

# Lake and Mendocino Counties

## 2015-2016

### Resource Directory for Older Adults



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

Contact Information and Assistance at  
**800-510-2020 or 707-468-5132**

# 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**

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**E-mail** [IASpecialist@hotmail.com](mailto:IASpecialist@hotmail.com)

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

An online version of this directory is available at

[www.SeniorResourceDirectory.org](http://www.SeniorResourceDirectory.org)

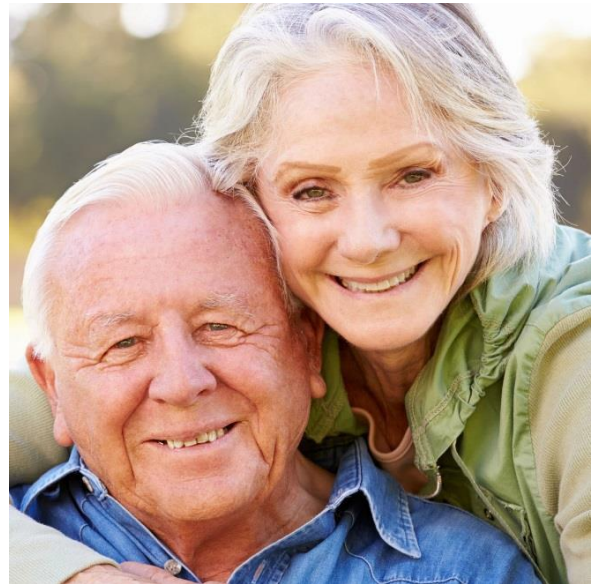
For information on resources in other counties, contact the  
**Eldercare Locator** at **800-677-1116** or at [www.eldercare.gov](http://www.eldercare.gov)

**The 2015-2016 Lake and Mendocino Counties' Resource Directory for Older Adults** is a joint effort of the Senior Information & Assistance Program of **Community Care** and the **Area Agency on Aging of Lake & 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 and does not imply endorsement or a lack thereof.

**REVISED May 2015.** 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 (within Lake & Mendocino Counties)  
[IASpecialist@hotmail.com](mailto:IASpecialist@hotmail.com)



**This Resource Directory for Older Adults is made possible through the support of the following businesses, nonprofits, and individuals.**

Harry B. Matossian M.D. (pg. 58)  
Hillside Health Center (pg. 15)  
Holy Child Residential Care Home, Inc.  
Hospice of Lake County (pg. 22)  
Hospice of Ukiah (pg. 21)  
Jeff Morin Art (pg. 57 and inside back cover)  
Lakeview Health Center (pg. 15)  
Lifeline of the North Bay (pg. 10)  
Little Lake Health Center (pg. 15)  
Long-Term Care Ombudsman (pg. 70)  
Mendocino Community Health Clinic, Inc. (pg. 15)  
Sherwood Oaks Health Center  
St. Helena Hospital (pg. 47)  
Three Lakes Assisted Living  
Thursday Morning Breakfast Group  
Ukiah Community Chiropractic (pg. 15)  
Ukiah Periodontal and Implant Center (pg. 37)

**Thank you for your support!**

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## Emergency Numbers – Lake County

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

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

## Emergency Numbers – Mendocino County

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

	Fire	Sheriff	Police
<b>Covelo:</b>			
Business	983-6719	983-8226	
Dispatch	911	911	911
<b>Fort Bragg:</b>			
Business	961-2831	964-6308	961-2800
Dispatch	911	961-2421	964-0200
<b>Point Arena:</b>			
Business	882-1833	882-2331	
Dispatch	911	911	911
<b>Ukiah:</b>			
Business	463-6276	463-4411	463-6242
Dispatch	463-6262	463-4086	463-6262
<b>Willits:</b>			
Business	459-6271	459-6111	459-6122
Dispatch	911	911	911

### Poison Control

California **800-876-4766**

TTY/TDD **800-972-3323**

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

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

## IMPORTANT PERSONAL INFORMATION FORM (page 1)

## Keep this information up to date!

Medical Data Reviewed as of \_\_\_\_\_ (date)

Name:	Sex: (circle one) Male or Female
Address:	
Home Phone:	Cell Phone:
Doctor:	Phone:
Preferred Hospital:	

## EMERGENCY CONTACTS

Name:	Phone:
Address:	
Name:	Phone:
Address:	

## MEDICAL DATA

Special Conditions/Remarks:		
Medication	Dosage	Frequency
Pharmacy:		Phone:
Date of Birth:		
Blood Type:	Religion:	
Health Care Proxy on file at:		
Advance Health Care Directive located:		
Recent Surgery:	Date:	
Do you have an EMS-NO CPR Directive or DNR form?	YES <input type="checkbox"/> NO <input type="checkbox"/>	
Where is it located?		

Cut out and place where emergency personnel will find.

## IMPORTANT PERSONAL INFORMATION FORM (page 2)

### MEDICAL CONDITIONS

Check all that exist

<input type="checkbox"/> No known medical conditions	<input type="checkbox"/> Hemodialysis
<input type="checkbox"/> Abnormal EKG	<input type="checkbox"/> Hemolytic Anemia
<input type="checkbox"/> Adrenal Insufficiency	<input type="checkbox"/> Hepatitis-Type { }
<input type="checkbox"/> Angina	<input type="checkbox"/> Hypertension
<input type="checkbox"/> Asthma	<input type="checkbox"/> Hypoglycemia
<input type="checkbox"/> Bleeding Disorder	<input type="checkbox"/> Laryngectomy
<input type="checkbox"/> Cancer	<input type="checkbox"/> Leukemia
<input type="checkbox"/> Cardiac Dysrhythmia	<input type="checkbox"/> Lymphomas
<input type="checkbox"/> Cataracts	<input type="checkbox"/> Memory Impaired
<input type="checkbox"/> Clotting Disorder	<input type="checkbox"/> Myasthenia Gravis
<input type="checkbox"/> Coronary Bypass Graft	<input type="checkbox"/> Pacemaker
<input type="checkbox"/> Dementia <input type="checkbox"/> Alzheimer's	<input type="checkbox"/> Renal Failure
<input type="checkbox"/> Diabetes/Insulin Dependent	<input type="checkbox"/> Seizure Disorder
<input type="checkbox"/> Eye Surgery	<input type="checkbox"/> Sickle Cell Anemia
<input type="checkbox"/> Glaucoma	<input type="checkbox"/> Stroke
<input type="checkbox"/> Hearing Impaired	<input type="checkbox"/> Tuberculosis
<input type="checkbox"/> Heart Valve Prosthesis	<input type="checkbox"/> Vision Impaired
<input type="checkbox"/> Other:	

### ALLERGIES

<input type="checkbox"/> Aspirin	<input type="checkbox"/> Insect Stings	<input type="checkbox"/> Penicillin
<input type="checkbox"/> Barbiturate	<input type="checkbox"/> Latex	<input type="checkbox"/> Sulfa
<input type="checkbox"/> Codeine	<input type="checkbox"/> Lidocaine	<input type="checkbox"/> Tetracycline
<input type="checkbox"/> Demerol	<input type="checkbox"/> Morphine	<input type="checkbox"/> X-Rays Dyes
<input type="checkbox"/> Horse Serum	<input type="checkbox"/> Novocaine	<input type="checkbox"/> No Known Allergies
<input type="checkbox"/> Environmental:		
<input type="checkbox"/> Other:		

### MEDICAL INSURANCE

Med Ins Company:	
Policy #:	
Other Med Ins Co:	
Policy #:	
MediCal #:	Medicare #:

Cut out and place where emergency personnel will find.

## Emergencies

### Individual Crisis

Also see the **Food** section of this directory for additional food-specific supports (Food Banks/Pantries, Congregate/Social Dining Sites, and Home-Delivered Meals).

### 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 temporary out-of-home placement for protection.

#### Lake County

16170 Main St., Unit C, PO Box 9000, Lower Lake

**888-221-2204** or **995-4680**

Night/weekend emergency

**888-221-2204**

See

[www.co.lake.ca.us/Government/Directory/Social\\_Services.htm](http://www.co.lake.ca.us/Government/Directory/Social_Services.htm).

#### Mendocino County

764 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**

Night/weekend emergency

**800-575-4357**

See

[www.co.mendocino.ca.us/hhsa/adult/adult.htm](http://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.sfsuicide.org/our-programs/hiv-nightlines](http://www.sfsuicide.org/our-programs/hiv-nightlines).

### American Indian Domestic Violence and Sexual Assault Program

77826 Covelo Rd., PO Box 448, Covelo

**983-9333**

Support for victims of domestic violence, including transportation, court accompaniment, assistance with restraining orders, referrals to counseling, etc.

### Crisis Line ~ Mendocino County **800-575-HELP (4357)**

24-hour telephone service connects Mendocino County callers with crisis service agencies.

### Dorcas Society

151 Cherry St., Ukiah

**462-1388**

Free clothing, household linens, and smaller housewares, Wed 9:00am – 11:45am.

### First Baptist Church of Clearlake

14550 Pearl Ave., PO Box 547, Clearlake

**994-5148**

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

Assistance is limited to two times per year, must provide ID.

### **Friendship Line**

24-hour telephone hotline/warmline

**Local 415-752-3778**

**National 800-971-0016 ►**

Institute of Aging's (IOA) accredited crisis intervention program for people 60+. Call in and call out services available.

Call out service can be arranged by calling 415-750-4135. Staff and volunteers make phone calls for emotional support or medication reminders.

### **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 therapy and counseling services to victims and families. Advocacy, peer counseling, and restraining orders are available. Shelter for women, men, and children through the Freedom House. See [www.lakefrfc.org](http://www.lakefrfc.org).

### **Mendocino Coast Hospitality Center**

474 S. Franklin St., PO Box 2168, Fort Bragg

**961-0172**

Mental Health Access Line

**800-555-5906 or 964-4747**

Resource center for homeless people, providing information, referrals, and case management. See [www.mendocinochc.org](http://www.mendocinochc.org).

### **Mental Health Crisis/Intake Lines**

#### **Lake County**

Countywide **800-900-2075**

#### **Mendocino County**

Countywide **800-555-5906**

### **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](http://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, Fri 10:00am – 4:00pm. Bring ID for food assistance, arrive by 3:00pm to allow time for processing.

## 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  
**367-4771**

Emergency food assistance at Queen of Peace Catholic Church in Clearlake by prior arrangement. Call ahead to apply. Can apply for vouchers to be used towards low cost or free clothing/household items at thrift store in Lower Lake. Other assistance may be available on a case-by-case basis upon approval of Board.

### 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 by prior arrangement. Call ahead to apply.

## Ukiah Community Center (UCC) & Food Bank

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

Coordinates referrals for clothing, food, and shelter through various local organizations. Direct services available for homeless individuals and families.

## Victim / Witness Program

Offers comprehensive support for victims of violent crime. Includes crisis intervention, emergency assistance, resource referral and follow-up – including 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.

## Willits Community Services (WCS) & Food Bank

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

Food bank and emergency assistance with food, transportation, shelter, blankets, utilities, prescriptions, personal items, baby formula, etc.



## Disaster Preparation

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 three to six days (recommended: one gallon per person per day)
- Enough food to last three to six days (nonperishable items that don’t require cooking)
- Flashlight
- Portable radio with spare batteries
- First aid kit
- Hand-operated can opener
- Waterproof matches
- A three to six 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, one or two 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**

Helps the community to prevent, prepare for, and respond to disasters in Lake, Mendocino, and Sonoma Counties. See [www.arcsnm.org](http://www.arcsnm.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

255 N. Forbes St., Lakeport

**263-2580**

(after hours emergency central dispatch 263-2690 or 911)

See

[www.co.lake.ca.us/Government/Directory/Administration/OES.htm](http://www.co.lake.ca.us/Government/Directory/Administration/OES.htm).

#### Mendocino County

951 Low Gap Rd., Ukiah

**463-5667**

See [www.mendocinosheriff.com/oes](http://www.mendocinosheriff.com/oes).

### 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

### 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."

### Advance Health Care Directive

An advance health care directive is a legal document in which a person specifies what actions should be taken for their health if they are no longer able to make decisions for themselves because of illness or incapacity. A trusted person should be appointed who will make certain these wishes are carried out. Every adult should have an advance directive which explains the type of health care wanted or not wanted at a time when decisions cannot be made by the individual. A sample of this form can be found at AARP website at: [http://www.aarp.org/content/dam/aarp/relationships/caregiving/2011\\_01/ad/California.pdf](http://www.aarp.org/content/dam/aarp/relationships/caregiving/2011_01/ad/California.pdf)

### Air Ambulance Memberships

Protects 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**  
1351 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, Gilroy, Salinas, and Santa Maria. Additional coverage through reciprocal non-profit partner air ambulance transporters in select western states. See [www.calstar.org](http://www.calstar.org).

- **REACH Air Medical Services**  
451 Aviation Blvd., Ste. 101,  
Santa Rosa  
**239-2505 or 324-2400**  
Headquartered in Santa Rosa, supports bases in Ukiah, Lakeport, Santa Rosa, Sacramento, Redding, Marysville, Concord, Stockton, Oceanside, Thermal and Upland, as well as Corvallis, Oregon. See [www.REACHair.com](http://www.REACHair.com).

### File of Life

Area Agency on Aging  
16170 Main Street, Unit D,  
Lower Lake

**995-4680**

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.

### MedCure

MedCure is a national whole body donation program serving as a link between donors and medical researchers and educators. MedCure arranges services at NO COST including transportation, cremation, and return of cremated remains to family or a scattering at sea.

**866-560-2525** Toll Free or  
info@medcure.org

### MedicAlert

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

Bracelet 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](http://www.medicalert.org).

**MedicAlert + Alzheimer's Association Safe Return** PO Box 21009, Lansing, MI

**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](http://www.alz.org) or [www.MedicAlert.org](http://www.MedicAlert.org)

### POLST (Physician Orders for Life-Sustaining Treatment)

1331 Garden Hwy, Ste. 100,  
Sacramento

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](http://www.capolst.org) or contact the Coalition for Compassionate Care of California at 916-489-2222.

**Enjoy**  
**independent &**  
**active living**  
*anytime, anywhere!*

with fast and easy access to 24-hour emergency assistance at the press of a button.

**LIFE LINE**  
OF THE NORTH BAY  
A service of the  
Petaluma Health Care District  
Serving 6 counties

- Local & personal service • No long term contracts
- FDA approved • Automatic fall detection available

For more information on the leading personal medical response service since 1974 call:  
**(707) 778-7883 • (800) 949-2434**  
[www.lifelinenorthbay.com](http://www.lifelinenorthbay.com)



**GoSafe —**  
**mobile with GPS**  
a single, easy to wear, waterproof button that accesses help both inside and away from the home with GPS and automatic fall detection.

## Active Living

### Education

#### California Human Development Farmworker Services

55 First St., Box M, Lakeport

**262-0440**

631 S. Orchard Ave., Ukiah

**467-5959**

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. Walk in or call for appointment. See [www.cahumandevlopment.org](http://www.cahumandevlopment.org).

#### Konocti USD Adult School

Carle High School Campus, 9345 Winchester St., Rm. 9, PO Box 309, Lower Lake

**994-1033**

High school diploma program.

#### 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

**964-5458** or **937-4637**

- **Literacy Volunteers of Willits**

Mendocino County Public Library, Willits

**459-5098**

#### Mendocino College

2565 Parallel Dr., Lakeport

**263-4944**

1000 Hensley Creek Rd., Ukiah

**468-3000**

Disability Resource Center (DRC), Ukiah

**468-3031**

372 E. Commercial 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. For students 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](http://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](http://www.ukiahadultschool.net).

#### Yuba 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 <http://clc.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  
**800-570-1377** or **467-5959**

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. Walk in or call for appointment. See [www.cahumandevlopment.org](http://www.cahumandevlopment.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](http://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](http://www.dor.ca.gov).

### Employment Development Department ~ CalJOBS

California's Internet system for linking employer job listings and job seeker resumé. Creates resumé 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](http://www.caljobs.ca.gov).

### Employment Development Department ~ Unemployment Insurance

**800-300-5616**  
TTY **800-815-9387**

Unemployment insurance. See [www.edd.ca.gov](http://www.edd.ca.gov).

### Employment Development Department ~ Workforce Services

Free job placement and referrals, unemployment insurance, state disability insurance, employment, and training; special program for Veterans. See [www.edd.ca.gov](http://www.edd.ca.gov).

#### Lake County

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

#### Mendocino County

310 E. Redwood Ave., Fort Bragg  
**964-3295**  
631 S. Orchard, Ukiah  
**463-5710**

**Experience Works**

Santa Rosa

**565-5610**

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

**MPIC, Inc.**

Provides employment, training, and community resources to job seekers and employers. See [www.mpic.org](http://www.mpic.org).

**Lake County**

14092 Lakeshore Dr., Clearlake

**994-9004**

55 First St., Ste. F, Lakeport

**263-0630**See [www.workforcelake.org](http://www.workforcelake.org).**Mendocino County**

310 E. Redwood Ave., Fort Bragg

**800-600-6950 or 964-3218**

631 S. Orchard Ave., Ukiah

**800-616-1196 or 467-5900**

**North Bay Veterans Resource Center** (see **Veterans** section)

**Pinoleville Vocational Rehabilitation Program**

776 S. State St., Ste. 101, Ukiah

**462-7801**

Vocational training and counseling to Native Americans with disabilities.

***Recreation & Physical Activity***

**California State Parks and Recreation Department**  
**800-777-0369**

Discount passes for parking and camping in state parks for people with disabilities, people age 62+, and some Veterans. See [www.parks.ca.gov](http://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/](http://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](mailto: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](http://www.dfg.ca.gov).

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

**Foster Grandparent Program**

North Coast Opportunities, 413 N. State St., Ukiah

**467-3200 ext. 318**

Provide individualized attention and mentoring to children with special needs. Participants receive stipend and meal. Eligibility: Age 55+, limited income, and willing to volunteer 20 hrs/wk. See [www.ncoinc.org](http://www.ncoinc.org).

**Health Insurance Counseling & Advocacy Program (HICAP)**

1304 Southpoint Blvd., 2<sup>nd</sup> Fl., Ste. 280, Petaluma

**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. See [www.senioradvocacyservices.org](http://www.senioradvocacyservices.org).

**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. See [www.konoctiseniorsupport.com/](http://www.konoctiseniorsupport.com/).

- **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  
**964-5458 or 961-937-4637**

- **Literacy Volunteers of Willits**

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

**Long-Term Care Ombudsman Program of Lake and Mendocino Counties**

16170 Main St., Unit D, PO Box 9000, Lower Lake  
**262-4525**

Visit and advocate for residents of nursing and residential care homes. Volunteers receive training to investigate and resolve problems and complaints made by or on behalf of residents.

**Retired & Senior Volunteer Program (RSVP)/Volunteer Network**

North Coast Opportunities, 413 N. State St., Ukiah

**462-1959**

Links volunteers age 55+ with available volunteer opportunities.

### Senior Peer Counseling ~ Mendocino County

Volunteers age 55+ receive training and supervision from a licensed clinician. Volunteers provide the client with an opportunity to talk to someone their age that has experienced similar life changes and can understand their concerns. Meetings take place in the client's home.

- **Redwood Coast Senior Center**  
**961-4305 or 964-0443**

Serves clients on the Mendocino Coast.

- **Ukiah Senior Center**  
**472-0551 or 462-4343**

Serves clients in Willits and Ukiah.



**Ukiah  
Community  
Chiropractic**

**"A Caring Practice"**

**Marcia Lindstedt, D.C.**

**EMPHASIS IS ON THE HEALTH  
OF THE TOTAL PERSON**

A practice that blends massage therapy with low force technique, nutritional counseling, exercise programs, and referrals if further health care is required.

**Most Insurances Accepted  
Preferred Provider  
X-Rays Not Mandatory**

**463-1887**

**528 S. School St. Ukiah**



*baby boomers...*

*refuse to act your age*

STAY HEALTHY | HAVE FUN | KEEP SMILING



**Hillside**  
HEALTH CENTER  
(707) 468-1010  
333 Laws Avenue, Ukiah

**Lakeview**  
HEALTH CENTER  
(707) 263-7725  
5335 Lakeshore Blvd, Lakeport

**Little Lake**  
HEALTH CENTER  
(707) 456-9600  
45 Hazel Street, Willits

## Did you know this about Volunteers?

In recent years, volunteering by older adults has been on the rise. The Corporation for National and Community Service (home of RSVP, the nation's largest senior volunteer recruitment agency) reports that the number of older adults 65 plus who volunteer has risen from 7.7 million in 2002 to nearly 10 million in 2014. In addition, the volunteer rate for older adults over the age of 65 increased by 64 percent between 1974 and 2010.

Studies show that volunteering has positive effects on common health challenges such as obesity and stress, and on efforts to reduce or eliminate smoking. Keeping physically and mentally active can also improve your state of mind. Most older adults claim that they have experienced improved health and well-being as a result of volunteering, motivating them to continue volunteering.

Today's older adults have more access to resources than in the past. They are more educated and financially secure. Research reveals that the proportion of adults age 65 and older without a high school diploma has dropped nearly 40 percent since 1974. In addition, older Americans with college degrees are volunteering at a higher rate than in the past.

One will find older adults volunteering for many different types of community organizations. Religious institutions are the most popular organizations through which volunteers offer their skills and time. They also volunteer at educational organizations, social service organizations, civic and arts organizations, and hospitals.

By being a volunteer and improving the lives of others, older adults receive positive feedback – a very real motivation to continue. And since volunteering helps older adults stay active and connected to their communities, it's a win-win situation for both the volunteers and the organizations that see the benefits of the volunteers' service.



## Adult Day Programs

### Adult Day Programs

#### Elder Day Services of Lake County

Social day programs provide structured activities and nutrition for attendees with cognitive impairment or social isolation while providing caregivers with respite. See <https://www.facebook.com/pages/Elder-Day-Services-of-Lake-County-CA-inc/365498533625633?fref=nf>

- **Adult Day Center of Clearlake**

St. John's Lutheran Church,  
14310 Memory Ln. (at Olympic Dr.), Clearlake  
Mail to: PO Box 333, Lower Lake  
Jenny Johnson **350-3030**  
On-site Tue/Wed **994-2829**

- **Adult Day Center of Middletown**

Middletown Senior Center,  
21256 Washington St.,  
Middletown  
Mail to: PO Box 333, Lower Lake  
Jenny Johnson **350-3030**  
On-site Fri.

- **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 Thu. **274-5572**

#### 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 fun activities and live entertainment. 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](http://www.rcscenter.org).

#### Ukiah Senior Center Lunch Bunch

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

Provides guided activities, lunch, and helps with respite care. See [www.ukiahseniorcenter.org](http://www.ukiahseniorcenter.org).

## Caregiving

### 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. 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](http://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, Mendocino, and Sonoma counties to live independently at home. See [www.communitycare707.com](http://www.communitycare707.com). Programs include:

- Community Care HIV/AIDS Program (CCHAP)**  
 8050 Lake St., #A, Lower Lake  
**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. Lower Lake 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)**  
 8050 Lake St., #B, Lower Lake

**995-7010**

205 S. Main St., 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. CUSOC case management for those with co-occurring disorders (mental health/substance abuse). See [www.mcavhn.org](http://www.mcavhn.org).

### Caregiver Respite & Support

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.

### Hospice of Ukiah ~ Volunteer Respite Care for Alzheimer’s Caregivers

620 S. Dora St., Ste. 101, Ukiah  
**391-8931** or **367-0560** Respite program

**462-4038** general Hospice line  
 Volunteer respite for caregivers of those with Alzheimer’s or dementia. See [www.hospiceofukiah.com](http://www.hospiceofukiah.com).

### **Redwood Caregiver Resource Center (RCRC)**

1140 Sonoma Ave., Ste. 1B, 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 adult onset cognitive impairments (traumatic brain injury, stroke, early onset dementia) through education, research, services, and advocacy. Helpful fact sheets and links at website: [www.redwoodcrc.org](http://www.redwoodcrc.org).

### **Redwood Coast Medical Services ~ Shamli Volunteer Hospice/Respite Program**

PO Box 1100, Gualala

**884-4005 or 412-6018**

Provides symptom and supplemental management and respite at no cost to families dealing with life threatening or chronic illness. See [www.rcms-healthcare.org](http://www.rcms-healthcare.org).

### **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 Home Health**

700 River Dr., Fort Bragg

**961-4651**

See [www.mcdh.org/mchomehealth/](http://www.mcdh.org/mchomehealth/).

### **St. Helena Hospital Clear Lake Home Health Care Services**

9245 Hwy 53, PO Box 532, Lower Lake

**994-0737**

See [www.sthelenahospital.org](http://www.sthelenahospital.org).

### **Sutter Care at Home**

889 11<sup>th</sup> St., Lakeport

**800-675-5595 or 263-7400**

See [www.suttervnaandhospice.org](http://www.suttervnaandhospice.org).

### **In-Home Services**

#### **In-Home Supportive Services (IHSS)**

Provides a wide range of services to meet individual need and assure the recipient can live safely at home. These services may include house cleaning, shopping, cooking, laundry and personal care. 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, Lower Lake

**888-221-2204 or 995-4680**

#### **Mendocino County**

764 S. Franklin St., PO Box 1306, Fort Bragg

**877-327-1677 or 962-1000**

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

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 hiring caregivers, see Redwood Caregiver Resource Center's "Hiring In-Home Help" fact sheet at [www.redwoodcrc.org/factSheets.php](http://www.redwoodcrc.org/factSheets.php) (scroll down to the Home Care links).

#### Andersson Care

32924 Odom Ln., Fort Bragg  
**964-4040**  
Service area: Coastal area from The Sea Ranch to Westport. See [www.anderssoncare.org](http://www.anderssoncare.org).

#### Home With Us, LLC

923 19<sup>th</sup> St., Lakeport  
**349-0971**  
Service area: Lake and Mendocino Counties. See [www.homewithus.com](http://www.homewithus.com).

#### 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](http://www.lakecaregivers.com) or [www.mendocinocaregivers.com](http://www.mendocinocaregivers.com).

#### Mendocino Nursing Services

1102 S. Main St., Ste. 3, 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 Caregivers/Mendocino Caregivers.) Service area: Lake and Mendocino Counties. See [www.mendocinonursing.com](http://www.mendocinonursing.com).

#### Nason Caregivers Network

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

#### Sequoia Senior Solutions, Inc.

1372 N. McDowell Blvd., Ste. S, Petaluma  
825 S. Main St., Lakeport  
Toll-free: **888-469-5694**  
Lake County **262-1477**  
Mendocino County **462-3227**  
Service area: Lake and Mendocino Counties. See [www.SequoiaSeniorSolutions.com](http://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, youth and other residents of the coastal area between Sea Ranch and Manchester including simple handy person services, errands, and transportation. See [www.crconnection.org](http://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. See [www.konoctiseniorsupport.com/](http://www.konoctiseniorsupport.com/).



## End-of-Life

### End-of-Life Resources

#### 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/](http://www.aarp.org/relationships/grief-loss/).

#### Moving On

Willits Senior Center, 1501 Baechtel Rd.

**459-6826**

Activity-oriented social support group for widows, women in divorce, or other interested women. Meets at the senior center Second Thurs noon – 1:00pm for lunch, followed by meeting 1:00pm – 2:00pm; meets at an agreed-upon location in the community on the Fourth Thurs. Social activities are offered, such as trips, dinners, theater, etc.

#### Public Administrator

The Public Administrator handles the affairs of individuals who die without family to administer their estates, and provides cremation to no income/low income families.

#### Lake County

16170 Main St., PO Box 9000,  
Lower Lake

**995-4680**

#### Mendocino County

747 S. State St., PO Box 839,  
Ukiah

**468-7056**

#### MedCure

MedCure is a national whole body donation program serving as a link between donors and medical researchers and educators. MedCure arranges services at NO COST including transportation, cremation, and return of cremated remains to family or a scattering at sea.

**866-560-2525** Toll Free or  
[info@medcure.org](mailto:info@medcure.org)

#### Hospice of Ukiah, Inc.

620 So. Dora Street, Suite 101  
Ukiah, CA 95482

*"Life with well being and death with dignity"*

**Free End of Life and Comfort Care  
services to the greater Ukiah area  
for the past 30 years.**

- RN/LVN Patient Services Coordinators who visit, monitor the health/comfort of the patient, advise and comfort family and friends, and coordinate pain control with the physician.
- Palliative (comfort) care to those with long term debilitating illness.
- Grief counseling and spiritual guidance
- In-home Health Worker to assist and support the full-time caregiver.
- Trained Volunteers to give caregiver respite and visit and cheer the patient.

*For a brochure call: 707 462-4038  
e-mail: [hospiceofukiah@pacific.net](mailto:hospiceofukiah@pacific.net)  
[www.hospiceofukiah.com](http://www.hospiceofukiah.com)*

## Hospice

### Hospice of Ukiah

620 S. Dora St., Ste. 101, Ukiah  
**462-4038**

End of life care including nurse care coordinator, home health aide, chaplain, social worker, and respite volunteers home visits for individuals with a terminal diagnosis and declining health. Palliative care for those with long-term debilitating illnesses. Also volunteer respite for caregivers of those with Alzheimer's or dementia. See [www.hospiceofukiah.com](http://www.hospiceofukiah.com).

### Hospice Services of Lake County

1862 Parallel Dr., 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](http://www.lakecountyhospice.org).

### Mendocino Coast 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/](http://www.mcdh.org/dept/hospice-program/).

### Phoenix Hospice

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

Home health as well as hospice services for individuals with less than six months to live, including registered nurse, physical therapy, occupational therapy, chaplain services, volunteers. By physician referral.

### Redwood Coast Medical Services ~ Shamli Volunteer Hospice/Respite Program

PO Box 1100, Gualala  
**884-4005 or 412-6018**

Provides symptom and supplemental management and respite at no cost to families dealing with life threatening or chronic illness. See [www.rcms-healthcare.org](http://www.rcms-healthcare.org).

**EVERY MOMENT COUNTS.**

**Comfort Care.**  
Paid for by Medicare.




**263-6222**

## WIDOW/WIDOWER CHECKLIST

- ☐ Gather together important documents such as your spouse's social security number, death certificate (you will need copies which you can obtain from your funeral director) and any related estate forms (wills, trusts, etc.)
- ☐ Get statements and pay bills and taxes owed as soon as possible.
- ☐ If your spouse received social security, notify Social Security of the death since these benefits must stop. Ask about your eligibility for survivors or other benefits and any adjustments to your social security check, if applicable.
- ☐ Notify spouse's employer and check on benefits which may be due you.
- ☐ If your spouse was a Veteran, check with the Veteran's Administration; you may be eligible for help with funeral, burial plat, or other benefits.
- ☐ Notify banks, credit unions, mortgage company, and pension providers. Check for benefits as some accounts provide life insurance/death benefits.
- ☐ Change beneficiary on your life insurance.
- ☐ Contact Medicare and other health insurance providers, (i.e. Medicare Supplement Insurance, Medicare Advantage Plan, Medicare Prescription Drug Plans) to cancel the policy to stop premiums.
- ☐ Transfer automobile title into your name and change name on automobile insurance policy. Ask about reduction in premium.
- ☐ Contact credit and merchant card companies to cancel or change account name. Check on credit life insurance that may have been carried on debts and may be covered by insurance.
- ☐ Transfer real estate title of jointly held property. This does not always require probate. If needed, contact attorney within 30 days following death.
- ☐ Check with fraternal and other organizations (professional associations, health clubs, automobile clubs, etc.). Benefits may be due to you.
- ☐ Draw up or update your own will.
- ☐ Check with your funeral director to see if he/she can assist you with any of the above items.



## Energy Assistance

### Energy Payment Assistance

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](http://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 per 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 prequalified.

- **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 prequalified.

### North Coast Energy Services, Inc.

966-B Mazzoni St., PO Box 413,  
Ukiah

**800-233-4480 or 463-0303**

Programs to reduce the energy costs of low-income customers. Call for application. See <http://northcoastenergyservices.com/>.

- **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/](http://www.pge.com/myhome/customerservice/financialassistance/).

- **PG&E Medical Baseline & Life Support**  
**800-743-5000**  
Spanish **800-660-6789**  
TDD **800-652-4712**

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.)**  
**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 two 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 Fort Bragg residents to energy-saving programs offered through providers/agencies such as PG&E and North Coast Energy Services. See [www.redinet.org](http://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 Ave., Willits  
**459-3333**

Emergency assistance with food, transportation, shelter, blankets, utilities, prescriptions, personal items, baby formula, etc.



## Finance

### Entitlement Programs

#### Benefits CheckUp

Need to learn what benefits/programs you might be eligible for? Sponsored by the National Council on Aging, [www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org) asks a series of questions. Based upon your answers, you receive a report that describes the programs you may be eligible to receive help from. You can apply for many of the programs online or you can print an application form.

#### Employment Development Department ~ Unemployment Insurance

**800-300-5616**

TTY **800-815-9387**

Unemployment insurance. See [www.edd.ca.gov](http://www.edd.ca.gov).

#### Employment Development Department ~ Workforce Services

55 First St., 1<sup>st</sup> Floor, (mail to Ste. C), Lakeport

**262-3105 or 262-3116**

310 E. Redwood Ave., Fort Bragg

**964-3295**

631 S. Orchard, Ukiah

**463-5710**

Free job placement and referrals, unemployment insurance, state disability insurance, employment and training, special

program for Veterans. See [www.edd.ca.gov](http://www.edd.ca.gov).

#### Lake County Department of Social Services

15975 Anderson Ranch Pkwy, PO Box 9000, Lower Lake

**800-628-5288 or 995-4200**

Multi-program agency supports needs of low-income individuals and families including Medi-Cal, CMSP, General Assistance/CalFresh, IHSS, APS, Section 8 Housing, Public Authority, Area Agency on Aging, Long-Term Care Ombudsman, Public Administrator and Public Guardian. Contact agency or apply online at [www.C4Yourself.com](http://www.C4Yourself.com). See [www.co.lake.ca.us/Government/Directory/Social\\_Services.htm](http://www.co.lake.ca.us/Government/Directory/Social_Services.htm).

#### Mendocino County Health and Human Services Agency, Social Services

764 S. Franklin St., PO Box 1306, Fort Bragg

**877-327-1677 or 962-1000**

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, Public Authority, APS, Public Administrator, Public Guardian/Conservator, Long-Term Care Ombudsman, Area Agency on Aging, and Veteran's Services. Contact agency or apply online at [www.C4Yourself.com](http://www.C4Yourself.com). See [www.co.mendocino.ca.us/hhsa/adult/adult.htm](http://www.co.mendocino.ca.us/hhsa/adult/adult.htm).

#### Social Security Administration

991 Parallel Dr., Ste. A, Lakeport

**888-676-2666**

521 S. Orchard Ave., Ukiah

**888-590-2706**

National line **800-772-1213**

National TTY **800-325-0778**

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 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. See [www.socialsecurity.gov](http://www.socialsecurity.gov).

## Grants

### The Community Foundation of Mendocino County

204 S. Oak 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** and the **Community Enrichment Grant** program. For fund and grant information, see [www.communityfound.org](http://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, or to assist work or education. Funds are administered through local non-profits. Call or visit

[www.communityfound.org](http://www.communityfound.org) for information and application.

## Money Management

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 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](http://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.

### Financial Resource Center/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.financialresourcecenter.org](http://www.financialresourcecenter.org).

### Northern Circle Indian Housing Authority

694 Pinoleville Dr., Ukiah

**468-1336** ►

HUD approved housing counseling agency offers credit counseling, credit repair, first-time home buyer education and down payment assistance for some Native American communities. See [www.nciha.org](http://www.nciha.org).

### **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. Home visits available.

### **Tom Cariveau Fiduciary Services**

PO Box 1260, Lakeport  
**263-0808**

Representative payee service, money management, special needs trust administration. E-mail at [tctrustee@mchsi.com](mailto:tctrustee@mchsi.com)

### **Tsunami Enterprises**

PO Box 608, Ukiah  
**463-2546**

Representative payee service, money management. Home visits available. See [www.tsunami-enterprises.org](http://www.tsunami-enterprises.org).

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

### **Willits Senior Center Money Management**

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

Representative payee services, money management for clients age 55+. See [www.willitsseniorcenter.com](http://www.willitsseniorcenter.com).

## **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](http://www.aarp.org/money/taxaide).

### **California State Franchise Tax Board**

**800-852-5711**

See [www.ftb.ca.gov](http://www.ftb.ca.gov).

### **Internal Revenue Service (IRS)**

**800-829-1040**

See [www.irs.gov](http://www.irs.gov).





## Food & Nutrition

### *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 are not eligible. Apply online at [www.C4Yourself.com](http://www.C4Yourself.com), or call/visit office for application.

#### **Lake County**

15975 Anderson Ranch Pkwy., PO Box 9000, Lower Lake

**800-628-5288 or 995-4200**

#### **Mendocino County**

764 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 second 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. See

[www.avseniorcenter.blogspot.com](http://www.avseniorcenter.blogspot.com).

#### **Calvary Chapel**

14330 Memory Ln. (off Olympic Dr.), PO Box 2062, Clearlake

**994-5683**

Provides free community meal from 4:00pm – 6:00pm on Tue and Thu each week.

#### **Clearlake Oaks Community United Methodist Church**

12487 The Plaza @ Hwy 20, PO Box 962, Clearlake Oaks

**998-9435**

Provides free community soup kitchen 5:30pm Mon and Wed each week.

#### **Coastal Seniors, Inc.**

Veterans Hall, 24000 S. Hwy 1, PO Box 437, Point Arena

**882-2137**

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

**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. See [www.lcseniors.com](http://www.lcseniors.com).

**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](http://www.lcseniors.com).

**Live Oak Seniors**

12502 Foothill Blvd., PO Box 1389, Clearlake Oaks

**998-1950**

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 Mon – Fri at 11:30am – 1:00pm. Suggested donation for those 60+; fee for all others. See [www.lucernealpineseniorcenter.com](http://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. Fee for non-Native.

**Middletown Community United Methodist Church**

15833 Armstrong St. (off Hwy 29), PO Box A, Middletown

**987-3379**

Free community dinner every Sun at 12:30pm following church service.

**Middletown Senior Center**

21256 Washington St., PO Box 1037, Middletown

**987-3113**

Lunches Mon – Fri at noon. Suggested donation for those 60+; fee for all others. See <http://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. Early dinner seating for seniors and families 5:30pm; open to all 5:50pm – 6:30pm. (Homeless services including mail, personal care products, and haircuts during meal times.) See [www.plowsharesfeeds.org](http://www.plowsharesfeeds.org).

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

### **Round Valley Indian Tribes Senior Center**

77826 Covelo Rd., Covelo  
**983-6556**

Congregate lunches Mon – Thu at 11:30am and Fri breakfast at 10:30am. 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. See [www.rvit.org](http://www.rvit.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](http://www.ukiahseniorcenter.org).

### **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. See [www.willitsseniorcenter.com](http://www.willitsseniorcenter.com).



## Food Banks & Pantries

Food banks distribute food through various programs and each has unique eligibility requirements and distribution days. Whether you need emergency food or monthly CSFP Senior Food Box described below, contact the nearest food bank to see which programs 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 information on how to apply and to confirm dates/times of monthly distribution at the following site nearest to you. New applicants may be subject to waiting list.**

### Redwood Empire Food Bank CSFP distribution sites, 523-7900

#### Lake County

- Clearlake
- Finley
- Lakeport
- Lower Lake
- Lucerne
- Middletown

#### Mendocino County

- Ukiah
- Willits

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

- Anderson Valley
- Fort Bragg
- Gualala
- Laytonville
- Leggett
- Point Arena

### Calvary Chapel

14330 Memory Ln. (off Olympic Dr.), PO Box 2062, Clearlake

**994-5683**

Provides emergency food boxes Tue and Thu 11:30am and free hot meal Tue and Thur 4:00pm – 6:00pm.

### Catholic Charities of the Diocese of Santa Rosa ~ Lake County Programs

21085 Bush St., PO Box 678, Middletown

**528-8712**

Provides supplemental food.

- Middletown Pantry (21085 Bush St.), third Wed of the month, 4:30pm – 6:00pm.
- Kelseyville Pantry (St. Peter's Catholic Church's Glebe Hall on Main St.), fourth Mon of the month (except holidays), 4:30pm – 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. Distribution at multiple sites throughout Lake County.

### First Baptist Church of Clearlake

14550 Pearl Ave., PO Box 547, Clearlake

**994-5148**

Emergency food and clothes closets, Mon, Wed, Thu, and Fri 9:00am – 11:00am. Assistance is limited to two times per year, must provide ID.

**Fort Bragg Food Bank**

910 N. Franklin St., PO Box 70, Fort Bragg

**964-9404**

Food distribution at multiple Mendocino County locations. See [www.fortbraggfoodbank.org](http://www.fortbraggfoodbank.org).

**Middletown Community United Methodist Church**

15833 Armstrong St. (off Hwy 29), PO Box A, Middletown

**987-3379**

Emergency food distribution, free community dinners and Sun lunch.

**North Coast Opportunities Food Pantry & Warehouse**

Food Pantry: 14832 Lakeshore Dr., Clearlake

Warehouse: 785 Bevins St., Lakeport

**994-4647 ext. 123**

Provides food to low income-eligible residents during weekly food distributions from the Clearlake Food Pantry. Foods from pantry plus fresh produce; on-premises garden. Coordinates with community partners for other distributions from the warehouse. See [www.ncoinc.org/programs/clearlake](http://www.ncoinc.org/programs/clearlake).

**Redwood Empire Food Bank**

3990 Brickway Blvd., 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](http://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, Fri 10:00am – 4:00pm. Bring ID for food assistance, arrive by 3:00pm to allow time for processing.

**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

**367-4771**

Emergency food assistance at Queen of Peace Catholic Church in Clearlake by prior arrangement. Call ahead to apply. Can apply for vouchers to be used towards low cost or free clothing/household items at thrift store in Lower Lake. Other assistance may be available on a case-by-case basis upon approval of board.

**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 by prior arrangement. Call ahead to apply.

**Ukiah Community Center Food Bank**

888 N. State St., Ukiah

**463-2409**

Emergency, weekly, and monthly distribution of food under various food-support programs. Bring valid ID to center to apply.

**United Christian Parish in Lakeport**

745 N. Brush St., Lakeport

**263-4788**

Food distribution by appointment only.

Eligibility: once per every three months.

**Willits Community Services (WCS) & Food Bank**

229 E. San Francisco Ave., Willits

**459-3333**

Emergency assistance with food, transportation, shelter, blankets, utilities, prescriptions, personal items, baby 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 1:00pm – 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](http://www.harvestmarket.com).

**Home-Delivered Meals**

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.

**Coastal Seniors, Inc.**

Veterans Hall, 24000 S. Hwy 1, PO Box 437, Point Arena

**882-2137**

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

**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. See [www.lcseniors.com](http://www.lcseniors.com).

**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](http://www.lcseniors.com).

**Live Oak Seniors**

12502 Foothill Blvd., PO Box 1389, Clearlake Oaks

**998-1950**

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 Mon – Fri; frozen for weekend when center is closed. Eligibility: Age 60+ and homebound. Donation suggested. See [www.lucernealpineselectorcenter.com](http://www.lucernealpineselectorcenter.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**

21256 Washington St., 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 <http://middletownseniorcenter.org>.

**Plowshares Peace and Justice Center**

1346 S. State St., PO Box 475,  
Ukiah

**462-8582**

Home-delivered meals Mon – Fri for homebound, disabled adults age 60+. See [www.plowsharesfeeds.org](http://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](http://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., Covelo

**983-6556**

Home-delivered meals Mon – Fri. Doctor's prescription and completed application required. Eligibility: Native Americans age 55+, others age 62+. Donation requested of non-Native participants. See [www.rvit.org](http://www.rvit.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. See [www.willitsseniorcenter.com](http://www.willitsseniorcenter.com).





## Health Services

### 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](http://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 Clear Lake's Rural Health Clinic System. Private dental insurance and Medi-Cal are accepted. See [www.sthelenahospital.org](http://www.sthelenahospital.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](http://www.cthp.org).

#### Jodi Todd, RDHAP

#### Mobile Dental Hygiene Practice

P.O. Box 55, Potter Valley

**272-4426**

Providing In-office and Mobile Dental Hygiene Services. Mobile services are provided at private homes, skilled nursing facilities, independent care facilities, assisted living facilities, group homes, retirement communities, hospitals and clinics, adult and special needs day care. Private dental insurance and Medi-Cal are accepted. Contact at [joditoddrdhap@gmail.com](mailto:joditoddrdhap@gmail.com) or see [www.mobiledentalhygienist.com](http://www.mobiledentalhygienist.com).

#### Lake County Tribal Health Consortium

925 Bevins Ct., PO Box 1950,  
Lakeport

**800-750-7181 or 263-8382**

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](http://www.lcthc.com).

#### Long Valley Health Center

51 Branscomb Rd., PO Box 870,  
Laytonville

**984-8222**

Preventative and restorative dental care for all ages. See [www.longvalley.org](http://www.longvalley.org).

#### Mendocino Community Health Clinic, Inc.

Dental care for children and adults: exams, gum treatment, fillings, dentures, and emergency care. Medi-Cal, CMSP, Partnership HealthPlan, sliding scale and private payment. Mendocino Community Health Clinic is a local, nonprofit organization with three health centers. See [www.mchcinc.org](http://www.mchcinc.org).

- **Hillside Health Center**  
333 Laws Ave., Ukiah  
**468-1010**
- **Lakeside Health Center**  
5335 Lakeshore Blvd., Lakeport  
**263-7725**  
Transportation support possible, call to schedule.
- **Little Lake Health Center**  
45 Hazel St., Willits  
**456-9600**

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

### **Redwood Coast Medical Services ~ Point Arena Dental Center**

175 Main St., Point Arena  
**882-2189**

See [www.rcms-healthcare.org](http://www.rcms-healthcare.org).

### **Round Valley Indian Health Center**

Corner of Hwy 162 & Biggar Ln.,  
PO Box 247, Covelo

**983-6181**

Full dental care serving both adults and children. See [www.roundvalleyindianhealthcenter.com/](http://www.roundvalleyindianhealthcenter.com/)

### **UKIAH PERIODONTICS AND IMPLANT CENTER**

*Your partner for a better oral health*

George Morarasu, DDS, MSD

620 S DORA STREET  
SUITE 202  
UKIAH, CA 95482  
(707) 468-8080  
[www.fixgums.com](http://www.fixgums.com)



## **Disability or Condition Specific Supports**

### **Adaptive Aids & Durable Medical Equipment**

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](http://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](http://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.sfsuicide.org/our-programs/hiv-nightlines](http://www.sfsuicide.org/our-programs/hiv-nightlines).

### **AIDS Drug Assistance Program (ADAP)**

Public Health, 922 Bevins Ct., Lakeport

**800-794-9291** or **263-1090**

Public Health, 1120 S. Dora St., Ukiah

**472-2710**

Provides access to funding for HIV-related prescription medications for income eligible individuals. Eligibility: ADAP available to those age 18+ with an HIV or AIDS

diagnosis, a prescription by a licensed California physician, and adjusted gross income less than \$50,000. See

[www.cdph.ca.gov/programs/aids/Pages/Default.aspx](http://www.cdph.ca.gov/programs/aids/Pages/Default.aspx) for ADAP program updates.

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

8050 Lake St., #A, Lower Lake

**995-1606**

301 S. State St., Ukiah

**462-3041**

CCHAP provides case management and support services to persons in Lake, Mendocino, and Sonoma Counties who have been diagnosed with HIV or AIDS.

Lower Lake 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](http://www.communitycare707.com).

### **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. CUSOC case management for those with co-occurring disorders (mental health/substance abuse.) See [www.mcavhn.org](http://www.mcavhn.org).

## **Cancer**

### **American Cancer Society**

National 24/7/365 **800-ACS-2345**

TTY **866-228-4327**

#### **Lake County**

860 Napa Valley Corporate Way, Ste. E, Napa

**255-5911 x 3**

#### **Mendocino County**

1451 Guerneville Rd., Ste 220, Santa Rosa

**545-6728**

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. See [www.cancer.org](http://www.cancer.org).

### **Cancer Resource Centers of Mendocino County**

45040 Calpella St., PO Box 50,  
Mendocino

**937-3833**

590 S. Dora St., Ukiah

**467-3828**

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

### **National Cancer Institute's Cancer Information Service**

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](http://www.cancer.gov) available Mon – Fri 6:00am – 8:00pm Pacific Time. See [www.cancer.gov/aboutnci/cis](http://www.cancer.gov/aboutnci/cis).

### **Cognitive & Memory Loss**

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.

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**

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

TDD **866-403-3073**

24/7 toll-free helpline, support groups, family care consultations, MedicAlert + Safe Return registry and I.D. bracelet for persons

with memory loss. See: [www.alznorcal.org](http://www.alznorcal.org) (N. CA chapter) or [www.alz.org](http://www.alz.org) (National).

### **CA Telephone Access Program (CTAP)**

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

### **Redwood Caregiver Resource Center (RCRC)**

1140 Sonoma Ave., Ste 1B, 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 adult onset cognitive impairments (traumatic brain injury, stroke, early onset dementia) through education, research, services, and advocacy. Helpful fact sheets and links at website: [www.redwoodcrc.org](http://www.redwoodcrc.org).

### **Developmental/Intellectual 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/intellectual disabilities.

#### **Office of Clients' Rights Advocacy**

1116 Airport Park Blvd., Ukiah

**462-2462** ►

Advocates on behalf of persons with a developmental/intellectual 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.disabilityrightsca.org/about/OCRA.htm](http://www.disabilityrightsca.org/about/OCRA.htm)

## **Redwood Coast Regional Center**

180 3<sup>rd</sup> 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/intellectual 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](http://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](http://www.acb.org).

### **ATT Accessibility Resource Center**

**800-772-3140**

TTY **800-651-5111**

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

### **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 or via BARD (Braille & Audio Reading Download). 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](http://www.library.ca.gov/services/btbl.html).

### **CA Telephone Access Program (CTAP)**

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

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

1510 J St., Ste. 125, Sacramento  
**916-441-2100**

Toll-Free & After Hours Newsline

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

### **Council of Citizens with Low Vision International**

American Council of the Blind,  
Washington DC

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](http://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](http://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](mailto:hearfoundation@aol.com) for application.

### **Earle Baum Center of the Blind** 4539 Occidental Rd., Santa Rosa **523-3222**

Provides training to individuals with sight loss. Orientation and mobility adjusting to vision loss, 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](http://www.earlebaum.org).

### **International Hearing Society ~ Hearing Aid Helpline**

16880 Middlebelt Rd., Ste. 4,  
Livonia, MI

**800-521-5247**

Professional association representing Hearing Instrument Specialists provides information and referral for those with hearing loss and hearing aids. See [www.ihsinfo.org](http://www.ihsinfo.org).

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

**711** all callers

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**

424 Pendleton Way, Oakland  
**800-LUNG-USA**

Education about chronic lung disease, tips and techniques to better manage lung disease. Call for locations. See [www.lung.org](http://www.lung.org). For free **Freedom From Smoking Online** smoking cessation program, select "Stop Smoking" blue tab at the top of the web page.

## **Other Supports**

### **Assistance Dog Special Allowance Program**

744 P St., MS 8-16-94,  
Sacramento

**916-657-2628**

TTY **916- 653-7651**

Provides a monthly payment of \$50 to eligible persons who use a guide, signal, or service dog to help them with needs related to their physical disabilities. The allowance is to help pay the costs of food, grooming, and health care for the dogs. Eligibility: must live in California; be blind, deaf, hard of hearing, or disabled; use the services of a trained guide, signal, or service dog; and receive benefits from one or more of these programs: SSI, IHSS, CAPI, SSDI (meeting federal poverty guideline limits). See [www.dss.cahwnet.gov/cdssweb/pg82.htm](http://www.dss.cahwnet.gov/cdssweb/pg82.htm).

## ***Health Clinics & Public Health***

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

### **Cardiopulmonary Care Center**

801 – 11th St., Ste. 3B, Lakeport  
**263-9502**

Testing services for patients with cardiovascular and pulmonary disease, including home sleep study diagnostic test.

Satellite cardiopulmonary office of St. Helena Hospital Clear Lake. Medicare, Medi-Cal, and private health insurance are accepted. See [www.sthelenahospital.org](http://www.sthelenahospital.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 Clear Lake's Rural Health Clinic System.

Medicare, Medi-Cal, and private health insurance are accepted. See [www.sthelenahospital.org](http://www.sthelenahospital.org).

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

### **Hidden Valley Medical Services**

18990 Coyote Valley Rd., Ste. 10,  
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.sthelenahospital.org](http://www.sthelenahospital.org).

### **Kelseyville Family Health Center**

5290 State St., Kelseyville ►

**279-8813**

Family practice services. Part of St. Helena Hospital Clear Lake's Rural Health Clinic System. Medicare, Medi-Cal, and private health insurance are accepted. See [www.sthelenahospital.org](http://www.sthelenahospital.org).

**Lake County Public Health**

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, 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>.

**Lake County Tribal Health Consortium**

925 Bevins Ct., PO Box 1950, Lakeport

**800-750-7181 or 263-8382**

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](http://www.lcthc.com).

**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, acupuncture, and other services. Medi-Cal, Medicare, and

many private insurance. Sliding scale for low-income. See [www.longvalley.org](http://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.

**Mendocino Coast Clinics**

205 South St., Fort Bragg

**964-1251**

Medical health services for all ages. Medi-Cal, Medicare, or most private insurance accepted, otherwise sliding scale payments. Transportation available in the local Fort Bragg area. See [www.mendocinocoastclinics.org](http://www.mendocinocoastclinics.org).

**Mendocino Community Health Clinic, Inc.**

Comprehensive healthcare services: medical, dental, and counseling services; pediatrics; chronic disease management; women's health and prenatal services; and referrals to specialty care. Medi-Cal, CMSP, Medicare, Partnership HealthPlan, Covered California Plans, private insurance, sliding scale, and private payment. Mendocino Community Health Clinic is a local, nonprofit organization with three health centers. See [www.mchcinc.org](http://www.mchcinc.org).

- **Hillside Health Center**

333 Laws Ave., Ukiah

**468-1010**

- **Lakeside Health Center**

5335 Lakeshore Blvd., Lakeport

**263-7725**

Transportation support possible, call to schedule.

- **Little Lake Health Center**

46 Hazel St., Willits

**456-9600**

### **Mendocino County Health and Human Services Agency, Public Health**

120 W. Fir St., Fort Bragg

**964-4713**

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, but may not be limited to, oversight of emergency medical services, flu shots, immunizations, TB clinics, Sharps disposal, tobacco control services, car seat program, WIC, CA Children's Services, Vital Records, field nursing, prevention and planning programs/services. Not all programs are available at each location. See [www.co.mendocino.ca.us/hhsa/publichealth.htm](http://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 Clear Lake's Rural Health Clinic System. Medicare, Medi-Cal, and private health insurance are accepted. See [www.sthelenahospital.org](http://www.sthelenahospital.org).

### **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 Clear Lake's Rural Health Clinic System. Eligibility: Under the direction of a physician, Medicare, Medi-Cal, private health insurance, and Worker's Compensation are accepted. See [www.sthelenahospital.org](http://www.sthelenahospital.org).

### **Redwood Coast Medical Services ~ Gualala Medical Center**

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 consultations available for cardiology, ophthalmology, and orthopedics. On-site X-rays and lab. See [www.rcms-healthcare.org](http://www.rcms-healthcare.org).

### **Redwood Coast Medical Services ~ Point Arena Medical Center**

30 Mill St., 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+. See [www.rcms-healthcare.org](http://www.rcms-healthcare.org).

### **Redwood Medical Clinic**

88 Madrone St., Willits

**459-6115**

Family medicine clinic affiliated with the Adventist Health care system. Accepts Medi-Cal, Medicare, PartnershipHealthplan (for those assigned to the clinic), and other insurance.

### **Round Valley Indian Health Center**

Corner of Hwy 162 & Biggar Ln.,  
PO Box 247, Covelo

**983-6181**

Full primary medical care services for all ages. Also chiropractic and physical therapy services. Medi-Cal and most types of insurance accepted. See [www.roundvalleyindianhealthcenter.com/](http://www.roundvalleyindianhealthcenter.com/).

### **Sutter Lakeside Community Clinic**

5196 Hill Rd. E., Lakeport

**263-6885**

Comprehensive primary care program for adults and children including family medicine, obstetrician, nurse midwife, and nurses. Medicare, Medi-Cal, and private health insurance accepted; discount for those with no insurance. See [www.sutterlakeside.org](http://www.sutterlakeside.org).

### **Sutter Lakeside Family Medicine Clinic**

5176 Hill Rd. E., Lakeport

**262-5088**

Provides a variety of specialty care including cardiology, podiatry, and orthopedics. Eligibility: Adults and children. Medicare, Medi-Cal, private health insurance, and Worker's Compensation are accepted, as well as low-income families without health insurance. See [www.sutterlakeside.org](http://www.sutterlakeside.org).

### **Ukiah Valley Rural Health Center**

Mail to: 260 Hospital Dr., Ste. 207,  
Ukiah

Clinics affiliated with Ukiah Valley Medical Center and the Adventist Health care system. Accepts Medi-Cal, Medicare, CMSP, and other insurance. See [www.uvmc.org](http://www.uvmc.org).

- **Ukiah**

260 Hospital Dr.

**463-8000**

1165 S. Dora St., Ste. B-1 and  
Ste. C-2

**463-8000**

1050 N. State St.

**463-8000**

Practices include allergy, behavioral health, breast surgery, cardiology, cardiovascular and thoracic surgery, dermatology, ENT, family practice, general surgery, internal medicine, obstetrics and gynecology, oncology, ophthalmology, orthopedics, pain management, pediatrics, and urology. Rapid Care provides care for urgent, but not life-threatening, situations.

- **Lakeport**

487 S. Main St.

**263-4631**

Practices include internal medicine, pediatrics, and lab services.

### **VA Outpatient Clinics** (see **Veterans** section)

## **Hospitals**

### **Frank R. Howard Memorial Hospital**

1 Madrone St., Willits

**459-6801**

Part of the Adventist Health care system. See [www.howardhospital.org](http://www.howardhospital.org).

### **Mendocino Coast District Hospital**

700 River Dr., Fort Bragg

**961-1234**

See [www.mcdh.org](http://www.mcdh.org).

### **San Francisco VA Medical Center** (Fort Miley) (see **Veterans** section)

**St. Helena Hospital/Adventist Health**

10 Woodland Rd., St. Helena

**963-3611**

Physician Referral

**800-540-3611**

Sister hospital to St. Helena Hospital Clear Lake. See [www.sthelenahospital.org](http://www.sthelenahospital.org).

**St. Helena Hospital Clear Lake/Adventist Health**

15630 18th Ave., PO Box 6710, Clearlake

**994-6486**

Partners with St. Helena Hospital for cardiovascular and cancer care needs. See [www.sthelenahospital.org](http://www.sthelenahospital.org).

**Sutter Lakeside Hospital**

5176 Hill Rd. E., Lakeport

**262-5000**

ER **262-5050**

See [www.sutterlakeside.org](http://www.sutterlakeside.org).

**Ukiah Valley Medical Center**

275 Hospital Dr., Ukiah

**462-3111**

Part of the Adventist Health care system. See [www.uvmc.org](http://www.uvmc.org).

**Tribal Health & Support**

**Consolidated Tribal Health Project ~ Community Outreach Services**

6991 N. State St., Redwood Valley  
**800-642-CTHP** or **485-5115** 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](http://www.lcthc.com).

Public Health Nurse Community Health Representatives provide home visits, hospital visits, home safety checks, diabetic case management, nutrition, WIC, Community Education and transportation supports. Available to eligible Indian individuals (documentation required). See [www.cthp.org](http://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

**472-2100**

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.

**Lake County Tribal Health Consortium Outreach Services**

925 Bevins Ct., PO Box 1950, Lakeport

**800-750-7181** or **263-8382** ext. **1616**

Public Health Nurse and Community Health Representatives provide home visits, hospital follow-up and patient education, smoke detectors, transportation to medical

**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.roundvalleyindianhealthcenter.com/](http://www.roundvalleyindianhealthcenter.com/).

**Scotts Valley ~ Band of Pomo Indians Health & Social Service Dept.**

1005 Parallel Dr., 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 ext. 111**

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



**When You Want to  
Get Back to Life,  
*Sooner***

If you or a loved one has suffered a serious illness or are coping with a chronic medical condition, we can help. Adventist Health Home Care Services can help you or your loved one stay in your home while receiving the skilled medical care you need.

Our team of nurses and therapists offer treatment as well as education to help you remain independent in your home.

**LEARN MORE:**

707.967.5770 Napa County  
707.994.0737 Lake County



*Home Care Services*

STHELENAHOSPITALCLEARLAKE.ORG



## Housing & Shelter

### Home Rehabilitation/Modification

#### City of Clearlake Housing Rehabilitation Program

14050 Olympic Dr., Clearlake  
**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

Housing Dept., 225 Park St.,  
Lakeport

**263-5613** ext. **11**

Provides direct loans at below market interest (deferred for 30 years) for housing rehabilitation projects and, in some cases, new construction. Eligibility: City of Lakeport homeowner conforming to maximum income limits set by the State for low income individuals. Program available on a first-come first-served basis and is contingent upon program funds.

#### City of Ukiah Utilities, Energy Efficiency Dept.

Energy Efficiency Rebates, 5734  
Lonetree Blvd., Rocklin

**467-5700**

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/utility-services](http://www.cityofukiah.com/utility-services) and link to "Rebates" for information and applications.

#### Community Development Commission (CDC)

1076 N. State St., Ukiah

**463-5462**

TDD/TTY **463-5697**

- **Energy Assistance  
Program (ESA)**

CDC's Development and Sustainability Department offers the Energy Savings Assistance (ESA) program for lower income residents in Mendocino and Lake Counties. Qualified customers receive a no-cost energy audit and energy education. Selected energy efficiency measures are installed at no cost to residents. CDC has contracted with Rural Communities Housing Development Corporation (RCHDC) to implement the Energy Savings Assistance (ESA) Program. Call RCHDC 463-1975 to learn more or schedule an appointment; for English dial ext. 128 and for Spanish dial ext. 113.

#### Lake County Habitat for Humanity

16285 Main St., PO Box 1830,  
Lower Lake

**994-1100**

"Brush of Kindness" program provides home repairs for low income seniors and Veterans. See [www.lakehabitat.org](http://www.lakehabitat.org).

### **Lake County Owner Occupied Housing Rehab Program**

15975 Anderson Ranch Pkwy,  
PO Box 9000, Lower Lake

**995-4200**

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) 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](http://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

**800-233-4480 or 463-0303**

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 approximately every five years. Eligibility: Must meet limited-income criteria. Call for application. See <http://northcoastenergyservices.com/>.

### **PG&E Energy Savings Assistance 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. (Also offers retail rebates on clothes washers, refrigerators, and water heaters.) Eligibility: PG&E customer, must meet household income limitations and

have not participated in the weatherization program since 2002. Visit website for more program details. Call or complete online referral at Energy Savings Assistance Program link at

[www.pge.com/myhome/customerservice/financialassistance/](http://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 Fort Bragg residents to energy-saving programs offered through providers/agencies such as PG&E and North Coast Energy Services.

See <http://www.redinet.org/>

### **USDA Rural Development**

777 Sonoma Ave., Santa Rosa

**526-6797 ext. 107**

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. See [www.rurdev.usda.gov/ca](http://www.rurdev.usda.gov/ca).

## **Homeless & Transitional Housing**

### **Crisis Line ~ Mendocino County**

**800-575-HELP (4357)**

24-hour telephone service connects Mendocino County callers with crisis service agencies countywide.

### **Ford Street Project**

139 Ford St., Ukiah

**462-1934**

Multi-program agency serving Mendocino County residents. 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, counseling supports for various populations.

**Transitional Housing Program:** Housing at several locations for six months to two years as a bridge between shelter and permanent housing. Includes case management and services to increase self-sufficiency. Apply at Ukiah Community Center, 462-8879, 888 N. State St., Ukiah, for the Supportive Housing Program to be referred for transitional housing.

### **Ford Street Project Emergency Shelter and Vocational Program**

Ukiah

**468-6427**

22-bed, 24/7 shelter/residence for Mendocino County single adults who are clean and sober and willing, able, and actively seeking to return to the workforce. When residents are not at work, they are expected to participate in skill-building activities. Visitors and pets are not allowed.

**Apply at Ukiah Community Center, 462-8879, 888 N. State St., Ukiah.**

### **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 2:00pm and before 5:00pm. See [www.mendocinochc.org/hospitality-house/](http://www.mendocinochc.org/hospitality-house/).

### **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, men, and children through the Freedom House. See [www.lakefrfc.org](http://www.lakefrfc.org).

### **Mendocino Coast Hospitality Center**

474 S. Franklin St., PO Box 2168, Fort Bragg

**961-0172**

Resource center for homeless people, providing information, referrals, and case management. See [www.mendocinochc.org](http://www.mendocinochc.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](http://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. Direct services available for homeless individuals and families.

### **Willits Community Services (WCS)**

229 E. San Francisco Ave., Willits

**459-3333**

Food bank and emergency assistance with food, transportation, shelter, blankets, utilities, prescriptions, personal items, baby formula, etc.

## Housing Support Agencies

### Community Development Commission (CDC)

1076 N. State St., Ukiah

**463-5462**

TDD/TTY **463-5697**

Manages both subsidized and unsubsidized properties. Provides rental assistance in Mendocino County through the Section 8 and Veterans Affairs Supportive Housing (VASH) programs. Offers the Permanent Supportive Housing first-time home buyer program. Also offers the Energy Savings Assistance (ESA) program for lower income residents in Mendocino and Lake Counties. See <http://cdchousing.org>.

### Lake County Habitat for Humanity

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. Owner families invest 500 hours of their own labor and sweat equity into building their houses and houses of others. See [www.lakehabitat.org](http://www.lakehabitat.org).

**Home Equity Advisor** Website sponsored by the non-profit National Council on Aging provides information, tools, and consumer advice to use and protect the value in your home. Includes checklists to help you explore options of aging in place vs. selling and moving. See [www.homeequityadvisor.org](http://www.homeequityadvisor.org).

### Lake County Housing Commission

15975 Anderson Ranch Pkwy,  
PO Box 9000, Lower Lake  
**995-4200**

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](http://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). 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 offers credit counseling, credit repair, and first-time home buyer education and down payment assistance for some Native American communities. See [www.nciha.org](http://www.nciha.org).

Questions? Contact Senior Information & Assistance at 800-510-2020 or 707-468-5132  
[www.SeniorResourceDirectory.org](http://www.SeniorResourceDirectory.org)

## 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](http://www.rchdc.org).

### Subsidized Housing Complexes

#### Lake County

- **Adagio**

15117 Olympic Dr., Clearlake

**995-0370**

Family complex, two, three and four bdrm (three accessible units).

- **Austin Manor Apts.**

14900 Burns Valley Rd.,

Clearlake

**995-1650**

Senior complex, one bdrm (two accessible units). Eligibility: 62+ unless disabled.

- **Autumn Village Apts.**

14930 Burns Valley Rd.,

Clearlake

**995-1650**

Senior complex, one bdrm (four accessible units). Eligibility: 62+ unless disabled.

- **Bella Vista Senior Apts.**

1075 Martin St., Lakeport

**263-3003**

Senior complex, one, two bdrm (all units are handicapped-friendly; four units are fully accessible). Eligibility: 62+ unless disabled. See [www.lakeport.pwapt.com](http://www.lakeport.pwapt.com).

- **Cache Creek Apts.**

16080 Dam Rd., Clearlake

**994-9581**

Family complex, two, three, and four bdrm (five accessible units).

- **Clearlake Apts.**

7145 Old Hwy 53, Clearlake

**994-5111**

Family complex, one, two, three bdrm.

- **Eskaton Clearlake Oaks Manor**

75 Lake St., Clearlake Oaks

**998-9355**

Senior complex, one bdrm (two accessible units). Units are 580 square feet, all electric. An independent living, smokefree complex.

Eligibility: 62+. See

[www.eskaton.org](http://www.eskaton.org).

- **Highlands Village**

Office, 6215 Old Hwy 53,

Clearlake

**994-7538**

Senior complex, one bdrm (four 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, one, two bdrm (two accessible units).

- **Lakeview Apts.**

525 Bevins St., Lakeport

**263-7021**

Senior complex, studio, one bdrm (four accessible units). Eligibility: 62+ unless mobility impaired.

- **Lakeview Terrace Apts.**

7055 Old Hwy 53, Clearlake

**995-5295**

Family complex, two, three, four bdrm (four accessible units).

- **Middletown Garden Apts.**

15750 Knowles Ln., Middletown

**987-9668**

One, two, three bdrm (two accessible units). Eligibility: 62+ senior section; other section 18+.

- **Nice Village Apts.**

6620 Collier Ave., Upper Lake

**274-8259**

Family complex, one, two, three bdrm (two accessible units).

- **North Shore Villas**

5860 E. Hwy. 20, Lucerne

**274-2318**

Senior complex, one bdrm (four accessible units). Eligibility: 62+

- **Oak Hill Apts.**

4425 Cruickshank St.,  
Kelseyville

**279-1500**

Family complex, two, three, four bdrm (two 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, one bdrm (three accessible units). Eligibility: 62+ or persons with special needs.

Submit five year landlord history and six months bank statements.

- **Olympic Village**

15097 Olympic Dr., Clearlake

**994-2408**

Senior complex, one, two bdrm (three accessible units). Eligibility: 55+.

- **Orchard Garden Apts.**

5025 Gaddy Ct., Kelseyville

**279-0804**

Family complex, one, two, three bdrm (two accessible units).

- **Ridge Lake Apts.**

15160 Austin Dr., Clearlake

**994-1163**

Family complex, one, two bdrm (six accessible units). See [www.ridgelakeapartments.com](http://www.ridgelakeapartments.com).

- **Sunshine Manor**

2031 Giselman St., Lakeport

**263-3761**

Senior complex, one bdrm (four accessible units). Eligibility: 62+ unless mobility impaired.

- **Walnut Grove Apts.**

3155 Smith Ln., Clearlake

**995-0775**

Senior complex, one, two bdrm (four accessible units). Eligibility: 55+ and meet income limits.

### **Mendocino County**

- **Autumn Leaves**

425 E. Gobbi St., Ukiah

**462-5550**

Senior complex, studio, one bdrm (four accessible units, 18+). Eligibility: 62+ unless disabled.

- **Baechtel Creek Village**

61 Alder Ct., Willits

**463-5462**

Senior complex, one, two bdrm (two accessible units, six with some accessibility features). Eligibility: 55+.

- **Brookside Commons**

Various addresses on Cindee Dr., Ukiah

**463-5462**

Family complex, three bdrm (one accessible unit).

- **Community Development Commission (CDC)**

23 units scattered-site Family Housing, Ukiah

**463-5462**

Some single-family dwellings, mostly three bdrm, one four-bdrm, one five-bdrm with some accessibility features.

- **Cottages at Cypress**

330 Cypress St., Fort Bragg

**962-9080**

Senior complex, one, two bdrm (two accessible units). Eligibility: 62+ or disabled.

- **Creekside Village**

751 Waugh Ln., Ukiah

**463-0721**

Senior complex, one, two bdrm (four accessible units, 18+). Eligibility: 62+ unless mobility impaired.

- **Cypress Ridge**

520 Cypress St., Fort Bragg

**964-7715**

Senior complex, one, two bdrm (four accessible units). Eligibility: 62+ or disabled.

- **Duane Hill Terrace**

600 N. Orchard St., Ukiah

**468-9200**

Family complex, one, two, three bdrm (three accessible units).

- **Duncan Place**

301 Cypress St., Fort Bragg

**964-4858**

Senior complex, one 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.

- **Gibson Court**

148 Gibson St., Ukiah

**462-3005**

Mental Health referrals only.

- **Glass Beach Apts.**

900-928 John Cimolino Way,  
Fort Bragg

**463-5462**

Family complex, three bdrm (two accessible units).

- **Holden Street**

490 Dora St., Ukiah

**462-3005**

Mental Health referrals only.

- **Holly Heights I**

77 Holly St., Willits

**459-2153**

Family complex, one, two, three bdrm, no accessible units.

- **Holly Heights II**

201 Holly St., (mail to 77 Holly St.), Willits

**459-2153**

Family complex, one, two, three, four bdrm, no accessible units.

- **Jack Simpson School View  
Apts.**

1051 N. Bush St., Ukiah

**463-0300**

Senior complex, studio, one bdrm (three accessible units). Eligibility: 62+ unless mobility impaired.

- **Lenore Senior Apts.**

251 S. Lenore St., Willits

**459-2153**

Senior complex, one bdrm (one accessible unit). Eligibility: At least one household member 62+.

- **McCarty Manor**

741 Waugh Ln., Ukiah

**468-0229**

Family complex, one, two, three bdrm (four accessible units).

- **Moura Senior Housing**

400 South St., Fort Bragg

**964-1203**

Senior complex, one bdrm. Eligibility: 62+.

- **North Pine Street Apts.**

1080 N. Pine St., Ukiah

**463-0300**

Senior complex, one 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

**459-6233**

Family complex, one, two, three bdrm  
(two accessible units).

- **Oak Glenn**

1298 Locust St., Willits

**459-6233**

Family complex, one, two, three bdrm  
(three accessible units).

- **Orchard Manor**

610 Orchard Ave., Ukiah

**468-5810**

Family complex, one, two, three bdrm  
(three accessible units).

- **Orchard Village**

548 Ford St., (mail to 610  
Orchard Ave.), Ukiah

**468-5810**

Family complex, one, two, three bdrm  
(three accessible units). Contact  
manager at office Orchard Manor, 610  
Orchard Ave.

- **River Gardens**

421 South St., Fort Bragg

**964-6811**

Family complex, one, two, three bdrm  
(two accessible units).

- **Sanderson Way Village**

532-586 Sanderson Way, Fort  
Bragg

**463-5462**

Family complex, three, four bdrm (one  
accessible unit).

- **Sea Cliff Apts.**

531 Cypress, Fort Bragg

**463-5462**

Family complex, two bdrm (two  
accessible units).

- **Summer Creek Village**

755 Village Circle, Ukiah

**467-1211**

Family complex, two, three, four bdrm  
(four accessible units). Singles allowed  
in twobdrm apts. Section 8 accepted.  
(Affordable, moderate-income complex  
– not low income.)

- **Ukiah Green, Ukiah Green  
South, & Ukiah Terrace**

1164 Mulberry St. #41, Ukiah

**462-8272**

Family complexes, one, two, three bdrm  
(12 accessible units between three  
complexes). Section 8. See  
[www.ukiahterraceapartments.com](http://www.ukiahterraceapartments.com).

- **Walnut Apts.**

311 Walnut St., Fort Bragg

**964-8041**

Family complex, one, two, three bdrm.

- **Walnut Village**

1240 N. Pine St., Ukiah

**468-9672**

Senior complex, one, two bdrm (six  
accessible units, 18+). Eligibility: 62+  
unless mobility impaired.

### ***Non-Subsidized Senior Housing***

#### **Brookside Retirement Residence**

1199 S. Dora St., Ukiah

**462-6262**

66-unit senior complex, studio, alcove, and  
suites (5 accessible units). Daily maid  
service, congregate meals, and transport to  
Ukiah destinations. Eligibility: 60+ all  
household members.

#### **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.  
See [www.redwood-meadows.com](http://www.redwood-meadows.com)

## Residential Care Facilities

Also called "Board and Care Homes" or "Assisted Living Facilities." These facilities 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.

### Lake County

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

### Mendocino County

- **Dalistan Care Home II**  
208 Scott St., Ukiah  
**468-9329 or 468-0924**
- **Diamonds on the Water**  
33531 Navarro Ridge Rd.,  
Albion  
**937-2540**

- **Equinox Care Facility**  
38281 S. Hwy 1, Gualala  
**884-4061**
- **Holy Child Residential Care  
Home I**  
1074 Albright Pl., Ukiah  
**462-2487**
- **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**
- **Holy Spirit Residential  
Care Home II**  
1275 Elm St., Ukiah  
**462-1531**
- **Holy Spirit Residential  
Care Home III**  
414 Grove St., Willits  
**367-1586**
- **Mountain View Senior  
Living**  
1343 S. Dora St., Ukiah  
**462-6212**
- **Observatory Care Home**  
270 Observatory Ave., Ukiah  
**468-7499**
- **Oceanside Living of Fort  
Bragg**  
535 E. Chestnut St., Fort Bragg  
**409-5004**

- **Oceanside Retirement Living**

1370 Navarro Bluff Rd., Albion  
**877-1701**

- **Oceanside Villa**

550 S. Franklin St., Fort Bragg  
**916-591-6073**

- **Rome's Care Facility I**

1127 S. Dora St., Ukiah  
**468-5986**

### **California Advocates for Nursing Home Reform (CANHR)**

650 Harrison St., 2<sup>nd</sup> Fl., 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](http://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](http://www.cclcd.ca.gov). Follow "Find Licensed Care" link.

### **Long-Term Care Ombudsman Program of Lake and Mendocino Counties**

16170 Main St., Unit D, PO Box 9000, Lower Lake

**262-4525**

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 monitor quality of care. See [www.co.lake.ca.us/Government/Directory/Social\\_Services/AAA/LongTerm.htm](http://www.co.lake.ca.us/Government/Directory/Social_Services/AAA/LongTerm.htm).

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## Insurance

### Insurance

#### Covered California

PO Box 989725, West Sacramento  
**800-300-1506**

Spanish speakers **800-300-0213**  
 TTY **888-889-4500**

State-sponsored marketplace for Californians seeking health insurance. See [www.coveredca.com](http://www.coveredca.com) for more info, or to apply online.

#### Health Insurance Counseling & Advocacy Program (HICAP)

1304 Southpoint Blvd., 2<sup>nd</sup> Fl., Ste. 280, Petaluma

**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: Those who are new to Medicare, going onto Medicare for disability, or Medicare because of age 65. 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](http://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. Information at California Department of Health Care Services website: [www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/Medi-Cal\\_CovCA\\_FAQ.aspx](http://www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/Medi-Cal_CovCA_FAQ.aspx). Apply online at

[www.C4Yourself.com](http://www.C4Yourself.com), or call/visit office for application.

#### Lake County

15975 Anderson Ranch Pkwy., PO Box 9000, Lower Lake

**800-628-5288** or **995-4200**

#### Mendocino County

764 S. Franklin St., 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**

221 S. Lenore Ave., Willits

**800-771-2453** or **456-3740**

#### • Partnership HealthPlan of California

**800-863-4155** or **863-4120**

Administers the Medi-Cal managed care health plan for Lake and Mendocino counties. See [www.partnershiphp.org](http://www.partnershiphp.org).

#### Medicare


**800-633-4227**

See [www.medicare.gov](http://www.medicare.gov) for more info, or to apply online. Additional info at [www.MyMedicareMatters.org](http://www.MyMedicareMatters.org), a consumer-oriented website designed to help people make informed choices, sponsored by the National Council on Aging.

**Harry B. Matossian, M.D.**  
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[www.matossianedo.com](http://www.matossianedo.com)  
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## Legal & Advocacy

### 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](http://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 temporary out-of-home placement for protection.

##### **Lake County**

16170 Main St., Unit C, PO Box 9000, Lower Lake  
**888-221-2204** or **995-4680**  
Night/weekend emergency  
**888-221-2204**

See

[www.co.lake.ca.us/Government/Directory/Social\\_Services.htm](http://www.co.lake.ca.us/Government/Directory/Social_Services.htm).

##### **Mendocino County**

764 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**

Night/weekend emergency

**800-575-HELP (4357)** See

[www.co.mendocino.ca.us/hhsa/adult/adult.htm](http://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**

Support for victims of domestic violence, including transportation, court accompaniment, assistance with restraining orders, referrals to counseling, etc.

#### **Area Agency on Aging of Lake & Mendocino Counties (AAA)**

16170 Main St., PO Box 9000, Lower Lake

**995-4680**

Plans and coordinates the development and delivery of local programs and services to individuals age 60+. See

[www.co.lake.ca.us/government/directory/social\\_services/AAA.htm](http://www.co.lake.ca.us/government/directory/social_services/AAA.htm).

#### **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/intellectual disabilities.

## **Behavioral Health/Mental Health Patient's Rights Advocate**

Provides representation for behavioral health/mental health clients.

### **Lake County Behavioral Health**

6032 13<sup>th</sup> Ave., PO Box 1024,  
Lucerne

**888-334-3390**

See [www.co.lake.ca.us/Government/Directory/Behavioral\\_Health.htm](http://www.co.lake.ca.us/Government/Directory/Behavioral_Health.htm).

### **Mendocino County Behavioral & Recovery Services**

1120 S. Dora St., Ukiah

**463-4614**

See

[www.co.mendocino.ca.us/hhsa/adult/patientrights.htm](http://www.co.mendocino.ca.us/hhsa/adult/patientrights.htm).

## **California Advocates for Nursing Home Reform (CANHR)**

650 Harrison St., 2<sup>nd</sup> Fl., 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](http://www.canhr.org).

## **California Indian Legal Services**

117 J St., Ste. 300, 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](http://www.calindian.org).

## **Disability Services & Legal Center**

415 Talmage Rd., Ste. B, Ukiah

**800-528-7704 or 463-8875**

TTY **462-4498**

Provides independent living skills training, information and referral, Social Security Administration benefits counseling, peer support, and assistive technology solutions. Free disability law clinic at Ukiah office second Thu of the month 1:00 – 3:00pm. Off-site hours in Lake County available; call for an appointment. See [www.disabilityserviceandlegal.org](http://www.disabilityserviceandlegal.org).

## **Lake County Mediations**

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

## **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, men, and children through the Freedom House. See [www.lakefrc.org](http://www.lakefrc.org).

Questions? Contact Senior Information & Assistance at 800-510-2020 or 707-468-5132  
[www.SeniorResourceDirectory.org](http://www.SeniorResourceDirectory.org)

### **LawHelpCA.org**

Website provides information about common legal issues and a directory of organizations that offer free or low-cost legal advice and representation. The site is administered by The Legal Aid Association of California (LAAC), a statewide membership organization for the almost 100 nonprofits funded through IOLTA (Interest on Lawyer Trust Account) grants by the State Bar of California. See [www.LawHelpCA.org](http://www.LawHelpCA.org).

### **Legal Services of Northern California ~ Senior Law Project**

421 N. Oak St., Ukiah

**877-529-7700 or 462-1471**

Provides free legal assistance to seniors 60+ and to low-income residents of Lake and Mendocino Counties in the areas of housing - tenant rights, public benefits, health rights, foreclosure, naturalization, guardianships over children, and criminal records clean-up. Additional services for seniors 60+ include Advance Health Care Directives, planning for incapacity, elder abuse, consumer rights, and senior scamming. Call or visit office to determine eligibility to receive services. See [www.lsn.net](http://www.lsn.net) or [www.lsn.info](http://www.lsn.info).

### **Long-Term Care Ombudsman Program of Lake and Mendocino Counties**

16170 Main St., Unit D, PO Box 9000, Lower Lake

**262-4525**

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 monitor quality of care. See [www.co.lake.ca.us/Government/Directory/Social\\_Services/AAA/LongTerm.htm](http://www.co.lake.ca.us/Government/Directory/Social_Services/AAA/LongTerm.htm).

### **Mendocino County Mental Health Board**

1120 S. Dora St., Ukiah

**472-2300**

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

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

### **Office of Clients' Rights Advocacy**

1116 Airport Park Blvd., Ukiah

**462-2462**

Advocates on behalf of persons with a developmental/intellectual 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 [disabilityrightsca.org/about/OCRA.htm](http://disabilityrightsca.org/about/OCRA.htm).

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

## **Public Guardian/Public Administrator**

The Public Guardian initiates the Court process to invoke and renew conservatorships. The Public Administrator handles the affairs of individuals who die without family to administer their estates. Provides case management for conserved persons with mental health disabilities, dementia, or severe frailty.

### **Lake County**

16170 Main St., PO Box 9000,  
Lower Lake  
**995-4680**

### **Mendocino County**

747 S. State St., PO Box 839,  
Ukiah  
**468-7056**

## **Self-Help & Family Law Facilitator's Centers**

Family Law Facilitator offers 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. Other areas of Self-Help assistance may include small claims, evictions, expungements of misdemeanor criminal records, etc.

### **California Courts Online Self-Help Center**

Website provides information that enables individuals to work better with an attorney, and represent themselves in some legal matters. English, Spanish, and other languages. See [www.courts.ca.gov/selfhelp.htm](http://www.courts.ca.gov/selfhelp.htm).

### **Lake County Superior Court**

7000-A S. Center Dr., Clearlake

**994-6598 ext. 3**

See [www.lake.courts.ca.gov/sh/index.htm](http://www.lake.courts.ca.gov/sh/index.htm).

### **Mendocino County Superior Court**

100 N. State St., Rm. 212, Ukiah  
**463-5666**

See [www.mendocino.courts.ca.gov/selfhelp/](http://www.mendocino.courts.ca.gov/selfhelp/).

## **Senior Legal Hotline ~ Western States Pension Assistance Project**

**866-413-4911**

Provides free pension counseling and assistance to residents of California, Arizona, Nevada, and Hawaii or nonresidents with questions about retirement benefits earned in those states. Call, or submit email inquiry through website. See <http://slh.lsnr.net/pension>.

## **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.



## Mental Wellness & Counseling

### **Mental Wellness & Counseling**

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

#### **Bridge Peer Support Center**

14954 Burns Valley Rd., Clearlake  
office **995-2973**

guest phone **995-0893**

Peer-based drop-in center offers one-to-one support as well as a full schedule of support groups and activities. Also serves as day/drop-in center for Veterans, homeless individuals, and people in transition.

#### **Clearlake Family Health Center**

15230 Lakeshore Dr., Clearlake  
**995-4545**

Counseling services for all ages. Part of St. Helena Hospital Clear Lake's Rural Health Clinic System. Eligibility: Medicare, Medi-Cal and private insurance accepted. See [www.sthelenahospital.org](http://www.sthelenahospital.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](http://www.cthp.org).

#### **Lake County Behavioral Health**

7000-B S. Center Dr., Clearlake

**994-7090**

6032 13<sup>th</sup> Ave., PO Box 1024,  
Lucerne

**274-9101**

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

Provides recovery-oriented care including crisis resolution, assessment, counseling, and access to hospital and residential services for adults experiencing serious mental illness and children with emotional disturbance. Also provides alcohol and other drug counseling and prevention services for adults and youth. 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/Behavioral\\_Health.htm](http://www.co.lake.ca.us/Government/Directory/Behavioral_Health.htm).

- **Older Adult System of Care (OASOC)**

In addition to offering the full spectrum of on-site services available through the Lake County Behavioral Health offices in Lucerne 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.

#### **Lake County Behavioral Health Patient's Rights Advocate**

6032 13<sup>th</sup> Ave., PO Box 1024,  
Lucerne

**888-334-3390**

Provides representation for mental health clients. See

[www.co.lake.ca.us/Government/Directory/Behavioral\\_Health.htm](http://www.co.lake.ca.us/Government/Directory/Behavioral_Health.htm).

### Lake County Tribal Health Consortium

925 Bevins Ct., PO Box 1950,  
Lakeport

**800-750-7181 or 263-8382**

Provides mental health counseling, alcohol and drug counseling, and individual/group education to Native American patients. See [www.lcthc.com](http://www.lcthc.com).

### Long Valley Health Center

50 Branscomb Rd., PO Box 870,  
Laytonville

**984-6131**

Mental health and counseling services. Medi-Cal, Medicare, and many private insurance. Sliding scale for low-income. See [www.longvalley.org](http://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.

### Manzanita Services

Mail to: PO Box 1424, Ukiah  
Ukiah United Methodist Church,  
270 N. Pine St., Ukiah

**463-0405**

Willits Resource Center, 286 School St., Willits

**456-9020 or 463-0405**

Peer support wellness and recovery services, education, and resources for people with mental health challenges and their families. Drop-in centers in Ukiah and Willits. Daily support groups and education classes. One-on-one patient navigation and support with behavioral health and primary care needs. Internet access through public computer, phone, trainings and workshops.

Also care management services for Medi-Cal eligible Specialty Mental Health Services clients. See [www.manzanitaservices.org](http://www.manzanitaservices.org).

### 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, Healthy Families, or sliding scale payments depending on income qualifications. Transportation available in the local Fort Bragg area. See [www.mendocinocoastclinics.org](http://www.mendocinocoastclinics.org).

### Mendocino Community Health Clinic, Inc.

Counseling and psychotherapy services for those already receiving medical care at MCHC. Medi-Cal, CMSP, Medicare, Partnership HealthPlan, Covered California Plans, private insurance, sliding scale, and private payment. Mendocino Community Health Clinic is a local, nonprofit organization with three health centers. See [www.mchcinc.org](http://www.mchcinc.org).

- **Hillside Health Center**

333 Laws Ave., Ukiah

**468-1010**

- **Lakeside Health Center**

5335 Lakeshore Blvd., Lakeport

**263-7725**

Transportation support possible, call to schedule.

- **Little Lake Health Center**

47 Hazel St., Willits

**456-9600**

## **Mendocino County Health and Human Services Agency, Behavioral Health & Recovery Services**

Cares for the people of Mendocino County whose lives are affected by mental illness. Provides education about the hopeful possibilities of treatment and recovery as well as community-based treatment that maximizes independent living and improves quality of life. See [www.co.mendocino.ca.us/hhsa/mentalhealth.htm](http://www.co.mendocino.ca.us/hhsa/mentalhealth.htm).

### **Mental Health Access Centers**

for adults age 25+

**800-555-5906** 24/7

- 544 Main St., Ste. B, Fort Bragg
- 564 S. Dora St., Ste. D, Ukiah

### **Administration and Medical Records**

1120 S. Dora St., Ukiah

**472-2300**

## **Mendocino County Health and Human Services Agency, Behavioral Health & Recovery Services ~ Patient's Rights Advocate**

1120 S. Dora St., Ukiah

**463-4614**

Provides representation for mental health clients. See

[www.co.mendocino.ca.us/hhsa/adult/patientrights.htm](http://www.co.mendocino.ca.us/hhsa/adult/patientrights.htm).

### **Moving On**

Willits Senior Center, 1501

Baechtel Rd.

**459-6826**

Activity-oriented social support group for widows, women in divorce, or other interested women. Meets at the senior center second Thu noon – 1:00pm for lunch, followed by meeting 1:00pm – 2:00pm; meets at an agreed-upon location in the community on the fourth Thu. Social activities are offered, such as trips, dinners, theater, etc.

## **National Alliance on Mental Illness (NAMI) Mendocino**

PO Box 1945, Ukiah

Sonya **937-3339**

Mel **485-0239**

Donna **391-6867**

Local chapter of nationwide volunteer, grassroots organization dedicated to improving the lives of people with mental illnesses by providing mutual respect, support, education and advocacy. See [www.namimendocino.org](http://www.namimendocino.org).

## **Redwood Coast Medical Services**

46900 Ocean Dr., PO Box 1100, Gualala

**884-4005**

Behavioral health services for individuals, couples, families, and adolescents. See [www.rcms-healthcare.org](http://www.rcms-healthcare.org).

## **Round Valley Indian Health Center**

Corner of Hwy 162 & Biggar Ln., PO Box 247, Covelo

**983-6181**

Substance abuse counseling, AA meetings, community events and projects. Medi-Cal and most insurance accepted. See [www.roundvalleyindianhealthcenter.com/](http://www.roundvalleyindianhealthcenter.com/).

**Senior Peer Counseling** Home visits by senior volunteers who receive training and supervision from a licensed clinician. Peer counselors provide the client with an opportunity to talk to someone their age that has experienced similar life changes and can understand their concerns. All conversations are strictly confidential and services offered free of charge.

- **Konocti Senior Support, Inc.**

**995-1417**

Serves Lake County residents age 55+. See [www.konoctiseniorsupport.com](http://www.konoctiseniorsupport.com).

- **Redwood Coast Senior Center**

**961-4305 or 964-0443**

Serves Mendocino Coast residents age 60+.

- **Ukiah Senior Center**

**472-0551 or 462-4343**

Serves Ukiah and Willits residents age 60+.

### **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 Clear Lake. 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. Accepts Medicare, Medi-Cal, private health insurance, and Workman's Compensation. See [www.sthelenahospital.org](http://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.

### **Ukiah Valley Rural Health Center Behavioral Health Services**

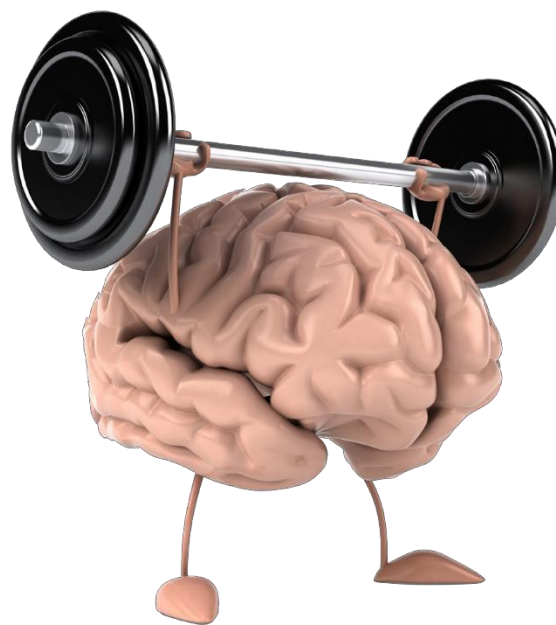
260 Hospital Dr., Ste. 101, (mail to Ste. 207), Ukiah

**463-8000**

Consultation and counseling for children and adults. Clinic affiliated with Ukiah Valley Medical Center and the Adventist Health care system. Accepts Medi-Cal, Medicare,

CMSP, Healthy Families, and other insurance. See [www.uvmc.org](http://www.uvmc.org).

**VA Outpatient Clinics** (see **Veterans** section)



## Senior Centers

### 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, onsite thrift stores, and "loaner" closets with smaller durable medical equipment (such as canes, walkers, commodes, etc.). Some centers 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+. See [www.avseniorcenter.blogspot.com](http://www.avseniorcenter.blogspot.com).

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

Congregate meals, home delivered meals, exercise and social activities, outreach, and transportation program for individuals age 60+. See [www.coastalseniors.org](http://www.coastalseniors.org).

#### **Highlands Senior Service Center, Inc.**

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

Congregate lunches, home-delivered meals, social and exercise programs, support groups, outreach, in-home registry of caregivers. Educational presentations offered to seniors, families, friends and community organizations on benefits and services available to seniors. See [www.lcseniors.com](http://www.lcseniors.com).

#### **Friendship Line**

24-hour telephone hotline/warmline

**Local 415-752-3778**

**National 800-971-0016**

Institute of Aging's (IOA) accredited crisis intervention program for people 60+. Call in and call out services available.

Call out service can be arranged by calling 415-750-4135. Staff and volunteers make phone calls for emotional support or medication reminders.

#### **Indian Senior Center**

425 N. State St., Ukiah  
**462-5595**

Senior Center, congregate 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.

#### **Kelseyville Senior Center**

5245 Third St., Kelseyville  
**279-2175**

Community outreach programs for seniors. Hours vary; 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](http://www.lcseniors.com).

#### **Live Oak Seniors**

12502 Foothill Blvd., PO Box 1389,  
Clearlake Oaks

**998-1950**

Congregate lunches, home-delivered meals, social programs, outreach, and transportation to the center 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 for individuals 60+. See

[www.lucernealpineseniorcenter.com](http://www.lucernealpineseniorcenter.com).

**Manchester-Point Arena Indian Senior Center**

24 Mamie Laiwa Dr., Point Arena

**882-2879**

Congregate meals, home delivered meals, social programs.

**Middletown Senior Center**

21256 Washington St., PO Box 1037, Middletown

**987-3113**

Congregate meals, home-delivered meals, social programs, and outreach. See

[www.middletownseniorcenter.org](http://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 and money management. Circle of Elders Social Day Program and dementia-related education. See [www.rcscenter.org](http://www.rcscenter.org).

**Round Valley Indian Tribes Senior Center**

77826 Covelo Rd., Covelo

**983-6556**

Congregate and home-delivered meals, social and exercise programs, and outreach. Transportation provided for ambulatory persons to come to the center. Eligibility: Native Americans age 55+, others age 62+. See [www.rvit.org](http://www.rvit.org).

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

**Triple "S" Institute ~ Senior Support Services**

9470 Mendenhall, PO Box 925, Upper Lake

**275-3513**

Resource and outreach center for seniors in Lake County's Northshore communities, including social and exercise activities. See

[www.seniorsupportlakecounty.org](http://www.seniorsupportlakecounty.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. "Lunch Bunch" program offers guided activities, lunch, and helps with respite care. See

[www.ukiahseniorcenter.org](http://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+. See [www.willitsseniorcenter.com](http://www.willitsseniorcenter.com).



## Skilled Nursing Facilities

### Skilled Nursing Facilities

Also called "Convalescent Hospitals," "Nursing Homes," or "Extended Care Facilities." For frail or chronically ill individuals who need nursing and related health care services on a 24-hour basis. Helpful info at the "Nursing Home Compare" link at [www.Medicare.gov](http://www.Medicare.gov).

#### Lake County

- **Evergreen Lakeport Healthcare Center**  
1291 Craig Ave., Lakeport  
**263-6382**  
See <http://evergreenlakeport.com>.
- **Meadowood Nursing Center**  
3805 Dexter Lane, Clearlake  
**994-7738**
- **Rocky Point Care Center**  
625 16th St., Lakeport  
**263-6101**  
See [www.rockypointcarecenter.com](http://www.rockypointcarecenter.com).

#### Mendocino County

- **Mendocino Coast Swing Unit**  
700 River Dr., Fort Bragg

#### 961-1234

See [www.mcdh.org/dept/swing-bed-program/](http://www.mcdh.org/dept/swing-bed-program/).

- **Northbrook Healthcare Center**

64 Northbrook Way, Willits  
**459-5592**

See <http://northbrooknursing.com>.

- **Redwood Cove Healthcare Center**

1162 S. Dora St., Ukiah  
**462-1436**

See [www.redwoodcove.com](http://www.redwoodcove.com).

- **Sherwood Oaks Health Center**

130 Dana St., Fort Bragg  
**964-6333**

See <http://sherwoodoaksnursinghome.com>.

- **Ukiah Post Acute**

1349 S. Dora St., Ukiah  
**462-8864**

See <http://ukiahpostacute.com>.

#### California Advocates for Nursing Home Reform (CANHR)

650 Harrison St., 2<sup>nd</sup> Fl., 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](http://www.canhr.org).

### **Long-Term Care Ombudsman Program of Lake and Mendocino Counties**

16170 Main St., Unit D, PO Box 9000,  
Lower Lake

**262-4525**

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 monitor quality of care.

See

[www.co.lake.ca.us/Government/Directory/  
Social\\_Services/AAA/LongTerm.htm](http://www.co.lake.ca.us/Government/Directory/Social_Services/AAA/LongTerm.htm).

## **Long-Term Care Ombudsman Volunteers Needed**



Are you looking for community involvement? Are you concerned about elderly family members, relatives or neighbors? Become a Certified Volunteer Ombudsman!

The Ombudsman deals with resident rights, quality of life, care concerns, receiving and investigating complaints and is an advocate for the elderly.

The Ombudsman provides information to families, friends, and prospective long-term care residents.

**WE WILL TRAIN YOU FREE OF CHARGE!**

The Ombudsman Program is accepting applicants for the next Volunteer Training Program.

For more information contact:

Sonya Lujan  
Long-Term Care Ombudsman  
(707)262-4525  
[slujan@dss.co.lake.ca.us](mailto:slujan@dss.co.lake.ca.us)



## Substance Abuse & Addictions

### *Substance Abuse & Addictions*

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 888-4AL-ANON**

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

#### **Alcoholics Anonymous (AA)**

Gualala – [www.gualalaaa.org](http://www.gualalaaa.org)

**884-1401**

Lower Lake – [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

**995-3316**

Mendocino Coast –  
[www.mendocinocoastaa.com](http://www.mendocinocoastaa.com)

**877-546-9286**

Ukiah Valley – [www.aaukiah.org](http://www.aaukiah.org)

**462-7123**

#### **American Lung Association ~ Freedom From Smoking Online**

424 Pendleton Way, Oakland

**800-LUNG-USA**

Free **Freedom From Smoking Online** smoking cessation program at [www.lung.org](http://www.lung.org). Select "Stop Smoking" blue tab at the top of the web page.

#### **California Council on Problem Gambling**

**800-GAMBLER (800-426-2537)**

24/7 Problem Gambling Helpline free for anyone who is concerned that they, or someone they know, may have a gambling problem. See [www.calpg.org/problem-gambling-helpline/](http://www.calpg.org/problem-gambling-helpline/).

#### **California Gambling Education and Treatment Services (CalGETS)**

No-cost treatment services by licensed mental health providers specially trained in the treatment of problem gambling behavior. Sponsored by the collaboration of the UCLA Gambling Studies Program and the Office of Problem Gambling. See <http://problemgambling.securespsites.com/cpgwebsite/help-available/treatment-services.aspx#search> to locate a local counselor.

#### **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. State-licensed, 43-bed Residential Treatment Program (RTP).

**Gamblers Anonymous  
855-222-5542**

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

**Lake County Alcohol & Other Drug Service (AODS)**

7000-B S. Center Dr., Clearlake  
**994-7090**  
6032 13<sup>th</sup> Ave., PO Box 1024,  
Lucerne  
**274-9101**

A division of Lake County Behavioral 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 contingent on meeting eligibility requirements. Eligibility: Sliding scale based, Medi-Cal accepted. See [www.co.lake.ca.us/Government/Directory/Behavioral Health.htm](http://www.co.lake.ca.us/Government/Directory/Behavioral_Health.htm).

**Mendocino County Health and Human Services Agency ~ Substance Use Disorder Treatment (SUDT) formerly known as AODP**

120 W. Fir St., Fort Bragg  
**961-2522**  
1120 S. Dora St., Ukiah  
**472-2637**

A service of Mendocino County's Health and Human Services Agency, Behavioral Health and Recovery Services, SUDT assists participants who have substance use disorders to create and maintain a healthy, balanced lifestyle, free of alcohol and other drug abuse. In order to assist participants to make positive changes in their lives, staff utilize evidence-based

curricula. Outpatient treatment, prevention and intervention services. Medi-Cal, CMSP, or sliding scale payment. See [www.co.mendocino.ca.us/hhsa/adult/aod.htm](http://www.co.mendocino.ca.us/hhsa/adult/aod.htm).



## Telephone Reassurance

### Telephone Reassurance

#### Community Care Connect

Community Care, 301 S. State St., Ukiah

**468-5132**

Weekly friendly phone call by Senior Information & Assistance staff to those 60+ in inland Mendocino County.

#### Friendship Line

24-hour telephone hotline/warmline

**Local 415-752-3778**

**National 800-971-0016**

Institute of Aging's (IOA) accredited crisis intervention program for people 60+. Call in and call out services available.

Call out service can be arranged by calling 415-750-4135. Staff and volunteers make phone calls for emotional support or medication reminders.

#### 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](http://www.seniorcenterwithoutwalls.org).

#### You Are Not Alone – YANA

Clearlake Police Dept., 14050

Olympic Dr., Clearlake

**994-8201 ext. 322**

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.



## Transportation

### Transportation

#### **AARP Driver Safety Program 888-227-7669**

Driver's refresher course for drivers 50+ years old. See: [www.aarp.org/home-garden/transportation/driver\\_safety/](http://www.aarp.org/home-garden/transportation/driver_safety/).

#### **Anderson Valley Senior Center Veteran's Hall, 14400 Hwy 128, PO Box 591, Boonville 895-3609**

Alternate bus #**489-1175**

Transportation to senior center lunches plus weekly trips to Ukiah for shopping and doctor appointments. Wheelchair accessible. See [www.avseniorcenter.blogspot.com](http://www.avseniorcenter.blogspot.com).

#### **California DMV Senior Driver Website**

Includes Senior Guide for Safe Driving and Senior Ombudsman Program. See [https://www.dmv.ca.gov/portal/dmv/detail/about/senior/senior\\_top](https://www.dmv.ca.gov/portal/dmv/detail/about/senior/senior_top).

#### **Coastal Seniors, Inc.**

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

Transportation for individuals age 60+ or with disabilities. Around town or to shopping and local appointment. Once/month out of town transport to Fort Bragg, Santa Rosa,

or Ukiah on a rotating schedule. See [www.coastalseniors.org](http://www.coastalseniors.org).

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

#### **Hey Taxi!**

Dispatch **467-1200**

Medical Transport **462-5336**

Private taxi service serving the greater Ukiah area. Also, non-emergency medical transport for those in wheelchair or gurney serving Northern California by appointment. Call Dispatch line for regular taxi. Call Medical Transport line to arrange for wheelchair, gurney, and/or other special-needs transport.

#### **Indian Senior Center**

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 698,  
Lower Lake

Clearlake **994-3334**

Lakeport **263-3334**

Wheelchair-accessible fixed-route public bus transportation throughout Lake County, and to Calistoga and Ukiah. (Transfer in Calistoga through Napa Transit to destinations south.) "Flex Stop" curb-to- curb service available within one mile of designated bus routes 1-4, 4A (call to arrange at least one day in advance.)

Dial- A-Ride curb-to-curb van service available Clearlake, Lower Lake, and Lakeport. 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. See [www.laketransit.org](http://www.laketransit.org)

### **Live Oak Seniors**

12502 Foothill Blvd., PO Box 1389,  
Clearlake Oaks

**998-1950**

Transportation to the center by wheelchair-accessible van for individuals age 60+.

### **Lucerne Alpine Seniors, Inc.**

3985 Country Club Dr., PO Box  
937, Lucerne

**274-8779**

Transportation to the center by wheelchair accessible van for individuals 60+

See [www.lucernealpineseniorcenter.com](http://www.lucernealpineseniorcenter.com).

### **Mendocino Transit Authority (MTA)**

241 Plant Rd., Ukiah

**800-696-4682 or 462-1422**

**TDD 462-7360**

Dial-A-Ride, Fort Bragg **964-1800**

Dial-A-Ride, Ukiah **462-3881**

County-wide fixed route public transportation. Dial-A-Ride provides door-to-door service in Fort Bragg and Ukiah.

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.mendocinotransit.org](http://www.mendocinotransit.org) for routes, schedules, and fare prices.

### **Redwood Coast Senior Center**

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

### **Ukiah Senior Center**

499 Leslie St., Ukiah

**462-4343**

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

[www.ukiahseniorcenter.org](http://www.ukiahseniorcenter.org).

### **Willits Senior Center**

1501 Baechtel Rd., Willits

Transportation line **459-5556**

Main Senior Center line **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. See

[www.willitsseniorcenter.com](http://www.willitsseniorcenter.com).



## Veterans

### Veterans

There are many benefits for Veterans that go unclaimed every year because eligible seniors don't apply for them. Helpful information for Veterans and surviving spouses of Veterans is available at [www.va.gov/opa/newtova.asp](http://www.va.gov/opa/newtova.asp), or by contacting our area Veterans Services Offices.

### North Bay Veterans Resource Center

200 Montgomery Dr., Ste. C, 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 workforce development, homelessness, and linking to VA medical and benefits. Transitional supportive housing site in Sonoma County for at-risk homeless Veterans. See [www.vetsresource.org](http://www.vetsresource.org).

### 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 including acute medical, neurological, surgical, psychiatric; geriatric and extended care services including clinic, consultations, respite, nursing home care unit; palliative and hospice care.

Transportation assistance available. See [www.sanfrancisco.va.gov](http://www.sanfrancisco.va.gov).

### 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](http://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](http://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., (mail to 255 N. Forbes St.), Lakeport  
**263-2384**

Veterans service rep is also available at Clearlake VA Outpatient Clinic on Mon and Wed. See [www.co.lake.ca.us/Government/Directory/VeteransServices.htm](http://www.co.lake.ca.us/Government/Directory/VeteransServices.htm).

**Mendocino County**

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

**800-765-9975 or 463-4226**

189 N. Main St., Willits

**456-3792**

Willits office is open by appointment only. Call Ukiah office to schedule.

See

[www.co.mendocino.ca.us/hhsa/adult/veterans.htm](http://www.co.mendocino.ca.us/hhsa/adult/veterans.htm)

**Veterans Volunteer Transport Network**

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.

**From Lake County and Fort Bragg call**

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

**From Ukiah call**

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

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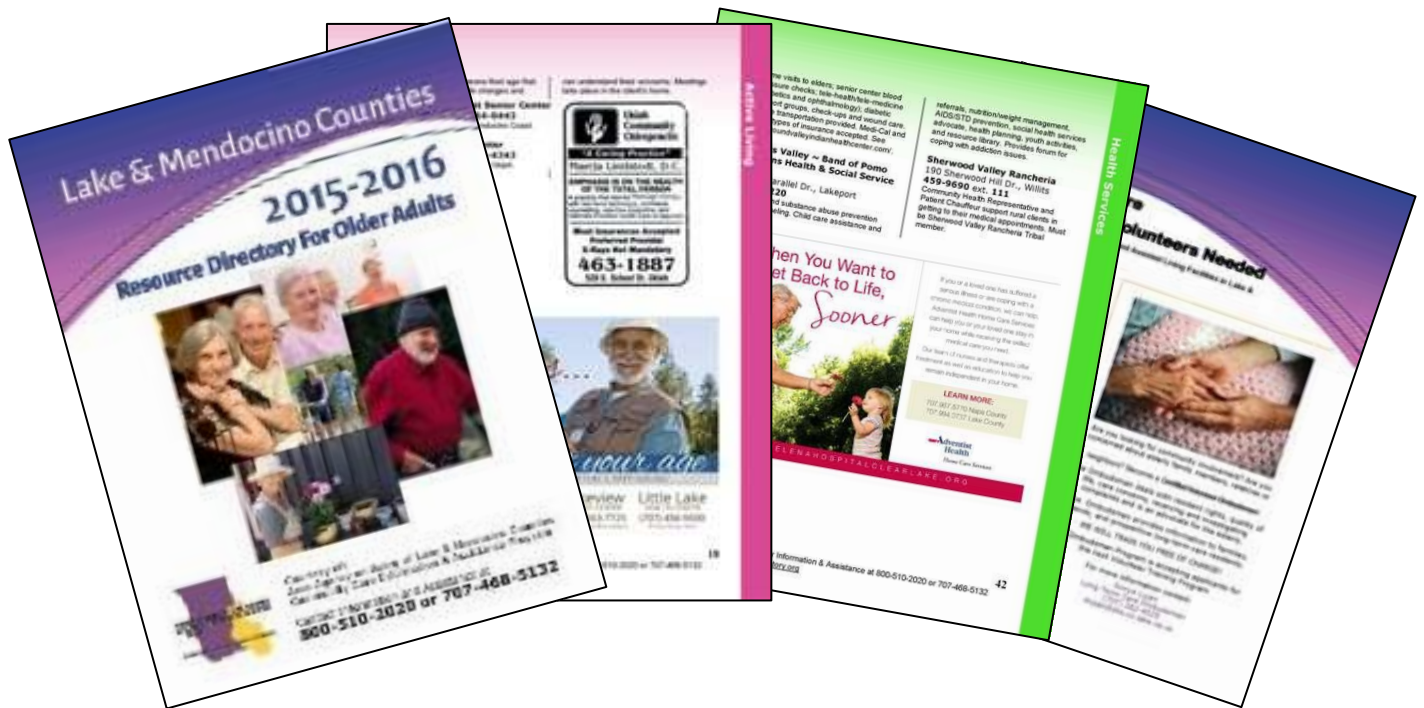
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## Please consider your ad in our next edition of the Resource Directory for Older Adults



The Resource Directory for Older Adults is provided at no cost to older adults, their families, and community based agencies throughout Lake and Mendocino Counties.



Contact:  
Area Agency on Aging of Lake & Mendocino Counties  
[aaa@dss.co.lake.ca.us](mailto:aaa@dss.co.lake.ca.us)

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# Long-Term Care Ombudsman Volunteers Needed

For Residents of Nursing Homes and Assisted Living Facilities in Lake & Mendocino Counties

## Why Are Volunteers Needed??

Residents of nursing homes many times cannot voice grievances on their own behalf.



More than half of all residents in long-term care facilities have no relatives and no regular visitors.



The residents of long-term care facilities are often frail and they may need the services of the Ombudsman to advocate for their rights.



Are you looking for community involvement? Are you concerned about elderly family members, relatives or

neighbors? Become a ***Certified Volunteer Ombudsman!***

The Ombudsman deals with resident rights, quality of life, care concerns, receiving and investigating complaints and is an advocate for the elderly.

The Ombudsman provides information to families, friends, and prospective long-term care residents.

**WE WILL TRAIN YOU FREE OF CHARGE!**

The Ombudsman Program is accepting applicants for the next Volunteer Training Program

For more information contact:

Sonya Lujan  
Long-Term Care Ombudsman  
(707) 262-4525  
[slujan@dss.co.lake.ca.us](mailto:slujan@dss.co.lake.ca.us)