy-saving programs offered through providers/agencies such as PG&E and North Coast Energy Services. See www.redinet.org.

Salvation Army

Various programs to assist those in need, including utilities.

Lake County

14420 Lakeshore Dr., Ste. C, Clearlake **995-1128**

Mendocino County

714 S. State, Ste. A, Ukiah **468-9577**

Willits Community Services (WCS)

229 E. San Francisco St., Willits **459-3333**

Emergency assistance with food, transportation, shelter, blankets, utilities, prescriptions, cooking propane, formula, etc.

Food

CalFresh ♦ Congregate/Social Dining Sites

CalFresh (previously Food Stamps)

CalFresh Program

Nutrition assistance program that helps low-income people buy nutritious food. Eligibility: Meet limited resources and limited income guidelines; higher resource and income limits afforded those age 60+ or younger disabled. Those receiving SSI/SSP are not eligible, but those receiving SSI and not SSP may be eligible. Apply online at www.C4Yourself.com, or call/visit office for application.

Lake County

15975 Anderson Ranch Pkwy., PO Box 9000, Lower Lake..... **995-4200**
Toll-Free **800-628-5288**

Mendocino County

825 S. Franklin, PO Box 1306, Fort Bragg..... **877-327-1677** or **962-1000**
737 S. State St., PO Box 839 Ukiah **877-327-1711** or **463-7700**

Congregate/Social Dining Sites

Anderson Valley Senior Center

Veteran's Hall, 14400 Hwy 128, PO Box 591, Boonville..... **895-3609**
Serves lunch Tue and Thu at 12:15pm; exception 2nd and last Tue of the month, dinner at 6:00pm instead of lunch. Contribution suggested for diners age 60+ (or accompanying spouse); fee charged for others.

Calvary Chapel

14330 Memory Ln. (off Olympic Blvd.), PO Box 2062, Clearlake.... **994-5683**
Provides free community meal from 4:00 – 6:00pm on Tue and Thu each week.

Free Kitchen Project – Lakeport

Recorded Message Line **263-3338**
Provides free Sunday eve. (4:00 – 5:00pm) and holiday meals (3:00 – 5:00pm) on a rotating basis at various sites in Lakeport. Call recorded message line for locations/updates.

Free Kitchen Project – Upper Lake

Odd Fellows Hall on Main St., Upper Lake
Provides free dinners on the 3rd Tue/month (4:00 – 6:00pm). Also non-perishable food and gently used clothing closets.

Highlands Senior Service Center, Inc.

3245 Bowers Rd., PO Box 180, Clearlake..... **994-3051**
Lunches Mon – Fri. Suggested donation for those 60+; fee for all others.

Food

Congregate/Social Dining Sites

Indian Senior Center

425 N. State St., Ukiah **462-5595**
Open to public. Serves lunch Mon – Fri at noon. Eligibility: age 60+ and a member of Tribe with Resolution; suggested donation for others. Call for information.

Lakeport Senior Center, Inc.

527 Konocti Ave., Lakeport..... **263-4218**
Lunches Mon – Fri at noon; congregate breakfast 3rd Sun. Suggested donation for those 60+; fee for all others. See www.lcseniors.com.

Live Oak Seniors

12502 Foothill Blvd., PO Box 1389, Clearlake Oaks **998-1950**
Or..... **998-3198**
Lunches Mon – Fri. Suggested donation for those 60+; fee for all others.

Lucerne Alpine Seniors, Inc.

3985 Country Club Dr., PO Box 937, Lucerne **274-8779**
Lunches Tue – Fri at 11:30am – 12:30pm; breakfast Sat 8:00am – noon. Suggested donation for those 60+; fee for all others. See www.lucernealpineseniorcenter.com.

Manchester-Point Arena Indian Senior Center

24 Mamie Laiwa Dr., PO Box 193, Point Arena..... **882-2879**
Serves lunch Mon – Fri at noon. Reservations required a day ahead. Eligibility: Age 55+, or disabled and living w/senior.

Mendocino Presbyterian Church

Preston Hall, 44831 Main St., PO Box 105, Mendocino **937-5441**
Hot meal last Wed at 5:30pm. (See Redwood Coast Senior Center for lunches at this location.)

Middletown Community United Methodist Church

15833 Armstrong St. (off Hwy 29), PO Box A, Middletown **987-3379**
Free community dinner 1st Sun at 11:15am following church service. See www.middletownmethodist.org.

Middletown Senior Center

15299 Central Park Rd., PO Box 1037, Middletown **987-3113**
Lunches Mon – Fri at noon. Suggested donation for those 60+; fee for all others. See www.middletownseniorcenter.org.

Plowshares Peace and Justice Center

1346 S. State St., PO Box 475, Ukiah **462-8582**
Serves hot meals Mon – Fri. Lunch open to all 11:30am – noon. Dinner for seniors and families 5:30 – 6:00pm; open to all 6:00 – 6:30pm. (Homeless services including mail, laundry vouchers, personal care products, and haircuts during meal times.) See www.plowsharesfeeds.org.

Food

Congregate/Social Dining Sites

Redwood Coast Senior Center

490 N. Harold St., Fort Bragg **964-0443**

Serves lunch at Senior Center Mon – Fri 11:30am – 1:00pm.

- Also serves noon lunch at Mendocino Presbyterian Church Mon and Wed, and noon lunch at Albion Firehouse on Fri. Reservations required at these two off-site locations by calling the Redwood Coast Senior Center.

Suggested donation for those 60+; fee for others. See www.rcscenter.org.

Round Valley Indian Tribes Senior Center

77826 Covelo Rd., PO Box 448, Covelo **983-6556**

Congregate lunches Mon – Thu at 11:30am. Transportation provided for ambulatory persons to come to the center. Open to anyone age 62+ and Native Americans age 55+. Donation requested from non-Native participants; fee for non-seniors after all seniors have been served.

Seventh-day Adventist Church

126 McPhearson, Fort Bragg **964-0422**

Hot meal served Sat at 1:00pm. All are welcome.

South Coast Senior Center

Veterans Hall, 24000 S. Hwy 1, PO Box 437, Point Arena **882-2137**

Dining site **882-2237**

Lunches served Mon and Wed 11:30am – 12:30pm in Point Arena and Tue 11:30am – 12:30pm at Gualala Community Center. Contribution suggested for diners age 60+; fee charged for others. See www.southcoastseniors.org.

Ukiah Senior Center

495 Leslie St., mail to 499 Leslie St., Ukiah **468-9256**

Lunch served Mon – Fri at 11:30am. Fee charged. Reservations required. Call at least one day ahead, or by 7:00am the day of the meal to make reservations. See www.ukiahseniorcenter.org.

Willits Daily Bread

58 Bush St., Willits **459-3947**

Hot meals, Mon – Thu 5:30 – 6:30pm.

Willits Senior Center

1501 Baechtel Rd., Willits **459-6826**

Serves lunch Mon – Fri 11:45am – 1:00pm; dine-in or take-out. Fee charged; 10-meal punch card available for discount.

Food Banks

Note: Food Banks

Food banks distribute food through various programs and each has unique eligibility requirements and distribution days. Whether you need emergency food or monthly CSFP described below, contact the nearest food bank to see which you may qualify for.

Commodity Supplemental Food Program (CSFP)

Provides a monthly 30-40 lb. box of food to those age 60+ who meet low income eligibility guidelines. **Contact the distributing food bank for info on how to apply and to confirm dates/times of monthly distribution at the following site nearest to you.**

Redwood Empire Food Bank CSFP distribution sites, 523-7900

Lake County

1st Tuesday

- **Finley**, 2:00 – 3:00pm, Clear Lake Gleaners, 1896 Big Valley Rd.
- **Lakeport**, 11:30am – 12:30pm, Seventh Day Adventist Church, 1111 Park Way
- **Lucerne**, 9:30 – 10:45am, Lucerne Alpine Senior Center, 3895 Country Club Ave. at 10th

2nd Tuesday

- **Clearlake**, 2:00 – 3:00pm, Highlands Senior Service Center, 3245 Bowers Rd.
- **Lower Lake**, 11:30am – 12:30pm, Civic Center Park, Mill and 2nd Sts.
- **Middletown**, 9:30 – 10:30am, Middletown Senior Center, 15299 Central Park Rd.

Mendocino County

3rd Monday

- **Laytonville** Food Bank, 3:00 – 3:30pm, Long Valley Garden Club, Harwood Rd.
- **Willits**
Lenore Senior Apartments, 9:15 – 10:00am, 251 S. Lenore St.
Oak Glenn Apartments, 10:30 – 11:00am, 1298 Locust St.
Baechtel Creek Village, 11:30am – 12:15pm, 61 Alder Ct.
Willits Senior Center, 1:15 – 2:15pm, 1501 Baechtel Rd.

3rd Tuesday

- **Ukiah**
Plowshares, 9:00 – 10:00am, 1346 S. State St.
Walnut Village, 2:00 – 2:30pm, 1240 N. Bush St.

The Fort Bragg Food Bank CSFP distribution sites, 964-9404

- **Fort Bragg** Food Bank, 910 N. Franklin St.
Distribution based on food recipient's preference during food bank hours, prior to the 26th of the month (also delivered to apartment residents at Moura and Cypress Ridge). Food distribution hours:
Monday: Seniors 10:45 – 11:15am; all ages 12:00 - 3:00pm
Wednesday: Seniors 11:45am – 12:15pm; all ages 2:00 - 6:00pm
Friday: Seniors 10:45 – 11:15am; all ages 12:00 - 3:00pm
- **Leggett**, 3rd Thursday 2:00 – 4:00pm, 65100 Drive-Thru Tree Rd.
- **Point Arena**, 2nd Tuesday 9:00am – noon, VFW Hall, 24000 S. Hwy. 1

Food

Food Banks

Catholic Charities of the Diocese of Santa Rosa – Lake County Programs

21085 Bush St., PO Box 678, Middletown **987-8139**

Provides emergency and monthly food and limited financial assistance. See

www.srcharities.org/services/services-by-county.html.

- Middletown Pantry (Young St. near Bush St.), 3rd Wed/month, 4:30 – 6:00pm.
- Kelseyville Pantry (St. Peter's Catholic Church's Glebe Hall on Main St.), 4th Mon/month (except holidays), 4:30 – 6:00pm.

Clear Lake Gleaners Inc. - USDA Program

1896 Big Valley Rd., PO Box 266, Finley **263-8082**

Eligibility: Meet low income eligibility guidelines. Bring ID and income verification. Distribution

1st Wed morning/month at multiple sites throughout Lake County.

First Baptist Church of Clearlake

14550 Pearl Ave., PO Box 547, Clearlake **994-5148**

Food and clothes closets, Mon, Wed, and Thu 9:00 – 11:00am; food only Fri 9:00 – 11:00am.

Fort Bragg Food Bank

910 N. Franklin St., PO Box 70, Fort Bragg **964-9404**

Food distribution. See www.fortbraggfoodbank.org.

Lower Lake Community United Methodist Church

16255 Second St., PO Box 516, Lower Lake **994-2507**

Emergency food closet Tue and Thu 9:30am – 12:00pm. Eligibility: Individuals can access once/month. Bring proof of local residence.

Middletown Community United Methodist Church

15833 Armstrong St. (off Hwy 29), PO Box A, Middletown **987-3379**

Emergency food distribution 4th Wed 9:30 – 11:00am. Small food closet as needed. Eligibility:

South Lake County residency and in need. Bring proof of local residence. See

www.middletownmethodist.org.

Redwood Empire Food Bank

3320 Industrial Dr., Santa Rosa **523-7900**

The largest hunger-relief organization north of San Francisco, coordinates with local agencies to provide food distribution throughout Lake and Mendocino Counties. See www.refb.org.

St. John's Episcopal Church Food Closet/Thrift

1190 N. Forbes St., Lakeport **263-7564**

Food closet and thrift shop Tue, Wed, Thu, 10:00am – 3:00pm. Bring ID for food assistance.

St. Vincent de Paul

Lake County

Queen of Peace Catholic Church, 14435 Uhl Ave. PO Box 6697, Clearlake Thrift Store, 16125 Orchard St., Lower Lake **995-1724**
Emergency food assistance at Queen of Peace Catholic Church in Clearlake (Tue and Thu 10:00am – 2:00pm). Can apply there for vouchers to be used towards low cost or free clothing/household items at thrift store in Lower Lake (open Mon, Wed, and Sat 10:00am – 3:00pm). Other assistance may be available on a case-by-case basis upon approval of board. Eligibility: Picture ID and written proof of Lake County street address. Documentation of emergency may be required for assistance received more than once. Emergency is considered something that happened this month, did not happen last month, is not expected to happen again, and caused a reduction in income available to pay living expenses.

Mendocino County

St. Mary of the Angels Church, 900 S. Oak St., Ukiah..... **462-1431**
Limited emergency assistance, primarily food, Tue and Thu 4:00pm. Call prior to 3:00pm to sign up.

Ukiah Community Center (UCC) & Food Bank

888 N. State St., Ukiah **463-2409** or **462-8879**
Emergency, weekly, and monthly distribution of food under various food-support programs. Bring valid ID to center to apply.

Willits Community Services (WCS) & Food Bank

229 E. San Francisco St., Willits **459-3333**
Emergency assistance with food, transportation, shelter, blankets, utilities, prescriptions, cooking propane, formula, etc. Bring valid ID to center to apply.

Willits Brown Bag Program

111 E. Commercial, Willits
Brown bag lunch distribution, City Park across from City Hall, Sat 1:00 – 2:00pm.

Grocery Delivery

Harvest Market **964-7000** ext. **28**
Grocery delivery or personal shopper service for a fee; delivery requires 24+ hour advance notice and fees vary by location. Service area Cleone to Albion. See www.harvestmarket.com.

Food

Home Delivered Meals

Home-Delivered Meals

Note: Home-Delivered Meals aka "Meals on Wheels"

Programs that prepare and deliver regular hot meals to elderly and disabled individuals who are unable to shop for and/or prepare the food for themselves or travel to a site where a meal is being served.

Highlands Senior Service Center, Inc.

3245 Bowers Rd., PO Box 180, Clearlake **994-3051**
Home-delivered hot meals, mid-day Mon – Fri. Eligibility: Age 60+, homebound and unable to cook or shop, and lacking assistance. Donation suggested.

Indian Senior Center

425 N. State St., Ukiah **462-5595**
Home-delivered meals for homebound, functionally impaired adults. Eligibility: age 60+ and a member of Tribe with Resolution; suggested donation for others. Call for information.

Lakeport Senior Center, Inc.

527 Konocti Ave., Lakeport **263-4218**
Home-delivered hot meals, mid-day Mon – Fri, and frozen meals for the weekend. Eligibility: Age 60+, homebound and unable to cook or shop, and lacking assistance. Donation suggested. See www.lcseniors.com.

Live Oak Seniors

12502 Foothill Blvd., PO Box 1389, Clearlake Oaks **998-1950**
Or **998-3198**
Home-delivered hot meals, mid-day Mon – Fri, and frozen meals for the weekend. Eligibility: Age 60+ and homebound. Donation suggested.

Lucerne Alpine Seniors, Inc.

3985 Country Club Dr., PO Box 937, Lucerne **274-8779**
Home-delivered hot meals, mid-day Tue – Fri; frozen for Mon when center is closed. Eligibility: Age 60+ and homebound. Donation suggested. See www.lucernealpineseniorcenter.com.

Manchester-Point Arena Indian Senior Center

24 Mamie Laiwa Dr., PO Box 193, Point Arena **882-2879**
Home-delivered meals for the elderly and Native Americans. Eligibility: 55+ or disabled and living with a senior.

Middletown Senior Center

15299 Central Park Rd., PO Box 1037, Middletown **987-3113**
Home-delivered hot meals, mid-day Mon – Fri. Eligibility: Age 60+ and homebound, and disabled adults living with a senior. Donation suggested. See www.middletownseniorcenter.org.

Food

Home-Delivered Meals

Plowshares Peace and Justice Center

1346 S. State St., PO Box 475, Ukiah **462-8582**
Home-delivered meals Mon – Fri for homebound adults age 60+. See www.plowsharesfeeds.org.

Redwood Coast Senior Center

490 N. Harold St., Fort Bragg **964-0443**
Home-delivered meals for adults age 60+ who are unable to shop or cook for themselves consistently. Contribution suggested. See www.rcscenter.org

- **Fort Bragg area** hot lunch Mon – Fri, frozen for the weekend.
- **Caspar, Mendocino, Albion** hot lunch Mon,Wed,Fri and frozen for the other days.

Round Valley Indian Tribes Senior Center

77826 Covelo Rd., PO Box 448, Covelo **983-6556**
Home-delivered meals Mon – Thu. Eligibility: Native Americans age 55+, others age 62+. Donation requested of non-Native participants.

South Coast Senior Center

Veterans Hall, 24000 S. Hwy 1, PO Box 437, Point Arena..... **882-2137**
Dining site **882-2237**
Home-delivered meals for homebound, functionally impaired adults age 60+. Hot meals Mon,Tue,Wed; frozen meals Thu,Fri,Sat,Sun. Contribution suggested. See www.southcoastseniors.org.

Willits Senior Center

1501 Baechtel Rd., Willits..... **459-6826**
Home-delivered meals Mon – Fri for homebound or disabled adults. Delivery begins at 10:30am until all deliveries completed. Fee charged.

Grandparenting

Grandparenting

AARP Grandparenting Website

News and articles on the topic. See www.aarp.org/relationships/grandparenting/.

GrandFamilies of America

6525 Fish Hatchery Road, Thurmont, Maryland **301-358-3911**

National organization of relatives caring 24/7 for their relative children. Website with information on legal issues, legislation, and resources. See www.grandfamiliesofamerica.com.

Grandparents Parenting ... Again

3725 Westwind Blvd., Santa Rosa **566-8676**

Mail to: 1014 Hopper Ave., Ste. 221, Santa Rosa

An agency run completely by relative caregivers that offers guidance and support for grandparents encountering the legal and social factors of raising grandchildren. See

www.grandparentsparentingagain.org/.

Mendocino College Foster and Kinship Care Education Program

Instructional Specialist..... **468-3168**

Offers free trainings and workshops in both counties on various topics. Primary focus is on issues relating to parenting relative or foster children of all ages.

Safe Passage Family Resource Center

208 Dana St., PO Box 1718, Fort Bragg **964-3077**

Services for families in the northern Mendocino Coast area, including a support group for grandparents raising their grandchildren. Parenting classes, children's health insurance enrollment assistance, translation assistance, Spanish GED classes, after school activities, and information and referral services. See www.safepassagefortbragg.org.

Dental Clinics

Anderson Valley Health Center

13500 Airport Rd., PO Box 338, Boonville **895-3477**
Dental care for all ages regardless of ability to pay. See www.avhc.org.

Clearlake Family Dental Clinic

15230 Lakeshore Dr., Clearlake **995-4540**
Cleanings, fillings, extractions, stainless steel crowns, dentures, and partials. Part of St. Helena Hospital Clearlake's Rural Health Clinic System. Private dental insurance and Medi-Cal are accepted. See www.shhclearlake.org.

Consolidated Tribal Health Project

6991 N. State St., Redwood Valley **800-642-CTHP** or **485-5115**
Preventative dental care with focus on family services. No cost to eligible Indian individuals. Others pay with insurance or sliding scale. See www.cthp.org.

Hillside Health Center

333 Laws Ave., Ukiah **468-1010**
Dental care for all ages: exams, gum treatment, fillings, dentures, and emergency care. Medi-Cal for children, emergency Medi-Cal for adults, dental insurance, CMSP, sliding scale and private payment. Hillside Health Center is a local, nonprofit organization offering services regardless of a patient's ability to pay. See www.mchcinc.org.

Lake County Tribal Health Consortium

925 Bevins Ct., PO Box 1950, Lakeport **263-8382** ext. **112**
Toll-Free **800-750-7181**
Provides dental services for Native Americans and the general public. Patients may access dental services on a sliding scale, private pay basis, Medi-Cal, Medicare, CMSP, or private insurance. See www.lcthc.com.

Lakeside Health Center

5335 Lakeshore Blvd., Lakeport **263-7725**
Dental care for all ages: exams, gum treatment, fillings, dentures, and emergency care. Medi-Cal for children, emergency Medi-Cal for adults, dental insurance, CMSP, sliding scale and private payment. Transportation support possible, call to schedule. Lakeside Health Center is a local, nonprofit organization offering services regardless of a patient's ability to pay. See www.mchcinc.org.

Little Lake Health Center

45 Hazel St., Willits **456-9600**
Dental care for all ages: exams, gum treatment, fillings, dentures, and emergency care. Medi-Cal for children, emergency Medi-Cal for adults, dental insurance, CMSP, sliding scale and private payment. Little Lake Health Center is a local, nonprofit organization offering services regardless of a patient's ability to pay. See www.mchcinc.org.

Health Services

Dental Clinics ♦ Health Clinics & Public Health

Long Valley Health Center

50 Branscomb Rd., PO Box 870, Laytonville **984-8222**
Preventative and restorative dental care for all ages. See www.longvalley.org.

Mendocino Coast Clinics

205 South St., Fort Bragg **964-1251**
Dental care for patients of all ages. Various insurances accepted, or sliding scale payments depending on income qualifications. Transportation available in the local Fort Bragg area. See www.mendocinocoastclinics.org.

Redwood Coast Medical Services - Point Arena Dental Clinic

Cerutti Healthcare Center, 175 Main St., PO Box 629, Point Arena **882-2189**
See www.rcms-healthcare.org.

Round Valley Indian Health Center

Corner of Hwy 162 & Biggar Ln., PO Box 247, Covelo 983-8061
Full dental care serving both adults and children. See www.rvindianhealth.com.

Health Clinics & Public Health

Note: CMSP

Due to program changes, please confirm whether your provider still accepts CMSP insurance.

Anderson Valley Health Center

13500 Airport Rd., PO Box 338, Boonville **895-3477**
Comprehensive primary health care for all ages regardless of ability to pay. Medi-Cal, Medicare, private insurance, and sliding scale payment options. See www.avhc.org.

Cardiopulmonary Care Center

801 – 11th St., Ste. 3B, Lakeport **263-9502**
Testing services for patients with cardiovascular and pulmonary disease. Satellite
Cardiopulmonary office of St. Helena Hospital Clearlake. Medicare, Medi-Cal, and private health insurance are accepted. See www.shhclearlake.org.

Clearlake Family Health Center

15230 Lakeshore Dr., Clearlake **995-4500**
Pediatrics **995-4530**
Primary care medicine, pediatrics, behavioral health program, obstetrics and women's health, general surgery services, podiatry, physical therapy, and nutritional services. Part of St. Helena Hospital Clearlake's Rural Health Clinic System. Medicare, Medi-Cal, and private health insurance are accepted. See www.shhclearlake.org.

Health Services

Health Clinics & Public Health

Consolidated Tribal Health Project

6991 N. State St., Redwood Valley **800-642-CTHP** or **485-5115**
Outpatient, ambulatory clinic. Family medicine, WIC, prenatal and WellChild services. No cost to eligible Indian individuals. Services available to all others per insurance or sliding scale fee. Medi-Cal, Medicare, and private insurance accepted. See www.cthp.org.

Hidden Valley Medical Services

18990 Coyote Valley Rd., Ste. 8, Hidden Valley Lake..... **987-8344**
OB/GYN **963-5006**
Neurology **963-1882**
Internal medicine, oncology, urology, OB/GYN and women's services, neurology, medical/surgical specialties, laboratory and X-ray services. Medicare, Medi-Cal, and private health insurance are accepted. See www.shhclearlake.org.

Hillside Health Center

333 Laws Ave., Ukiah **468-1010**
Comprehensive healthcare services, including medical, dental and counseling services; pediatrics; chronic disease management; referrals to specialty care, women's health and prenatal services. Medi-Cal, CMSP, Medicare, sliding scale, and private payment. Hillside Health Center is a local, nonprofit organization offering services regardless of a patient's ability to pay. Transportation support possible; call for information. See www.mhcinc.org.

Kelseyville Family Health Center

5290 State St., Kelseyville **279-8813**
Family practice, podiatry, and behavioral health services. Part of St. Helena Hospital Clearlake's Rural Health Clinic System. Medicare, Medi-Cal, and private health insurance are accepted. See www.shhclearlake.org.

Lake County Tribal Health Consortium

925 Bevins Ct., PO Box 1950, Lakeport **263-8382** ext. **107**
Toll-Free **800-750-7181**
Provides primary medical care to all age groups from infants to elders. Walk-in and same day appointments are available. Services for Native Americans and the general public. Patients may access medical/dental services on a sliding scale, private pay basis, Medi-Cal, Medicare, CMSP, or private insurance. See www.lcthc.com.

Lakeside Health Center

5335 Lakeshore Blvd., Lakeport **263-7725**
Comprehensive healthcare services, including medical, dental, and counseling services; pediatrics; chronic disease management; referrals to specialty care, women's health and prenatal services; HIV/AIDS treatment. Medi-Cal, Medicare, private insurance, CMSP, Healthy Families, and sliding scale payment plans are accepted; assistance with public health insurance applications provided. Lakeside Health Center is a local, nonprofit organization offering services regardless of a patient's ability to pay. Call or go to location to apply. Transportation support possible; please call to schedule. See www.mhcinc.org.

Health Services

Health Clinics & Public Health

Little Lake Health Center

45 Hazel St., Willits **456-9600**

Comprehensive healthcare services, including medical, dental, and counseling services; pediatrics; chronic disease management; referrals to specialty care, women's health and prenatal services. Medi-Cal, CMSP, Medicare, sliding scale and private payment. Little Lake Health Center is a local, nonprofit organization offering services regardless of a patient's ability to pay. See www.mhcinc.org.

Long Valley Health Center

50 Branscomb Rd., PO Box 870, Laytonville **984-6131**

Integrated health care for men, women, and children of all ages. Medical, chiropractic, acupuncture, and other services. Medi-Cal, Medicare, CMSP, and many private insurance. Sliding scale for low-income. See www.longvalley.org.

Manchester-Point Arena Satellite Health Clinic

24 Mamie Laiwa Dr., PO Box 381, Point Arena **882-2877**

Medical and behavioral health services for Native American patients and their families. See www.scihp.org/pta/pta.htm.

Mendocino Coast Clinics

205 South St., Fort Bragg **964-1251**

Medical health services for all ages. Medi-Cal, Medicare, CMSP, Healthy Families, or most private insurance accepted, otherwise sliding scale payments. Transportation available in the local Fort Bragg area. See www.mendocinocoastclinics.org.

Mendocino County Health and Human Services Agency, Community Health Services Branch (formerly Public Health)

120 W. Fir St., Fort Bragg **472-2600**

1120 S. Dora St., Ukiah **472-2600**

221-B S. Lenore St., Willits **472-2600**

Toll-Free from within Mendocino County **800-734-7793**

Multi-program agency works to safeguard and promote the health and wellness of the people of Mendocino County. Services include oversight of emergency medical services, flu shots, immunizations, TB clinics, Sharps disposal, tobacco control services, out of hospital birth registration, car seat program, WIC, CA Children's Services, Vital Records, field nursing. Not all programs are available at each location. (Environmental Health Services are provided at 790 S. Franklin St., Fort Bragg, and 501 Low Gap Rd, Ukiah.) See www.co.mendocino.ca.us/hhsa/publichealth.htm.

Middletown Family Health Center

21337 Bush St., PO Box 1519, Middletown **987-3311**

Family practice, OB/GYN, and women's services. Part of St. Helena Hospital Clearlake's Rural Health Clinic System. Medicare, Medi-Cal, and private health insurance are accepted. See www.shhclearlake.org.

Health Services

Health Clinics & Public Health

Outpatient Rehabilitation Services

Burns Valley Mall, 14880 Olympic Dr., Clearlake **995-4888**
Variety of services by physical/occupational/speech therapy specialists, including but not limited to: orthopedic/sports rehabilitation; hand rehabilitation; ergonomics/industrial rehabilitation; neurology rehabilitation; lymphedema therapy; wound management; incontinence therapy; fall prevention; wheelchair evaluation/fitting; and custom orthotics and splinting. Part of St. Helena Hospital Clearlake's Rural Health Clinic System. Eligibility: Under the direction of a physician, Medicare, Medi-Cal, private health insurance, and Workman's Compensation are accepted. See www.shhclearlake.org.

Public Health - Lake County

922 Bevins Ct., Lakeport **800-794-9291** or **263-1090**
Multi-program agency works to safeguard and promote the health and wellness of the people of Lake County. Services emphasize prevention and education and include programs to lessen communicable and infectious diseases. Includes programs for women's preventative health as well as maternal, child, and adolescent health programs. Administers the AIDS Drug Assistance Program, HIV/AIDS Testing, Medical Marijuana ID Program, as well as Emergency Preparedness and flu shot programs. Eligibility: Varies per program. Medi-Cal and sliding scale payments accepted. See <http://health.co.lake.ca.us/site10.aspx>.

Redwood Coast Medical Services - Gualala Medical Clinic

46900 Ocean Dr., PO Box 1100, Gualala **884-4005**
A full array of primary and preventive medical services including family practice and urgent care. Specialty services including cardiology, ophthalmology, orthopedics, podiatry, and acupuncture. On-site x-rays, EKG, heart monitoring, and lab work. See www.rcms-healthcare.org.

Redwood Coast Medical Services - Point Arena Medical Clinic

Fred Morgan Medical Bldg., 30 Mill St., PO Box 629, Point Arena ... **882-1704**
A full array of primary and preventive medical services, including "Living Well Program," a geriatric care program serving patients age 60+. Specialty services including cardiology, ophthalmology, orthopedics, podiatry, and acupuncture. On-site x-rays, EKG, heart monitoring, and lab work. See www.rcms-healthcare.org.

Round Valley Indian Health Center

Corner of Hwy 162 & Biggar Ln., PO Box 247, Covelo **983-6404**
Full primary medical care services for all ages. Also chiropractic and physical therapy services. Medi-Cal and most types of insurance accepted. See www.rvindianhealth.com.

Sutter Lakeside Family Medicine Clinic

5176 Hill Rd. E., Lakeport **262-5088**
Full service rural health clinic offering family practice and occupational health and injury services, plus services by a pediatrician, obstetrician, nurse midwife, nurses, nephrologist, neurologist, and nutritionist. Eligibility: Adults, pregnant women, and children. Medicare, Medi-Cal, private health insurance, and Workman's Compensation are accepted, as well as low-income families without health insurance. See www.sutterlakeside.org.

Health Services

Health Clinics & Public Health ♦ Hospitals

Sutter Lakeside Mobile Health Services Unit

5176 Hill Rd. E., Lakeport..... **262-5076**
Physician office on wheels provides family practice services while traveling throughout Lake County, seeing patients at various pre-determined locations. Staffed with a Physicians' Assistant. Medicare, Medi-Cal, and private health insurance are accepted as well as those from low-income families with no health insurance. See www.sutterlakeside.org.

Sutter Lakeside Upper Lake Community Clinic

750 Old Lucerne Rd., Upper Lake **275-9066**
Located on the high school campus; provides family practice services, including family planning. Medicare, Medi-Cal, private health insurance, and self pay are accepted. See www.sutterlakeside.org.

Ukiah Valley Rural Health Center

260 Hospital Dr., Ukiah **463-8000**
Clinic affiliated with Ukiah Valley Medical Center. Practices include allergy, family practice, general surgery, internal medicine, obstetrics and gynecology, oncology, orthopedics, pediatrics, and urology. Accepts Medi-Cal, Medicare, CMSP, and other insurance. See www.uvmc.org.

VA Outpatient Clinics

Outpatient primary care and mental health services for Veterans. Part of the San Francisco VA Medical Center System. Eligibility: Honorably discharged Veterans who meet additional eligibility criteria. Call clinic to make appointment. No walk-ins. See www.sanfrancisco.va.gov.

- **Clearlake VA Outpatient Clinic**
15145 Lakeshore Dr., Clearlake **995-7200**
- **Santa Rosa VA Outpatient Clinic**
3841 Brickway Blvd., Santa Rosa **569-2300**
- **Ukiah VA Outpatient Clinic**
630 Kings Ct., Ukiah..... **468-7700**

Hospitals

Frank R. Howard Memorial Hospital

1 Madrone St., Willits **459-6801**
Part of the Adventist Health care system. See www.howardhospital.org.

Mendocino Coast District Hospital

700 River Dr., Fort Bragg **961-1234**
See www.mcdh.org.

Health Services

Hospitals ♦ Tribal Outreach & Support

San Francisco VA Medical Center (Fort Miley)

4150 Clement St., San Francisco **877-487-2838** or **415-221-4810**
Clinical care and referral center; hospital; clinical programs include acute medical, neurological, surgical, psychiatric; geriatric and extended care services include clinic, consultations, respite, nursing home care unit; palliative and hospice care. See www.sanfrancisco.va.gov.

St. Helena Hospital/Adventist Health

10 Woodland Rd., St. Helena **963-3611**
Physician Referral **800-540-3611**
Sister hospital to St. Helena Hospital Clearlake. See www.sthelenahospital.org.

St. Helena Hospital Clearlake/Adventist Health

15630 18th Ave., PO Box 6710, Clearlake **994-6486**
Partners with St. Helena Hospital for cardiovascular and cancer care needs. See www.shhclearlake.org.

Sutter Lakeside Hospital

5176 Hill Rd. E., Lakeport..... **262-5000**
ER **262-5050**
See www.sutterlakeside.org.

Ukiah Valley Medical Center

275 Hospital Dr., Ukiah **462-3111**
Part of the Adventist Health care system. See www.uvmc.org.

Tribal Outreach & Support

Consolidated Tribal Health Project - Community Outreach Services

6991 N. State St., Redwood Valley **800-642-CTHP** or **485-5115**
Public Health Nurse Community Health Representatives provide home visits, hospital visits, home safety checks, diabetic case management, nutrition, WIC and Community Education. Transportation and Grandmother's circle. Available to eligible Indian individuals (documentation required). See www.cthp.org.

Guidiville Indian Rancheria

419 H Talmage Rd., Ukiah or PO Box 339, Talmage **463-3693**
Provides tribal members with transportation to doctor appointments plus counseling for drug and alcohol prevention.

Hopland Tribal Health

3000 Shanel Rd., Hopland **744-1647**
Advocates and schedules appointments with medical, dental, and behavioral health providers. Provides transportation in accordance with transportation policies. Operates an Indian Child Welfare Program including family advocacy, visitation services, and placement services. Serves youth and families within the boundaries of the Hopland Reservation.

Health Services

Tribal Outreach & Support

Inter-Tribal Council of California, Inc.

Lake County office **262-3150**

Sacramento office **916-973-9581**

Lake County office of statewide non-profit Native American social services corporation designed to strengthen sovereignty and improve the health and well-being of tribal communities in California. Programs include those which focus on family violence prevention and services; individual and community accountability towards violence, substance abuse, poor nutrition and other health related matters; supports for children and youth; and scholarships for higher education. Call for more information See www.itccinc.org.

Lake County Tribal Health Consortium Outreach Services

925 Bevins Ct., PO Box 1950, Lakeport **263-8382** ext. **181**

Toll-Free **800-750-7181**

Public Health Nurse and Community Health Representatives provide home visits, hospital follow-up and patient education, smoke detectors, transportation to medical and dental appointments. Program also sponsors diabetes education, screening and health checks, nutrition counseling, cooking classes, and walking groups. Eligibility: Native American patients. See www.lcthc.com.

Round Valley Indian Health Center Community Outreach

Corner of Hwy 162 & Biggar Ln., PO Box 247, Covelo **983-6404**

Home visits to elders; senior center blood pressure checks; tele-health/tele-medicine (diabetics and ophthalmology); diabetic support groups, check-ups and wound care. Some transportation provided. Medi-Cal and most types of insurance accepted. See www.rvindianhealth.com.

Scotts Valley – Band of Pomo Indians Health & Social Service Department

301 Industrial Ave., Lakeport..... **263-4220**

Alcohol and substance abuse prevention and counseling. Child care assistance and referrals, nutrition/weight management, AIDS/STD prevention, social health services advocate, health planning, youth activities, and resource library. Provides forum for coping with addiction issues.

Sherwood Valley Rancheria

190 Sherwood Hill Dr., Willits..... **459-9690**

Community Health Representative and Patient Chauffeur support rural clients in getting to their medical appointments. Must be Sherwood Valley Rancheria Tribal member.

Care Management

Note: Care Management

These programs develop plans for coordinated care of individuals who, because of age, illness, disability, or other difficulties, are unable to arrange for services on their own behalf. Services include assessment of needs, coordination of needed services, and monitoring/follow-up of services to determine their effectiveness. Only non-profit care management agencies are listed below. The **National Association of Professional Geriatric Care Managers** provides a registry of private pay care managers with a specialized focus on issues related to aging and elder care at www.caremanager.org.

Community Care Management Corp.

301 S. State St., Ukiah **468-9347**

Multi-program, private non-profit agency that helps people in Lake and Mendocino counties to live independently at home. See www.communitycare707.com. Programs include:

- **Community Care HIV/AIDS Program (CCHAP)**

14644 Lakeshore Blvd., Ste. B, Clearlake **995-1606**

301 S. State St., Ukiah **462-3041**

Care management and support services for persons in Lake and Mendocino Counties who have been diagnosed with HIV or AIDS. Also Clearlake Drop-in Center provides counseling, social activities, informational meetings, support groups, and literature to persons living with HIV and AIDS, their family, friends, and caregivers.

- **Multipurpose Senior Services Program (MSSP)**

14642 Lakeshore Dr., Ste. C, Clearlake **995-7010**

205 S. Main St., PO Box 1925, Fort Bragg **964-4027**

301 S. State St., Ukiah **468-9347**

Care management services to assist persons age 65+ to remain safely at home. Clients must be Medi-Cal eligible without a share of cost, and at risk for institutionalization.

Mendocino County AIDS, Viral, Hepatitis Network (MCAVHN)

148 Clara St., PO Box 1350, Ukiah **462-1932**

Case management, practical assistance, emotional support, drop-in center, referral and information, food vouchers, transportation, rent and utilities assistance. HIV/HCV counseling and testing, syringe exchange, HCV support groups, and client socials. For any person affected by, living with, or at risk for HIV/HCV in Mendocino County. See www.mcavn.org.

Home-Based Care

Caregiver Respite & Support ♦ Home Health

Caregiver Respite & Support

Note: Respite Services for Caregivers

Provides supervision and care of clients while the usual caregiver receives a break. Also see section “Disability or Condition Specific Supports: Cognitive & Memory Loss” for other programs that may be of help to those caring for someone with Alzheimer’s or a similar condition.

Redwood Caregiver Resource Center (RCRC)

141 Stony Cir., Ste. 200, Santa Rosa **542-0282**
Toll Free **800-834-1636**

Provides services, including possible respite, to assist caregivers of older, frail individuals, or to assist older caregivers of people of any age who have disabilities. Also provides counseling and support for family caregivers of adults with brain impairments, through education, research, services, and advocacy. Helpful factsheets and links at website: www.redwoodcrc.org.

Redwood Coast Medical Services - Shamli Volunteer Hospice/Respite Program

Cerutti Healthcare Center, 175 Main St., Point Arena..... **882-2189** ext. **107**
Provides symptom and supplemental management and respite at no cost to families dealing with life threatening or chronic illness. See www.rcms-healthcare.org.

Home Health

Note: Home Health

Home visits by medical professionals (such as registered nurses, physical/occupational/speech therapists) and social workers for those unable to leave home to receive these services. Prescribed by a doctor and paid by medical insurance subject to policy limitations.

Adventist Health Home Care & Phoenix Hospice

100 Sanhedrin Cir., Willits **800-606-9596** or **459-1818**

Mendocino Coast District Hospital Home Health

700 River Dr., Fort Bragg **961-4651**
See www.mcdh.org/dept/home-health-care-program.

St. Helena Hospital Clearlake Home Health Care Services

9245 Hwy 53, PO Box 532, Lower Lake **994-0737**
See www.shhclearlake.org.

Sutter Health VNA & Hospice

843 Parallel Dr., Lakeport..... **800-675-5595** or **263-7400**
See www.suttervnaandhospice.org.

Home-Based Care

In-Home Supportive Services (IHSS) ♦ Private Pay Caregiver Agencies

In-Home Supportive Services (IHSS)

In-Home Supportive Services (IHSS)

Assists clients in remaining safely in their own homes. Helps locate, hire, train, and supervise in-home care providers who assist with tasks the clients aren't able to perform themselves (e.g., bathe, dress, clean house, grocery shop, etc.). Eligibility: Medi-Cal eligible, 65+ or legally blind or disabled by Social Security standards, disabled children.

Lake County

16170 Main St., Unit C, PO Box 9000, Low.Lk... **888-221-2204** or **995-4680**

Mendocino County

825 S. Franklin St., PO Box 1306, Fort Bragg.. **877-327-1677** or **962-1102**

747 S. State St., PO Box 839, Ukiah **877-327-1799** or **463-7900**

221 S. Lenore Ave., Willits **800-771-2453** or **456-3740**

Private Pay Caregiver Agencies

Note: Hiring In-Home Help

Unless otherwise noted, these agencies offer services that may include homemaking chores, personal care, transportation and shopping, protective supervision, social reassurance, and end-of-life care. To learn more about the details of hiring caregivers, see Redwood Caregiver Resource Center's website at www.redwoodcrc.org/factSheets.php and scroll down to the Home Care section's "Hiring In-Home Help" fact sheet.

A Family Friend, LLC

PO Box 1457, Mendocino..... **866-937-1298** or **937-1298**

Service area: Lake and Mendocino Counties. See www.afamilyfriend.net.

Andersson Caregiver Group

32101 Middle Ridge Rd., Albion **937-4810**

Service area: coastal area from Elk to Cleone (sometimes Westport) to Comptche.

Full Spectrum Senior Care **263-4893** or **349-1568** or **295-7056**

Service area: Lake County.

Highlands Senior Service Center, Inc.

3245 Bowers Rd., PO Box 180, Clearlake..... **994-3051**

Maintains a registry of screened in-home caregivers for Lake County.

Home With Us

923 19th St., Lakeport..... **349-0971**

Service area: Lake County.

Home-Based Care

Private Pay Caregiver Agencies ♦ Volunteer Assistance

Lake Caregivers/Mendocino Caregivers

1102 S. Main St., Ste. 3A, Fort Bragg **877-964-2001** or **964-2000**
Service area: Lake and Mendocino Counties. See www.lakecaregivers.com or
www.mendocinocaregivers.com.

Mendocino Nursing Services

1102 S. Main St., Ste. 3A, Fort Bragg **800-462-0717** or **964-5556**
Services by Registered Nurses and Licensed Vocational Nurses including but not limited to physician ordered injections and medications, respiratory and wound care, and pain control management. (Sister agency to Lake Caregiver/Mendocino Caregivers.) Service area: Lake and Mendocino Counties. See www.mendocinonursing.com.

Nason Caregivers Network

PO Box 685, Albion..... **937-5002**
Service area: Elk to Fort Bragg to Comptche.

Sequoia Senior Solutions, Inc.

191 Lynch Creek Way, Ste. 102, Petaluma **888-469-5694**
Service area: Lake and Mendocino Counties. See www.SequoiaSeniorSolutions.com.

Volunteer Assistance

Community Resources Connection (CRC)

PO Box 336, Gualala **800-395-8984** or **884-4562**
Provides “neighbor to neighbor” help for seniors, disabled adults, youths and other residents of the coastal area between Sea Ranch and Manchester including simple handy person services, errands, and transportation; general information about providers in the service area. See www.crconnection.org.

Konocti Senior Support, Inc. Friendly Visitors

14310 Memory Ln., PO Box 6668, Clearlake..... **995-1417**
Home visits by trained volunteers who offer friendship, understanding, and companionship.
Eligibility: Lake County resident age 55+ and homebound, isolated, lonely, or needing comfort and support.

Senior Companion Program

413 N. State St., Ukiah **467-3200**
Low-income senior volunteers provide individualized attention to frail, homebound elders in Ukiah or Willits. Program recipients must be referred by an agency.

Home-Based Care

Volunteer Assistance

You Are Not Alone – YANA

7000 S. Center St. #A, Clearlake

Mail to: PO Box 489, Lakeport..... **994-6433** or **262-4098**

Daily "check-in" phone call by volunteers Mon – Fri (except holidays) to Lake County elderly and/or frail individuals who are alone at home. If no answer, a welfare check is done in the following order: phone company, pre-designated neighbor, fire department notified.

Youth for Seniors

201 Smith St., PO Box 807, Lakeport..... **263-6966**

Provides community service alternative to incarceration for at-risk youths. From April through October, as funding is available, adult-supervised teams of three prune, rake, weed-wack, clean gutters, and exterior windows. Eligibility: Low-income Lake County seniors unable to perform the work themselves and/or financially unable to hire someone to do it.

Housing & Shelter

Home Rehabilitation/Modification

Home Rehabilitation/Modification

City of Clearlake Housing Rehabilitation Program

..... **994-8201** ext. **111**
Loans for the repair of housing owned and/or occupied by lower income households. Owner-occupants who are permanently disabled or age 62+ may be eligible for deferred payment loans. Funds can be used for improvements such as re-roofing, electrical, plumbing, and structural repairs. Eligibility: Homeowner living in the City of Clearlake, conforming to maximum income limits set by HUD.

City of Lakeport Housing Loan Program

Redevelopment/Housing Dept., 225 Park St., Lakeport..... **263-8841**
Provides direct (amortized) loans at below market interest (repaid in monthly installments over 15 years; or deferred) for housing rehabilitation projects and, in some cases, new construction. Eligibility: City of Lakeport resident or non-profit agency conforming to maximum income limits established by the State for low and moderate income individuals.

City of Ukiah Utilities, Energy Efficiency Dept.

PO Box 421, Clackamas, OR 97015..... **888-883-9879**
Energy Services provides rebate programs for City of Ukiah electric customers to help offset the costs of installing energy-efficient equipment. Call above number or browse www.cityofukiah.com and link to "Utilities" for information and applications.

Community Development Commission (CDC)

1076 N. State St., Ukiah **463-5462**
TDD/TTY **463-5697**
Housing rehabilitation program for low income individuals.

Lake County Owner Occupied Housing Rehab Program

16170 Main St., Ste. D, PO Box 1049, Lower Lake **995-7120**
Simple annual interest loans for specified home rehabilitation projects. Deferred payment loans, interest-only payment loans, and amortized loans available based on income qualifications. Amortized loans will be 15 years and/or up to 30 years at the discretion of Lake County, payable at any time with no prepayment penalty. Eligibility: Residents of the unincorporated area of the County (not Lakeport nor Clearlake) who own and reside in the home to be rehabilitated and meet low-income eligibility. Contingent upon program funds. See www.co.lake.ca.us/Government/Directory/Social_Services/Housing_Programs.htm.

North Coast Energy Services, Inc. – Weatherization Program

966-B Mazzoni St., PO Box 413, Ukiah **463-0303** or **800-233-4480**
Toll-Free
Provides free weatherization services to improve the energy efficiency of homes, including attic insulation, weather-stripping, minor housing repairs, and related energy conservation measures. Available to households approx. every five years. Eligibility: Must meet limited-income criteria. Call for application.

Housing and Shelter

Home Rehabilitation/Modification ♦ Homeless & Transitional Housing

PG&E Energy Partners Program

Toll-Free Smarter Energy Line..... **800-933-9555**

TDD/TTY **800-652-4712**

Provides qualified low-income customers free weatherization measures and energy-efficient appliances to reduce gas and electricity usage. Eligibility: PG&E customer, must meet household income limitations and have not participated in the program in prior 10 years. Visit website for more program details. Call or complete online referral at Energy Partners link at www.pge.com/myhome/customerservice/financialassistance/.

Renewable Energy Development Institute (REDI)

75 N. Main St., PMB #234, Willits..... **459-1256**

REDI's HELP outreach program links Willits residents to energy-saving programs offered through providers/agencies such as PG&E and North Coast Energy Services. See www.redinet.org.

USDA Rural Development

777 Sonoma Ave., Santa Rosa **526-6797 ext. 4**

TDD **530-792-5848**

Housing Repair Program provides grants and/or loans to very-low income homeowners in homes considered modest for the area. Grants limited to those age 62+. Mobile homes may be eligible if the site is owned by the applicant and home is on a permanent foundation or will be, with Section 504 funds. Call office for prequalification. See www.rurdev.usda.gov/ca.

Homeless & Transitional Housing

Buddy Eller Center - Homeless Shelter

201 Brush St., Ukiah **462-6290**

64-bed short-term emergency housing for families and individuals. May include dinner and clothing. Links to other programs offered through Ford Street Project.

Catholic Charities of the Diocese of Santa Rosa – Lake County Programs

21085 Bush St., PO Box 678, Middletown **987-8139**

Works with other community partners to offer rental subsidies and utility assistance to the almost homeless in Lake County, who meet the requirements of the non-emergency Homeless Prevention & Rapid Re-Housing Program (HPRP) and the Federal Emergency Shelter Grant Program (FESG). Other support programs to address physical, emotional, and spiritual needs by volunteers from St. Joseph and Our Lady of the Lake Catholic Churches. Citizen workshops 1-2 times/year. See www.srcharities.org/services/homeless-lake-county.html for HPRP and FESG details, or call Santa Rosa office at 528-8712.

Crisis Line

888 N. State St., Ukiah **800-575-HELP (4357)**

24-hour telephone service administered by the Ukiah Community Center connects callers with crisis service agencies countywide.

Housing and Shelter

Homeless & Transitional Housing

Ford Street Project

139 Ford St., Ukiah **462-1934**

Multi-program agency serving Mendocino County residents since 1973. Services for persons with alcohol and other drug problems include detoxification, residential recovery, outpatient groups and individual counseling, and a first-offense DUI Program. Also housing, money management, counseling supports for various populations. See www.fordstreet.org.

Transitional Housing Program: Housing at several locations for 6 months to 2 years as a bridge between shelter and permanent housing. Includes case management and services to increase self-sufficiency.

Hospitality Center

790 S. Franklin St., Ste. E, Fort Bragg **671-4302**

Resource center for homeless people, providing advice and information. Case management for Supportive Housing Program.

Hospitality House

237 N. McPherson St., PO Box 2168, Fort Bragg **961-1150**

24-bed emergency shelter. Congregate dinner served 5:00pm and breakfast served 7:00am. Alcohol, drug, and marijuana free; mandatory drug testing. Call at shelter after 1:00pm and before 5:00pm.

Lake Family Resource Center – Rape & Domestic Violence Crisis Center

5350 Main St., Kelseyville **888-775-8336** or **279-0563**

24/7 crisis line **888-485-7733**

Provides services to victims and families. Advocacy, peer counseling and restraining orders are available. Therapy and counseling services. Shelter for women and children through the Freedom House. See www.lakefrc.org.

Project Sanctuary

461 N. Franklin St., Fort Bragg **961-1507**

564 S. Dora St., PO Box 450, Ukiah **462-9196**

24-hour Crisis Line **800-575-HELP (4357)**

Services to prevent and lessen the effects of domestic violence and sexual assault including emergency safe shelter for battered women and their children. Also, a transitional housing program available in Ukiah. See www.projectsanctuary.org.

Ukiah Community Center (UCC)

888 N. State St., Ukiah **462-8879**

Coordinates referrals for clothing, food, and shelter through various local organizations.

Willits Community Services (WCS)

229 E. San Francisco St., Willits **459-3333**

Emergency assistance with food, transportation, shelter, blankets, utilities, prescriptions, cooking propane, formula, etc.

Housing and Shelter

Housing Support Agencies

Housing Support Agencies

Community Development Commission (CDC)

1076 N. State St., Ukiah **463-5462**

TDD/TTY **463-5697**

Manages Public Housing and other low income housing programs. Rental Assistance programs include Section 8 Housing Choice Voucher, Shelter Plus Care and HOME funded assistance.

Habitat for Humanity

PO Box 490, Little River **937-2418**

16285 Main St., PO Box 1830, Lower Lake **994-1100**

Helps families in need to build simple, decent, affordable housing, through volunteer labor and donations of money/materials. Houses are sold to partner families at no profit and are financed with affordable, no-interest mortgages. Projects may be subject to waiting list. Eligibility: Owner families invest 500 hours of their own labor and sweat equity into building their houses and houses of others. Service area: Lake County and the Mendocino Coast from Westport to Elk. Lake County Habitat also offers home repairs for low income seniors. See www.lakehabitat.org and www.habitatmendocino.org.

Lake County Housing Commission

16170 Main St., Ste. D, PO Box 1049, Lower Lake **995-7120**

Administers low-income housing services programs for Lake County residents. See individual program requirements. Contingent upon the availability of program funds. See www.co.lake.ca.us/Government/Directory/Social_Services/Housing_Programs.htm.

- **First Time Home Buyers Assistance Program**

Provides financial support in the form of deferred payment loans to families who might otherwise be unable to purchase a home. Eligibility: Residents of the unincorporated area of Lake County (not Lakeport nor Clearlake). Household income cannot exceed 80% of Lake County's Median Income, adjusted annually for household size. Contact office for an application.

- **Section 8 Housing Choice Voucher Program**

Rental assistance program for very low-income households. Waiting list may be closed but opens periodically for new applications. Eligibility: Household income cannot exceed 50% of Lake County's Median Income adjusted annually for household size. Preference given to households under 30% of Median. Contact office for an application.

Northern Circle Indian Housing Authority

694 Pinoleville Dr., Ukiah **468-1336**

HUD approved housing counseling agency including foreclosure prevention.

Rural Communities Housing Development Corporation (RCHDC)

499 Leslie St., Ukiah..... **463-1975**

Subsidized housing, property management services, and self-help program towards home ownership. Contact individual housing complexes to complete application. See www.rchdc.org.

Housing and Shelter

Subsidized Housing Complexes

Subsidized Housing Complexes

Lake County

- **Adagio**
15117 Olympic Dr., Clearlake **995-0370**
Family complex, 2, 3, 4 bdrm (3 accessible units).
- **Austin Manor Apts.**
14900 Burns Valley Rd., Clearlake **995-1650**
Senior complex, 1 bdrm (2 accessible units). Eligibility: 62+ unless disabled.
- **Autumn Village Apts.**
14930 Burns Valley Rd., Clearlake **995-1650**
Senior complex, 1 bdrm (4 accessible units). Eligibility: 62+ unless disabled.
- **Cache Creek Apts.**
16080 Dam Rd., Clearlake..... **994-9581**
Family complex, 2, 3, 4 bdrm (5 accessible units).
- **Clearlake Apts.**
7145 Old Hwy 53, Clearlake **994-5111**
Family complex, 1, 2, 3 bdrm.
- **Eskaton Clearlake Oaks Manor**
75 Lake St., Clearlake Oaks..... **998-9355**
Senior complex, 1 bdrm (2 accessible units). Units are 580 square feet, all-electric. An independent living, smokefree complex. Eligibility: 62+. See www.eskaton.org.
- **Highlands Village**
Office, 6215 Old Hwy 53, Clearlake..... **994-7538**
Senior complex, 1 bdrm (4 accessible units). Eligibility: 62+ or mobility impaired and very low or extremely low income.
- **Lakeport Village Apts.**
901 S. Forbes St., Lakeport **263-5231**
Family complex, 1, 2 bdrm (2 accessible units).
- **Lakeview Apts.**
525 Bevins St., Lakeport **263-7021**
Senior complex, studio, 1 bdrm (4 accessible units). Eligibility: 62+ unless mobility impaired.
- **Lakeview Terrace Apts.**
7055 Old Hwy 53, Clearlake **995-5295**
Family complex, 2, 3, 4 bdrm (4 accessible units).
- **Middletown Garden Apts.**
15750 Knowles Ln., Middletown **987-9668**
1, 2, 3 bdrm (2 accessible units). Eligibility: 62+ senior section; other section 18+.

Housing and Shelter

Subsidized Housing Complexes

- **Nice Village Apts.**
6620 Collier Ave., Upper Lake **274-8259**
Family complex, 1, 2, 3 bdrm (2 accessible units).
- **North Shore Villas**
5860 E. Hwy. 20, Lucerne **274-2318**
Senior complex, 1 bdrm (4 accessible units). Eligibility: 62+
- **Oak Hill Apts.**
4425 Cruickshank, Kelseyville **279-1500**
Family complex, 2, 3, 4 bdrm (2 accessible units). Eligibility: 18+; must be a current, retired, or disabled domestic farm laborer.
- **Olympic Villa Apts.**
14580 Olympic Dr., Clearlake **995-1730**
Senior complex, 1 bdrm (3 accessible units). Eligibility: 62+ or persons with special needs. Submit 5 year landlord history and 6 months bank statements.
- **Olympic Village**
15097 Olympic Dr., Clearlake **995-0370** (Adagio) or **994-2408**
Senior complex, 1, 2 bdrm (3 accessible units). Eligibility: at least one member of household must be 55+. Pick up applications at Adagio, 15117 Olympic Dr.
- **Orchard Garden Apts.**
5025 Gaddy Ct., Kelseyville **279-0804**
Family complex, 1, 2, 3 bdrm (2 accessible units).
- **Ridge Lake Apartments**
15160 Austin Dr., Clearlake **994-1163**
TDD **800-947-3529**
Family complex, 1, 2 bdrm (10 accessible units). See www.ridgelakeapartments.com.
- **Sunshine Manor**
2031 Giselman St., Lakeport **263-3761**
Senior complex, 1 bdrm (4 accessible units). Eligibility: 62+ unless mobility impaired.
- **Walnut Grove Apts.**
3155 Smith Ln., Clearlake **995-0775**
Senior complex, 1, 2 bdrm (4 accessible units). Eligibility: 55+ and meet income limits.

Mendocino County

- **Autumn Leaves**
425 E. Gobbi St., Ukiah **462-5550**
Senior complex, studio, 1, 2 bdrm (2 accessible units for 18+). Eligibility: 62+ unless disabled.
- **Baechtel Creek Village**
61 Alder Ct., Willits **459-4607**
Senior complex, 1, 2 bdrm (6 accessible units). Eligibility: 62+ (55+ disabled).

Housing and Shelter

Subsidized Housing Complexes

- **Creekside Village**
751 Waugh Ln., Ukiah **463-0721**
Senior complex, 1 bdrm (4 accessible units, 18+). Eligibility: 62+ unless mobility impaired.
- **Cypress Ridge**
520 Cypress St., Fort Bragg **964-7715**
Senior complex, 1, 2 bdrm (4 accessible units). Eligibility: 62+ unless mobility impaired.
- **Duncan Place**
301 Cypress St., Fort Bragg **964-4858**
Senior complex, 1 bdrm. Eligibility: 62+ unless disabled.
- **Ford Street Project Permanent Housing Program**
139 Ford St., Ukiah **462-1934**
HOME Program rent levels and accepts HUD rental vouchers at Garden Court Apts. For homeless, low-income adults, generally with psychiatric disabilities. Pick-up application at Ford Street Project's main address or through the Dept. of Mental Health Housing Coord.
- **Gibson Court**
148 Gibson St., Ukiah..... **462-3005**
Mental Health referrals only.
- **Holden Street**
490 Dora St., Ukiah..... **462-3005**
Mental Health referrals only.
- **Holly Heights I**
77 Holly St., Willits..... **459-2153**
Family complex, 1, 2, 3 bdrm, no accessible units.
- **Holly Heights II**
201 Holly St., Willits **456-0689** (or at **459-2153** Holly Heights I)
Family complex, 1, 2, 3, 4 bdrm, no accessible units.
- **Jack Simpson School View Apts.**
1051 N. Bush St., Ukiah..... **463-0300**
Senior complex, studio, 1 bdrm (3 accessible units 18+). Eligibility: 62+ unless mobility impaired.
- **Lenore Senior Apts.**
251 S. Lenore St., Willits **456-0552** (or at **459-2153** Holly Heights I)
Senior complex, 1 bdrm (1 accessible unit). Eligibility: 62+ only.
- **McCarty Manor**
741 Waugh Ln., Ukiah **468-0229**
Family complex, 1, 2, 3 bdrm (4 accessible units).
- **Moura Senior Housing**
400 South St., Fort Bragg **964-1203**
Senior complex, 1 bdrm. Eligibility: 62+.

Housing and Shelter

Subsidized Housing Complexes ♦ Non-Subsidized Senior Housing

- **North Pine Street Apts.**
1080 N. Pine St., Ukiah..... **463-0300**
Senior complex, 1 bdrm, ground floor and upstairs - no elevator. Eligibility: 62+ only.
Office at Jack Simpson School View Apts., 1051 N. Bush St..
- **Oak Creek**
300 Creekside Dr., Willits..... **459-6558**
Family complex, 1 bdrm. Eligibility: 18+.
- **Oak Glenn**
1298 Locust St., Willits **459-6233**
Family complex, 1, 2, 3 bdrm (2 accessible units).
- **Orchard Manor**
610 Orchard Ave., Ukiah..... **468-5810**
Family complex, 1, 2, 3 bdrm (3 accessible units). Eligibility: 18+
- **Orchard Village**
548 Ford St., Ukiah..... **468-5810**
Family complex, 1, 2, 3 bdrm (3 accessible units). Contact manager at office Orchard Manor, 610 Orchard Ave.
- **Summer Creek Village**
755 Village Circle, Ukiah **467-1211**
Family complex, 2, 3, 4 bdrm (4 accessible units). Section 8 accepted. (Affordable, Moderate- income complex – not low income.)
- **Ukiah Green, Ukiah Green South, & Ukiah Terrace**
1164 Mulberry St. #41, Ukiah..... **462-8272**
TDD **800-947-3529**
Family complexes, 1, 2, 3 bdrm (12 accessible units between 3 complexes). Section 8. See www.ukiahterraceapartments.com.
- **Walnut Apartments**
311 Walnut St., Fort Bragg..... **964-8041**
Family complex, 1 , 2 bdrm.
- **Walnut Village**
1240 N. Pine St., Ukiah..... **468-9672**
Senior complex, 1, 2 bdrm (6 accessible units, 18+). Eligibility: 62+ unless mobility impaired.

Non-Subsidized Senior Housing

Brookside Retirement Residence

1199 S. Dora, Ukiah **462-6262**
66-unit senior complex, studio, alcove, and suites (5 accessible units). Daily maid service, congregante meals, and transportation to Ukiah destinations. Eligibility: 60+.

Redwood Meadows

1475 Baechtel Rd., Willits..... **459-1616**
Senior complex, studio, 1, 2 bdrm (all units wheelchair accessible, 6 units have additional accessible adaptations). Eligibility: 55+. May accept HUD vouchers.

Questions? Contact Senior Information & Assistance at 800-510-2020 or 707-468-5132

Housing and Shelter

Residential Care Facilities

Residential Care Facilities

Note: Residential Care Facilities for the Elderly (RCFE)

Also called "Board and Care Homes" or "Assisted Living Facilities," RCFEs provide room and board, plus care and supervision. Care is typically non-medical, but in some instances limited health care services are provided by appropriately skilled professionals. For information on choosing a facility, contact the Long-Term Care Ombudsman Program of Lake and Mendocino Counties at 467-5835.

Lake County

- **A Nice Care Home**
6784 Crump Ave., Nice **274-9938**
- **Clover Valley Guest Home**
820 Clover Valley Rd., Upper Lake **275-2405**
- **Deerwood**
7790 Brower Ln., Kelseyville **279-8735**
- **Edelweiss Guest Home**
955 Pool St., Lakeport **263-4340**
- **Orchard Park**
14789 Burns Valley Rd., Clearlake **995-1900**
- **Walnut Grove Retreat**
6680 Bergesen Dr., Kelseyville **279-1102**
- **Three Lakes Assisted Living Facility**
8304 Lake St., Lower Lake **995-6008**

Mendocino County

- **Burton's Residential Care Home for the Elderly**
79 Whitmore Ln., Ukiah **468-9868**
- **Cottage Grove Residential Care Facility**
416 Grove Ave., Ukiah **468-5982**
- **Dalistan Care Home II**
208 Scott St., Ukiah **468-9329** or **468-0924**
- **Equinox Care Facility**
38281 S. Hwy 1, Gualala **884-4061**
- **Holden Street Rest Home**
611 Holden St., Ukiah **462-8289**
- **Holy Child Residential Care Home I**
1074 Albright Pl., Ukiah **462-2487**

Housing and Shelter

Residential Care Facilities

- **Holy Child Residential Care Home II**
512 Canyon View Ct., Ukiah **463-5589**
- **Holy Child Residential Care Home III**
419 Grove St., Willits **456-1234**
- **Holy Spirit Residential Care Home**
224 Laws Ave., Ukiah **462-0428**
- **Mountain View Senior Living**
1343 S. Dora St., Ukiah **462-6212**
- **Observatory Care Home**
270 Observatory Ave., Ukiah **468-7499**
- **Oceanside Retirement Living**
1370 Navarro Bluff Rd., Albion **877-1701**
- **Rome's Care Facility I**
1127 S. Dora St., Ukiah **468-5986**
- **Rome's Care Facility II**
1139 S. Dora St., Ukiah **468-5986**
- **The Lodge at the Woods**
43300 Little River Airport Rd., Little River..... **800-469-6637**

California Advocates for Nursing Home Reform (CANHR)

650 Harrison St., San Francisco **800-474-1116** or **415-974-5171**

Dedicated to improving the quality of care for California's long-term care consumers, and educating people about nursing homes, residential care/assisted living, and long-term care issues. Pre-placement counseling, estate planning information, Medi-Cal, and on-line nursing home and residential care/assisted living guides and fact sheets. Lawyer referral service. See www.canhr.org.

Community Care Licensing Division

Licensing and regulatory agency for various California licensed care facilities, including residential care facilities for the elderly (RCFE). Search for RCFE and other licensed care facilities at website www.cclcd.ca.gov. Follow "Find Licensed Care" link.

Ombudsman Program of Lake and Mendocino Counties

747 S. State St., PO Box 839, Ukiah **467-5835**

24-hour reporting line..... **800-231-4024**

Receives and investigates complaints made by or on behalf of residents of nursing and residential care homes. Visits facilities regularly to discover and resolve problems.

Insurance

Insurance

Health Insurance Counseling & Advocacy Program (HICAP)

3262 Airway Dr. #C, Santa Rosa **800-434-0222** or **526-4108**
Provides free and objective information and assistance in dealing with Medicare, HMOs, long-term care insurance, and other health insurance issues. Local appointments with a registered volunteer. Eligibility: Medicare and Medi-Cal beneficiaries. Call office for general information or to schedule a one-on-one appointment at a designated Lake or Mendocino County location. See www.senioradvocacyservices.org.

Medi-Cal Program

Medi-Cal and County Medical Services Program (CMSP) provide payment for medical costs to eligible individuals who meet income and resource standards. Payment for medical costs incurred may require a share-of-cost portion based upon household income levels. All those receiving SSI are eligible. Others must meet income, resource, and other criteria standards. Info at Calif. Dept. of Health Care Services website: www.dhcs.ca.gov/services/med-cal/Pages/Medi-CalFAQs.aspx. Apply online at www.C4Yourself.com, or call/visit office for application.

Lake County

15975 Anderson Ranch Pkwy., PO Box 9000, Lower Lake..... **995-4200**
Toll Free **800-628-5288**

Mendocino County

825 S. Franklin St., PO Box 1306, Fort Bragg.. **877-327-1677** or **962-1102**
747 S. State St., PO Box 839, Ukiah **877-327-1799** or **463-7900**
221 S. Lenore Ave., Willits **800-771-2453** or **456-3740**

- **Partnership HealthPlan of California**

..... **800-863-4155** or **863-4120**
Effective July 1, 2011, Mendocino County Medi-Cal recipients will automatically become members of Partnership HealthPlan of California, a Medi-Cal Managed Care Health Plan. See www.partnershiphp.org.

Medicare

Automated phone system..... **800-633-4227**
See www.medicare.gov for more info, or to apply online. Additional info at www.MyMedicareMatters.org, a consumer-oriented website designed to help people make informed choices, sponsored by the National Council on Aging.

Legal & Advocacy

AARP

601 E St. NW, Washington DC **888-687-2277**
Non-profit membership organization providing advocacy and services, free tax preparation help, drivers safety program, insurance programs and more for adults age 50+. See www.aarp.org.

Adult Protective Services (APS)

Responds to reports of elder and dependent adult abuse and neglect. Intervenes to resolve the problems that place the adult at risk, links to needed services, and, if necessary, secures out-of-home placement for protection.

Lake County

16170 Main St., Unit C, PO Box 9000, Lower Lake **995-4680**
Toll-Free **888-221-2204**
Night/weekend emergency **995-4680**
See www.co.lake.ca.us/Government/Directory/Social_Services.htm.

Mendocino County

825 S. Franklin St., PO Box 1306, Fort Bragg .. **877-327-1677** or **962-1102**
747 S. State St., PO Box 839, Ukiah **877-327-1799** or **463-7900**
221 S. Lenore Ave., Willits **800-771-2453** or **456-3740**
After Hours Emergency **800-575-HELP (4357)**
See www.co.mendocino.ca.us/hhsa/adult/adult.htm.

American Indian Domestic Violence and Sexual Assault Program

77826 Covelo Rd., PO Box 448, Covelo **983-9333**
Crisis Line **995-8777**
Support for victims of domestic violence, including transportation, court accompaniment, assistance with restraining orders, referrals to counseling, etc.

Area Agency on Aging of Lake and Mendocino Counties (AAA)

747 S. State St., PO Box 839, Ukiah **463-7775**
Plans and coordinates the development and delivery of local programs and services to individuals age 60+.

Area I Developmental Disabilities Board

505 S. State St., PO Box 245, Ukiah **463-4700**
Advocates for legal, civil and service rights for individuals with developmental disabilities.

California Advocates for Nursing Home Reform (CANHR)

650 Harrison St., San Francisco **800-474-1116** or **415-974-5171**
Dedicated to improving the quality of care for California's long-term care consumers, and educating people about nursing homes, residential care/assisted living, and long-term care issues. Pre-placement counseling, estate planning information, Medi-Cal, and on-line nursing home and residential care/assisted living guides and fact sheets. Lawyer referral service. See www.canhr.org.

Legal & Advocacy

California Indian Legal Services

3814 Auburn Blvd, Ste. 72, Sacramento.. **800-829-0284** or **916-978-0960**
Provides legal assistance for issues specific to Federal Indian Law: for elders, land issues, will, and probate. Eligibility: Individuals below 125% poverty line, according to Legal Services Corp. See www.calindian.org.

Disability Services & Legal Center

415 Talmage Rd., Ste. B, Ukiah **800-528-7704** or **463-8875**
TTY **462-4498**

"Advancing the rights of people with disabilities to equal justice, access, opportunity, and participation in our communities." Provides independent living skills training, information and referral, Social Security Admin. and Dept. of Rehabilitation advocacy (CAP), benefits counseling, peer support, and assistive technology solutions. Free disability law clinic at Ukiah office 2nd Thu/month 1:00 – 3:00pm. Off-site hours in Lake County available; call for an appointment. See www.disabilityserviceandlegal.org.

Family Law Facilitator's Office

380-J North Main St., Lakeport **263-9024**
County Courthouse, Rm. 212, 100 N. State St., Ukiah **463-5666**
Free legal assistance to those representing themselves in matters of divorce, separation, child support, visitation, custody, spousal support, and maintenance of health insurance. Assistance available for guardianships, civil harassment, evictions, name changes, and answers to domestic violence restraining orders. Call to schedule an appointment.

Inter-Tribal Council of California, Inc.

Lake County office **262-3150**
Sacramento office **916-973-9581**
Lake County office of statewide non-profit Native American social services corporation designed to strengthen sovereignty and improve the health and well-being of tribal communities in California. Programs include those which focus on family violence prevention and services; individual and community accountability towards violence, substance abuse, poor nutrition and other health related matters; supports for children and youth; and scholarships for higher education. Call for more information. See www.itccinc.org.

Lake County Mediations

380-I North Main St., PO Box 1173, Lakeport..... **263-6800**
Provides trained mediators as an alternative to litigation for many types of conflict: landlord/tenant issues, elder care Issues, business, real estate, neighborhood disputes, organizational conflict, and many others. A mediator facilitates respectful communication and empowers the parties to discuss, analyze and problem solve in a collaborative manner. Eligibility: Per person fee per mediated session; sliding scale for those on low fixed incomes. Call to schedule an appointment; no walk-ins. See www.LakeCountyMediations.org.

Legal & Advocacy

Lake County Mental Health Patient's Rights Advocate

991 Parallel Dr., Lakeport..... **888-334-3390**

Provides representation for mental health clients. See www.co.lake.ca.us/Government/Directory/Mental_Health/.

Lake County Public Guardian / Conservator / Administrator

15975 Anderson Ranch Parkway, PO Box 9000, Lower Lake **995-4260**

Court appointed supervision for those unable to manage their own financial and/or personal care. Also administers the estates of deceased persons with no heirs willing or able to serve in that capacity. Probate Conservatorship referrals may be made by anyone (including law enforcement officers and prosecutors). LPS Conservatorship referrals may be made by qualified psychiatrists in conjunction with mental health agencies and facilities. Eligibility: Those who cannot provide for themselves financially or personally. See www.co.lake.ca.us/Government/Directory/Social_Services.htm.

Lake Family Resource Center – Rape & Domestic Violence Crisis Center

5350 Main St., Kelseyville **888-775-8336** or **279-0563**

24/7 crisis line **888-485-7733**

Provides services to victims and families. Advocacy, peer counseling and restraining orders are available. Therapy and counseling services. Shelter for women and children through the Freedom House. See www.lakefrc.org.

Legal Services of Northern California

421 N. Oak St., Ukiah **877-529-7700** or **462-1471**

Provides free legal assistance to low-income clients primarily in areas of public benefits and landlord-tenant law. Also has a pro-bono panel for low-income clients for multiple other areas of law. Must be below poverty guidelines 125% - 200%. See www.lsn.net or www.lsn.info.

Mendocino County Health and Human Services Agency, Mental Health Branch – Patient's Rights Advocate

860 N. Bush St., Ukiah **463-4614**

Provides representation for mental health clients. See www.co.mendocino.ca.us/hhsa/adult/patientrights.htm.

Mendocino County Mental Health Board

860 N. Bush St., Ukiah **463-5481**

Advisory body to the Board of Supervisors and Mental Health Services Director on matters concerning mental health in the county.

Mendocino County Public Guardian/Conservator

747 S. State St., PO Box 839, Ukiah **463-7957**

Court appointed conservator assisting persons who are substantially unable to manage their own financial and/or personal care. Probate referrals through Adult Protective Services and Ombudsman; LPS referrals through Mental Health.

Legal & Advocacy

Nuestra Casa

487 N. State St., Ukiah **463-8181**
Family resource center provides bilingual, culturally appropriate support to the Latino communities of Mendocino County. See www.nuestracasafrc.org.

Office of Clients' Rights Advocacy

1116 Airport Park Blvd., Ukiah **800-281-3832 x235** or **462-3832 x235**
Alternate direct line **462-2462**
Advocates on behalf of persons with a developmental disability in Lake and Mendocino Counties; services include consultation, representation, training, investigating complaints, and assuring compliance of law by facilities and other service providers. May also assist the individual, who feels he/she has a developmental disability and should qualify for Regional Center services, in his/her attempt to be found eligible for those services. Eligibility: Any person with a developmental disability. See www.pai-ca.org/about/OCRA.htm.

Ombudsman Program of Lake and Mendocino Counties

747 S. State St., PO Box 839, Ukiah **467-5835**
24-hour reporting line **800-231-4024**
Receives and investigates complaints made by or on behalf of residents of nursing and residential care homes. Visits facilities regularly to discover and resolve problems.

Project Sanctuary

461 N. Franklin St., Fort Bragg **961-1507**
564 S. Dora St., PO Box 450, Ukiah **462-9196**
24-hour Crisis Line **800-575-HELP (4357)**
Services to prevent and lessen the effects of domestic violence and sexual assault, including 24-hour crisis hotline; emergency safe shelter for battered women and their children; peer counseling, transitional housing program in Ukiah; individual and group counseling; prevention and education programs; legal assistance; and a volunteer program. See www.projectsanctuary.org.

Senior Law Project

200-B N. Main St., Lakeport **800-260-4703** or **263-4703**
Provides legal assistance for those age 60+ in public benefits (SSI, SSA, Medi-Cal, IHSS), housing rights, consumer protection and debt, elder abuse, and planning for incapacity and long-term care. See www.seniorlawproject.org.

Senior Legal Hotline

444 N. 3rd St., Ste. 312, Sacramento **800-222-1753**
Free legal advice regarding pensions, CalFresh, foreclosure counseling, and reverse mortgages for California residents age 60+. Clients may also submit questions confidentially at www.seniorlegalhotline.org.

Legal & Advocacy

Victim / Witness Program

Offers comprehensive support for victims of violent crime. Includes crisis intervention, emergency assistance, resource referral and follow-up – including for counseling/therapy. Assists in applying to the State Victims Compensation Program. Provides orientation to the Criminal Justice System, supplies court escort and support, case status and disposition. Assists with restitution recovery, employer and creditor intervention, and more. Networks with county and community agencies.

Lake County

420 Second St., Lakeport **262-4282**

Mendocino County

County Courthouse Rm. 501

100 N. State St., PO Box 144, Ukiah **800-785-3332** or **463-4218**

Appointments may be arranged at offices in Fort Bragg and Willits.

Mental Wellness & Counseling

Mental Wellness & Counseling

Note: CMSP

Due to program changes, please confirm whether your provider still accepts CMSP insurance.

Caregiving Support Group at Redwood Coast Seniors, Inc.

490 N. Harold St., Fort Bragg **961-4305**

Support group for caregivers. Meets 1st Fri each month from 10:30 – 11:30am. Stress reduction, information, and peer support.

Clearlake Family Health Center

15230 Lakeshore Dr., Clearlake **995-4500**

Pediatrics **995-4530**

Counseling services for all ages. Part of St. Helena Hospital Clearlake's Rural Health Clinic System. Eligibility: Accepts Medi-Cal only. See www.shhclearlake.org.

Consolidated Tribal Health Project

6991 N. State St., Redwood Valley **800-642-CTHP** or **485-5115**

Adult substance abuse counseling, alternative to violence and sobriety groups, and child counseling. No cost to eligible Indian individuals. Services available to all others per insurance or sliding scale fee. Medi-Cal, Medicare, and private insurance accepted. See www.cthp.org.

Hillside Health Center

333 Laws Ave., Ukiah **468-1010**

Counseling and psychotherapy services. Medi-Cal, CMSP, Medicare, sliding scale and private payment. Hillside Health Center is a local, nonprofit organization offering services regardless of a patient's ability to pay. See www.mhcinc.org.

Institute on Aging Center for Elderly Suicide Prevention and Grief

Counseling (CESP) – Friendship Line **800-971-0016**

Bay Area based suicide prevention services for older adults suffering from life-threatening depression. Hosts 24-hour toll-free Friendship Line available to persons age 60+ nationwide to call when depressed, isolated, grieving, suicidal, going through a difficult time, in an abusive situation, or are lonely and want to talk to someone. See www.ioaging.org.

Kelseyville Family Health Center

5290 State St., Kelseyville **279-8813**

Counseling services for adults. Part of St. Helena Hospital Clearlake's Rural Health Clinic System. Eligibility: Accepts Medi-Cal only. See www.shhclearlake.org.

Konocti Senior Support, Inc. Senior Peer Counseling

14310 Memory Ln., PO Box 6668, Clearlake..... **995-1417**

Home visits by senior volunteers who receive training and weekly supervision from a licensed psychotherapist. Provides a confidential and non-judgmental listening ear. Can also provide advice on linking to community services while always allowing client to make his/her own choices. Eligibility: Lake County resident age 55+.

Mental Wellness & Counseling

Lake County Mental Health

7000-B S. Civic Center Dr., Clearlake..... **994-7090**

991 Parallel Dr., Lakeport..... **263-4338**

Toll-Free Crisis/Intake **800-900-2075**

Provides outpatient therapy, medication services, as well as case management, transitional residential, hospital-based services, and psychological testing. Eligibility: Adults and children experiencing serious mental illness or emotional disturbance. Serves primarily those on Medi-Cal, Medicare or indigent, but all are eligible to request services to determine eligibility. Call office during business hours or 800 number nights and weekends. See www.co.lake.ca.us/Government/Directory/Mental_Health/.

Lake County Mental Health Patient's Rights Advocate

991 Parallel Dr., Lakeport..... **888-334-3390**

Provides representation for mental health clients. See www.co.lake.ca.us/Government/Directory/Mental_Health/.

Lake County Tribal Health Consortium

925 Bevins Ct., PO Box 1950, Lakeport **263-8382 ext. 108**

Toll-Free **800-750-7181**

Provides mental health counseling, alcohol and drug counseling, and individual/group education to Native American patients. See www.lcthc.com.

Lakeside Health Center

5335 Lakeshore Blvd., Lakeport **263-7725**

Counseling and psychotherapy services. Medi-Cal, Medicare, private pay, and sliding scale payment plans; assistance with public health insurance applications. Lakeside Health Center is a local, nonprofit organization offering services regardless of a patient's ability to pay. See www.mchcinc.org.

Lighthouse Drop-In Center

14147 Lakeshore Dr., Clearlake **995-0893**

Peer-based drop-in center offers one-to-one support as well as a full schedule of support groups and activities.

Little Lake Health Center

45 Hazel St., Willits **456-9600**

Counseling and psychotherapy services. Medi-Cal, CMSP, Medicare, sliding scale and private payment. Little Lake Health Center is a local, nonprofit organization offering services regardless of a patient's ability to pay. See www.mchcinc.org.

Long Valley Health Center

50 Branscomb Rd., PO Box 870, Laytonville **984-6131**

Mental health and counseling services. Medi-Cal, Medicare, CMSP and many private insurance. Sliding scale for low-income. See www.longvalley.org.

Mental Wellness & Counseling

Manchester-Point Arena Satellite Health Clinic

24 Mamie Laiwa Dr., PO Box 381, Point Arena..... **882-2877**
Medical and behavioral health services for Native American patients and their families. See www.scihp.org/pta/pta.htm.

Manzanita Services

Ukiah United Methodist Church, 270 N. Pine St., Ukiah **463-0404**
Willits (call for location) **463-0404**
Recovery and peer support resources for people who have (or have had) issues with mental health. Library, computers with internet access, support groups, art classes and workshops as a healing modality. Possible assistance with paperwork for entitlement programs and other supports.

Mendocino Coast Clinics

205 South St., Fort Bragg **964-1251**
Counseling to children, adults, and families by Licensed Clinical Social Workers and Licensed Clinical Psychologists. Medi-Cal, Medicare, CMSP, Healthy Families, or sliding scale payments depending on income qualifications. Transportation available in the local Fort Bragg area. See www.mendocinocoastclinics.org.

Mendocino County Health and Human Services Agency, Mental Health Branch

790-B S. Franklin St., Fort Bragg..... **964-4747**
860 N. Bush St., Ukiah **463-4303**
221-B S. Lenore Ave., Willits **456-3850**
Mental health services, outpatient counseling, assistance with vocational rehabilitation, housing and residential placement. Eligibility: All persons of county in crisis or who meet medical necessity for Medi-Cal treatment. See www.co.mendocino.ca.us/hhsa/mentalhealth.htm.

Mendocino County Health and Human Services Agency, Mental Health Branch – Patient's Rights Advocate

860 N. Bush St., Ukiah **463-4614**
Provides representation for mental health clients. See www.co.mendocino.ca.us/hhsa/adult/patientright.htm.

Mendocino County Youth Project - Redwood Counseling Service

776 S. State St., Ste. 107, Ukiah **463-4915**
Low cost counseling for adults age 18+ by therapists and therapist trainees. Sliding scale cash payment fee schedule. See www.mccyp.org.

Moving On

Willits Senior Center, 1501 Baechtel Rd..... **459-6826**
Activity-oriented social support group for widows or women in divorce. Meets 2nd & 4th Thu noon – 1:00pm for lunch, followed by meeting 1:00 – 2:00pm. Social activities are offered, such as trips, dinners, theater, etc.

Mental Wellness & Counseling

National Alliance on Mental Illness (NAMI) Mendocino

Gladys..... 462-0490
Diane 467-9798
Sonya..... 937-3339
1010 Hurley Way, Ste. 195, Sacramento 916-567-0163
Local chapter of nationwide volunteer, grassroots organization dedicated to improving the lives of people with severe mental illnesses by providing mutual respect, support, education and advocacy. See www.namimendocino.org.

Older Adult System of Care (OASOC)

7000-B S. Civic Center Dr., Clearlake..... 994-7090
991 Parallel Dr., Lakeport..... 263-4338
Toll-Free Crisis/Intake 800-900-2075
In addition to offering the full spectrum of on-site services available through the Lake County Mental Health offices in Lakeport and Clearlake, OASOC offers home-based mental health therapy and case management services to homebound seniors. Eligibility: Age 60+, experiencing serious mental illness or emotional disturbance. Serves primarily those on Medi-Cal, Medicare or indigent, but all are eligible to request services to determine eligibility. See www.co.lake.ca.us/Government/Directory/Mental_Health/.

Redwood Caregiver Resource Center (RCRC)

141 Stony Cir., Ste. 200, Santa Rosa 800-834-1636 or 542-0282
Provides services, including possible respite, to assist caregivers of older, frail individuals, or to assist older caregivers of people of any age who have disabilities. Also provides counseling and support for family caregivers of adults with brain impairments through education, research, services, and advocacy. Helpful factsheets and links at website: www.redwoodcrc.org.

Redwood Coast Medical Services

Elaine Jacob Building, 38550 S. Hwy. 1, Gualala 884-4005
Counseling services for individuals, couples, families, and adolescents. Substance abuse treatment, anger management, and group therapy for women. See www.rcms-healthcare.org.

Round Valley Indian Health Center

Corner of Hwy 162 & Biggar Ln., PO Box 247, Covelo 983-6648
Substance abuse counseling, AA meetings, community events and projects. Medi-Cal and most insurance accepted. See www.rvindianhealth.com.

St. Helena Hospital/Adventist Health Behavioral Health

10 Woodland Rd., St. Helena 963-3611
Physician Referral 800-540-3611
Sister hospital to St. Helena Hospital Clearlake. Hospital's behavioral health services include a 24-bed inpatient unit for adults who are experiencing acute symptoms of major mental illnesses; also an alcohol and chemical recovery unit offering medically supervised detox. Eligibility:

Mental Wellness & Counseling

Medicare, Medi-Cal, private health insurance, and Workman's Compensation. See www.sthelenahospital.org.

- **St. Helena Hospital Center for Behavioral Health**

525 Oregon St., Vallejo..... **648-2200**

Mental Health Referral Line **649-4040**

Free-standing 61-bed facility that offers an active, structured therapeutic mental health program.

VA Outpatient Clinics

Outpatient primary care and mental health services for Veterans. Part of the San Francisco VA Medical Center System. Eligibility: Honorably discharged Veterans who meet additional eligibility criteria. Call clinic to make appointment. No walk-ins. See www.sanfrancisco.va.gov.

- **Clearlake VA Outpatient Clinic**

15145 Lakeshore Dr., Clearlake **995-7200**

- **Santa Rosa VA Outpatient Clinic**

3841 Brickway Blvd., Santa Rosa **569-2300**

- **Ukiah VA Outpatient Clinic**

630 Kings Ct., Ukiah..... **468-7700**

Widow's Support Group..... **485-7037**

Support group for widows age 55+. Meets 1st and 3rd Tue 11:30am – 1:00pm at Ukiah Methodist Church Library, 209 N. Pine St., Ukiah.

Entitlement Programs

Employment Development Department - Unemployment Insurance

Toll-Free **800-300-5616**
Toll-Free TTY **800-815-9387**
Unemployment insurance. See www.edd.ca.gov.

Employment Development Department – Workforce Services

Located at the following Mendocino Works Employment Resource Centers:
310 E. Redwood Ave., Fort Bragg **964-3295**
631 S. Orchard, Ukiah **463-5710**
221 S. Lenore, Willits..... **456-3782**
Free job placement and referrals, unemployment insurance, state disability insurance, employment and training, special program for Veterans. See www.edd.ca.gov.

Lake County Job Services

55 First St., 1st Floor, (mail to Ste. C), Lakeport **262-3105 or 262-3116**

Lake County Department of Social Services

15975 Anderson Ranch Pkwy, PO Box 9000, Lower Lake..... **995-4200**
Toll-Free **800-628-5288**
Multi-program agency supports needs of low-income individuals and families including Medi-Cal, CMSP, General Assistance/CalFresh, IHSS, APS, Section 8 Housing, Public Administrator and Public Guardian. Contact agency or apply online at www.C4Yourself.com. See www.co.lake.ca.us/Government/Directory/Social_Services.htm.

Mendocino County Health and Human Services Agency, Social Services Branch

825 S. Franklin St., PO Box 1306, Fort Bragg .. **877-327-1677** or **962-1102**
747 S. State St., PO Box 839, Ukiah **877-327-1799** or **463-7900**
221 S. Lenore Ave., Willits **800-771-2453** or **456-3740**
Multi-program agency supports needs of low-income individuals and families including Medi-Cal, CMSP, General Assistance/CalFresh, IHSS, APS, Public Administrator, Public Guardian/Conservator, Ombudsman, Area Agency on Aging, and Veteran's Services. Contact agency or apply online at www.C4Yourself.com. See www.co.mendocino.ca.us/hhsa/adult/adult.htm.

Social Security Administration

2025 S. Main St., Lakeport **263-1749**
521 S. Orchard Ave., Ukiah **462-0225**
National Toll-Free line **800-772-1213**
Takes applications for retirement, disability and survivors benefits for workers and their families. Administers the Supplemental Security Income (SSI) program. Also issues Social Security numbers. Eligibility: Retiree or disabled, with qualifying quarters worked. SSI for those aged or disabled with limited income and assets. Contact Social Security to learn how much money you

Money

Entitlement Programs ♦ Grants ♦ Money Management

can earn without lowering your Social Security or SSI payments. Many items can be handled on-line at website, such as filing claims, making changes, receiving benefit verification and other information. Satellite station at Fort Bragg Health and Human Services Agency Social Services Branch, 825 S. Franklin St., 4th Thu only, 9:00am – 12:00pm and 1:00 – 2:30pm. See www.socialsecurity.gov.

Grants

The Community Foundation of Mendocino County

290 S. State St., Ukiah **468-9882**

County-wide non-profit organization that matches donors' philanthropic interests with community needs and opportunities. Administers various grant programs, including the **Angel Fund**, the cancer-related **Foster Fund** (see "Cancer" section), and the **Community Enrichment Grant** program. For fund and grant information, see: www.communityfound.org.

- **Angel Fund**

Provides one-time financial assistance of \$100-\$300 to families, children and elderly individuals in Mendocino County who need to get through short-term crisis situations and who have needs that are not met by other public or private programs. Typical areas of assistance include health and safety needs, to assist work or education. Funds are administered through local non-profits. Call for more information.

Money Management

Note: Forgetting to Pay Bills

If forgetting to pay bills is an issue, contact utility, phone service, and other providers to sign up for "Third Party Notification" to let someone else know if payments become overdue.

Consumer Credit Counseling Service

1309 11th St., Ste. 104, Arcata **800-762-1811** or **822-8536**

Budget and debt counseling and management; bankruptcy education and counseling.

See www.cccsnojuggle.org.

Consumer Credit Counseling Service of San Francisco – Santa Rosa

70 Stony Point Rd., Ste. C, Santa Rosa **800-777-7526**

Budget counseling and debt management; bankruptcy education and counseling; HUD approved housing counseling agency including foreclosure prevention and reverse mortgages.

See www.cccssf.org.

Finance for People

PO Box 907, Redwood Valley **485-8178**

Representative payee and money management services for individuals referred through Social Security, by other local agencies, or self-referral. No home visits.

Money

Money Management ♦ Taxes

Nelson Agency

499 Chestnut St., PO Box 1154, Fort Bragg **964-7402**
Representative payee services, money management. Home visits available.

Northern Circle Indian Housing Authority

694 Pinoleville Dr., Ukiah **468-1336**
HUD approved housing counseling agency including foreclosure prevention.

Redwood Coast Senior Center Money Management

490 N. Harold St., Fort Bragg **964-0443**
Representative payee service, money management for clients referred by Mendocino County Health & Human Services Agency or Community Care MSSP. Home visits available.

Tsunami Enterprises

PO Box 608, Ukiah **463-2546**
Representative payee service, money management. Home visits available.

Ukiah Senior Center Money Management

499 Leslie St., Ukiah..... **462-4343** ext. **102**
Representative payee service, money management for clients age 55+, or younger with disability. Home visits available. See www.ukiahseniorcenter.org.

Willits Senior Center Money Management

1501 Baechtel Rd., Willits..... **459-6826**
Representative payee services, money management for clients age 55+.

Taxes

AARP Tax-Aide Program

601 E. St. NW, Washington DC **888-227-7669**
IRS-certified volunteers provide free one-to-one tax counseling from Feb. 1st to Apr. 15th of each year, often at local senior centers. Eligibility: Low and middle income taxpayers, with special attention to those age 60+. See www.aarp.org/money/taxaide.

California State Franchise Tax Board

Toll-Free **800-852-5711**
See www.ftb.ca.gov.

Internal Revenue Service (IRS) **800-829-1040**

See www.irs.gov.

Senior Centers

Senior Centers

Note: Senior Centers

Multipurpose centers that serve as a focal point for older adults and offer, at a single location, a wide variety of services, programs, and activities. Many centers have newsletters and invite membership for a nominal fee. Some have "Outreach Programs" to work one-to-one with seniors to help them use and access existing services to retain independence and prevent isolation.

Anderson Valley Senior Center

Veteran's Hall, 14400 Hwy 128, PO Box 591, Boonville..... **895-3609**
Congregate meals, transportation, social programs for individuals age 60+.

Highlands Senior Service Center, Inc.

3245 Bowers Rd., PO Box 180, Clearlake..... **994-3051**
Congregate lunches, home-delivered meals, social and exercise programs, outreach, in-home registry of caregivers. Educational presentations offered to seniors, families, friends and community organizations on benefits and services available to seniors. Notary public available by appointment.

Indian Senior Center

425 N. State St., Ukiah..... **462-5595**
Senior Center, congregated meals, home delivered meals, and transportation to appointments. Eligibility: age 60+ and a member of Tribe with Resolution; services to others available for a suggested contribution. Call for information.

Lakeport Senior Center, Inc.

527 Konocti Ave., Lakeport..... **263-4218**
Congregate meals, home-delivered meals, outreach, social, exercise, and educational programs. See www.lcseniors.com, which welcomes calendars, information, and links from other agencies.

Live Oak Seniors

12502 Foothill Blvd., PO Box 1389, Clearlake Oaks . **998-1950** or **998-3198**
Congregate lunches, home-delivered meals, social programs, outreach, and transportation by wheelchair-accessible van for individuals age 60+.

Lucerne Alpine Seniors, Inc.

3985 Country Club Dr., PO Box 937, Lucerne **274-8779**
Congregate meals, home-delivered meals, social programs, and outreach. See www.lucernealpineseniorcenter.com.

Manchester-Point Arena Indian Senior Center

24 Mamie Laiwa Dr., PO Box 193, Point Arena..... **882-2879**
Congregate meals, home delivered meals, social programs.

Senior Centers

Middletown Senior Center

15299 Central Park Rd., PO Box 1037, Middletown **987-3113**
Congregate meals, home-delivered meals, social programs, and outreach. See www.middletownseniorcenter.org.

Redwood Coast Senior Center

490 N. Harold St., Fort Bragg **964-0443**
Congregate meals; home-delivered meals; health and social programs; transportation; outreach; money management; and suicide, depression and substance abuse screening for individuals age 60+. Circle of Elders Social Day Program, caregiving support group, and dementia-related educational forums. See www.rcscenter.org.

Round Valley Indian Tribes Senior Center

77826 Covelo Rd., PO Box 448, Covelo **983-6556**
Congregate and home-delivered meals, outreach. Transportation provided for ambulatory persons to come to the center. Eligibility: Native Americans age 55+, others age 62+.

Senior Center Without Walls

114 Montecito Ave., Oakland **877-797-7299**
Telephone-based activities (such as book groups, brain exercise classes, and support groups) and friendly conversation for homebound elders, or those who find it difficult to go to a community senior center. Eligibility: Free to callers, no special equipment is needed. Call or e-mail to register or learn more. Schedule of activities is posted on website: www.seniorcenterwithoutwalls.org.

South Coast Senior Center

Veterans Hall, 24000 S. Hwy 1, PO Box 437, Point Arena **882-2137**
Dining site **882-2237**
Congregate meals, home delivered meals, monthly food bank, exercise and social activities, outreach, and transportation program for individuals age 60+. See www.southcoastseniors.org.

Ukiah Senior Center

495 Leslie St., mail to 499 Leslie St., Ukiah **462-4343**
Congregate meals, social programs, outreach, money management, and transportation for individuals age 55+, or younger w/disability. See www.ukiahseniorcenter.org.

Willits Senior Center

1501 Baechtel Rd., Willits **459-6826**
Congregate lunches, home-delivered meals, social programs, outreach, money management and transportation by wheelchair-accessible van for individuals age 55+.

Skilled Nursing Facilities

Skilled Nursing Facilities

Note: Skilled Nursing Facilities

Also called "Convalescent Hospitals," "Nursing Homes," or "Extended Care Facilities." For frail or chronically ill elderly who need nursing and related health care services on a 24-hour basis. For information on choosing a facility, contact the Long-Term Care Ombudsman Program of Lake and Mendocino Counties at 467-5835. Helpful info at the "Nursing Homes" link at www.Medicare.gov.

Lake County

- **Evergreen Lakeport Healthcare Center**
1291 Craig Ave., Lakeport **263-6382**
- **Horizon West at the Lake**
625 16th St., Lakeport..... **263-6101**
- **Meadowood Nursing Center**
3805 Dexter Lane, Clearlake..... **994-7738**

Mendocino County

- **Northbrook Nursing and Rehab**
64 Northbrook Way, Willits **459-5592**
- **Sherwood Oaks Health Center**
130 Dana St., Fort Bragg **964-6333**
- **Ukiah Health Care**
1349 S. Dora St., Ukiah **462-8864**
- **Valley View Skilled Nursing Center**
1162 S. Dora St., Ukiah **462-1436**

California Advocates for Nursing Home Reform (CANHR)

650 Harrison St., San Francisco **800-474-1116** or **415-974-5171**
Dedicated to improving the quality of care for California's long-term care consumers, and educating people about nursing homes, residential care/assisted living, and long-term care issues. Pre-placement counseling, estate planning information, Medi-Cal, and on-line nursing home and residential care/assisted living guides and fact sheets. Lawyer referral service. See www.canhr.org.

Ombudsman Program of Lake and Mendocino Counties

747 S. State St., PO Box 839, Ukiah **467-5835**
24-hour reporting line..... **800-231-4024**
Receives and investigates complaints made by or on behalf of residents of nursing and residential care homes. Visits facilities regularly to discover and resolve problems.

Substance Abuse & Addictions

Substance Abuse & Addictions

Note: Refer to "Mental Wellness & Counseling" and "Health Services: Tribal Outreach & Support" sections for providers with mental health or behavioral health programs which may support those with issues of substance abuse.

Al-Anon **800-283-7075**

Provides support for families and friends of alcoholics. Call for locations and meeting times or visit website: www.ncwsa.org. Members are often willing to provide rides for those who need transportation.

Alcoholics Anonymous (AA)

Gualala – www.gualalaaa.org **884-1401**

Lower Lake – www.alcoholics-anonymous.org **995-3316**

Mendocino Coast – www.mendocinocoastaa.com **877-546-9286**

Ukiah Valley – www.aaukiah.org **462-7123**

Alcohol & Other Drug Service (AODS)

7000-B S. Civic Center Dr., Clearlake **994-6494**

991 Parallel Dr., Lakeport **263-8162**

A division of Dept. of Mental Health services, AODS provides alcohol and drug abuse prevention, diversion, and treatment services with local provider agencies. Individual and group counseling, and substance abuse education for adults and adolescents. Referrals to detox or residential treatment centers. Eligibility: Sliding scale based, Medi-Cal accepted. See www.co.lake.ca.us/Government/Directory/Mental_Health/.

American Lung Association - Freedom From Smoking Online

115 Talbot Ave., Santa Rosa **800-LUNG-USA** or **527-5864**

Free **Freedom From Smoking Online** smoking cessation program at www.lungusa.org. Select "Quit Smoking" blue tab at the top of the web page.

Celebrate Recovery

Church of the Nazarene, 15917 Olympic Dr., Clearlake **994-4008**

Mail to: PO Box 1085, Clearlake or **355-0247**

A Christian-based 12-step ministry to help people become free from addictive, compulsive, and dysfunctional behaviors.

Ford Street Project

139 Ford St., Ukiah **462-1934**

Services for persons with alcohol and other drug problems. State-licensed and certified co-educational drug and alcohol detoxification facility. First offense DUI program by court referral.

Drug and alcohol assessment and counseling services to recipients of County General Assistance (GA) funds. Outpatient groups and aftercare support. State-licensed, 43-bed Residential Treatment Program (RTP). See www.fordstreet.org.

Substance Abuse & Addictions

Gamblers Anonymous

Toll-Free **888-424-3577**

A fellowship of men and women who share their experience, strength, and hope with each other in order to solve their common problems, and help others to recover from a gambling problem.

See www.gamblersanonymous.org.

Guidiville Indian Rancheria

419 H Talmage Rd., Ukiah or PO Box 339, Talmage **463-3693**

Drug and alcohol prevention counseling for tribal members.

Mendocino County Health and Human Services Agency, Community Health Services Branch - Alcohol and Other Drugs Program (AODP)

120 W. Fir St., Fort Bragg **961-2522**

1120 S. Dora St., Ukiah **472-2637**

Promotes healthy behaviors by preventing, reducing and treating alcohol and other drug addiction, abuse and related conditions. Outpatient treatment, prevention and intervention services. Medi-Cal or sliding scale payment. See www.co.mendocino.ca.us/hhsa/adult/aod.htm.

Overcomer's Outreach

Kelseyville Presbyterian Church, Fireside Rm, 5340 Third St. **998-0174**

Or **245-4050 or 263-6702**

A Christian-based 12-step recovery program for men or women who have been affected, either directly or indirectly, by the abuse of any mood-altering chemical, or compulsive behavior. See www.overcomersoutreach.org.

Transportation

Transportation

AARP Driver Safety Program

601 E St. NW, Washington DC **888-227-7669**
Driver's refresher course for drivers 50+ years old. See: www.aarp.org/home-garden/transportation/driver_safety/.

Anderson Valley Senior Center Transportation

Veteran's Hall, 14400 Hwy 128, PO Box 591, Boonville..... **895-3609**
Transportation to senior center lunches plus weekly trips to Ukiah for shopping and doctor appointments. Wheelchair accessible.

California DMV Senior Driver Website

Includes Senior Guide for Safe Driving and Senior Ombudsman Program. See www.dmv.ca.gov/about/senior.

Clearlake Cab Co.

3746 Laddell Ave., PO Box 3792, Clearlake..... **994-TAXI (8294)**
Pick up in Clearlake Oaks, Clearlake, and Lower Lake areas. If prepaid fare, will pick up anywhere in Lake County. Available 6:00am – midnight, Sun – Thu; 6:00am – 2:00am, Fri and Sat. Also accepts VISA and Mastercard.

Clearlake Oaks Seniors Bus

12502 Foothill Blvd., PO Box 1389, Clearlake Oaks . **998-1950** or **998-3198**
Wheelchair-accessible bus provides door-to-door transportation for Clearlake Oaks and Glenhaven residents age 60+, to come to the senior center for lunch, and rides to other appointments. Fares vary by destination.

Community Resources Connection (CRC) Ride Service

PO Box 336, Gualala..... **800-395-8984** or **884-4562**
Volunteer drivers provide no-fee transportation to residents of the coastal area of Sea Ranch to Manchester for medical or emergency appointments in Fort Bragg, Santa Rosa, etc. Also for significant community events, or to pick up mail, medications, groceries, etc. No wheelchair transport. See www.crconnection.org.

Hey Taxi!

50 Carousel Ln. #18A, Ukiah
Clearlake Dispatch **994-3100**
Fort Bragg Dispatch **962-0800**
Ukiah Dispatch **467-1200**
Business Office **462-5336**
Private taxi service. Non emergency medical transport for those in wheelchair or gurney also available. Call dispatch for regular taxi. (Call 462-5336 to arrange for wheelchair, gurney, and/or other special-needs transport.)

Transportation

Indian Senior Center Transportation

425 N. State St., Ukiah **462-5595**
Transportation to doctor appointments and some shopping. Eligibility: age 60+ or adult with a disability and a member of Tribe with Resolution; no wheelchair accessibility. Services to others may be available for a suggested contribution. Call for information.

Lake Transit Authority

9240 Hwy. 53, PO Box 99, Lower Lake
Clearlake **994-3334**
Lakeport **263-3334**
Wheelchair accessible fixed-route public bus transportation throughout Lake County, and to Calistoga, St. Helena, Napa, and Ukiah. "Flex Stop" door-to-door service available within one mile of designated bus routes 1 – 4, 4A (call to arrange at least one day in advance.) Dial-A-Ride door-to-door van service available in Clearlake, Lower Lake and Lakeport. Discounts for age 60+ and/or those with disabilities (as defined under ADA). Special fare (75 cents each way) for persons age 60+ to travel via fixed route or Dial-A-Ride, if needed, to local senior center for lunch. Rider's Guide available. See www.laketransit.org.

Mendocino Transit Authority (MTA)

Dial-A-Ride, Fort Bragg **964-1800**
241 Plant Rd., Ukiah **800-696-4682** or **462-1422**
TDD **462-7360**
Dial-A-Ride, Ukiah **462-3881**
Willits Rider Flex Stop **459-9038**
County-wide fixed route public transportation. Dial-A-Ride provides door-to-door service in Fort Bragg and Ukiah. Willits Rider transports curb-to-curb within Willits. Reduced fares for seniors and passengers with certain disabilities who show an authorized MTA transit discount card at time of travel. All MTA buses are wheelchair accessible. For more information contact 800-696-4MTA or see www.4mta.org for routes, schedules, and fare prices.

Redwood Coast Senior Center Seniors Bus

490 N. Harold St., Fort Bragg **964-0443**
Provides low cost door-to-door transportation on the Coast from Cleone to Little River for individuals age 60+ or all persons with a disability. Wheelchair-lift equipped. Fee varies by distance. See www.rcscenter.org.

San Francisco VA Medical Center Transport System

..... **415-221-4810** ext. **6450**
Ukiah VA Outpatient Clinic, 630 Kings Ct., Ukiah **468-7700**
For patients with scheduled medical appointments at the Santa Rosa VA Clinic or the San Francisco VA Medical Center. Wheelchair-accessible buses, operated by medical center employees, operate Mon – Fri with three daily departures from the Ukiah VA Outpatient Clinic. Passengers **MUST** be able to board and disembark the shuttle vehicle with limited assistance.
All patients may use this shuttle if they have a medical appointment on the day of travel. Seat availability is on a first come basis; no advance reservation required. Friends and family cannot be included, although special arrangements may be made for a care provider, space allowing. See www.sanfrancisco.va.gov.

Transportation

South Coast Senior Center Transportation

Veterans Hall, 24000 S. Hwy 1, PO Box 437, Point Arena..... **882-2137**

Dining site **882-2237**

Transportation for individuals age 60+ or with disabilities. Around town or to shopping and appointments in Fort Bragg or Santa Rosa. See www.southcoastseniors.org.

Ukiah Senior Center Transportation

499 Leslie St., Ukiah..... **462-4343**

Door-through-door, wheelchair accessible transport for individuals 55+, or younger with disability. See www.ukiahseniorcenter.org.

Veterans Volunteer Transport Network

From Lake County **415-379-5612** or **877-487-2838** ext. **6, then 1**

360 N. Harrison St., Fort Bragg **964-5823**

405 Observatory, PO Box 839, Ukiah **800-765-9975** or **463-4226**

Fixed-route transportation for ambulatory, eligible Veterans with scheduled medical appointments at VA Outpatient Clinics and the SF VA Medical Center. Operated by the Disabled American Veterans, reservations are required.

Willits Senior Center Transportation

1501 Baechtel Rd, Willits..... **459-6826**

Door-through-door transportation for individuals age 55+ or younger disabled via wheelchair accessible van or standard vehicle. Also available, volunteer drivers using their own vehicles to provide both local and out-of-county transportation. Set fares based upon distance

Veterans

Veterans

North Bay Veterans Resource Center ~ Santa Rosa

2455 Bennett Valley Rd., Ste. B-117, Santa Rosa **578-8387**

One of several service centers in Northern California offering community based supports for Veterans and their families. Programs focus on the complex realities of Veterans' issues including work force development, homelessness, and linking to VA medical and benefits. Transitional supportive housing site in Sonoma County for at-risk homeless Veterans. See www.vietvets.org/nbvrc.htm.

San Francisco VA Medical Center (Fort Miley)

4150 Clement St., San Francisco **877-487-2838** or **415-221-4810**

Clinical care and referral center; hospital; clinical programs incl. acute medical, neurological, surgical, psychiatric; geriatric and extended care services incl. clinic, consultations, respite, nursing home care unit; palliative and hospice care. Transportation assistance available. See www.sanfrancisco.va.gov.

VA Outpatient Clinics

Outpatient primary care and mental health services for Veterans. Part of the San Francisco VA Medical Center System. Eligibility: Honorably discharged Veterans who meet additional eligibility criteria. Call clinic to make appointment. No walk-ins. See www.sanfrancisco.va.gov.

- **Clearlake VA Outpatient Clinic**

15145 Lakeshore Dr., Clearlake **995-7200**

- **Santa Rosa VA Outpatient Clinic**

3841 Brickway Blvd., Santa Rosa **569-2300**

- **Ukiah VA Outpatient Clinic**

630 Kings Ct., Ukiah..... **468-7700**

Veterans Service Offices

Information and assistance in applying for VA programs and benefits. Acts as liaison with VA health services, Vet Centers, VA Regional Offices, and Veterans Service Organizations. Eligibility: Veterans and families of deceased Veterans.

Lake County

285 N. Main St., Lakeport, Mail to: 255 N. Forbes St., Lakeport **263-2384**

Mendocino County

360 N. Harrison St., Fort Bragg **964-5823**

405 Observatory, PO Box 839, Ukiah **800-765-9975** or **463-4226**

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The Lake & Mendocino Counties Senior & Disabled Resource Directory is a joint effort of the Senior Information & Assistance Program of Community Care and the Area Agency on Aging of Lake and Mendocino Counties.

Resources in this directory are specific to the needs of the Counties' older and disabled adult population. Priority for inclusion is given to services offered by non-profit service providers, by public entities, and by providers (regardless of for-profit status) whose service meets a need where there is a scarcity of available resources. Inclusion of other resources is considered on a case-by-case basis. Inclusion or exclusion of any provider or agency is at the discretion of the Area Agency on Aging Advisory Council and does not imply endorsement or a lack thereof.

REVISED April 2011

Entries may not be current after the initial printing. To notify us of corrections or if you have questions regarding this directory or area resources, please contact:

Kathy Johnson, Community Resources Specialist
Senior Information & Assistance Program
Community Care
301 S. State St., Ukiah
(707) 468-5132
(800) 510-2020 (from anywhere in Lake or Mendocino Counties)
IASpecialist@hotmail.com

An online version of this directory is available at
www.SeniorResourceDirectory.org

If you don't have computer access and would like help with information on any websites shown in this directory, contact the Senior Information & Assistance Program.

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- Highlands Senior Services Center
3245 Bowers Rd
- Redbud Library
14785 Burns Valley Rd

CLEARLAKE OAKS

- Live Oak Seniors
12502 Foothill Blvd

LAKEPORT

- Lakeport Library
1425 N High St
- Lakeport Senior Center
527 Konocti Ave

LOWER LAKE

- Lake County Department of Social Services
15975 Anderson Ranch Pkwy
- Lake County D.S.S. Adult Services Division
16170 Main St, Unit C

LUCERNE

- Lucerne Alpine Senior Center
3985 Country Club Dr

MIDDLETOWN

- Middletown Library
21267 Calistoga Rd
- Middletown Senior Center
15299 Central Park Rd

UPPER LAKE

- Triple 'S' Institute (Senior Support Services)
9470 Mendenhall
- Upper Lake Library
310 – 2nd St

MENDOCINO COUNTY

BOONVILLE

- Anderson Valley Senior Center
14400 Hwy 128

COVELO

- Round Valley Public Library
23925 Howard St
- Round Valley Senior Center
77826 Covelo Rd

FORT BRAGG

- Fort Bragg Library - 499 E Laurel St
- Mendocino County HHSA Adult Services
825 S Franklin St
- Redwood Coast Senior Center
490 N Harold St

POINT ARENA

- Coast Community Library - 225 Main St
- South Coast Senior Center
Veterans Hall, 24000 S Hwy 1

UKIAH

- Community Care Management Corp
301 S State St
- Indian Senior Center - 425 N State St
- Mendocino County HHSA Adult Services
747 S State St
- Ukiah Library - 105 N Main St
- Ukiah Senior Center - 495 Leslie St

WILLITS

- Mendocino County HHSA Adult Services
221 S Lenore Ave
- Willits Library - 390 E Commercial St
- Willits Senior Center - 1501 Baechtel Rd