

2016



Trinity County
Public Health

Resource Guide

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Crisis Resources and Programs In Trinity County

Crisis — 24 Hour Numbers

All Emergency Services

Fire, Ambulance, Sheriff

Dial 911

e911@trinitycounty.org

Alcohol and Other Drugs

Behavioral Health Services

530-623-5708

Child Abuse/Elder Abuse

Health and Human Services

530-623-1314

Human Response Network's

Crisis Line

530-623-HELP (4357)

Collect Calls OK

www.humanresponsenetwork.org

Mental Health

Behavioral Health Services

530-623-5708

National Center for Missing and Exploited Children

www.missingkids.com

800-843-5678

TTY # 800-826-7653

Poison Control

1-800-876-4766

TTY # 800-972-3323

CHILD CARE

Child Care Planning Council

Trinity County Office of Education

www.tcoek12.org/ece.html

530-623-2861 ext. 226

Far Northern Regional Center — Respite Care

www.farnorthernrc.org

530-222-4791

Head Start Centers and Early Head Start

www.shastaheadstart.org

530-623-5980

Human Response Network

Child care referrals and resources,
family child care homes,
subsidized care, respite care, State
preschools 800-358-5251

530-623-2024

530-623-KIDS (5437)

Trinity County Office of Education

530-623-2861

School Readiness Playgroups

Burnt Ranch

530-629-3999

Coffee Creek

530-266-3344

Hayfork

530-628-5878

Hoaglin-Zenia

707-923-9604

Van Duzen

707-574-6237

Weaverville Parent Co-Op Nursery School

530-623-5332

Alps View Preschool

530-623-3784

Contact: Sherri White

530-623-2024

Shasta Headstart/Early Headstart

530-623-5980

Contact: Carol Nunnelly
(Shasta Headstart)

Marlene Merryman
(Early Headstart)

530-623-4110

Lewiston State Preschool

530-778-3984

Child and Family Activities



Club Live / Friday Night Live
530-623-5678

**Hayfork
Chamber of Commerce**
530-628-5610

Hayfork Pool
530-628-5000

Hayfork Youth Center
530-628-5210

Human Response Network
800-358-5251
530-623-2024

J. J. Museum
www.trinitymuseum.org
530-623-5211

Joss House
www.parks.ca.gov
530-623-5284

Parks and Recreation
Hayfork
530-628-4183
Weaverville/Douglas City
530-623-5925

The Trinity Players
530-623-8695

Trinity Arts Council
530-623-2760

**Trinity County Chamber of
Commerce**
530-623-6101

Trinity County Fair
530-628-5223

**Trinity County Office of
Education**
530-623-2861

Trinity Lanes
530-623-8800

**Weaverville Lapidary School
Gem and Mineral Society**
530-623-1183

Parks and Recreation



Greater Hayfork Valley Park and Recreation

530-628-5284

Hayfork Pool

530-628-5000

Trinity County Parks

(General Services)

Lowden Park

Rec Hall & Areas

Contact: TCGS

(530) 623-1319

Junction City Park

Contact: TCGS

(530) 623-1319

Hayfork Park

Contact: TCGS

(530) 623-1319.

Weaverville-Douglas City Parks and Recreation

530-623-5925

Lee Fong Park

Disc Golf, Picnic, Music
Performance Area, Rest
Rooms

Lowden Park

Lowden Park Pool

530-623-3640

The Waves Swim Team

530-623-3476

Youth Services and After School Activities



4-H Youth Development
530-628-5495

Behavioral Health Services
530-623-5678

**Youth Development Activities
Club Live and Friday Night Live**
www.fridaynightlive.org
530-623-1823

Burnt Ranch School
530-629-2543

Douglas City School
530-623-6350

Hayfork Elementary School
530-628-5294

**Hayfork Youth Center Operated by
Human Response Network**
530-628-5210
530-623-2024
800-358-5251

Junction City School
530-623-6381

Lewiston Elementary School
530-778-3984

Van Duzen Elementary School
707-574-6237

**Weaverville All Summer Program
(WASP) Operated by Human
Response Network**
530-623-2024
800-358-5251

Weaverville Elementary School
530-623-5533

**Weaverville Youth Center
Operated by Human Response
Network**
530-628-3984
530-623-2024
800-358-5251

CHILDREN WITH SPECIAL NEEDS

Healthy children lead to healthy families and communities. Read on to find many sources of health information and social services in Trinity County, where you can find the support you need for your children.

California Children's Services (CCS)

Case management for medically-eligible children
530-623-8209

Child Care Law Center

Info on parent rights regarding inclusion and services
(415) 558-8005
info@childcarelaw.org

Child Health and Disability Prevention Program (CHDP)

Well-child care for low income children
530-623-8209

Far Northern Regional Center

Coordinates community resources for individuals with developmental disabilities; services for infants and toddlers birth-3 years old
530-222-4791

Shasta Head Start/ Early Head Start

Federally-funded program free to income-eligible families
530-623-5980

Rowell Family Empowerment

Support, education and advocacy to families of children with special needs
(530) 226-5129

Trinity County Office of Education

SELPA services provided: early intervention; school health, psychologists and counselors; Special Education; speech and language; transportation
530-623-2861

Trinity Infant People

Occupational, physical and developmental therapy for babies and toddlers from birth to age three
530-623-4902

Education



Trinity County Office of Education

Home school, instructional media, special education services, speech and language, school health, school psychologists and counselors, teacher credentials, technology, and transportation
530-623-2861

Elementary School Districts

Burnt Ranch School

530-629-2543

Coffee Creek School

530-266-3344

Douglas City School

530-623-6350

Junction City School

530-623-6381

Lewiston School

530-778-3984

Trinity Center School

530-266-3342

Mountain Valley Unified School District

530-628-5265

Adult Education

530-628-5265

Hayfork Valley Elementary School

530-628-5294

Hayfork High School

530-628-5261

Mountain Valley Community Day School

530-628-9225

Valley High School

530-628-4690

Southern Trinity Joint Unified School District

707-574-6237

Adult Education

707-574-6237

Hoaglin-Zenia School

707-923-9670

Mt. Lassic High School

707-574-6237

Southern Trinity High School

707-574-6239

Van Duzen Elementary School

707-574-6237

Trinity Alps Unified School District

530-623-6104

Trinity High School

530-623-6127

Alps View High School

530-623-2541

Trinity Adult School

530-623-5256

Trinity River Community Day School

530-623-8605

Weaverville Elementary School

530-623-5533

Shasta—Tehama—Trinity Community College District

Shasta College at Weaverville

530-623-2231

University of California Cooperative Extension

530-628-5495

Education

Continued



Preschools

Head Start

Center-based programs serving three and four year olds, with comprehensive services including transportation.

Weaverville Office

530-623-5980

Weaverville Center

530-623-4110

State Preschool

Human Response Network
State preschools in Lewiston,
Southern Trinity, and Weaverville
800-358-5251
530-623-2024

Trinity County

Office of Education

530-623-2861

School

Readiness Pre-K

Playgroups

Funded by First 5

Burnt Ranch

530-629-3999

Coffee Creek

530-266-3344

Hayfork

530-628-5878

Hoaglin-Zenia

Play and Learn

707-923-9604

Van Duzen

Totally Tots

707-574-6237

Weaverville

Parent Nursery School

530-623-5332

Online Tobacco Cessation

American Cancer Society

www.cancer.org

American Heart Association

www.americanheart.org

American Legacy Foundation

www.americanlegacy.org

Surgeon General

www.surgeongeneral.gov/tobacco

Campaign for Tobacco Free Kids

www.tobaccofreekids.org

National Cancer Institute

www.cancer.org

National Spit Tobacco Education

www.nstep.org

Secondhand Smoke

www.epa.gov/smokefree

Office of Smoking and Health

www.dcd.gov/tobacco

Partnership for Smokefree Families

www.smokefreefamilies.org

QuitNet

www.quitnet.org

Quit Smoking Support

www.quitsmokingsupport.com

Social Services, Public Assistance and Transportation



Health and Human Services

800-851-5658

530-623-1265

TOO# for speech and hearing impaired only 530-623- 1233

- Cash Aid-Temporary Aid to Needy Families (TANF)
- Supplemental Nutrition Assistance Program (SNAP) 24 hour line 530-623-1314 Food Stamps
- Medi-Cal/Medicare
- CaiWorks
- County Medical Services Program (CMSP)
- Child Protective Services (CPS)
- General Assistance
- Veteran's Services

Public Health Department

530-623-8209 or 530-623-1265

Fax: 530-623-1297

- Health & Immunization Services (Flu shots and vaccinations by appt.)
- WIC (Women, Infants and Children program)
- Children & Family Services (CDHP, CCS &MCAH Programs)
- Adult Protective Services (APS)
- In-Home Supportive Services (IHSS)
- Public Guardian
- Public Authority (IHSS referrals)
- Representative Payee Program
- Emergency Preparedness

Human Response Network (HRN)

P.O. Box 2370

111 Mountain View Street

Weaverville, CA 96093

Services Provided:

- Volunteer Income Tax Assistance (VITA)
- Children & Family Services
- Domestic Violence & Sexual Assault Victim Empowerment Services
- Elder Support Services
- Emergency Services
- Lending Library
- State Preschools
- Tobacco Education
- Youth Programs

Phone: 530-623-2024

Toll Free: 1-800-358-5251

Fax: 530-623-6343

Hours: Monday - Thursday

8:00 a.m. - 5:00 p.m.

Friday 8:00 a.m. - 4:00 p.m.

Hayfork Community Center

Tule Creek Road

Hayfork, CA 96041

Phone: 530-628-4565

Fax: 530-628-1095

Hours: Monday, Wednesday, Friday

9:00 a.m. - 3:00 p.m.

Child Support Services

Obtain/enforce orders for paternity, support and medical insurance; collects and distributes child support payments

888-331-2033

530-623-1306

Social Services, Public Assistance and Transportation



(Cont.)

Early Head Start

Comprehensive home-visiting services for families with children ages 0-3

Weaverville

530-623-5980

Tribal TANF

Services provided: cash aid and supportive social services for Native American families

530-623-5006

CABS

Trinity Cab Services

530-623-5400

Public Transportation

Trinity Transit

530-623-LIFT (5438)

School Transportation

Contact your local school district

Senior Transportation

Golden Age Center

Weaverville

530-623-2324

Roderick Senior Center

Hayfork

530-628-4692

Transportation Vouchers

Human Response Network

(For verifiable medical and social services appointments)

800-358-5251

530-623-2024

Employment and Training Services



Americorps

Child Abuse Prevention Coordinating Council of
Shasta County
530-242-5816 ext. 213

California Conservation Corps

Training for youth ages 18-24
800-952-JOBS (5627)
530-241-3030

Employment Development Department—EDD

Services: unemployment insurance, job referrals
and placement; tax credit information; disability
insurance

1-800-300-5616

1-888-745-3886

E-Mail: [www .edd.ca.gov](http://www.edd.ca.gov)

Employment Development Department (Redding Office)

1325 Pine Street, Redding, CA 96001-0603
(530) 225-2185

Disability Insurance

800-480-3287

Job Corps

Training for Youth

Ages 16-24

800-733-5627

Smart Business Resource Center

(530) 623-5538

Skills and training for job seekers

Job search and training for youth, adults and
dislocated workers

Hayfork

530-628-5172

Weaverville

530-623-5538

Shasta College

Weaverville Campus

530-623-2231

Shasta-Trinity Regional

Occupational Program

High school students and adults

530-246-3302

Trinity Disability Services

Training and Day Program for developmentally
disabled adults

530-623-6881



Health



Acupuncture

Ann Elias

530-623-2668

Ambulance

Trinity County Life Support Emergencies: Dial 911

530-623-2500

Chiropractors

Mountain Chiropractic

530-623-4466

Clinics

Hayfork Health Center

530-628-5517

Southern Trinity Health Services

707-574-6616

Trinity Community Health Clinic

530-623-4186

Dentists/Dental Clinics

Fredrick Carlin, DDS

530-623-8888

John Kizziar, DDS, Inc.

530-628-4271

Southern Trinity Health Services

707-574-6621

Doctors

Daniel Harwood, MD

530-623-3600 (General Surgery)

Donald Krouse, MD

530-623-3735

Randall Meredith, MD

530-623-1157

Dale Stemple, MD, FACC

530-623-6777

Eye Doctors

Robert Fox, MD

David Hill, OD

530-623-2020

800-499-0831

Home Health

Trinity Home Health Services

530-623-6700

Hospice

Dawn Hospice

530-623-4692

Hospital

Trinity Hospital

Emergencies, Dial 911

530-623-5541

Environmental Health Services

530-623-1459



Health

(Cont.)



Indian Health Services

Redding Rancheria, Redding

530-224-2700

800-378-2700

United Indian Health Services

707-825-5000

Potawot Health Village, Arcata

800-675-3693

Massage and Yoga

Julia Baldwin Massage Therapy

530-623-9245

Fine Living Massage and Yoga

Fran Steevensz

530-623-4780

Golden Touch Massage

Claudia Taylor

530-778-3921

Karen Louise Stewart

530-623-5118

Junction City

Community Hall Yoga

Contact: Colleen Ryberg

530-623-5458

Hayfork Yoga

530-440-4970

Physical Therapy

Mountain Valley Physical

Therapy and Fitness

530-623-2570

Public Health

Trinity County Health Services

800-766-6147

530-623-8209

TDD# Hearing impaired only

530-623-1233

Tobacco Education Program

Cessation Support

530-623-2024

800-NO-BUTTS

Trinity County Human Services

Medi-Cal, Health Families, CMSP

530-623-1265

800-851-5658

TDD# Hearing impaired only

530-623-1233

NWC Resource Conservation

& Development Council

Community Garden and Children's Gardens

530-623-6240

UC Cooperative Extension

Agriculture and 4-H

530-628-5495

Food Stamp Nutrition Education

530-623-3746

Pregnancy Services



PERINATAL CARE PROVIDERS

(All listed Providers accept Medi-Cal & PE)

Hayfork Community Health Clinic*

530-628-5517

Hayfork, CA

Donald Krouse, MD*

Weaverville, CA

530-623-3735

(* "No Deliveries" Limited Prenatal Care)

Mercy Maternity Clinic, Redding

530-225-7800

Mercy Family Health Center

Redding, CA

530-225-7800

TC HHS, Public Health MCAH Program

530-623-8224

Shasta Community Health Center, Redding

530-246-5710

Tehama Women's Health Specialist

Red Bluff, CA

(*Certified Nurse Midwives available)

530-529-2966

Ogmar Inc. "Generations of Women"

Redding, CA

530-244-2130

Edith Olivia, MD

Redding, CA

530-241-5272

Redding Rancheria Tribal Health Center*

(*Certified Native Americans
and their households only)

Redding, CA

530-529-2966

PREGNANCY TESTING

(Trinity County)

Hayfork Community Center

Tule Creek Road

Public Health, 2nd Thursday

530-628-4571

Hayfork Health Center

530-628-5517

Planned Parenthood

530-351-7100

Primary Medical Providers

(See Perinatal Providers above;

and/or Health- Doctors) **Southern**

Trinity Health Services

707-574-6616

Trinity Community Health Clinic

530-623-4186

Trinity County Health Services

530-623-8209

Public Health

800-766-6147

HOSPITALS

Mercy Hospital

Redding

530-225-6000

St. Elizabeth's Hospital

Red Bluff

530-529-8000

Pregnancy Services



CHILDBIRTH EDUCATION CLASSES

**Mercy Maternity Center
Information**

888-628-1948

redding.mercy.org

PREGNANCY NUTRITION

WIC—Women, Infants and Children

Services provided: nutrition education, food vouchers, and breastfeeding education and support.

530-623-3238

Hayfork on Thursdays

530-628-5622

SUBSTANCE ABUSE

**Alcohol and Other Drugs
Services**

888-624-5820

Perinatal Program

530-623-5658

Hayfork

530-628-4111

24-hour crisis line

530-623-5708

FYI!

Alcohol and Pregnancy: A Bad Mix

Drinking alcohol during pregnancy can cause physical and mental birth defects. Each year, up to 40,000 babies are born with some degree of alcohol related damage.

What are the hazards of drinking alcohol during pregnancy?

- Mental disability
- Learning, emotional and behavioral problems
- Defects involving the heart, face and other organs
- Miscarriage
- Low birthweight
- Stillbirth
- Lifelong psychological and behavioral problems

If you're pregnant, you owe it to your baby — stop drinking.

The organizations listed on this page are ready to help if you need it.

Food and Nutrition Resources



Community Gardens

Free or low cost garden plots available to grow your own vegetables.

Hayfork Children's Garden, Trinity County
Fairgrounds, Weaverville Children's Garden,
Lowden Park
530-623-3967

Food Pantries

Burnt Ranch Indian Hall

(Emergencies only)
530-629-3998

Fresh Start- Lewiston Community Center

(Mondays- Differs from Food Bank hours which occur on the **FIRST** Monday of each month)

Summer hours 9-10:30am
Winter Hours 9:30-11:00am

Contact: Connor Nixon
530-778-3222

Human response Network (HRN)

M-TH 8am-5pm, Fri. 8am-4pm
530-623-2024

Hayfork Community Center (HRN)

M, W, F 1pm-3pm
530-628-4565

Southern Trinity Health

(Emergencies only)
707-574-6616 ext.110

Weaverville- Trinity Congregational Church

Wednesdays 10am-12pm
530-623-3101

CalFresh (Formerly Food Stamps)

Trinity County Health and Human Services
#51 Industrial Park Way
800-851-5658 ext. 1
TDD # for hearing impaired only
530-623-1233

CalFresh Nutrition Program— UC Cooperative

530-623-3746

Good News Rescue Mission Eureka

707-443-4551

Redding

530-241-5754

School Meals

Free breakfast and/or lunch for low- income school-aged children; apply at your local school office.

Senior Lunch Programs

Hot lunches for seniors aged 60+
Meals on Wheels, transportation
Hayfork

Roderick Senior Center

\$4 meal donation
530-628-4692

Weaverville

Golden Age Center

\$5 meal donation
530-623-2324

(Note: Others are welcome for lunch, but he donation is \$6/meal)

Soup Kitchens

Hayfork

Solid Rock Church

Mondays 11am-1pm
Contact: Mary Jo
530-410-2258
530-628-1125

Douglas City

Fire Hall

Tuesdays 11:30am-1:30pm
Contact: Carol Arthur
530-623-3927

Food and Nutrition Resources (Cont.)



USDA Food Commodities

Trinity County Food Bank

Distributes USDA Food Commodities to low-income families who

- 1) Receive commodities in the area in which they live, and
- 2) Sign a statement that they meet low-income guidelines

David Beans, Director

530-623-5409

530-623-3558

WIC

Trinity County Health and Human Services

#51 Industrial Park Way, M, T, W

Nutrition education and food vouchers for pregnant and breast-feeding women, and children under age 5 who meet income qualifications.

Call for appointment.

800-851-5658 ext. 6

530-623-8209

Trinity County Food Bank

Distribution Schedule:

Coffee Creek

1st Thursday of the month

11am-12 noon

Community Church

Douglas City

1st Tuesday of the Month

11am-1pm

Douglas City Fire Hall

Hawkins Bar

1st Friday of the month

11am-12pm

Community Hall

Hayfork

1st Tuesday of the month

8:30am-9:30am

Fairgrounds Dining Hall

Hyampom

1st Tuesday of the month

12pm-2pm

Hyampom Community Hall

Junction City

First Monday of the month

9:30am-10:30am

Community Fire Hall

Lewiston

1st Monday of the month

9am-10am

Community Hall

Mad River

1st Wednesday of the month

10am-12pm

South Trinity Health Services

Ruth

1st Wednesday of the month

3pm-5pm

Ruth Store

Weaverville

1st Monday

12pm-1pm

Behind Veteran's Hall at the Food Bank Warehouse

Zenia/Kettenpom

1st Tuesday

1pm-3pm

Kettenpom Fire Hall

Mental Health



Trinity County Behavioral Health

888-624-5820

Assessment and referral to other services*; crisis emergency services; family counseling* group counseling*; individual counseling for adults, teens and children*; and medication services* (*Medi-Cal only)

Hayfork

530-628-4111

Weaverville

530-623-1362

Alcohol and Other Drug Services

888-624-5820

Perinatal program* adult and adolescent outpatient treatment (*Medi-Cal only)

Hayfork

530-628-4111

Weaverville

530-623-1362

24-hour crisis line

530-623-5708

Human Response Network (HRN)

800-358-5251

Hayfork

530-628-4565

Weaverville

530-623-2024

24-hour domestic violence help line

530-623-HELP (4357)

collect call ok

Private Counselors

Jil Chipman, MFT

530-355-3081

Scott LaFein, MFT

530-623-2695

Shirley Schaden, MFT

530-623-4497

Cheryl Wilkerson, MFT

530-623-2892

Loren Cronk, MFT

530-949-9989

Dennis L. Harman, M.A., LMFT

530-410-1893

Domestic Violence Assistance



Help Line

(24 hour) Collect calls accepted
530-623-HELP (4357)

Human Response Network

Accompaniment to court, law enforcement interviews, social service appointments; clinical counseling services (possible sliding fee); crisis intervention; emergency services; shelter, food vouchers; legal assistance: protective orders, family law; lending library; peer counseling; resource and referral; self-help groups; children's self-esteem. (Services provided are without charge except as noted)

800-358-5251

Hayfork

530-628-4565

Weaverville

530-623-2024

Victim Witness

Justice system orientation; court escort and support; restitution information; victim impact statement assistance.

Expenses: funeral/burial; medical/hospital; mental health.

530-623-1205 ext. 130

Women's Support Group

For survivors of domestic violence

800-358-5251

530-623-2024

Self-Help & Support Groups



Trinity County Behavioral Health

530-623-1362

Family counseling, Group counseling,
Individual counseling for adults, teens &
children, medication services, assessment and
referral to other services Crisis emergency
services.

Mental Health Services

888-624-5820

Hayfork

530-628-4111

Alcohol and Other Drugs Services

530-623-5678

Human Response Network

Women's Support Group

For survivors of domestic violence

Thursdays 9:00-11:00 a.m.

P.O. Box 2370

111 Mountain View Street

Weaverville, CA 96093

Phone: 530-623-2024

Toll Free: 1-800-358-5251

Fax: 530-623-6343

National Domestic Violence Hotline

www.thehotline.org

1-800-799-7233

1-800-787-3224 (TTY)

Advocates are available 24/7 in over 170
languages. All calls are confidential and
anonymous.

PFLAG (Parents, Families, & Friends of Lesbians & Gays)

Support for families & advocacy on GLBT issues

Website: home.pflag.org

Alcoholics Anonymous (AA) and Narcotics Anonymous (NA)

Contacts: Weaverville

Todd A. 530-623-7160; Diane C. 530-623-5093

Overeaters Anonymous

Support for compulsive overeating, under-eating,
food addiction, anorexia, bulimia, binge eating, or
overexercising.

www.oa.org

Alzheimer's Aid Society of Northern California - Yreka Support Group

400 Hiram Page Road

Yreka, CA 96097

Stevie Roberts

(530) 842-1776

Alcoholics Anonymous and Narcotics Anonymous

Meeting Schedule



Sunday:

Mad River, 2pm, Community Hall, **AA**

Willow Creek, 9:30am, **AA**, Willow Creek Family Resource Center

Weaverville, 7pm,
New Apostolic Church
NA Closed Group

Monday:

Weaverville, 12 noon, Lutheran Church
NA open discussion

Trinity Center, 6pm, Fire House 12 (Bremer St.) **AA**

Weaverville, 7pm, Trinity PUD,
NA topic cup

Hayfork, 7pm, Solid Rock Church, **NA** book study

Tuesday:

Weaverville, 12 noon, Lutheran Church, **NA**, open discussion

Hayfork, 6pm, Solid Rock Church
Al-Anon Open Discussion

Weaverville, 6pm, Trinity PUD,
AA open discussion

Lewiston, 7pm, Community Center
AA Book study

Salyer, 7pm, Wayside Chapel,
AA Open discussion

Wednesday:

Weaverville, 12 noon, Lutheran Church, **NA** open discussion

Weaverville, 6pm, Golden Age Center, **AA** open discussion

Hayfork, 7pm, Solid Rock Church, **AA** open discussion

Thursday:

Hayfork, 7pm, Solid Rock Church (Al-Anon) Hayfork Hopefuls

Weaverville, 12 noon, Lutheran Church, **NA** open discussion

Weaverville, 7 pm, New Apostolic Church, Women's Group

Lewiston, 7pm, Community Center, **NA** book study

Friday:

Weaverville, 12 noon, Lutheran Church, **NA**, open discussion

Hayfork, 7pm, Solid Rock Church, **AA** open 12x12 study

Lewiston, 7pm, Community Center, **AA** CCC group

Weaverville, 7pm, Trinity PUD,
AA open discussion

Saturday:

Lewiston, 10am, Community Center, **AA** women's meeting

Weaverville, 7pm, Lutheran Church, **AA** speaker/discussion



Legal Services



Access to Justice and Family Law Center

Services offered: Self-help center for those representing themselves in court.

241 Washington Street, Unit E Weaverville

www.trinity.courts.ca.gov

530-623-5461

530-623-9205 (fax)

Court Services

530-623-1208

Court Mediator

530-623-1404

District Attorney

530-623-1304

Family Law Facilitator

530-623-1208

Human Response Network Domestic Violence and Sexual Assault

800-358-5251

530-623-2024

Probation Department

530-623-1204

Public Defender

Larry Olsen

530-623-0066

Laura Woods

530-623-2211

Senior Legal Services (Through Golden Umbrella)

530-623-6034

Legal Services of Northern California

(530) 241-3565 or

1-800-822-9687

Churches/Religious Centers



Coffee Creek/Trinity Center
Coffee Creek Community Church
530-266-3880
Mountain Faith Christian Fellowship
530-266-3785
St. Patrick's Catholic Church
530-623-4383

Hayfork
Church of Jesus Christ of Latter Day Saints
530-628-4486
Faith Assembly of God
530-628-5842
Hayfork Community Church
530-628-5760
Church of St Patrick Parish
530-623-4383
Kingdom Hall of Jehovah's Witnesses
530-628-5396
Seventh Day Adventist Church
530-628-5593
Solid Rock Christian Fellowship
530-628-5518

Junction City
Chagdud Gonpa Buddhist Center
530-623-2714 ext.126

Hyampom
Hyampom Community Church
530-628-5102

Lewiston
Lewiston Community Church
530-778-3148
St. Gilbert Catholic Church
530-623-4383

Salyer
Wayside Chapel
530-629-2015

Southern Trinity
Lamb Creek Christian Center
707-574-6651
Ruth Community Church
707-574-6229
Solid Rock Foundation
Ministries (no meetings on Wednesdays)
707-574-6483

Weaverville
Church of Jesus Christ of Latter Day Saints
530-623-5226
Church of the Nazarene
530-623-6154
First Baptist Church
530-623-4191
Holy Trinity Lutheran Church
530-623-3311
Kingdom Hall of Jehovah's Witnesses
530-623-4316
Landmark Missionary Baptist Church
530-623-9933
Mountain Chapel Assembly of God
530-623-3933
New Apostolic Church
530-623-5799
Seventh Day Adventist Church
530-623-4243
St. Patrick Catholic Church
530-623-4383
Trinity Congregational Church
530-623-3101

Governmental, Private, and Nonprofit Agencies



California Highway Patrol- CHP
530-623-3832

California Department of Justice
530-224-4825

California Fish and Game
530-623-4016

Chamber of Commerce
530-623-6101

Department of Motor Vehicles
530-623-3192

Cal Trans-Road Conditions
800-427-7623

Human Response Network
530-623-2024
800-358-5251

Northern Valley Catholic Social Services
(530) 241-0552
(800) 846-1451

Soil Conservation Service
530-623-3991

Trinity County Food Bank
530-623-5409

Veterans Service Officer
530-623-3975

Fire — all emergencies Dial 911

Fire Halls

Douglas City
530-623-5110

Hayfork
530-628-5126

Hoopa
530-625-4615

Junction City
530-623-4041

Salyer
530-629-2073

Trinity Center
530-266-3420

Weaverville
530-623-6156

Willow Creek
530-629-2229

Forest Service

Big Bar Station
530-623-6106

Coffee Creek Station
530-266-3211

Hayfork Station
530-628-5227

TTY-TDD Hearing impaired only
530-628-5222

Mad River Station
530-574-6511

Weaverville Station
530-623-2121

California Department of Forestry—Cal Fire
Hayfork Station

530-628-4755

Weaverville Station
530-623-4201

Resource Management
530-623-5681

Governmental, Private and Non-Profit Agencies

(Cont.)



Telephone AT&T

800-222-0300 **SBC**

800-310-2355 **TDS**

Telecom 530-266-3411

Verizon 800-483-4000

Trinity County Library

Hayfork

530-628-5427

Trinity Center

530-266-3242

Weaverville

530-623-1373

Trinity County Probation Department

530-623-1204

Trinity County Resource Conservation District

530-623-6004

Trinity PUD

530-623-5536

800-968-7783

Trinity River Restoration Program

US Bureau of Reclamation

530-623-1800

Trinity Trust -

A Community Fund

Duane Heryford

The Trinity Trust

Weaverville, CA 96093

(530) 623-0320

Christine Witt

Director of Donor & Grantmaking Services

Humboldt Area Foundation

(707) 442-2993 ext. 302

Trinity Wildlife Survival Center

Animal Rescue

530-778-3393

University of California Co-op Extension

Food Stamp Nutrition Program

530-628-5495

530-623-3746

US Fish and Wildlife

530-623-3931

US Postal Service

www.usps.com

800-275-8777

TTY-hearing impaired only

877-889-2457

Big Bar

530-623-6697

Burnt Ranch

530-629-2847

Douglas City

530-623-5149

Hayfork

530-628-5515

Hyampom

530-628-5955

Junction City

530-623-5254

Lewiston

530-778-3939

Salyer

530-629-2380

Trinity Center

530-266-3455

Weaverville

530-623-6144

Zenia

707-923-9687

Emergency and Disaster Services



All Emergencies- Fire, Medical, Police Dial 911

Ambulance Trinity County Life Support
Hayfork
530-628-4704
Weaverville
530-623-2500

California Highway Patrol- CHP
530-623-3832

Sheriff

Trinity County Sheriff
800-331-0115
Hayfork Substation
530-628-5634

Jail

530-623-1348
Weaverville
530-623-2611

Office of Emergency Services-OES
530-623-2611

Poison Control
800-876-4766

Emergency Assistance

Firewood

Glenn-Colusa-Trinity E.C.I.P.
Tuesdays 800-287-8711
Human Response Network
800-358-5251
Weaverville Lions Club
530-623-6600

Utility Bill Assistance

Human Response Network
800-358-5251
530-623-2024

Trinity Public Utility District
530-623-5536

Pacific Gas and Electric
800-743-5000

Heaters

**Glenn County Human
Resource Agency
Community Action Division**
800-287-8711
530-934-6510

**Housing—Emergency
Human Response Network**
800-358-5251
530-623-2024

**Homeless Services
Human Response Network**
530-623-2024
800-358-5251

Homeless Children’s Education-TCOE
530-623-2861

**Trinity County Health and Human Services-
Temporary Assistance for Needy Families (TANF)**
800-851-5658
530-623-1265

Tribal TANF

Native American only with child under age 18
530-623-5006

Church of the Nazarene
Monday-Thursday (No Friday)
*Limited services available
530-623-6154
530-623-3933

Transportation Assistance

Human Response Network
800-358-5251
530-623-2024

Seniors



Advocacy and Information

Adult Protective Services

(530) 623-1314

TDD: (530) 623-1233

Division of adult neglect and abuse prevention program. Provides investigation and intervention, when necessary, to protect adults unable to protect themselves.

Americans with Disabilities Act (ADA)

(800) 514-0301

www.ada.gov

Information and education about the rights of people with disabilities.

Area 2 Agency on Aging

208 West Center St, P.O. Box 1400, Yreka, CA 96097

(530) 842-1687

Fax: (530) 842-4804

Web Site: www.psa2.org

Plans, coordinates, and advocates for the development of local programs to meet the needs of older persons in Trinity County. Providing funding for senior programs.

California Disability Access

Telephone Disability Access Services

916-558-5755

916-558-5758 (TTY)

E-mail: dasinfo@dor.ca.gov

Web Site: www.disabilityaccessinfo.ca.gov

Provides public information, training, and technical assistance related to disability laws. One-Stop service delivery systems serving persons with disabilities and employers.

Congress of California Seniors (Legislation)

1230 N. Street #201, Sacramento, CA 95814

(800) 543-3352

E-Mail: info@seniors.org

Web Site: www.seniors.org

Senior citizen advocacy; addresses senior concerns and idea about state law and public policy. Local election held every other year.

Long Term Care Ombudsman

Tracy Barber

1647 Hartnell Avenue, Suite 9, Redding, CA, 96002

(530) 842-1687

1-800-231-4024 (24 hour CRISIS line)

1-916-445-1660 TDD/TTY

E-mail: Tbarber@psa2-ombudsman.org

Maintains listing of local facilities. Advocates for residents in skilled nursing facilities and residential care. Investigates reports of abuse-neglect of elders and dependent adults; maintains records of complaints and licensing reports.

Legal Services of Northern California

1370 West Street

Redding, ca 96001

www.lsnrc.net

(530) 241-3565 or 1-800-822-9687

Fax: 530-241-3982

L.I.A.P. (Legal Information and Assistance Project), staff provides free information about legal procedures, legal options, assistance with legal forms, referrals to local agencies, non-profit organizations, alternative dispute resolution and mediation programs. L.I.A.P. does not give legal advice or provide representation.

Seniors



Senior Advisory Center of Northern California (530) 223-6979

Provides free legal services to Senior Citizens over 60 yrs. of age. Services available at the Golden Age Center, Inc. in Weaverville, on the third Thursday of every month.

Veterans Affairs

(800) 952-5626

www.cdva.ca.gov Veterans benefits or complaints about providers.

Consumer Action

California Department of Consumer Affairs

400 R. Street, Sacramento, CA 95814

(800) 952-5210

E-Mail: dca@dca.c.gov

Web Site: www.dca.ca.gov

Licenses and regulates many professions including doctors, dentists, contractors and auto-repair technicians.

Consumer Product Safety Commission

(800) 638-2772

Investigates injuries associated with consumer products; establishes safety standards; and conducts consumer education programs.

Department of Corporations Seniors Against Investment Fraud (SAIF)

(866) 275-2677

Information and education about mail and telephone fraud and how to protect yourself.

Department of Managed Health Care-HMO Help Center

980 Ninth Street, Suite 500, Sacramento, CA 95814

(888) 466-2219

Web Site: www.dmhc.ca.gov

Takes complaints of mail fraud. Consumer complaints.

Mail Fraud/Complaints (Attorney General's Office)

(800) 952-5225

(800) 952-5548 TTD

Takes complaints of mail fraud. Consumer complaints.

Information and Assistance

Golden Umbrella

Senior information and assistance, multi-services senior program, Representative Payee Program, foster grandparents, senior companion

530-223-6034 Main

800-400-6446 Toll Free

530-226-3087 TTY

Eldercare Locator

Nationwide directory assistance services helping older people and their caregivers locate local support and resources for older Americans

800-677-1116

Website: www.eldercare.gov

Passages Resource Center

Caregivers: 530-229-0878

Adult Resources: 800-822-0109

Social Security Administration

800-772-1213

Redding Office

2195 Larkspur Lane, Redding, CA 96002

530-246-5326

Seniors



Information and Assistance (Cont.)

Public Guardian

(530) 623-1265
1-800-851-5658
TDD# 530-623-1233

Senior Centers

Services provided: Hot lunches for seniors aged 60+, meals on wheels, transportation

Hayfork

Roderick Senior Center
\$4 meal donation
530-628-4692

Weaverville

Golden Age Center
530-623-2324
(Note: Others are welcome for lunch, but the donation is \$6/meal)

Employment

Experience Works

530-225-2257
Skills and training for seniors 55 & older with low incomes

Smart Business Resource Center

(530) 623-5538
Skills and training for job seekers

Employment Development Department (EDD)

1-888-745-3886
E-Mail: www.edd.ca.gov

Redding Employment Development Department

1325 Pine Street, Redding, CA 96001-0603
(530) 225-2185

Health Insurance Counseling and Advocacy

HICAP

Phone (530) 223-0999
Fax (530) 223-5292
Roderick Senior Center
(HICAP-Thursdays only)
Contact: Martha Beymer
530-628-4528

Department of Managed Health Care

HMO Help

888-466-2219
Website: www.dmhca.ca.gov

Medi-Cal Information:

800-952-5253

Medi-Care Information

800-952-8627

Caregivers

Children of Aging Parents (CAPS)
167 PO Box Richboro, PA 18954-0167
(800) 227-7294

Web Site: www.caps4caregivers.org

Support services to caregivers of older people. Send a self-addressed stamped envelope to receive publications on aging or information about support groups.

HICAP – Health Insurance Counseling and Advocacy

Program
(530) 223-0999
(530) 628-4528 (Contact-Martha Beymer)

IHSS (In-Home Support Services)

(530) 623-1265
1-800-851-5658

Seniors



Caregiver Action Network
1130 Connecticut Ave, NW Suite 300
Washington, DC 20036
Phone: (202) 454-3970

Website: caregiveraction.org
General E-mail: info@caregiveraction.org

Provides advocacy, support, and information for family members who care for chronically ill, older, or disabled relatives. Newsletter available.

Home Health Care

Hospice (Dawn Hospice)
(530) 623-4692

Hospice uses a team of professionals to provide, medical, spiritual, and emotional care to the terminally ill and support for family and friends. Services are usually provided in the home, but can also be offered in skilled nursing care facilities and residential care homes. It is recommended to contact Hospice as soon as possible after receiving a terminal diagnosis. Hospice services may include:

- Referral to resources/services
- Respite for primary caregivers
- Support for the family/caregivers
- Phone support
- Volunteer help
- Spiritual and emotional support
- Bereavement services

IHSS – In-Home Support Services
(530) 623-1265
1-800-851-5658
TDD# (530) 623-1233

National Association for Home Care (NAHC)
228 7th Street, SE, Washington, DC 2003
(202) 547-7424

E-Mail: webmaster@nahc.org

Web Site: www.nahc.org

Promotes hospice and home care. Association publications include “How to Choose a Home Care Provider” and other free consumer guides on home and hospice care.

Trinity Home Health
231 Taylor Street, #B Weaverville, CA
(530) 623-6700

Bridgeville Community Center
P.O. Box 3, Bridgeville, CA 95562
(707) 777-1775

Lifeline & Assurance Programs

American Medical Alarms
1314 Cape Coral Pkwy East #208,
Cape Coral, FL 33904-9643
(800) 542-0438

E-Mail: office@americanmedicalalarms.com

Web Site: www.americanmedicalalarms.com

Establishes communication with emergency monitoring center to bring emergency assistance when necessary. Choice of pendant or watch.

Life Alarm
114 Shartom Avenue, Augusta, GA 30907
(800) 780-5433
Web Site: life-alarm.com

Seniors



Medical Equipment

AbleData

(800) 227-0216

Web Site: www.abledata.com

Information and sources for assistive technology and rehabilitation equipment.

HICAP

Health Insurance Counseling and Advocacy Program

(530) 223-0999

(530) 628-4528

Medi-Cal Information

(800) 952-5253

Medi-Care Information

(800) 952-8627

Veteran Assistance

(800) 827-1000

Wheelchairs

Weaverville Lions Club

Contact: Dave at The Floor Store

1306 Nugget Ln., Weaverville, CA 96093

(530) 623-6600 –Also has other durable medical equipment available for loan.

Golden Age Center

201 Browns Ranch Rd, Weaverville, CA 96093

Phone: (530) 623-2324

Used wheelchairs available for loan.

Wheelchairs | Medicare.gov

<https://www.medicare.gov/coverage/wheelchairs.html>

Wheelchair Foundation

3820 Blackhawk Road

Danville, CA 94506

Website: wheelchairfoundation.org

(800) 340-8525

Out-Of Home Care

Adult Day Health Care

California Advocates for Nursing Home Reform (CANHR)

(800) 474-1116

Web Site: www.canhr.org

Advocates for the rights of long-term care residents in California. Provides accurate information on Medi-Cal and long term care issues.

Long Term Care Ombudsman

PSA2 Services

Tracy Barber

The *Long Term Care Ombudsman* maintains a listing of local residential care facilities.

1647 Hartnell Avenue, Suite 9, Redding, CA, 96002

(530) 842-1687

1-800-231-4024 (24 hour CRISIS line)

1-916-445-1660 TDD/TTY

Trinity County Health and Human Services

(530) 623-1265

1-800-851-5658

Skilled Nursing Facilities

Skilled Nursing Facility – Trinity Hospital SNF

North Taylor Street, Weaverville, CA 96093

(530) 623-5541 ext 3266

Counseling and Mental Health

California Department of Aging

1-800-221-7722

Grief Hotline

1-800-445-4808

Seniors



Counseling and Mental Health (Cont.)

Human Response Network

(530) 623-2024 – Weaverville

(530) 628-4565 – Hayfork

1-800-358-5251-Toll Free

Family Counseling

Domestic Violence Counseling

Sexual Assault Victim Services

Trinity County Behavioral Health-Mental Health
Services

(530) 623-1362

1-888-624-5820

Hayfork **(530) 628-4111**

24 Hour Crisis Line **(530) 623-5708**

Private Counselors

Practicing in Weaverville

Dennis Harmon, MA, LMFT

(530) 410-1893

Scott LeFein, MFT

(530) 739-3945

Cheryl Wilkerson, MFT

(530) 623-2892

Loren Cronk, MFT

(530) 949-9989

Cristina Tissot, MFT

(530) 739-2983

Linda Lafferty, MFT

(530) 242-9234

Jil Chipman, MFT

(530) 355-3081

Adult Day Treatment Programs

Golden Umbrella

200 Mercy Oaks Drive, Redding, A 96003

(530) 223-6034

Senior Information and Assistance. Provides
Adult Day Treatment Program.

Alcohol and Drug Abuse Treatment

Alcoholics Anonymous

1-800-680-8955

Alcohol and Other Drug Services

Weaverville – **(530) 623-5678**

Hayfork – **(530) 628-4111**

Toll Free – **1-888-624-5820**

24 Hour Crisis Line **(530) 623-5708**

Emergency Services

Abuse-Intervention Services Abuse

It is important that family members, friends, neighbors, and professionals who work with seniors or children know the signs of abuse and report it to the appropriate agency. Abuse often gets worse if nobody stops it. Report suspected cases to the appropriate agencies or to law enforcement. They can often stop abuse before serious injury happens. Definitions of abuse include, but are not limited to:

- **Physical Abuse:**

Physical abuse, unreasonable physical constraint, Prolonged withholding of food or water, inappropriate use of a physical or chemical restraint, or Psychotropic medication

- **Psychological Abuse:**

Verbal assaults, threats, or harassment
Subjecting a person to fear, isolation, or serious emotional distress, Confinement

- **Financial Abuse**

Theft, embezzlement, misuse of funds or property
extortion, fraud

Seniors



Abuse-Intervention Services (Cont.)

Neglect

Failure to assist in personal hygiene, failure to provide clothing and shelter, failure to provide medical care, failure to protect from health and safety hazards, failure to provide food, abandonment, self-neglect

Elder Abuse

Reports of abuse occurring anywhere other than in a long-term care facility are made to the County Adult Protective Services agency.

Adult Protective Services

P.O. Box 1470, Weaverville, CA 96093

(530) 623-1265

1-800-851-5658

TDD# (530)523-1233

Elder Abuse Hotline

(530) 623-1314

Long Term Care Ombudsman

Tracy Barber

1647 Hartnell Avenue, Suite 9, Redding, CA, 96002

(530) 842-1687

1-800-231-4024 (24 hour CRISIS line)

1-916-445-1660 TDD/TTY

Advocates for residents in skilled nursing facilities and residential care. Investigates reports of abuse-neglect of elders and dependent adults; maintains records of complaints and licensing reports.

Human Response Network

(530) 623-2024 Weaverville

(530) 628-4565 Hayfork

1-800-358-5251 Toll Free

Family Counseling, Child Abuse Intervention, Domestic Violence Counseling, Sexual Assault Victim Services

Urgent Assistance

American Red Cross

1880 Park Marina Drive, Redding, CA 96001

1-800-909-3021

Housing, food, clothing, household items. First aid, and CPR. Community education in earthquake preparedness and disaster services, including fires, floods and earthquakes.

Emergency Assistance

E.C.I.P./Weatherization/H.E.A.P.

1-800-287-8711

1-530-934-6510 Fax: (530) 934-6521

Telephone for application for assistance with wood and/or heating bills. Low income weatherization program. Call Tuesdays.

Human Response Network

(530) 623-2024 – Weaverville

(530) 628-4565 – Hayfork

1-800-358-5251-Toll Free

Assistance with gas for people with verifiable medical or social services appointments.

Trinity County Behavioral Health Services

(530) 623-1362 Weaverville

(530) 628-4111 Hayfork

1-888-624-5820 Toll Free

(530) 623-5708 24 Hour Crisis Line

Assessment and referral to other services, family counseling, group counseling, individual counseling for adults, teens and children and medication services (Medi-Cal only). **Suicide and Crisis Intervention** & crisis emergency services.

Seniors



Homeless Services

The term “homeless” is used when a person has no place to keep their belongings, and no formal place to sleep. The following services assist in locating housing, food, and or personal items.

Human Response Network

(530) 623-2024 – Weaverville

(530) 628-4565 – Hayfork

1-800-358-5251-Toll Free

Emergency shelter may be available on a first come first serve basis. Rental assistance programs to prevent eviction.

Good News Rescue Mission

2842 S. Market Street, Redding, CA 96002

(530) 242-5920

Rescue Mission provides year round shelter for men, women and children. Serve breakfast and dinner daily. Offer counseling for men and women. Drug Rehabilitation/Residential Program available. Distribution of clothing, small appliances and some food-Fridays between 9 a.m. and noon only.

Veteran’s Assistance

1-800-827-1000

Veteran’s Services

(530) 623-3975

Victim Witness Program

Trinity County Victim Witness Program

P.O Box 158, Weaverville, CA 96093

(530) 623-8316

The California Victim/Witness Assistance Program is a statewide effort to provide support services to all types of crime victims. These programs serve crime victims in all counties throughout California and are partially funded through the Office of Criminal Justice Planning with penalty assessments collected from convicted offenders. Services include, determined by Program staff, arrangements for temporary child care; emergency food, clothing, and shelter.

Employment

Job Search/Training

Employment Development Department (EDD)

1-888-745-3886

E-Mail: www.edd.ca.gov

Smart Business Resource Center

790 Main Street, Weaverville, CA 96093

(530) 623-5538

Hayfork Community Center

154 C Tule Creek Road, Hayfork, Ca 96041

(530) 628-5172

Redding Employment Development Department

1325 Pine Street, Redding, CA 96001-0603

(530) 225-2185

End of Life Services

Estate Organization

The following list includes the basic information that should be kept in a safe, yet easy to find.

Seniors



Estate Organization (Cont.)

- Medical directives
- Wills and Trusts
- Financial Data
- Safety deposit boxes and keys
- Insurance policies
- Funeral Plans
- Disposition of body
- List of people to contact

If no friend or family member is available, the Public Administrator of the county in which the person resides will be appointed to handle these details.

Probate

Probate is necessary for some estates and can be avoided for other states. Probate is the court process to determine if a will of a dead person (called the “deceased”) is genuine or not. It is the lawful distribution of a deceased’s estate. If there is no will, probate names an administrator. Many married homeowners can pass their home to the surviving spouse and postpone probate when the first spouse passes away. There are different ways to avoid probate. It is best to speak to a licensed attorney to get professional legal advice before filling out legal documents or buying living trust services. Not everyone needs a living trust to avoid probate and for many homeowners a living trust is an unnecessary expense. A licensed attorney can help determine whether any form of trust is necessary and whether there are other ways to avoid probate.

Trust Administration

If intentions are clearly written and expressed to others, trust administration, management and settlement is handled without court involvement, and with minimal legal assistance. Administration of Living Trusts is required upon the death of the first trust creator (if married) or upon the death of a single trust creator. Go to the **Legal Services** page for more information.

Final Arrangements

Birth and Death Certificates

Department of Public Health- Vital Records

MS 5103, P.O. Box 997410, Sacramento, CA
95899-7410

(916) 445-2684

Web Site: www.cdph.ca.gov

Birth and death certificates. There is a 10-week wait time for documents ordered. Internet site will accept major credit cards for payment. The cost per certificate is \$13-\$15.

Recorder’s Office

Trinity County Courthouse, 101 Court Street,
Weaverville, CA 96093

(530) 623-1215

Birth and death certificates. Copies may be requested by mail or in person; also a funeral director can handle this for you. Several copies may be needed for insurance claims and for obtaining other benefits.

Burial Information

The Yellow Pages of the telephone directory also lists funeral, cremation and burial information under Funeral Directors and Crematories.

Seniors



Cemetery and Funeral Bureau

400 R. Street, Sacramento, CA 95814

(916) 322-7737

Web Site: www.cfb.ca.gov

Regulates the removal, transportation and burial preparation of deceased persons; inspects mortuaries and crematories to ensure sanitary conditions and investigate complaints.

Forrest Funeral Home

107 Masonic Lane, Weaverville, CA 96093

(530) 623-4144

Pre-Arrangements, Memorial Services, Cremation Arrangements, Funerals and Crematory.

Neptune Society

2607 Santa Rosa Ave, Santa Rosa, CA 95407

1-800-229-5719, Web Site:

www.neptunesociety.com

Coordinates services that include taking cremation ashes to sea.

Death Benefits

Social Security

When someone who has worked and paid into Social Security dies, survivor benefits can be paid to certain family members-widows, widowers (and divorced widows and widowers), children and dependent parents. Survivors are advised to apply for benefits promptly because, in some cases, benefits may not be retroactive. Survivors may apply by telephone or at any Social Security Office.

Social Security Administration

1-800-772-1213

Web Site: www.socialsecurity.gov

The Social Security Administration provides free pamphlets about Social Security benefits, Medicare, and Supplemental Security Income (SSI), SS cards, planning and survivor benefits.

Social Security Administration (Redding)

2195 Larkspur Lane, Redding, CA 96002

(530) 246-5326

Organ Donor (Gift of Life Program)

If you are at least 18 years old, you may donate your body or parts of your body or a pacemaker for medical transplantation and/or research after your death. The Department of Motor Vehicles can supply you with a donor card to be carried with your driver's license/ID card and a donor sticker to be placed on the front. The card can also be used to show you do not wish to be a donor. Donors should share their decision with family members. See page 60 for DMV information.

California Transplant Donor Network

1611 Telegraph Ave, Oakland, CA 94611

1-888-570-9400 Web Site: www.ctn.org

Organ Donations

Living Bank

1-800-528-2971

Information and registry for people to donate their organs and tissues.

National Kidney Foundation (NKF)

1-800- 622-9010

Web Site: www.kidney.org

The Foundation supports research and organ donation programs.

Seniors



Unattended Death

An unattended death is a death without the presence of medical personnel. In this case, police must be contacted. They will provide the initial support.

Support Services

Hospice organizations offer various types of assistance to the terminally ill and their families. For more information, see **Hospice** page. Hospice is also one of several organizations offering grief support for those who are losing (and have recently lost) loved ones. Contact Senior Information and Assistance for Support Groups near you.

Financial Matters

County Social Services

Food Stamps

The Food Stamp program offers assistance for low income persons for purchasing a portion of their monthly food. Apply for Food Stamps through your County's Social Services Department.

General Assistance

People who are very low income and do not qualify for federal public assistance programs may be eligible for the General Relief Program. Income and property limits are very low for this program. Apply for General Relief through your local social services department.

Human Response Network

530-623-2024

Vita Program

Free Income Tax Assistance through [VITA](#) (Volunteer Income Tax Assistance)
February - April

Trinity County Health and Human Services

P.O. 1470, 51 Industrial Park Way, Weaverville, CA 96093

(530) 623-1265

1-800-851-5658

1-800-851-5659

TDD# 530-623-4892

Child Welfare Services, In Home Support Services, Medi-Cal, Food Stamps, Calworks and General Assistance.

Additional Resource

GovBenefits

Web Site: www.govbenefits.gov/

On-line questionnaire asks questions necessary to determine what federal programs are available to you.

Financial Management

Credit Reporting Agencies

You may contact the major credit reporting companies regarding credit status or problems

www.experian.com

www.equifax.com

www.transunion.com

IRS

800-829-1040

Get Free Tax Preparation Help, Electronic Filing Options, Free File Tax Software, Make a No-Fee Electronic Payment, Affordable Care Act, Find Answers to Your Tax Questions, Request an Electronic Filing PIN, Get a Tax Transcript, Apply for an Employer ID Number

www.irs.gov

Seniors



Walk-In Site, Redding

Appointment Required

Phone: (530) 224-0695

850 Industrial St.

Redding, CA 96002

Hours of Operation:

Monday-Friday - 8:30 a.m.-4:30 p.m.

(Closed for lunch 12:30 p.m. - 1:30 p.m.)

Representative Payee

Adult Protective Services

(530) 623-1314

TDD: (530) 623-1233

Social Security Administration (SSA)

Office of Public Inquiries, Baltimore, MD 21235

1-800-772-1213 – National

Social Security Administration (SSA)

2195 Larkspur Lane, Redding, CA 96002

(530) 246-5326

Web Site: www.socialsecurity.gov

Social Security Administration (SSA)

Office of Public Inquiries, Baltimore, MD 21235

1-800-772-1213

Property Tax Postponement Program

1-800-952-5661

Information and forms on property tax postponement. Eligible seniors can postpone property taxes to be paid at a later date. Simple interest is applied.

Veteran's Benefits

Department of Veterans Affairs (VA)

810 Vermont Ave., NW, Washington, DC 20420

1-800-827-1000

Web Site: www.va.gov

Provides benefits for eligible veterans and their families.

County Veteran's Services

51 Industrial Parkway, Weaverville, CA 96093

(530) 623-1265

1-800-851-5658

Veterans Affairs

Veterans' benefits or complaints about providers

1-800-952-5626, Web Site: www.cdva.ca.gov

FOOD AND NUTRITION

Commodities/Supplemental Food

Trinity County Food Bank

(530) 623-5409

(530) 623-3558

Douglas City

First Tuesday of the month

Douglas City fire Hall, 11am-1pm

Coffee Creek

First Thursday, Community Church, 11:00-12:00 pm

Hawkins Bar

First Friday of the month

Hawkins Bar Community Hall, 11:00- 12:00 am

Hayfork

First Tuesday of the month

Fairgrounds Dining Hall, 8:30-9:30am

Junction City

First Monday, Grange Hall, 9:30-10:30am

Lewiston

First Monday, Community Hall, 9:00-10:00am

Mad River

First Wednesday of the month,

Southern Trinity Health Service, 10:00-12:00pm

Seniors



Ruth

First Wednesday of the month,
Ruth Community Hall, 3:00-5:00pm

Weaverville

First Monday, Behind Veteran's
Hall 12:00 1:00 pm

Zenia/Kettenpom

First Tuesday Volunteer Fire Station
1:00-3:00 pm

Food Pantries

Coffee Creek

Community Church

Every Friday, 2:30-3:30pm

Hayfork

Human Response Network

Hayfork Community Center

Tule Creek Road

(530) 628-4565 M,W,F 9-3pm

Solid Rock Christian Fellowship

(emergencies only, twice a year)

(530) 628-5922

Hoopa

Hoopa Food Distribution

P.O. Box 498, Hoopa, CA 95546

(530) 625-4646

Food commodities. Native Americans only

Lewiston

Fresh Start Food Bank

Lewiston Community Center, Every

Monday except 1st Monday of mo.,

10-11:30

Mad River

Southern Trinity Health Services

(emergencies only)

P.O. Box 4, Mad River, CA 95552

(707) 574-6616

Emergency Only: (707) 574-6421 (24 hrs)

(707) 574-6531

Weaverville

Trinity Congregational Church Food Cupboard

735 Main St., Parish Hall, Weaverville, Wednesday
10-12

(530) 623-3101

Human Response Network

111 Mountain View, Weaverville

(530) 623-2024

(530) 623-HELP (4357)

Emergency Dining Facilities

Community Assistance Lunch Program

Douglas City Fire Station Hall, every Tuesday from

11:30-1:30 pm

(530) 623-3927

Second hand clothing and canned goods also
available.

Good News Rescue Mission

2842 S. Market Street, Redding, CA 96002

(530) 242-5920

Rescue Mission provides year round shelter for men,
women and children. Serve breakfast and dinner
daily.

Hayfork Soup Kitchen

Trinity County Fairgrounds dining room, Hayfork

(530) 628-5555

Soup kitchen open every Monday from 11am to

1pm. Free showers also available.

Food Delivery Services

Golden Age Nutrition Center

201 Browns Ranch Road, Weaverville, CA 96093

(530) 623-2324

(530) 623-4692

\$5 donations for ages 60 plus or handicapped, \$8 for
all others. Home delivery provided to confined
seniors. Serving at 12:00pm, Monday-Thursday

Seniors



Roderick Senior Center

90A Coral Ave, (directly behind the Park)
Hayfork, CA 96041

(530) 628-4692

\$5 donation for ages 60 plus, \$5.25 for takeout for ages 60+. Home delivery available. Serving at 12:30, Mon.– Fri. For seniors 60 plus, Roderick Center will provide transportation to necessary appointments.

Food Stamps

Trinity County Health and Human Services

PO 1470, 51 Industrial Park Way
Weaverville, CA 96093

(530) 623-1265

1-800-851-5658

1-800-851-5659

TDD# 530-623-4892

Nutrition Sites

Home Delivered Meals

Lunch Sites

Golden Age Nutrition Center

201 Browns Ranch Road, Weaverville, CA 96093

(530) 623-2324

(530) 623-4692

Senior legal services, flu and blood pressure clinics, computer lab, nutrition, meals on wheels, transportation and referrals.

Roderick Senior Center

90A Coral Ave, (directly behind the Park) Hayfork,
CA 96041

(530) 628-4692

Home delivery available. For seniors 60 plus, Roderick Center will provide transportation to necessary appointments.

Health & Wellness

Non-traditional health care options are available throughout the community. Many use these options to supplement traditional health care, many rely only on the alternative healthcare services. The telephone book has listings under specific health services such as acupuncture, holistic practitioners, or herbs.

Dental Clinics

Southern Trinity Health Services

1553 A Van Duzen Road, Mad River, CA 95552

(707) 574-6621

(707) 574-6616

Family medical and dental services

Willow Creek Family Health Center

38883 HWY 299, Willow Creek, CA

(530) 629-3111

Family medical and dental services

Emergency Medical Information

Health Watch

Personal Monitoring Systems

Emergency Response Systems

MCMS/Trinity Home Health

Local Contact:

Kathy McConnell

(530) 623-6700

Medic-Alert Foundation International

2323 Colorado Avenue, Turlock, CA 95382

1-888-633-4298

E-Mail: customer_service@medicalert.org

Web Site: www.medicalert.com

Medic-Alert bracelet or necklace alerts emergency responders about important medical conditions.

Seniors



Information and Referral

1-800-Dentist

1-800-336-8478

Web Site: www.1800dentist.org

Referrals to local dentists.

Southern Trinity Health Services

P.O. Box 4, Mad River, CA 96002

(707) 574-6616

(707) 574-6421 (24 hrs.) (Emergency Only)

(707) 574-6531

Primary health care, dental care, emergency medical services, confidential AID's testing. Mon-Fri, 8-5.

Willow Creek Family Health Center

38883 Hwy 299, Willow Creek, CA 95573

(530) 629-3111

Primary medical, dental and mental health care.

Health Clinics

Hayfork Health Clinic

1243 Highway 3 (Main Street) Hayfork, CA 96041

(530) 628-5517

Southern Trinity Health Services

P.O. Box 4, Mad River, CA 96002

(707) 574-6616

(707) 574-6421 (24 hrs.) (Emergency Only)

(707) 574-6531

Primary health care, dental care, emergency medical services, confidential AID's testing. Mon-Fri, 8-5.

Trinity Community Health Clinic

510 N Taylor Street, Weaverville, CA 96093

(530) 623-4186, FAX (530) 623-4397

General health for Trinity County. Provides DMV physicals and County employee physicals. Provides basic women's health care and lactation consulting.

Hours: 9a.m. to 5p.m. Mondays and 9am to 6pm

Tuesday through Thursday.

Trinity County Public Health Department Health Services

51 Industrial Way, Weaverville, CA 96093

(530) 623-8209

Referrals, HIV/AIDS testing, pregnancy testing, adult and child immunizations and flu vaccinations.

Willow Creek Family Health Center

38883 Hwy 299, Willow Creek, CA 95573

(530) 629-3111

Primary medical, dental and mental health care.

Health Organizations

Alzheimer's Association

921 Eleventh St., Suite 601

Sacramento, CA 95814-2821

1-800- 660-1993

E-Mail: info@alz.org

Web Site: www.alz.org

Offers information and support services to people with Alzheimer's disease and their families.

American Diabetes Association

1691 North Beauregard St., Arlington, VA

1-800- 342-2383

Web Site: www.diabetes.org

Information and educational materials on preventing, treating, and living with diabetes.

Seniors



American Heart Association

7161 I Street, Eureka, CA 95501

1-800-242-8721

Web Site: www.americanheart.org

Arthritis Foundation

1-800-464-6240

Web Site: www.arthritis.org

Medical information concerning all types of arthritis and arthritis related illnesses. Drug guide for drugs used to treat arthritis.

Foundation for Osteoporosis

Research and Education (FORE)

1-888-266-3015

E-Mail: info@fore.org

Web Site: www.fore.org

Resources and information on bone health and osteoporosis.

Vestibular Disorders Association

P.O. Box 4467, Portland, OR 97208-4467

1-888-837-8428

Web Site: www.vestibular.org

Offers information on disorders of the inner ear and management and diagnosis of dizzy spells.

Hearing and Speech Services

California Relay Service

1-877-546-7414 Toll Free

1-800-867-4323 Toll Free TTY

E-Mail: consumeraffairs@ddtp.cm

Web Site: www.ddtp.com

The Deaf and Disabled Telecommunications Program (DDTP) provides Speech-to-Speech telephone services for the hard of hearing.

California Telephone Access Program

1-877-546-7414 Toll Free

1-800-867-4323 Toll Free

Web Site: www.ddtp.com

Free products and services for individuals who have difficulty using the telephone due to hearing, vision, movement, manipulation or speech/interpretation impairments.

Captioned Media Program (CMP)

1447 East Main Street, Spartanburg, SC 29307

1-800-237-6213 Toll Free

1-800-237-6819 Toll Free TTY

E-Mail: info@cfv.org

Web Site: www.cfv.org

Free open-captioned videos are available for the deaf or hard of hearing, their parents, families, teachers, counselors, interpreters or others.

Ear of the Lion Foundation

1-800-327-8077

Web Site: www.md4lions.org

Collects used hearing aids throughout the State of California, refurbishes and conditions them, and loan them to people of low income. One-time only \$50 charge, for as long as the client needs the hearing aid (One only). Coordinates with Medi-Cal.

Hospitals

Mountain Community Medical Services

(Trinity Hospital)

410 N. Taylor, Weaverville, CA 96093

(530) 623-5541 (Call 911 for emergencies)

Facility provides 24 hour emergency service, physician on site, acute care, convalescent care, home health, community health clinic and out-patient services. Laboratory, radiology, ultrasound, mammography, EKG, anesthesiology, surgery, CT scans and echocardiography.

Seniors



Rehabilitation Services

Mountain Valley Physical Therapy

P.O. Box 2120
1304 Nugget Lane Weaverville, CA 96093
(530) 623-2570 Physical Therapy (doctor referral only)

National Rehabilitation Information Center

1010 Wayne Ave, Silver Spring, MD 20910
1-800-346-2742

E-Mail: naricinfo@heitechservices.com

Web Site: www.naric.com

Provides information on rehabilitation for people with physical or mental disabilities. Database searches on all types of physical and mental disabilities, as well as referrals to local and national facilities and organizations.

Skilled Nursing Facility – Trinity Hospital SNF

North Taylor Street, Weaverville, CA 96093
(530) 623-5541 ext 3266

Vision Services

Blind Veteran's Association

1-800-669-7079

Web Site: www.bva.org

Promotes the welfare of blinded veterans.

Braille and Talking Book Library

900 N. Street, Sacramento, CA 95714
1-800-952-5666

E-Mail: btbl@library.ca.gov

Web Site: www.loc.gov/nis

Variety of books on cassette and records; Braille books. Special players to read books available for loan. Books mailed postage paid. Free service.

California Deaf-Blind Services

1600 Holloway Ave, San Francisco, CA 94132
1-800-822-7884

Web Site: www.sfsu.edu/cadbs

Information, training, support for deaf-blind persons and their families.

California Department of Rehabilitation

1900 Churn Creek Rd. Suite 100
Redding, CA 96002
530-224-4708

California Optometric Association

1-888-396-3937

Web Site: www.coavision.org

Referrals and assistance programs for vision care.

Diabetes Action Network- National Federation of the Blind

1-818-996-6621

Web Site: www.nfbcal.org/

Publication for diabetics and for those who have lost vision due to diabetes.

Eye Care America

1-800-222-3937

Web Site: www.eyecareamerica.org

Multiple help lines to request free eye health education materials or find if a person qualifies for ophthalmology services. (Senior Program, Glaucoma Program, Diabetes Program, Children's Program.)

Vision USA

Email: visionusa@aoa.org

Provides basic eye health and vision care services free of charge to uninsured low-income working people and their families.

Seniors



Pharmacy and Prescription Drug Assistance

AARP Pharmacy Service

1-800-456-2277

Web Site: www.aarp-pharmacy.com

Discounted prices on mail order prescriptions, hearing aid batteries, and vitamins. Need not be an AARP member.

RX Help for Californians

1-877-777-7815 Toll Free

Web Site: www.rxhelpforca.org

Free service for people who are uninsured, underinsured or have limited income. It can help sort through free and reduced-price medication programs and assist in completing application forms for pharmaceutical companies.

Medicare Drug Plans

If your income is low, you may be able to get extra help for drug plan costs if you apply for it through Social Security Administration. For more information about prescription drug programs contact:

For Information about Medicare Drug Plans
1-800-633-4227

For Low Income Assistance call:
Social Security Administration
1-800-772-1213

For In-Person Assistance Contact:
HICAP
(530) 223-0999
(530) 628-4528
Health Insurance Counseling and Advocacy Program

Housing

Seniors may have to periodically reevaluate their housing, financial and health care needs, so understanding local options can be helpful. The Senior Information and Assistance programs keeps records on senior housing options, can assist seniors in evaluating their living needs, and can help with locating alternate resources.

Golden Umbrella

(530) 223-6034

Senior Information & Assistance.

California Department of Fair Employment and Housing

121 Spear St., Suite 430, San Francisco, CA
1-800-884-1684

Web Site: www.dfeh.ca.gov

Handles cases of discrimination and harassment in Employment, Housing, Business, Public Accommodations, and acts of hate violence.

American with Disabilities Act (ADA)

800-514-0301 (voice)

800-514-0383 (TTY)

Advocacy and regulations applying to equal access by persons with disabilities: housing, employment, access, discrimination.

Homeowners & Renters Association for Senior Citizens, Blind and Disabled

1-800-852-5711

1-800-822-6268 TDD

Senior Housing

Eskaton Hayfork Manor

125 Hyampom Road, Hayfork, CA 96041
(530) 628-5770

Web Site: www.eskaton.org

Seniors



(Senior Housing Cont.)

Weaver Creek Senior Apartments

800 Brown's Ranch Rd, Weaverville, CA 96093
(530) 623-3443

Energy Assistance and Weatherization

CARE Program

1-800-743-2273

Web Site: www.pge.com

Reduced utility rates for low-income households. Income levels must meet federal low-income guidelines.

E.C.I.P./Weatherization/H.E.A.P.

Glen County HRA, 420 E. Laurel, Willows, CA 95988

1-800-287-8711

1-530-934-6510

Fax: 530-934-6521

Telephone for application for assistance with wood and/or heating bills. Low income weatherization program. Call Tuesdays

Energy Partners

1-800-933-9555

Web Site: www.pge.com

Weatherization program offered to low-income/disabled/senior customers.

Medical Baseline Program

P.O. Box 8329, Stockton, CA 95208

1-800-743-5000

1-800-652-4712 Toll free TTD

Web Site: www.pge.com

Receive lower baseline rate for energy use based on medical necessity, life support equipment at home, or special heating or cooling needs.

Pacific Power and Light Care and Energy Assistance

1-888-221-7070

Reduced utility rates for low-income households. Income level must meet federal low-income guidelines.

Housing Repair and Modification

Senior Housing Information and Support Center

1-916-419-7500

E-Mail: webmaster@aging.ca.gov

Web Site: www.aging.ca.gov

Statewide resource center on home modification resources for seniors and functionally impair adults. Resource library, outreach and education.

Mobile Home Ombudsman

P.O. Box 31, Sacramento, CA 95812

1-800-952-5275

Web Site: www.hcd.ca.gov

Assists with complaints relating to matters of registration and titling, mobile home and mobile home park inspections (health and safety issues), installation, and problems relating to dealer sales.

Trinity County Grants Office-

Trinity County Court House

10 Court Street

Weaverville, CA 96093

(530) 623-8364

LEGAL

California Advocates for Nursing Home Reform (CANHR)

1-800-474-1116

Resource for information regarding Elder Law and estate planning. Advice on financial protection of spouse upon entering long-term care, Estate Planning with Medi-Cal provisions in mind, and other legal advice regarding Estate Planning and Long-term care.

Advanced Health Care Directive

The Advanced Health Care Directive (AHCD) replaces the "living will" or Durable Power of Attorney for Health Care (DPAHC).

Senior Legal Services Hotline

1-800-222-1753

Seniors



Conservatorship

Trinity County Public Guardian
(530) 623-1265
1-800-851-5658

Legal Services

American Bar Association

740 15th Street, NW, Washington DC 20005
(202) 662-1000

E-Mail: abaelderly@abanet.org

Web Site: www.abanet.org/elderly

Makes referrals and maintains a listing of legal aid offices where older people can get free or low-cost legal assistance.

Legal Services of Northern California

(530) 241-3565 or 1-800-822-9687

Fax: 530-241-3982

L.I.A.P. (Legal Information and Assistance Project), staff provides free information about legal procedures, legal options, assistance with legal forms, referrals to local agencies, non-profit organizations, alternative dispute resolution and mediation programs. L.I.A.P. does not give legal advice or provide representation.

Senior Advisory Center of Northern California

(530) 223-6979

Provides free legal services to Senior Citizens over 60 yrs. of age. Services available at the Golden Age Center, Inc. in Weaverville, on the third Thursday of every month.

Senior Legal Hotline

444 N. Third Street, Ste. 312
Sacramento, CA 95814
1-800-222-1753

Web Site: www.seniorlegalhotline.org

Residents of CA 60+ eligible to receive, FREE, confidential legal assistance by phone in : probate, wills and trusts, consumer law, housing, debt collection and bankruptcy, powers of attorney, foreclosures, contracts, Medicare, Medi-Cal, other health care, family law, elder abuse, age discrimination, and grandparent rights.

State Bar of California

180 Howard St., San Francisco, CA 94105
1-866-442-2529 Toll Free

E-Mail: irs@calbar.ca.gov

Web Site: www.calbar.ca.gov

California Bar Association. Regulates and supervises attorney licensing and activity.

State Bar of California-Attorney Complaint

Hotline

1-800-843-9053

Accepts complaints against attorneys.

Medicare & Medi-Cal Insurance

HICAP

(530) 223-0999

(530) 628-4692

Health Insurance Counseling and Advocacy Program. Qualified Medicare Beneficiary Program (QMB) & Special Low Income Medicare Benefits (SLMB)

Medicare

1-800-633-4227

1-800-MEDICARE

Web Site: www.medicare.gov

Provides information on Medicare, Medicare claim information, Medicare Advantage, Medicare drug plans, and publications.

Applying for Medicare Part A and Part B

For questions about Medicare Part A and Part B enrollment contact:

Social Security Administration

1-800- 772-1213 National

Web Site: www.ssa.gov

Responsible for Social Security retirement programs. Contact SSA for information and assistance with Social Security benefits as well as survivor benefits, disability insurance, and Supplemental Security Income eligibility.

Seniors



Medicare Appeals

If you have a Medicare claim that has been denied, contact HICAP to assist you with a Medicare appeal. Time to make an appeal is limited.

HICAP

(530) 223-0999

(530) 628-4528

Health Insurance Counseling and Advocacy Program.

Social Security Claims Representative

1-800-431-2804

Web Site: www.ssa.gov

Provides names of attorneys in caller's area specializing in Social Security disability claims.

Supplemental Insurance

Long Term Care Insurance

Long Term Care Insurance can cover. Skilled Nursing Facilities, Assisted Living Facilities, Home Health Care, Personal Care, Adult Day Health Care. Typically, policies must be purchased when the person is in good health. The California Department of Insurance publishes a long term care insurance rate guide to compare premiums.

Medical Supplemental Insurance

Many people with Medicare decide to purchase Medicare supplemental insurance to cover prescription costs and the cost of co-pays and deductibles for Medicare.

Employer Plans

MediGap

HICAP

(530) 223-0999

(530) 628-4528

Health Insurance Counseling and Advocacy Program.

Medi-Cal

Medi-Cal Hotline

1-899-952-5294

Web Site: www.dhs.ca.gov/mcs/medi-cal-home

Medi-Cal information, eligibility and applications, including Medi-Cal and Healthy Families, Medi-Cal Assistance and County Medical Services Program (CSMP)

Medi-Cal for Long Term Care

California Advocates for Nursing Home Reform (CANHR)

1-800-474-1116

There may be penalties for improper planning. CANHR can refer a local attorney who knows the complex Medi-Cal provisions.

Recreation and Activities

Recreation and Fitness

California State Parks

1-800-777-0369

E-Mail: info@parks.ca.gov

Web Site: www.parks.ca.gov

California State Parks and reservations.

Eskaton Hayfork Manor

125 Hyampom Road, Hayfork, CA 96041

(530) 628-5770

Web Site: www.eskaton.org

Senior Centers

Senior Centers are the hub of community spirit for seniors. Activities, services and programs are just some of the benefits to be found at your local center, such as exercise groups, art and support meetings.

Seniors



Senior Centers (Cont.)

Golden Age Nutrition Center

201 Browns Ranch Road

Weaverville, CA 96093

(530) 623-2324 or (530) 623-4692

Roderick Senior Center

90A Coral Ave, (directly behind the Park)

Hayfork, CA 96041

(530) 628-4692

Travel

Amtrak

1-800-972-7245

1-800-523-6590 TTY

E-Mail: www.amtrak.com

Web Site: www.amtrak.com

National rail service across the United States.

Discounts on most routes for persons 62 and older.

Helping Hand from Greyhound

1321 Butte, Redding, CA 96002

(530) 241-2070

1-800-454-2487

For Fair and Schedule Information

1-800-231-2222

Bus transportation in United States and Canada; special fare for handicapped person and companion traveling together. Senior discount for persons 62 and older.

Transportation

A variety of transportation modes exist in Trinity County, ranging from public transportation to specialized door-to-door services.

Automobile

California Department of Motor Vehicles (DMV)

1261 Main Street, Weaverville, CA 96093

(530) 623-2059

CALTRANS Highway Information

1-800-427-7623

Web Site: www.dot.ca.gov

Current highway conditions

Human Response Network

(530) 623-2024 – Weaverville

(530) 628-4565 – Hayfork

1-800-358-5251-Toll Free

Assistance with gas for people with verifiable medical or social services appointments.

Trinity County Cab Service

(530) 623-7787

Provides cab service, ambulatory care service, i.e., wheelchair service, and non-emergency transport.

Trinity Transit

1302-B Nugget Lane, Weaverville, CA 96093

(530) 623-5438

For Medical Appointment Transportation:

Shasta Senior Nutrition Center at (530) 226-3075

Website: ssnpweb.org

Call to register before using this service.

Provide a 24 hour notice for transit service by calling: (530) 226-3075.

Seniors can take **Trinity Transit to Redding** where transport will meet seniors at one of the bus stops in Redding (RABA Transit Center or the Canby Transfer Center) and take them to where they need to go. When finished with their appointments, seniors are welcome eat a meal, participate in activities or wait at the Shasta Senior Nutrition Center until it is time to go back to the bus stop to meet the Trinity Transit bus. There is a monthly menu and activities calendar available on their website.

Seniors



Medical and Specialized Transportation

When planning for medical transportation, provide as much notice as possible to the driver.

AI Butler

(530) 410-5569

Transports only to Mercy Hospital and MD Imaging in Redding.

Angel Flights

17851 N. 85th Street, Suite 350 Scottsdale, Arizona 85255

Phone: [877-264-3570](tel:877-264-3570) - (877) ANGEL-70

E-Mail: info@angelflight.com

Web Site: www.angelflight.com

Free air transportation for ambulatory low-income patients for medical treatments, transplants, doctors, or compassionate needs.

Cancer Transport

American Cancer Society

(800) 227-2345 Option # 1

Transportation to medical appointments for ambulatory cancer patients only. This service is volunteer based and requires that you call to schedule transport 4 days in advance of your appointment.

Precious Cargo

(530) 221-2228

Accepts Medi-Cal. Transports to all area hospitals and doctors.

Trinity County Life Support

314 N. Main Street, Weaverville, CA 96093

(530) 623-2500

Senior Transportation

Golden Age Center

201 Browns Ranch Road, Weaverville, CA 96093

(530) 623-2324

(530) 623-4692

Volunteer Opportunities

Volunteering is a way to engage in an enriching experience. Volunteerism provides help to others while providing a rewarding opportunity to learn new skills, pursue interests, build resumes, make business contacts, stay active and meet new people.

Golden Age Center

201 Browns Ranch Road, Weaverville, CA 96093

(530) 623-2324

(530) 623-4692

Hospice (Dawn Hospice)

(530) 623-4692

Hospice uses a team of volunteers and professionals to provide non-medical support, spiritual, and emotional care to the terminally ill.

Human Response Network

(530) 623-2024 – Weaverville

(530) 628-4565 - Hayfork

1-800-358-5251-Toll Free

Mountain Community Medical Services

410 N. Taylor

Weaverville, CA 96093

(530) 623-5541 (Call 911 for emergencies)

Roderick Senior Center

90A Coral Ave, (directly behind the Park)

Hayfork, CA 96041

(530) 628-4692

Trinity County Library

(530) 623-1373

Trinity County Sheriff Department

(530) 623-2611

Weaverville Fire Department

(530) 623-6156

**Shasta County Optometrists Accepting Medi-Cal
Child Health & Disability Prevention Program 2016
CHDP (530) 623-8209**



ANDERSON

Bernet, Daniel, O.D.
2890 Ventura St.
Anderson, CA 96007
(530) 365-6471

BURNEY

Patterson, Henry, O.D.
37333 State Hwy. 299 E.
Burney, CA 96013
(530) 335-2233

COTTONWOOD

Farrar, Michael, O.D.
3650 Main St. Ste C
Cottonwood, CA 96022
(530) 347-7347

FALL RIVER MILLS

Brown, Bill, O.D.
43124 Hwy 299 E.
F.R.M., CA 96028
(530) 336-5220

PALO CEDRO

Palo Cedro Eye Clinic
Feucht, Allison, O.D.
9372 Deschutes Rd.
Palo Cedro, CA 96073
(530) 547-2020

REDDING

Martin, Mitch, O.D.
Gallagher, Gary, O.D.
3080 Victor Ave.
Redding, CA 96002
(530) 243-3550

REDDING cont.

Enterprise Optometry
Center
Gallagher, Gary, O.D.
3080 Victor Ave.
Redding, CA 96002
(530) 222-3166

Ward, Thomas, O.D.
2132 Eureka Way
Redding, CA 96001
(530) 244-4234

SHASTA LAKE

Shasta Lake Optometry
Martin, Richard, O.D.
4626 Shasta Dam Blvd
Shasta Lake, CA 96019
(530) 275-0866

CALFRESH– Health & Human Services

#51 Industrial Park Way, Weaverville (Normal Business Hours Only) **623-1265 or 1-800-851-5658 ext. 1**
 Golden Advantage card issued to county residents who meet income and resource qualifications.

WIC – Health and Human Services

#51 Industrial Parkway, Weaverville Mon – Wed. **623-8209 or 1-800-851-5658 ext. 6**
Hayfork Community Center (Three Thursdays per month)
 Nutrition education and food vouchers for pregnant and breast-feeding women and children under age 5 who meet income qualifications. **TO MAKE AN APPOINTMENT, PLEASE CALL THE WEAVERVILLE OFFICE.**

SENIOR LUNCH PROGRAMS

Hot lunches for senior citizens age 60+ (one spouse must meet age criteria).

Weaverville - Golden Age Center 623-2324
 Suggested voluntary contribution \$5 for ages 60+, \$10 for all others. Home delivery provided to confined seniors.
 Serving at 12:00, Monday – Thursday

Hayfork - Roderick Senior Center 628-4692
 Suggested voluntary contribution \$5 /\$5.25 for takeout for ages 60+, \$8 for ages under 60. Home delivery available-suggested voluntary contribution \$5.25. Serving at 12:30, Monday – Friday. *For seniors 60+, Roderick Center will provide transportation to local appointments only, suggested voluntary contribution 50 cents one way.*

SOUP KITCHENS

Hayfork **Rob 628-1168**
 Soup Kitchen opened every Monday from 11am to 1pm. Located in Hayfork at the Solid Rock Christian Fellowship

Douglas City **Carol Arthur 623-3927**
 Community Assistance Lunch Program every Tuesday from 11:00 -1:00. Douglas City Fire Station Hall.
Second hand clothing and canned & fresh goods also available.

Hyampom **Pat Mortenson, 628-4533**
 Food for Folks Soup Kitchen opened every Tuesday from 2:00 – 5:00. Located in Hyampom at the Hyampom Community Hall.

FOOD PANTRIES

WEAVERVILLE	<u>Trinity Congregational Church Food Cupboard</u> 735 Main St. Parish Hall, Weaverville. Wednesdays 10-12	623-3101
	<u>Human Response Network</u> 111 Mountain View, Weaverville	623-2024 623-HELP
LEWISTON	<u>Fresh Start Food Bank</u> 130 Texas Ave., Lewiston Community Center, every Monday 10:00 – 11:30 Except for the 1st Monday.	Connor Nixon 778-3222
HAYFORK	<u>Human Response Network</u> Mon.& Wed. 9 – 3:00 Hayfork Community Center, Tule Creek Rd	628-4565
	<u>Solid Rock Christian Fellowship</u> <i>(call for appointment)</i> Twice a year on emergency bases.	Carl Speers 707-599-6260
MAD RIVER	<u>Southern Trinity Health Services</u> 321 Van Duzen Road (first Wed. of the month following the first Tues.)	(707) 574-6616

2016 TRINITY CO. FOOD BANK Sites & Income Guidelines

Director, Jeff England, For Info Call: 739-0983 or Web Site: Trinitycountyfoodbank.com

TCFB distributes USDA Food Commodities to low income families who:

1. Receive commodities in the area in which they live, and
2. Sign a statement saying that they meet the following income guidelines:

<u>HOUSEHOLD SIZE</u>	<u>MONTHLY HOUSEHOLD INCOME</u>	<u>ANNUAL HOUSEHOLD INCOME</u>
1	\$1,485	\$17,820
2	2,002.50	24,030
3	2,520	30,240
4	3,037.50	36,450
5	3,555	42,660
6	4,072.50	48,870
7	4,591.25	55,095
8	5,111.25	61,335
9	5,631.25	67,575
10	6,151.25	73,815
Over 10	add \$520 each	add \$6,240 each

DISTRIBUTION SCHEDULE

<u>COMMUNITY</u>	<u>DAY OF MONTH</u>	<u>TIME</u>	<u>LOCATION</u>
Coffee Creek	1st Thursday	11:00 - 12:00	Community Church
Douglas City	1st Tuesday (following the 1 st Monday)	11:00 - 1:00	Douglas City Fire Hall
Hawkins Bar	1st Friday	11:00 - 12:00	Community Hall
Hayfork	1st Tuesday	9:00 – 10:00	Solid Rock Church
Hyampom	1st Tuesday	12:00 - 2:00	Community Hall
Junction City	1st Monday	10:30 - 11:30	Community Hall
Lewiston	1st Monday	9:30 - 10:30	Community Hall
Mad River	Wednesday (following 1st Tues.)	10:00 - 12:00	So. Trinity Health Serv.
Ruth	Wednesday (following 1st Tues.)	3:00 - 5:00	Community Hall
Weaverville	1 st Monday	12:00 - 1:00	Warehouse
Zenia/Kettenpom	1st Tuesday	1:00 - 3:00	Kettenpom Fire Hall

Trinity County CHDP Providers

Hayfork Health Center

1243 Hwy 3
Hayfork (530) 628-5517
Accepting New Patients

Willow Creek Family Medical

38883 Hwy 299
Willow Creek (530) 629-3111
Accepting new patients from local area

Trinity Community Clinic

31 Easter Avenue
Weaverville (530) 623-4186
Accepting New Patients

Southern Trinity Health Services

321 Van Duzen Road
Mad River (707) 574-6616
Accepting New Patients



Six Rivers Medical Group

850 Hwy 96
Willow Creek (530) 629-3116
Accepting new patients from local area

Information about well child exams:

- Well Child Exams are also referred to as health assessments.
- The number of well child exams for your child may be needed to be increased depending on your child's needs. This is something that you can discuss with your medical provider.
- A dental screening is required to be performed at every health assessment regardless of the age of your child.
- Foster Care Children need to receive at least one yearly health assessment.
- Sports and School Physicals are required to be completed as needed.

Age of child to have at least one well child exam:
1 months old
2 months old
4 months old
6 months old
9 months old
1 year old
15 months old
18 months old
2 years old
3 years old
4-5 years old
6-8 years old
9-12 years old
13-16 years old
17-20 years old



2016

Trinity County~Shasta County

Medi-Cal Dentists

If you do not have Medi-Cal and would like more information contact **530-623-1265** or **(800) 851-5658**. If you would like help locating other dentists In Trinity or Shasta County, please call the Denti-Cal number: **1(800)-322-6384**.

ANDERSON:

**Anderson Family Health
(Shasta Comm. Health)**
2801 Silver Street
365-3147 (Shasta County
residents only)*

BURNEY:

**Pit River Health Services,
Inc.**
36977 Park Avenue
335-3651 ext.118
or (800) 843-7447
(all ages; 0-99 yrs.)*

REDDING:

Access Dental
1667 E. Hilltop Dr.
223-5500
(New adult Medi-Cal
patients. No children at
this time)*

Wilson, Lila P

2100 Hilltop Dr. Ste. A
605-3350
(Children 4-20 yrs. only:
pregnant women in 2nd
trimester only)*

D. Lee, D.D.S.

1212 South Street
241-1129
(Adults & children 5yrs &
older; pregnant women, 12-
28 weeks gestation)*

REDDING (CONT.)

**Redding Rancheria Tribal
Health-Dental Clinic**
1441 Liberty Street
226-1750
(Native Americans & their
Households, pregnant
women or parents with a
Native American child)*

**Shasta Community Health
Center Dental Clinic**
1400 Market St. Room
#8103
247-7253

New patient exams ages 20
yrs. & under: Shasta County
residents only)*

Western Dental Centers
1350 Churn Creek Road
224-9700 or 510-4963*

ROUND MOUNTAIN:

Hill Country Health &
Wellness
29632 Hwy 299 E.
337-6243 **or**
317 Lake Blvd., Redding
(Adults, Infants & Children)*

***Provider accepts
pregnant women with
Denti-Cal. Patient must
have written medical
release from physician.**

SHASTA LAKE CITY:

**Shasta Community Health
Center-Dental Clinic**
4215 Front St.
276-9129*

TEHAMA COUNTY

RED BLUFF:

**Red Bluff Community
Dental
Clinic (Northern Valley)**
2500 Main Street
529-2567 Ext. #4*

Rolling Hills Clinic

2540 Sis. Mary Columba Dr
690-2788*

**Northern Valley Indian
Health**

2500 N. Main St.
529-2567*

**Greenville Rancheria Tribal
Health Clinic**

1425 Montgomery Rd.
528-8600*

TRINITY:

**Southern Trinity Health
Services**
321 Van Duzen Rd. Mad
River, CA 95552
(707) 574-6616*

AUDIOLOGISTS ACCEPTING MEDI-CAL

Audiology Associates

McWilliams, Rita, MA
3330 Churn Creek Rd.
Ste. D-5
Redding, CA 96002
530-221-7380

Audiology Services

Angela Batini, M.S.
2160 Court
Redding, CA 96001
530-241-6656

Redding Hearing Institute

499 Hemsted Drive, Ste. A
Redding, CA 96002
530-226-3320

Mercy Speech and Language Pathology

(Swallow Studies Only)
2175 Rosaline Ave.
Redding, CA 96001
530-225-7540

