



Multipurpose Senior Services Program (MSSP)

MSSP is a community-based care management program that helps eligible older adults locate and manage supportive services. These services help them to remain in their own homes as long as possible with a higher quality of life. To be eligible, one must be 65 or older, receive Medi-Cal benefits, live in Humboldt County, be in need of services coordination to avoid residential or skilled nursing care placement, and be willing to accept services.

707-443-9747, ext. 1271

Redwood Coast PACE

Redwood Coast PACE – a Program of All-inclusive Care for the Elderly – is a health plan for adults age 55+ who need a state-certified nursing-home level of care, but who wish to remain in their homes and be as healthy and independent as possible.

Redwood Coast PACE provides comprehensive medical and support services with customized care plans for each participant. PACE centers are located in Eureka and Fortuna.

Participants must live in the Redwood Coast PACE service area and must be able to live safely in their home and community.

707-443-9747, ext. 4231

Volunteer Opportunities

HSRC offers an environment that is fun and meaningful for volunteers.

Volunteer opportunities include Meals on Wheels drivers, kitchen assistants, dining hosts, special event helpers, clerical support, entertainers, class leaders, and *Senior News* distributors.

707-443-9747

How to Contribute

Donations can be made at one time or monthly over the course of a year by check or credit card and online at www.humsenior.org.

Donations in honor or memory of loved ones are acknowledged to the honoree or family without mention of donation amount. All donations are tax deductible.

707-443-9747, ext. 1231



Humboldt Senior Resource Center

is committed to seniors and their caregivers in Humboldt County having a high-quality life with health, dignity and self-determination in a community of respect and tolerance.



Humboldt Senior Resource Center

1910 California Street, Eureka CA 95501

3200 Newburg Road, Fortuna CA 95540

707-443-9747

info@humsenior.org

www.humsenior.org

HSRC is a contracted
CalAIM Provider.



Humboldt Senior Resource Center



Directory of Services

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 707-443-9747 TTY 711

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 707-443-9747 TTY 711

707-443-9747

info@humsenior.org
www.humsenior.org

Find us on 

Senior News

Senior News is the only monthly publication on the North Coast targeted to those age 50-plus. *Senior News* is free and can be found online or throughout the community. Advertising space and subscriptions are available.

707-443-9747, ext. 1226 (editorial) & ext. 1227 (advertising)

Housing and Community Resources Assistance

This program helps connect those at risk of losing shelter with available housing options, and also connects community members with resources they need, whether at HSRC or at another community organization. Any Humboldt community member age 55 and older or a disabled adult age 18 and older is eligible for assistance.

707-443-9747, ext. 1254

Activities Program

The Activities Program provides education, recreation and information for seniors, families, and caregivers in Humboldt County. Services include health and wellness, tax assistance, support groups, commodity food distribution, computer lab, and a library. Classes promoting healthy aging include Tai Chi, S.A.I.L. exercise, line dancing and more. The Senior Services office sells Dial-A-Ride tickets and offers other services.

My Safety Call

My Safety Call is a telephone reassurance service for residents in the greater Eureka area. This service provides daily check-ins and peace of mind for individuals who live alone.

707-443-9747, ext. 1240

Senior Home Repair

Minor safety repairs are available to eligible residents of Eureka. Services can include basic plumbing and electrical work, installing/repairing railings, safety bars, and other safety concerns.

707-443-9747, ext. 1240

Nutrition Programs

Heritage Café

Friendship, activities and hot, nutritious midday meals are provided at locations in Eureka, Arcata, and Fortuna for seniors 60 and older. All Heritage Cafés are handicap-accessible and can be reached on city bus and Dial-A-Ride routes. Lunch reservations are recommended.

Arcata 707-825-2027

Eureka 707-443-9747, ext. 1242

Fortuna 707-725-6245

McKinleyville (Pick-up Meals only)

707-496-7036

The suggested contribution is \$3.50 per meal and no one age 60 or older is denied a meal because of inability or unwillingness to contribute. Reservations are required, preferably 7 days in advance.

Meals on Wheels Redwood Coast

Meals on Wheels Redwood Coast serves home-bound seniors age 60 and older in Arcata, Eureka, Fortuna, and McKinleyville.

Eureka 707-443-9747 , ext. 1242



Behavioral Health Services

The Behavioral Health Services program provides counseling and therapy with a holistic approach for any adult age 55 and older who resides in Humboldt County and wants to improve their mental wellness. Licensed behavioral health professionals can assist clients in a wide range of areas including anxiety, depression, stress, substance abuse issues, family discord, and more.

707-443-9747, ext. 1259

Adult Day Health

Adult Day Health is a licensed, therapeutic day program offering comprehensive care to assist adults age 18 and older who have chronic conditions or disabilities to maintain their maximum level of independent functioning while providing respite to family caregivers. The program offers nursing, therapies, activities, social services, transportation to and from the program, nutritious snack, and a hot meal.

Adult Day Health has locations in Eureka and Fortuna.

707-443-9747, ext. 3203

Alzheimer's Services

HSRC staff provide consultation for family and community members regarding dementia care and referrals to available resources. Books and videos are available on loan from our extensive resource library.

707-443-9747, ext. 2217

CalAIM

HSRC is a contracted CalAIM provider that provides Community Supports, such as housing supports and resources assistance, for eligible Humboldt County adults age 18 and older through a referral program from Medi-Cal and Partnership HealthPlan.