

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 | Express Care: 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

AARP.....	888-687-2277
Adult Protective Services.....	530-841-4200
California DMV, Senior Ombudsman Program.....	916-657-6464
Dignity Health Connected Living -MSSP Care Management.....	530-226-3020
Dignity Health Connected Living-AmeriCorps Senior Volunteers.....	530-226-3098
Disability Rights of California.....	800-776-5746
HICAP (Health Insurance Counseling & Advocacy Program).....	800-434-0222
Long Term Care Ombudsman Program-PSA2.....	530-229-1435
National Elder Fraud Hotline.....	833-372-8311
PSA2 Area Agency on Aging.....	530-842-1687
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

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

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



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

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

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**

CLINICS

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

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

CRISIS SERVICES

Adult Protective Services- ElderAbuse Reporting.....	530-841-4200
	After Hours...530-842-7009
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

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
Fairchild Dental Clinic.....	Yreka.....	530-841-4960
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
McCloud Dental Center.....	McCloud.....	530-964-2040
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

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

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

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



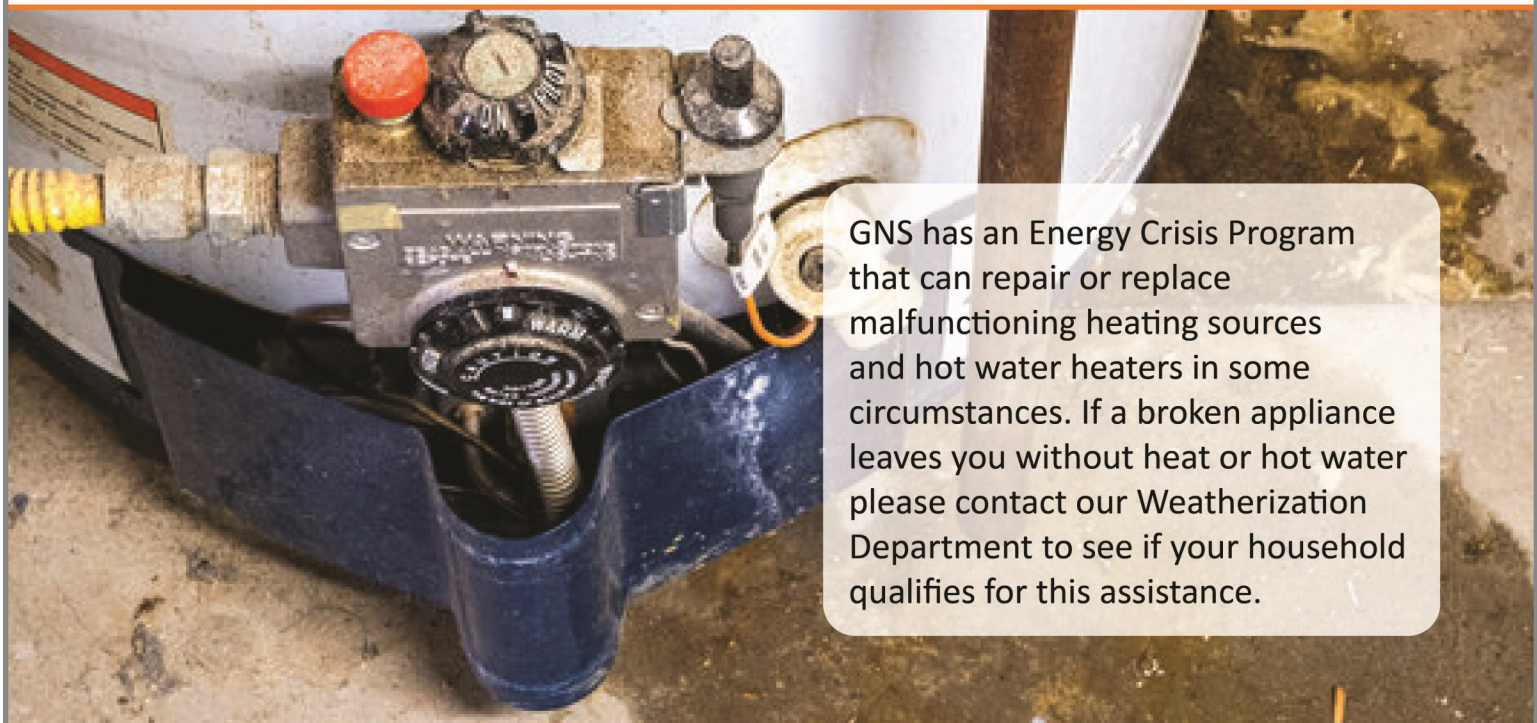
Our **FREE Weatherization Program** can make permanent changes to your home making it warmer, safer, and more energy efficient.

Income guidelines and application at www.gnservices.org/apply 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

Planning and Service Area 2 Area Agency on Aging

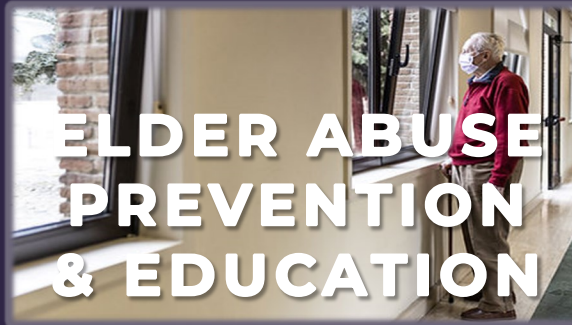
530-842-1687

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
Emergency Food Supplies & Commodities (GNS).....		530-938-4115
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

Girdner Funeral Chapel.....	530-842-3434
Mt. Shasta Memorial Chapel.....	530-926-2131

HEALTH & FITNESS CENTERS

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

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

HEATING & ENERGY ASSISTANCE

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

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

HOSPICE

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.

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
Yreka530-842-1644
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

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

HUMAN SERVICES

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

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



300 N. Main Street, Yreka

530-842-7411

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
PSA2 Area Agency on Aging.....	Yreka.....530-842-1687
	Toll Free.....800-510-2020
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
Siskiyou Legal Document Services.....	530-842-7411

LIBRARIES

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

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

MEAL CENTERS & MEAL DELIVERY

Meal Centers

Karuk Tribal Nutrition Center.....	Happy Camp...	530-493-1645
Loaves & Fishes (Etna United Methodist Church).....	Etna.....	530-467-3612
Madrone Senior Services.....	Yreka.....	530-841-2365
Siskiyou Senior Nutrition/Meals on Wheels (GNS).....	Mt. Shasta ...	530-926-4611
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
Madrone Senior Services.....	Yreka.....	530-841-2365
Siskiyou Senior Nutrition/Meals on Wheels (GNS).....	South County.....	530-926-4611
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

(530)841-3000 ♦ **1714 S. Oregon St. Yreka CA**

MEDICAL SUPPLIES & EQUIPMENT

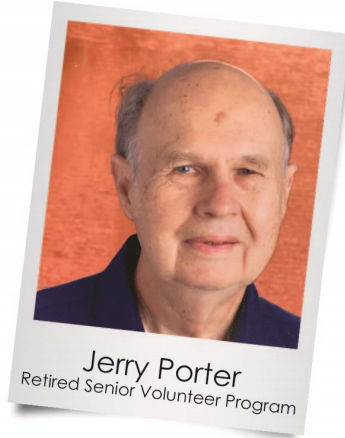
Beltone Better Hearing Center.....	530-221-4624
CTAP-Phones for hearing impaired & disabled.....	Toll-Free.....800-806-1191
Disability Action Center-Vision & Voice Options.....	530-242-8550
Habitat for Humanity-Wheelchair Ramp Assistance.....	530-598-1966
HICAP (Health Insurance Counseling & Advocacy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

MEDICARE & MEDI-CAL INFORMATION

HICAP (Health Insurance Counseling & Advocacy Program).....	800-434-0222
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)

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

PHARMACIES

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

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

PODIATRISTS

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

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

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

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

SUPPORT GROUPS

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
Bereavement - Madrone Hospice.....	Yreka.....530-842-3160
Bereavement - Mercy Hospice.....	Mt. Shasta.....530-926-6111
Disability Action Center (Virtually).....	530-242-8550
Institute On Aging—FRIENDSHIP LINE.....	888-670-1360
Mountain Caregiver Resource Center—PASSAGES	800-995-0878
Six Stones Wellness Center.....	Yreka.....530-841-0810
Substance Use Disorder Services.....	Yreka.....530-841-4890

TAX PREPARATION ASSISTANCE

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**

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

EMERGENCY/AMBULANCE.....	911
Fairchild Medical Center Auxiliary Transport.....	Yreka.....530-842-3507
Jefferson's State Taxi.....	530-841-1111
Mel's Yreka Taxi.....	530-842-1001
Mercy Auxiliary Transportation.....	Mt. Shasta.....530-926-6111
Mercy Flights Inc.....	Siskiyou County.....541-858-2646
Mount Shasta Ambulance.....	Siskiyou County.....530-926-3420
Mt. Shasta Taxi.....	South County.....530-859-3266
Madrone Senior Services-Senior Transportation.....	Yreka.....530-841-2365
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
Purrfect Paws Pet Crematory.....	Yreka.....530-841-1934
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
Dignity Health Connected Living-AmeriCorps Seniors Volunteers...		530-226-3098
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
PSA2 Long-Term Care Ombudsman Program		530-229-1435
Purr Angels.....	Yreka.....	530-842-1875
Rescue Ranch Adoption Center.....	Yreka.....	530-842-0829
Rescue Ranch Thrift Store.....	Yreka.....	530-643-8156
Madrone Hospice, Inc/Shop/Heartisans/Senior Center.....	Yreka.....	530-842-3160
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
Six Stones Wellness Center.....	Yreka.....	530-841-0810
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/mercyntshasta.



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



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



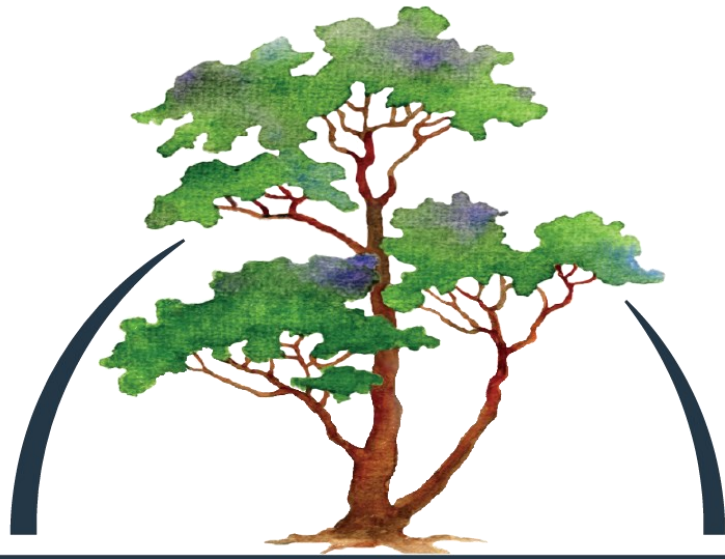
Rachel Scott, PAC, MMS
Primary Care Physician Assistant
Pine Street Clinic
(530) 926-7196



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



Hello humankindness®



MADRONE SENIOR SERVICES

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

In collaboration with Madrone Hospice, Inc.
www.madronehospice.org

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PSA 2 Area Agency on Aging
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**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*