

MENDOCINO

COUNTY



SENIOR & DISABLED
RESOURCE DIRECTORY

2009 - 2010

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

Emergency Numbers

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

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

Poison Control

Nationwide **800-222-1222**

California **800-876-4766**

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

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

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

Personal Phone Numbers

Physician: _____

Hospital: _____

Veterinarian: _____

Emergency Contact: _____

Other: _____

Senior Information & Assistance

Helping you to know and access services in our community



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

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

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

Monday thru Friday, 8am to 5pm



Call and ask for Senior Information

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



E-mail IASpecialist@hotmail.com



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

An online version of this directory is available at

www.SeniorResourceDirectory.org

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

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Emergencies

Individual Crisis

Individual Crisis

Adult Protective Services (APS)

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

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

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

After Hours Emergency **800-575-HELP (4357)**

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

AIDS/HIV Nightline

Toll-Free CA **800-273-2437**

TTY **415-781-2228**

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

American Indian Women Domestic Violence Assistance Program

77826 Covelo Rd., PO Box 448, Covelo **983-9333**

Crisis Line **995-8777**

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

Coast Community Center

253 N. McPherson St., Fort Bragg..... **961-6363**

Homeless intervention. Emergency motel vouchers and referral services. See www.ukiahcommunitycenter.com.

Crisis Line

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

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

Dorcas Society

151 Cherry St., Ukiah **462-1388**

Distribution of free clothing, household linens, and smaller house wares.

Fort Bragg Food Bank

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

Food distribution.

Emergencies

Individual Crisis

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

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

Mendocino County Victim/Witness Assistance Program

County Courthouse Rm. 501

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

Support for victims of violent crimes. Includes information, referral, victim advocacy, emergency assistance, translation, and transportation. Networks with county and community agencies. Appointments may be arranged at offices in Fort Bragg and Willits.

Mental Health Crisis Line

Ukiah **463-4396**

No. County **456-3850**

Fort Bragg **964-4747**

24 hour crisis line for mental health emergencies.

Project Sanctuary

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

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

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

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

Salvation Army

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

Various programs to assist those in need, including utilities, clothes, limited food, gas, and bus vouchers. See www.tsatoday.org.

St. Vincent de Paul Society

St. Mary of the Angels Church, 900 S. Oak St., Ukiah **462-1431**

Limited emergency assistance, primarily food, Tue and Thu 4:00pm. Call prior to 3:00pm to sign up.

Ukiah Community Center (UCC) & Food Bank

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

Coordinates referrals for clothing, food and shelter through various local organizations. See www.ukiahcommunitycenter.com.

Willits Community Services (WCS) & Food Bank

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

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

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

Emergencies

Natural Disaster

Natural Disaster

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

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

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

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

American Red Cross

5297 Aero Dr., Santa Rosa **577-7600** or **577-7604**
from Mendocino County **463-0112**
Food and housing supports for disaster victims; health and safety-disaster services training. See www.arcsm.org.

Mendocino County Office of Emergency Services

501 Low Gap Rd., Ukiah..... **463-5667**
Works to ensure the 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.

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.

Emergencies

Preparing for Health Emergencies

Preparing for Health Emergencies

Note: Emergency Response Systems

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

Air Ambulance Memberships

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

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

1407 S. State St., Ukiah **888-207-LIFE (5433)** or **462-5972**

Mail to: CALSTAR Memberships, 4933 Bailey Loop, McClellan, CA 95652

Non-profit agency provides service within a 150-mile radius of bases in Ukiah, Auburn, South Lake Tahoe, Concord, Vacaville, Gilroy, Salinas, and Santa Maria. Additional coverage through reciprocal non-profit partner air ambulance transporters in select western states. See www.calstar.org.

- **REACH Air Medical Services**

451 Aviation Blvd., Ste. 201, Santa Rosa **866-76-REACH (73224)** or **324-2400**

Mail to: REACH for Life Membership, PO Box 1200, Windsor, CA 95492

Headquartered in Santa Rosa, supports bases in Concord, El Centro, Lakeport, Lodi, Marysville, Redding, Sacramento, and Santa Rosa, as well as Corvallis, Oregon. See www.REACHair.com.

File of Life

Area Agency on Aging **463-7775**

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

MedicAlert

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

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

Emergencies

Preparing for Health Emergencies

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

ID bracelet and support system to help find someone who wanders plus provides emergency responders access to vital medical information in the time of need. When a person with dementia wanders or becomes lost, one call immediately activates a community support network to help reunite the lost person with his or her caregiver. When a person is found, a citizen or law official calls the toll-free 24-hour emergency response number on the identification product, and the individual's family or caregivers are contacted. The nearest Alzheimer's Association office provides support during search and rescue efforts. Call or download application at "MedicAlert + Alzheimer's Association Safe Return" link at www.alz.org.

Education

Coast Literacy Program for Adults

Mendocino County Public Library, Fort Bragg..... **964-8794** or **961-2625**
Volunteer tutors help adults learn to read. Free, one-on-one assistance.

College of the Redwoods

1211 Del Mar Dr., Fort Bragg..... **962-2600**
Disabled Services..... **962-2638**

Community college. Contact Admissions & Records. See www.redwoods.edu.

For students with disabilities, Disabled Services accommodates a student's disabling condition and empowers him/her to successfully participate in the educational experience.

Counseling/advising, instructional assistance, testing, accommodations, note-taking, adaptive equipment/aids, etc. Adaptive physical education classes – both land and water.

Literacy Volunteers of Willits

Mendocino County Public Library, Willits **459-5098**
Tutors help adults learn to read.

Mendocino College

1000 Hensley Creek Rd., Ukiah **468-3000**
Disability Resource Center (DRC), Ukiah..... **468-3031**
11 Marin St., Willits..... **459-6224**

Public two-year community college. Apply on-line or contact Admissions & Records. See www.mendocino.edu.

For students with disabilities, 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. The DRC is in Room 1000 of MacMillan Hall on the Ukiah Campus.

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.

Ukiah Literacy Alliance

Mendocino County Public Library, Ukiah **463-4155**
Tutors help adults learn to read.

Active Living

Employment

Employment

California Indian Manpower Consortium (CIMC)

631 S. Orchard Ave., Ukiah **467-5932**

Assessment and individual employment planning; educational and skills training; and entrepreneurial planning and development for eligible native American Indians, Alaskans, and Hawaiians living in California. See www.cimcinc.org.

Department of Rehabilitation

625 Kings Ct., Ste. A, Ukiah **463-4791**

Provides services, training, and advocacy resulting in employment, independent living, and equality for individuals with disabilities. Special programs include "Personal Goal" and "Homemaker" services for blind and low-vision individuals. Eligibility: Permanent physical or mental disability. Call to apply or visit website. See www.dor.ca.gov.

Employment Development Department – Workforce Services

Located at the following Mendocino Works Employment Resource Centers:

310 E. Redwood Ave., Fort Bragg **964-3295**

631 S. Orchard, Ukiah **463-5710**

221 S. Lenore, Willits..... **456-3782**

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

Employment Development Department - Unemployment Insurance

Toll-Free **800-300-5616**

Toll-Free TTY **800-815-9387**

Unemployment insurance.

Experience Works **467-5952**

Toll-Free Regional Office **800-288-1324**

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.

Mayacama Employment Service

631 S. Orchard Ave., Ukiah **467-5950**

Job placement program that enables a business to diversify its workforce by hiring people with disabilities.

Active Living

Employment ♦ Recreation & Physical Activity

Mendocino Works Employment Resource Centers

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

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

Pinoleville Vocational Rehabilitation Program

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

Recreation & Physical Activity

California State Parks and Recreation Department

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

Fishing Licenses

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

Active Living

Volunteer Opportunities

Volunteer Opportunities

Note: Volunteer Opportunities

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

Coast Literacy Program for Adults

Mendocino County Public Library, Fort Bragg..... **964-8794** or **961-2625**
Tutor adults who are learning to read.

Community Resources Connection (CRC)

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

Foster Grandparent Program

776 S. State St., Ste. 102-B, Ukiah **462-2596** ext. **106**
Provide individualized attention and mentoring to children with special needs. Participants receive stipend and meal. Eligibility: Age 60+, limited income, willing to volunteer 20 hrs/wk. See www.ncoinc.org.

Health Insurance Counseling & Advocacy Program (HICAP)

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

Literacy Volunteers of Willits

Mendocino County Public Library, Willits **459-5098**
Tutor adults who are learning to read.

Mendocino County AIDS Volunteer Network (MCAVN)

148 Clara St., PO Box 1350, Ukiah **462-1932**
Assist with supportive services available to people living with HIV/HCV. See www.mcavn.org.

OASOC - Senior Peer Counseling Program

747 S. State St., PO Box 839, Ukiah **463-7885**
Receive training and provide free, in-home peer counseling for seniors.

Ombudsman Program of Lake and Mendocino Counties

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

Active Living

Volunteer Opportunities

Retired & Senior Volunteer Program (RSVP)/Volunteer Network

776 S. State St., Ste. 102-B, Ukiah **462-2596** ext. **110**
Links volunteers age 55+ with available volunteer opportunities. Also, search by zip code at www.1800volunteer.org for local positions.

Senior Companion Program

776 S. State St., Ste. 102-B, Ukiah **462-2596** ext. **106**
Provide individualized attention to frail, homebound elders in Ukiah or Willits.
Eligibility: Age 60+, limited income, and willing to volunteer 20 hrs/wk.

Ukiah Literacy Alliance

Mendocino County Public Library, Ukiah **463-4155**
Tutor adults who are learning to read.

Willits Action Group

221-D S. Lenore Ave., Willits **456-9005**
Recruits and places volunteers with local non-profits or with community projects. Connects people with community gardens that provide gardening experience and a share of the produce. Some gardens give volunteers vouchers that can be used to purchase produce at the farmers market.

Adult Day Programs

Adult Day Programs

Alzheimer's Resource Center/Adult Day Care

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

A (non-medical) social day program for seniors and adults with cognitive problems. Caregiver support groups and educational programs. Transportation provided by Redwood Coast Seniors Bus: Albion to N. Cleone. Eligibility: onset of cognitive impairment age 18+. Sliding scale payment available.

Ukiah Senior Center Adult Day Health Care Program

499 Leslie St., Ukiah..... **462-4343** ext. **111**

A health-based day program for seniors and adults with disabilities. Services include health monitoring, rehabilitation, foot care, nutritional care, social activities, breakfast and lunch, and transportation. See www.ukiahseniorcenter.org.

Disability or Condition Specific Supports

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

Adaptive Aids & Durable Medical Equipment

Note: Durable Medical Equipment (DME)

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

CA Telephone Access Program (CTAP)

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

TTY **800-806-4474**

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

Disability Services & Legal Center

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

TTY **462-4498**

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

AIDS/HIV and Hepatitis C

AIDS/HIV Nightline

PO Box 191350, San Francisco..... **800-273-2437**

TTY **415-781-2228**

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

Community Care HIV/AIDS Program (CCHAP)

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

CCHAP provides case management to persons in Lake and Mendocino Counties who have been diagnosed with HIV or AIDS. See www.communitycare707.com.

Mendocino County AIDS Volunteer Network (MCAVN)

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, client socials. For any person affected by, living with or at risk for HIV/HCV in Mendocino County. See www.mcavn.org.

Disability or Condition Specific Supports

AIDS/HIV and Hepatitis C ♦ Cancer

Mendocino County Health and Human Services Agency, Community Health Services Branch HIV/AIDS Programs

- **HIV/AIDS Testing & AIDS Drug Assistance Program (ADAP)**
Community Health Services, 221 B. South Lenore Ave., Willits . **456-3806**
Provides HIV counseling and testing. Administers AIDS Drug Assistance Program (ADAP) which provides HIV related prescription medications at low or no cost to those with limited or no prescription drug coverage. See www.dhs.ca.gov/AIDS/Programs/CARE/adap.htm for ADAP program updates. Eligibility: Testing and counseling available to all Mendocino County residents. ADAP available to those with an HIV or AIDS diagnosis, a prescription by a licensed California physician, and adjusted gross income less than \$50,000. Please call for more information.
- **HIV/AIDS Prevention Education Program**
Community Health Services, 1120 S. Dora St., Ukiah **472-2613**
Provides education and prevention outreach to reduce the spread of HIV/AIDS.

Cancer

American Cancer Society

115 E. Smith St., Ukiah **462-7642 x3**
National Toll-Free 24/7/365 **800-ACS-2345**
TTY **866-228-4327**
Services for cancer patients include transportation, wigs, information and referral to local and national resources. Cancer information specialists available to answer questions 24/7 365 days at toll-free national phone line. Partial transportation reimbursement for travel to/from cancer-related appointments. See www.cancer.org.

Cancer Resource Center of Mendocino County

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

Community Foundation of Mendocino County Foster Fund Grant Program

135 West Gobbi St., Ste. 204, Ukiah **468-9882**
Provides low-income or self-insured Mendocino County residents mini-grants for diagnostic tests and/or needed medications (i.e. anti-nausea, pain etc.) while undergoing cancer treatment. The fund also provides transportation and lodging assistance with a grant through the Cancer Resource Center of Mendocino County. See: www.communityfound.org.

Disability or Condition Specific Supports

Cancer ♦ Cognitive & Memory Loss

National Cancer Institute's Cancer Information Service

Toll-Free National..... **800-422-6237**

TTY..... **800-332-8615**

Regional Office **510-608-5000**

Provides up-to-date cancer information and personalized, confidential responses to specific questions about cancer via phone or on-line. Also online assistance at the LiveHelp link at www.cancer.gov available Mon-Fri 6:00am - 8:00pm Pacific Time. See <http://cis.nci.nih.gov>.

Cognitive & Memory Loss

Note: Forgetting to Pay Bills

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

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

Alzheimer's Association

2065 El Camino Real, Ste. C, Mountain View

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

TDD **866-403-3073**

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

Alzheimer's Resource and Education Center (AREC)

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

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

Alzheimer's Resource Center/Adult Day Care

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

A (non-medical) social day program for seniors and adults with cognitive problems. Caregiver support groups and educational programs. Transportation provided by Redwood Coast Seniors Bus: Albion to N. Cleone. Eligibility: onset of cognitive impairment age 18+. Sliding scale payment available.

CA Telephone Access Program (CTAP)

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

TTY..... **800-806-4474**

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

Disability or Condition Specific Supports

Cognitive & Memory Loss ♦ Developmental Disabilities

Redwood Caregiver Resource Center (RCRC)

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

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

Provides counseling and support for family caregivers of adults with brain impairments through education, research, services, and advocacy. Helpful factsheets and links at website:

www.redwoodcrc.org. Eligibility: Caregivers of adults with brain impairments. Call Santa Rosa office.

Developmental Disabilities

Area I Developmental Disabilities Board

505 S. State St., PO Box 245, Ukiah **463-4700**

Advocates for legal, civil and service rights for individuals with developmental disabilities.

Office of Clients' Rights Advocacy

1116 Airport Park Blvd., Ukiah **800-281-3832 x235** or **462-3832 x235**

Advocates on behalf of persons with a developmental disability; 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.

Redwood Coast Regional Center

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

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

One of 21 private, non-profit regional centers in California. Serves as an entry point through which residents with developmental disabilities and their families can obtain community supports and services. See www.redwoodcoastrc.org.

Disability or Condition Specific Supports

Hearing & Vision Loss

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, legal assistance on matters related to blindness. Provides scholarships for blind students. See www.acb.org.

ATT Accessibility Resource Center 800-772-3140

TTY 800-651-5111

Spanish Voice & TTY 800-400-6868

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

Braille and Talking Book Library

900 N St., PO Box 942837, Sacramento .. 800-952-5666 or 916-654-0640

Library for blind individuals and those unable to read due to other disabilities. Braille books, recorded books, machines to play recorded books, and other materials go back and forth, free of charge, through the mail. Eligibility: Specified forms of visual or other disability, certified by doctor or other authorized agent. Call for application or download from website.

See www.library.ca.gov/services/btbl.html.

CA Telephone Access Program (CTAP)

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

TTY 800-806-4474

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

Council of Citizens with Low Vision International

American Council of the Blind, Washington DC 800-733-2258

Membership organization provides information in various formats (large print, cassette, Braille); quarterly Vision Access magazine; conventions with topics related to vision impairment. See www.cclvi.org.

Disability or Condition Specific Supports

Hearing & Vision Loss ♦ Lung Disease

Department of Rehabilitation

625 Kings Ct., Ste. A, Ukiah **463-4791**

Provides services, training, and advocacy resulting in employment, independent living, and equality for individuals with disabilities. Special programs include "Personal Goal" and "Homemaker" services for blind and low-vision individuals. Eligibility: Permanent physical or mental disability. Call to apply or visit website. See www.dor.ca.gov.

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

1030 Gettysburg Ave., Ste. 100-D, Clovis..... **800-327-8077**

Provides reconditioned used hearing aids and medical/surgical/audiological services to low-income individuals. Also collects used hearing aids. Eligibility: Low-income eligibility of \$24,000 or less for family of two unless special circumstances; physician referral, and audiogram hearing test in prior six months; \$150 "Lifetime Loan" fee for each hearing aid approved to be dispensed. Call, or e-mail office at hearfoundation@aol.com, for application.

Earle Baum Center of The Blind

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

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

International Hearing Society - Hearing Aid Helpline

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

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

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

All callers **711**

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

Lung Disease

American Lung Association - Better Breathers Club

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

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

End-of-Life Resources

Note: Bereavement

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

AARP End of Life Program

Useful information and links to help plan for end of life, including discussion of final wishes, wills and estate planning, hospice, and other topics. See www.aarp.org/families/end_life.

AARP Grief & Loss Program

Useful information and checklists on financial and legal actions to take when someone dies, survivors' info on benefits, bereavement. See www.aarp.org/families/grief_loss.

Moving On

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

OASOC – Widow’s Support Group **463-7885**

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

Public Administrator

747 S. State St., PO Box 839, Ukiah **463-7786**
Provides cremation to no income/low income families, and administers the decedent's estate.

Redwood Funeral Society (RFS)

PO Box 7501, Cotati 24/7 machine **568-7684**
Works to protect and defend individual choice for dignified, ethical, and fairly priced death care. Consumer information and education about requirements and options to assist in advanced planning for after-death arrangements. Volunteer speakers available. One-time \$40 membership fee, but no one refused services. Application available at website www.funeral.org or call office to request.

Senior Legal Hotline

444 N. 3rd St., Ste. 312, Sacramento **800-222-1753**
Free legal advice, written information, referrals, and other brief services in all areas of civil law for California residents age 60+. Also offers consultation and forms for advance health care directives. Clients may also submit questions confidentially from the website. See www.seniorlegalhotline.org.

End-of-Life

Hospice

Hospice

Hospice of Ukiah

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

Mendocino Coast District Hospital Hospice

700 River Dr., Fort Bragg **961-4617**
Volunteers provide transportation, home visits, volunteer hospice, info. and support, grief support group to individuals with a life-threatening illness.

Phoenix Hospice

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

Redwood Coast Medical Services - Shamli Volunteer Hospice/Respite Program

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

Energy Payment Assistance

Energy Payment Assistance

Note: Energy Savings

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

City of Ukiah Utilities Dept.

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

Programs to reduce the energy costs of customers within Ukiah city limits. See

www.cityofukiah.com and link to “Utilities” for information and applications.

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

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

- **Medical Baseline & Life Support**

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

- **Temporary Assistance Program**

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

North Coast Energy Services, Inc.

966-B Mazzone St., PO Box 413, Ukiah **800-233-4480**

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

- **Energy Crisis Intervention (ECIP) Program** - Provides financial assistance on an every-other-year basis for weather-related or energy-related emergencies. Has special provisions to allow seniors age 60+, or younger disabled, to possibly receive assistance more often than every other year.
- **Home Energy Assistance (HEAP) Program** - Provides financial assistance on an every-other-year basis to eligible households to offset the costs of heating and/or cooling dwellings. Has special provisions to allow seniors age 60+, or younger disabled, to possibly receive assistance more often than every other year.

Energy Payment Assistance

Pacific Gas & Electric (PG&E)

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

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

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

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

Spanish **800-660-6789**

TDD **800-652-4712**

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

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

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

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

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

Salvation Army, Ukiah **468-9577**

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

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.

Renewable Energy Development Institute (REDI)

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

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

Salvation Army

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

Various programs to assist those in need, including utilities, clothes, limited food, gas, and bus vouchers.

Willits Community Services (WCS)

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

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

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. 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.

Indian Senior Center

425 N. State St., Ukiah **462-5595**
 Open to public. Serves lunch Mon – Fri at noon. Eligibility: age 65+ and a member of Tribe with Resolution; \$5.00 suggested donation for others. Call for information.

Manchester-Point Arena Indian Senior Center

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

Mendocino Presbyterian Church

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

Plowshares Peace and Justice Center

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

Redwood Coast Senior Center

490 N. Harold St., Fort Bragg **964-0443**
 Serves lunch Mon – Fri, 11:30am – 1:00pm. \$4.00 contribution suggested for diners age 60+ (or accompanying spouse); \$7.50 for others.

- Noon lunches also served at Mendocino Presbyterian Church Mon and Wed, and Albion Firehouse on Fri. Reservations required at these two off-site locations by calling the Redwood Coast Senior Center.

Round Valley Indian Tribes Senior Center

77826 Covelo Rd., PO Box 448, Covelo **983-6556**
 Congregate lunches Mon – Thu at 1:30pm, congregated breakfast Fri at 9:30am. Transportation provided for ambulatory persons to come to the center. Open to anyone age 62+ and Native Americans age 55+.

Seventh-day Adventist Church

126 McPhearson, Fort Bragg **964-0422**
 Hot meal served Sat at 1:00pm. All are welcome.

Food

Congregate/Social Dining Sites ♦ Food Banks

South Coast Senior Center

140 Main St., PO Box 437, Point Arena..... **882-2137**
Lunches served Mon and Wed 11:30am – 1:00pm in Point Arena and Tue at Gualala Community Center 11:30am – 1:00pm. Contribution suggested for diners age 60+ (or accompanying spouse); fee charged for others. See www.southcoastseniors.org.

Ukiah Senior Center

495 Leslie St., mail to 499 Leslie St., Ukiah **468-9256**
Lunch served Mon – Fri at 11:30am. Fee of \$5.00 charged. Reservations required. Call at least one day ahead, or by 7:00am the day of the meal to make reservations. See www.ukiahseniorcenter.org.

Willits Daily Bread

58 Bush St., Willits..... **459-3947**
Hot meals, Mon – Thu 5:30 – 6:30pm.

Willits Senior Center

1501 Baechtel Rd., Willits..... **459-6826**
Serves lunch Mon – Fri 11:45am – 1:00pm; dine-in or take-out. Fee of \$5.00 charged for diners age 60+ (or 10-meal punch card for \$45.00), and \$6.50 for diners under age 60 (\$3.50 for children under age 7).

Food Banks

Note: Food Banks

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

Fort Bragg Food Bank

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

Ukiah Community Center (UCC) & Food Bank

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

Willits Community Services (WCS) & Food Bank

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

Willits Brown Bag Program

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

Commodity Supplemental Food Program (CSFP)

The CSFP program provides a monthly 40 lb. box of food to those throughout the county age 60+ who meet low income eligibility guidelines. Enrollment is subject to possible waiting list due to funding limitations. Contact the distributing food bank for info on how to apply and for dates/times of monthly distribution at the following site nearest to you.

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

- **Fort Bragg** Food Bank, 910 N. Franklin St.
(also to apartment residents at Moura and Cypress Ridge)
- **Leggett** Food Bank, Presbyterian Church, 68200 Hwy. 1
- **Point Arena**, South Coast Senior Center, 140 Main St.

Ukiah Community Center Food Bank CSFP distribution sites, 463-2409

- **Boonville**, Anderson Valley Senior Center, 14400 Hwy. 128
- **Covelo**, Round Valley Indian Tribes Senior Center
- **Laytonville**, 375 Harwood Dr., Branscomb Rd.
- **Ukiah** Community Center, 888 N. State St.
(also to residents at Autumn Leaves, Creekside Village, Jack Simpson, and Walnut Village)
- **Willits** Food Bank, 229 E. San Francisco St.
Willits Senior Center, 1501 Baechtel Rd.
(also to residents at Baechtel Creek Village, Lenore Senior Apt., and Oak Glenn Apts.)

Food Stamps

Mendocino County Health and Human Services Agency, Food Stamp Program

825 S. Franklin, Fort Bragg..... **877-327-1677** or **962-1000**

737 S. State St., Ukiah **877-327-1711** or **463-7700**

Nutrition assistance program that helps low-income people buy nutritious food. Higher resource and income limits afforded those age 60+ or younger disabled. Mail-in applications available.

Those receiving SSI/SSP are not eligible but those receiving SSI and not SSP may be eligible.

Grocery Delivery

Harvest Market **964-7000** ext. **42**

Grocery delivery or personal shopper service for a fee; delivery requires 24+ hour advance notice and fees vary by location. Service area Westport to Comptche. See www.harvestmarket.com.

Food

Home-Delivered Meals

Home-Delivered Meals

Note: Home Delivered Meals aka "Meals on Wheels"

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

Indian Senior Center

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

Home delivered meals for homebound, functionally impaired adults. Eligibility: age 65+ and a member of Tribe with Resolution; \$5.00 suggested donation for others. Call for information.

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.

Plowshares Peace and Justice Center

1346 S. State St., PO Box 475, Ukiah **462-8582**

Home-delivered meals Mon – Fri for homebound adults age 60+. See www.plowsharesfeeds.org.

Redwood Coast Senior Center

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

Home delivered meals for homebound, functionally impaired adults age 60+. Contribution suggested.

- **Fort Bragg** hot meal Mon – Fri and frozen for the weekend
- **Caspar, Mendocino, Albion** hot meal Mon,Wed,Fri and frozen Tue,Thu and for the weekend

Round Valley Indian Tribes Senior Center

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

Home-delivered meals Mon – Fri. Eligibility: Native Americans age 55+, others age 62+.

South Coast Senior Center

140 Main St., 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.southcoastseniors.org.

Willits Senior Center

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

Home delivered meals Mon – Fri for homebound or disabled adults. Fee of \$5.00 (subject to increase).

Health Clinics and Public Health

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.

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.

Hillside Health Center

333 Laws Ave., Ukiah **468-1010**
Primary medical care, chronic disease management, women's well care, obstetric and childbirth services, and case management. Medi-Cal, CMSP, Medicare, sliding-scale and private payment. Hillside Health Center is a local nonprofit offering services regardless of your ability to pay. Transportation support possible; call for information. See www.mchcinc.org.

Little Lake Health Center

45 Hazel St., Willits **456-9600**
Primary medical care, chronic disease management, women's well care, obstetric and childbirth services, and case management. Medi-Cal, CMSP, Medicare, sliding-scale and private payment. Little Lake Health Center is a local nonprofit offering services regardless of your ability to pay. See www.mchcinc.org.

Long Valley Health Center

50 Branscomb Rd., PO Box 870, Laytonville **984-6131**
Integrated health care for men, women and children of all ages. Medical, chiropractic, acupuncture, and other services. Medi-Cal, Medicare, CMSP and many private insurance. Sliding scale for low-income. See www.longvalley.org.

Manchester-Point Arena Satellite Health Clinic

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

Mendocino Coast Clinics

205 South St., Fort Bragg **964-1251**
Medical health services for all ages. Medi-Cal, Medicare, CMSP, Healthy Families, or most private insurance accepted, otherwise sliding-scale payments. Transportation available in the local Fort Bragg area. See www.mendocinocoastclinics.org.

Health Services

Health Clinics & Public Health

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

120 W. Fir St., Fort Bragg **964-4713**
1120 S. Dora St., Ukiah **472-2600**
221-B S. Lenore St., Willits **456-3800**
Toll-Free **800-734-7793**

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

Potter Valley Community Health Center

10175 Main St., PO Box 238, Potter Valley **743-1188**
Whole family medical and dental services. Accepts all types of assistance programs including Medi-Cal, Medicare, CMSP, private insurance, private pay, and sliding fee for those who qualify. See www.pvchc.org.

Redwood Coast Medical Services - Gualala Medical Clinic

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

Redwood Coast Medical Services - Point Arena Medical Clinic

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

Round Valley Indian Health Center Medical Clinic

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

Ukiah Valley Rural Health Center

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

VA Ukiah Community Based Outpatient Clinic

630 Kings Ct., Ukiah **468-7700**
Outpatient primary care and mental health services for veterans. Part of the San Francisco VA Medical Center System. Eligibility: Honorably discharged veteran who meets other criteria. No walk-ins. Call office for appointment or go online at www.myhealth.va.gov.

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

Dental Clinics (Medi-Cal accepted)

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.

Consolidated Tribal Health Project

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

Hillside Health Center

333 Laws Ave., Ukiah **468-1010**
Dental care for all ages: exams, gum treatment, fillings, dentures, emergency care. Hillside Health Center is a local nonprofit offering services regardless of your ability to pay. See www.mchcinc.org.

Little Lake Health Center

45 Hazel St., Willits **456-9600**
Dental care for all ages: exams, gum treatment, fillings, dentures, emergency care. Little Lake Health Center is a local nonprofit offering services regardless of your ability to pay. See www.mchcinc.org.

Long Valley Health Center

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

Mendocino Coast Clinics

205 South St., Fort Bragg **964-1251**
Dental care for patients of all ages with Medi-Cal, Medicare, CMSP, Healthy Families, or sliding scale payments, depending on income qualifications. Transportation available in the local Fort Bragg area. See www.mendocinocoastclinics.org.

Potter Valley Community Health Center

10175 Main St., PO Box 238, Potter Valley **743-1188**
Dental services. See www.pvchc.org.

Redwood Coast Medical Services - Point Arena Dental Clinic

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

Round Valley Indian Health Center

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

Health Services

Hospitals

Hospitals

Frank R. Howard Memorial Hospital

1 Madrone St., Willits **459-6801**

Services include emergency services, ICU, lab, medical imaging, pharmacy, rehabilitation services, surgical services, orthopedic joint center, respiratory therapy, spiritual care, community education, home health and hospice. See www.howardhospital.org.

Mendocino Coast District Hospital

700 River Dr., Fort Bragg **961-1234**

Services include acute care, ICU, 24 hr emergency services, hematology, oncology, infusion diagnostic services, x-ray, comprehensive lab services, home health and hospice. See www.mcdh.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 include acute medical, neurological, surgical, psychiatric; geriatric and extended care services include clinic, consultations, respite, nursing home care unit; palliative and hospice care. See www.sanfrancisco.va.gov.

Ukiah Valley Medical Center

275 Hospital Dr., Ukiah **462-3111**

Services include emergency services, intensive care, cardiac and vascular services, diagnostic services, surgical services, inpatient dialysis, women's services, outpatient pavilion, spiritual care, rehabilitation services, home health and hospice. See www.uvmc.org.

Tribal Outreach and Support

Consolidated Tribal Health Project - Community Outreach Services

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

Guidiville Indian Rancheria

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

Hopland Tribal Health

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

Round Valley Indian Health Center Community Outreach

Corner of Hwy 162 & Biggar Ln., PO Box 247, Covelo **983-6404**
Home visits to elders; senior center blood pressure checks; tele-health/tele-medicine (diabetics and ophthalmology); diabetic support groups, check ups and wound care. Some transportation provided. Medi-Cal and most types of insurance accepted. See www.rvindianhealth.com.

Sherwood Valley Rancheria

190 Sherwood Hill Dr., Willits **459-9690**
Community Health Representative and Patient Chauffeur support rural clients in getting to their medical appointments. Must be Sherwood Valley Rancheria Tribal member.

Home-Based Care

Care Management

Care Management

Note: Care Management

These programs develop plans for coordinated care of individuals who, because of age, illness, disability, or other difficulties are unable to arrange for services on their own behalf. Services include assessment of needs, coordination of needed services, and monitoring/follow-up of services to determine their effectiveness.

Only non-profit care management agencies are listed below. The **National Association of Professional Geriatric Care Managers** provides a registry of private pay care managers with a specialized focus on issues related to aging and elder care at www.caremanager.org.

Community Care Management Corp.

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

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

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

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

CCHAP provides care management to persons in Lake and Mendocino Counties who have been diagnosed with HIV or AIDS.

- **Linkages Program**

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

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

Linkages care management serves adults (age 18+) with disabilities who require some assistance to live independently. Linkages cannot serve persons who are eligible for Regional Center, Mental Health, or Department of Rehabilitation case management services.

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

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

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

MSSP provides social and health care management 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 Volunteer Network (MCAVN)

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, client socials. For any person affected by, living with or at risk for HIV/HCV in Mendocino County. See www.mcavn.org.

Home-Based Care

Caregiver Respite & Support ♦ Home Health

Caregiver Respite & Support

Note: Respite Services for Caregivers

Provides supervision and care of clients while the usual caregiver receives a break.

Note: Also see section “**Disability or Condition Specific Supports: Cognitive & Memory Loss**” for other programs that may be of help to those caring for someone with Alzheimer’s or a similar condition.

Redwood Caregiver Resource Center (RCRC)

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

Redwood Coast Medical Services - Shamli Volunteer Hospice/Respite Program

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

Home Health

Note: Home Health

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

Adventist Health Home Care & Phoenix Hospice

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

Mendocino Coast District Hospital Home Health

700 River Dr., Fort Bragg **961-4651**
Provides a full range of skilled health care and social services. By physician referral.

Home-Based Care

IHSS ♦ Private Pay Caregiver Agencies

In-Home Supportive Services (IHSS)

In-Home Supportive Services (IHSS)

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

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

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

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

Private Pay Caregiver Agencies

A Family Friend

44850 Raven Ln., PO Box 1457, Mendocino **866-937-1298** or **937-1298**

Homemaking chores, personal care, escort and shopping, protective supervision, respite, social reassurance, and end-of-life care. Nurse-owned, licensed, bonded and insured company. 24-hour service. All care and services supervised by RN Care Manager. Free in-home assessments and free Medi planners. See www.afamilyfriend.net.

Andersson Caregiver Group

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

Homemaking chores, personal care, escort and shopping, meal planning and prep, and transportation to medical appointments. Free in-home assessments. Service area: coastal area from Elk to Cleone (sometimes Westport) to Comptche.

Mendocino Caregivers

1102 S. Main St., Ste. 3A, Fort Bragg **877-964-2001** or **964-2000**

Homemaking chores, personal care, escort and shopping. 24-hour service. Free in-home assessments. See www.californiacarellc.com.

Mendocino Nursing Services

1102 S. Main St., Ste. 3A, Fort Bragg **800-462-0717** or **964-5556**

Services by Registered Nurses and Licensed Vocational Nurses including but not limited to physician ordered injections and medications, respiratory and wound care, and pain control management. (Sister agency to Mendocino Caregivers.) See www.californiacarellc.com.

Nason Caregivers Network

PO Box 685, Albion..... **937-5002**

Homemaking chores, personal care, escort and shopping, respite and end-of-life care. Service area: Elk to Fort Bragg to Comptche.

Home-Based Care

Private Pay Caregiver Agencies ♦ Volunteer Assistance

Sequoia Senior Solutions, Inc.

191 Lynch Creek Way, Ste. 102, Petaluma **462-3227**

A full employment agency certified by CAHSAH (California Association for Health Services at Home). Provides services by certified companion aids; caregivers are trained, supervised, bonded and insured. Free in-home assessment and safety check. See www.SequoiaSeniorSolutions.com.

Volunteer Assistance

Community Resources Connection (CRC)

PO Box 336, Gualala..... **800-395-8984** or **884-4562**

Provides “neighbor to neighbor” help for seniors, disabled adults, youths and other residents of the coastal area between Sea Ranch and Manchester including simple handy person services, errands, and transportation; general information about providers in the service area. See www.crconnection.org.

Senior Companion Program

776 S. State St., Ste. 102-B, Ukiah **462-2596** ext. **106**

Low-income senior volunteers provide individualized attention to frail, homebound elders in Ukiah or Willits. Program recipients must be referred by an agency.

Housing and Shelter

Home Rehabilitation/Modification

Home Rehabilitation/Modification

City of Ukiah Utilities, Energy Efficiency Dept..

PO Box 421, Clackamas, OR 97015..... **888-883-9879**

Energy Services provides rebate programs for City of Ukiah electric customers to help offset the costs of installing energy efficient equipment. Call above number or browse www.cityofukiah.com and link to "Utilities" for information and applications.

Community Development Commission (CDC)

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

TDD/TTY **463-5697**

Housing rehabilitation program for low income individuals.

North Coast Energy Services, Inc. – Weatherization Program

966-B Mazzonei St., PO Box 413, Ukiah **800-233-4480**

Provides free weatherization services to improve the energy efficiency of homes, including attic insulation, weather-stripping, minor housing repairs, and related energy conservation measures. Available to households approx. every five years. Eligibility: Must meet limited-income criteria. Call Toll-Free line for application.

PG&E Energy Partners Program

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

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

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

Renewable Energy Development Institute (REDI)

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

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

USDA Rural Development

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

TDD **530-792-5848**

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

Housing and Shelter

Homeless & Transitional Housing

Homeless & Transitional Housing

Buddy Eller Center - Homeless Shelter

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

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

Coast Community Center

253 N. McPherson St., Fort Bragg..... **961-6363**

Homeless intervention . Emergency motel vouchers and referral services. Thu lunch provided 12:00 – 2:00pm. See www.ukiahcommunitycenter.com.

Crisis Line

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

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

Ford Street Project

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

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

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

Hospitality House

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

24-bed emergency shelter. 3-day stay limit unless working with a social services program or w/ Coast Community Center Transitional Housing. Congregate dinner served 5:00pm and breakfast served 7:00am. Alcohol, drug, and marijuana free; mandatory drug testing. Intake daily at shelter 4:00 – 6:00pm.

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.

Housing and Shelter

Homeless & Transitional Housing ♦ Housing Support Agencies

Ukiah Community Center (UCC)

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

Coordinates referrals for clothing, food and shelter through various local organizations. See www.ukiahcommunitycenter.com.

Willits Community Services (WCS)

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

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

Housing Support Agencies

Community Development Commission (CDC)

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

TDD/TTY **463-5697**

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

Habitat for Humanity Of The Mendocino Coast, Inc.

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

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. Eligibility: Owner families invest 500 hours of their own labor and sweat equity into building their houses and houses of others. Service area:

Mendocino Coast from Westport to Elk. Waiting list: current projects have been assigned through 2012; new applications will not be processed until that time or later, pending new land acquisition. No applications are being taken at this time. See www.habitatmendocino.org.

Northern Circle Indian Housing Authority

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

HUD approved housing counseling agency including foreclosure prevention.

Rural Communities Housing Development Corporation (RCHDC)

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

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

Housing and Shelter

Subsidized Housing Complexes

Subsidized Housing Complexes

Fort Bragg

- **Cypress Ridge**
520 Cypress St., Fort Bragg..... **964-7715**
Senior complex, 1 or 2 bdrm (4 accessible units). Eligibility: 62+ unless mobility impaired.
- **Duncan Place**
301 Cypress St., Fort Bragg..... **964-4858**
Senior complex, 1 bdrm. Eligibility: 62+ unless disabled.
- **Moura Senior Housing**
400 South St., Fort Bragg **964-1203**
Senior complex, 1 bdrm. Eligibility: 62+.
- **Walnut Apartments**
311 Walnut St., Fort Bragg..... **964-8041**
Family complex, 1 or 2 bdrm.

Ukiah

- **Autumn Leaves**
425 E. Gobbi St., Ukiah..... **462-5550**
Senior complex, studio, 1 or 2 bdrm (2 accessible units for 18+). Eligibility: 62+ unless disabled.
- **Creekside Village**
751 Waugh Ln., Ukiah **463-0721**
Senior complex, 1 bdrm (4 accessible units, 18+). Eligibility: 62+ unless mobility impaired.
- **Ford Street Project Permanent Housing Program**
139 Ford St., Ukiah **462-1934 ext. 104**
HOME Program rent levels and accepts HUD rental vouchers at Garden Court Apts. for homeless, low-income adults, generally with psychiatric disabilities. Pick-up application at Ford Street Project's main address or through the Dept. of Mental Health Housing Coord.
- **Gibson Court**
148 Gibson St., Ukiah..... **462-3005**
Mental Health referrals only.

Housing and Shelter

Subsidized Housing Complexes

Ukiah (cont.)

- **Holden Street**

490 Dora St., Ukiah..... **462-3005**
Mental Health referrals only.

- **Jack Simpson School View Apts.**

1051 N. Bush St., Ukiah..... **463-0300**
Senior complex, studio, 1 bdrm (3 accessible units 18+). Eligibility: 62+ unless mobility impaired.

- **McCarty Manor**

741 Waugh Ln., Ukiah **468-0229**
Family complex, 1, 2, or 3 bdrm (4 accessible units).

- **North Pine Street Apts.**

1080 N. Pine St., Ukiah..... **463-0300**
Senior complex, 1 bdrm, ground floor and upstairs - no elevator. Eligibility: 62+ only.
Office at Jack Simpson School View Apts., 1051 N. Bush St..

- **Orchard Manor**

610 Orchard Ave., Ukiah **468-5810**
Family complex, 1, 2, or 3 bdrm (4 minimal accessible units- retrofit as needed). Eligibility: 18+

- **Orchard Village**

548 Ford St., Ukiah **468-5810**
Family complex, 1, 2, or 3 bdrm (3 minimal accessible units - retrofit as needed). Contact manager at office Orchard Manor, 610 Orchard Ave.

- **Summer Creek Village**

755 Village Circle, Ukiah **467-1211**
Family complex, 2, 3, or 4 bdrm (4 accessible units). Section 8 accepted. (Affordable, moderate income complex – not low income.)

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

1164 Mulberry St. #41, Ukiah..... **462-8272**
Family complexes, 1, 2, or 3 bdrm (12 accessible units between 3 complexes). Section 8.

- **Walnut Village**

1240 N. Pine St., Ukiah..... **468-9672**
Senior complex, 1 or 2 bdrm (6 accessible units, 18+). Eligibility: 62+ unless mobility impaired.

Housing and Shelter

Subsidized Housing Complexes ♦ Non-Subsidized Senior Housing

Willits

- **Baechtel Creek Village**

61 Alder Ct., Willits **459-4607**
Senior complex, 1 or 2 bdrm (6 accessible units). Eligibility: 62+ (55+ disabled).

- **Holly Heights I**

77 Holly St., Willits..... **459-2153**
Family complex, 1, 2, or 3 bdrm, no accessible units.

- **Holly Heights II**

201 Holly St., Willits **456-0689** (or at **459-2153** Holly Heights I)
Family complex, 1, 2, 3 or 4 bdrm, no accessible units.

- **Lenore Senior Apts.**

251 S. Lenore St., Willits..... **456-0552** (or at **459-2153** Holly Heights I)
Senior complex, 1 bdrm (1 accessible unit). Eligibility: 62+ only.

- **Oak Creek**

300 Creekside Dr., Willits **459-6558**
1 bdrm. Eligibility: 18+.

- **Oak Glenn**

1298 Locust St., Willits **459-6233**
Family complex, 1, 2, or 3 bdrm (2 accessible units).

Non-Subsidized Senior Housing

- **Brookside Retirement Residence**

1199 S. Dora, Ukiah **462-6262**
66-unit senior apt. complex (for age 60+), studio, alcove, and suites. Five accessible units. Daily maid service, congregate meals, transportation to Ukiah destinations.

- **Redwood Meadows**

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

Housing and Shelter

Residential Care Facilities

Residential Care Facilities

Note: Residential Care Facilities for the Elderly

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

Coast

- **Equinox Care Facility**
38281 S. Hwy 1, Gualala..... **884-4061**
- **Oceanside Retirement Living**
1370 Navarro Bluff Rd., Albion **877-1701**
- **The Lodge at the Woods**
43300 Little River Airport Rd., Little River..... **800-469-6637**

Ukiah

- **Burton's Residential Care Home for the Elderly**
79 Whitmore Ln., Ukiah **468-9868**
- **Cottage Grove Residential Care Facility**
416 Grove Ave., Ukiah..... **468-5982**
- **Dalistan Care Home I**
224 Laws Ave., Ukiah **462-3193** or **468-0924**
- **Dalistan Care Home II**
208 Scott St., Ukiah **468-9329** or **468-0924**
- **Holden Street Rest Home**
611 Holden St., Ukiah..... **462-8289**
- **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**

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

Housing and Shelter

Residential Care Facilities

- **Mountain View Senior Living**
1343 S. Dora St., Ukiah **462-6212**
- **Observatory Care Home**
270 Observatory Ave., Ukiah **468-7499**
- **Rome's Care Facility I**
1127 S. Dora St., Ukiah **468-5986**
- **Rome's Care Facility II**
1139 S. Dora St., Ukiah **468-5986**
- **Winkle's Care Home**
1450 Knob Hill Rd., Ukiah..... **462-5841**

Willits

- **Holy Child Residential Care Home III**
419 Grove St., Willits..... **459-1234**
- **Redwoods Manor Rest Home**
414 S. Main St., Willits..... **459-6134**

California Advocates for Nursing Home Reform (CANHR)

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

Community Care Licensing Division

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

Ombudsman Program of Lake and Mendocino Counties

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

Insurance

Insurance

Health Insurance Counseling & Advocacy Program (HICAP)

3262 Airway Dr. #C, Santa Rosa **800-434-0222** or **526-4108**

Provides free and objective information and assistance in dealing with Medicare, HMOs, long-term care insurance, and other health insurance issues. Local appts. with a registered volunteer. Eligibility: Medicare and Medi-Cal beneficiaries. Call office for general information or to schedule a one-on-one appt. at a designated Lake or Mendocino County location. See www.senioradvocacyservices.org.

Medi-Cal Program

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

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

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

Medi-Cal and County Medical Services Program (CMSP) provides payment for medical costs to eligible individuals who meet income and resource standards. Payment for medical costs incurred may require a share-of-cost portion based upon household income levels.

All those receiving SSI are eligible. Others must meet income, resource, and other criteria standards. Info at Calif. Dept. of Health Care Services website: www.dhcs.ca.gov/services/medi-cal/Pages/Medi-CalFAQs.aspx.

Medicare

Automated phone system..... **800-633-4227**

See www.medicare.gov.

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.

Adult Protective Services (APS)

825 S. Franklin St., PO Box 1306, Fort Bragg.. **877-327-1677** or **962-1102**
747 S. State St., PO Box 839, Ukiah **877-327-1799** or **463-7900**
221 S. Lenore Ave., Willits **800-771-2453** or **456-3740**
After Hours Emergency **800-575-HELP (4357)**
Responds to reports of elder and dependent adult abuse and neglect. Intervenes to resolve the problems that place the adult at-risk, links to needed services, and, if necessary, secures out-of-home placement for protection.

American Indian Women Domestic Violence Assistance Program

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

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

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

Area I Developmental Disabilities Board

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

California Advocates for Nursing Home Reform (CANHR)

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

California Indian Legal Services

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

Legal & Advocacy

Disability Services & Legal Center

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

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

Family Law Facilitator's Office

County Courthouse, Rm. 212, 100 N. State St., Ukiah **463-5666**
Free legal assistance to those representing themselves in matters of divorce, separation, child support, visitation, custody, spousal support, and maintenance of health insurance.

Legal Services of Northern California

421 N. Oak St., Ukiah **877-529-7700** or **462-1471**
Provides free legal assistance to low-income clients primarily in areas of public benefits and landlord-tenant law. Also has a pro-bono panel for low-income clients for multiple other areas of law. Must be below poverty guidelines 125% - 200%. See www.lsnc.net or www.lsnc.info.

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

860 N. Bush St., Ukiah **463-4614**
Provides representation for mental health clients.

Mendocino County Mental Health Board

860 N. Bush St., Ukiah **463-5481**
Advisory body to the Board of Supervisors and Mental Health Services Director on matters concerning mental health in the county.

Mendocino County Victim/Witness Assistance Program

County Courthouse Rm. 501
100 N. State St., PO Box 144, Ukiah **800-785-3332** or **463-4218**
Support for victims of violent crimes. Includes information, referral, victim advocacy, emergency assistance, translation, and transportation. Networks with county and community agencies. Appointments may be arranged at satellite offices in Fort Bragg and Willits.

Nuestra Casa

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

Legal & Advocacy

Office of Clients' Rights Advocacy

1116 Airport Park Blvd., Ukiah **800-281-3832 x235** or **462-3832 x235**
Advocates on behalf of persons with a developmental disability; 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.

Ombudsman Program of Lake and Mendocino Counties

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

Project Sanctuary

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

Public Guardian/Conservator

747 S. State St., PO Box 839, Ukiah **463-7957**
Court appointed conservator assisting persons who are substantially unable to manage their own financial and/or personal care. Probate referrals through Adult Protective Services and Ombudsman; LPS referrals through Mental Health.

Senior Law Project

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

Senior Legal Hotline

444 N. 3rd St., Ste. 312, Sacramento **800-222-1753**
Free legal advice, written information, referrals, and other brief services in all areas of civil law for California residents age 60+. Also offers consultation and forms for advance health care directives. Clients may also submit questions confidentially at www.seniorlegalhotline.org.

Mental Wellness & Counseling

Mental Wellness & Counseling

Caregiving Support Group at Redwood Coast Seniors, Inc.

490 N. Harold St., Fort Bragg **961-4305**
Support group for caregivers. Meets 1st Fri each month from 10:00 – 11:00am. Stress reduction, information, and peer support.

Consolidated Tribal Health Project - Behavioral Health Services

6991 N. State St., Redwood Valley **800-642-CTHP** or **485-5115**
Adult substance abuse counseling, alternative to violence and sobriety groups, child counseling. No cost to eligible Indian individuals. Services available to all others per insurance or sliding scale fee. Medi-Cal, Medicare, and private insurance accepted. See www.cthp.org.

Hillside Health Center - Mental Health Clinic

333 Laws Ave., Ukiah **468-1010**
Counseling and psychotherapy services. Medi-Cal, CMSP, Medicare, sliding-scale and private payment. Hillside Health Center is a local nonprofit offering services regardless of your ability to pay. See www.mhcinc.org.

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

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

Little Lake Health Center - Mental Health Clinic

45 Hazel St., Willits **456-9600**
Counseling and psychotherapy services. Medi-Cal, CMSP, Medicare, sliding-scale and private payment. Little Lake Health Center is a local nonprofit offering services regardless of your ability to pay. See www.mhcinc.org.

Long Valley Health Center - Mental Health

50 Branscomb Rd., PO Box 870, Laytonville **984-6131**
Mental health and counseling services. Medi-Cal, Medicare, CMSP and many private insurance. Sliding scale for low-income. See www.longvalley.org.

Manchester-Point Arena Satellite Health Clinic

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

Mental Wellness & Counseling

Manzanita Services/Healing Hearts

Ukiah United Methodist Church, 270 N. Pine St., Ukiah .. **462-3360** ext. **101**
84 State St., Willits. **456-9020**
Recovery and peer support resources for people who have (or have had) issues with mental health. Library, computers with internet access, support groups, art classes and workshops as a healing modality. Possible assistance with paperwork for entitlement programs and other supports.

Mendocino Coast Clinics – Mental Health Counseling Services

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

Mendocino County Health and Human Services Agency, Mental Health Branch

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

Mendocino County Youth Project - Redwood Counseling Service

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

Moving On

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

National Alliance on Mental Illness (NAMI) Mendocino

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

Mental Wellness & Counseling

OASOC - Senior Peer Counseling Program

747 S. State St., PO Box 839, Ukiah **463-7885**
Free in-home peer counseling for seniors age 60+ provided by trained senior peer counselor volunteers.

OASOC – Widow’s Support Group **463-7885**

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

Older Adult System of Care (OASOC)

747 S. State St., PO Box 839, Ukiah **463-7885**
Provides in-home psychotherapy and geriatric specialized case management to frail Mendocino County elders age 60+.

Redwood Coast Medical Services - Counseling Services

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

Redwood Caregiver Resource Center (RCRC)

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

Round Valley Indian Health Center Behavioral Health

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

VA Ukiah Community Based Outpatient Clinic

630 Kings Ct., Ukiah **468-7700**
Outpatient primary care and mental health services for veterans. Part of the San Francisco VA Medical Center System. Eligibility: Honorably discharged veteran who meets additional eligibility criteria. No walk-ins. Call office for appointment or go online at www.myhealth.va.gov.

Entitlement Programs

Employment Development Department – Workforce Services

Located at the following Mendocino Works Employment Resource Centers:

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

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

Employment Development Department - Unemployment Insurance

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

Unemployment insurance. See www.edd.ca.gov.

Mendocino County Health and Human Services Agency, Social Services Branch

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

Multi-program agency supports needs of low-income individuals and families including Medi-Cal, CMSP, General Assistance/Food Stamps, IHSS, APS, Public Administrator, Public Guardian/Conservator, Ombudsman, AAA, OASOC, Veteran's Services. See www.mcdss.org.

Social Security Administration

521 S. Orchard Ave., Ukiah **462-0225**
National Toll-Free line **800-772-1213**
TTY **468-8536**

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. Satellite station at Fort Bragg Health and Human Services Agency Social Services Branch, 825 S. Franklin St., 4th Thu only, 9:00am - 12:00pm and 1:00pm - 2:30pm. See www.socialsecurity.gov.

Money

Grants

Grants

The Community Foundation of Mendocino County

135 West Gobbi St., Ste. 204, Ukiah..... **468-9882**

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

- **Angel Fund** (by agency referral only)

Provides one-time financial assistance of \$100-\$300 to families, children and elderly individuals who need to get through short-term crisis situations and who have needs that are not met by other public or private programs. Typical areas of assistance include health and safety needs, to assist work or education. Requires referral through a church, school, non-profit organization, or agency. Referring agency can call or download guidelines and application at www.communityfound.org/funds/angel.html. Funding is paid to vendor/provider, not directly to individuals.

- **Community Enrichment Grant Program**

Provides grants up to \$5,000 for projects that benefit the general public, or a significant subgroup of the population (such as programs for seniors or adults with disabilities). Preference is to provide seed money for projects with a high degree of volunteer support and the potential to grow. The grant program is available to non-profit organizations that are based in Mendocino County or those from the outside area that have a project with a specific benefit to Mendocino County residents. Grant guidelines are posted on the website in early November, with applications typically due in mid-January and awards made in April of each year. Grantees will not be funded in two consecutive years, with the exception of large umbrella organizations.

Money Management

Note: Forgetting to Pay Bills

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

Consumer Credit Counseling Service

1309 11th St., Ste. 104, Arcata **800-762-1811** or **822-8536**
Budget and debt counseling and management; bankruptcy education and counseling.
See www.cccsnojuggle.org.

Consumer Credit Counseling Service of San Francisco – Santa Rosa

70 Stony Point Rd., Ste. C, Santa Rosa **800-777-7526**
Budget counseling and debt management; bankruptcy education and counseling; HUD approved housing counseling agency including foreclosure prevention and reverse mortgages.
See www.cccssf.org.

Finance for People

PO Box 907, Redwood Valley **485-8173**
Representative payee and money management services for Social Security recipients referred through Redwood Coast Regional Center or Ford Street Project.

Ford Street Project Representative Payee Program

139 Ford St., Ukiah **462-1934** ext. **117**
Representative payee services referred through Social Security or County Mental Health.

Nelson Agency

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

Northern Circle Indian Housing Authority

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

Redwood Coast Senior Center Money Management

490 N. Harold St., Fort Bragg **964-0443**
Representative payee service, money management for clients age 60+. Home visits available.

Tsunami Enterprises

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

Money

Money Management ♦ Taxes

Ukiah Senior Center Money Management

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

Willits Senior Center Money Management

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

Taxes

AARP Tax-Aide Program

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

California State Franchise Tax Board

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

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

See www.irs.gov.

Senior Centers

Senior Centers

Note: Senior Centers

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

Anderson Valley Senior Center

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

Indian Senior Center

425 N. State St., Ukiah **462-5595**
Senior Center, congregate meals, home delivered meals, and transportation to appointments. Eligibility: age 65+ and a member of Tribe with Resolution; services to others available for a suggested contribution. Call for information.

Manchester-Point Arena Indian Senior Center

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

Redwood Coast Senior Center

490 N. Harold St., Fort Bragg **964-0443**
Congregate meals; home-delivered meals; health and social programs; transportation; outreach; money management; and suicide, depression and substance abuse screening for individuals age 60+. Alzheimer's Resource Center/Adult Day Care. Caregiving Support Group, dementia related monthly educational forums.

Round Valley Indian Tribes Senior Center

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

Senior Center Without Walls

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

Senior Centers

South Coast Senior Center

140 Main St., PO Box 437, Point Arena..... **882-2137**
Congregate meals, home delivered meals, monthly food bank, exercise and social activities, outreach, and transportation program for individuals age 60+. See www.southcoastseniors.org.

Ukiah Senior Center

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

Willits Senior Center

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

Skilled Nursing Facilities

Skilled Nursing Facilities

Note: Skilled Nursing Facilities

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

Fort Bragg

- **Sherwood Oaks Health Center**

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

Ukiah

- **Ukiah Health Care**

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

- **Valley View Skilled Nursing Center**

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

Willits

- **Northbrook Nursing and Rehab**

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

California Advocates for Nursing Home Reform (CANHR)

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

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

Ombudsman Program of Lake and Mendocino Counties

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

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

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

Substance Abuse & Addictions

Substance Abuse & Addictions

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

Al-Anon **800-283-7075**
Provides support for families and friends of alcoholics. Call for locations and meeting times or visit website: www.ncwsa.org. Members are often willing to provide rides for those who need transportation.

Alcoholics Anonymous (AA)

Gualala – www.gualalaaa.org **884-1401**
Mendocino Coast – www.mendocinocoastaa.com **877-546-9286**
Ukiah Valley – www.aaukiah.org **462-7123**

American Lung Association - Freedom From Smoking Online

115 Talbot Ave., Santa Rosa **800-LUNG-USA** or **527-5864**
Free **Freedom From Smoking Online** smoking cessation program at www.lungusa.org. Select "Quit Smoking" blue tab at the top of the web page.

Ford Street Project

139 Ford St., Ukiah **462-1934**
Services for persons with alcohol and other drug problems. State-licensed and certified co-educational drug and alcohol detoxification facility. First offense DUI program by court referral. Drug and alcohol assessment and counseling services to recipients of County General Assistance (GA) funds. Outpatient groups and aftercare support. State-licensed, 43-bed Residential Treatment Program (RTP). See www.fordstreet.org.

Gamblers Anonymous

Toll-Free **888-424-3577**
A fellowship of men and women who share their experience, strength, and hope with each other in order to solve their common problems, and help others to recover from a gambling problem. See www.gamblersanonymous.org.

Guidiville Indian Rancheria

419 H Talmage Rd., Ukiah or PO Box 339, Talmage **463-3693**
Drug and alcohol prevention counseling for tribal members.

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

120 W. Fir St., Fort Bragg **961-2522**
1120 S. Dora St., Ukiah **472-2637**
221-B S. Lenore, Willits **456-3821**
Promotes healthy behaviors by preventing, reducing and treating alcohol and other drug addiction, abuse and related conditions. Outpatient treatment, prevention and intervention services. Medi-Cal or sliding scale payment. See www.co.mendocino.ca.us/aodp.

Transportation

Transportation

AARP Driver Safety Program

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

Anderson Valley Senior Center Transportation

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

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, pick up mail, medications, groceries etc. No wheelchair transport. See www.crconnection.org.

Hey Taxi!

50 Carousel Ln. #18A, Ukiah
Fort Bragg Dispatch **962-0800**
Ukiah Dispatch **467-1200**
Willits Dispatch **459-2040**
Private taxi service. Non emergency medical transport for those in wheelchair or gurney also available. Call dispatch for regular taxi. (Call 462-5336 to arrange for wheelchair, gurney, and/or other special-needs transport.)

Indian Senior Center Transportation

425 N. State St., Ukiah **462-5595**
Transportation to dr. appts. and some shopping. Eligibility: age 65+ 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.

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

Transportation

Redwood Coast Senior Center Seniors Bus

490 N. Harold St., Fort Bragg **964-0443**
Provides door-to-door transportation to the senior center and doctors appointments, plus other appointments in the coastal area for individuals age 60+ or with disabilities. Wheelchair-lift equipped. Fee varies by distance.

San Francisco VA Medical Center Transport System

..... **415-221-4810** ext. **2450**
VA Ukiah Outpatient Clinic, 630 Kings Ct., Ukiah **468-7700**
For patients with scheduled medical appts. at the Santa Rosa Veterans 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 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.

South Coast Senior Center Transportation

140 Main St., Point Arena..... **882-2137**
Transportation for individuals age 60+ or with disabilities. Around town or to shopping and appointments in Fort Bragg or Santa Rosa. See www.southcoastseniors.org.

Ukiah Senior Center Transportation

499 Leslie St., Ukiah..... **462-4343**
Door-through-door, wheelchair accessible transport for individuals 55+, or younger with disability. See www.ukiahseniorcenter.org.

Veterans Volunteer Transport Network

419 Talmage Rd. #K, Ukiah..... **800-765-9975**
Ukiah Vet Services **463-4226**
Fort Bragg Vet Services **964-5823**
Fixed-route transportation for ambulatory, eligible veterans with scheduled medical appointments at Veterans Community Based Outpatient Clinics and the SF VA medical center.

Willits Senior Center Transportation

1501 Baechtel Rd, Willits..... **459-6826**
Door through door transportation for individuals age 55+ or younger disabled via wheelchair accessible van or standard vehicle. Also available, volunteer drivers using their own vehicles to provide both local and out-of-county transportation. Set fares based upon distance.

Veterans

Mendocino County Health and Human Services Agency, Veterans Service Office

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

419 Talmage Rd., #K, Ukiah **800-765-9975** or **463-4226**

Helps veterans and their families to apply for Veteran's Benefits.

North Bay Veterans Resource Center ~ Santa Rosa

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

One of six service centers in Northern California offering community based supports for veterans and their families. Programs focus on the complex realities of veterans' issues including work force development, homelessness, chemical dependency, and linking to VA medical and benefits. See www.vietvets.org/nbvrc.htm.

- **Veterans Workforce Development Program**

Satellite program of North Bay Veterans Resource Center in Santa Rosa. Provides veterans of any age with employment training and placement services, including resume preparation, informational resources, job leads, and interview preparation.

Ukiah, 419 Talmage, #K **463-7971**

San Francisco VA Medical Center (Fort Miley)

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

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

VA Ukiah Community Based Outpatient Clinic

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

Outpatient primary care and mental health services for veterans. Transportation assistance available. Part of the San Francisco VA Medical Center System. Eligibility: Honorably discharged veteran who meets other criteria. No walk-ins. Call office for appointment or go online at www.myhealth.va.gov.

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

Resources in this directory are specific to the needs of the county's 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 Senior Information & Assistance Program and does not imply endorsement or a lack thereof.

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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:

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

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

Directory Distribution Points

Copies of this directory are available at the following locations:

BOONVILLE

- Anderson Valley Senior Center, 14400 Hwy 128

COVELO

- Round Valley Public Library, 76405 Main St.
- Round Valley Senior Center, 77826 Covelo Rd.

FORT BRAGG

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

POINT ARENA

- Coast Community Library, 225 Main St.
- South Coast Senior Center, 140 Main St.

UKIAH

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

WILLITS

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

This directory is also available online at
www.SeniorResourceDirectory.org