

# Siskiyou County

Senior  
Resource  
Directory  
2023-2024



**FAIRCHILD**  
MEDICAL CENTER

## Our New Physicians Are Here For You



**DR. IRONY SADE**  
GENERAL SURGERY



**DR. NINO PITIURI**  
WOMEN'S HEALTH



**DR. SHARON HEICHMAN**  
WOMEN'S HEALTH



**DR. SCOTT EPPERLY**  
ORTHOPEDICS



- Fairchild Medical Center: (530) 842-4121
- Fairchild Medical Clinic: (530) 842-3507
- Scott Valley Rural Health Clinic: (530) 467-5393
- 24-Hour Nurse Advice Line: (877) 529-5604

Website: [fairchildmed.org](http://fairchildmed.org) | Express Care: [fairchildexpresscare.org](http://fairchildexpresscare.org)

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# Abuse hurts at any age.

Elder abuse can be **emotional, financial, physical** or **sexual**. It can also result from **neglect** or **self-neglect**.

**Together we can stop elder abuse.**

If you see it, report it! Call Siskiyou County Adult Protective Services at

**530-841-4200**

## ADVOCACY

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AARP.....	888-687-2277
<b>Adult Protective Services.....</b>	<b>530-841-4200</b>
California DMV, Senior Ombudsman Program.....	916-657-6464
Dignity Health Connected Living -MSSP Care Management.....	530-226-3020
<b>Dignity Health Connected Living-AmeriCorps Senior Volunteers.....</b>	<b>530-226-3098</b>
Disability Rights of California.....	800-776-5746
<b>HICAP (Health Insurance Counseling &amp; Advocacy Program).....</b>	<b>800-434-0222</b>
<b>Long Term Care Ombudsman Program-PSA2.....</b>	<b>530-229-1435</b>
National Elder Fraud Hotline.....	833-372-8311
<b>PSA2 Area Agency on Aging.....</b>	<b>530-842-1687</b>
Siskiyou County District Attorney-Victim Services.....	530-842-8229
Siskiyou County Domestic Violence and Crisis Center.....	530-842-6629
24 Hour Crisis Line.....	877-842-4068

## ALZHEIMER'S DISEASE

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Alzheimer's Association: Education, Support Services, Help Line.....	530-895-9661
24 Hour Help Line.....	800-272-3900

## **ASSISTED LIVING, RESIDENTIAL CARE & SKILLED NURSING**

**Grenada Gardens Senior Living.....Grenada.....530-436-2514**  
**Shasta View Estates.....Weed.....530-938-4429**  
**Siskiyou Springs Senior Living.....Yreka.....530-842-4300**

## **BEHAVIORAL HEALTH**

**Anav Tribal Health Clinic.....Scott Valley..530-468-4470**  
**Karuk Tribal Human Services.....Happy Camp...530-493-1450**  
Yreka.....530-841-3141  
**Siskiyou County Behavioral Health.....Mt. Shasta....530-918-7200**  
Yreka.....530-841-4100  
24 Hour Crisis....800-842-8979  
**Six Stones Wellness Center.....Yreka.....530-841-0810**



*Skilled Nursing Facility*  
**445 Park Street • Weed, CA 96094**  
**(530) 938-4429**

- Short-Term Rehabilitation
- Long-Term Care
- Hospice Care
- Physical Therapy
- Occupational Therapy
- Speech/Language Pathology
- Licensed medical staff:  
RN, LVN, CNA

*Transportation for medical appointments and outings • Daily Activities based on resident interest*  
*Caring, highly trained staff • Outdoor garden area*  
*Supported by many local area churches who visit monthly • Live musical performances weekly*





# IHSS

## IN-HOME SUPPORTIVE SERVICES

The IHSS program provides domestic and personal care to eligible low-income individuals who are aged or disabled and require assistance to remain safely in their homes. Call us today, to see if you qualify.

**SISKIYOU COUNTY HEALTH AND HUMAN SERVICES • 530-841-4200**



**The  
Compassionate  
Friends**  
Supporting Family After a Child Dies

# Supporting Family After a Child Dies

877-969-0010

*Friendship, Understanding, and Hope.*

## BEREAVEMENT SUPPORT

Compassionate Friends (parents who have lost children).....877-969-0010  
 Klamath Hospice.....Macdoel-Dorris-Tulelake.....877-882-2902  
 Lassen Counseling Services.....530-841-1030  
**Madrone Hospice, Inc.....Yreka.....530-842-3160**  
**Mercy Hospice.....Mt. Shasta.....530-926-6111**

## CAREGIVER SERVICES

**Family Caregiver Support Program (Madrone Senior Services).....530-841-2365**  
 Home & Health Care Management.....800-400-0727  
**In-Home Supportive Services (IHSS).....530-841-4200**  
 PASSAGES-Caregiver Resource Center.....800-995-0878  
 Senior Companion Program (**Dignity Health Connected Living**).....**530-226-3098**  
**Visiting Angels Living Assistance Services.....530-223-2400**

# Home Care for Independent Living



*We Care Every Day in Every Way.*

Meal Preparation	Alzheimer/Dementia Care
Light Housekeeping	Friendly Companionship
Errands/Shopping	Up to 24 Hour Care
Bathing Assistance	Respite Care for Families
Assistance with Mobility	Medication Reminders



**530.223.2400**

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

**Information, Assistance & Referrals**  
**1-800-510-2020**



**Friendship Line  
California**

**1 (888) 670-1360**



## Shasta Cascade Health Centers

### ALL WALK-INS WELCOME

Shasta Valley Community  
Health Center  
824 Pine St.  
Mt. Shasta, CA  
Phone 926-4528

McCloud Healthcare Clinic  
116 W. Minnesota Ave  
McCloud, CA  
Phone 964-2389



Dunsmuir Community  
Health Center  
4309 Stagecoach Rd.  
Dunsmuir, CA  
Phone 235-4138

McCloud Dental Center  
116 W. Minnesota Ave  
McCloud, CA  
Phone 964-2040

PRIMARY CARE | DENTAL CARE | PHYSICALS | VACCINATIONS | ANNUAL & SEASONAL IMMUNIZATIONS PEDIATRICS | PODIATRY  
DIABETES EDUCATION & TREATMENT | LAB SERVICES | WOMEN'S HEALTH | TELEMEDICINE | CHIROPRACTIC CARE | BEHAVIORAL HEALTH  
A Family PACT Provider | Medi-Cal & Denti-Cal Provider | VFC Provider | Accepts All Insurance

FOR MORE INFORMATION ON CURRENT PROVIDERS, HOURS, AVAILABLE APPOINTMENTS,  
AND OTHER INQUIRIES, PLEASE VISIT US ONLINE AT [SHASTACASCADEHEALTH.ORG](http://SHASTACASCADEHEALTH.ORG)



## CLINICS

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Anav Tribal Health Clinic.....	Scott Valley.....	530-468-4470
Butte Valley Health Center.....	Dorris.....	530-999-9070
<b>Dignity Health Pine St. Clinic.....</b>	<b>Mt. Shasta.....</b>	<b>530-926-7196</b>
<b>Dunsmuir Community Health Center.....</b>	<b>Dunsmuir.....</b>	<b>530-235-4138</b>
<b>Fairchild Medical Clinic.....</b>	<b>Yreka.....</b>	<b>530-842-3507</b>
Karuk Tribal Health.....	Happy Camp....	530-493-5257
	Yreka.....	530-842-9200
<b>McCloud Healthcare Clinic.....</b>	<b>McCloud.....</b>	<b>530-964-2389</b>
<b>Mercy Lake Shastina Community Clinic.....</b>	<b>Weed.....</b>	<b>530-938-2297</b>
<b>Mercy Mt. Shasta Community Clinic.....</b>	<b>Mt. Shasta.....</b>	<b>530-926-7131</b>
Scott Valley Rural Clinic.....	Etna.....	530-467-5393
<b>Shasta Valley Community Health Center.....</b>	<b>Mt. Shasta.....</b>	<b>530-926-4528</b>
Tulelake Health Clinic.....	Tulelake.....	530-999-9060
Yreka Immediate Care Clinic.....	Yreka.....	530-842-0606
Yreka V.A. Rural Clinic.....	Yreka .....	530-841-8500

## CONSUMER PROTECTION & SUPPORT

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Better Business Bureau.....	916-443-6843
California Department of Consumer Affairs.....	800-952-5210
Federal Trade Commission.....	877-382-4357

## CRISIS SERVICES

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<b>Adult Protective Services- ElderAbuse Reporting.....</b>	<b>530-841-4200</b>
	<b>After Hours...530-842-7009</b>
Behavioral Health...(Mental Health Crisis).....	800-842-8979
Institute On Aging-FRIENDSHIP LINE.....	888-670-1360
Office of Emergency Services.....	530-841-2155
Poison Control.....	800-222-1222
Police Departments.....	Mt. Shasta....530-926-7539
	Tulelake.....530-667-5284
	Weed.....530-938-5000
	Yreka.....530-841-2300
Siskiyou County Domestic Violence and Crisis Center.....	530-842-6629
	24 Hour.....877-842-4068
Siskiyou County Sheriff Department.....	530-841-2900
Suicide Hotline-The Effort.....	800-273-8255

## DENTAL CARE

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Anav Tribal Health Clinic.....	Scott Valley.....	530-468-4470
Butte Valley Health Center.....	Butte Valley.....	530-999-9070
Carney, Christopher DDS.....	Mt. Shasta.....	530-926-2415
Centeno, Kimberly DDS.....	Mt. Shasta.....	530-918-9055
Cunha, William DDS.....	Fort Jones.....	530-468-2406
Evergreen Family Dentistry.....	Yreka.....	530-842-2558
<b>Fairchild Dental Clinic.....</b>	<b>Yreka.....</b>	<b>530-841-4960</b>
Family Smile Dentistry.....	Yreka.....	530-842-7323
Ferrari, Angela DDS.....	Mt. Shasta.....	530-918-9522
Karuk Tribal Health Clinic.....	Happy Camp... Yreka.....	530-493-1650 530-842-9200
Larry J. Meyer DDS.....	Yreka.....	530-842-1689
<b>McCloud Dental Center.....</b>	<b>McCloud.....</b>	<b>530-964-2040</b>
Morley, Jeffrey DDS.....	Mt. Shasta.....	530-926-5296
Shearer, Kevin DDS.....	Mt. Shasta.....	530-926-6333
Siskiyou Smile Design.....	Yreka.....	530-842-3900

## DRUG & ALCOHOL ABUSE TREATMENT

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Behavioral Health .....	Mt. Shasta.....	530-918-7200 Yreka.....530-841-4100
Karuk Tribal Human Services.....	Happy Camp... Yreka.....	530-493-1450 530-841-3141
Yreka V.A. Rural Clinic .....	Yreka.....	530-841-8500

## EYE CARE

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Disability Action Center.....	Vision Resources.....	530-242-8550
Shasta Vision Group.....	Mt. Shasta.....	530-926-2033
Siskiyou Eye Center.....	Yreka.....	530-842-2760

## FINANCIAL ASSISTANCE

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Siskiyou County Health and Human Services (Cash Aid & Food Stamps) .....	530-841-2700 Toll Free.....	800-662-7031
Social Security Administration.....	800-772-1213 Yreka.....	888-366-6145

# LOWER YOUR HEATING BILLS AND INCREASE YOUR COMFORT



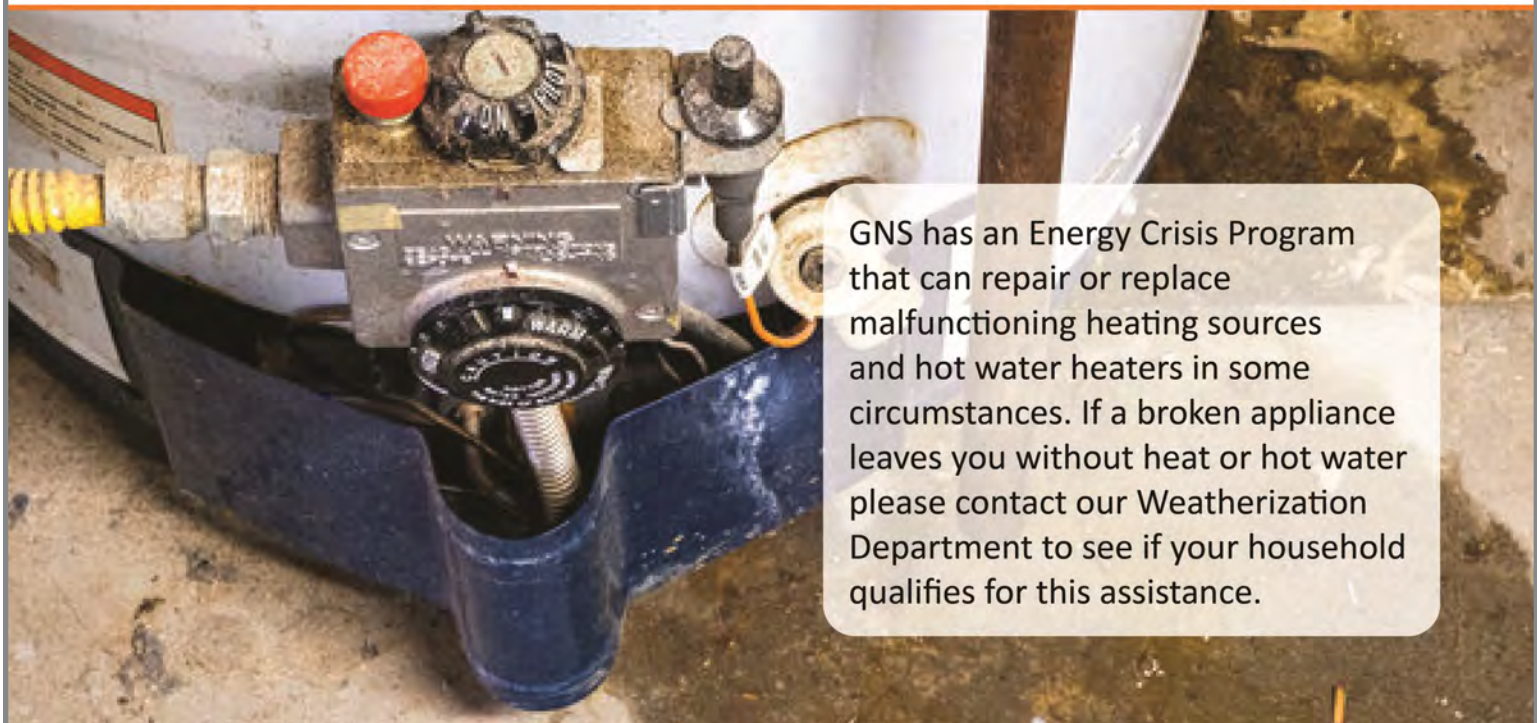
Our **FREE Weatherization Program** can make permanent changes to your home making it warmer, safer, and more energy efficient.

Income guidelines and application at [www.gnservices.org/apply](http://www.gnservices.org/apply)  
or call **(530) 938-4115 ext. 127** with questions.

Open Monday to Thursday, 9AM-4PM 310 Boles Street · Weed, CA 96094



**GREAT NORTHERN**  
- services -



GNS has an Energy Crisis Program that can repair or replace malfunctioning heating sources and hot water heaters in some circumstances. If a broken appliance leaves you without heat or hot water please contact our Weatherization Department to see if your household qualifies for this assistance.



[www.psa2.org](http://www.psa2.org)

# Planning and Service Area 2 Area Agency on Aging

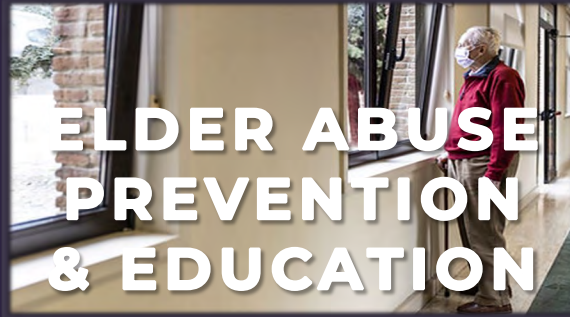
## 530-842-1687

Our Mission is to provide effective community leadership that assures the provision of services for the benefit of older adults and adults with functional impairments which promote the ability to remain at home with maximum dignity, choice, and independence.

### OUR PROGRAMS



**CAREGIVER  
SUPPORT**



**ELDER ABUSE  
PREVENTION  
& EDUCATION**



**HEALTH  
SERVICES**



**LONG-TERM  
CARE**



**NUTRITION  
ACCESS**



**SUPPORTIVE  
SERVICES**

**Serving Older Adults in Lassen, Modoc, Shasta,  
Siskiyou, and Trinity Counties**



FD201

# GIRDNER

## FUNERAL CHAPEL

*Service & Tradition Since 1943*

**NORTH COUNTRY  
MEMORIALS**

**530-842-4588**

**530-842-3434**



**Purrfect Paws**  
—Pet Crematory—

**530-841-1934**

**Serving ALL of Siskiyou County!**

### **FOOD PANTRIES (also see Meal Centers)**

Dunsmuir Resource Center.....	Dunsmuir.....	530-235-4400
<b>Emergency Food Supplies &amp; Commodities (GNS).....</b>		<b>530-938-4115</b>
Scott Valley Emergency Food Pantry.....		530-468-2201
Siskiyou Community Food Bank.....	Yreka.....	530-340-6382
Siskiyou Food Assistance Corporation.....	South Siskiyou County....	530-408-6115
St Vincent DePaul Society.....	South Siskiyou County....	530-926-3061
Tulelake Family Resource Center (Senior Center).....	Tulelake.....	530-667-2147
Yreka Resource Center.....		530-842-1313
Yreka Food Bank.....		530-643-2507

### **FUNERAL CHAPELS**

<b>Girdner Funeral Chapel.....</b>	<b>530-842-3434</b>
Mt. Shasta Memorial Chapel.....	530-926-2131

## HEALTH & FITNESS CENTERS

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Karuk Wellness Center.....	Happy Camp.....	530-493-1414	x3110
	Yreka.....	530-841-3155	
Level Up Studio.....	Yreka.....	530-598-3979	
Mountain Fitness .....	Mt. Shasta.....	530-926-3589	
Siskiyou Family YMCA.....	Yreka.....	530-842-9622	
The Bar.....	Yreka.....	530-921-9034	
The Wellness Center.....	Mt Shasta....	530-926-6010	
Weed Community Pool.....	Weed.....	530-938-4701	

## HEALTH SERVICES & IMMUNIZATIONS

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Nurse Advice Line (Fairchild Medical Center).....	877-529-5604
Siskiyou County Public Health Immunizations.....	530-841-2134

## HEATING & ENERGY ASSISTANCE

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Great Northern Services (GNS).....	530-938-4115	
Karuk Tribe.....	530-493-1600	x2025
Lions Club Firewood Program.....	Scott Valley..	530-598-2162
Pacific Power Energy Assistance Program.....	888-221-7070	
Veterans Wood Assistance (Jennifer Bryan).....	530-917-9478	
Weatherization Program (GNS).....	530-938-4115	

## HOME HEALTH

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Fairchild Medical Clinic Visiting Nurse Services.....	530-841-7740
Home & Health Care Management.....	800-400-0727
Mercy Home Health Services.....	530-926-8484

## HOSPICE

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Klamath Hospice.....	Macdoel-Dorris-Tulelake.....	877-882-2902
Madrone Hospice.....	Yreka.....	530-842-3160
Mercy Hospice.....	Mt. Shasta....	530-926-6111



# Energy Assistance Programs for California Customers

We know times can be tough and sometimes we all come up a bit short. At Pacific Power, we understand and have resources to help. We partner with energy assistance organizations in California to offer financial help to our customers in need. For more information on our programs and services, please visit [pacificpower.net/assistance](https://www.pacificpower.net/assistance), or call toll free **1-888-221-7070**.

## California Alternate Rates for Energy Program (CARE)

CARE program offers a 20% discount on monthly bills for eligible households. The one-page application form lists program requirements and is available at [pacificpower.net/care](https://www.pacificpower.net/care) or call us at **1-888-221-7070** to request an application.

## Medical Baseline Program

Pacific Power offers an assistance program for residential customers who may have additional energy needs related to qualifying medical conditions. Qualifying residential customers receive an additional lower rate baseline allowance on their monthly energy bill. Learn more at [pacificpower.net/medicalbaseline](https://www.pacificpower.net/medicalbaseline).

## Public Safety Power Shutoff (PSPS)

Qualifying customers also receive additional notifications prior to a Public Safety Power Shutoff due to severe weather conditions. Please update your contact information, so we can reach you if needed at [csapps.pacificpower.net/idm/login](https://csapps.pacificpower.net/idm/login).

## Energy Savings Assistance Program (ESA)

The Energy Savings Assistance Program (ESA) provides free weatherization services to income-qualifying renters and homeowners living in single-family homes, mobile homes or apartments. The program is designed to lower electric bills while keeping your home more comfortable and energy efficient. Learn more at [pacificpower.net/esa](https://www.pacificpower.net/esa).

## Low-Income Home Energy Assistance Program (LIHEAP)

This federally funded program provides a direct payment to an eligible household's utility bill to offset the cost of heating or cooling their home. This program administered by community based non-profit organizations.

## ESA and LIHEAP Agency

Contact your local community-based organization below for more information and to apply.

**Great Northern Services**  
530-938-4115, extension 120



# Live Life to its fullest!

## Activities of Daily Living

- **Trained Caring Professionals, available 24/7**
- **Medication management**
- **Communication with Health Care Providers**
- **Transportation assistance**
- **Tailor services, to each individual resident**

## Enjoy Our Amenities

- **The Day Spa- Soothing Aroma Therapy and Walk-in shower**
- **The Studio- Arts & Craft classes, Exercise & Social Events**
- **Family Style- Dining and Bistro Bar**
- **The Cinema and Concession Station- Theater style**
- **The Book Lounge- Library with a beautiful 8 ft fireplace area**
- **Business Center- PC station with internet available 24-7**

~Available In-house Physician Visits and Hospice Services~

424 Highway A-12, Grenada, CA • 96038 Grenadagardens.com • Ph (530) 436-2514 • Fax (530) 436-2379





## SAFETY AND WELLNESS OF THE ELDERLY



Grenada Gardens Resort Style Senior Living is passionate about the well-being of our seniors and are offering complimentary safety and wellness checks for seniors who are living alone.

### CAUTION

Our skilled specialists can assess seniors who may be suffering from isolation and poor diet, as they are key factors in the progression of dementia and depression. Safety hazards in and around the home are also evaluated. In-home safety and well-being should be of huge concern to all who know a senior living on their own.

If you have a family member, friend, or neighbor who is living alone,  
Please call (530)630-7100 for a free in home assessment.

Together we can ensure our seniors are healthy and safe within their home.

## HOSPITALS

Fairchild Medical Center.....Yreka.....530-842-4121  
Transportation...530-842-3507  
Mercy Medical Center.....Mt. Shasta.....530-926-6111  
Sky Lakes Medical Center.....Klamath Falls.....541-882-6311

## HOUSING (Senior & Disabled)

Alta Vista Manor.....Mt. Shasta.....530-926-3664  
Deer Creek Apartments.....Yreka.....530-842-7943  
Emerald Pointe Senior Apartments.....Yreka.....530-842-2739  
Eskaton Washington Manor.....Mt. Shasta.....530-926-5339  
Juniper Terrace Apartments.....Yreka.....530-842-6459  
Karuk Tribal Housing.....Happy Camp..530-493-1414  
Yreka .....530-842-1644  
Sierra Vista Retirement Center.....Yreka.....530-842-3930  
Toll Free.....800-714-9177  
Yreka Guest Home.....Yreka.....530-842-4235

# MADRONE HOSPICE, INC.



**When Every  
Moment Matters**

*Quality, Compassionate Care*

255 Collier Circle, Yreka Ca • 530-842-3160

# Six Stones Wellness Center

We offer a safe environment of inclusiveness, recovery, and wellness to adults living with mental health and sobriety challenges.

**Mental Health Wellness & Recovery  
Groups/Activities**

Hours of Operation: Monday-Friday~ 10am-3pm

525 N. Main Street, Yreka

**530-841-0810**



**Northern Valley  
Catholic Social Service**  
INSPIRING HOPE & TRANSFORMING LIVES



## **HOUSING REPAIRS & HANDICAP ASSISTANCE**

<b>Madrone Senior Services (Ramps).....</b>	<b>530-841-2365</b>
Siskiyou Habitat for Humanity.....	530-598-1966
<b>Weatherization Program (GNS).....</b>	<b>530-938-4115</b>

## **HUMAN SERVICES**

<b>Adult Protective Services/IHSS.....</b>	<b>530-841-4200</b>
MSSP (Senior Case Management & Medi-Cal).....	530-226-3020
Siskiyou County Health and Human Services.....	530-841-2700
	Toll Free.....800-662-7031
<b>Six Stones Wellness Center.....</b>	<b>Yreka.....530-841-0810</b>

**Information, Assistance & Referrals  
1-800-510-2020**



300 N. Main Street, Yreka

**530-842-7411**

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

## Legal Help. No Lawyers.

We have been helping Siskiyou County take care of their legal needs since 2005. Some of our services include:

Probate, Simple Wills, Trusts, Deed Preparation,  
Power of Attorney & Notary Public.

**Valarie A. Wiley    Rachel Lynn Wiley**

Registered and Bonded  
LDA - Notary Public

Notary Public

## INFORMATION, ASSISTANCE & REFERRALS

AARP / Membership.....	888-687-2277
Driver Safety - 55 Alive.....	800-350-7025
Health & Auto Insurance.....	800-523-5800
Disability Action Center.....	Core Services.....530-242-8550
<b>PSA2 Area Agency on Aging.....</b>	<b>Yreka.....530-842-1687</b>
	<b>Toll Free.....800-510-2020</b>
Siskiyou County Veterans Services.....	Yreka.....530-842-8010

## LEGAL ASSISTANCE

Better Business Bureau.....	916-443-6843
California Department of Fair Housing.....	800-884-1684
Legal Services of Northern California.....	800-822-9687
Siskiyou County District Attorney.....	530-842-8125
Siskiyou County District Attorney-Victim Services.....	530-842-8229
<b>Siskiyou Legal Document Services.....</b>	<b>530-842-7411</b>

## LIBRARIES

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Butte Valley Library.....	530-397-4932
Dunsmuir Branch Library.....	530-235-2035
Etna Public Library.....	530-467-3661
Fort Jones Branch Library.....	530-468-2383
Happy Camp Library.....	530-493-2964
McCloud Public Library.....	530-964-2169
Montague Branch Library.....	530-459-5473
Mt. Shasta Branch Library.....	530-926-2031
Tulelake Library.....	530-667-2291
Weed Public Library.....	530-938-4769
Yreka Library.....	530-841-4175

## LIFELINES

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Alert1.....	800-366-8065
Life Alert Emergency Response.....	800-338-9090
Philips Lifeline.....	855-332-7799

## MEAL CENTERS & MEAL DELIVERY

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### Meal Centers

Karuk Tribal Nutrition Center.....	Happy Camp...530-493-1645
Loaves & Fishes (Etna United Methodist Church).....	Etna.....530-467-3612
<b>Madrone Senior Services.....</b>	<b>Yreka.....530-841-2365</b>
<b>Siskiyou Senior Nutrition/Meals on Wheels (GNS).....</b>	<b>Mt. Shasta...530-926-4611</b>
Scott Valley Berean Church.....	Etna.....530-467-3715
St Joseph Catholic Church.....	Yreka.....530-842-4874
Weed Community Resource Center.....	Weed.....530-938-9914

### Home-Delivered Meals

Dorris Lions Club.....	Dorris.....530-397-2374
Karuk Tribal Nutrition Center.....	Happy Camp...530-493-1645
Loaves & Fishes (Etna United Methodist Church).....	Etna.....530-467-3612
<b>Madrone Senior Services.....</b>	<b>Yreka.....530-841-2365</b>
<b>Siskiyou Senior Nutrition/Meals on Wheels (GNS).....</b>	<b>South County....530-926-4611</b>
Scott Valley Berean Church.....	Etna.....530-467-3715
Tulelake Resource Center.....	Tulelake.....530-667-2147



# DISABILITY ACTION CENTER

*Formerly ILSNC*

**530-242-8550**

## NEED HELP

### UNDERSTANDING MEDICARE BENEFITS?

Get **FREE** assistance from a trained HICAP counselor near you. We can help with:

- Understanding Medicare
- Medicare Appeals
- Medicare Advantage Plans
- Supplemental Insurance
- Prescription Drugs
- Long Term Care Options
- Low-Income Assistance Programs
- Clarifying Your Rights

**“Helping you make sense of Medicare and Health Insurance”**

**Call (800)434-0222**

**HICAP** Health Insurance Counseling & Advocacy Program



# Scott Valley Respiratory Home Care

Assisting you in living a full and independent life.

## What you need...When you need it!

Lift Chairs ~Wheelchairs & Scooters  
Walkers, Canes & Crutches ~ Oxygen Setup  
Hospital Beds ~ Bathroom Aides & Commodes  
and much more. CALL US TODAY!



Celebrating 35 years of renting, repairing and selling high quality medical equipment

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## MEDICAL SUPPLIES & EQUIPMENT

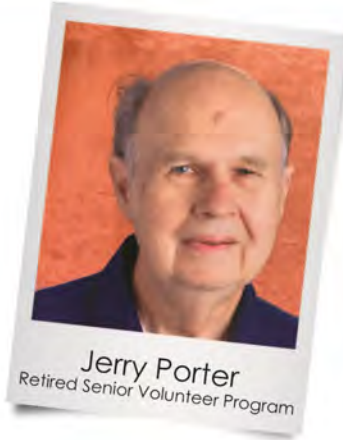
Beltone Better Hearing Center.....	530-221-4624
CTAP-Phones for hearing impaired & disabled..... Toll-Free.....	800-806-1191
Disability Action Center-Vision & Voice Options.....	530-242-8550
Habitat for Humanity-Wheelchair Ramp Assistance.....	530-598-1966
<b>HICAP (Health Insurance Counseling &amp; Advocacy Program).....</b>	<b>800-434-0222</b>
Lincare..... Yreka.....	530-841-0503
Miracle Ear Center..... Yreka.....	530-842-2411
<b>Scott Valley Respiratory..... Yreka.....</b>	<b>530-841-3000</b>
The Hospice Shop (gently used medical equipment)..... Yreka.....	530-842-6025

## MEDICARE & MEDI-CAL INFORMATION

<b>HICAP (Health Insurance Counseling &amp; Advocacy Program).....</b>	<b>800-434-0222</b>
Medicare .....	800-772-1213
Medi-Cal/CMSP..... Yreka.....	530-841-2700



**AmeriCorps Seniors extends a heartfelt thanks to our volunteers for their service throughout this past year.**



## **Volunteers Needed**

**Looking for an opportunity to help out and make a difference in your community?  
Join Dignity Health Connected Living AmeriCorps Seniors Programs!**

DHCL is committed to promoting the independence, health, and dignity of all older adults. Seniors age 55+ use their experience and wisdom to volunteer and make a difference in their communities.

Benefits:

- Volunteers may receive mileage reimbursement.
- All volunteers receive 3rd party liability insurance.
- Some may qualify for hourly non-taxable stipend.
- Studies have shown that seniors who volunteer report improved health after just one year of service. Areas of improvement include: anxiety, loneliness, physical capacity and life satisfaction.

**For more information, call 530.226.3098.**

**Find us on Facebook at Dignity Health Connected Living or AmeriCorps Seniors of Northern California.**





## **MENTAL HEALTH (also see Behavioral Health)**

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Anav Tribal Health Clinic.....	Scott Valley.....	530-468-4470
Butte Valley Health Center.....	Dorris.....	530-999-9070
<b>Dunsmuir Community Health Center.....</b>	<b>Dunsmuir.....</b>	<b>530-235-4138</b>
Karuk Tribal Human Services.....	Happy Camp..	530-493-1450
	Yreka.....	530-841-3141
Lassen Counseling Services.....	Yreka.....	530-841-1030
<b>McCloud Healthcare Clinic.....</b>	<b>McCloud.....</b>	<b>530-964-2389</b>
Siskiyou County Veterans Services .....	Yreka.....	530-842-8010
<b>Six Stones Wellness Center.....</b>	<b>Yreka.....</b>	<b>530-841-0810</b>
Tulelake Health Clinic.....	Tulelake.....	530-999-9060

## **PHARMACIES**

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Clinic Pharmacy.....	Happy Camp..	530-493-2070
CVS Pharmacy.....	Mt. Shasta.....	530-568-6112
Raley's Pharmacy.....	Yreka.....	530-842-4182
Rite Aid Pharmacy.....	Mt. Shasta.....	530-926-3826
	Yreka.....	530-842-5596
Wal-Mart Pharmacy.....	Yreka.....	530-842-9060
Yreka Pharmacy.....	Yreka.....	530-698-0990

## **PHYSICAL THERAPY**

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<b>Fairchild Medical Center Physical Therapy.....</b>	<b>Yreka.....</b>	<b>530-841-6211</b>
<b>Fairchild Medical Center Physical Therapy North.....</b>	<b>Yreka .....</b>	<b>530-842-4381</b>
<b>Mercy Physical Therapy.....</b>	<b>Mt. Shasta.....</b>	<b>530-926-9397</b>
	<b>Weed.....</b>	<b>530-938-4417</b>
Performance Physical Therapy.....	Yreka.....	530-842-5220

## **PODIATRISTS**

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<b>Dignity Health Mercy Community Clinic.....</b>	<b>Mt. Shasta.....</b>	<b>530-926-7131</b>
<b>McCloud Healthcare Clinic.....</b>	<b>McCloud.....</b>	<b>530-964-2389</b>
<b>Fairchild Medical Clinic.....</b>	<b>Yreka.....</b>	<b>530-842-3507</b>

# MADRONE SENIOR SERVICES

Transportation, Meals and Family Caregiver Assistance



Services are  
**FREE**  
to adults  
60+

SENIOR ACTIVITIES

NUTRITIOUS MEALS

SENIOR  
TRANSPORTATION

CAREGIVER SUPPORT

SOCIALIZATION

## Senior Center Meals

Nutritious meals are served at the Senior Center, Monday-Friday from 12pm-12:45pm. Those under 60 may still participate for a fee of \$6.

## Home Delivered Meals

Qualifying participants in the Yreka, Montague, Grenada and Fort Jones areas can have nutritious meals delivered to them. Call to see if you qualify.

## Senior Transportation

Available ONLY within Yreka city limits. Please call to schedule a ride!



810 N. OREGON STREET  
YREKA, CA 96097  
530-841-2365



## RESOURCE CENTERS

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Dunsmuir.....	530-235-4400
Montague (HUB).....	530-459-3481
Mt. Shasta.....	530-926-1400
Scott Valley.....	530-468-2450
Tulelake.....	530-667-2147
Weed.....	530-938-9914
Yreka.....	530-842-1313

## SENIOR CENTERS

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Karuk Senior Center.....	Happy Camp...530-493-1645
<b>Madrone Senior Services.....</b>	<b>Yreka.....530-841-2365</b>
<b>Mount Shasta Senior Center.....</b>	<b>Mt. Shasta.....530-926-4611</b>

## SUPPORT GROUPS

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Alcoholics Anonymous .....	After Hours.....530-225-8955
Alzheimer’s Association.....	800-272-3900
American Cancer Society.....	800-227-2345
American Diabetes Association.....	800-342-2383
American Heart and Stroke Association.....	800-242-8721
Anav Tribal Health Clinic.....	Scott Valley...530-468-4470
<b>Bereavement - Madrone Hospice.....</b>	<b>Yreka.....530-842-3160</b>
<b>Bereavement - Mercy Hospice.....</b>	<b>Mt. Shasta.....530-926-6111</b>
Disability Action Center (Virtually).....	530-242-8550
Institute On Aging—FRIENDSHIP LINE.....	888-670-1360
Mountain Caregiver Resource Center—PASSAGES .....	800-995-0878
<b>Six Stones Wellness Center.....</b>	<b>Yreka.....530-841-0810</b>
Substance Use Disorder Services.....	Yreka.....530-841-4890

## TAX PREPARATION ASSISTANCE

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JEDI-VITA Tax Preparation Program (FREE Tax Assistance).....	888-926-6670
H&R Block.....	Mt. Shasta.....530-926-4994
	Yreka.....530-842-1925
Liberty Tax Service.....	Siskiyou County.....530-841-1040
Sum It Up Accounting.....	Siskiyou County.....530-937-3279

# GET HELP WITH YOUR ENERGY EXPENSES

Our **Energy Assistance Program** helps income-qualified households with the cost of heating their homes by providing a direct payment to a utility or fuel provider.

Request a phone call to discuss your household's eligibility or an application at **(530) 938-4115 ext. 120**

Apply online at **[www.gnservices.org/apply](http://www.gnservices.org/apply)**

Open Monday to Thursday, 9AM–4PM 310 Boles Street · Weed, CA 96094



**GREAT NORTHERN**  
- services -



Households can receive energy assistance even if their utilities are included in their rent, even if their account is in someone else's name, or even if they receive a CARE discount on their power bills. **There is additional funding available this year**—if your household is struggling with utility costs give us a call and we'll discuss your options.

## TRANSPORTATION

<b>EMERGENCY/AMBULANCE.....</b>	<b>911</b>
<b>Fairchild Medical Center Auxiliary Transport.....</b>	<b>Yreka.....530-842-3507</b>
Jefferson's State Taxi.....	530-841-1111
Mel's Yreka Taxi.....	530-842-1001
<b>Mercy Auxiliary Transportation.....</b>	<b>Mt. Shasta.....530-926-6111</b>
Mercy Flights Inc.....	Siskiyou County.....541-858-2646
Mount Shasta Ambulance.....	Siskiyou County.....530-926-3420
Mt. Shasta Taxi.....	South County.....530-859-3266
<b>Madrone Senior Services-Senior Transportation.....</b>	<b>Yreka.....530-841-2365</b>
Shasta Mountain Shuttle & Tours.....	Mt. Shasta.....530-436-5511
STAGE Bus.....	530-842-8220
Veteran Health Services (Medical Transportation).....	Yreka.....530-841-8515
Weed Parks & Recreation Senior Shuttle.....	530-859-8132

## VETERANS SERVICES

Veterans Services.....	Yreka.....530-842-8010
Yreka V.A. Rural Clinic.....	Yreka.....530-841-8500
Jennifer Bryan (Wood Assistance).....	530-917-9478

## VETERINARY & PET SERVICES

Alpine Veterinary Hospital.....	Weed.....530-938-1770
American Veterinary Hospital.....	Yreka.....530-842-5719
Mt. Shasta Animal Hospital.....	Mt. Shasta.....530-926-5266
Ponderosa Veterinary Clinic.....	Yreka.....530-572-1510
Purr-Angels (Stray Cats).....	Yreka.....530-842-1875
<b>Purrfect Paws Pet Crematory.....</b>	<b>Yreka.....530-841-1934</b>
Scott Valley Veterinary.....	Fort Jones.....530-468-5366
Shasta Valley Veterinary.....	Montague.....530-842-6045
Siskiyou Humane Society-Pet Resources.....	Mt. Shasta.....530-926-4052
SNIP- Siskiyou Spay & Neuter Incentive Program.....	530-926-1196
Southern Oregon Veterinary (Urgent Care).....	541-282-7711

Information may not be current after initial printing.

Please call 530-841-2365 with corrections.

# VOLUNTEER OPPORTUNITIES

Choices.....	Mt. Shasta.....	530-926-6726
	Yreka.....	530-331-3762
<b>Dignity Health Connected Living-AmeriCorps Seniors Volunteers...</b>		<b>530-226-3098</b>
Dignity Health Mercy Medical Center.....	Mt. Shasta.....	530-926-6111
Dunsmuir Community Gardens (Resource Center).....	Dunsmuir.....	530-235-4400
Eagles Nest Resale Shop.....	Weed.....	530-938-4663
Fairchild Medical Center-Auxiliary.....	Yreka.....	530-842-4121
Genealogical Society of Siskiyou County.....		530-842-0277
<b>PSA2 Long-Term Care Ombudsman Program .....</b>		<b>530-229-1435</b>
Purr Angels.....	Yreka.....	530-842-1875
Rescue Ranch Adoption Center.....	Yreka.....	530-842-0829
Rescue Ranch Thrift Store.....	Yreka.....	530-643-8156
<b>Madrone Hospice, Inc/Shop/Heartisans/Senior Center.....</b>	<b>Yreka.....</b>	<b>530-842-3160</b>
Mount Shasta Bioregional Ecology Center.....	Mt. Shasta.....	530-926-5655
Museums.....	Fort Jones.....	530-468-5568
	Mt. Shasta.....	530-926-5508
	Yreka.....	530-842-3836
Siskiyou Habitat for Humanity.....		530-598-1966
<b>Six Stones Wellness Center.....</b>	<b>Yreka.....</b>	<b>530-841-0810</b>
SNIP– Siskiyou Spay & Neuter Incentive Program.....	Mt. Shasta.....	530-926-1196

**ALSO SEE FOOD BANKS, LIBRARIES & RESOURCE CENTERS**

**Volunteer with US!**

- GAIN OR SHARE WORK EXPERIENCE
- MEET NEW PEOPLE
- MAKE A DIFFERENCE TO YOUR LOCAL HOSPICE

Stop in at the Hospice Shop or call  
**530-842-3160**  
 to pick up an application!

# Experts in care and kindness.

At Dignity Health – Mercy Medical Center Mt. Shasta, our providers have years of experience in their fields of medicine. But they also specialize in the type of treatment everyone wants to receive: kindness. To schedule an appointment with any of our providers, simply give them a call. Or, learn more about each at [dignityhealth.org/mercymtshasta](https://dignityhealth.org/mercymtshasta).



**Hong La, NP**  
Family Nurse Practitioner  
Lake Shastina Clinic  
(530) 938-2297



**David Paris, DC, DACRB**  
Chiropractor  
Pine Street Clinic  
(530) 926-7196



**Rachel Scott, PAC, MMS**  
Primary Care Physician Assistant  
Pine Street Clinic  
(530) 926-7196



**Kelsey Sloat, MD**  
OB/GYN  
Mt. Shasta Community Clinic  
(530) 926-7131



**Dignity Health.**  
Mercy Medical Center  
Mt. Shasta

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## MADRONE SENIOR SERVICES

810 N. Oregon St. Yreka, CA  
530-841-2365

In collaboration with Madrone Hospice, Inc.  
[www.madronehospice.org](http://www.madronehospice.org)

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**PSA 2 Area Agency on Aging**  
**California Department of Aging**  
**City of Yreka**  
**& Our Advertisers**

**Fairchild Medical Center, Dignity Health Mercy Medical Center, Dignity Health Connected Living,  
Great Northern Services, Shasta Cascade Health Centers, Scott Valley Respiratory,  
Girdner Funeral Chapel, Visiting Angels, Grenada Gardens Senior Living,  
Siskiyou Legal Documents, Shasta View Estates, Pacific Corps,  
Six Stones Wellness Center and Siskiyou County Health and Human Services.**

*A special thanks to Jesse Smith for  
donating his art for this years cover photo*