AREA AGENCY ON AGING
OF LAKE & MENDOCINO COUNTIES
PSA 26

LONG-TERM CARE OMBUDSMAN PROGRAM

Lake & Mendocino Counties

Resource Directory For Older Adults

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

Contact Information and Assistance at

800-510-2020 or 707-468-5132

Senior Information & Assistance

Helping you to know and access services in your 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 through Friday, 8am-5pm

Call and ask for Senior Information

Ukiah Area…… (707) 468-5132

Toll-free Lake or Mendocino County……800-510-2020

From outside Lake or Mendocino County……..…… (707) 468-5132

Visit Community Care

301 S. State Street

Ukiah, CA 95482

(Appointments Suggested)

E-Mail IASPecialist@ccmc1.org

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 https://eldercare.acl.gov.

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

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

All phone numbers are in the 707-area code unless otherwise specified.

Special Thanks

To Community Foundation of Mendocino County, Lake County Silver Foundation and T.R. Eriksen Foundation for their thoughtful contributions which will benefit many seniors throughout both Mendocino and Lake Counties.

REVISED February 2026

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:

Holly Brownfield,
Community Resources Specialist
Senior Information & Assistance Program

COMMUNITY CARE
A NON-PROFIT ORGANIZATION

301 S. State St., Ukiah
707-468-5132
800-510-2020
Email: IASpecialist@ccmc1.org

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IMPORTANT PERSONAL INFORMATION FORM

Keep this information up to date!

Medical Data Reviewed as of _____(date)

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

EMERGENCY CONTACTS

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

MEDICAL DATA

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

Cut out and place where emergency personnel will find.

Emergency Numbers

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

Emergency Numbers – Lake County

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

Emergency Numbers – Mendocino County

	Fire	Sheriff	Police
Fort Bragg:			
Business	961-2831	964-6308	961-2800
Dispatch	911	911 or 463-4086	911 or 964-0200
Pt. Arena:			
Business	882-1833	----------	----------
Dispatch	911	911 or 463-4086	911
Ukiah:			
Business	462-7921	463-4411	463-6242
Dispatch	459-5336	911 or 463-4086	911 or 463-6262
Willits:			
Business	459-6271	463-4086	459-6122
Dispatch	911 or 459-6122	911 or 463-4086	911 or 459-6122

Poison Control

800-222-1222

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.) See www.calpoison.org.

Individual Crisis

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

Adult Protective Services (APS)

Investigates reports of elder and dependent adult abuse and neglect. Intervenes to resolve the problems that place the adult at risk, and refers him/her to needed services that allow the individual to stay safely in his/her home if possible.

Lake County

16170 Main St., Unit C, PO Box 9000, Lower Lake
888-221-2204 or 995-4680
www.lakecountyca.gov/726/Adult-Protective-Services

Mendocino County

Fort Bragg
764 S. Franklin St., PO Box 1306
962-1102

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

Willits
472 E. Valley St.
456-3700

24-Hour Emergency Line
877-327-1799
www.mendocinocounty.gov/departments/social-services/adult-aging-services

Alternatives to Violence - Lakeport

Mail: PO Box 716, Lakeport, CA 95453
262-0400
52-week program to help maintain a nonviolent way of life. Meetings held in Lakeport and Clearlake. Men and women referred by Courts or Probation for domestic violence offenses.

Community Services Center

(formerly the Dorcas Society)
151 Cherry St., Ukiah
Free clothing, household linens, and smaller housewares, Wed 9:00 – 11:30am.

Crisis Lines, Warm Lines, Call Centers

- ***AIDS/HIV Nightline***
  Toll-Free CA phoneline **800-628-9240** or **415-434-2437**
  TTY **415-227-0245**
  HIV textline **415-200-2920**
  After-hours telephone or text support when other service agencies are closed. Emotional support, crisis counseling and basic information for anyone with HIV-related concerns. HIV text-specific line is suited to all the same topics as the phone service. Textline terms and conditions apply, which can be reviewed at the website.
- ***Institute on Aging's Friendship Line***
  888-670-1360 or **800-971-0016**
  The Bay Area-based accredited telephone warm line and crisis intervention service provides support to individuals aged 60+ nationwide, and any adult facing physical or mental health challenges. Available 24/7, staff and volunteers offer compassionate

emotional support. Also, an ongoing service for individuals to receive scheduled calls can be arranged by contacting 415-750-4111. Calls are limited to 10 minutes daily and are free of charge, assisting those experiencing depression, isolation, grief, suicidal thoughts, or going through a difficult time.
www.ioaging.org/services/all-inclusive-health-care/friendship-line

- ***Mendocino County Community Information / HELP Line***
  800-575-HELP (4357)
  24-hour telephone service connects Mendocino County callers with crisis service agencies.

- ***Mental Health Crisis Lines***
  Lake County
  800-900-2075
  Mendocino County
  855-838-0404

- ***National Suicide & Crisis Lifeline***
  988 or 800-273-8255
  Spanish **888-628-9454**
  TTY **800-799-4889**
  www.988lifeline.org

- ***North Bay Suicide Prevention Hotline***
  855-587-6373 or **855-587-6373**
  www.buckelew.org/programs/north-bay-suicide-prevention.

- ***Veterans Crisis Line***
  988 (Press 1) or **800-273-8255**
  Text **838255**
  Connects Veterans in crisis and their families and friends with qualified, caring Dept. of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.
  www.veteranscrisisline.net

- ***Friends of Health - Fort Bragg***
  Mail: P.O. Box 754, Fort Bragg
  357-1019
  Grant-based program to support the community. Can assist with medical supplies and equipment, grief support groups, therapy referrals, safety equipment for home, accessibility equipment for non-ambulatory, medical alert devices. Eligibility determined by screening process.
  www.Friendsofhealthmendocino.org

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

- ***Living Water Church of Clearlake***
  On Robinson St. in back of sanctuary at 14550 Pearl Ave., PO Box 547, Clearlake
  994-5148
  Emergency food and clothes closet available Tuesday 9:00am – 12:00pm.

Mendocino Coast Hospitality Center

101 N. Franklin St., Fort Bragg
961-0172
This organization provides wellness programs, homeless resources, vocational services, and case management for individuals facing mental health challenges. Wellness programs offer a variety of

activities from arts to movies, meditation to life skills, and support groups such as AA, Al-Anon, NA, and yoga. Homeless resources include assistance with housing entry, low-income housing lists, and information on food and shelter. Vocational services feature the Welfare to Work program offered through Mendocino County. Group activities support adults aged 18 and older facing mental health challenges, promoting hope, health, and well-being. Coordinated entry eligibility is available for those experiencing homelessness or at risk of losing housing within 14 days.
www.mendocinochc.org

Native American Domestic Violence and Sexual Assault Program (NADVSAP)

77826 Covelo Rd., Covelo
983-9333
Provides support for victims of domestic violence, including transportation, court accompaniment, assistance with restraining orders, referrals to counseling, etc.
www.rvit.org/program-directory/nadvsap-dv

Project Sanctuary

Fort Bragg
461 N. Franklin St.
961-1507

Ukiah
564 S. Dora St., Suite A1,
PO Box 450
462-9196

24-hour Crisis Line
463-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. Contact Ukiah office for schedule at other Inland locations.
www.projectsanctuary.org

Salvation Army

Lake County
14420 Lakeshore Dr., Ste. A, PO Box 2189, Clearlake
995-1128
Provides referrals for free food distribution sites, housing and utilities.

Mendocino County
910 Waugh Ln., Ste. A, PO Box 2046, Ukiah
376-9017
Provides assistance with applying for C.A.R.E.S discount: Monthly credit is applied towards natural gas charges on City utility bill. $40, $30, or $20/month for low-income-eligible senior (62+) households; $30, $20, or $10/month for non-senior.

Victim / Witness Assistance Program

Lake County
420 Second St., Lakeport
262-4282

Mendocino County
County Courthouse Rm. 501
100 N. State St., PO Box 144, Ukiah
463-4218
Offers comprehensive support for victims of violent crime. Includes crisis intervention, emergency assistance, resource referral and follow-up – including for counseling/therapy. Assists in applying to the State Victims Compensation Program. Provides orientation to the Criminal Justice System, supplies court escort and support, case status and disposition. Assists with restitution recovery, employer and creditor

intervention, and more. Networks with county and community agencies. Appointments may be arranged at offices in Fort Bragg.
www.victims.ca.gov

Willits Community Services (WCS) & Food Bank

229 E. San Francisco Ave., Willits

459-3333

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

Disaster Preparation

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

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

Your "evacuation bag" should be packed with the following:

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

American Red Cross

5297 Aero Dr., Santa Rosa

577-7600

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

Mendocino County Fire Safe Council

Mail: P.O. Box 263, Ukiah

462-3662

Five programs available:

- ***1) Defensible Space Assistance for Income-Eligible (DSAFIE)***
  Helps low-income seniors and persons with physical disabilities adhere to defensible space regulations, which are designed to

protect homes and lives in wildfire-prone areas.

DSAFIE services may include:

- Brush and tree trimming/thinning.
- Roof and gutter cleaning.
- Raking of dead leaves and pine needles.
- Chipping of removed vegetation. (Unless agreed on prior to the work chips are usually left onsite.)
- Work performed by insured contractors.

Eligibility Requirements:

- You must be 65 years or older or must be unable to complete this work due to physical disability.
- You must be Financially unable to hire a contractor.
- You must be the legal owner of the property to be cleared, or be the party legally responsible for landscape maintenance.
- You will need to sign a Landowner Access Agreement giving permission for our crew to enter and work on your property.
- One- Person household income: less than 39,150 (annually).
- Two- Person household income: less than 59,128 (annually).
- Three- Person household income: less than 88,692 (annually).
- Four- Person household income: less than 118,256 (annually).

- ***2) Community Chipper Program***

  This program requires multiple residents in an area to organize a chipper day. A chipper day is when neighbors do defensible space and/or roadside clearing projects, making defined chipper piles, and schedule a day with MCFSC for a chipper crew to chip the limbs and brush. Please see web site for additional information and chipper pile guidelines.

- ***3) Reflective Address Signs***

  Firefighters and other first responders need to be able to find you in an emergency—even under smoky conditions. California code requires addresses be marked by REFLECTIVE SIGNS, clearly visible from both directions on the roadway. To make Mendocino County better prepared for wildfires and other emergencies, the Mendocino County Fire Safe Council has initiated a "Reflect to Protect" program. For $20, you can obtain a custom, two-sided, green-and-white address sign for your home. NOTE: SIGNS MUST BE PICKED UP IN UKIAH. WE DO NOT MAIL THEM.

- ***4) Help Starting a Neighborhood Fire Safe Council (NFSC)***

  Neighborhood Fire Safe Councils (NFSCs) are a foundation for fire preparedness in our communities, and one of the primary goals of the Mendocino County Fire Safe Council is to encourage every neighborhood in the county to develop their own. All you need to do to start your neighborhood group is to fill in the

Neighborhood Fire Safe Council Information.

- ***5) Wildfire Risk Home Assessments and Education***
  For a limited amount of time we are offering free community event home assessments for three to four homes in an area on the same day. Representatives MCFSC will walk around the outside of your home and give nonregulatory education on the basics of hardening your home against wildfire, the most important steps to take to lower your risk and share their observations on which improvements to make and how to prioritize them. To set up a group evaluation session email admin@firesafemendocino.org or call 462-3662.
  firesafemendocino.org

Office of Emergency Services

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

Lake County

Sheriff's Office
PO Box 489, Lakeport
262-4090

Information on breaking developments is available via Facebook and local media. See www.Lakesheriff.com to learn more and to sign up for the NIXLE and LakeCoAlerts system. Residents must sign up to receive alerts on their cell phones or home internet-based phones.

Mendocino County

Sheriff's Office
951 Low Gap Rd., Ukiah
467-6497

Information on breaking developments is available via Twitter, Facebook, and the Mendocino County Emergency Alert System. Visit www.Mendocinosheriff.com to learn more and to sign up for the alert system. Residents must sign up to receive alerts on their cell phone or home internet-based phones.

Radio Stations for Emergency News

KUKI, Ukiah **103.3 FM** and **1400 AM**

KOZT, Mendocino Coast **95.3**, **95.9 FM**

KZYX&Z, Mendocino County Public Broadcasting **88.1, 90.7, 91.5 FM**

KPFZ, Lake County Community Radio **88.1 FM**

Road Closures/Conditions

Caltrans

800-427-7623

Also check the CHP Traffic Incident Information Page at
http://cad.chp.ca.gov

Preparing for Health Emergencies

Emergency Response Systems

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

Advance Health Care Directive

An advance health care directive is a legal document in which a person specifies what actions should be taken for their health if they are no longer able to make decisions for themselves because of illness or incapacity. A trusted person should be appointed who will make certain these wishes are carried out. Every adult should have an advance directive which explains the type of health care wanted or not wanted at a time when decisions cannot be made by the individual. A sample form can be found at the CANHR website or contact our local Legal Services of Northern California office.
www.canhr.org/publications/ahcd.html

AirMedCare Network

2360 Becker Blvd., Santa Rosa
239-2505

Membership organization for both REACH and CALSTAR air ambulance services. One membership now covers both providers. Protects you from being billed for costly emergency medical air transport beyond what your health insurance may pay should either service be dispatched to you. (Note: not the same as insurance; membership is not a guarantee that you will receive an air ambulance transport.
www.airmedcarenetwork.com

Connect America West

Medical Alert Device
1425 N. McDowell Blvd Ste. 103, Petaluma
1-800-949-2434

Connect America West offers a range of products and services, including medical alert systems and fall detectors. These devices operate through cellular service providers, enabling individuals who desire to maintain their independence and stay in their community to do so with dignity and peace of mind.
www.connectamericawest.com

File of Life

Lake County

Area Agency on Aging
15975 Anderson Ranch Parkway, Lower Lake
995-3744

Mendocino County

Community Care
301 State St., Ukiah
468-5132

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

MedCure

866-560-2525

National whole-body donation program serving as a link between donors and medical researchers and educators. Arranges services at no cost, including transportation, cremation, and return of cremated remains to family or a scattering at sea.
www.medcure.org

MedicAlert

101 Lander Ave., Turlock

800-432-5378

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

MedicAlert + Alzheimer's Assoc Safe Return

PO Box 21009, Lansing

800-625-3780

Provides ID bracelets and support to assist in locating individuals who wander, while also granting emergency responders access to vital medical information when needed.
medicalert.org/alz

POLST (Physician Orders for Life-Sustaining Treatment)

2530 River Plaza Dr., Ste. 110, Sacramento

916-489-2222

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

Application Assistance

Lake County Department of Social Services

15975 Anderson Ranch Pkwy, PO Box 9000, Lower Lake

800-628-5288 or 995-4200

Multi-program agency supports needs of low-income individuals and families with completing applications for the following programs: Medi-Cal, CMSP, General Assistance/CalFresh, IHSS, APS, and Housing Choice Voucher (Section 8) Housing. Contact agency or apply online at www.benefitscal.com.
www.lakecountyca.gov/715/Social-Services

Laytonville Healthy Start

44400 Willits Ave, Laytonville
PO Box 1382, Laytonville, CA 95454
984-8089
Resource and referral center providing senior citizen support. Offering application assistance with health Insurance (Medi-Cal, Covered California) Food Stamps (CalFresh) applications, and Disability applications.
www.laytonville.org/healthystart

Mendocino Coast Hospitality Center

101 N. Franklin St., Fort Bragg
961-0172
Homeless resources include assistance with housing entry, low-income housing lists, and information on food and shelter. Coordinated entry eligibility is available for those experiencing homelessness or at risk of losing housing within 14 days. Application assistance with Medi-Cal, CalFresh, housing, and various others. Call for detail.
www.mendocinochc.org

Mendocino County Health and Human Services Agency, Social Services

Fort Bragg
764 S. Franklin St., PO Box 1306
877-327-1677 or 962-1000

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

Willits
472 E Valley St.
800-771-2453 or 456-3700

Multi-program agency supports needs of low-income individuals and families with completing applications for the following programs: Medi-Cal, CMSP, General Assistance/CalFresh, IHSS, APS, and Housing Choice Voucher (Section 8) Housing. Contact agency or apply online at www.benefitscal.com.
www.mendocinocounty.gov/departments/social-services

Redwood Empire Food Bank

3990 Brickway Blvd., Santa Rosa
523-7903 Food Connections Line
523-7900 General Reception
Provides assistance with Cal Fresh applications.
www.refb.org

Redwood Gospel Mission Center for Hope

150 Luce Ave, Ukiah
234-8750
Mobile Ministry services including application assistance w/CalFresh, Medi-Cal, Veterans, Housing and DMV forms. Available to all.
www.srmission.org/ukiah

Education & Employment

AARP Foundation Senior Community Service Employment Program (SCSEP)

2400 Washington Ave., Ste. 231, Redding, CA
530-768-5252

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.
www.aarpworksearch.org

California Human Development (CHD) Farmworker Services

2550 N. State St., Ukiah
467-5959

Program for farmworkers and their dependents age 18+. Creates paths and opportunities for those seeking greater self-sufficiency, independence, and dignity through education, training, criminal justice alternatives, housing, and other services. English education, referrals to immigration and other agencies and services, green card renewal, citizenship class, and emergency help. Job search assistance and placement, adult work experience training and on-the-job training. Walk in or call for appointment.

California Indian Manpower Consortium (CIMC)

2550 N. State St., Ste. B, 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.
www.cimcinc.org

CareerPoint North Bay

Lake County

Lakeport
55 First St., Ste. 114, Lakeport
CareerPoint: **708-3826**

Mendocino County

Ukiah
2550 N. State St., Ste. 3, Ukiah
CareerPoint: **468-1196**

Provides employment, training, and community resources for job seekers and employers. Private pay based on income, free with proof of government assisted programs.
www.workforcealliancenorthbay.org

Department of Labor Employment and Training Administration (ETA) Senior Community Service Employment Program (SCSEP)

200 Constitution Avenue, N.W., Washington, D.C.
1-877-872-5627

The Senior Community Service Employment Program (SCSEP) is a job training initiative for older Americans under the Older Americans Act. It offers training and employment assistance to low-income seniors, allowing them to gain work experience. Eligibility criteria

include being at least 55 years old, unemployed, and having a family income below 125% of the federal poverty level.
www.dol.gov/agencies/eta/seniors

Department of Rehabilitation

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

Employment Development Department ~ CalJOBS

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

Employment Development Department ~ Unemployment Insurance

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

Employment Development Department ~ Workforce Services

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

Lake County

Lakeport
55 First St., 1st Floor
Mail: Ste. C
262-3116

Mendocino County

Ukiah
2550 N. State St., Ste. 3
463-5710

Fort Bragg
310 E. Redwood Ave.
964-3295

Konocti USD Adult School

Carle High School Campus
9345 Winchester St., Rm. 9, PO Box 309, Lower Lake
994-1033
High school diploma program.
www.konoctiusd.org/KAP/Portal/carle-continuation-high-school

Lake County Library Adult Literacy Program

1425 N. High St., Lakeport
263-7633
Tutors help adults learn to read.

Mendocino College

Lake County

Lakeport
Lake Center, 2565 Parallel Dr., Lakeport
263-4944

Mendocino County

Ukiah

Ukiah Campus, 1000 Hensley Creek Rd., Ukiah
468-3000
Disability Resource Center (DRC), Library & Learning Resource Center, Rm. 4130
468-3031

Fort Bragg
Coast Center, 1211 Del Mar Dr., Fort Bragg
961-2200

Willits
North County Center, 372 E. Commercial St., Willits
459-6224

A fully accredited public two-year community college. Apply on-line or contact Admissions and Records. Lake Transit Authority bus transportation available between Lakeport and Ukiah daily. For students with a verifiable disability who are otherwise eligible for admission to Mendocino College, the Disability Resource Center (DRC) assesses student needs and helps to provide accommodations (from technology aids to personal assistance) to allow equal access to education.
www.mendocino.edu

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

Pinoleville Vocational Rehabilitation Program

776 S. State St., Ste. 101, Ukiah
462-7801
Vocational training and counseling to Native Americans with disabilities age 18+.

Ukiah Adult School

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

Ukiah Valley Association for Habilitation - Mayacama Employment Service

990 South Dora St, Ukiah
Mail: P.O. box 689, Ukiah
468-8824
Job placement program that enables a business to diversify its workforce by hiring people with disabilities. Age 18+ with a disability.

Woodland Community College ~ Lake County Campus

15880 Dam Rd. Ext., Clearlake
995-7900
Disabled Program/Services:
995-7910
TTY 995-4183
A fully accredited two-year community college. Classes offered for lifelong learners, Veterans, and students with disabilities.
https://wcc.yccd.edu

Recreation & Physical Activity

California State Parks and Recreation Department
800-777-0369
Offers discount passes for parking and camping in state parks for people with disabilities, people age 62+, and some Veterans. Visit website to download applications, or also to learn about Volunteer Park Host positions.
www.parks.ca.gov

Fishing Licenses
601 Locust St., Redding
530-225-2300
Reduced-fee or free fishing licenses. Eligibility: Age 65+, 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.
wildlife.ca.gov/Licensing/Fishing

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.).

Anderson Valley Village
PO Box 576, Boonville
684-9829
Volunteers respond to the needs of AVV members wishing to age in place, such as friendly visits, transportation, assistance with pets and simple household tasks, etc.
www.andersonvalleyvillage.org

Clearlake P.D. You Are Not Alone Program (YANA)
Clearlake Police Dept., 14050 Olympic Dr., Clearlake
905-7241
Volunteers provide a "check-in" phone call to Lake County elderly and/or frail individuals who are alone at home.

Konocti Senior Support, Inc.
14310 Memory Ln., PO Box 6668, Clearlake
995-1417
Sponsors two volunteer programs that provide home visits to seniors age 55+ in Lake County.
www.konoctiseniorsupport.com

- ***Senior Peer Counseling***
  Volunteers age 55+ receive training and weekly supervision from an experienced professional. Volunteers provide a confidential and non-judgmental listening ear and can also provide advice on linking to community services while always allowing client to make his/her own choices.

- ***Friendly Visitors***
  Volunteers age 20+ receive training and offer friendship, understanding, and companionship to those who are homebound, isolated, lonely, or needing comfort and support.

Literacy Volunteer Programs

Tutors help adults learn to read.

- ***Lake County Library Adult Literacy Program***
  1425 N. High St., Lakeport
  263-7633

- ***Long-Term Care Ombudsman Program of Lake and Mendocino Counties***
  15975 Anderson Ranch Parkway, PO Box 9000, Lower Lake
  262-4525
  Volunteers visit and advocate for residents of nursing and residential care homes. Volunteers receive training to investigate and resolve problems and complaints made by or on behalf of residents.
  www.lakecountyca.gov/771/Long-Term-Care-Ombudsman

Medicare Health Insurance Counseling & Advocacy Program (HICAP)

1129 Industrial Ave. Ste. 201, Petaluma
800-434-0222 or **526-4108**
Volunteers provide free and unbiased information on Medicare benefits, supplemental options evaluation, claim denial review and appeal assistance, long-term care choices understanding, Medicare beneficiary rights, Extra Help for medication expenses, and Medicare Savings Programs comprehension. Services are available to individuals new to Medicare, transitioning due to disability (under 65), or reaching age 65.
www.senioradvocacyservices.org/hicap

North Coast Opportunities, Inc. (NCO) Volunteer Network

850 Lakeport Blvd., Lakeport
263-4688 ext. 421
413 N. State St., Ukiah
462-1959
Creates volunteer opportunities for people of all ages, including these two programs for volunteers age 55+.
www.volunteernco.org.

- ***Foster Grandparent Program***
  Volunteers provide individualized attention and mentoring to children with special needs. Participants receive stipend and meal. Eligibility: Age 55+, limited income, and willing to volunteer 20 hrs/wk.

- ***Retired & Senior Volunteer Program (RSVP)***
  Links the skill of volunteers 55+ with identified community needs. These volunteers serve nonprofit and public organizations by tutoring children in classrooms, helping people recover from natural disasters, delivering meals to homebound seniors, and tending community gardens.

Redwood Coast Senior Center Meals on Wheels Volunteer Driver

490 N. Harold St., Fort Bragg
961-4305
Delivering meals from Inglenook to Albion.
www.rcscenter.org/programs

Senior Peer Counseling - Mendocino County

- ***Redwood Coast Senior Center***
  961-4310 or 964-0443
  Serves clients on the Mendocino Coast from Albion to Fort Bragg.
- ***Ukiah Senior Center***
  462-4343
  Serves clients in Ukiah, Redwood Valley, and Willits.

Volunteers age 55+ receive training and supervision from a licensed clinician. Volunteers provide the client with an opportunity to talk to someone their age that has experienced similar life changes and can understand their concerns. All conversations are strictly confidential and services offered are free of charge. Meetings take place in the client's home.

Adult Day Programs

Redwood Coast Senior Center Circle of Elders Alzheimer's Social Day Program

490 N. Harold St., Fort Bragg
961-4310
The social day program offers a secure, engaging environment with enjoyable activities and live entertainment. It provides respite care for families and caregivers. Tailored for adults facing cognitive decline, homebound situations, health challenges, a need for social interaction, or loss of independence. Affordable door-to-door transportation is available.
www.rcscenter.org

Ukiah Senior Center Lunch Bunch

499 Leslie St., Rm. 3, Ukiah
462-4343
Provides guided activities, lunch, and helps with respite care. Lunch bunch does provide pickup and drop off for attendees as needed. Call in advance to arrange for ride.
www.ukiahseniorcenter.org/services/lunch-bunch

Care Management

These programs create comprehensive care plans for individuals who are unable to arrange services themselves due to age, illness, disability, or other challenges. Services encompass needs assessment, coordination of required services, and ongoing monitoring to evaluate effectiveness.

Nonprofit Care Management

Community Care Management Corp.

301 S. State St., Ukiah
468-9347
Multi-program, private nonprofit agency that helps people in Lake, Mendocino, and Sonoma counties to live independently at home.
www.communitycare707.com

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

  Lake County
  5100 Old Highway 53, Clearlake
  995-1606

  Mendocino County
  301 S. State St., Ukiah
  462-3041

  Sonoma County
  350 College Ave, Suite 100, Santa Rosa
  544-4193

  Care management and support services for persons in Lake and Mendocino Counties who have been diagnosed with HIV or AIDS. The Center provides clients with access to the food pantry and/or food vouchers to supplement the client's nutritional needs. The Clearlake Drop-in Center provides counseling, social activities, informational meetings, support groups, and literature to persons living with HIV and AIDS, their family, friends, and caregivers.

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

  Lake County

  Clearlake
  14585 Olympic Dr. #B, Clearlake
  995-7010

  Mendocino County

  Ukiah
  301 S. State St.
  468-9347

  Fort Bragg
  964-4027

  Spanish line
  468-9340

  MSSP is a Medi-Cal waiver program whose mission is to support low-income seniors, ensuring they have the resources and advocacy necessary to live independently at home and avoid placement in skilled nursing facilities. MSSP utilizes a case management approach, with Nurses and Social Workers overseeing support and assessing functional needs and limitations to identify additional assistance requirements. Participants receive

regular monthly check-ins by phone, home visits every three months, and annual reassessments conducted by registered nurses and social workers, fostering a compassionate and personalized approach to care. Eligible clients must be 65+, qualify for Medi-Cal without a share of cost, and be at risk for institutionalization.

Mendocino County AIDS, Viral, Hepatitis Network (MCAVHN)

148 Clara St., PO Box 1350, Ukiah

462-1932

Case management, practical assistance, emotional support, drop-in center, referral and information, food vouchers, transportation, rent and utilities assistance. HIV/HCV counseling and testing, syringe exchange, HCV support groups, and client socials. For any person affected by, living with, or at risk for HIV/HCV in Mendocino County. CUSOC case management for those with co-occurring disorders (mental health/substance abuse). www.mcavhn.org.

Caregiver Respite & Support

Provides monitoring and support for clients when their main caregivers take time off.

You can also refer to the "Disability or Condition Specific Supports: Cognitive & Memory Loss" section in the health category for guidance on caring for someone with Alzheimer's or a similar condition. Additionally, see the "End of Life Resources" section for information on caring for someone nearing the end of life.

Friends of Health - Fort Bragg

Mail: P.O. Box 754, Fort Bragg, CA 95437

357-1019

Offers services aimed at supporting individuals through challenging times. These include grief support groups and referrals to therapy services. Additionally, may provide assistance with medical supplies, wheelchair ramps, and other equipment for home safety and accessibility. Medical alert devices may also be supplied. Our grant-based programs aim to support the community, with eligibility determined through a screening process.
www.friendsofhealthmendocino.org

Redwood Caregiver Resource Center

1140 Sonoma Ave., Ste. 1B, Santa Rosa

800-834-1636 or **542-0282**

Provides services, including possible respite, to assist caregivers of older, frail individuals, or to assist older caregivers of people of any age who have disabilities. Also provides counseling and support for family caregivers of adults with adult onset cognitive impairments (traumatic brain injury, stroke, early onset dementia) through education, research, services, and advocacy. Helpful fact sheets and links at website: www.redwoodcrc.org

Senior Helpers North Bay

3550 Round Barn Blvd. Suite 103, Santa Rosa
525-1540
Offers customized In-Home care plans to meet the unique needs of each client. Respite care, wellness watch, surgery assistance, chronic disease care, meal planning, assist with activities of daily living (ADL), transportation to appointments. Private pay, Long Term Care (LTC) Insurance, Redwood Caregiver Resource Center Respite Care. Qualifying Veterans receive free services.
www.seniorhelpers.com

Home Health

Home visits by medical professionals (such as registered nurses, physical/occupational/speech therapists), home health aides, 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 Clear Lake Home Care Services ~ Lake County

9245 Hwy 53, PO Box 532, Lower Lake
994-0737

Adventist Health Home Care Services / Hospice

100 San Hedrin Cir., Willits
459-1818
www.adventisthealth.org/home-care-services/locations/mendocino-county/

Adventist Health Mendocino Coast Home Health

700 River Dr., Fort Bragg
961-4651
www.adventisthealth.org/mendocino-coast/services/home-care/

Pacific Medical Resources

Fort Bragg
155 Cypress Street Unit C
964-2000

Ukiah
776 S. State St. Ste 206
964-2000

Lakeport
302 Lakeport Blvd
964-2000

www.pacificmedicalresources.com

Redwood Coast Medical Services - Visiting Nurse Services

30 Mill St, Point Arena
PO Box 629, Point Arena
882-1704
Provides palliative care with visiting nurse services. To have need of services.
www.rcms-healthcare.org

Sutter Care at Home

889 11th St., Lakeport
800-675-5595 or **263-7400**
www.sutterhealth.org/scah

In-Home Services

In-Home Supportive Services (IHSS)

Provides services to low income disabled individuals and older adults who need assistance to remain safely in their own homes. Services may include assistance with meal preparation, laundry, shopping, transportation, bathing, dressing, and personal care. Eligibility: Medi-Cal eligible and assessed to have the physical and/or mental functional limitations to be at risk for placement outside of the home.

Lake County

Lower Lake
16170 Main St., Unit F, PO Box 9000, Lower Lake
888-221-2204 or **995-4680**

Mendocino County

Fort Bragg
764 S. Franklin St., PO Box 1759
877-327-1677 or **962-1000**

Ukiah
747 S. State St., PO Box 839
463-7900

Willits
472 E. Valley St.
800-771-2453 or **456-3740**

Private Pay Caregiver Agencies

The following Home Care Organizations offer services that may include homemaking chores, personal care, transportation and shopping, protective supervision, social reassurance, and end-of-life care. To learn more about hiring home care providers, see the Family Organizations and maintains the Home Care Aide Registry of aides who have been background checked. For more information and to link to the registry: www.cdss.ca.gov/inforesources/Community-Care/Home-Care-Services

California Department of Social Services Home Care Services Bureau (HCSB) & Home Care Aide Registry

744 P St. MS 9-14-90 Sacramento
877-424-5778
Promotes consumer protection for elderly and disabled individuals who hire private aides to come into their homes to provide assistance with activities of daily living. Provides licensing of Home Care. Caregiver Alliance fact sheet at: www.caregiver.org/hiring-home-help

Andersson Care

32924 Odom Ln., Fort Bragg
964-4040
Provides services that include homemaking chores; meal planning, shopping and prep; personal care; and escort to medical appointments. Private pay and certain insurances. Not a Medi-Cal/Medicare facility.

Home with Us, LLC

923 19th St., Lakeport
349-0971
Provides in-home customized care and assistance from 4 to 24 hours a day

scheduled according to your needs. Offering assistance with care after an accident, injury or illness, end-of-life care, ongoing health issues, care for the elderly and disabled, respite care, transportation, housekeeping and much more. Servicing Lake and Mendocino counties.
www.homewithus.com

Pacific Medical Resources (PMR)

1102 S. Main St., Ste. 3A, Fort Bragg
877-964-2001 or **964-2000**
160 E. Gobbi St., Ukiah
671-7765
Offers both caregiving and nursing services. Service area: Lake and Mendocino Counties.
www.pacificmedicalresources.com

- ***Lake Caregivers/Mendocino Caregivers***
  Caregiving services.
- ***Mendocino Nursing Services***
  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.

Senior Helpers North Bay

3550 Round Barn Blvd. Suite 103, Santa Rosa
525-1540
Offers customized In-Home care plans to meet the unique needs of each client. Respite care, wellness watch, surgery assistance, chronic disease care, meal planning, assist with activities of daily living (ADL), transportation to appointments. Private pay, Long Term Care (LTC) Insurance, Redwood Caregiver Resource Center Respite Care. Qualifying Veterans receive free services.
www.seniorhelpers.com

Sequoia Senior Solutions, Inc.

6572 Oakmont Dr. Suite E, Santa Rosa
390 N. Main St., Lakeport
Lake and Mendocino Counties:
763-6600
A non-medical, full employment in-home care agency certified by CAHSAH (California Association for Health Services at Home). Provides services by certified companion aids; caregivers are trained, supervised, bonded and insured.
www.SequoiaSeniorSolutions.com

United Medical Resources, Inc.

Ukiah
1367 S. Dora St.
468-7824

Lakeport
720 S. Main St.
264-9266

In-home care services tailored to meet the needs of individuals in their own homes. Caregivers and staff are trained and screened. Our caregivers provide clients with personalized services including bathing, dressing, and toileting companionship, chores, medication management, and even hospice care. We offer a wide spectrum of assistance, including mobility support, transportation, and 24-hour emergency response.
umrinc.org

Volunteer Assistance

Anderson Valley Village
PO Box 576, Boonville
684-9829
A membership organization that serves residents of Anderson Valley age 50+ wishing to age in place. Coordinates volunteer participants to respond to the needs of members, and also maintains a list of providers and services for hire that have been recommended by members and friends of AVV.
www.andersonvalleyvillage.com

Konocti Senior Support, Inc. Friendly Visitors
14310 Memory Ln., PO Box 6668, Clearlake
995-1417
Home visits by trained volunteers who offer friendship, understanding, and companionship. Eligibility: Lake County resident age 55+ and homebound, isolated, lonely, or needing comfort and support.
www.konoctiseniorsupport.com

End-of-Life Resources

Bereavement
See the agencies listed under "Hospice" for ongoing support groups.

MedCure
866-560-2525
National whole body donation program serving as a link between donors and medical researchers and educators. MedCure arranges services at no cost, including transportation, cremation, and return of cremated remains to family or a scattering at sea.
www.medcure.org.

Public Administrator
The Public Administrator handles the affairs of individuals who die without family to administer their estates.

Lake County
15975 Anderson Ranch Parkway, Lower Lake
995-4680

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

Hospice

Hospice provides services to those with a terminal illness as well as their loved ones. The focus of traditional hospice care is on comfort rather than cure. Depending on the particular hospice, services may include skilled nursing, pain/symptom management, health aides, personal care assistants, social workers, patient/family education, assistance by volunteers, and spiritual/bereavement counseling in individual or support group settings. Some, but not all, hospices also have programs to support those with life-limiting chronic illness not eligible or appropriate for traditional hospice.

Adventist Health Home Care Services / Hospice

100 San Hedrin Cir., Willits
459-1818
800-606-9596
Provides hospice services for those with a prognosis of six months or less.
www.adventisthealth.org/home-care-services/locations/mendocino-county

Home with Us, LLC

923 19th St., Lakeport
349-0971
Provides in-home customized care and assistance from 4 to 24 hours a day scheduled according to your needs. Offers assistance with care after an accident, injury or illness, end-of-life care, ongoing health issues, care for the elderly and disabled, respite care, transportation, housekeeping and more. Servicing Lake and Mendocino counties.
www.homewithus.com

Hospice of Ukiah

620 S. Dora St., Ste. 101, Ukiah
462-4038
Provides free end-of-life care for individuals with terminal diagnoses, offering services such as nurse care coordination, home health aides, chaplain visits, social worker support, and respite volunteers. Additionally, offers palliative care for those with long-term debilitating illnesses, with no requirement of a terminal prognosis. Medical equipment including walkers, canes, shower stools, and wheelchairs are available on loan to individuals in need, with items to be returned when no longer required. Contact for availability.
www.hospiceofukiah.com

Hospice Services of Lake County

1862 Parallel Dr., Lakeport
800-900-8820 or 263-6222
Provides hospice services for those with a prognosis of six months or less. Palliative care program -- for adults who have Partnership Health Plan as a primary insurance and a life expectancy of approximately one year -- provides relief from the symptoms, pain, and stress of serious illness even while pursuing curative care.
www.lakecountyhospice.org

Mendocino Coast Hospice

700 River Dr., Fort Bragg
961-4617
Hospice coordinator provides information and support. Volunteers provide patient and caregiver support. Program may also provide access to funds to help pay for comfort items and caregiver assistance.
www.adventisthealth.org/home-care-services/locations/mendocino-county

Widow/Widower Checklist

_ Gather together important documents such as your spouse's social security number, death certificate (you will need copies which you can obtain from your funeral director) and any related estate forms (wills, trusts, etc.)

_ Get statements and pay bills and taxes owed as soon as possible.

_ If your spouse received social security, notify Social Security of the death since these benefits must stop. Ask about your eligibility for survivors or other benefits and any adjustments to your social security check, if applicable.

_ Notify spouse's employer and check on benefits which may be due you.

_ If your spouse was a Veteran, check with the Veteran's Administration; you may be eligible for help with funeral, burial plat, or other benefits.

_ Notify banks, credit unions, mortgage company, and pension providers.

_ Check for benefits as some accounts provide life insurance/death benefits.

_ Change beneficiary on your life insurance.

_ Contact Medicare and other health insurance providers, (i.e. Medicare Supplement Insurance, Medicare Advantage Plan, Medicare Prescription Drug Plans) to cancel the policy to stop premiums.

_ Transfer automobile title into your name and change name on automobile insurance policy. Ask about reduction in premium.

_ Contact credit and merchant card companies to cancel or change account name. Check on credit life insurance that may have been carried on debts and may be covered by insurance.

_ Transfer real estate title of jointly held property. This does not always require probate. If needed, contact attorney within 30 days following death.

_ Check with fraternal and other organizations (professional associations, health clubs, automobile clubs, etc.). Benefits may be due to you.

_ Draw up or update your own will. Check with your funeral director to see if he/she can assist you with any of the above items.

Energy Assistance

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.
www.cityofukiah.com/utility-services

- ***C.A.R.E.S. Discounts***
  Monthly credit is applied towards electric charges on City utility bill. $40, $30, or $20 per month for eligible senior (62+) households; $30, $20, or $10 per month for non-senior. Must meet low-income requirements. Customers may call the Salvation Army office at 468-9577 to get pre-qualified.

- ***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.

City of Ukiah Utilities, Energy Efficiency Dept.

Energy Efficiency Rebates, 5734 Lonetree Blvd., Rocklin
467-5700
Energy Services provides rebate programs for City of Ukiah electric customers to help offset the costs of installing energy-efficient equipment. Call above number or browse www.cityofukiah.com/utility-services/ and link to "Rebates" for information and applications.

GRID Alternatives.

377 E. San Francisco Ave., Willits
202-6420 or **456-4854**
Provides no cost solar power for those with limited or fixed incomes while providing hands-on installation experience for job seekers and community volunteers.
www.gridalternatives.org

North Coast Energy Services, Inc.

966 Mazzoni St., Ste. 3B, PO Box 413, Ukiah
800-233-4480 or **463-0303**
Administers programs to offset the costs of heating/cooling the dwellings of low-income customers. Call for application or apply online at:
www.northcoastenergyservices.com

- ***Energy Crisis Intervention Program (ECIP)***
  Provides emergency assistance with utility costs once per program-year; provides assistance with heating and/or cooling emergencies.

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

- ***Weatherization Program***
  Provides free weatherization services to improve the energy efficiency of homes, including attic insulation, weather-stripping, minor housing repairs, and related energy conservation measures.

Pacific Gas & Electric (PG&E)

Toll-Free 24/7
800-743-5000
www.pge.com

- ***PG&E Medical Baseline & Life Support***
  800-743-5000
  Spanish **800-660-6789**
  TDD **800-652-4712**
  Provides additional quantities of energy at the lowest (baseline) price to residential customers with certain medical conditions. Eligibility: PG&E customers dependent on life-support equipment in the home and those with certain conditions with special heating/cooling needs. Call PG&E for application or download from website.

- ***PG&E California Alternate Rates for Energy (C.A.R.E.)***
  866-743-2273
  Discount of 20% on monthly bill for low-income PG&E customers. Call for application or visit website for income eligibility and application. Recertification required every two years.

- ***PG&E Relief for Energy Assistance through Community Help (REACH)***
  463-0303
  One-time energy credit up to $1000 for low-income eligible PGE customers whose services have been shut off or who have received a shut-off notice. This program may assist once within a 12-month period. Past-due amount cannot exceed $2000, and application process must be done in-person at North Coast Energy Services.

- ***PG&E Energy Savings Assistance Program***
  Toll-Free Smarter Energy Line
  800-933-9555
  TDD/TTY **800-652-4712**
  Provides qualified low-income customers free weatherization measures and energy-efficient appliances to reduce gas and electricity usage. (Also offers retail rebates on clothes washers, refrigerators, and water heaters.) Eligibility: PG&E customer, must meet household income limitations and have not participated in the weatherization program since 2012. Visit website for more program details.

Sonoma Clean Power (SCP)

PO Box 1030, Santa Rosa
855-202-2139
A not-for-profit agency operated by the Cities of Cloverdale, Cotati, Fort Bragg, Petaluma, Point Arena, Rohnert Park, Santa Rosa, Sebastopol, Sonoma, Willits and the Town of Windsor, and the Counties of Sonoma and Mendocino that provides an alternate electricity-generating choice for residents in Sonoma and Mendocino counties (excluding Ukiah and Healdsburg which have their own municipal power programs). PG&E CARE, FERA, and Medical-Baseline discounts are still available to SCP customers. www.sonomacleanpower.org.

Finance

Entitlement Programs

BenefitsCheckup.org

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

Employment Development Department ~ Unemployment Insurance

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

Employment Development Department ~ Workforce Services

Lakeport
55 First St., 1st Floor, Ste. C
262-3116 or 262-3105

Fort Bragg
310 E. Redwood Ave.
964-3218

Ukiah
2550 N. State St.
463-5710

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

Lake County Department of Social Services

15975 Anderson Ranch Pkwy, PO Box 9000, Lower Lake
800-628-5288 or **995-4200**
Multi-program agency supports needs of low-income individuals and families including Medi-Cal, CMSP, General Assistance/CalFresh, IHSS, APS, Housing Choice Voucher (Section 8) Housing, Public Authority, Area Agency on Aging, Long-Term Care Ombudsman, Public Administrator and Public Guardian. Contact agency or apply online at www.benefitscal.com. www.lakecountyca.gov/Government/Directory/Social_Services.htm.

Mendocino County Health and Human Services Agency, Social Services

Fort Bragg
764 S. Franklin St., PO Box 1306
877-327-1677 or 962-1000

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

Willits
472 E Valley St.
800-771-2453 or 456-3700
Multi-program agency supports needs of low-income individuals and families including Medi-Cal, CMSP, General Assistance/CalFresh, IHSS, Public Authority, APS, Public Administrator, Public Guardian/Conservator, and Veteran's Services. Contact agency or apply online at www.benefitscal.com. www.mendocinocounty.org/government/health-human-services-agency/.

Social Security Administration

Lakeport
991 Parallel Dr., Ste. A, Lakeport
888-676-2666

Ukiah
521 S. Orchard Ave., Ukiah
888-590-2706
National line **800-772-1213**
National TTY **800-325-0778**
Takes applications for retirement, disability and survivors benefits for workers and their families. Administers the Supplemental Security Income (SSI) program. Also issues Social Security numbers. Eligibility: Retiree or disabled, with qualifying quarters worked. SSI for those aged or disabled with limited income and assets. Contact Social Security to learn how much money you can earn without lowering your Social Security or SSI payments. Many items can be handled on-line at website, such as filing claims, making changes, receiving benefit verification and other information.
www.ssa.gov

Money Management

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

Balance Financial Fitness

3030 Cleveland Ave., Santa Rosa
Counseling line: **888-456-2227**
Budget counseling and debt management; bankruptcy education and counseling; HUD approved housing counseling agency including foreclosure prevention and reverse mortgages.
www.balancepro.org

Finance for People

PO Box 907, Redwood Valley
485-8178 or 485-8173
Representative payee and money management services for individuals referred through Social Security, by other local agencies, or self-referral. No home visits.
www.financeforpeople.org

Mendocino Fiduciary

45160 Main St., 2nd Fl., PO Box 440, Mendocino
397-1655
Provides trust administration, executor, conservator of estate and person, power of attorney for finance and health services. Can act as special needs trustee and guardian, also trustee on other types of trusts. Can meet at client's home or mutually acceptable location if needed.
www.mendocinofiduciary.com

Northern Circle Indian Housing Authority
694 Pinoleville Dr., Ukiah
468-1336
HUD approved housing counseling agency offers credit counseling, credit repair, first-time home buyer education and down payment assistance for some Native American communities.
www.nciha.org

Redwood Coast Senior Center Money Management
490 N. Harold St., Fort Bragg
964-0443
Representative payee service, money management for clients referred by Mendocino County Health & Human Services Agency.
www.rcscenter.org

Tsunami Enterprises
PO Box 608, Ukiah
463-2546
Representative payee service, money management. Home visits available.
www.tsunami-enterprises.org

Ukiah Senior Center Money Management
499 Leslie St., Ukiah
462-4343
Representative payee service, money management for clients age 55+, or younger with disability. Home visits available.
www.ukiahseniorcenter.org

Willits Harrah Senior Center Money Management
1501 Baechtel Rd., Willits
459-6826
Representative payee services, money management for clients age 55+.
www.willitsseniorcenter.com

Taxes

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

California State Franchise Tax Board
800-852-5711
www.ftb.ca.gov

Internal Revenue Service (IRS)
800-829-1040
www.irs.gov

Property Tax Postponement
(800) 952-5661
The State Controller's Property Tax Postponement Program allows homeowners who are seniors, are blind, or have a disability to defer current-year property taxes on their principal residence if they meet certain criteria.
https://www.sco.ca.gov/ardtax_prop_tax_postponement.html

Food & Nutrition

CalFresh (previously Food Stamps)

CalFresh Program

Nutrition assistance program that helps low-income people buy nutritious food. Eligibility: Meet limited resources and limited income guidelines; higher resource and income limits afforded those age 60+ or younger disabled. Those receiving SSI may now be eligible. Apply online at www.benefitscal.com or call/visit office for application.

Lake County

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

Mendocino County

Fort Bragg
764 S. Franklin, PO Box 1759,
877-327-1677 or **962-1000**

Ukiah
737 S. State St., PO Box 839
877-327-1711 or **463-7700**

Congregate/Social Dining Sites

Anderson Valley Senior Center

Veteran's Hall, 14470 Hwy 128, PO Box 591, Boonville
895-3609
Serves lunch Tue and Thu at 12:15pm. Contribution suggested for diners age 60+ (or accompanying spouse); fee charged for others.
www.avseniorcenter.blogspot.com

Calvary Chapel

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

Coastal Seniors, Inc.

Veterans Hall, 24000 S. Hwy1, PO Box 437, Point Arena
882-2137
Lunches served Tuesday at 11:30am – 12:30pm at Veterans Memorial Hall in Point Arena. Contribution suggested for diners age 60+; fee charged for others.
www.coastalseniors.org

Highlands Senior Service Center, Inc.

3245 Bowers Rd., PO Box 180, Clearlake
994-3051
Lunches Mon – Fri from 11:00 am to 12:30 pm. Suggested donation for those 60+; fee for all others.
www.hsscclearlake.org

Kelseyville Seniors, Inc.
5245 3rd St., Kelseyville
279-2175
Lunches Mon – Fri. Suggested donation for those 60+; fee for all others.
www.facebook.com/kelseyvilleseniors

Lakeport Senior Center, Inc.
527 Konocti Ave., Lakeport
263-4218
Lunches Mon – Thurs from 11:30am to 12:30pm. Suggested donation for those 60+; fee for all others.
www.lcseniors.com

Live Oak Seniors
12502 Foothill Blvd., PO Box 1389, Clearlake Oaks
998-1950
Lunches Mon – Fri at 11:30am to 12:30pm. Suggested donation for those 60+; fee for all others.
liveoakseniorcenter.wixsite.com/cloakssc

Lucerne Alpine Seniors, Inc.
3985 Country Club Dr., PO Box 937, Lucerne
274-8779
Lunches Tues – Fri at 11:00 am – 12:30 pm. Suggested donation for those 60+; fee for all others.
www.lucernealpineseniorcenter.org

Middletown Community United Methodist Church
15855 Armstrong St. (off Hwy 29), Middletown
987-3379
Free community dinners Mon and Thu at 5:00 – 6:30pm.
www.umc.org/en/find-a-church/church/?id=77086

Middletown Senior Center
21256 Washington St., PO Box 1037, Middletown
987-3113
Lunches Mon – Fri at noon. Suggested donation for those 60+; fee for all others.
www.middletownseniorcenter.org

Plowshares Peace and Justice Center
1346 S. State St., PO Box 475, Ukiah
462-8582
Lunches Mon – Fri at 11:30am – noon, Sat 3:00 – 3:30 families with children and 3:30 – 4:00 general public. Homeless services including mail, personal care products, and haircuts (as available) during meal times only.
www.plowsharesfeeds.org

Redwood Coast Senior Center
490 N. Harold St., Fort Bragg
964-0443
Serves lunch at Senior Center Mon – Fri at 11:30am – 1:30pm. Drive by pickup Tues and Thurs 11:30am to 12:30pm, must call in advance. Suggested donation for those 60+; fee for others.
www.rcscenter.org

Redwood Gospel Mission Center for Hope
150 Luce Ave, Ukiah
234-8750
Mobile Ministry services including portable showers, COMPASS Street Medicine once weekly, breakfast served at 7:45 am Mon-Fri, a listening ear, celebrating recovery groups, clothes closet; application assistance w/CalFresh, Medi-Cal, Veterans,

Housing and DMV forms. All Community Members
www.srmission.org/ukiah

Round Valley Indian Tribes Senior Center

77826 Covelo Rd., Covelo
983-6556
Congregate lunches Mon – Thu at 11:00am and Fri breakfast at 10:30am. Transportation provided for ambulatory persons. Open to anyone age 62+ and Native Americans age 55+. Donation requested; fee for non-seniors after all seniors have been served.
www.rvit.org/program-directory/senior-center

Ukiah Senior Center

495 Leslie St., (mail to 499 Leslie St.), Ukiah
468-9256
Lunch served Mon – Fri at 11:30am. Reservations required. Call at least one day ahead by 3:00pm. Fee charged.
www.ukiahseniorcenter.org

Willits Harrah Senior Center

1501 Baechtel Rd., Willits
459-6826
Serves lunch Mon – Fri at 12:00 noon – 12:45pm; dine-in or take-out. Fee charged; 10-meal punch card available for discount.
www.willitsseniorcenter.com

Food Banks & Pantries

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

Commodity Supplemental Food Program (CSFP)/Senior Food Basket/Box

Provides a monthly 30-40 lb. box of food to those age 60+ who meet low income eligibility guidelines. Contact the distributing food bank for information on how to apply and to confirm dates/times of monthly distribution at a location nearest to you. New applicants may be subject to waiting list.

Redwood Empire Food Bank CSFP distribution sites

523-7903

Lake County: Multiple distribution locations countywide

Mendocino County: Ukiah and Willits

The Fort Bragg Food Bank CSFP distribution sites

964-9404

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

Calvary Chapel

14330 Memory Ln. (off Olympic Dr.), Clearlake
994-5683
The food pantry is open from 11:00 am - 12:00 pm. Must bring photo ID.

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

528-8712

- ***Middletown Community United Methodist Church***
  21085 Bush St., PO Box 678, Middletown
  308-4787
  Food pantries providing supplemental food. Third Wednesday of the month 4:00pm – 6:00pm.
- ***St. Peter's Catholic Church's Glebe Hall on Main St.***
  4085 Main St, Kelseyville
  263-4401
  Fourth Mon of the month (except holidays), 4:30pm – 6:00pm.

Clear Lake Gleaners Inc.

1896 Big Valley Rd., PO Box 266, Finley
263-8082
Distributes food through USDA EFAP Program at multiple sites throughout Lake County. Available to all.

Living Water Church of Clearlake

On Robinson St. in back of sanctuary at 14550 Pearl Ave., PO Box 547, Clearlake
994-5148
Emergency food and clothes closets, Tuesday 9:00 – 12:00am.

Fort Bragg Food Bank

910 N. Franklin St., PO Box 70, Fort Bragg
964-9404
Food distribution choice pantry Mon 10:00 am – 4:00 pm, Wed 10:00 am – 5:30 pm, Fri 10:00 – 4:00 pm. Curbside distribution 10:00 am – 4:00 pm. Closed Tuesdays and Thursdays. All ages including seniors.
www.fortbraggfoodbank.org

Laytonville Healthy Start

44400 Willits Ave, Laytonville
Mail: PO Box 1382, Laytonville, CA 95454
984-8089
Emergency Food Pantry and Monthly Food Bank available; date varies call ahead call for eligibility requirements.
www.laytonville.org/healthystart

Middletown Community United Methodist Church

15855 Armstrong St. (off Hwy 29), Middletown
987-3379
Emergency food is distributed on the 3rd Wednesday of the month from 4:00-6:00pm.
www.umc.org/en/find-a-church/church/?id=77086

NCO Gardens Project / Lake County Hunger Task Force

All-volunteer organization works to offset hunger by linking Lake County residents to nourishing food. Maintains a website with updated listings of community gardens.
www.gardensproject.org/gardens/lakecounty/taskforce

Redwood Empire Food Bank

3990 Brickway Blvd., Santa Rosa
523-7903 Food Connections line
523-7900 general reception

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

Ukiah Community Food Bank

888 N. State St., Ukiah
463-2409
Provides weekly and emergency food distributions and distributes monthly USDA commodities. Monday: General Distribution, 12:00 PM to 4:00 PM. Tuesday: Senior & Disabled Distribution, 9:00 AM to 12:00 PM. Wednesday: General Distribution, 12:00 PM to 4:00 PM. Thursday: Senior & Disabled Distribution, 9:00 AM to 12:00 PM. Friday: Fresh Friday Distribution, 12:00 PM to 4:00 PM.
www.fordstreet.org/community-food-bank

United Christian Parish in Lakeport

745 N. Brush St., Lakeport
263-4788
Available Tue, Wed and Thu 10:00 – 11:00am. Please call ahead to arrange. Eligibility: once per every three months or by case by case determination.

Willits Community Services (WCS) & Food Bank

344 Railroad Ave., Willits
459-3333
Food bank and emergency assistance with food, blankets, personal items, baby formula, etc. upon availability. Wed and Fri 11:00 – 4:30. Households and individuals may only pick up once weekly.
www.willitsfoodbank.com

Willits Daily Bread

St. Francis in the Redwoods Episcopal Church, 66 E Commercial St, Willits
Meals to go Mon – Thu 4:30 – 5:30pm

Grocery Delivery

Harvest Market

964-7000 ext. 28
Grocery delivery or personal shopper service for a fee. Online shopping and delivery (or pick up) Mon-Fri 10am-5pm, Sat 10am-1pm. Phone-in orders must be placed by 9:00 am Mon-Fri. Serves Cleone to Albion.
www.harvestmarket.com

Home-Delivered Meals

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

Coastal Seniors, Inc.

Veterans Hall, 24000 S. Hwy 1, PO Box 437, Point Arena
882-2137 or **882-2237**
Home-delivered meals for adults age 60+, or under age 60 designated as spouse or disabled individual living with eligible participant. Hot meals Mon, Tue, Wed; frozen meals Thu, Fri, Sat, Sun. Contribution suggested.
www.coastalseniors.org

Highlands Senior Service Center, Inc.

3245 Bowers Ave., PO Box 180, Clearlake

994-3051

Hot and frozen home-delivered meals, enough for 7 days, delivered Mon-Fri between 10:00 am and 1:00 pm. Eligibility: Age 60+, homebound and unable to cook or shop, and lacking assistance. Donation suggested.
www.hsscclearlake.org/meals-on-wheels

Lakeport Senior Center, Inc.

527 Konocti Ave., Lakeport

263-4218

Frozen meals, enough for seven days, are delivered to your home mid-day Mon - Thurs. Eligibility: Age 60+, homebound and unable to cook or shop, and lacking assistance. Donation suggested.
www.lcseniors.com

Live Oak Seniors

12502 Foothill Blvd., PO Box 1389, Clearlake Oaks

998-1950

Home-delivered hot meals, mid-day Mon. – Fri., and frozen meals for the weekend. Age 60+ and homebound.
https://liveoakseniorcenter.wixsite.com/cloakssc/meals-on-wheels

Middletown Senior Center

21256 Washington St., PO Box 1037, Middletown

987-3113

Home-delivered hot meals, mid-day Mon – Fri. Eligibility: Age 60+ and homebound, and disabled adults living with a senior.
www.middletownseniorcenter.org

Plowshares Peace and Justice Center

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

462-8582

Home-delivered meals Mon – Fri for disabled, homebound adults age 60+. Serving the greater Ukiah area.
www.plowsharesfeeds.org

Redwood Coast Senior Center

490 N. Harold St., Fort Bragg

964-0443

Hot meals are delivered Mon., Wed. and Fri. with frozen meals provided for the day's deliveries are not made. Deliveries from Inglenook to Albion. For adults age 60+ or disabled, spouse living w/spouse 60+, who are homebound and unable to cook or shop and lacking assistance. Contribution suggested.
www.rcscenter.org

Round Valley Indian Tribes Senior Center

77826 Covelo Rd., Covelo

983-6556

Home-delivered meals Mon – Fri. Eligibility: Native Americans age 55+, others age 62+. Donation requested of non-Native participants.
www.rvit.org

Willits Harrah Senior Center

1501 Baechtel Rd., Willits

459-6826

Home-delivered meals Mon – Fri for homebound or disabled adults. Delivery begins at 11am until all deliveries are complete. 55+. Fee charged.
www.willitsseniorcenter.com

Grandparenting

California Department of Social Services Kinship Support Services Program
(916) 651-7465
Kinship Support Services Program (KSSP) provides non-financial support services to relative caregivers and the children placed in their homes.
www.cdss.ca.gov/inforesources/Foster-Care/Kinship-Support-Services.

Generations United
National resource that works to improve the lives of children, youth, and older adults through intergenerational collaboration, public policies, and programs for the benefit of all. See www.gu.org, or for information specific to Grandfamilies see www.gu.org/explore-our-topics/grandfamilies.

GrandFamilies.org
National legal resource in support of grandfamilies within and outside the child welfare system.
www.grandfamilies.org

Health Services

Hospitals

Adventist Health Clear Lake
15630 18th Ave., PO Box 6710, Clearlake
994-6486
www.adventisthealthclearlake.org

Adventist Health Howard Memorial
1 Marcella Dr., Willits
459-6801
www.adventisthealth.org/howard-memorial

Adventist Health Mendocino Coast District Hospital
700 River Dr., Fort Bragg
961-1234
www.adventisthealth.org/mendocino-coast

Adventist Health St. Helena
10 Woodland Rd., St. Helena
963-3611
800-540-3611
www.adventisthealthsthelena.org

Adventist Health Ukiah Valley
275 Hospital Dr., Ukiah
462-3111
www.adventisthealth.org/ukiah-valley

San Francisco VA Medical Center (Fort Miley)
4150 Clement St., San Francisco
877-487-2838 or **415-221-4810**
(see **Veterans** section)

Sutter Lakeside Hospital
5176 Hill Rd. E., Lakeport
262-5000
ER: **262-5050**
www.sutterlakeside.org

Health Clinics & Public Health

Nonprofit primary care settings that offer family practice and/or internal medicine health services and accept Medicare, Medi-Cal/Partnership Health Plan, and Covered California insurance plans, amongst others. Most of these providers also offer services for a variety of specialty medicine areas (at their or affiliate office locations) and accept sliding scale and private pay arrangements. For individuals with Partnership Health Plan insurance required to be treated at a facility to which they are assigned, call Partnership member services to request permission if seeking to be treated elsewhere. For those on CMSP, due to program changes please confirm whether your provider still accepts CMSP insurance.

Adventist Health Primary Care Offices

Part of the network of comprehensive primary, specialty, and behavioral health centers affiliated with Adventist Health. Specialty areas include internal medicine, orthopedics and physical medicine, cancer and oncology, pain management, urology, women's health, allergy, pediatrics and family care.
www.adventisthealth.org

Transportation may be available through a shuttle program.

Clearlake

- ***Adventist Health Clear Lake Medical Office***
  15230 Lakeshore Dr., Clearlake
  995-4500
  Specialties: Addiction medicine, cardiology, chiropractic, dentistry, family medicine, nephrology, neurology, obstetrics and gynecology, otolaryngology, pediatrics, physical medicine and rehabilitation, plastic surgery, podiatry, and psychiatry.
- ***Live Well Program***
  15230 Lakeshore Dr., Clearlake
  995-4545
  Specialties: Addiction medicine, physical medicine and rehabilitation, behavioral health and occupational health.

Fort Bragg

- ***Adventist Health Mendocino Coast***
  700 River Dr., Fort Bragg
  Main Number: **961-1234**
- ***Adventist Health Mendocino Coast Medical Offices***
  721 River Dr., Fort Bragg
  961-4631
  Primary, immediate (minor medical needs), and specialty medical services. Specialty services include women's health, pain management, nephrology, general and orthopedic surgery, podiatry, and ophthalmology.
- ***Family Medicine: Adventist Health***
  850 Sequoia Circle, Fort Bragg
  964-0259

Hidden Valley

18990 Coyote Valley Rd., Suites 5-10, Hidden Valley Lake
987-8344
Specialties: Cardiology, Internal Medicine, OB/GYN, Oncology, Otolaryngology, Physical Medicine and Rehabilitation, and Urology.

Kelseyville

5290 State St., Kelseyville
279-8813
Family Medicine

Lakeport

- ***Behavioral Health***
  801 11th St., Lakeport
  263-3746
- ***Comprehensive Primary Care / Cardiopulmonary Testing***
  801 11th St., Lakeport
  263-3746
- ***Adventist Health Internal Medicine***
  487 S. Main St., Lakeport
  263-4360

Lower Lake

- ***Konocti Wellness Center***
  9340 C. Lake Street,
  Lower Lake
  995-5630
  Specialties: Pediatrics and Dentistry

Lucerne

6300 E Hwy 20, Lucerne
274-9297
Primary care and behavioral health.

Middletown

- ***Middletown Family Health***
  21337 Bush St., PO Box 1519, Middletown
  987-3311
  Family practice and obstetric services.

Ukiah

- ***Family Medicine, Residency: Adventist Health Ukiah Valley***
  260 Hospital Dr. Suite 103, Ukiah
  467-3123
- ***Live Well Program***
  1050 N. State St., Ukiah
  467-4327
- ***Medical Offices: Adventist Health Ukiah Valley***
  260 Hospital Dr., Ukiah
  463-7428
  Primary care and specialty care.
- ***Primary Care: Adventist Health Ukiah Valley***
  260 Hospital Dr. Suite 204, Ukiah
  467-4327

Adventist Health COMPASS Street Medicine Program

463-7519

The Community Outreach Medical Patient Advocacy and Social Solutions (COMPASS) Team helps people navigate healthcare and manage short-term care needs. It's a team of medical, health, and social work experts. COMPASS focuses on tackling issues that affect health goals, such as finding housing or managing chronic diseases. They offer services like advance care planning, behavioral health support, and referrals to community resources. COMPASS Street Medicine holds weekly walk-in clinics at different locations. Call for times and locations and eligibility information.
www.adventisthealth.org/ukiah-valley/services/compass-street-medicine-program

Anderson Valley Health Center

13500 Airport Rd., PO Box 338, Boonville
895-3477
Comprehensive primary health care, dental, and behavioral health services. www.avhc.org.

Consolidated Tribal Health Project

6991 N. State St., Redwood Valley
800-642-CTHP or **485-5115**
Primary, dental, and behavioral health services and support programs for American Indian/American Native patients. Includes medical care for injuries and illness, annual wellness checkups, immunizations and exams, sports and camp physicals, men's and women's health care, pediatric care, chronic disease management, HIV/AIDS/STD testing, and case management. Transportation services available for eligible patients.
www.cthp.org

Lake County Public Health

922 Bevins Ct., Lakeport
800-794-9291 or 263-1090
Multi-program agency works to safeguard and promote the health and wellness of the people of Lake County. Services emphasize prevention and education and include programs to lessen communicable and infectious diseases. Includes programs such as Child Health and Disability Prevention Program (CHDP), California Children's Services (CCS), Office of Vital Statistics (birth and death), Communicable Disease investigation and surveillance, Emergency Preparedness, assistance with accessing Medi-Cal health care services, Maternal, Child, and Adolescent Health Program (MCAH), Immunization assistance and clinics, Flu clinics, SNAP-Ed (Supplemental Nutrition Assistance Program Education), Tobacco Control Program, Childhood Lead Poisoning Prevention Program, AIDS Drug Assistance Program (ADAP), and Medical Marijuana ID Program.
https://www.lakecountyca.gov/158/Public-Health

Lake County Tribal Health Consortium

925 Bevins Ct., PO Box 1950, Lakeport
800-750-7181 or **263-8382**
Also satellite clinics (by appointment only):

- ***Little Clinic Southshore***
  14678 Lakeshore Blvd., Clearlake
  263-8382
  Provides chiropractic services.
- ***South Shore Clinic***
  14440 Olympic Drive, Clearlake
  533-2760

Provides primary and specialty medicine services, dental, and behavioral health/human services for Native Americans and the general public. Specialty medicine services include pediatrics and obstetrics, chiropractic, acupuncture, podiatry and pain management. Outreach and transportation support for Native Americans only.
www.lcthc.com

Long Valley Health Center

50 Branscomb Rd., PO Box 870, Laytonville
984-6131
Integrated primary health care, chiropractic, acupuncture, dental, and

behavioral health services, remote patient monitoring, and telemedicine.
www.longvalley.org

Manchester-Point Arena Satellite Health Clinic

10 A Mamie Laiwa Dr., Point Arena
882-2877
Medical and behavioral health services for Native American patients and their families. www.scihp.org/manchester-point-arena-satellite-clinic

MCHC Health Centers

Comprehensive healthcare services including medical, dental, and counseling services; pediatrics; chronic disease management; women's health and prenatal services; and referrals to specialty care. Urgent care offered at the Hillside and Little Lake centers on Saturday. Transportation supports may be possible for some appointments. The Mendocino Community Health Clinic network is a local, nonprofit organization with four health centers.
www.mchcinc.org

- ***Dora Street Health Center***
  1165 S. Dora St. Suite A1 and B1, Ukiah
  468-1015
- ***Hillside Health Center***
  333 Laws Ave., Ukiah
  468-1010
- ***Lakeview Health Center***
  5335 Lakeshore Blvd., Lakeport
  263-7725
- ***Little Lake Health Center***
  45 Hazel St., Willits
  456-9600

Mendocino Coast Clinics

205 South St., Fort Bragg
964-1251
Primary, dental, behavioral health and other specialty medicine services for all ages. Transportation assistance may be available in the local Fort Bragg area.
www.mendocinocoastclinics.org

Mendocino County Health and Human Services Agency, Public Health

Fort Bragg
790 S. Franklin Street
962-1058

Ukiah
472-2600 or **800-734-7793**
1120 S. Dora St.

Willits
456-3800
474 East Valley St.

Multi-program, multi-site agency works to safeguard and promote the health and wellness of the people of Mendocino County. Services include, but may not be limited to, flu shots, immunizations, TB clinics, Sharps disposal, tobacco control services, car seat program, WIC, CA Children's Services, Vital Records, field nursing, prevention and planning programs/services, Environmental Health, and Animal Care. Not all programs are available at each location.
www.mendocinocounty.gov/departments/public-health

New Life Mental Health Clinic

280 East Standley St., Ukiah
466-0001
Outpatient facility for the treatment of adults with opioid use disorder. Walk-ins welcome.
www.newlife.health

Redwood Coast Medical Services

Gualala Medical Center
46900 Ocean Dr., PO Box 1100, Gualala
884-4005
A full array of primary and preventive medical services including family practice, behavioral health, addiction treatment, and urgent care. Specialty consultations available for orthopedics by appointment. On-site X-rays and lab.

Point Arena Medical Center
30 Mill St., Point Arena
882-1704
A full array of primary, preventive, and behavioral health medical services.

www.rcms-healthcare.org

Redwood Medical Clinic

3 Marcela Dr, Ste. C, Willits
459-6115
Provides comprehensive primary care.
www.adventisthealth.org/howard-memorial/services/redwood-medical-clinic

Round Valley Indian Health Center

Corner of Hwy 162 & Biggar Ln., PO Box 247, Covelo
983-6181
Primary, dental, behavioral health and other specialty medicine services for all ages.
www.roundvalleyindianhealthcenter.com

Sutter Lakeside Community Clinic

5196 Hill Rd. E. Suite 200, Lakeport
263-6885
Comprehensive primary care including diabetes services, gynecology and women's health, and podiatric services.
www.sutterhealth.org

Sutter Lakeside Family Medical Practice

987 Parallel Dr., Ste. C, Lakeport
262-5088
Primary care (covering internal medicine and family practice) as well as specialty medical services, such as those for diabetes, heart and vascular conditions, podiatry, and surgery, are offered.
www.sutterhealth.org

Dental Clinics

Dental care settings that accept Medi-Cal/Partnership Health Plan and may accept other dental insurances plans and private pay arrangements depending on provider. For individuals with Partnership Health Plan insurance required to be treated at a facility to which they are assigned, call Partnership member services to request permission if seeking to be treated elsewhere. For those on CMSP, due to program changes please confirm whether your provider still accepts CMSP insurance.

Adventist Health Dental Clinics

Clearlake
15230 Lakeshore Dr. Suite 105, Clearlake
995-4540

Lower Lake
9430 Lake St. Suite C, Lower Lake
995-5630

Transportation services available through shuttle program.
www.adventisthealthclearlake.org

Anderson Valley Health Center

13500 Airport Rd., PO Box 338, Boonville
895-3477
www.avhc.org

Consolidated Tribal Health Project

6991 N. State St., Redwood Valley
800-642-CTHP or **485-5115**
Services for American Indian/American Native patients. Transportation services available for eligible patients.
www.cthp.org

Jodi Todd, RDHAP Inc. Dental Hygiene Practice

244 Hospital Dr. Suite B., Ukiah
467-9733
In-office and mobile dental hygiene services. Mobile services are provided at private homes, skilled nursing facilities, independent care facilities, assisted living facilities, group homes, retirement communities, hospitals and clinics, adult and special needs day care.
www.mobiledentalhygienist.com

Lake County Tribal Health Consortium

925 Bevins Ct., PO Box 1950, Lakeport
800-750-7181 or **263-8360**
Services for Native Americans and the general public. Transportation supports available to Native American patients only.
www.lcthc.com

Long Valley Health Center

51 Branscomb Rd., PO Box 870, Laytonville
984-8222
www.longvalley.org

MCHC Health Centers

Transportation supports may be possible for some appointments. The Mendocino Community Health Clinic network is a local, nonprofit

organization with dental services at three locations.
www.mchcinc.org

- Hillside Health Center
  333 Laws Ave., Ukiah
  468-1010
- Lakeview Health Center
  5335 Lakeshore Blvd., Lakeport
  263-7725
- Little Lake Health Center
  45 Hazel St., Willits
  456-9600

Mendocino Coast Clinics

205 South St., Fort Bragg
964-1251
www.mendocinocoastclinics.org

Redwood Coast Medical Services ~ Point Arena Dental Center

175 Main St., Point Arena
882-2189
www.rcms-healthcare.org

Round Valley Indian Health Center

Corner of Hwy 162 & Biggar Ln., PO Box 247, Covelo
983-6181
www.roundvalleyindianhealthcenter.com

Tribal Health Outreach & Support

Consolidated Tribal Health Project ~ Community Outreach Services

6991 N. State St., Redwood Valley
485-5115
Health screenings at Tribal sites, home visits, and community events. Patient education, both individual and group-based, includes monthly wellness activities. The Patient Transportation Services Program provides transportation for eligible patients. Contact the Patient Resource Advocate at 485-5115 for required documentation
www.cthp.org

Guidiville Indian Rancheria

401 B Talmage Rd., Ukiah
PO Box 339, Talmage
462-3682
Provides tribal members with transportation to doctor appointments plus counseling for drug and alcohol prevention.

Hopland Tribal Health

3000 Shanel Rd., Hopland
472-2100
Advocates and schedules appointments with medical, dental, and behavioral health providers. Provides transportation in accordance with transportation policies. Operates an Indian Child Welfare Program including family advocacy, visitation services, and placement services. Serves youth and families within the boundaries of the Hopland Reservation.
www.hoplandtribe.com

Lake County Tribal Health Consortium Outreach Services

925 Bevins Ct., PO Box 1950, Lakeport

800-750-7181 or **263-8382**
Public Health Nurse and Community Health Representatives provide home visits, hospital follow-up and patient education, smoke detectors, transportation to medical and dental appointments. Program also sponsors diabetes education, screening and health checks, nutritional counseling, cooking classes, and walking groups. Eligibility: Native American patients.
www.lcthc.com

Round Valley Indian Health Center Community Outreach

Corner of Hwy 162 & Biggar Ln., PO Box 247, Covelo
983-6181
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.
www.roundvalleyindianhealthcenter.com

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

1005 Parallel Dr., Lakeport
263-4220
Wellness and referral assistance. Child care assistance and referrals, nutrition/weight management, AIDS/STD prevention, social health services advocate, health planning, youth activities, and resource library. Provides forum for coping with addiction issues.
https://www.scottsvalley-nsn.gov/tribal-departments/family-and-health-services

Sherwood Valley Rancheria

190 Sherwood Hill Dr., Willits
459-9690 ext. **111**
Community Health Representative and Patient Chauffeur support rural clients in getting to their medical appointments. Must be Sherwood Valley Rancheria Tribal member.

Disability or Condition Specific Supports

Adaptive Aids, Medical Supplies, and 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, Thrift Stores, and Hospice often have some of these smaller items to loan out.

Apria Healthcare

755 Bevins St, Lakeport
262-7046
Provides durable medical equipment including wheelchairs, walkers, home oxygen tanks and refills, semi-electric hospital beds. Contracted with Hospice. Insurance accepted.
www.Apria.com

CA Telephone Access Program (CTAP)

800-806-1191
TTY **800-806-4474**

Provides communication access for Californians with hearing, vision, cognitive, mobility, and speech-related disabilities . Eligibility: Doctor's or other authorized agent's signature. Call for application or download from website.
www.caconnect.org

Disability Services & Legal Center

415 Talmage Rd., Ste. B, Ukiah
463-8876
Provides independent living skills training, information and referral, Social Security Admin. benefits counseling, peer support, and assistive technology solutions. Off-site hours in Lake County available, call for an appointment. Free to all people with intellectual and/or physical disabilities.
www.mydslc.org

Lincare

843 Parallel Dr, Lakeport
263-1476
Durable medical equipment and supplies. Oxygen refill and delivery, cardiac monitoring, disease progression management, electric wheelchairs.
www.Lincare.com

Mendocino Coast Hospice Thrift Store

155 Boatyard Dr., Fort Bragg
964-7778
Durable medical equipment offered to those in need depending on availability. Equipment is loaned out based on the honor system.
www.Mendohospicethrift.com

Redwood Empire Medical Supply

6620 Redwood Dr. Ste 1, Rohnert Park
921-5876
Medical supplies and durable medical equipment rentals, sales and repairs.
www.remsca.com

Rotech

3181 Cleveland Ave, Ste. F, Santa Rosa
526-4675
Durable medical equipment and supplies for sale or rent.
www.rotech.com

Shield Healthcare

1-800-675-8842
Medical supplies including Incontinence Supplies, ostomy supplies, enteral nutrition supplies, urological supplies, wound care and diabetes. Works with most insurance companies including Medi-Cal and Partnership.
www.shieldhealthcare.com

Ukiah Senior Center Thrift Store

497 Leslie St, Ukiah
462-4343
Durable medical available on loan, check for availability. Low-cost clothing, housewares and furniture. Located next door to Ukiah Senior Center Bartlett Hall. Open to public.
www.ukiahseniorcenter.org

AIDS/HIV & Hepatitis C

AIDS/HIV Nightline

415-434-2437
HIV Textline **415-20 0-2920**
After-hours telephone or text support when other service agencies are closed. Emotional support, crisis counseling and basic information for anyone with HIV-related concerns. HIV text-specific line is suited to all the same topics as the phone service. Textline terms and conditions apply, which can be reviewed at the website.

AIDS Drug Assistance Program (ADAP)

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

Ukiah
Public Health, 1120 S. Dora St., Ukiah
472-2710

Helps insure people living with HIV and AIDS, who are uninsured or under-insured, have access to medication on the ADAP Formulary. Must be HIV or AIDS infected, a resident of California, 18 years or older, have a modified adjusted gross income that does not exceed 500% Federal Poverty Level based on family size and household income, and are not fully covered by or eligible for Full Scope Medi-Cal or any other third-party payer.
www.cdph.ca.gov/Programs/CID/DOA/Pages/OAMain.aspx

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

Clearlake
5100 Old Highway 53, Clearlake
995-1606

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

CCHAP is a Medi-Cal Waiver program providing case management and support services to persons in Lake, Mendocino, and Sonoma Counties who have been diagnosed with HIV or AIDS. Clearlake Drop-in Center provides counseling, social activities, informational meetings, support groups, and literature to persons living with HIV and AIDS, their family, friends, and caregivers. Food pantries are available in Lake and Mendocino counties. CCHAP may also provide assistance with housing through Housing Opportunities for Persons with AIDS (HOPWA), hotel and motel stays, rental/mortgage assistance, gas, grocery, and utilities. The HIV Care Program (HCP) may also provide emergency funds for categories not covered under HOPWA or the Medi-Cal waiver programs.
www.communitycare707.com

Mendocino County AIDS, Viral, Hepatitis Network (MCAVHN)

148 Clara St., PO Box 1350, Ukiah
462-1932
Case management, practical assistance, emotional support, drop-in center, referral and information, food vouchers, transportation, rent and utilities assistance. HIV/HCV counseling and

testing, syringe exchange, HCV support groups, and client socials. For any person affected by, living with, or at risk for HIV/HCV in Mendocino County. CUSOC case management for those with co-occurring disorders (mental health/substance abuse).
www.mcavhn.org

Cancer

American Cancer Society

National 24/7/365 **800-227-2345**
Services for cancer patients include transportation, wigs information, clinical trial matching service, lodging, breast cancer support, online support, emotional support, referral to local and national resources. Information specialists available to answer questions 24/7/365 at toll-free national phone line.
www.cancer.org

Cancer Resource Centers of Mendocino County

Fort Bragg
510 Cypress St. Bldg 200, Fort Bragg
937-3833

Ukiah
275 W. Gobbi, Ukiah
467-3828

Provides a wide range of information, support, and advocacy to those faced with cancer. Lending library, individual assistance in treatment choices/planning, various support groups. Eligibility: cancer patients, cancer survivors, and those who support them.
www.crcmendocino.org

National Cancer Institute's Cancer Information Service

National **800-422-6237**
TTY **800-332-8615**
Up-to-date cancer information and personalized, confidential responses to specific questions via phone or on-line. Online assistance at the live help link at
www.cancer.gov

Cognitive & Memory Loss

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

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

Alzheimer's Association

24/7 Helpline **800-272-3900**
TDD **866-403-3073**
Support groups, family care consultations, MedicAlert + Safe Return registry and I.D. bracelet for persons with memory loss.
www.alz.org

CA Telephone Access Program (CTAP)

800-806-1191
TTY **800-806-4474**
Provides communication access for Californians with hearing, vision, cognitive, mobility, and speech-related disabilities. Eligibility: Doctor's or other authorized agent's signature. Call for application or download from website.
www.caconnect.org

MedicAlert + Alzheimer's Assoc Safe Return
PO Box 21009, Lansing
800-625-3780
Provides ID bracelets and support to assist in locating individuals who wander, while also granting emergency responders access to vital medical information when needed.
medicalert.org/alz

Redwood Caregiver Resource Center
1140 Sonoma Ave., Ste. 1B, Santa Rosa
800-834-1636 or 542-0282
Provides services, including possible respite, to assist caregivers of older, frail individuals, or to assist older caregivers of people of any age who have disabilities. Also provides counseling and support for family caregivers of adults with adult onset cognitive impairments (traumatic brain injury, stroke, early onset dementia) through education, research, services, and advocacy. Helpful fact sheets and links at website: www.redwoodcrc.org

Redwood Coast Circle of Elders Dementia Social Day Program
490 N. Harold St., Fort Bragg
961-4310
The social day program offers a secure, engaging environment with enjoyable activities and live entertainment. It provides respite care for families and caregivers. Tailored for adults facing cognitive decline, homebound situations, health challenges, a need for social interaction, or loss of independence. Affordable door-to-door transportation is available.
www.rcscenter.org

Developmental/Intellectual Disabilities

Office of Clients' Rights Advocacy
427 F St., Ste. 232, Eureka
268-1388
Advocates on behalf of persons with a developmental/intellectual disability in Lake and Mendocino Counties; services include consultation, representation, training, investigating complaints, and assuring compliance of law by facilities and other service providers. May also assist the individual, who feels he/she has a developmental disability and should qualify for Regional Center services, in his/her attempt to be found eligible for those services. Eligibility: Any person who is a current Regional Center Client or Attempting to be a Regional Center Client.
www.disabilityrightsca.org/about/OCRA.htm

Redwood Coast Regional Center
Lakeport
180 3rd St., Lakeport
888-909-0470 or **262-0470**

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

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

One of 21 private, nonprofit regional centers in California. Serves as an entry point through which residents with developmental/intellectual disabilities

and their families can obtain community supports and services. Eligibility: Age 0-3 with developmental disability per Title 17 and at risk; or age 3+ with developmental disability or substantial handicaps (ex: cerebral palsy, seizure disorder, autism, traumatic brain injury) diagnosed prior to age 18.
www.redwoodcoastrc.org

State Council on Developmental Disabilities North Coast Office

505 S. State St., PO Box 245, Ukiah
463-4700
The council advocates, promotes, and implements policies and practices that achieve self-determination independence productivity and inclusion in all aspects of community life for Californians with Developmental Disabilities and their families.
www.scdd.ca.gov/northcoast

Ukiah Valley Association for Habilitation - Mayacama Employment Service

990 South Dora St, Ukiah
P.O. box 689, Ukiah
468-8824
Job placement program that enables a business to diversify its workforce by hiring people with disabilities. Age 18+ with a disability.

Hearing & Vision Loss

American Council of the Blind

800-424-8666
Nation's leading membership organization of blind and visually impaired people. Information, referral, advocacy, governmental monitoring and involvement, and legal assistance on matters related to blindness. Provides scholarships for blind students.
www.acb.org

ATT Accessibility Resource Center

800-772-3140
TTY **800-651-5111**
Provides services and equipment for eligible subscribers with vision, hearing, voice, and mobility impairment.

Braille and Talking Book Library

900 N St., PO Box 942837, Sacramento
800-952-5666 or 916-654-0640
Library for blind individuals and those unable to read due to other disabilities. Braille books, recorded books, machines to play recorded books, and other materials are exchanged, free of charge, through the mail or via BARD (Braille and Audio Reading Download). Eligibility: Specified forms of visual or other disability, certified by doctor or other authorized agent. Call for application or download from website:
www.library.ca.gov/btbl

CA Telephone Access Program (CTAP)

800-806-1191
TTY **800-806-4474**
Provides communication access for Californians with hearing, vision, cognitive, mobility, and speech-related disabilities. Eligibility: Doctor's or another authorized agent's signature. Call for application or download from website.
www.caconnect.org

California Council of the Blind

2143 Hurley Way, Ste 102, 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.
www.ccbnet.org

Council of Citizens with Low Vision International

American Council of the Blind, Washington DC
Membership organization provides information in various formats (large print, audiobooks, braille); quarterly Vision Access magazine; conventions with topics related to vision impairment.
www.cclvi.org

Department of Rehabilitation

Lakeport
55 1st St., Ste. 215, Box B, Lakeport
263-3797

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

Provides services, training, and advocacy resulting in employment, independent living, and equality for individuals with disabilities. Eligibility: Permanent physical or mental disability. Call to apply or visit website.
www.dor.ca.gov

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

850 San Jose Ave., Ste. 115, Clovis
800-327-8077
Provides reconditioned used hearing aids to low-income individuals. Also collects used hearing aids. Eligibility: See website for application and income requirements.
www.earofthelion.org

Earle Baum Center of the Blind

4539 Occidental Rd., Santa Rosa
523-3222
Earle Baum Center is a nonprofit community learning hub, providing support and rehabilitation services for people who are blind and living with or newly experiencing sight loss in Lake and Mendocino counties.
www.earlebaum.org

International Hearing Society ~ Hearing Aid Helpline

16880 Middlebelt Rd., Ste. 4, Livonia, MI
800-521-5247
Professional association representing Hearing Instrument Specialists provides information and referral for those with hearing loss and hearing aids.
www.ihsinfo.org

Mendocino-Lake Hearing Care

756 South Dora St., Ukiah
463-2966
Audiology and hearing aid office.
www.mendocinolakeaudiology.com

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

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

333 Hegenberger Rd., Ste. 450, Oakland
800-LUNG-USA
Provides education about chronic lung disease, tips and techniques to better manage lung disease. Visit website to learn more about **Better Breathers Club** support groups and the **Freedom From Smoking** online smoking cessation program.
www.lung.org.

Other

Assistance Dog Special Allowance Program

744 P St., MS 9-7-96, Sacramento
916-657-2628
TTY **916- 653-7651**
Provides a monthly payment of $50 to eligible persons who use a guide, signal, or service dog to help them with needs related to their disabilities. The allowance can help pay the costs of food, grooming, and health care for the dogs. Eligibility: must live in California; be blind, deaf, hard of hearing, or disabled; use the services of a trained guide, signal, or service dog; and receive benefits from one or more of these programs: SSI, IHSS, CAPI, SSDI.
www.cdss.ca.gov/Assistance-Dogs

Housing & Shelter

Home Rehabilitation/Modification

*Also see **"Energy Assistance"** section for programs to offset the costs of installing energy conserving equipment, appliances, weatherization, etc.*

City of Lakeport Housing Loan Program

Housing Dept., 225 Park St., Lakeport
263-5615 ext. **305**
Provides direct loans at below market interest (deferred for 30 years) for housing rehabilitation projects and, in some cases, new construction. Eligibility: City of Lakeport homeowner conforming to maximum income limits set by the State for low income individuals. Program available on a first-come first-served basis and is contingent upon program funds.

Lake County Habitat for Humanity

15312 Lakeshore Dr., Clearlake
994-1100 ext. **108**
"Brush of Kindness" program provides home repairs for low income seniors and Veterans. Applicants must own their home and land for a minimum of three years.
www.lakehabitat.org

North Coast Energy Services, Inc. - Weatherization Program

966 Mazzoni St., Ste. 3B, Ukiah
Mail: 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. Must meet limited-income criteria.
www.NCES.org

USDA Rural Development

530-691-5850
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.
www.rd.usda.gov/ca

Homeless & Transitional Housing

Building Bridges

1045 S. State St., Ukiah
Mail: 631 S. Orchard Ave.
234-3270

Homeless resource and daytime drop-in center. Provides showers, restrooms, laundry; computers, internet access, charging station; mailing address, phone, and messaging center; donation-based resource closet, and connection to medical, behavioral health, and other community services and programs.
www.redwoodcommunityservices.org

Ford Street Project

139 Ford St., Ukiah
462-1934

- ***Ukiah Recovery Center***
  State-licensed and certified substance abuse residential treatment coed facility for up to 40 clients participating in detoxification (3+ days) and/or residential treatment (1-6+ months) services, as well as a 22-bed Sober Living Environment.
- ***Emergency Shelter***
  Emergency shelter and services for up to 18 individuals and 3-4 families with a goal of promoting self-sufficiency. Must remain clean and sober at shelter and complete 20 volunteer hours to help maintain the living space and actively engage in supportive services.
- ***Housing***
  Rentals to homeless, low income and private pay individuals and families at apts. in Ukiah. Multi-program agency serving Mendocino County residents.
  www.fordstreet.org

Lake Family Resource / Crisis Center

5350 Main St., Kelseyville
279-0563
24/7 Crisis Line **888-485-7733**

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

Mendocino Coast Hospitality Center

101 N. Franklin St., Fort Bragg
961-0172

This organization provides wellness programs, homeless resources, vocational services, and case management for individuals facing mental health challenges. Homeless resources include assistance with housing entry, low-income housing lists, and information on food and shelter. Coordinated entry eligibility is available for those experiencing homelessness or at risk of losing housing within 14 days.
www.mendocinochc.org

Mendocino Coast Hospitality House

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

Homeless shelter provides a bed, two meals per day, showers, and laundry for shelter guests. A bag lunch program is available for non-shelter guests on Tuesdays and Thursdays.
www.mendocinochc.org

Mendocino County Community Information/HELP Line

800-575-HELP (4357)

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

Project Sanctuary

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

Ukiah
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. Contact Ukiah office for schedule at other Inland locations.
www.projectsanctuary.org

Housing Support Agencies

Community Development Commission (CDC)

1076 N. State St., Ukiah
463-5462

Manages affordable housing throughout Mendocino County. Also administers rental assistance programs as the Mendocino County Housing Authority. These include Housing Choice Voucher (Section 8) and Veterans Affairs Supportive Housing (VASH) (referrals through Veterans Administration) programs. Also Permanent Supportive Housing for homeless or at-risk homeless households (referred through homeless agencies). Administers first-time home buyer program for the County of Mendocino.
www.cdchousing.org.

Home Equity

Website offered by the nonprofit National Council on Aging, provides information and consumer advice to use and protect the value in your home and to help you explore options of aging in place vs. selling and moving.
www.ncoa.org/older-adults/benefits/housing-utilities/home-equity

Lake County Habitat for Humanity

15312 Lakeshore Dr., Clearlake
Mail to: PO Box 1830, Lower Lake
994-1100 ext. **108**

The First Time Home Buyer Assistance Program provides financial support in the form of deferred payment loans to families who might otherwise be unable to purchase a home. Eligibility: Low income, Lake County resident for 3-4 years, full-time employment with 1-year history and first-time homeowner.
www.lakehabitat.org

Lake County Housing Commission

15975 Anderson Ranch Parkway, PO Box 1049, Lower Lake
995-3744

Administers low-income housing service programs for Lake County residents. See individual program requirements.

Contingent upon the availability of program funds. Contact office for applications.

- ***Housing Choice Voucher (Section 8) Program***
  Rental assistance program for very low-income households. Waiting list may be closed but opens periodically for new applications. Eligibility: Household income cannot exceed 50% of Lake County's Median Income adjusted annually for household size. Preference given to households under 30% of Median.
  www.lakecountyca.gov/808/Housing

Northern Circle Indian Housing Authority

694 Pinoleville Dr., Ukiah
468-1336
HUD approved housing counseling agency offers credit counseling, credit repair, and first-time home buyer education and down payment assistance for some Native American communities.
www.nciha.org

Rural Communities Housing Development Corporation (RCHDC)

499 Leslie St., Ukiah
463-1975
Subsidized housing, property management services, and self-help program towards home ownership. Pre-application available on website or via email, mail, in-person at 499 Leslie St. office, or contact individual housing complexes to complete application.
www.rchdc.org

Subsidized Housing Complexes

Lake County

Adagio

15117 Olympic Dr., Clearlake
995-0370
Family complex, two, three and four-bedroom (three accessible units).

Austin Manor Apts.

14900 Burns Valley Rd., Clearlake
995-1098
Senior complex, one-bedroom (two accessible units). Eligibility: 62+ unless disabled.
www.liveataustinmanor.com

Autumn Village Apts.

14930 Burns Valley Rd., Clearlake
995-1650
Senior complex, one-bedroom (four accessible units). Eligibility: 62+ unless disabled.
www.rchdc.org

Bella Vista Senior Apts.

1075 Martin St., Lakeport
263-3003
Senior complex, one, two-bedroom (all units are handicapped-friendly; four units are fully accessible). Eligibility: 62+ unless disabled.
www.lakeport.pwapt.com

Bevins Court Apts.
958 Bevins Ct., Lakeport
263-7021
Mental Health referrals only.
www.rchdc.org

Cache Creek Apts.
16080 Dam Rd., Clearlake
994-9581
Family complex, two, three, and four-bedroom (five accessible units).
www.americancommunities.net/Projects/CacheCreekInfo.html

Clearlake Apts.
7145 Old Hwy 53, Clearlake
994-5111
Family complex, one, two, three-bedroom.

Eskaton Clearlake Oaks Manor
75 Lake St., Clearlake Oaks
998-9355
Senior complex, one-bedroom (two accessible units). Units are 580 square feet, all electric. An independent living, smoke-free complex. Eligibility: 62+.
www.eskaton.org/community/eskaton-clearlake-oaks-manor

Highlands Village
Office, 6215 Old Hwy 53, Clearlake
994-7538
Senior complex, one-bedroom (all units are wheelchair friendly; four units are fully accessible). A smoke-free complex. Eligibility: 62+.
www.rchdc.org

Konocti Gardens
3930 Old Highway 53, Clearlake
559-569-5014
Offers 102 units including several accessible units. Must meet low-income requirements.
www.crpaffordable.com/konocti-gardens-interest

Lakeport Village Apts.
901 S. Forbes St., Lakeport
263-5231
Family complex, one, two-bedroom (two accessible units).
www.awimc.com

Lakeview Apts.
525 Bevins St., Lakeport
263-7021
Senior complex, studio, one-bedroom (four accessible units). Eligibility: 62+ unless mobility impaired.
www.rchdc.org

Lakeview Terrace Apts.
7055 Old Hwy 53, Clearlake
995-5295
Family complex, two, three, four-bedroom (four accessible units).
www.lakeview.pwapt.com

Martin Street Apts.
1255 Martin St., Lakeport
263-3003 (office at Bella Vista Senior Apts.)
Family complex, two, three-bedroom (three accessible units).
www.martinstreet.pwapt.com.

Middletown Garden Apts.
15750 Knowles Ln., Middletown
987-9668
One, two, three-bedroom (accessible units included). Eligibility: 62+ senior section; other section 18+.
www.awimc.com.

Nice Village Apts.
6620 Collier Ave., Upper Lake
274-8259
Family complex, one, two, three-bedroom (two accessible units).
www.awimc.com

North Shore Villas
5860 E. Hwy. 20, Lucerne
274-2318
Senior complex, studio, one-bedroom (four accessible units). Eligibility: 62+.
www.rchdc.org

Oak Hill Apts.
4425 Cruickshank St., Kelseyville
279-1500
Family complex, two, three, four-bedroom (two accessible units). Eligibility: 18+; must be a current, retired, or disabled domestic farm laborer.
www.rchdc.org

Oak Valley Villas
14795 Burns Valley Rd, Clearlake
572-0553
80-unit complex offering multiple accessible units. Must meet low-income requirements.
www.danco-group.com/projects/clearlake-oak-valley-villas

Olympic Villa Apts.
14580 Olympic Dr., Clearlake
995-1730
Senior complex, one-bedroom (three accessible units). Eligibility: 62+ or persons with special needs.
www.awimc.com

Olympic Village
15097 Olympic Dr., Clearlake
994-2408
Senior complex, one, two-bedroom (three accessible units). Eligibility: 55+.
www.awimc.com.

Orchard Garden Apts.
5025 Gaddy Ct., Kelseyville
www.awimc.com/communities/orchard-garden-apartments

Ridge Lake Apts.
15160 Austin Dr., Clearlake
994-1163
Family complex, one, two, three-bedroom (six accessible units).
www.awimc.com

Sunshine Manor
2031 Giselman St., Lakeport
263-3761
Senior complex, one, two-bedroom (four accessible units). Eligibility: 62+ unless mobility impaired.
www.rchdc.org

Walnut Grove Apts.
3155 Smith Ln., Clearlake
995-0775
Senior complex, one, two-bedroom (four accessible units). Eligibility: 55+ and meet income limits.

Mendocino County

Acorn Valley Plaza
197 E. Gobbi St., Ukiah
822-9000
71 residential low-income units includes multiple accessible units.
www.danco-group.com/projects/ukiah-phase-ii

Autumn Leaves
425 E. Gobbi St., Ukiah
462-5550
Senior complex, studio, one-bedroom (four accessible units, 18+). Eligibility: 62+ unless disabled.

Baechtel Creek Village
61 Alder Ct., Willits
Site office **459-4607**
Contact Community Development Commission to apply **463-5462**
Senior complex, one, two-bedroom (two accessible units). Eligibility: 55+.
www.cdchousing.org

Brookside Commons
Various addresses on Cindee Dr., Ukiah
Contact Community Development Commission **463-5462**
Family complex, three-bedroom (one accessible unit).
www.cdchousing.org

Brush Meadows Family Apts.
350 Brush St., Ukiah
714-0350
Apply Mon-Fri at the ARC Family Resource Center, 1640 S. State St., #5, Ukiah. Family complex, two, three, four-bedroom (accessible units included). At least one adult household member must qualify as an active or retired domestic farm laborer.

Community Development Commission (CDC)
1076 N. State St., Ukiah
463-5462
Fort Bragg - Family apartments (two, three, four-bedroom)
Ukiah - Family housing
Willits - Senior housing
www.cdchousing.org

Cottages at Cypress
330 Cypress St., Fort Bragg
496-3752
Senior complex, one, two-bedroom (two accessible units). Eligibility: 62+ or disabled.
www.danco-group.com/projects/the-cottages-at-cypress

Creekside Village
751 Waugh Ln., Ukiah
463-0721
Senior complex, one, two-bedroom (four accessible units, 18+). Eligibility: 62+ unless mobility impaired.
www.rchdc.org

Cypress Ridge
520 Cypress Ave., Fort Bragg
964-7715
Senior complex, one, two-bedroom (four accessible units). Eligibility: 62+ or disabled.
www.rchdc.org

Duane Hill Terrace
600 N. Orchard St., Ukiah
468-9200
Family complex, one, two, three-bedroom (three accessible units).
www.rchdc.org

Duncan Place
301 Cypress St., Fort Bragg
964-4858
Senior complex, one-bedroom. Eligibility: 62+ unless disabled.
www.awimc.com

Ford Street Project Permanent Housing Program

139 Ford St., Ukiah
462-1934
Rentals at Ukiah's Unity Village for homeless, low income, private pay and select voucher program individuals and families overcoming behavioral health challenges and seeking a sober life.
www.fordstreet.org

Garden Court

1175 S. State St, Ukiah
463-1975
Garden Court offers subsidized housing for individuals and families who meet income eligibility criteria, including those in need of mobility-impaired apartments. Rent, when full subsidy is available, is based upon the individuals' adjusted income.
www.rchdc.org

Gibson Court

148 Gibson St., Ukiah
462-3005
Mental Health referrals only.
www.rchdc.org

Glass Beach Apts.

900-928 John Cimolino Way, Fort Bragg
Contact Community Development Commission 463-5462
Family complex, three-bedroom (two accessible units).
www.cdchousing.org

Holden Street

490 Dora St., Ukiah
462-3005
Mental Health referrals only.
www.rchdc.org

Holly Heights I

77 Holly St., Willits
459-2153
Family complex, one, two, three-bedroom, no accessible units.

Holly Heights II

201 Holly St., (mail to 77 Holly St.), Willits
459-2153
Family complex, one, two, three, four-bedroom, no accessible units.

Jack Simpson School View Apts.

1051 N. Bush St., Ukiah
463-0300
Senior complex, studio, one-bedroom (three accessible units). Eligibility: 62+ unless mobility impaired.
www.rchdc.org

Lenore Senior Apts.

251 S. Lenore St., Willits
456-0552
Senior complex, one-bedroom (one accessible unit). Eligibility: At least one household member 62+.
www.rchdc.org

McCarty Manor

741 Waugh Ln., Ukiah
468-0229
Family complex, one, two, three-bedroom (four accessible units).
www.rchdc.org

Millview Apartments

1650 N. Lovers Lane, Ukiah
467-9193
47 units offering multiple accessible units. Must meet low-income requirements.
www.pwapt.com

Moura Senior Housing
400 South St., Fort Bragg
964-1203
Senior complex, one-bedroom.
Eligibility: 62+.

North Pine Street Apts.
1080 N. Pine St., Ukiah
468-9672
Senior complex, one-bedroom, ground floor and upstairs - no elevator.
Eligibility: 62+ only. Office at Walnut Village, 1240 N. Pine St.
www.rchdc.org

Oak Creek
300 Creekside Dr., Willits
459-6233
Family complex, one, two, three-bedroom (two accessible units).
www.oak-creekapartments.com

Oak Glenn
1298 Locust St., Willits
459-6233
Family complex, one, two, three-bedroom (three accessible units).

Orchard Manor
610 Orchard Ave., Ukiah
468-5810 or 450-1344
Family complex, one, two, three-bedroom (three accessible units).
www.rchdc.org

Orchard Village
548 Ford St., (mail to 610 Orchard Ave.), Ukiah
450-1344 or 468-5810
Family complex, one, two, three-bedroom (three accessible units).
Contact manager at office Orchard Manor, 610 Orchard Ave.
www.rchdc.org

Point Arena Village Apts.
100 Port St., PO Box 709, Point Arena
882-2838 or 468-5810
Family complex, one, two, three-bedroom (accessible units included).
www.awimc.com

River Gardens
421 South St., Fort Bragg
964-6811 or 468-5810
Family complex, one, two, three-bedroom (two accessible units).
www.rchdc.org

Sanderson Way Village
532-586 Sanderson Way, Fort Bragg
Contact Community Development Commission 463-5462
Family complex, three, four-bedroom (one accessible unit).
www.cdchousing.org

Sea Cliff Apts.
531 Cypress, Fort Bragg
Contact Community Development Commission 463-5462
Family complex, two-bedroom (two accessible units).
www.cdchousing.org

Summer Creek Village
755 Village Circle, Ukiah
467-1211
Family complex, two, three, four-bedroom (four accessible units). Singles allowed in two-bedroom apts. Housing Choice Voucher (Section 8) accepted. (Affordable, moderate-income complex – not low income.)
www.danco-group.com/projects/ukia-summer-creek-apartments

Sun House Senior Apartments
170 Cleveland Ln., Ukiah
467-9975
Senior complex, one, two-bedroom (five accessible units). Smoke-free complex. Eligibility: 62+ all household members.
www.pephousing.org/portfolio/sun-house-senior-apartments-ukiah

Ukiah Green & Ukiah Green South
1140 Mulberry St., Ukiah
621-9226
Family complexes, one, two, three-bedroom (senior units available).
www.awimc.com

Ukiah Terrace
1164 Mulberry St. #41, Ukiah
462-8272
Family complex, one, two-bedroom (three accessible units).
www.awimc.com

Walnut Apts.
311 Walnut St., Fort Bragg
964-8041
Family complex, one, two, three-bedroom. Accepts HUD.
www.fpiliving.com

Walnut Village
1240 N. Pine St., Ukiah
468-9672
Senior complex, one, two-bedroom (six accessible units, 18+). Eligibility: 62+ unless mobility impaired.
www.rchdc.org

Willow Terrace Apts.
237 E. Gobbi St., Ukiah
462-4996
Mental Health referrals only.
www.rchdc.org

Non-Subsidized Senior Housing

Brookside Retirement Residence
1199 S. Dora St., Ukiah
462-6262
66-unit senior complex, studio, alcove, and suites (5 accessible units). Daily maid service, congregate meals, and transport to Ukiah destinations. 24-hour staffing on site. Activities in the community and within the facility. Respite rooms available. Eligibility: 60+ all household members.
www.brooksiderr.com

Redwood Meadows
1475 Baechtel Rd., Willits
459-1616
Senior complex, studio, one, two-bedroom (all units are wheelchair accessible, 6 units have additional accessible adaptations). Eligibility: 55+. May accept HUD vouchers.
www.tccproperties.net/property/redwood-meadows

Medical Insurance

AirMedCare Network

2360 Becker Blvd., Santa Rosa
239-2505

Membership organization for both REACH and CALSTAR air ambulance services. One membership now covers both providers. Protects you from being billed for costly emergency medical air transport beyond what your health insurance may pay should either service be dispatched to you. (Note: not the same as insurance; membership is not a guarantee that you will receive an air ambulance transport.
www.airmedcarenetwork.com

Covered California

PO Box 989725, West Sacramento
800-300-1506
Spanish speakers **800-300-0213**
TTY **888-889-4500**

State-sponsored marketplace for Californians seeking health insurance. See website for more info and to apply online.
www.coveredca.com

Medi-Cal Program

Medi-Cal and County Medical Services Program (CMSP) provide payment for medical costs to eligible individuals who meet income and resource standards. Payment for medical costs incurred may require a share-of-cost portion based upon household income levels. All those receiving SSI are eligible. Others must meet income, resource, and other criteria standards. Apply online or call/visit office for application.
www.benefitscal.com

Lake County

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

Mendocino County

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

Medicare

800-633-4227

See www.medicare.gov for more info, or to apply online. Additional info at www.mymedicarematters.org, a consumer-oriented website designed to help people make informed choices, sponsored by the National Council on Aging.

Medicare Health Insurance Counseling & Advocacy Program (HICAP)

1129 Industrial Ave. Ste. 201, Petaluma
800-434-0222 or 526-4108

The HICAP program offers free assistance and information on Medicare, HMOs, and other health insurance issues. Local appointments with registered volunteers are available for those new to Medicare, transitioning due to disability, or turning 65. Services

include understanding Medicare benefits, reviewing claim denials, exploring long-term care options, and beneficiary rights. Contact the office for appointments or general information.
www.senioradvocacyservices.org

Partnership Health Plan of California

800-863-4155
Administers the Medi-Cal managed care health plan for Lake and Mendocino counties.
www.partnershiphp.org

Legal & Advocacy

AARP

601 E St. NW, Washington DC
888-687-2277
Nonprofit membership organization providing advocacy and services, free tax preparation help, driver's safety program, insurance programs and more for adults age 50+.
www.aarp.org

Adult Protective Services (APS)

Investigates reports of elder and dependent adult abuse and neglect. Intervenes to resolve the problems that place the adult at risk, and refers him/her to needed services that allow the individual to stay safely in his/her home if possible.

Lake County

- Lower Lake
  16170 Main St., Unit C, PO Box 9000, Lower Lake
  888-221-2204 or **995-4244**
  Night/weekend emergency
  888-221-2204
  www.lakecountyca.gov/726/Adult-Protective-Services

Mendocino County

- Fort Bragg
  764 S. Franklin St., PO Box 1306, Fort Bragg
  877-327-1799
- Ukiah
  747 S. State St., PO Box 839, Ukiah
  877-327-1799 or **463-7900**
  472 E. Valley St., Willits
  456-3700
  24-Hour emergency line **877-327-1799**
  www.mendocinocounty.gov/departments/social-services/adult-aging-services

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

15975 Anderson Ranch Parkway, Lower Lake
995-3744
Plans, coordinates, and implements the development of, and access to,

community-based support services for individuals 60 years of age or older and their caregivers.
https://www.mendocinocounty.gov/departments/social-services/adult-aging-services/area-agency-on-aging-aaa

Behavioral Health/Mental Health Patient's Rights Advocate

Provides representation for behavioral health/mental health clients.

Lake County
6032 13th Ave., Lucerne
888-334-3390
www.lakecountyca.gov/359/Patients-Rights-Advocate

Mendocino County
1120 S. Dora St., Ukiah
463-4614
24-Hour Access Line: **800-555-5906**
www.mendocinocounty.org/home/showdocument?id=1982

California Advocates for Nursing Home Reform (CANHR)

1803 6th St., Berkley
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.
www.canhr.org

California Indian Legal Services

Lake County
117 J St., Ste. 201, Sacramento
800-829-0284 ext. **350** or **916-978-0960** ext. **350**

Mendocino County
2355 Central Ave. Suite C, McKinleyville
800-347-2402 or **443-8397**
Provides legal assistance for issues specific to Federal Indian Law for elders, land issues, wills, and probate. Eligibility: individuals below 125% income guidelines, according to Legal Services Corp. Some individuals up to 200% of income guidelines accepted.
www.calindian.org

Disability Services & Legal Center

415 Talmage Rd., Ste. B, Ukiah
463-8876
Provides independent living skills training, information and referral, Social Security Admin. benefits counseling, peer support, and assistive technology solutions. Off-site hours in Lake County available, call for an appointment. Free to all people with intellectual and/or physical disabilities.
www.mydslc.org

Lake County Mediations

PO Box 1173, Lakeport
263-6800
Email: LakeCountyMediations@gmail.com
Provides trained mediators as an alternative to litigation for many types of conflict: landlord/tenant issues, elder care issues, business, real estate, neighborhood disputes, organizational

conflict, and many others. A mediator facilitates respectful communication and empowers the parties to discuss, analyze, and problem solve in a collaborative manner. All conversations are confidential. Eligibility: Per person fee per mediated session; sliding scale for those on low fixed incomes. Call to schedule an appointment; no walk-ins.

Lake Family Resource / Crisis Center

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

LawHelpCA.org

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

Legal Services of Northern California ~ Senior Law Project

421 N. Oak St., Ukiah
877-529-7700 or **462-1471**
Provides free legal assistance to seniors 60+ and to low-income residents of Lake and Mendocino Counties in the areas of housing - tenant rights, public benefits, health rights, foreclosure, naturalization, criminal records clean-up, and education cases. Additional services for seniors 60+ include Advance Health Care Directives, planning for incapacity, elder abuse, consumer rights, and senior scamming. Call or visit office to determine eligibility to receive services.
www.lsnc.net

Long-Term Care Ombudsman Program of Lake and Mendocino Counties

15975 Anderson Ranch Parkway
262-4525
24-hour reporting line **800-231-4024**
Receives and investigates complaints made by or on behalf of residents of nursing and residential care homes. Visits facilities regularly to monitor quality of care.
www.lakecountyca.gov/771/Long-Term-Care-Ombudsman

Mendocino County Behavioral Health Advisory Board

1120 S. Dora St., Ukiah
472-2300
Advisory body to the Board of Supervisors and Mental Health Services Director on matters concerning mental health in the county.

Native American Domestic Violence and Sexual Assault Program

77826 Covelo Rd., Covelo
983-9333
Provides support for victims of domestic violence, including transportation, court

accompaniment, assistance with restraining orders, referrals to counseling, etc.
www.rvit.org

Office of Clients' Rights Advocacy

427 F St., Ste. 232, Eureka
268-1388
Advocates on behalf of persons with a developmental/intellectual disability in Lake and Mendocino Counties; services include consultation, representation, training, investigating complaints, and assuring compliance of law by facilities and other service providers. May also assist the individual, who feels he/she has a developmental disability and should qualify for Regional Center services, in his/her attempt to be found eligible for those services. Eligibility: Any person who is a current Regional Center Client or Attempting to be a Regional Center Client.
www.disabilityrightsca.org/about/OCRA.htm

Project Sanctuary

Fort Bragg
461 N. Franklin St.
961-1507

Ukiah
564 S. Dora St., Suite A1, PO Box 450
462-9196

24-hour Crisis Line
463-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. Contact Ukiah office for schedule at other Inland locations.
www.projectsanctuary.org

Public Guardian/Public Administrator

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

Lake County
15975 Anderson Ranch Parkway, Lower Lake
995-4680

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

Self-Help & Family Law Facilitator's Centers

- ***Lake County Superior Court***
  7000-A South Center Dr., Clearlake **994-4612**
  www.lake.courts.ca.gov/self-help
- ***Mendocino County Superior Court***
  100 N. State St., Rm. 304, Ukiah
  468-2020
  www.mendocino.courts.ca.gov/self-help
- ***Fort Bragg***
  Bi-monthly clinics at 700 S. Franklin St. Courthouse.
  964-3192

Provides legal information and neutral legal help to self-represented litigants.

Areas covered may include: divorce, separation, child custody and visitation, child support, spousal/partner support and other family law issues; guardianship; restraining orders for domestic violence, civil harassment, and elder and dependent adult abuse; name changes; and small claims cases. Other areas of Self-Help may include: evictions, expungements of misdemeanor criminal records, etc. Does not provide legal representation nor advice but can help with understanding the law and court procedures and completing court forms.

California Courts Online Self-Help Center

Website provides information that enables individuals to work better with an attorney, and represent themselves in some legal matters. English, Spanish, and other languages.
https://www.mendocino.courts.ca.gov/self-help

Senior Legal Hotline ~ Western States Pension Assistance Project

866-413-4911

Provides free pension counseling and assistance to residents of California, Arizona, Nevada, and Hawaii or nonresidents with questions about retirement benefits earned in those states. Call, or submit email inquiry through website.
www.lsnc.net/office/western-states-pension-assistance-project

State Council on Developmental Disabilities North Coast Office

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

The council advocates, promotes, and implements policies and practices that achieve self-determination independence productivity and inclusion in all aspects of community life for Californians with Developmental Disabilities and their families.
www.scdd.ca.gov/northcoast

Victim / Witness Assistance Program

Lake County

Lakeport
420 Second St., Lakeport
262-4282

Mendocino County

Ukiah
County Courthouse Rm. 501
100 N. State St., PO Box 144, Ukiah
463-4218

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

Long Term Care Settings

California Advocates for Nursing Home Reform (CANHR)

1803 6th St., Berkley
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.
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.ccld.ca.gov. Follow "Find Licensed Care" link.

Long-Term Care Ombudsman Program of Lake and Mendocino Counties

15975 Anderson Ranch Parkway
262-4525
24-hour reporting line: **800-231-4024**
Receives and investigates complaints made by or on behalf of residents of nursing and residential care homes. Visits facilities regularly to monitor quality of care.
www.lakecountyca.gov/771/Long-Term-Care-Ombudsman

Residential Care Facilities

Also called "Board and Care Homes" or "Assisted Living Facilities." These facilities provide room and board, plus care and supervision. Care is typically non-medical, but in some instances limited health care services are provided by appropriately skilled professionals.

Lake County

A Nice Care Home

6784 Crump Ave. PO Box 567, Nice
274-9938

Clover Valley Guest Home

820 Clover Valley Rd., Upper Lake
275-2405

Edelweiss Guest Home

955 Pool St., Lakeport
263-4340

Orchard Park Senior Living
14789 Burns Valley Rd., Clearlake
995-1900

Mendocino County

Canyon View Senior Home Care
512 Canyon View Ct., Ukiah
463-5589

Dalistan Care Home
208 Scott St., Ukiah
468-9329

Equinox Care Facility
38281 S. Hwy 1, Gualala
884-4061

Heavenly Home Living
211 S. Harrison St., Fort Bragg
1-800-216-8568

Holy Spirit Residential Care Home
224 Laws Ave., Ukiah
462-0428

Holy Spirit Residential Care Home II
1275 Elm St., Ukiah
462-1531

Holy Spirit Residential Care Home III
414 Grove St., Willits
972-5831 or **367-1586**

Mountain View Senior Living
1343 S. Dora St., Ukiah
462-6212

Observatory Care Home
270 Observatory Ave., Ukiah
468-5986

Oceanside Care Home LLC - Chestnut
535 E. Chestnut St., Fort Bragg
409-5004

Oceanfront Care Home LLC
1370 Navarro Bluff Rd., Albion
877-1698

Oceanside Care Home LLC - Franklin
550 S. Franklin St., Fort Bragg
409-5044

Rome's Care Facility
1127 S. Dora St., Ukiah
468-5986

Victoria Manor Residential Care Home
419 Grove St., Willits
456-1234

Skilled Nursing Facilities

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

Lake County

Lakeport Post Acute
1291 Craig Ave., Lakeport
263-6382
www.lakeportpa.com

Meadowood Nursing Center
3805 Dexter Lane, Clearlake
994-7738
www.meadowoodnursingcenter.com

Rocky Point Care Center
625 16th St., Lakeport
263-6101
www.rockypointcarecenter.com

Sutter Lakeside Hospital Swing Unit
5176 Hill Rd. East, Lakeport
262-5000

Mendocino County

Adventist Health Howard Memorial Swing Unit
1 Marcella Dr., Willits
459-6801

Mendocino Coast District Hospital Swing Unit
700 River Dr., Fort Bragg
961-1234

Northbrook Healthcare Center
64 Northbrook Way, Willits
459-5592
www.northbrooknursing.com

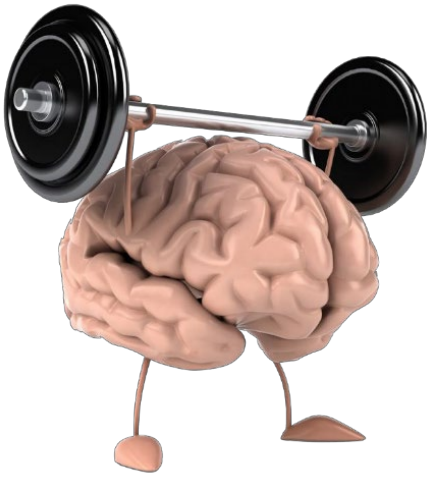
Redwood Cove Healthcare Center
1162 S. Dora St., Ukiah
462-1436
www.redwoodcove.com

Sherwood Oaks Post Acute Care
130 Dana St., Fort Bragg
964-6333
www.sherwoodoakshealthcenter.com

Ukiah Post Acute
1349 S. Dora St., Ukiah
462-8864
www.ukiahpostacute.com

Mental Wellness & Counseling

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



Adventist Health Clear Lake Medical Office ~ Live Well Program and Behavioral Health Medicine

Lake County

Clearlake
15230 Lakeshore Dr., Clearlake
995-4545

Hidden Valley Lake Psychiatry Office
18990 Coyote Valley Road, Suite 8
995-5689

Mendocino County

Fort Bragg
721 River Drive, Suite A
961-4631

Ukiah
1050 N. State St., Ukiah
467-4327

www.AdventistHealthClearLake.org

Anderson Valley Health Center

13500 Airport Rd., PO Box 338, Boonville
895-3477
Counseling for all ages.
www.avhc.org

Consolidated Tribal Health Project

6991 N. State St., Redwood Valley
800-642-2847 or 467-5645
Assessments and referrals, counseling and therapy, support groups and behavior modification for American Indian/American Native patients. Transportation services available for eligible patients.
www.cthp.org

Dora Street Health Center

1165 S. Dora St., Ste. A-1 & B-1, Ukiah
468-1015 or 468-1010
Internal medicine, primary care, podiatry, HIV/AIDS treatment, and counseling services. Accepts Medi-Cal/Partnership HealthPlan, Medicare, Covered California Plans and other insurance. Offer sliding-scale for those without insurance.
www.mchcinc.org

Institute on Aging's Friendship Line

800-971-0016

The Bay Area-based accredited telephone warm line and crisis intervention service provides support to individuals aged 60+ nationwide, and any adult facing physical or mental health challenges. Available 24/7, staff and volunteers offer compassionate emotional support. Also, an ongoing service for individuals to receive scheduled calls can be arranged by contacting 415-750-4111. Calls are limited to 10 minutes daily and are free of charge, assisting those experiencing depression, isolation, grief, suicidal thoughts, or going through a difficult time.
www.ioaging.org/services/all-inclusive-health-care/friendship-line

Lake County Behavioral Health

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

Lucerne
6032 13th Ave., PO Box 1024, Lucerne
274-9101

Toll-free Countywide Crisis/Intake
800-900-2075

Provides recovery-oriented care including crisis resolution, assessment, counseling, and access to hospital and residential services for adults experiencing serious mental illness and children with emotional disturbance. Also provides alcohol and other drug counseling and prevention services for adults and youth. Serves primarily those on Medi-Cal, Medicare or indigent, but all are eligible to request services to determine eligibility.
https://www.lakecountyca.gov/173/Behavioral-Health-Services

- ***Older Adult System of Care (OASOC)***
  In addition to offering the full spectrum of on-site services available through the Lake County Behavioral Health offices in Lucerne and Clearlake, OASOC offers home-based mental health therapy and case management services to homebound seniors. Eligibility: Age 60+, experiencing serious mental illness or emotional disturbance. Serves primarily those on Medi-Cal, Medicare or indigent, but all are eligible to request services to determine eligibility.

Behavioral Health/Mental Health Patient's Rights Advocate

Provides representation for behavioral health/mental health clients.

Lake County
6032 13th Ave., Lucerne
888-334-3390
www.lakecountyca.gov/359/Patients-Rights-Advocate

Mendocino County
1120 S. Dora St., Ukiah
463-4614
24-Hour Access Line: **800-555-5906**
Mental Health Services: **472-2300**
www.mendocinocounty.org/home/showdocument?id=1982

Lake County Community Peer Support Wellness Centers

- ***Circle of Native Minds Cultural Center***
  845 Bevins St., Lakeport
  263-4880

- ***The Harbor on Main***
  150 Main St., Lakeport
  994-5486
  Serves youth, ages 14 to 24.

- ***La Voz de la Esperanza Centro Latino***
  14092 Lakeshore Drive, Clearlake
  994-4261

Lake County Tribal Health Consortium

925 Bevins Ct., PO Box 1950, Lakeport
800-750-7181 or **263-8382**
Provides mental health counseling, alcohol and drug counseling, and individual/group education to Native American patients.
www.lcthc.com

Long Valley Health Center

50 Branscomb Rd., PO Box 870, Laytonville
984-6131
Provides behavioral, chemical dependency, and marriage and family counseling services.
www.longvalley.org

Manchester-Point Arena Satellite Health Clinic

10 A Mamie Laiwa Dr., Point Arena
882-2877
Medical and behavioral health services for Native American patients and their families.
www.scihp.org/manchester-point-arena-satellite-clinic

MCHC Health Centers

Counseling and psychotherapy services for those already receiving medical care at MCHC. The Mendocino Community Health Clinic network is a local, nonprofit organization with three health centers.
www.mchcinc.org

- ***Hillside Health Center***
  333 Laws Ave., Ukiah
  468-1010

- ***Lakeview Health Center***
  5335 Lakeshore Blvd., Lakeport
  263-7725
  Transportation support possible, call to schedule.

- ***Little Lake Health Center***
  47 Hazel St., Willits
  456-9600

Mendocino Coast Clinics

205 South St., Fort Bragg
961-3492
Counseling by Licensed Clinical Social Workers. Transportation assistance may be available in the local Fort Bragg area.
www.mendocinocoastclinics.org/services/behavioral-health-counseling

Mendocino Coast Hospitality Clinic

137 E. Oak St., Fort Bragg
941-0859
Provides specialty mental health services including individual and family

therapy, individual and group rehabilitation, assessment, diagnosing, and client case planning/management. 18+ with Medi-Cal living with mental health challenges.
www.mendocinochc.org

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

Fort Bragg
790 S. Franklin St., Fort Bragg
961-2665

Ukiah
1120 S. Dora St., Ukiah
Mental Health **472-2300** or SUDT **472-2637**

Countywide Toll-free Access Line
800-555-5906
Crisis Line (Redwood Community Crisis Centers) **855-838-0404**

Provides Mental Health Administration/Medication Services and the Substance Use Disorder Treatment Program (SUDT). SUDT assists participants who have substance use disorders to create and maintain a healthy, balanced lifestyle, free of alcohol and other drug abuse. Outpatient treatment, prevention and intervention services. Some programs and services are not available at all locations.
https://www.mendocinocounty.gov/Home/Components/BusinessDirectory/BusinessDirectory/98/

Mental Health Crisis Lines

Text or Chat: **988**
Lake County: **800-900-2075**
Mendocino County: **855-838-0404**

National Alliance on Mental Illness (NAMI) Mendocino

PO Box 1945, Ukiah
Office **485-2008** or **391-6867**
Local chapter of nationwide volunteer, grassroots organization dedicated to improving the lives of people with mental illnesses by providing mutual respect, support, education and advocacy.
www.namimendocino.org

Redwood Coast Medical Services

46900 Ocean Dr., PO Box 1100, Gualala
884-4005
Behavioral health services for individuals, couples, families, and adolescents.
www.rcms-healthcare.org

Redwood Community Crisis Centers

855-838-0404 Toll-free
516 Cypress St., Fort Bragg
780 S. Dora St., Ukiah
24/7 crisis centers for Mendocino County residents experiencing a mental health crisis.
www.redwoodcommunityservices.org

Round Valley Indian Health Center

Corner of Hwy 162 & Biggar Ln., PO Box 247, Covelo
983-6181
Substance abuse counseling, AA meetings, community events and projects.
www.roundvalleyindianhealthcenter.com

Senior Peer Counseling

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

- ***Konocti Senior Support, Inc.***
  995-1417
  Serves Lake County residents age 55+.
  www.konoctiseniorsupport.com
- ***Redwood Coast Senior Center***
  961-4310 or **964-0443**
  Serves Mendocino Coast residents from Albion to north Fort Bragg age 60+.
  www.rcscenter.org
- ***Ukiah Senior Center***
  462-4343
  Serves Ukiah and Willits residents age 60+.
  www.ukiahseniorcenter.org

Tapestry New Tomorrow

Ukiah
564 S. Dora St., Ste. D, Ukiah
PO Box 1424, Ukiah
463-0405

Willits
286 School St. (corner of School & Pine at the Willits Methodist Church), Willits
456-9020

Peer support and case management services.
www.tapestryfs.org

Ukiah Valley Rural Health Center Behavioral Health Services

260 Hospital Dr., Suite 101, Ukiah
463-7428
Consultation and counseling for children and adults. Clinic affiliated with Adventist Health Ukiah Valley Medical Center.
www.adventisthealth.org/ukiah-valley/services/behavioral-health

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

Senior Centers

Multipurpose centers that serve as a focal point for older adults and offer, at a single location, a wide variety of services, programs, and activities. Many centers have newsletters and invite membership for a nominal fee, onsite thrift stores, and "loaner" closets with smaller durable medical equipment (such as canes, walkers, commodes, etc.). Some centers have outreach programs to work one-to-one with seniors to help them use and access existing services to retain independence and prevent isolation.

Anderson Valley Senior Center

Veteran's Hall, 14470 Hwy 128, PO Box 591, Boonville

895-3609

Congregate meals, transportation, social programs for individuals age 60+.
www.avseniorcenter.blogspot.com

Coastal Seniors, Inc.

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

882-2137

Congregate meals, home delivered meals, exercise and social activities, outreach, and transportation program for individuals age 60+.
www.coastalseniors.org

Front Porch Senior Center Without Walls

881 Turk St., San Francisco

877-797-7299

Telephone and online-based activities, education, friendly conversation, and an assortment of classes and support groups for those 60+ nationwide from the comfort of their homes. Schedule of activities is posted at
www.seniorcenterwithoutwalls.org

Highlands Senior Service Center, Inc.

3245 Bowers Rd., PO Box 180, Clearlake

994-3051

Congregate lunches, home-delivered meals, social and exercise programs, support groups, outreach, in-home registry of caregivers. Educational presentations offered to seniors, families, friends and community organizations on benefits and services available for individuals age 60+.
www.hsscclearlake.org

Kelseyville Senior Center

5245 Third St., Kelseyville

279-2175

Congregate meals plus social, exercise, outreach and other special activities on a regular basis for individuals 60+.
www.facebook.com/kelseyvilleseniors

Lakeport Senior Center, Inc.

527 Konocti Ave., Lakeport

263-4218

Congregate meals, home-delivered meals, outreach, social, exercise, and educational programs for individuals age 60+.
www.lcseniors.com

Live Oak Seniors

12502 Foothill Blvd., PO Box 1389, Clearlake Oaks

998-1950

Congregate lunches, home-delivered meals, outreach, and social programs for individuals age 60+.
liveoakseniorcenter.wixsite.com/cloakssc

Lucerne Alpine Senior Center

3985 Country Club Dr., PO Box 937, Lucerne

274-8779

Congregate meals, social programs, and outreach for individuals 60+ and their caregivers.
www.lucernealpineseniorcenter.org

Middletown Senior Center

21256 Washington St., PO Box 1037, Middletown

987-3113

Congregate meals, home-delivered meals, social programs, and outreach for individuals age 60+.
www.middletownseniorcenter.org

Redwood Coast Senior Center

490 N. Harold St., Fort Bragg

964-0443

Congregate meals; home-delivered meals; health and social programs; transportation; outreach and money management for individuals age 60+. Circle of Elders Alzheimer Social Day Program and dementia-related education.
www.rcscenter.org

Round Valley Indian Tribes Senior Center

77826 Covelo Rd., Covelo

983-6556

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

Ukiah Senior Center

495 Leslie St., (mail to 499 Leslie St.), Ukiah

462-4343

Congregate meals, social programs, outreach, money management, transportation, and “Lunch Bunch" programs for individuals age 55+, or younger w/disability.
www.ukiahseniorcenter.org

Upper Lake Senior Center

9470 Mendenhall, PO Box 925, Upper Lake

275-3513

Resource and outreach center for seniors in Lake County’s Northshore communities, including social and exercise activities plus monthly food distribution.
www.facebook.com/Senior-Support-Services-Upper-Lake-CA-193254274177893

Willits Harrah 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+.
www.willitsseniorcenter.com

Substance Abuse & Addictions

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

Al-Anon

888-4AL-ANON

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

Alcoholics Anonymous (AA)

Gualala
884-1401
www.gualalaaa.org

Lake County
995-3316
www.lakecountycaaa.com

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

Ukiah Valley Intergroup/Inland Mendocino County
462-7123
www.aaukiah.org

California Council on Problem Gambling

800-GAMBLER (800-426-2537)

24/7 Problem Gambling Helpline free for anyone who is concerned that they, or someone they know, may have a gambling problem.
www.calpg.org

California Gambling Education and Treatment Services (CalGETS)

California Gambling Education and Treatment Services Program (CalGETS) is a no-cost, confidential treatment program for individuals 18 and over with a gambling disorder and those who are negatively impacted by problem gambling behavior.
https://www.cdph.ca.gov/Programs/OPG/Pages/calgets.aspx

Ford Street Project ~ Ukiah Recovery Center

201 Brush St., Ukiah
462-6290

State-licensed and certified substance abuse residential treatment coed facility for up to 40 clients participating in detoxification (7+ days) and/or residential treatment (30/60/90+ days) services.
www.fordstreet.org

Gamblers Anonymous

855-222-5542

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

Guidiville Indian Rancheria

401 B Talmage Rd., Ukiah
PO Box 339, Talmage
462-3682
Provides tribal members with transportation to doctor appointments plus counseling for drug and alcohol prevention.

Lake County Alcohol & Other Drug Services (AODS)

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

Lucerne
6032 13th Ave., PO Box 1024, Lucerne
274-9101

A division of Lake County Behavioral Health services, AODS provides alcohol and drug abuse prevention, diversion, and treatment services with local provider agencies. Individual and group counseling, and substance abuse education for adults and adolescents. Referrals to detox or residential treatment centers contingent on meeting eligibility requirements. Eligibility: Sliding scale based, Medi-Cal accepted.
www.lakecountyca.gov/173/Behavioral-Health-Services

Mendocino County Health and Human Services Agency ~ Substance Use Disorder Treatment (SUDT)

Fort Bragg
790 S. Franklin St., Fort Bragg
961-2665

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

Willits
125 E. Commercial St., Rm 250, Willits
456-3724

A service of Mendocino County's Health and Human Services Agency, Behavioral Health and Recovery Services, SUDT assists participants who have substance use disorders to create and maintain a healthy, balanced lifestyle, free of alcohol and other drug abuse. Outpatient treatment, prevention, and intervention services. Medi-Cal, CMSP, or sliding scale payment.
https://www.mendocinocounty.gov/departments/behavioral-health-and-recovery-services/substance-use

New Life Mental Health Clinic

280 East Standley St., Ukiah
466-0001
Outpatient facility for the treatment of adults with opioid use disorder. Walk-ins welcome.
www.newlife.health

Telephone Reassurance

Clearlake P.D. You Are Not Alone Program (YANA)

Clearlake Police Dept., 14050 Olympic Dr., Clearlake

905-7241

Volunteers provide a "check-in" phone call to Lake County elderly and/or frail individuals who are alone at home.

Front Porch Senior Center Without Walls

881 Turk St., San Francisco

877-797-7299

Telephone and online-based activities, education, friendly conversation, and an assortment of classes and support groups for those 60+ nationwide from the comfort of their homes. Schedule of activities is posted at www.seniorcenterwithoutwalls.org

Institute on Aging's Friendship Line

800-971-0016

The Bay Area-based accredited telephone warm line and crisis intervention service provides support to individuals aged 60+ nationwide, and any adult facing physical or mental health challenges. Available 24/7, staff and volunteers offer compassionate emotional support. Also, an ongoing service for individuals to receive scheduled calls can be arranged by contacting 415-750-4111. Calls are limited to 10 minutes daily and are free of charge, assisting those experiencing depression, isolation, grief, suicidal thoughts, or going through a difficult time.
www.ioaging.org/services/all-inclusive-health-care/friendship-line

Transportation

AARP Driver Safety Program

877-346-3299

Driver's refresher course for drivers 50+ years old.
www.aarp.org/drive

Anderson Valley Senior Center

Veteran's Hall, 14400 Hwy 128, PO Box 591, Boonville

895-3609

Alternate bus #**489-1175**

Transportation to senior center lunches plus weekly trips to Ukiah for shopping and doctor appointments. Wheelchair accessible.
www.avseniorcenter.blogspot.com

Anderson Valley Village

PO Box 576, Boonville
684-9829
Membership organization that serves residents of Anderson Valley age 50+ wishing to age in place. Coordinates volunteer participants to respond to the needs of members, and also maintains a list of providers and services for hire that have been recommended by members and friends of AVV. Membership application and fee required.
www.andersonvalleyvillage.com

California DMV Senior Driver Website

Information for seniors covering a variety of topics, including driver's license and ID card renewals, eLearning, tests, and other services.
www.dmv.ca.gov/portal/driver-education-and-safety/special-interest-driver-guides/senior-drivers

Clearlake Cab Co.

3746 Laddell Ave., Clearlake
994-TAXI (8294)
We provide quality transportation within the City of Clearlake and surrounding areas.

Coastal Seniors Transportation

Veterans Hall, 24000 S. Hwy 1, PO Box 437, Point Arena
882-2137
Transportation around town or to shopping and local appointments. Bus Service to Santa Rosa, Fort Bragg, or Ukiah with reservation. 60+ or disabled.
www.coastalseniors.org

Happy Rides, Inc.

P.O. Box 1483, Ukiah
961-6062
Non-emergency medical transportation, providing rides to medical appointments throughout Northern California, including transportation services for dialysis and cancer patients. We accept Partnership HP with pre-approval and private pay. We accept wheelchair patients. Appointments should be scheduled 7-10 days in advance. Call office or complete application form on website.
www.HappyRidesInc.com

Hey Taxi!

Dispatch **467-1200**
Medical Transport **462-5336**
Private taxi service serving the greater Ukiah area. Also, non-emergency medical transport for those in wheelchair or gurney serving Northern California by appointment. Call Medical Transport line to arrange for wheelchair, gurney, and/or other special needs transport.

Lake Links Ride Links

14420 Lakeshore Dr Suite C, Clearlake
PO Box 3001, Clearlake
995-3330
Offers non-driving homebound seniors and disabled Lake County residents rides by caring volunteers. Seniors 55+ or disabled. Must be ambulatory and unable to use public transportation.
www.LakeLinks.org

Lake Transit Authority ~ Medi Links

9240 Hwy. 53, PO Box 698, Lower Lake
Clearlake 994-3334
Lakeport 263-3334

Wheelchair-accessible fixed-route public bus transportation throughout Lake County, and to Calistoga and Ukiah. Call or see website for routes, schedules, and fare prices.

- ***Dial-A-Ride***
  Lake Transit offers Clearlake/Lower Lake Dial-A-Ride and Lakeport Dial-A-Ride during the same days and hours as the local bus routes. Dial-A-Ride provides curb-to-curb service. Call for reservations.
- ***Flex Stop***
  In areas that are not served by Dial-A-Ride, Lake Transit offers "Flex Stop" service. The bus will travel up to one mile off of its regular route to provide Flex Stop service at your curb. To make a Flex Stop reservation, please call one day or more in advance.
- ***Medi-Links***
  Medi-Links has been developed as a shared rider service to provide non-emergency medical transportation throughout Lake County as well as out-of-county destinations such as Deer Park/St. Helena, Napa, Santa Rosa, Ukiah, Willits, and the Sacramento and SF Bay areas.

www.laketransit.org

Mendocino Transit Authority (MTA)

241 Plant Rd., Ukiah
800-696-4682 or **462-1422**
Dial-A-Ride, Fort Bragg **964-1800**
Dial-A-Ride, Ukiah **462-3881**
Wheelchair-accessible fixed-route public bus transportation throughout Mendocino County plus daily connections with Sonoma County Transit, Santa Rosa City Bus, AMTRAK, and Golden Gate Transit for regional service to Marin and San Francisco Counties in Santa Rosa. Also daily connections with the Sonoma County Airport Express at the Sonoma County Airport for service to and from the Bay Area airports. In Ukiah, MTA connects with Lake Transit service to and from Lake County. Dial-A-Ride curb-to-curb services in Ukiah and Fort Bragg and one flex route: the Local 9 PM Service in Ukiah. Reduced fares for seniors and passengers with certain disabilities who show an authorized MTA transit discount card at time of travel. All MTA buses are wheelchair accessible. Call or see website for routes, schedules, and fare prices.
www.mendocinotransit.org

Redwood Coast Senior Center

490 N. Harold St., Fort Bragg
964-0443
Provides low cost door-to-door transportation on the Coast from Cleone to Gibney Lane for individuals age 60+ or all persons with a disability. Wheelchair-lift equipped.
www.rcscenter.org

Redwood Transportation

462-9000
On-demand taxi service providing transportation for non-medical emergencies. Covering all of Mendocino County. All ages. Standard fare.
www.redwoodtransportation.net

Spears Transportation

PO Box 343, Redwood Valley
391-1610
Provides wheelchair-accessible transportation for those in need. Medical or non-medical door to door service

offered. Out of area transportation available, Caregiver rides free of charge. Special event transportation also offered. Partnership or private pay.
www.spearstransportation.com

Ukiah Senior Center

499 Leslie St., Ukiah
Senior Bus **462-4343**
Door-through-door local wheelchair-accessible bus transport. Also, Senior Health Transport Program provides van transport by volunteers for ambulatory individuals to out-of-area health appointments. Both programs for individuals 55+ or younger with disability.
www.ukiahseniorcenter.org

Willits Harrah Senior Center

1501 Baechtel Rd., Willits
Transportation line **459-5556**
Main Senior Center line **459-6826**
Door-through-door transportation for individuals age 55+ or younger disabled via wheelchair- accessible van or standard vehicle. Also available, volunteer drivers using their own vehicles to provide both local and out-of-county transportation. Set fares based upon distance.
www.willitsseniorcenter.com

Veterans

There are many benefits for Veterans that go unclaimed every year because eligible seniors don't apply for them. Helpful information for Veterans and surviving spouses of Veterans is available at www.va.gov or by contacting our area Veterans Services Offices.

Lake County Vet Connect

264-9512
An outreach project of the United Veterans Council of Lake County organized by Veterans to provide information, referral, and assistance to Lake County Veterans.
www.uvclc.org

Nation's Finest

444 10th St., Ste. 102, Santa Rosa
578-8387
One of several service centers in Northern California offering community-based support for Veterans and their families. Programs focus on the complex realities of Veterans' issues including workforce development, homelessness, and linking to VA medical and benefits. Transitional supportive housing site in Sonoma County for at-risk homeless Veterans. Security deposit and rental assistance based on eligibility and need.
www.nationsfinest.org

San Francisco VA Health Care System Medical Center (Fort Miley)

4150 Clement St., San Francisco
877-487-2838 or **415-221-4810**
24/7 Telecare **800-733-0502**
Clinical care and referral center; hospital; clinical programs including acute medical, neurological, surgical, psychiatric; geriatric and extended care services including clinic, consultations,

respite, nursing home care unit; palliative and hospice care. For general information, see www.sanfrancisco.va.gov. For information on available transportation support options, please go to www.sanfrancisco.va.gov/patients/transportation.asp or contact your local VA clinic.

VA Outpatient Clinics
Outpatient primary care and mental health services for Veterans. Eligibility: Honorably discharged Veterans who meet additional eligibility criteria. Call clinic to make appointment. No walk-ins.

- Clearlake VA Outpatient Clinic
  15145 Lakeshore Dr., Clearlake
  995-7200
  www.va.gov/san-francisco-health-care/locations/clearlake-va-clinic

- Ukiah VA Outpatient Clinic
  630 Kings Ct., Ukiah
  468-7700
  www.va.gov/san-francisco-health-care/locations/ukiah-va-clinic

Senior Helpers North Bay

3550 Round Barn Blvd. Suite 103, Santa Rosa
525-1540
Offers customized in-home care plans to meet the unique needs of each client. Respite care, wellness watch, surgery assistance, chronic disease care, meal planning, assistance with activities of daily living (ADL), transportation to and from appointments. Qualifying Veterans receive free services.
www.seniorhelpers.com

Veterans Crisis Line

800-273-8255
Text **838255**
Connects Veterans in crisis and their families and friends with qualified, caring Dept. of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.
www.veteranscrisisline.net

Veterans Service Offices

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

Lake County

Lakeport
285 N. Main St., (mail to 255 N. Forbes St.), Lakeport
263-2384
Veterans service rep is also available at Clearlake VA Outpatient Clinic upon request.
https://www.lakecountyca.gov/915/Veterans

Mendocino County

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

Ukiah
1120 S. Dora St., Ukiah
800-765-9975 or **463-4226**

https://www.mendocinocounty.gov/departments/social-services/veterans-services

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AREA AGENCY ON AGING
OF LAKE & MENDOCINO COUNTIES
PSA 26

LONG-TERM CARE OMBUDSMAN PROGRAM

Long Term Care Ombudsman Volunteers Needed

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

Why Are Volunteers Needed??

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

⌘

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

⌘

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

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

Become a Certified Volunteer Ombudsman!

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

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

WE WILL TRAIN YOU FREE OF CHARGE!

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

For more information contact:
Long-Term Care Ombudsman Program
(707) 262-4525
MendoLakeLTCOP@lakecountyca.gov