



Siskiyou County

Senior
Resource
Directory

Andrea Martin
PHOTOGRAPHY

2024-2025



FAIRCHILD
MEDICAL CENTER

Specialty Care Close to Home



Behavioral
Health



Dental
Clinic



General
Surgery



Orthopedic
Clinic



Women's
Health



Rehabilitation
Services



- 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

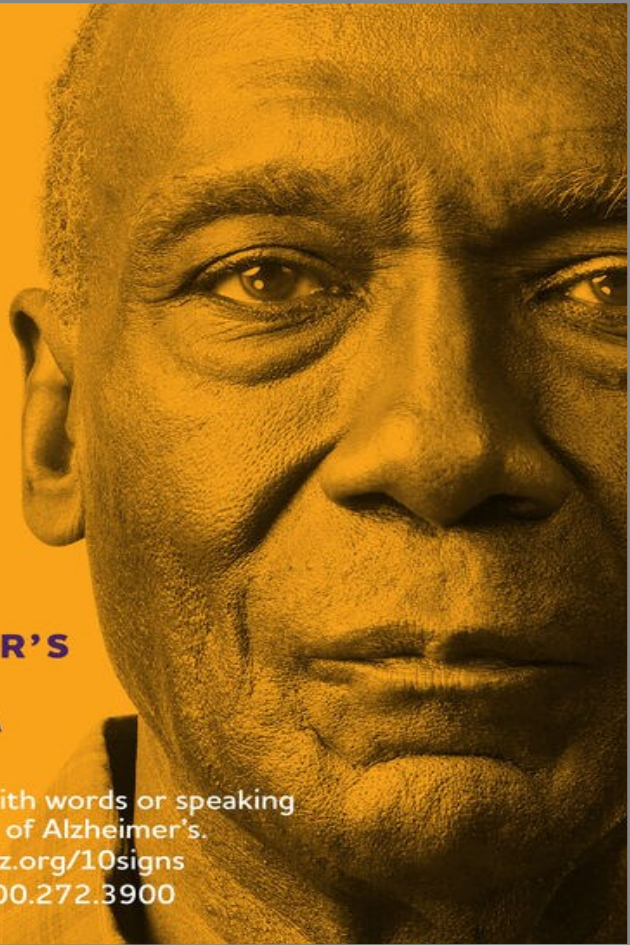
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**DAD IS
TRAILING
OFF IN THE
MIDDLE
OF HIS
SENTENCES.**

**KNOW
WHERE
ALZHEIMER'S
AND ALL
DEMENTIA
HIDE.**

New problems with words or speaking
is a warning sign of Alzheimer's.
Learn more at alz.org/10signs
24/7 Helpline 800.272.3900



ADVOCACY

AARP.....	888-687-2277
Adult Protective Services.....	530-841-4200
California DMV, Community Liaison & Outreach.....	916-657-6464
Dignity Health Connected Living -MSSP Care Management.....	530-226-3020
Dignity Health Connected Living-AmeriCorps Seniors 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*





Experienced local senior care for total peace of mind.

PROVIDING: Bathing & Dressing Assistance • Assistance with Walking • Medication Reminders • Errands & Shopping • Light Housekeeping • Meal Preparation • Companion Care • Respite Care for Families • Flexible Hourly Care • Veterans Care • End-of-Life Care • Alzheimer's Care • Dementia Care • Chronic Disease Care

530.223.2400
VisitingAngels.com/Redding

Each Visiting Angels agency is independently owned and operated. Lic: #454700006 | NPI: #1780122374
*2024 Visiting Angels is a registered trademark of Living Assistance Services, Inc.



BEREAVEMENT SUPPORT

- Compassionate Friends (parents who have lost children).....877-969-0010
- Klamath Hospice.....Macdoel-Dorris-Tulelake.....877-882-2902
- 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
- Visiting Angels Living Assistance Services.....530-223-2400**



PSA2 Information, Assistance & Referrals
1-800-510-2020



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

Supporting Family After a Child Dies

friendship, understanding, and hope

*Everyone who needs us will find us
and everyone who finds us will be helped*

877-969-0010



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

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

Shasta Cascade Health Centers

McCloud ~ Dunsmuir ~ Mt. Shasta

Always Warm & Welcoming



530-926-4528

Primary Care · Dental Services · Behavioral Health · Chiropractic

www.shastacascadehealth.org

Mention this ad
for \$500 off
the First
Month's Rent!

Call to Tour Today!



Assisted Living
Memory Care
Respite Care
Hospice Services



Compassionate Care
Personalized Care
Plans
Medication
Management



Restaurant-Style
Dining
Engaging Social
Activities
Beautiful Courtyards
Pet Friendly



Maintenance Free
Living
Laundry,
Housekeeping, &
Utilities Included

351 Bruce St. Yreka, CA

530-842-4300

siskiyousprings-sl.com

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

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.

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

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



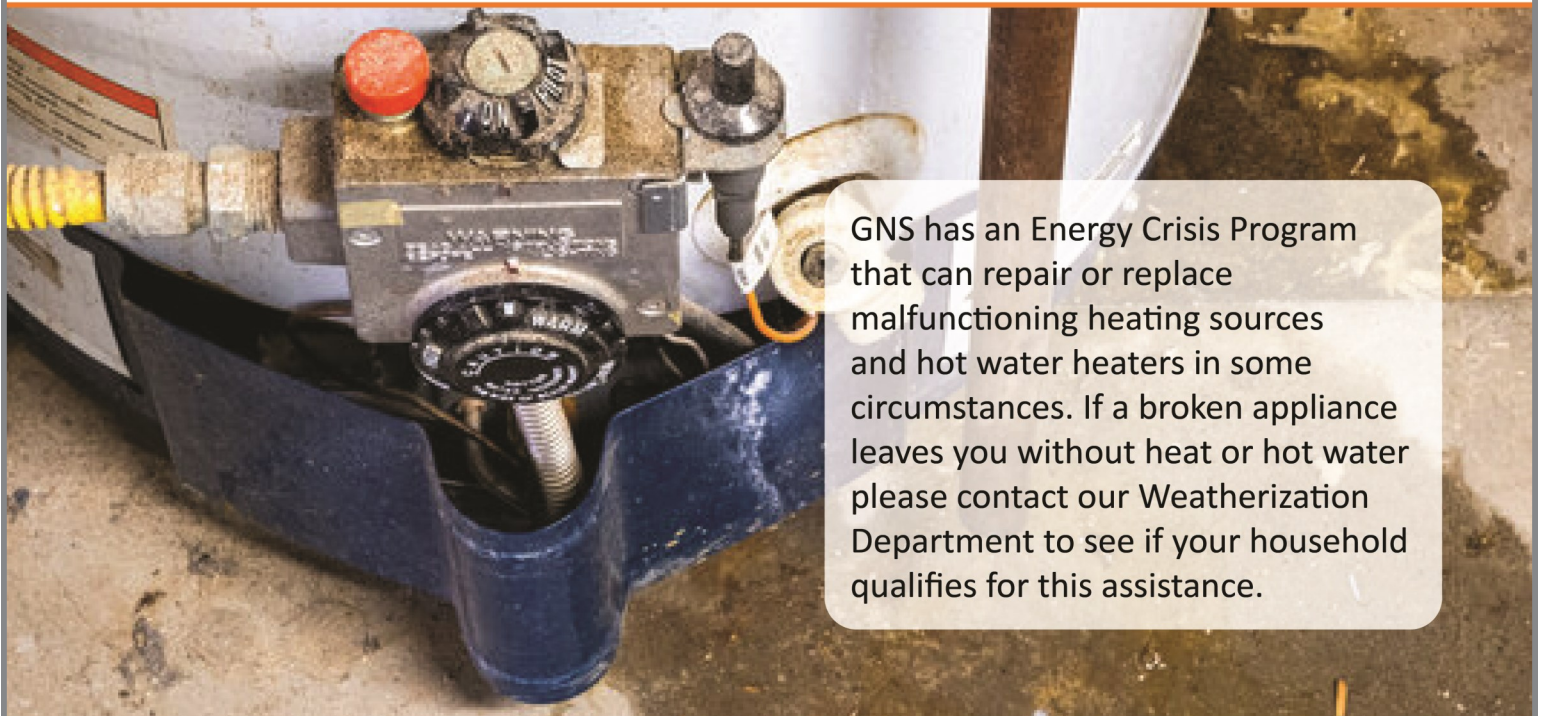
Our **FREE Weatherization Program** can make permanent changes to your home making it warmer, safer, and more energy efficient.

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.



Our Family Serving Yours for Over 70 Years

The staff members of Girdner Funeral Chapel will guide your family in creating a meaningful ceremony to honor the life and memory of a loved one. A ceremony can be anything you wish it to be. No matter how it's tailored, such a ceremony is an important step in recovering from loss.



Serving ALL of Siskiyou County!



530-842-3434

530-842-4588


530-841-1934

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
- 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



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

HEALTH & FITNESS CENTERS

Karuk Wellness Center.....	Happy Camp.....	530-493-1414
	Yreka.....	530-841-3155
Level Up Studio.....	Yreka.....	530-598-3979
Mountain Fitness	Lake Shastina/Mt. Shasta.....	530-926-3589
Mountain Fitness (The Wellness Center).....	Mt. Shasta.....	530-926-6010
Siskiyou Family YMCA.....	Yreka.....	530-842-9622
The Bar.....	Yreka.....	530-921-9034
The Well Center for Healing.....	Yreka.....	530-572-1566

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



Resort Style Senior Living

Retire in Style



**LIMITED
TIME
MOVE-IN
SPECIAL**

- Day Spa
- Studio
- Cinema
- Book Lounge
- Business Center
- Restaurant Style Dining

INDEPENDENT

ASSISTED LIVING

MEMORY CARE

At Grenada Gardens you can focus on the people and things you love, while we take care of the rest!

TOUR TODAY!

424 Highway A-12, Grenada, CA 96038
Ph. 530-436-2514 Fax 530-436-2379



LIC. #475002785
www.grenadagardens.com

Get on the road
to your new
home!



Grenada, California 2024

**Up to \$1500
in savings!**

START HERE

1. Call us to find out more about our wonderful amenities and services.
2. Schedule a tour to our one-of-kind community and see for yourself what Senior Leisure Lifestyle looks like!
3. Don't forget to mention our Move-in special to receive \$1500.00 in savings.

**CALL TO RESERVE YOUR
STUDIO TODAY!
SPACES ARE LIMITED**

It's that easy!



TOUR TODAY! TOUR TODAY! TOUR TODAY!

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



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

HOUSING REPAIRS & HANDICAP ASSISTANCE

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**

PSA2 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 Employment & 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



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

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

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 36 years of renting, repairing and selling high quality medical equipment

(530)841-3000



1714 S. Oregon St. Yreka CA

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



MEDICAL SUPPLIES & EQUIPMENT

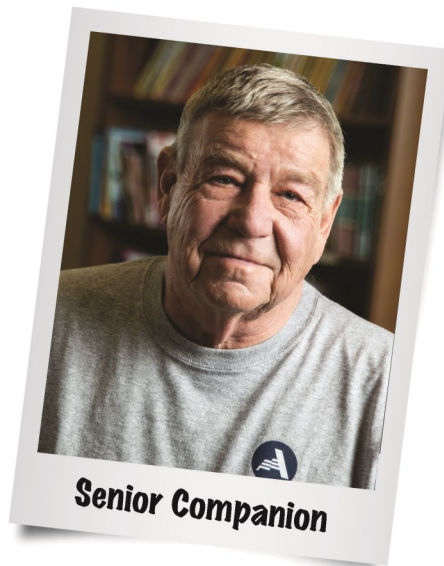
Beltone Better Hearing Center.....	530-221-4624
California Connect- free specialized phones & bluetooth accessories.....	800-806-1191
Disability Action Center- medical equipment & voice options.....	530-242-8550
Habitat for Humanity-Wheelchair Ramp Assistance.....	530-598-1966
Lincare.....Yreka.....	530-841-0503
Miracle Ear Center.....Yreka.....	530-842-2411
PSA2-Fall Prevention Resources.....Yreka.....	530-842-1687
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 extend a heartfelt thanks to our Volunteers for their service throughout the 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
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
The Well Center for Healing.....	Yreka.....	530-572-1566

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. Our van runs from 9am-2pm. Please call 24 hours in advance 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



www.psa2.org

Planning and Service Area 2 Area Agency on Aging

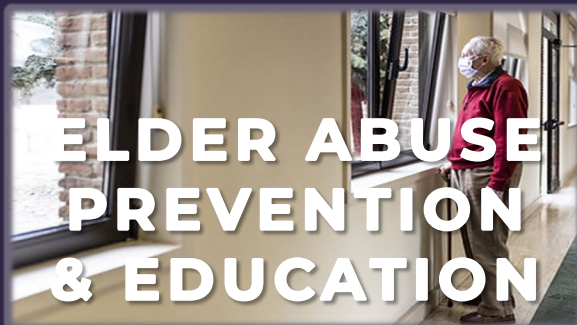
530-842-1687

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**

TRANSPORTATION

EMERGENCY/AMBULANCE.....	911
Fairchild Medical Center Auxiliary Transport.....	Yreka.....530-842-3507_{x7284}
Mel's Yreka Taxi.....	530-842-1001
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
Partnership Health Plan of California (members only).....	866-828-2303
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

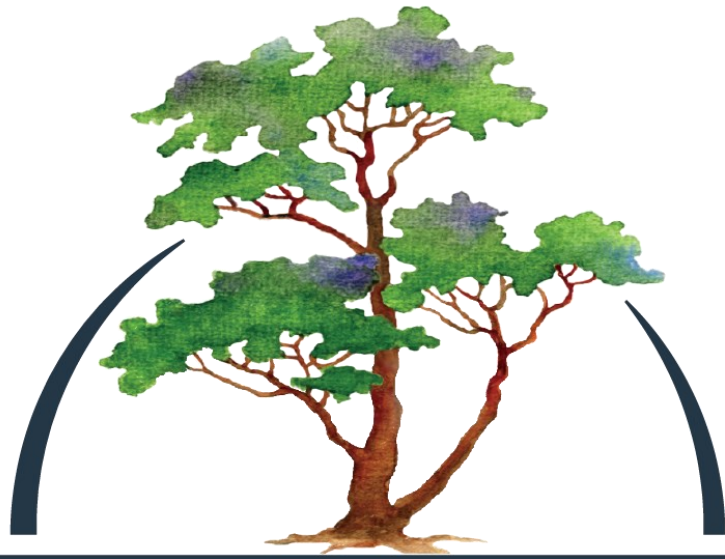
Humankindness lives here.

At Mercy Medical Center Mt. Shasta, you have access to a comprehensive range of medical expertise—right in your own backyard—and you'll always be treated with heartfelt compassion and commitment. Because, beyond offering emergency medicine and trauma care, surgical and therapy services and more, you'll always find a healthy dose of humankindness. It's in our DNA.

From minor emergencies to more serious issues, our team of experts has got your back. So if something's ailing you, talk to us. We're here to support you on your path to wellness. Learn more about our comprehensive services at DignityHealth.org/MercyMtShasta.

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

**A special thanks to Andrew Martin for
donating his art for this years cover photo**