



PUBLIC HEALTH RESOURCE GUIDE

This Resource Guide has been updated and provided for your convenience by Lassen County Public Health with the assistance of many community partners. Funding for this guide was provided by the Lassen County Public Pandemic Influenza Program, a program promoting influenza prevention and education throughout our community.

Lassen County Public Health Emergency Preparedness Office continues to promote influenza education and preparedness in Lassen County by offering Annual Flu Vaccinations, providing hand washing and flu prevention education to our local schools and community groups and promoting flu education and prevention with our local providers.



Visit our Emergency Preparedness Website: www.norcalbt.com/CountyLassen/
and take our "Get Ready Stay Ready Challenge"

For more information on influenza, preparing for a pandemic, and emergency kits go to:

www.pandemicflu.gov (U.S. Department of Health and Human Services)
www.cdc.gov/flu (Centers for Disease Control and Prevention)
www.ready.gov/america (U.S. Department of Homeland Security)
www.prepare.org (Red Cross)
www.oes.ca.gov (Governor's Office of Emergency Services)
www.getimmunizedca.org (California Department of Health Services, Immunization Branch)

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Lassen County Public Health is in gratitude to the Washington Department of Health for the creation of the Emergency Resource Guide Sheets used in this directory.

For more information on Pandemic Flu and Special Needs Resources please contact:
Lassen County Public Health
(530) 251-8183

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1. EMERGENCY SERVICES

FOR LIFE THREATENING EMERGENCIES CALL 911

To reach Fire, Police/Sheriff, California Highway Patrol, and or Ambulance

Non Emergency Dispatch:

POLICE (530) 257-2171 SHERIFF (530) 257-6121 CHP (530) 257-2191

FIRE DEPARTMENTS (NON-EMERGENCY)

DOYLE	(530) 827-2681	EAGLE LAKE (530) 825-3400
JANESVILLE	(530) 253-3737	LITCHFIELD (530) 254-6601
STANDISH	(530) 254-6602	SUSANVILLE (530) 257-5152

BANNER LASSEN MEDICAL CENTER

(530) 252-2000

1800 Spring Dr.

Susanville, CA 96130

Services: 38 bed hospital, birthing suites, inpatient/outpatient surgery, laboratory, X-Ray, ultrasound/Mammo, MRI/CT, emergency room.

CALIFORNIA POISON CONTROL

1-800-222-1222

UC Davis Medical Center

2315 Stockton Blvd.

Sacramento, CA 95817

www.calpoison.org

Services: Emergency treatment recommendations for all types of poisoning. Staff are certified medical health professionals using computerized database for immediate response. Referrals given when appropriate. Also given is non-emergency information as time permits. Poison prevention program includes literature, stickers, and presentations by health education staff.

Hours: 24 hours daily.

Other Information: For literature requests or other non-emergency requests: (916) 227-1400.

CRISIS LINE

(530) 257-5004

www.lassencrisis.com

24 Hour Emergency: 1-888-289-5004

Services: Offers resource and referral on the following: suicide, depression, child physical and sexual abuse, domestic violence, family problems, alcohol and drug abuse, and information on all social service agencies in Lassen County, and the services they provide. A service of Lassen Family Services.

Hours: 24 hours per day, 7 days a week.

DOMESTIC VIOLENCE ASSISTANCE PROGRAM

1306 Riverside Drive
Susanville, CA 96130

(530) 257-4599
www.lassencrisis.com

Services: Shelter, food, clothing, peer counseling, emergency transportation; help with domestic violence restraining orders and court advocacy. A service of Lassen Family Services.

Hours: 8 AM – 5 PM, Mon - Fri. Emergency shelter available through 24-Hour Crisis Line, 257-5004.

Charges: Services are free of charge.

LASSEN COUNTY ADULT PROTECTIVE SERVICES

720 Richmond Rd
Susanville, CA 96130

Business Hours (530)257-8158

After Hours (530)257-6121

(Sheriff's Dispatch)

Services: APS responds to reports of abuse and neglect of elderly and dependent adults not living in a care facility and provides information and assistance for community resources.

LASSEN COUNTY FAMILY & CHILDREN PROTECTIVE SERVICES **(530) 251-8277**

1445 Paul Bunyan Road
Susanville, CA 96130

After Hours (530) 257-6121

(Sheriff's Dispatch)

LASSEN COUNTY MENTAL HEALTH DEPARTMENT

555 Hospital Lane
Susanville, CA 96130

(530) 251-8108

24 Hour Emergency : 1-888-530-8688

Services: Emergency and Crisis Intervention Team.

Hours: 24-Hour Crisis Intervention. Business office open 8 A.M. to 5 P.M. Monday thru Friday

Charges: Sliding scale fee, Medi-Cal accepted.

LASSEN COUNTY PUBLIC HEALTH DEPARTMENT

1445 Paul Bunyan Road
Susanville, CA 96130

(530) 251-8183

MCAH Family Health Line 1-800-838-1223

Services: Immunizations, Child Health and Disability Program, California Children's Services, Maternal Child/ Adolescent Health, Disease control, Emergency Preparedness, Pregnancy Testing.

LASSEN COUNTY SEARCH AND RESCUE TEAM

P.O. Box 171
Susanville, CA 96130

www.lassencountysar.org

Services: Search and Rescue Team, mountain rescue, mine rescue, cave rescue, man trackers, 4-Wheel drives, Medical Personnel, Hasty Team and Dive Team.

LASSEN COUNTY SHERIFF'S DEPARTMENT

1415 Sheriff Cady Lane
Susanville, CA 96130

(530) 257-6121

LASSEN FAMILY SERVICES**(530) 257-4599**

1360 Riverside Drive
Susanville, CA 96130

Services: Domestic Violence Assistance Program, Emergency Shelter, food, clothes, transportation, help with restraining orders and court advocacy.

MOUNTAIN LIFEFLIGHT

Mountain EMS, Inc.

P. O. Box 711

700 Ash Street

Susanville, CA 96130

Services: Air Ambulance service, advanced life support. Public Education Services: First Aid & CPR training.

Hours: 24 hours daily. Office: 8 AM – 5 PM, Mon – Fri.

Charges: According to services. Public education classes available.

Other Information: Membership Program available to keep cost of Air Ambulance service down. Call for current cost of membership.

Emergency: (530) 257-2444**Business Office: (530) 257-0249****1-800-926-0801****ROAD CONDITIONS****(California Statewide): 1-800-427-ROAD (7623)****(Reno area): (877) 687-6237****SEMSA AMBULANCE SERVICES**

450 Edison Way

Reno, NV 89502

Services: Ground Ambulance service. Ambulances stationed in Susanville, Janesville, and Westwood.

Hours: 24 hours daily.

Emergency: 911**Business Office: (775) 858-5700****SENECA HEALTHCARE DISTRICT**

130 Brentwood Drive

P.O. Box 737

Chester, CA 96020

Services: Advanced life support, stand-by emergency room services, physician on call.

Hours: 24 hours daily.

Administration: (530) 258-2067**SUSANVILLE CITY POLICE**

1801 Main St.

Susanville, CA 96130

Services: In addition to emergency services, the Susanville City Police Department also does fingerprinting for the general public Mon. – Fri. 2-4 PM

Emergency: 911**Non emergency dispatch: (530) 257-2171****Business Office: (530) 257-5603**

2. GENERAL INFORMATION

AMERICAN CANCER SOCIETY

Chico Branch Office

745 Mangrove Ave.
Chico, CA 95926

Redding Branch Office

2961 Churn Creek Rd.
Redding, CA 96002

Services: Answers questions about cancer issues (causes, diagnosis, treatment, and referrals) and provides free written materials on a variety of cancer-related topics.

Hours: 9 AM - 5 PM, Mon - Fri.

1-800-4-CANCER (422-6237

(530) 342-4567

www.cancer.org

(530) 223-3270

AMERICAN DIABETES ASSOCIATION

Services: The Association provides free materials for patient, public, and professional education. Also offers referral services.

Eligibility: Serves the entire state of California.

Hours: 8:30 AM - 8 PM, Mon - Fri. EDT

Charges: Based on cost of publications requested (most are free).

1-800-DIABETES (342-2383)

www.diabetes.org

AMERICAN HEART ASSOCIATION

2007 "D" Street

Sacramento, CA 95811

Services: Provides community programs, public and professional education and information; supports research.

Specific programs available in Susanville are: Diet Newsletter, CPR course, and Heart at Work (employee health program). Heart Power school programs are also available on request.

(916) 446-6505

FAX (916) 943-2865

www.americanheart.org

AMERICAN LUNG ASSOCIATION OF CALIFORNIA

10 Landing Circle Ste. 1

Chico, CA 95973

Services: Provides free information on lung diseases and provides information on current lung/health issues.

Charges: Both free and low-cost services are available.

(530) 345-5864

1-800-LUNG-USA

www.lungusa.org

ARTHRITIS FOUNDATION

3040 Explorer Drive, Suite 1

Sacramento, CA 95827

Services: Educational literature on arthritis and related topics. Self-help books. Support groups and exercise classes. Doctor referral lists.

Charges: Most services and literature are free.

(916) 368-5599

1-800-283-7800

www.arthritis.org

LASSEN COUNTY CHILD SUPPORT SERVICES

1600 Chestnut Street

P.O. Box 999

Susanville, CA 96137

Services: Provide free services to the public including locating parents; the establishment of paternity, child support and medical support orders; the enforcement and/or modification of existing child support orders and collection and distribution of child support payments.

Hours: M-F 9:00 a.m. to 5:00 p.m.

(530) 251-2630

FAX: (530) 257-2056

www.co.lassen.ca.us

LASSEN WORKS & SOCIAL SERVICES

Office of Social Services Lassen Career Network

P.O. Box 1359

1616 Chestnut St. Susanville, CA 96130

720 Richmond Road, Susanville, CA 96130

Services: Referral and resource for a full range of services including: financial assistance; supplemental food program; resources for neglected, abused and/or molested children; pregnancy options; adult protective services; services for seniors. WORKS stands for Work, Opportunity, and Responsibility to Kids.

Eligibility: For most programs, age, income, and/or property limits.

Hours: 8 AM - 5 PM, Mon - Fri. **Charges:** Free.

(530) 251-8152

www.c4yourself.com

LASSEN LIBRARY DISTRICT

1618 Main Street

Susanville, CA 96130

Services: Books, videos, magazines, pamphlets, and audio materials available for check-out. Computers are available for word processing and Internet access. \

Hours: Tuesday, 11 AM - 6 PM / Wednesday, 11 AM - 6 PM / Thursday, 11 AM - 6 PM / Friday, 11 AM - 3 PM / Saturday, 11 AM - 3 PM / Closed Sunday and Monday

(530) 251-8127

www.lassenlibrary@citlink.net

3. ADOPTION AND FOSTER CARE

ADOPTION CHOICES OF NORTHERN CALIFORNIA

1469 Humboldt Road, Suite 200

Chico, CA 95926

Charges: No charge to birth parents

(530) 891-0302

1-800-607-9200

BETHANY CHRISTIAN SERVICES

Services: Adoption services; 24 hour Crisis Line

1-800-BETHANY (238-4269)

CALIFORNIA DEPARTMENT OF SOCIAL SERVICES

Child and Youth Permanency Branch

Services: Adoption referrals

1-800-KIDS-4-US

ENVIRONMENTAL ALTERNATIVES FOSTER FAMILY AGENCY (530) 257-6616

Administrative Office

P.O. Box 3940

Quincy, CA 95971

Local Office

2003 Main Street

Susanville, CA 96130

Quincy (530) 283-3330

Services: Residential services to neglected and delinquent children. Operates small group homes and foster families agency.

Eligibility: Any child who is capable of being in a non-secure facility.

FOSTER CARE OMBUDSMAN

1-877-846-1602

Services: Provide children and youth with information on their rights when placed in foster care. Create an avenue for foster children and youth to file complaints regarding their placement, care and services without fear of retribution from those who provide their care and services.

MOUNTAIN CIRCLE FOSTER FAMILY AGENCY

Susanville Office (530) 257-7407

Main Office

312 Crescent St.

Greenville, CA 95947

Susanville Office

44A N. Lassen St.

Susanville, CA 96130

Services: Emergency shelter, family respite, short-term foster care, long-term foster care, and children having children pregnant teen program. Specialized services include individual, group, and family therapy; tutorial assistance; summer recreation; Expressive Arts Life Skills (a 30-hour independent living program incorporating guest speakers, group process and hands-on experience); Therapy in the Wilderness (a program consisting of 3 trips a year); adoption placements; Transitional Housing program.

4. AIDS/HIV

CALIFORNIA AIDS HOTLINE

Services: Information and referral regarding AIDS.

Hours: Mon – Fri 9 am – 5 pm

1-800-FOR-AIDS

www.aidshotline.org

CENTER FOR DISEASE CONTROLL AND PREVENTION

1-800-CD-INFO (232-4636)

Services: Call for a resource guide, support, education and prevention.

Hours: 8 AM - 5 PM, Mon - Fri.

TTY: 1-888-232-6348

RYAN WHITE SERVICES / HIV/AIDS

(530) 251-8112

1400 A Chestnut Street

Susanville, CA 96130

Office of Mountain Counties AIDS Consortium

Services: Weekly case management, educational information, support counseling, benefits counseling, resource referrals, Ryan White Program case management. Funds and support available to assist HIV/AIDS patients with medical and other costs and/or assistance with obtaining disability benefits in addition to legal assistance referrals.

Eligibility: Desire information concerning the HIV virus or AIDS disease.

Hours: 8 AM - 5 PM, Mon - Fri. Call for an appointment

5. ALCOHOL AND DRUG ABUSE

ALCOHOL AND DRUG ABUSE HOTLINE

1-800-252-6465

ALCOHOLICS ANONYMOUS HOTLINE

(530) 257-2880

LASSEN COUNTY ALCOHOL AND OTHER DRUGS

(530) 251-8112

1400 A Chestnut Street
Susanville, CA 96130

FAX (530) 251-5884

Out-patient Services: Individual, group, and family counseling; adult and juvenile referrals; structured out-patient program; adult education, PC 1000, PC 1210, codependent program and relapse prevention. Public lending library of video and audio tapes. Dual diagnosis for adults and juveniles. Community Adolescent NA / AA meeting; Teen Live program.

PROMISES Perinatal Program: Structured outpatient program; relapse prevention; recovery program referrals; in home visitation; child care referrals.

Community Services: Public speaking, educational classes, school presentations, public information, pamphlets, crisis intervention, and referrals.

Continuing Care Program: Detox referrals; Recovery Program referrals (residential treatment); drop-in center for supportive atmosphere; re-entry services.

Eligibility: Volunteer or referral for counseling.

Hours: 8 AM - 5 PM, Mon - Fri.

Charges: A fee for service agency, all services on a sliding scale basis. Medi-Cal accepted.

LASSEN COUNTY PUBLIC HEALTH TOBACCO USE REDUCTION PROGRAM

1345 B Paul Bunyan Rd.
Susanville, CA 96130

(530) 251-8357

www.dandydragon.org

Services: Cessation program for teens, self-help resources for adults. Home of **Dandy the Smokeless Dragon**.

Hours: 8 AM - 5 PM, Mon - Fri.

California Smoker's Helpline: 1-800-NO-BUTTS

California Chewer's Helpline: 1-800-844-CHEW

To report illegal tobacco sales: 1-800-5ASK-4-ID

LASSEN INDIAN HEALTH CENTER FAMILY SERVICES

(530) 257-2542

795 Joaquin Street
Susanville, CA 96130

Services: Individual, group, and family therapy to treat alcohol and drug abuse and mental health disorders for American Indians and non-Indian members of Indian households. Comprehensive youth program for prevention of these problems. Staff includes: mental health therapist, clinical psychologist, substance abuse counselor, and youth counselor.

Hours: 8 AM - Noon & 1 - 5 PM, Mon - Fri

Charges: Contract and direct Indian services, Medi-Cal, Medicare and insurance accepted.

6. ALTERNATIVE MEDICINE

ACUPUNCTURE

JIM CROSS

(530) 283-9798

Quincy, CA 95971

Services: Naturopathic doctor. Food and environmental allergies. Also, nutritional, weight-loss and smoking consultation. Acupuncture, and chronic disease family health.

MASSAGE THERAPY

BELLE EN VIE

(530) 257-3223

530 Ash Street

Susanville, CA 96130

DAWN M. LEE, CM and Certified Yoga Instructor

(530) 256-3702

462-740 Rainbow Drive

Clear Creek, CA 96137

SOMA MASSAGE

(530) 825-3513

Call for appointment

SUSANVILLE MASSAGE AND SPA

(530) 257-7979

7. ANIMAL HEALTH

LASSEN COUNTY ANIMAL SHELTER

(530) 257-9200

472-000 Johnstonville Road North

Susanville, CA 96130

Services: We emphasize public awareness through education of the proper care and control of all animals, and the Enforcement of the Animal Laws, within the State of California, and the County Ordinances here in Lassen County

Hours: 9 AM - 3 PM, Mon - Friday 9 AM - 2 PM, Sat. 10 AM – 2 PM. Closed Sundays and County holidays.

For after hour help call the County Animal Control Officer at (530) 257- 0488, the City Animal Control Officer at (530) 257-5605, the Lassen County Sheriffs Department at (530) 257-6121, or the Susanville Police Department at (530) 257-2171.

Donations: We now have a separate trust account for Animal Shelter use only. This money is used for the animals and animal related items only. We buy puppy vaccinations, treat un-adoptable animals to make them adoptable, and various other animal related needs. A donation may be made by coming to the Animal Shelter in person or by sending a check or money order, made payable to Animal Shelter Trust/Donation to Lassen County Animal Shelter, 707 Nevada Street, Susanville, CA 96130. Please mark all donations clearly as such. We also have a wish-list that includes towels and blankets (desperately needed), canned and dry dog and puppy food, a rodent-proof storage unit 10' x 10 ' or larger (a truck box would be great!), dog beds, dog toys, and rawhide chews.

LASSEN HUMANE SOCIETY

(530) 257-4555

VETERINARY SERVICES

BOYD A. TAYLOR, DV

45 N. Weatherlow
Susanville, CA 96130

(530) 257-9310

LASSEN VETERINARY HOSPITAL Thomas Pyle, DVM

472-380 Theater Road
Susanville, CA 96130

(530) 257-6311

THOMPSON PEAK VETERINARY SERVICE Richard Meinert, DVM

464-770 Trinity Way or P.O. Box 785
Janesville, CA 96114

(530) 253-3190

8. CHILD ABUSE AND FAMILY VIOLENCE

LASSEN COUNTY FAMILY & CHILDREN PROTECTIVE SERVICES **(530) 251-8277**

1445 Paul Bunyan Road
Susanville, CA 96130

Why do children get taken into protective custody? A child may be taken into protective custody when a peace officer, probation officer or social worker reasonably believes the child's safety is in danger and the protection of juvenile dependency court is needed. One of the following conditions must appear to exist:

1. When a parent or person who has custody fails to provide proper care or supervision;
2. When a child is not given adequate food, shelter (home), or clothing;
3. When a child is physically dangerous;
4. When a child's home is dangerous because of neglect, cruelty or physical or sexual abuse, by a parent, guardian or someone else in the home.

Where does a child go after taken into protective services? Children go into children's shelters or a licensed foster home. The parent is told where the child is unless the social worker believes it would be dangerous to the child. The parent has the right to apply to juvenile court for review within 24 hours if the social worker won't tell where the child is.

When will a child be released from protective services? The child may be released immediately. The social worker assigned to the child's case will review the reports and decide what is safe for the child at the time. If the child is not released, the child may be temporarily placed in:

1. The home of the other parent
2. The home of the responsible parent.
3. A foster home or similar placement.

COURT APPOINTED SPECIAL ADVOCACY PROGRAM (CASA)

(530) 257-4599

1306 Riverside Dr. / P.O. Box 710

Susanville, CA 96130

What is CASA? CASA volunteers are Court Appointed Special Advocates for children and are trained community volunteers appointed by a judge to speak up for abused and neglected children in court.

What does a CASA Volunteer Do? When a CASA volunteer is appointed to a child's case, he or she is responsible for taking the time to find out as much as possible about that child. CASA volunteers search for information.

They review records. Interview parents. Talk to teachers, neighbors, and - most important – support the child.

LASSEN FAMILY SERVICES

(530) 257-4599

1306 Riverside Dr. / P.O. Box 701

Susanville, CA 96130

Crisis Line (530) 257-5004

www.lassencrisis.com

Services: 24-Hour Crisis Line; Temporary Restraining Orders; emergency shelter and transitional housing; emergency transportation, food, and clothing; hospital & law enforcement accompaniment; crisis counseling and community referral; legal aid/court advocacy; domestic violence and sexual support groups; parenting classes; teen group; out-of-area transportation; prevention programs and presentations.

Hours: 8 AM – 5 PM, Mon – Fri. **24 Hour Crisis Line # 257-5004.**

Charges: None. Lassen Family Services is a grant funded, non-profit organization.

MODOC CRISIS CENTER / T.E.A.C.H.

(530) 233-3111

112 East 2nd Street

Alturas, CA 96101

Crisis # (530) 233-4575

1-800-291-2156

Services: 24 hour crisis hotline, emergency shelter, emergency transportation, individual and group counseling for women and children victims of domestic violence or sexual assault, advocacy, accompaniment to court and referral services, emergency food and clothing, TRO assistance, household establishment, rape prevention and community education presentations.

Shelter Capacity: 13 (plus 1 crib)

Charges: None

LASSEN CHILD & FAMILY RESOURCES

(530) 257-9781

336 Alexander Avenue

Susanville, CA 96130

Lassen Child and Family Resource offers a variety of information and resources to meet needs of children, parents, child care providers, agency personnel and the general public. Programs include Child Care Resource and Referral, and subsidized child care services.

Child Care Referrals: brochures and information on parent and child issues, and referrals to licensed providers with child care openings are available.

Licensing Assistance: Staff will provide information on licensing requirements, assistance in completion of the application materials and provision of resources in the administration and daily operation of a child care program. A bimonthly Family Day Care Orientation class is also offered.

Car Seats: Seats are available on a six-month loan for a deposit of \$10.00.

Lending Library: The resource lending library consists of toys, books, tapes and records available to parents, providers and the general public. Items may be borrowed for a two-week period at no cost.

The library is open from 10 AM - 3 PM, Mon - Fri.

Newsletters and Workshops: Newsletters, including information on nutrition, activities, advocacy, local events, and other items of interest to families are distributed quarterly. Workshops are offered on a variety of subjects as needs are identified, including Family Day Care orientations on a bimonthly basis.

Subsidized Child Care Programs: Subsidized child care for income-eligible families is available through Cal WORKS, Latchkey and Block Grant Programs. A special child care program for 3 and 4 year olds is also available to qualifying families.

9. CHILD CARE

C.A.R.E. PROGRAM

(530) 251-8837

Lassen Community College
Highway 139
Susanville, CA 96130

Services: Assists single parents with child care. The CARE Program is a state funded program providing support to re-entry students who are CalWORKS and AFDC single heads of household wanting to attend college. The program provides off-campus child care reimbursement for infants and children under the age of 14 years.

Eligibility: Lassen Community College students who meet eligibility guidelines.

HEAD START

(530) 283-1242

Main Office
80 Main Street
Quincy, CA 95971

1-800-404-1242

LASSEN COMMUNITY COLLEGE CHILD DEVELOPMENT CENTER

(530) 251-8843

478-200 Hwy 139
Susanville, CA 96130

10. CHURCHES

BIBLE BAPTIST CHURCH

(530) 827-3300

742-580 Mountain View Drive
Herlong, CA 96113

CALVARY BAPTIST CHURCH

(530) 257-4053

995 Paiute Lane
Susanville, CA 96130

CALVARY CHAPEL OF SUSANVILLE

(530) 257-4833

450 Richmond Road
Susanville, CA 96130

CALVARY CHAPEL OF WESTWOOD

(530) 256-3309

Third and Birch in the Community Center
Office located at 315 Ash St.
Westwood, CA 96137

CHESTER ASSEMBLY OF GOD

(530) 258-3938

250 Myrtle Street
Chester, CA 96020

CHESTER BAPTIST CHURCH

(530) 258-2394

210 Myrtle Street
Chester, CA 96020

CHESTER WESLEYAN CHURCH

Frost Avenue and Gay
Chester, CA 96020

(530) 258-2359

CHRISTIAN FELLOWSHIP

705 Hall Street
Susanville, CA 96130

(530) 257-3452

CHRISTIAN SCIENCE SOCIETY

425 Cross Street
Chester, CA 96020

(530) 827-2465

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Susanville First Ward
905 Richmond Road
Susanville, CA 96130

(530) 257-6369

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Susanville Second Ward
905 Richmond Road
Susanville, CA 96130

(530) 257-4411

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Mountain Valley Ward
718-045 Hwy. 395
Standish, CA 96128

(530) 254-6990

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

3384 Hwy 147
Clear Creek, CA 96137

(530) 256-2441

CHURCH OF THE NAZARENE

1825 Spring Ridge Road
Susanville, CA 96130

(530) 257-5195

COMMUNITY UNITED METHODIST CHURCH

Glenn Wood Dr. & Hwy 36
Chester, CA 96020

(530) 258-2345

COMMUNITY UNITED METHODIST CHURCH

4264 Nelson
Taylorsville, CA

(530) 284-7316

COMMUNITY EVANGELICAL FREE CHURCH

110 N. Gay Street
Susanville, CA 96130

(530) 257-2924
www.cefchurch.com

CROSSROADS MINISTRIES

2410 Main Street
Susanville, CA 96130

(530) 251-0701

DOYLE CHRISTIAN CHURCH

Main Street
Doyle, CA 96109

(530) 257-6002

EAGLE LAKE COMMUNITY CHURCH

687-905 Lakeview Drive
Eagle Lake - Spaulding

(530) 825-3371

EMMANUEL CHURCH OF GOD IN CHRIST

Access Road
Herlong, CA 96113

(530) 827-2398

FIRST BAPTIST CHURCH

Herlong, CA 96113

(530) 827-2059

FIRST BAPTIST CHURCH

401 Delwood Street
Westwood, CA 96114

(530) 256-3507

FIRST SOUTHERN BAPTIST CHURCH

Cornell and Alexander
Susanville, CA 96130

(530) 257-4767

FOURSQUARE GOSPEL

1401 Riverside Dr
Susanville, CA 96130

(530) 257-2210

GOOD SHEPHERD EPISCOPAL CHURCH

1155 North Street
Susanville, CA 96130

(530) 257-6002

GOSPEL TABERNACLE

4th and Ash
Susanville, CA 96130

(530) 257-3136

GRACE BIBLE CHURCH

106 1ST Street
Bieber, CA 96009

(530) 294-5244

HIGHLAND BAPTIST CHURCH

801 Cottage Street
Susanville, CA 96130

(530) 257-5225

HONEY LAKE VALLEY ASSEMBLY

464-905 Standish-Buntingville Rd.
(A-3 between Sears and Sunnyside Rd.)
Janesville, CA 96114

(530) 253-3222

INDIAN HEIGHTS FULL GOSPEL CHURCH

750 Parkdale
Susanville, CA 96130

(530) 257-3077

JANESVILLE CHRISTIAN FELLOWSHIP

464-615 Main Street
Janesville, CA 96114

(530) 253-3181

JEHOVAH'S WITNESSES

2404 Bunyan Road
Susanville, CA 96130

(530) 257-2984

JEHOVAH'S WITNESSES

Highway 36
Westwood, CA 96137

(530) 256-2177

LASSEN MISSIONARY BAPTIST CHURCH

150 S. Lassen
Susanville, CA 96130

(530) 251-6054

MOUNTAIN VIEW CHRISTIAN CHURCH

463-300 Main Street
Janesville, CA 96114

(530) 253-1228

MOUNTAINSIDE CHURCH

705 Hall Street
Susanville, CA 96130

(530) 257-3452

OUR LADY OF THE SNOWS CATHOLIC CHURCH

425 Cedar Street
Westwood, CA 96137

(530) 256-3344

OUR SAVIOR LUTHERAN CHURCH

161 Aspen
Chester, CA 96020

(530) 258-2347

SACRED HEART CATHOLIC CHURCH

120 N. Union Street
Susanville, CA 96130

(530) 257-3230

SAINT PAUL'S LUTHERAN CHURCH

105 Ash Street
Susanville, CA 96130

(530) 257-2223

SEVENTH-DAY ADVENTIST CHURCH

3035 Johnstonville Road
Susanville, CA 96130

(530) 257-2283

SOUTHERN BAPTIST CHURCH OF JANESVILLE

Main & Church
Janesville, CA 96114

(530) 253-3080

STANDISH BIBLE CHURCH

718-950 Plumas Avenue
Standish, CA

(530) 254-6688

SUSANVILLE ASSEMBLY OF GOD

473-465 Richmond Road
Susanville, CA 96130

(530) 257-5000

SUSANVILLE CHRISTIAN FELLOWSHIP

705 Hall Street
Susanville, CA 96130

(530) 257-3452

SUSANVILLE CHURCH OF CHRIST

205 North Fairfield
Susanville, CA 96130

(530) 257-5433

UNITED METHODIST CHURCH

70 S. Lassen
Susanville, CA 96130

(530) 257-5893

VINEYARD CHRISTIAN FELLOWSHIP

200 Main Street
Chester, CA 96020

(530) 258-8534

WESTWOOD ASSEMBLY OF GOD

624 Ash Street
Westwood, CA 96137

(530) 256-3405

WESTWOOD ASSEMBLY OF GOD

317 Birch Street
Westwood, CA 96137

(530) 256-2662

II. COUNSELING

CEDARWOOD COUNSELING CENTER

803 ½ Main St., Suite 104 or P.O. Box 399
Susanville, CA 96130

(530) 257-3115

Services: Counseling and therapy, twelve-step recovery issues, stress management, hypnotherapy, sexual problems, consultation and assessment. Individuals, couples, adults, adolescents, families, and groups.

Specialty: Relationship and recovery issues. Licensed clinical psychologist, marriage and family therapist.

COMPREHENSIVE SEXUAL ABUSE TREATMENT PROGRAM

575 E. Plumb Lane, Suite 100
Reno, NV 89502

(775) 329-0623

Services: Assists families in healing from incest and sexual abuse.

DISCOVERY COUNSELING SERVICE (Bob O'Brien, MFT)

1915 Main Street
Susanville, CA 96130

(530) 257-5900

DOTY-JOHNSON, CAROLYN, MF

1680 Paul Bunyan Road, Suite B
Susanville, CA 96130

(530) 251-5889

Services: Counseling for individuals and couples, children and families, adolescents. Play therapy. Depression, stress, anxiety. **Specialty:** Family and child therapist.

LASSEN COUNTY MENTAL HEALTH DEPARTMENT

555 Hospital Lane
Susanville, CA 96130

(530) 251-8108
24 Hour Emergency : 1-888-530-8688

Services: Emergency and Crisis Intervention Team.

Hours: 24-Hour Crisis Intervention. Business office open 8 A.M. to 5 P.M. Monday thru Friday

Charges: Sliding scale fee, Medi-Cal accepted.

LASSEN INDIAN HEALTH CENTER FAMILY SERVICES**(530) 257-2542**

795 Joaquin Street
Susanville, CA 96130

Services: Individual, group, and family therapy to treat alcohol and drug abuse and mental health disorders for American Indians and non-Indian members of Indian households. Comprehensive youth program for prevention of these problems. Staff includes: mental health therapist, clinical psychologist, substance abuse counselor, and youth counselor.

Hours: 8 AM - Noon & 1 PM - 5 PM, Mon – Fri.

Charges: Contract and direct Indian services, Medi-Cal, Medicare and insurance accepted.

LASSEN AURORA NETWORK**(530) 257-3864**

815 Cottage Street, Susanville, CA 96130

Big Valley One Stop, Bieber

(530) 294-5752

Fort Sage One Stop, Herlong

(530) 827-2401

Westwood One Stop, Westwood

(530) 256-3704**M.A.M.A. CRISIS PREGNANCY CENTER****(530) 257-6667**

472 Richmond Road
Susanville, CA 96130

Services: Crisis pregnancy counseling and post-abortion counseling. Free pregnancy testing. Educational lending library, videos and books. Baby and maternity items free of charge.

Hours: 24 hour on call crisis line

Thrift Store: Tue. – Fri. 10:00 am – 3:00 pm

12. DEATH AND DYING

HONEY LAKE HOSPICE**(530) 257-3137**

2930 Riverside Drive
Susanville, CA 96130

Services: Hospice volunteers provide friendship and support to terminally ill patients and their families. Actual services vary according to the needs of the patient and family.

Charges: No fees for any hospice service.

MAYERS MEMORIAL HOSPICE**(530) 336-5511 ext. 1200**

P. O. Box 459
43563 Highway 299 East
Fall River Mills, CA 96028

Services: Hospice volunteers provide respite care and support to terminally ill patients and their families. Actual services vary according to the needs of the patient and family.

Charges: No fees for any hospice service.

SIERRA HOSPICE**(530) 258-3412**

A volunteer community-based program of the Seneca Healthcare District.

FAX (530) 258-3104

Services: Coordination of support services for the terminally ill and their families in the Chester/Westwood/Greenville area. Call for more information.

Charges: No fees for any hospice service.

WALTON'S COLONIAL MORTUARY**(530) 257-4414**

115 S. Lassen

Susanville, CA 96130

Services: Full-service funeral home.

13. DISABILITY SERVICES

CALIFORNIA CHILDREN'S SERVICES**(530) 251-8183**

Lassen County Department of Health & Human Services

1445 Paul Bunyan Road

Susanville, CA 96130

Services: Provides resource information for medical care of children under 21 years of age who have a handicapping condition whose family may be unable to pay the full cost of treatment.

Eligibility: Children covered by Medi-Cal or Healthy Families with medical eligibility are financially eligible.

CALIFORNIA STATE DEPARTMENT OF REHABILITATION**(530) 257-6073**

170 B Russell Avenue

Susanville, CA 96130

Services: Vocational rehabilitation for disabled persons.

Eligibility: Anyone with a physical or mental disability.

Phone hours: 8 AM – Noon & 1 PM – 5 PM, Mon – Fri.

Office hours: 8 AM – 12 PM and 1 PM – 5 PM, Mon – Fri.

CAMP RONALD MCDONALD AT EAGLE LAKE**www.campronald.org**

Year-Round Contact Address

Summer Address

2555 49th St.

P. O. Box 172

Sacramento, CA 95817

Susanville, CA 96130

(916) 734-4230**(530) 825-3158**

Services: Provides a resident summer camp for children with disabilities and children who are disadvantaged.

Groups include hearing impaired, cerebral palsy, Downs Syndrome, autism, neuromuscular diseases, cancer, etc.

Charges: Vary according to group.

EASTER SEALS SOCIETY**1-800-221-6827**

20 Landing Circle

www.easter-seals.org

Chico, CA 95926

Services: Assistance to persons with physical and developmental disabilities, camperships, information and referral, advocacy, and loan of durable medical equipment available.

Eligibility: Persons with physical disabilities who meet the Society's eligibility criteria and who are not eligible for services elsewhere.

Hours: 8:30 AM – 5 PM, Mon – Fri.

GOLDEN UMBRELLA/MSSP

Redding, CA

(530) 226-3008

Burney, CA

(530) 335-2182

Services: MSSP/Golden Umbrella: These programs provide multi-service referrals, assistance, counseling and to assist seniors and disabled persons to prevent or delay nursing facility placement and remain in their homes.

FAR NORTHERN REGIONAL CENTER

(530) 222-4791

PO Box 492418

Redding, CA 96049-2418

Services: Information and referral; diagnosis and evaluation; individual program planning; consultation to other agencies; prevention services; admittance to and discharge from State Developmental Centers (State Hospitals); court ordered evaluations; limited conservatorship services; advocacy; community education regarding developmental disabilities.

Eligibility: Any resident of Butte, Modoc, Siskiyou, Glenn, Plumas, Tehama, Lassen or Trinity Counties with a developmental disability, regardless of age or income; disability must have originated before the age of 18; disability must constitute a substantial handicap. Developmental Disabilities include: mental retardation, cerebral palsy, epilepsy, autism, and other conditions closely related to mental retardation or requiring similar treatment.

INFANT/TODDLER PROGRAM

(530) 251-8767 ext 3403

Part of Lassen County Office of Education -- Classes held at Johnstonville School

704-795 Bangham Lane

Susanville, CA 96130

Services: In-home assessment and training for those handicapped, or at risk of developing a handicapping condition. Any child who seems to be experiencing a delay in development of language, hearing, or motor skills, or in learning, social, or self-help skills may be eligible. Premature birth, low birth weight, or birth trauma are also risk factors to prompt assessment. The program consists of a toddler group two times a week and weekly home visits for infant to enhance developmental skills with parents and infants.

Eligibility: To age three, then referral to preschooler program. No income eligibility requirements.

Charges: Free.

LASSEN COMMUNITY COLLEGE DISABLED STUDENT SERVICES

(530) 251-8895

478-200 Hwy. 139

www.lassencollege.edu

Susanville, CA 96130

Services: Special classes and services are offered for Lassen Community College students with physical, visual, and learning disabilities on an on-going basis. Psycho-educational diagnostic testing is also available for students with possible learning disabilities or acquired brain injuries. Web site: www.lassen.cc.ca.us/

Hours: 8 AM – 4 PM, Mon – Fri.

LASSEN COUNTY ADULT SERVICES

(530) 251-8158

P.O. Box 1359 or 720 Richmond Road

Susanville, CA 96130

In-Home Supportive Services: Enables aged, blind, or disabled adults to remain in their homes or return to homes from out-of-home facilities. Helps with housekeeping tasks and non-medical personal care. Eligibility is determined by Medi-Cal eligibility. **Hours:** 8 AM – 5 PM, Mon – Fri.

LASSEN COUNTY SPECIAL OLYMPICS

P.O. Box 236
Susanville, CA 96130

(530) 257-6181 Ext: 8980
cnymam@lassen.cc.ca.us

Services: A sports organization that offers a year-round program for the intellectually disabled. Training starts at age 8. There is no upper age limit. Offers training in bowling, track & field, power lifting, basketball, snow shoeing, and cross country skiing.

LASSEN LIFE SKILLS & JOB TRAINING

475-340 San Francisco Street
Susanville, CA 96130

(530) 257-7799

Services: A community based program that serves adults with developmental disabilities. The major components of the program are integrated work, self advocacy and community socialization. Offers community access support providing transportation to medical and dental appointments in town and in outlying areas. Offers help budgeting and planning and grocery shopping, and teaches skills that make it possible for people with disabilities to live independently in the community. A family respite program is also available.

Hours: 8 AM - 5 PM, Mon - Fri.

BEN ALI TEMPLE

Shriners Hospital for Children
3262 Marysville Blvd.
Sacramento, CA 95815

(916) 920-4107

Services: Through physician referral, provides free medical care for children with certain orthopedic, burn, spinal cord, cleft palate problems (until 18th birthday). Services are provided at 19 orthopedic hospitals, 3 burn centers, and 3 spinal column institutes across the US. Transportation to these centers also provided free.

Eligibility: Physician referral needed

Charges: Free, regardless of income, sex, race, or religion.

MARCH OF DIMES

1755 Creek Side Oaks Dr. Suite 130
Sacramento, CA 95833

(916) 922-1913
Fax (916) 922-3258
www.modimes.org

Services: Public and professional education materials. Referrals for genetic defects, prenatal defects, substance abuse defects and birth defects. Resource Center 1-888-663-4637.

MOUNTAIN CAREGIVER RESOURCE CENTER

A program of PASSAGES
405 South Street, Suite C
Redding, CA 96001

1-800-995-0878
www.caregiverresources.org

Services: Provides support for caregivers of those with brain impairments (brain impairment must have occurred after age eighteen). Family consultation; support/information on the disease, courses of action, resources; subsidy for respite care, legal and financial consultation, counseling services.

NORCAL CENTER ON DEAFNESS

2070 Talbert Dr.
Chico, CA 95928

TTY (916) 993-3048
Voice (916) 349-7500

Services: Communication assistance, advocacy, peer counseling, employment assistance, independent living skill instruction, information and referral. Sign language interpreting.

Eligibility: Deaf, hard-of-hearing, late-deafened, deaf-blind, deaf developmentally disabled, family members, general public of Lassen County.

PASSAGES

405 South Street, Suite C
Redding, CA 96001

(530) 229-0878
1-800-995-0878

Services: Offers services for family caregivers who provide care to adults with a brain/neurological impairment or provide care to frail adults. Our staff provides information, support, assistance, and community connections to help local caregivers. We have offices in Chico, Redding, and Yreka and service the following counties: Butte, Colusa, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama, Trinity.

R.A.I.N.B.O.W. FAMILY SUPPORT

336 Alexander
Susanville, CA 96130

(530) 251-2417
24 Hour Warm-line 1-800-257-TALK (8255)

Services: Clearinghouse for resource information, meetings, conferences and workshops dealing with disabilities; Lending library of audio and video tapes, periodicals, books, and toys; Newsletter and activities; Emotional support and mentor parent program to provide parent to parent support; Internet access.

Eligibility: For families, care givers, friends, or teachers of children, birth to three years old, with disabilities or at risk.

SOCIAL SECURITY BENEFITS

2603 Riverside Drive
Susanville, CA 96130

1-800-772-1213

14. DISASTER SERVICES

AMERICAN RED CROSS OF NORTHEASTERN CALIFORNIA

Yuba City Regional Headquarters
2125 East Onstott Road
Yuba City, CA 95991

(530) 673-1460
1-800-RED CROSS
www.arcnec.org

Services: The American Red Cross responds to disasters such as hurricanes, floods, earthquakes, and fires, or other situations that cause human suffering or create human needs that those affected cannot alleviate without assistance. It is an independent, humanitarian, voluntary organization, not a government agency.

Charges: All Red Cross assistance is given free of charge, made possible by the generous contribution of people's time, money, and skills.

CR STUFF THRIFT STORE

372 Alexander Ave.
Susanville, CA 96130

(530) 257-3065

Services: Provides assistance with immediate needs of disaster victims and the deserving public. Twenty-eight years experience. "We make a difference by what we get -- but we make a life by what we give."

Hours: 11 AM – 4 PM, Mon – Fri.

M.A.M.A.'S NEARLY NEW TREASURES THRIFT STORE

Behind M.A.M.A.'s at 472 Richmond Road Susanville, CA 96130

(530) 257-6667

Services: Crisis pregnancy counseling and post-abortion counseling. Free pregnancy testing. Educational lending library, videos and books. Baby and maternity items free of charge.

Hours: 24 hour on call crisis line **Thrift Store:** Tue. – Fri. 10:00 am – 3:00 pm

SALVATION ARM (SUSANVILLE)**Emergency Assistance (530) 257-0314**

Business Office and Social Services

1560 Main Street

Susanville, CA 96130

Services: USDA commodities on the 1st and 3rd Wednesday from 12:30 PM to 3:00 PM every month. Food shelf on the 2nd and 4th Wednesday from 12:30 PM to 3:00 PM every month.**Charges:** Free.***15. EDUCATION*****CALIFORNIA STATE DEPARTMENT OF REHABILITATION****(530) 257-6073**

170 B Russell Avenue

Susanville, CA 96130

Services: Vocational rehabilitation for disabled persons.**Eligibility:** Anyone with a physical or mental disability.**Hours:** 8 AM – Noon & 1 PM – 5 PM, Mon – Fri.**LASSEN CHRISTIAN ACADEMY****(530) 257-4643**

2545 Riverside Dr.

Susanville, CA 96130

Services: Kindergarten through 12th grade private, nondenominational Christian school. Bible curriculum. Offers academic programs, sports programs, and Grandparents Day.**Eligibility:** Lassen Christian Academy admits students of any race, color, nationality, and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students of the school.**LASSEN COMMUNITY COLLEGE****(530) 257-6181**

478-200 Hwy. 139

(800) 461-9389

Susanville, CA 96130

Services: Lassen Community College is an accredited community college serving Lassen County and northeastern California with accessible quality educational programs and services responsive to the diverse needs and interests of the citizens and students it serves. The college programs include: General Education, Transfer Education, Career and Basic Skills Education, Fee-Based Community Services, and Affirmative Action.**PATHWAYS TO CHILD & FAMILY EXCELLENCE****Susanville (530) 251-2997**

2005 Main Street

Big Valley (530) 294-5419

Susanville, CA 96130

Services: The Lassen County 0to5 Home Visiting Program is designed to help residents with children 0 to 5 become more purposeful parents. This program is available to pregnant women and parents, both mothers and fathers who are residents of Lassen County and who have a child between the ages of birth to five years old. By building on strengths the parents already have, this program will cultivate nurturing parent-child relationships and empathetic child guidance. The Parents As Teacher's curriculum (PAT) is designed for pregnant, families and children ages birth to 5 years old. The PAT curriculum is brought to the family's home via a PAT-Parent Educator and Healthy Families America certified Home Visitor. The Home Visiting Program is funded by FIRST-5 Lassen. The Parent Educators are staffed through PATHWAYS. The program utilizes the Parent Educators in order to provide services to families that cater to each families individually and responds to all their needs that may be met by participating County Agencies. ASQ-3 developmental screening & ASQ-SE behavioral screenings for children ages 1 month to 5 and a half years are also provided by PATHWAYS staff members. Supervised Visitation services are provided on site by Certified Visitation Monitors for \$23.00 per hour.

LASSEN COUNTY ADULT SCHOOL**(530) 257-4653**814 Cottage
Susanville, CA 96130**Services:** For adults 18 and over. Complete high school diploma, not G. E. D. Day and evening classes.**LASSEN COUNTY OFFICE OF EDUCATION****(530) 257-2196**472-013 Johnstonville Road North
Susanville, CA 96130**FAX: (530) 257-2518****Services:** Credentialing/Personnel, Instructional Media, Child & Family Resources, Community School, Juvenile Court School, school nursing services, Opportunity Programs, psychological services, Special Education, Regional Occupational Programs (R.O.P.), and school business services.**Programs:** Business/Education Partnerships, Children's Fair, Community Advisory Committee, Primary Prevention Program, Science Fair, Spelling Bee, Sober Graduation, Women's History Month, and Lit Jam**LASSEN COUNTY SCHOOL DISTRICTS****Big Valley Joint Unified School District****(530) 294-5266**

Located approximately 67 miles north of Susanville, Hwy. 139 to Hwy. 299

FAX (530) 294-5396**Big Valley Elementary School (K-6)****(530) 294-5214****Big Valley High School (7-12)****(530) 294-5231****Fort Sage Unified School District****(530) 827-2129**

Located approximately 35 miles south of Susanville; Hwy. 395).

FAX (530) 827-3239**Sierra Primary (K-5)****(530) 827-2126****(530) 827-2127****Fort Sage Middle School (6-8) and Herlong High School (9-12)****(530) 827-2126****(530) 827-2101****Janesville Union School District****(530) 253-3551**

Located 12 miles south of Susanville; Hwy. 395

FAX (530) 253-3891**Janesville School (K-8)****Johnstonville Elementary School District****(530) 257-2471**

Located 6 miles south of Susanville

FAX (530) 251-5557**Johnstonville Elementary School (K-8)****Lassen Community College****(530) 257-6181**

Located on Hwy. 139 two miles north of Susanville.

FAX (530) 257-8964**www.lassen.cc.ca.us****Lassen Union High School District****www.lassenhigh.org****(530) 257-5134**

Located in Susanville at 1110 Main Street

FAX (530) 257-0796**Adult Education/Diploma Gold****(530) 527-4653****Credence High School (9-12)****(530) 257-5566****Diamond Mountain Charter School (9-12)****(530) 257-4653****Lassen Community Day School (9-12)****(530) 257-2703****Lassen High School (9-12)****(530) 257-2141**

Long Valley Charter School

(530) 827-2395
Susanville School (530) 257-7300

Ravendale-Termo Elementary School District

Located 60 miles north of Susanville; Grasshopper Termo Rd

(530) 251-8938

Juniper Ridge Elementary (K-8)

Richmond Elementary School District

Located at 700-585 Richmond Road in Susanville

(530) 257-2338
FAX (530) 257-6398

Richmond Elementary School (K-8)

Shaffer Elementary School District

Located 14 miles southeast of Susanville; Hwy. 395

(530) 254-6577
FAX (530) 254-6126

Shaffer Elementary School (K-8)

Susanville School District

Located in Susanville.

(530) 257-8200
FAX (530) 257-8246

Diamond View School (6-8)

(530) 257-5144

McKinley School (K-2)

(530) 257-5161

Meadow View School (3-5)

(530) 257-3000

Westwood Unified School District

Located 28 miles west of Susanville; Hwy 32

(530) 256-2311
FAX (530) 256-3539

Fletcher Walker Elementary (K-6)

(530) 256-3295

Westwood Jr/Sr High School (7-12)

(530) 256-3235

P.A.C.E

(PROBATION ALTERNATIVES IN A COMMUNITY ENVIRONMENT)

Services: The Lassen County Office of Education provides a school classroom in the PACE program in which students, who are *wards of the court*, are able to earn credits and stay on track for transition back into their school district. The PACE program is a unique multi-agency program designed to meet the needs of the individual students who are wards of the court and have any combination of probation, mental health, and substance abuse issues.

(530) 251-8742

(530) 251-8744

SEVENTH-DAY ADVENTIST SCHOOL

455 Cedar St.
Susanville, CA 96130

Services: First grade through eighth grade private Seventh-Day Adventist school. All denominations welcome.

(530) 257-5045

PRE-SCHOOLS

HEAD START

1-800-404-1242

MAIN OFFICE

Sierra Cascade
80 Main Street
Quincy, CA 95971
(530) 283-1242

Susanville Center
195 Russell
Susanville, CA 96130
(530) 257-2343

Leavitt Lake Center
710-400 Willow St.
Susanville, CA 96130
(530) 257-7530

Quincy
204 Fairgrounds Road
Quincy, CA 9597
(530) 283-0592

Alturas
7:30 AM – 3:30 PM
(530) 233-4134

Portola
(530) 832-1029

Union Street Center
7:45 AM – 11:30 AM
(530) 257-8220

Lassen Early Head Start
1400 C. Chestnut Street
Susanville, CA 96130
(530) 251-4050

Services: A five-day per week, center-based preschool program in Susanville. Services are child and parent focused. Comprehensive medical-dental screens for enrolled children, as well as social services and education referrals for families. New applications for enrollment are accepted year-round.

Eligibility: Low-income children and children with special needs have priority for enrollment. However, applications accepted for any child 3-5 years of age.

Charges: Free.

HEAD START

1-800-404-1242

Susanville Rancheria
895 Joaquin
Susanville, CA 96130

Services: The Susanville Rancheria offers a part-day program 9 AM - 1 PM Sept through May. Bus service is available. The program focuses on Native American culture.

Eligibility: Low income children and children with special needs.

Charges: Free.

LASSEN CHILD & FAMILY RESOURCES

(530) 257-9781

336 Alexander Avenue
Susanville, CA 96130

Contact: Lassen child and family resources for a comprehensive list of childcare centers and in family childcare homes.

Lassen Child and Family Resources offers a variety of information and resources to meet needs of children, parents, child care providers, agency personnel and the general public. Programs include Child Care Resource and Referral, and subsidized child care services.

Child Care Referrals: Brochures and information on parent and child issues, and referrals to licensed providers with child care openings are available.

Licensing Assistance: Staff will provide information on licensing requirements, assistance in completion of the application materials and provision of resources in the administration and daily operation of a child care program. As needed Family Day Care Orientation classes are also offered.

Lending Library: The resource lending library consists of toys, books, video and DVD games available to parents, providers and the general public. Items may be borrowed for a two-week period at no cost.

Car Seats: Seats are available on a six-month loan for a deposit of \$10.00.

Newsletters and Workshops: Newsletters, including information on nutrition, activities, advocacy, local events, and other items of interest to families are distributed quarterly. Workshops are offered on a variety of subjects as needs are identified, including Family Day Care orientations on a bimonthly basis.

Subsidized Child Care Programs: Subsidized child care for income-eligible families is available through Cal Works, Latchkey and Block Grant Programs.

LASSEN COUNTY OFFICE OF EDUCATION

(530) 257-2196

Infant and Toddler Program
472-013 Johnstonville Road
Susanville, CA 96130

Services: Offers educational services to language-delayed or cognitively-delayed children, or special needs children. From birth to three years old, services are in the home. To age three, services are in the classroom for two times a week teaching fine and gross motor skills, learning, behavior, and language skills. Infant and Toddler Program is an Early Start Program and works closely with Far Northern Regional Center and Rainbow. The program helps children, but is also a resource and support for parents.

Eligibility: Language or cognitively delayed, or special needs children. No income eligibility requirements.

Charges: Free.

16. EMPLOYMENT

CALIFORNIA CONSERVATION CORPS

1-800-952-5627

FORT SAGE FAMILY RESOURCE CENTER

(530) 827-3007

170 D.S. Hall Road
Herlong, CA 96113

The Fort Sage Resource Center is a “one-stop shop” for services for all citizens of the South County area. The Fort Sage Family Resource Center works toward supporting strong families, quality education, community health, quality environment and economic opportunity.

Services: Job search assistant, resource library, job board, free job related, and telephone, fax, and copying service.

Charges: None

LASSEN CAREER NETWORK

(530) 257-5057

1616 Chestnut Street
Susanville, CA 96130

A one-stop career center which serves as a common point of access for job seekers, employers, and community members for the purpose of education, training, employment, referral and support services. Web site:

www.aworkforce.org

Job Seeker Services: Job search assistance, computer lab, keyboarding assessment, career assessment and guidance, resource library, youth program with job placement, free job related telephone and fax and copying service, job search informational seminars, small business counseling, Cal-Jobs.

Employer Services: Business assistance, workforce training, workforce development, employee retention, employer seminars and career fairs, job placement, business resource center.

Partners at Lassen Career Network:

- **Alliance for Workforce Development**
- **California Employment Development Department**
- **Lassen WORKS**
- **Small Business Development Center**
- **Department of Rehabilitation**

Hours: 8 AM - 5 PM, Mon - Fri.

LASSEN COUNTY VETERANS SERVICES**(530) 251-8192**

Veterans Memorial Building
1205 Main Street
Susanville, CA 96130

Services: Advice regarding rights and services for veterans regarding compensation, pension, education, or vocational rehabilitation, insurance, loans, and hospitalization and medical benefits. Also assistance in obtaining supporting documents and advice in preparing claims.

Eligibility: Services available to veterans or dependents.

Hours: 8 AM – 5 PM, Mon – Thurs. **Charges:** Free.

LASSEN LIFE SKILLS & JOB TRAINING**(530) 257-7799****Fax: (530) 251-5157**

473-340 San Francisco Street
Susanville, CA 96130

Services: A community based program that serves adults with developmental disabilities and teaches skills that make it possible for people with disabilities to live independently in the community. Employer benefits: reliable workers, low employee turnover rate, TJTC (tax incentive), and ongoing training and support of employee by program staff. **Hours:** 8 AM - 5 PM, Mon - Fri.

17. FAMILY PLANNING

CALIFORNIA FAMILY PLANNING HOTLINE**1-800-942-1054****LASSEN COUNTY PUBLIC HEALTH DEPARTMENT****(530) 251-8183**

1445 Paul Bunyan Road
Susanville, CA 96130

MCAH Family Health Line 1-800-838-1223

Services: Immunizations, Child Health and Disability Program, California Children's Services, Maternal Child/Adolescent Health, Disease Control, Emergency Preparedness, Pregnancy Testing.

Hours: 8 AM – 5 PM Mon - Fri

NORTHEASTERN RURAL HEALTH CLINICS, INC

Women's Health Center
1850 Spring Ridge Drive
Susanville, CA 96130

Westwood (Opening 2011)
209 Birch Street
Westwood, CA 96137

(530) 251-5000**(530) 256-3152**

Services: Provides birth control to men and women of any income level. Education, exams, and birth control; pregnancy tests; counseling and referral for prenatal care, adoption, and abortion.

Eligibility: Anyone of reproduction age. Low-cost program participants must meet income guidelines and have no other source of medical coverage.

Charges: Participants of low-cost program pay according to income; sliding scale fees available based on eligibility; MediCal accepted. Fees must be paid at time of service. Call for specific costs.

WOMEN'S HEALTH SPECIALIST

1469 Humboldt Rd., Suite 200
Chico, CA 95928

(530) 891-1911

1901 Victor Ave.
Redding, CA 96002

(530) 221-0193

1750 Wright Street, Suite 1
Sacramento, CA 95825

(916) 451-0621

Services: Complete well-women health care. All forms of birth control available, including the cervical cap; pregnancy testing and referrals; abortion (up to 24 weeks); prenatal referrals; common problems such as vaginal and bladder infections, herpes, and sexually transmitted disease treatment. Services include health education and an emphasis on self-help. Sonogram screening, fertility services, speaker's bureau, and resource library also available.

Hours: 9 AM - 5 PM, Mon - Fri; Saturday by appointment.

Charges: MediCal accepted for all services. Sliding fee scale based on income.

18. FAMILY RESOURCE

A.B.C CENTER

Chester, CA 96020

(530) 258-4280

BIG VALLEY FAMILY RESOURCE CENTER

P.O. Box 40
125 Highway 299E
Bieber, CA 96009

(530) 294-5700

Fax: (530) 294-5701

Services: Elder care service, bilingual services, referrals to Lassen/Modoc county services and help with application process, private office for meetings, open meeting area for group meetings, internet access, computer, fax, copier and phone access, BV chamber of commerce information, food bank, EBT services, BV newsletter and monthly calendar, drop in support, Lassen county agency appointments in Bieber and Lassen county, van for transporting local clients to appointments in Susanville. WIC and PH staff visit once per month.

Programs: Playgroup for families with 0 to 5 year olds, parenting classes, after school clubs, Big Valley Co-operative childcare center, ESL classes, Bieber voluntary library, Early Literacy Fund, food pantry, commodities once per month

FORT SAGE FAMILY RESOURCE CENTER

P.O. Box 623 or 100 Tamarack Avenue
Herlong, CA 96113

(530) 827-3007

Services: Resource center provides a "one-stop shop" for services for all citizens of South Lassen County—Herlong, Doyle and Milford. The center works toward supporting strong families, quality education, community health, quality environment and economic opportunity. Services include onsite EBT, food pantry, thrift store, community dinners, Meals on wheels, Medi-Cal assistance, senior services, toy lending library, family mentoring (AIM), job search, HEAP (energy assistance), weatherization, internet access, fax/copy access, WIC and PH staff once per month.

Programs: Senior Wake-Up Call, Supervised Visitation, Prescription Pick-Up, Home Visiting Program, Job Board, Computer Lab, Family Movie Night, Toddler Play Group, Fax and Internet access.

LASSEN CHILD & FAMILY RESOURCE

(530) 257-9781

336 Alexander Avenue
Susanville, CA 96130

Lassen Child and Family Resource offers a variety of information and resources to meet needs of children, parents, child care providers, agency personnel and the general public. Programs include Child Care Resource and Referral, and subsidized child care services.

Child Care Referrals: brochures and information on parent and child issues, and referrals to licensed providers with child care openings are available.

Licensing Assistance: Staff will provide information on licensing requirements, assistance in completion of the application materials and provision of resources in the administration and daily operation of a child care program. A bimonthly Family Day Care Orientation class is also offered.

Car Seats: Seats are available on a six-month loan for a deposit of \$10.00.

Lending Library: The resource lending library consists of toys, books, tapes and records available to parents, providers and the general public. Items may be borrowed for a two-week period at no cost. The library is open from 10 AM - 3 PM, Mon - Fri.

Newsletters and Workshops: Newsletters, including information on nutrition, activities, advocacy, local events, and other items of interest to families are distributed quarterly. Workshops are offered on a variety of subjects as needs are identified, including Family Day Care orientations on a bimonthly basis.

Subsidized Child Care Programs: Subsidized child care for income-eligible families is available through Cal WORKS, Latchkey and Block Grant Programs. A special child care program for 3 and 4 year olds is also available to qualifying families. **Hours:** 8 AM – 4:30 PM, Mon – Fri

LASSEN COUNTY CHILDREN AND FAMILIES COMMISSION

(530) 257-9600

1345 Paul Bunyan Road, Suite B
Susanville, CA 96130

www.ccfc.ca.gov/lassen

Vision: All Lassen County children will thrive in supportive, nurturing, and loving environments, enter school healthy and ready to learn, and become productive, well adjusted members of society.

Mission: The Lassen County Children and Families Commission is designed to support and encourage, on a county wide basis, a comprehensive coordinated system of early childhood development services. The focus of the commission is on health care, quality child care, parent education, and effective intervention programs for children, prenatal to five years of age, and their families. Children and their parents and caregivers will be provided with opportunities necessary to foster secure, healthy, and loving attachments, (I.E. relationships). Meetings are open to the public and are held on the first Thursday of each month at the Barry Creek Meeting Center.

LASSEN FAMILY SERVICES

(530) 257-4599

1306 Riverside Drive
Susanville, CA 96130

Crisis Line (530) 257-5004

www.lassencrisis.com

RAINBOW FAMILY RESOURCE NETWORK

(530) 251-2417

A program of Lassen Child & Family Resources
336 Alexander Avenue
Susanville, CA 96130

1-800-257-TALK (8255)

Services: Information, resources, referral and support for parents and caregivers of infants and toddlers (birth to three) who have delays or disabilities; a lending library of disability-related materials includes books, DVDs, video and audio tapes, CDs, toys; webpage.

Eligibility: Resident of Lassen, Modoc, Plumas, Sierra counties.

Hours: 8:00am to 4:30pm.

Charges: Free of cost.

SIERRA ARMY DEPOT CHILD AND YOUTH SERVICES**(530) 827-4696**

Building 145 – Nevada Street

Herlong, CA 96113

Services: Before and after school care; summer camp programs; middle school and teen recreational activities.

Partner agency with Boys and Girls Club of America and 4-H.

Hours: Monday through Thursday 6:00 a.m. to 8:00 a.m. and 12 Noon to 7:00 p.m. Friday 2:30 p.m. to 9:00 p.m. & Saturday 1:00 p.m. to 9:00 p.m.**Requirement to participate:** Any youth enrolled in Fort Sage School District or who has a parent employed by Sierra Army Depot.**WESTWOOD FAMILY RESOURCE CENTER****(530) 256-3706****wwfrc@frontiernet.net**

463-975 Birch Street

Westwood, CA 96137

Services: Offers a variety of information and services to meet the needs of families, seniors, and the general public. The focus areas of the center are school readiness, senior outreach, literacy, and resource and referral.**Activities:** Resume assistance, internet access, phone access, children's faire, family fun night, emergency food, diapers.**Eligibility:** Westwood residents are target audience, but anyone may use center services.**Charges:** None **Hours:** 8 AM – 5 PM, Mon. – Fri.***19. FINANCIAL ASSISTANCE*****ECONOMIC DEVELOPMENT DEPARTMENT****(530) 251-8309**

707 Nevada St., Suite #1

Susanville, CA 96130

Services: Financial assistance to homeowners and home buyers. Small Business loans, and START SMART training program for small business owners. Grant writing help. Administers Community Development grants and provides technical assistance.**Eligibility:** Must meet financial guidelines. **Hours:** 8 AM – 5 PM, Mon – Fri.**LASSEN COMMUNITY COLLEGE****EXTENDED OPPORTUNITY PROGRAMS AND SERVICE (EOP&S)****(530) 257-6181**

478-200 Hwy. 139

Susanville, CA 96130

Services: The EOP&S Program assists low income and educationally disadvantaged students to achieve their academic goals through counseling, special classes, tutoring, books, advocacy, child care, transition services, assistance with the completion of financial aid, registration, and admission procedures.**Eligibility:** To be eligible a student must be a California resident, be enrolled as a full-time student (12 units or more per term), have fewer than 70 units of degree applicable college credits, qualify to receive a Board of Governors' Fee Waiver under either Method A or B, and be educationally disadvantaged.

LASSEN WORKS & SOCIAL SERVICES

Main office
P.O. Box 1359
720 Richmond Road
Susanville, CA 96130

Lassen Career Network
1616 Chestnut
Susanville, CA 96130

Lassen WORKS (530) 251-8152
Lassen Career Network (530) 257-5057

Services: Referral and resource for a full range of services including financial assistance; supplemental food program; resources for neglected, abused and/or molested children; adoption and/or abortion; adult protective services; services for seniors. WORKS stands for Work, Opportunity, and Responsibility to Kids.

Eligibility: For most programs, age, income, and/or property limits. **Hours:** 8 AM – 5 PM, Mon - Fri.

MEDI-CARE HOTLINE

1-800-633-4227
TTY/TDD 1-877-486-2048

SALVATION ARMY (SUSANVILLE)

(530) 257-0314

Business Office and Social Services
1560 Main Street
Susanville, CA 96130

UNITED WAY FOUNDATION

(530) 241-7521
www.norcalunitedway.org

Regional Office
P.O. Box 990248
Redding, CA 96099-0248

Services: Voluntary group assists non-profit agencies in the delivery of services to otherwise disadvantaged persons by providing funds for specific services. Information on application for funding available from Regional Office listed above.

Eligibility: Non-profit 501(c) agencies only. **Hours:** 8AM – 5PM Mon-Fri.

20. FOOD

COMMUNITY FOOD SHELF

(530) 257-0314

A program of the Salvation Army
1560 Main Street
Susanville, CA 96130

Services: Provides emergency food supplies, on a limited basis, to families in need during crisis situations.

Hours: Food shelf on the 2nd and 4th Wednesday 12:30 PM – 3:00 PM. USDA Commodities 1st and 3rd Wednesday 12:30 PM – 3:00 PM **Charges:** Free.

CROSSROADS MINISTRIES

(530) 251-0701

2410 Main Street
Susanville, CA 96130

Services: Food shelf, daily free lunch (Mon-Fri), emergency shelter.

FORT SAGE FAMILY RESOURCE CENTER**(530) 827-3007**

100 Tamarack Ave
Herlong, CA 96113

Services: Assists families by holding local W.I.C. informational workshops each month for those who qualify. On site EBT machine to reprogram and refill EBT cards.

Eligibility: Welfare, Medi-Cal, Medi-Care, and other assistance available based on income criteria.

Hours: 8 AM – 5 PM, Mon. – Fri. W.I.C. selected availability.

LASSEN WORKS AND SOCIAL SERVICES**(530) 251-8152**

P.O. Box 1359
720 Richmond Rd.
Susanville, CA 96130

Services: Determines eligibility for, and issues Food Stamps to, persons in need.

Eligibility: Must be income eligible. **Hours:** 8 AM – 5 PM, Mon – Fri. **Charges:** Free.

SALVATION ARMY (SUSANVILLE)**(530) 257-0314**

Business Office and Social Services
1560 Main Street
Susanville, CA 96130

W.I.C (WOMEN, INFANTS, CHILDREN)**(530) 257-7094**

Part of Northeastern Rural Health Clinics
1410 Chestnut Street
Susanville, CA 96130

Services: Provides healthy supplemental foods, nutrition and referral to pregnant and breast-feeding women, infants, and children under 5 years of age.

Eligibility: Pregnant and post-partum women with a baby less than 6 months old and children under the age of 5 years. Must live in Lassen County. **Hours:** 8:00 AM – 5:00 PM Mon - Fri.

Charges: Must be income eligible. Low income, Medi-Cal.

21. HEALTHCARE

BANNER LASSEN MEDICAL CENTER**(530) 252-2000**

1800 Spring Dr.
Susanville, CA 96130

Services: 38 bed hospital, birthing suites, inpatient/outpatient surgery, laboratory, X-Ray, ultrasound/Mammo, MRI/CT, emergency room.

BIG VALLEY MEDICAL CENTER**(530) 294-5241**

554-850 Medical Center Drive / P. O. Box 277
Bieber, CA 96009

Services: Physicians, lab and EKG, allergy treatment, diet counseling, free blood-pressure checks, family planning, immunizations in association with the Lassen County Public Health Department. Limited pharmacy available.

Dental services. Bilingual services available. **Hours:** 8 AM – 5 PM, Mon – Fri.

COUNTRY VILLA RIVERVIEW**(530) 257-5341**

2005 River Street
Susanville, CA 96130

Services: 96 bed skilled nursing facility provides 24-hour skilled nursing care. Physical, occupational, and speech therapy offered to in-patients.

Eligibility: Residents must need skilled nursing.

Hours: 8 AM – 5 PM, Mon - Fri or by appointment.

Charges: Medi-Cal, Medicare, private insurance, and Veterans Administration contracts accepted.

LAKE ALMANOR CLINIC / URGENT CARE CLINIC**(530) 258-4256**

199 Reynolds Road / P.O. Box 1460
Chester, CA 96020

LASSEN COUNTY PUBLIC HEALTH**(530) 251-8183**

1445 Paul Bunyan Road
Susanville, CA 96130

Services: Clinic Services, Tuberculosis Control Program, Immunization Clinic, California Children's Services, Child Health and Disability Prevention Program, Healthy Families Insurance Program, HIV / AIDS counseling, Environmental Health, Perinatal Outreach and Education, Hospital Preparedness, Emergency Preparedness, Communicable Diseases, pregnancy testing, Maternal Child Adolescent Health.

NORTHEASTERN RURAL HEALTH**(530) 251-5000**

1850 Spring Ridge Drive
Susanville, CA 96130

Services: Family Practice – complete medical care for all ages. Dietician, nurse, and health educator also on staff. OB- Access, family planning, minor surgery, nutrition and health education. Hearing testing available.

Hours: Mon – Fri. 8 AM – 6:30 PM, Sat. 8 AM – 4:30 PM

Charges: Medi-Cal and Medicare accepted; insurance billing; sliding fee scale and other assistance available based on eligibility criteria.

LASSEN INDIAN HEALTH CENTER**(530) 257-2542**

795 Joaquin Street
Susanville, CA 96130

Services: Complete medical and dental services for Native Americans and non-Native American members of Native American households. Staff includes: physician, dentist, registered and licensed vocational nurses, community health representatives. The Family Services Department includes: mental health therapist, clinical psychologist, and substance abuse counselors.

Hours: 8 AM - Noon & 1 - 5 PM, Mon - Fri

Charges: Contract and direct Indian services, Medi-Cal, Medicare and insurance accepted.

LASSEN MEDICAL CENTER**(530) 257-7773**

103 Fair Drive
Susanville, CA 96130

Services: Ambulatory health care facility providing comprehensive health care. Medical care includes pediatrics, allergy, women's health, obstetrics, gynecology, lab, and x-ray. Surgical care includes laser surgery, gynecologic, orthopedic, general surgery, tubal ligation, urological, and vasectomy.

LINCARE, INC

1545 Paul Bunyan Road, Suite A
Susanville, CA 96130

Services: Home oxygen and respiratory services, medical equipment.

Hours: 8 AM - 5 PM, Mon - Fri. Emergency service calls.

Charges: Medicare, Medi-Cal, and insurance billing.

(530) 257-7513

1-888-257-7513

NORTHEASTERN OCCUPATIONAL MEDICINE

(530) 251-5000

Part of Northeastern Rural Health Clinics

1850 Spring Ridge Drive

Susanville, CA 96130

Services: Employment-related services, including pre-employment screening, worker's compensation care, and workplace safety assessment. General medical care also provided.

Hours: 8 AM – 5 PM on Mon - Fri.

Charges: Medi-Cal and Medicare accepted; insurance and worker's compensation billing; sliding scale fees, and other assistance available.

SENECA HEALTHCARE DISTRICT

Administration: (530) 258-2067

130 Brentwood Drive

P.O. Box 737

Chester, CA 96020

Services: Advanced life support, stand-by emergency room services, physician on call.

Hours: 24 hours daily.

URGENT CARE

(530) 251-5000

Part of Northeastern Rural Health Clinics

1850 Spring Ridge Drive

Susanville, CA 96130

Specialty: Acute illnesses and minor injuries on a walk-in, first-come first-served basis, depending upon urgency.

Hours: 8 AM – 5 PM Mon. – Fri. 8:00 AM – 4:30 Sat.

Charges: Medi-Cal and Medicare accepted; insurance billing; sliding fee scale and other assistance available based on eligibility criteria.

www.northeasternhealth.org

VETERANS AFFAIRS DIAMOND VIEW OUTPATIENT CLINIC

(530) 251-4550

110 Bella Way

Susanville, CA 96130

WOMEN'S HEALTH CENTER

(530) 251-5000

Part of Northeastern Rural Health Clinics

1850 Spring Ridge Drive

Susanville, CA 96130

Services: Women's health care, including well woman exams (pap smear, breast screenings, etc.); prenatal care for pregnant women with certified nurse midwives and physicians; family planning education, exams and supplies; pregnancy testing, OB Access, prenatal case management services; childbirth education classes; nutrition and health education, smoking cessation, WIC, stress management, geriatric care, STD and HIV testing, sports physicals. Children and men are also welcome in the practice for general medical care.

21a. CHIROPRACTORS

BATESON, C. Owen, DC (530) 257-5543
 SUSANVILLE CHIROPRACTIC CLINIC (530) 257-7751
 BRANVOLD, Ronald, DC

21b. DENTAL CARE

BUEHLER, Sean, DDS	(530) 257-3300	MCKEE, B. T., DDS	(530) 257-5480
NORTHROP, R. H., DDS	(530) 257-9099	DRURY, Veryl C., DDS	(530) 257-2395
PRATT, W. T., Jr., DDS	(530) 257-5179	STRUVE, Dennis D., DDS	(530) 257-9597
ROSE, Michael, DDS	(530) 257-2725	VIXIE, Curtis E., DDS	(530) 257-2395
SUSANVILLE DENTAL	(530) 257-7256	VIXIE, Linda Drury, DDS	(530) 257-2395
KOVRT, Robert, DDS	(530) 257-2828	WHITE, Raymond E., DDS	(530) 257-7256
LASSEN INDIAN HEALTH CENTER Family Dentistry	(530) 251-5188	HUBER, Jeannie, RDHA Smiles For Life, Inc.	(530) 257-9640
NORTHEASTERN DENTAL	(530) 251-5000	SUSANVILLE ORTHONTIC	(530)257-4455

21c. DOCTORS

BARAKAT, George, MD Orthopedic Surgery	(530)257-9060	KORVER, Kenneth, MD Family Practice	(530) 257-4186
BEAMS, Jay M., MD Family Practice	(530) 257-4137	MEADOWS, Hal, MD Family Practice	(530) 257-7251
BECKWITH, David R., MD Family Practice	(530) 257-7030	RUSS, Thomas, MD Cardiology	(530) 257-4806
DAHLGREN, Charles, MD Ear, Nose, and Throat, and Allergy	(530) 251-2866	SYVERSON, Dale, MD FACS	(530) 252-4115
FLETSCHER, Walter, MD Cardiology	(530) 257-4806	UPPAL, Indra, MD Obstetrics and Gynecology	(530) 257-7773
GROSS, Keith, MD Dermatology	(530) 257-7335	UPPAL, S. K., MD Pediatrics and Allergy	(530) 257-7773
VALCESCHINI, Greg, MD		(530) 257-5730 Family Practice	

21d. EYE CARE

MILLS, Matthew, MD (775) 322-1000
Ophthalmology

BOOMER, Gregory A., OD (530) 257-4424
Optometry

SCHONDER, A. A., MD (775) 322-1000
Ophthalmology

HLUSACK, Martin, OD (530) 257-2225
Optometry

MARASON, Richard, OD (530) 257-3636
Optometry

21e. FOOT CARE

NIELSEN, Richard H., DPM (530) 257-4137

21f. HEARING CARE

MIRACLE EAR (530) 241-2200
800-488-9906

21g. SPEECH AND PHYSICAL THERAPY

CAREY, NANCY (530) 283-1368
Speech Therapy

VIAL PHYSICAL THERAPY & BIOLAB
Physical Therapy (530) 257-7711

SUSANVILLE THERAPY & ATHLETIC REHABILITATION (530) 257-8989
(S. T. A. R.) Physical Therapy

22. HOSPITALS

BANNER LASSEN MEDICAL CENTER

(530) 252-2000

1800 Spring Dr.
Susanville, CA 96130

Services: 38 bed hospital, birthing suites, inpatient/outpatient surgery, laboratory, X-Ray, ultrasound/Mammo, MRI/CT, emergency room.

BANNER LASSEN MEDICAL CENTER LAB DRAW STATION**(530) 252-1177**

1445 Paul Bunyan Road, Suite A
Susanville, CA 96130

Services: Blood draw station

Hours: 7:00 a.m. to Noon and 1:00 p.m. to 2:30 p.m. Monday-Thursday; 7:00 a.m. to Noon on Fridays

SENECA HEALTHCARE DISTRICT**Administration: (530) 258-2067**

130 Brentwood Drive
P.O. Box 737
Chester, CA 96020

Services: Advanced life support, stand-by emergency room services, physician on call.

Hours: 24 hours daily.

OTHER HOSPITALS

ENLOE HOSPITAL in Chico

1-800-822-8102

MAYERS MEMORIAL HOSPITAL in Fall River Mills

(530) 336-5511

MERCY MEDICAL CENTER in Redding

1-800-232-3132

NORTHERN NEVADA MEDICAL CENTER in Reno

(775) 331-7000

RENOWN MEDICAL CENTER in Reno

(775) 982-4100

SAINT MARY'S REGIONAL MEDICAL CENTER in Reno

(775) 770-3104

SHASTA REGIONAL MEDICAL CENTER in Redding

(530) 244-5400

23. HOUSING

ECONOMIC DEVELOPMENT DEPARTMENT**(530) 251-8309**

707 Nevada St., Suite #1
Susanville, CA 96130

Services: Financial assistance to homeowners and home buyers. Small Business loans, and START SMART training program for small business owners. Housing authority, offers rental assistance, administers community development grants and provides technical assistance and grant-writing help.

Eligibility: Must meet financial guidelines.

Hours: 8 AM – 5 PM, Mon – Fri.

LOW INCOME HOUSING

Citrus Manor Apartments, 500 Limonera Ave, Susanville **(530) 257-2297**

Meadowbrook Apartments, 555 N. Roop St., Susanville **(530) 257-5524**

Millview Apartments, 780 Hall St., Susanville **(530) 257-7261**

Parkview Garden Apartments, 320 Limoneria Ave, Susanville **(530) 257-4028**

Susanville Gardens Apartments, 1070 Paiute Ln., Susanville **(530) 257-5238**

Feather River Apartments, 100 Delwood, Westwood **(530) 256-3029**

LOW INCOME HOUSING (SENIORS)

Lassen Manor, 205 North Mesa, Susanville (530) 257-0888

Susan River Apartments, 1625 Riverside, Susanville (530) 257-0800

Westwood Senior Apartments, 671-315 Finland Drive, Westwood (530) 256-3754

RONALD MCDONALD HOUSE

(775) 322-4663

323 Maine Street

Reno, NV 89502

Located next to Renown Medical Center

Services: Lodging for parents and families of children receiving care at a nearby hospital. There are 12 bedroom/bath units, along with kitchen, rec-room, library and laundry.

Eligibility: Any family with a child receiving in- or out-patient care at any local hospital. Parents must live at least 30 miles away. If House is full, more serious medical conditions will take priority, if available.

Hours: 9:00 AM – 9:00 PM Mon – Fri., 9:00 AM – 12:00 PM & 2:30 PM – 9:00 PM Sat/Sun

RONALD MCDONALD HOUSE

(916) 734-4230

2555 49th Street

Sacramento, CA 95817

Services: Provides housing for families while their children are hospitalized in any of the Sacramento area hospitals. **Charges:** \$20.00 per night or no charge to eligible families through the "Adopt a Family" program.

SUSANVILLE INDIAN RANCHERIA HOUSING AUTHORITY

(530) 257-5033

Services: Housing for homeless Native Americans.

Eligibility: Any Native American family which meets our qualifications

Hours: 8 AM – 5 PM, Mon – Fri.

Charges: Free.

24. LAW ENFORCEMENT

LASSEN COUNTY ADULT DETENTION FACILITY (COUNTY JAIL)

(530) 251-5245

1405 Sheriff Cady Lane

Susanville, CA 96130

LASSEN COUNTY JUVENILE DETENTION FACILITY

(530) 251-8324

1415 Chestnut Street

107 S. Roop (Mailing address)

Susanville, CA 96130

LASSEN COUNTY PROBATION DEPARTMENT

(530) 251-8212

107 S. Roop

Susanville, CA 96130

LASSEN COUNTY SHERIFF'S DEPARTMENT**(530) 257-6121**

1415 Sheriff Cady Ln.
Susanville, CA 96130

SUSANVILLE CITY POLICE

Dispatch: (530) 257-2171
Business Office: (530) 257-5603

1801 Main St.
Susanville, CA 96130

Services: In addition to emergency services, the Susanville City Police Department also does fingerprinting for the general public Mon - Fri from 2 PM - 4 PM if an officer is available.

SUSANVILLE CITY POLICE COMMUNITY SERVICE OFFICE**(530) 257-5603**

1801 Main St.
Susanville, CA 96130

Services: Neighborhood Watch Groups, police department tours, McGruff the Crime Dog Presentations for groups, Susanville Boy Scout Explorer Program, Lassen County Teen Court Program.

PRISONS**HIGH DESERT STATE PRISON****(530) 251-5100**

475-750 Rice Canyon Road
Mailing Address: P. O. Box 750
Susanville, CA 96127-0750

CALIFORNIA CORRECTIONAL CENTER**(530) 257-2181**

711-045 Center Road
Mailing Address: P. O. Box 790
Susanville, CA 96127-0790

FEDERAL CORRECTIONAL INSTITUTION – HERLONG, CA**(530) 827-8000**

741-925 Herlong Access Road, County Road A25
Mailing Address: P.O. Box 900
Herlong, CA 96113

25. LEGAL SERVICES

ACCESS TO JUSTICE**(530) 251-8353**

145 S. Lassen Street
Susanville, CA 96130

FAMILY LAW FACILITATOR**(530) 251-8205**

Lassen County Superior Court
220 S. Lassen St., Suite 2 Susanville, CA 96130

Services: Help with family law issues limited to child support, spousal support, health insurance, and paternity.

Eligibility: Anyone, no income limits. **Hours:** 9 AM – 5 PM, Mon – Thurs, 9 AM – 12 PM on Fri.

Charges: A Free Service of Lassen County Superior Court.

LASSEN SENIOR SERVICES**(530) 257-2113**

1700 Sunkist Avenue

1-800-822-9687

Susanville, CA 96130

Services: Help with disability and insurance problems, small claims, social security, landlord/tenant conflicts, and advice on most legal matters. **Eligibility:** 60 years of age or older.**Hours:** Second Wednesday of the month 10 AM-2:30 PM by appointment.**Charges:** Free, donations accepted.**LASSEN COUNTY LAW ENFORCEMENT CHAPLINCY****Dispatch (530) 257-6121****Services:** Minister to law enforcement community, provide counseling services in helping to deal with situations.**LASSEN COUNTY LAW LIBRARY****(530) 251-8189 #4**

145 S. Lassen access to justice center

Susanville, CA 96130

Services: Computer and Internet is available for doing research. A law library computer workstation is also available at the Susanville Library.**Hours:** 8 AM – 5 PM closed from 12 PM – 1 PM Mon. – Fri.**Charges:** Free. Copies – 1st ten copies free and .50\$ thereafter.**LEGAL SERVICES OF NORTHERN CALIFORNIA****1-800-822-9687**

1370 West Street

Redding, CA 96001

LASSEN COUNTY VICTIM / WITNESS ASSISTANCE**(530) 251-8281**

26. LIBRARIES

BIEBER VOLUNTEER LIBRAR**(530) 294-5752**

Corner of Veterans and Bridge Streets

Bieber, CA 96009

Services: Books, videos, magazines, pamphlets, and audio materials available for check-out. Computers are available for word processing and Internet access. If the library does not have the book you are looking for, it can be ordered through interlibrary loan.**LASSEN COMMUNITY COLLEGE LIBRARY****(530) 251-8830**

478-200 Hwy. 139

Susanville, CA 96130

Services: There are 3 ways to get a book if you ARE a student or employee of the college this term. For all 3 ways, take down full information about the book you want (doing a print-out is a quick way to be thorough and accurate). First, come to the Lassen Community College Library and check out the book. Or second, take the information about the book to your local library and ask there for help borrowing the book by interlibrary loan. Or third, ask for the book from the Lassen Community College Library by mail, phone, fax, or e-mail. If you are NOT a student or employee of the college this term, take down full information about the book you want, then take the information about the book to your local library and ask there for help borrowing the book by interlibrary loan.**Hours:** Mon - Thurs 8 AM - 10 PM. Friday 8 AM - 4 PM. Sat Noon - 4 PM. Sun 5 - 9 PM.

LASSEN COUNTY LAW LIBRARY**(530) 251-8189 #4**

145 S. Lassen Street
Susanville, CA 96130

Services: Law books are available for public use. Computer and Internet is available for doing research. A law library computer workstation is also available at the Susanville Library.

LASSEN LIBRARY DISTRICT**(530) 251-8127**

1618 Main Street
Susanville, CA 96130

www.lassenlibrary@citlink.net

Services: Books, videos, magazines, pamphlets, and audio materials available for check-out. Computers are available for word processing and Internet access.

Hours: Tuesday, 11 AM - 6 PM, Wednesday, 11 AM - 6 PM, Thursday, 11 AM - 6 PM, Friday, 11 AM - 3 PM
Saturday, 11 AM - 3 PM, Closed Sunday and Monday

WESTWOOD COMMUNITY LIBRARY**(530) 256-2955**

500 Birch
P.O. Box 927
Westwood, CA 96137

Services: Small community library run by volunteers. Internet access available.

27. MENTAL HEALTH

FAR NORTHERN REGIONAL CENTER**(530) 596-4266**

401 Peninsula Drive, Suite 2
Lake Almanor, CA 96137

Services: Information and referral; diagnosis and evaluation; individual program planning; consultation to other agencies; prevention services; admittance to and discharge from State Developmental Centers (State Hospitals); court ordered evaluations; limited conservatorship services; advocacy; community education regarding developmental disabilities; provides therapy/case management services for children 0-3 who have a delay in any developmental area; prevention services for any children 0-3 with medical risk factors.

Eligibility: Any resident of Butte, Modoc, Siskiyou, Glenn, Plumas, Tehama, Lassen or Trinity Counties with a developmental disability, regardless of age or income; disability must have originated before the age of 18; disability must constitute a substantial handicap. Developmental Disabilities include: mental retardation, cerebral palsy, epilepsy, autism, and other conditions closely related to mental retardation or requiring similar treatment.

Hours: Mon - Thurs, 8 AM - 5 PM; Friday, 8 AM - 4 PM.

Charges: No fees for diagnosis, evaluation or coordination of services. Parents of minors who are living in 24 hour community care facilities are required to reimburse the state's Program Development Fund based on a sliding scale for costs of placement services purchased for their children.

LASSEN COUNTY MENTAL HEALTH DEPARTMENT**(530) 251-8108**

555 Hospital Lane
Susanville, CA 96130

24 Hour Emergency: (530) 257-8108**1-800-530-8688**

Services: Individual counseling and group counseling. Social and communication skills group, dual diagnosis. Juvenile Hall Crisis Response. Adult Detention Crisis Response. Patients right's advocate. Community presentations.

Hours: 24 hour emergency line.

Charges: Sliding scale fee, Medi-Cal accepted.

LASSEN COUNTY PATIENT ADVOCATE / PARENT ADVOCATE**(530) 251-8322**

Part of Lassen County Health and Social Services

Services: Provides support and advocacy services to Lassen County mental health consumers.**LASSEN FAMILY SERVICES****(530) 257-4599**

1306 Riverside Drive

Susanville, CA 96130

Crisis Line 257-5004**www.lassencrisis.com****Services:** Domestic violence, and sexual assault rape crisis counseling/intervention; Court appointed special advocates program; Legal aid/court advocacy; parent education program; prevention education program for teens; emergency shelter and transitional housing; law enforcement and hospital accompaniment; crisis counseling and community referrals; parent camp; Kids Kamp; CHAT (Child Abuse Treatment Program)**Hours:** 8 AM – 5 PM, Mon – Fri. **24 Hour Crisis Line # (530) 257-5004.****Charges:** None. Lassen Family Services is a grant funded, non-profit organization.**LASSEN LIFE SKILLS & JOB TRAINING****(530) 257-7799**

479-340 San Francisco Street

Susanville, CA 96130

Services: A community based program that serves adults with developmental disabilities. The major components of the program are integrated work, self advocacy and community socialization. Offers community access support providing transportation to medical and dental appointments in town and in outlying areas. Offers help budgeting and planning and grocery shopping, and teaches skills that make it possible for people with disabilities to live independently in the community. A family respite program is also available.**Hours:** 8 AM - 5 PM, Mon - Fri. Family respite Friday evening.**YOUTH SERVICES****(530) 251-8400**

Lassen County Mental Health Youth Services

555 Hospital Lane

Susanville, CA 96130

Services: Can help keep your family from falling through the cracks with case management services. Can provide individual or family treatment plans. Is child centered and family focused with the needs of the child and family dictating the type of services needed. Coordinates treatment teams with other service providers. Helps keep your child in the home and out of placement. **Hours:** 8 AM - 5 PM, Mon - Fri.***28. MOTHER AND CHILD HEALTH*****CASA DE VIDA****(775) 329-1070**

1290 Mill St. Reno, NV 89502

Services: Residential Home for pregnant youth and young women.**Eligibility:** We offer our services to all regardless of race, color or creed. Women age 12-25 who has a child or is pregnant. **Charges:** Casa De Vida is a non-profit organization. A nominal fee is charged based on ability to pay.

CRISIS PREGNANCY CENTER

853 Haskell Street
Reno, NV 89509

(775) 826-5144
24 Hour Hotline 1-800-395-HELP (4357)

Services: Free pregnancy testing, referrals for medical care, social services, adoption, legal aid and other counseling and support. **Bilingual Services Available. Eligibility:** Anyone **Hours:** Mon - Fri., 9 AM - 4 PM **Charges:** None

FAR NORTHERN REGIONAL CENTER

170 H Russell Ave., Suite H
Susanville, CA 96130

(530) 257-5317
Fax: (530) 257-5526

LASSEN CHILD & FAMILY RESOURCES

336 Alexander Avenue
Susanville, CA 96130

(530) 257-9781

Services: Programs include Child Care Resource and Referral, and subsidized child care services, lending library, low cost car seat rental, help with licensed child care in home. **Hours:** 8:00 AM – 4:30 PM Mon-Fri.

LASSEN COUNTY CHILDREN AND FAMILIES COMMISSION

1345 Paul Bunyan Road, Suite B
Susanville, CA 96130

(530) 257-9600
www.lassenfirst5.com

Services: The Lassen County Children and Families Commission (First 5 Lassen) is designed to support and encourage, on a countywide basis, a comprehensive coordinated system of childhood development services. The focus of the Commission is on quality health care, childcare, parent and early childhood education. The commission supports prevention and intervention programs for children, prenatal through five years of age, and their families. Children, parents and caregivers are provided opportunities necessary to foster secure, healthy and loving attachments. Oral health and home visiting services are funded by FIRST-5 Lassen through PATHWAYS and Smiles For Life. Meetings are open to the public and held on the first Thursday of each month at the Barry Creek Meeting Center, 1345 Paul Bunyan Road, Susanville CA at 1:30pm.

LASSEN COUNTY PUBLIC HEALTH DEPARTMENT

1445 Paul Bunyan Road
Susanville, CA 96130

(530) 251-8183
MCAH Family Health Line 1-800-838-1223

Services: Immunizations, Child Health and Disability Program, California Children's Services, Maternal Child/Adolescent Health, Disease control, Emergency Preparedness, Pregnancy Testing.

Hours: 8:00 AM – 5 PM Mon – Fri.

NORTHEASTERN WOMEN'S HEALTH CENTER

1850 Spring Ridge Drive, Suite D
Susanville, CA 96130

(530) 251-5000

Services: Women's health care, including well woman exams (pap smear, breast screenings, etc.); prenatal care for pregnant women with certified nurse midwives and physicians; family planning education, exams and supplies; pregnancy testing, OB Access, prenatal case management services; childbirth education classes; nutrition and health education. Children and men are also welcome in the practice for general medical care.

Hours: 7 AM – 5 PM, Mon – Fri.

Charges: Medi-Cal and Medicare accepted; insurance billing; sliding fee scale and other assistance available based on eligibility criteria.

M.A.M.A. CRISIS PREGNANCY CENTER**(530) 257-6667**

472 Richmond Road
Susanville, CA 96130

Services: Pregnancy and abortion information; help for women facing crisis pregnancy; childbirth coaching; counseling and friendly support services; and maternity and infant clothing. Pregnancy tests available. MAMA's Nearly New Treasures Thrift Store. **Charges:** Free and confidential.

W.I.C (WOMEN, INFANTS, CHILDREN)**(530) 257-7094**

1410 Chestnut Street
Susanville, CA 96130

Services: Provides healthy supplemental foods, nutrition and referral to pregnant and breast-feeding women, infants, and children under 5 years of age.

Eligibility: Pregnant and post-partum women with a baby less than 6 months old and children under the age of 5 years. **Fees:** Must be income eligible. Low income, Medi-Cal.

29. NATIVE AMERICAN SERVICES**LASSEN INDIAN HEALTH CENTER****(530) 257-2542**

795 Joaquin Street
Susanville, CA 96130

Services: Complete medical and dental services for Native Americans and non-Native American members of Native American households. Staff includes: physician, dentist, registered and licensed vocational nurses, and community health representatives. The Family Services Department includes: mental health therapist, clinical psychologist, and substance abuse counselors. **Hours:** 8 AM - Noon & 1 - 5 PM, Mon - Fri

Charges: Contract and direct Indian services, Medi-Cal, Medicare and insurance accepted.

SUSANVILLE INDIAN RANCHERIA HOUSING AUTHORITY**(530) 257-5033**

870 G Joaquin Street, Suite G
Susanville, CA 96130

Services: Housing for Native Americans. **Hours:** 8 AM – 5 PM, Mon – Fri. Closed 12pm-1pm

30. NUTRITION**NORTHEASTERN RURAL HEALTH CLINICS****(530) 251-5000**

1850 Spring Ridge Drive
Susanville, CA 96130

HEALTH NUT**(530) 257-5800**

2204 Main Street
Susanville, CA 96130

Services: Offers bulk herbs, vitamins, breads. Wheat-free, dairy-free products. Deli and frozen foods section. Juice bar with a wide selection of bottled juices and teas.

W.I.C (WOMEN, INFANTS, CHILDREN)

(530) 257-7094

1410 Chestnut Street
Susanville, CA 96130

Services: Provides healthy supplemental foods, nutrition and referral to pregnant and breast-feeding women, infants, and children under 5 years of age.

31. PHARMACIES

RITE AID PHARMACY

(530) 257-0603

2960 Main St.
Susanville, CA 96130

Services: Full service pharmacy.

Hours: 8 AM – 9 PM Mon – Fri., 9 AM – 6 PM Sat., 10 AM – 6 PM Sun.

WALMART PHARMACY

(530) 251-2100

2900 Main St.
Susanville, CA 96130

Services: Full service pharmacy.

Hours: 9AM – 9PM Mon – Fri., 9AM – 7PM Sat., 10AM – 6PM Sundays. Closed Sat & Sun 12:30PM-1:30PM

WALGREENS

(530) 257-1020

1725 Main Street
Susanville, CA 96130

Services: Full service pharmacy

Hours: 8AM – 10PM

OWENS PHARMACY

(530) 252-4315

1850 Spring Ridge Drive, Suite P
Susanville, CA 96130

Services: Full service pharmacy

Hours: 9:00 AM – 6:00 PM Mon – Fri

32. RAPE AND SEXUAL ASSAULT

COMPREHENSIVE SEXUAL ABUSE TREATMENT PROGRAM

(775) 329-0623

575 E. Plumb, Ln., Suite 100
Reno, NV 89520

Services: Assists families in healing from incest and sexual abuse.

Hours: 8:30 AM – 7:00 PM Mon – Wed, 8:30 AM – 6:00 PM Thurs. – Fri.

LASSEN FAMILY SERVICES

1306 Riverside Drive
Susanville, CA 96130

Services: Domestic violence, and sexual assault rape crisis counseling/intervention; Court appointed special advocates program; Legal aid/court advocacy; parent education program; prevention education program for teens; emergency shelter and transitional housing; law enforcement and hospital accompaniment; crisis counseling and community referrals; parent camp; Kids Kamp; CHAT (Child Abuse Treatment Program)

Hours: 8 AM – 5 PM, Mon – Fri. **24 Hour Crisis Line # (530) 257-5004.**

Charges: None. Lassen Family Services is a grant funded, non-profit organization.

(530) 257-4599

Crisis Line 257-5004

www.lassencrisis.com

MODOC CRISIS CENTER / T.E.A.C.H

112 East 2nd Street
Alturas, CA 96101

Services: 24 hour crisis hotline, emergency shelter, emergency transportation, individual and group counseling for women and children victims of domestic violence or sexual assault, advocacy, accompaniment to court and referral services, emergency food and clothing, TRO assistance, household establishment, rape prevention and community education presentations. Shelter capacity: 13 (plus 1 crib). **Charges:** None

(530) 233-3111

Crisis Line (530) 233-4575

1-800-291-2156

33. RECREATION

ADULT SOFTBALL LEAGUE

P. O. Box 3000, Susanville, CA 96130

(530) 251-8815

ANYTIME FITNESS

2635 Main Street, Susanville, CA 96130

(530) 257-7770

BUREAU OF LAND MANAGEMENT

2950 Riverside Drive, Susanville, CA 96130
Provides hiking trail maps.

(530) 257-5381

CITY OF SUSANVILLE PARKS AND RECREATION

75 N. Weatherlow, Susanville, CA 96130

Offers a variety of physical activity and recreational programs that vary monthly and seasonally. Age requirements, skill levels, and fees vary by program. Call for more information.

(530) 257-1031

COPPERVALE SKI HILL

15 miles west of Susanville on Hwy. 36
723 State Hwy. 36

Cross-country, downhill skiing, and snowboarding lessons through Lassen Community College. Season passes are available. Open seasonally Tuesdays, Thursdays, Saturdays, Sundays, and holidays.

(530) 257-9965

DIAMOND MOUNTAIN GOLF COURSE

470-895 Circle Drive, Susanville, CA 96130

18-hole, par 71, public course. Open daily 7 AM during season. Lessons available. Discounts for juniors.

(530) 257-2520

4-H YOUTH PROGRAM

University of California Cooperative Extension,
707 Nevada Street, Susanville, CA 96130

4-H is a youth development program. Tuesday-Thursday

(530) 251-8285

IRON HORSE GYM**(530) 251-4985**

705 Cottage Street, Susanville, CA 96130

Taibo, nautilus machines, free weights, karate, kick-boxing, Yoga, and self-defense classes

JOAN'S STUDIO OF DANCE**(530) 257-3197**

110 S. Gay St., Susanville, CA 96130

Ballet, tap and ballroom dancing lessons. Ages 3 ½ & up. Individual or group lessons.

LASSEN COMMUNITY COLLEGE**(530) 257-6181**

478-200 Hwy. 139, Susanville, CA 96130

Offers classes in volleyball, basketball, adult fitness, wrestling, baseball, softball, aerobics, adaptive PE, free treadmills, soccer, and skiing. High school through adult. Class schedules and offerings may change by semester. Beginning instruction available.

LASSEN COUNTY ARTS COUNCIL**(530) 257-5222**

807 Cottage St

www.lassencountyartscouncil.org

Susanville, CA 96130

Promoting visual, literary, and performing arts and arts in education throughout Lassen County. Offering a variety of arts programs, lessons, performances such as "Acoustic Café" and "Summer Nights on the Green". Gallery openings monthly.

LASSEN LAND AND TRAILS TRUST**(530) 257-3252**

P. O. Box 1461, Susanville, CA 96130

Lassen Land and Trails Trust sponsors various community activities: trail walks/runs, cross country ski trips, Rails to Trails Festival, Farmer's Market, and Whistle Stop Lecture Series.

Hours: open 9 AM – 5 PM daily from May to October.**LASSEN YOUTH SOCCER****(530) 251-5679**

P. O. Box 1106, Susanville, CA 96130

Spring and Fall soccer leagues.

NEW IMAGE RACQUETBALL & FITNESS CENTER**(530) 257-9525**

1717 Main St., Susanville, CA 96130

Cardio and weight machines, free weights, racquetball, handball, basketball league, aerobics, steps, Yoga, adult karate, Jacuzzi, kickboxing, sauna, and massage therapy. Youth program includes jazz, karate, kids racquetball and cheerleading. Open daily; program times vary. Beginning instruction available. Monthly fees vary from \$23 (senior) to \$58 monthly (family). Child care is free and available 9 – 11 AM Mon – Sat, and 4:30 – 8 PM Mon – Fri.

POP WARNER FOOTBALL**(530) 251-2008**

P. O. Box 144, Susanville, CA 96130

ROOP'S FORT MUSEUM**(530) 257-3292**

75 N. Weatherlow, Susanville, CA 96130

SIERRA THEATRE AND UPTOWN CINEMA**(530) 257-SHOW (7469)**

819 Main St & 501 Main St, Susanville, CA 96130

SUSANVILLE LITTLE LEAGUE**(530) 310-4283**

2850 Main Street

P. O. Box 12-175, Susanville, CA 96130

34. SELF-HELP RESOURCES

ALCOHOLICS ANONYMOUS

(530) 257-2880

50 S. Weatherlow Street

Susanville, CA 96130

Services: Self-help program of recovery from the disease of alcoholism.

Eligibility: A desire to stop drinking.

Hours: 24-hour answering service. Call or check local newspaper for meeting information in Susanville, Westwood, and Big Valley. **Charges:** Free, donations only.

NARCOTICS ANONYMOUS

Hours: Check local newspaper for meeting information in Susanville, Westwood, and Big Valley.

OVEREATERS ANONYMOUS

(530)257-3445

Hours: Check local newspaper for meeting information in Susanville, Westwood, and Big Valley.

RUNAWAY HOTLINE

1-800-621-4000

WEIGHT WATCHERS

1-800-651-6000

35. SENIOR RESOURCES

BENEFITS INFORMATION:

1) Health Insurance Counseling & Advocacy Program **(530) 257-2113**

2) Medi-Cal California State Number **1-800-430-4263**

Susanville (530) 251-8152

3) Medicare (Social Security) Federal Number **1-800-633-4227**

4) Social Security Administration **(530) 257-2032**

2603 Riverside Drive

Susanville, CA 96130

Services: Provides processing of social security, disability, Medicare and supplementary income claims. Also issues Social Security cards.

Charges: Free

5) Veteran's Benefit **Veteran's Service Office (530) 251-8192**

BURIAL ARRANGEMENT SERVICES:

1) Walton's Colonial Mortuary (530) 257-4414

EDUCATION:

1) General Ed: Lassen Community College (530) 257-6181

2) Caregiving Ed: Mountain Caregiver Resource Center (530) 229-0878
1-800-995-0878

3) Physical Ed: Lassen College Physical Education (530) 251-6181

4) Health Ed: Northeastern Rural Health Clinics Health Education Center
(530) 251-5000

ELDER ABUSE:

1) HYCA 1-800-434-0222

2) Lassen County Adult Protective Services (530) 251-8158

3) Long Term Care Ombudsman Program (530) 229-1435
1-800-799-7233

4) Senior Advocacy Center (530) 223-6979

EMPLOYMENT:

1) Lassen WORKS (530) 251-8200

Services: Provides community service training and employment for persons 55 and older with limited income.

2) Lassen Career Network (530) 257-5057
1616 Chestnut Street
Susanville, CA 96130

EMERGENCY SERVICES:

1) Police, Fire, Ambulance for all emergencies **9-1-1**

2) Poison Control **1-800-222-1222**

FINANCES:

- 1) Money Management, Lassen County Public Guardian (530) 251-8337
Services: Representative Payee programs receive client income and pay bills, provides grocery money and handles negotiation with creditors.
- 2) Conservatorships: Senior Advocacy Center (530) 223-6979
- 3) Public Conservatorships: Lassen County Public Guardian (530) 251-8337
Services: Conservatorship offers services for people who are at risk of financial abuse, undue influence or who cannot manage their financial affairs due to incompetence.
- 4) Social Security Administration (530) 257-2032
2603 Riverside Drive 1-800-772-1213
Susanville, CA 96130 TTY 1-800-325-0778
- 5) Veterans Lassen County Veteran's Office (530) 251-8192
1205 Main Street
Susanville, CA 96130

FOOD AND MEALS:

- 1) Big Valley Senior Center (530) 294-5464
Memorial Building
Bieber, CA 96009
- 2) Doyle Senior Center (530) 827-2271
434-685 Doyle Loop
Doyle, CA 96109
- 3) Susanville Senior Center (530) 257-2113
1700 Sunkist
Susanville, CA 96130
- 4) Westwood Senior Center (530) 256-3009
2nd and Birch
Westwood, CA 96137

- 5) Lassen County Council on Aging (530) 257-4884
1700 Sunkist Drive
Susanville, CA 96130
Services: Senior Citizens Brown Bag Program: Provides food to eligible seniors and special services for the homebound. USDA surplus commodities; distributed to low-income persons of all ages on the 4th Wednesday of each month.
- 6) The Chimney Fund (530) 256-2914
Services: Year round food pantry
- 7) Big Valley Family Resource Center (530) 294-5700
Salvation Army Voucher Distribution Site
- 8) Crossroads Ministries (530) 251-0701

HEALTH CARE:

- 1) Big Valley Medical Center (530) 294-5241
- 2) Lassen County Mental Health (530) 251-8108
- 3) Lassen County Public Health (530) 251-8183
- 4) Lassen Indian Health Center (530) 257-2542
- 5) Northeastern Rural Health Clinic (530) 251-5000
- 5) Veterans Affairs Diamond View Outpatient Clinic (530) 251-4550
- 6) Westwood Family Practice (530) 256-3152
- 7) Urgent Care (530) 251-5000

Support Groups

- 1) Brain Injury Support Group (805) 563-2882
- 2) Cancer Support Group (530) 257-9030
Group meets weekly 1-800-227-2345
- 3) Lassen County Mental Health (530) 251-8108
- 4) Lassen County Alcohol and Other Drug (530) 251-8112

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|---|--|
| 5) <u>National Multiple Sclerosis Society</u> | <u>(310) 479-4456</u>
<u>1-800-344-4867</u> |
| 6) <u>Plumas Caregivers Support Group</u> | <u>(530) 229-0878</u>
<u>(530) 459-5382</u> |

HOSPICE:

- | | |
|--|-----------------------|
| 1) <u>Honey Lake Hospice</u> | <u>(530) 257-3137</u> |
| 2) <u>Sierra Hospice</u> | <u>(530) 258-3412</u> |
| 3) <u>Quincy Home Medical Services</u> | <u>(530) 257-4100</u> |

HOSPITALS:

- | | |
|---|-----------------------|
| 1) <u>Banner Lassen Medical Center</u>
1800 Spring Ridge Drive
Susanville, CA 96130 | <u>(530) 252-2000</u> |
| 2) <u>Seneca District Hospital</u>
130 Brentwood Drive
Chester, CA 96020 | <u>(530) 258-2151</u> |

IN-HOME HEALTH CARE:

- | | |
|--|---|
| 1) <u>Quincy Home Medical Services</u>
2930 Riverside Drive
Susanville, CA 96130 | <u>(530) 257-4100</u>
<u>Quincy (530) 283-9787</u> |
|--|---|

HOUSING AND FACILITIES:

Board and Care Homes:

- | | |
|--------------------------------------|-----------------------|
| 1) <u>Adams TLC Board & Care</u> | <u>(530) 251-1296</u> |
|--------------------------------------|-----------------------|

Low Income Senior Housing:

- | | |
|--------------------------------|-----------------------|
| 1) <u>Lassen Eskaton Manor</u> | <u>(530) 257-0888</u> |
|--------------------------------|-----------------------|

- 2) Susan River Apartment (530) 257-0800
- 3) Westwood Senior Apartment (530) 256-3754
- 4) Wildwood Village (530) 258-3350

Skilled Nursing Facilities:

- 1) Seneca District Hospital, Long Term Care (Chester) (530) 258-2151
- 2) Country Villa Care and Rehabilitation (530) 257-5341

IF YOU DON'T KNOW WHO TO CALL:

- 1) Lassen County Health and Social Services (530) 251-8128
- 2) Lassen Senior Service (530) 257-2113
- 3) Passages Adult Resource Center (530) 898-5923
1-800-822-0109

IN-HOME ASSISTANCE:

- 1) Lassen County In-Home Supportive Service (IHSS) (530) 251-8158

LEGAL SERVICES:

- 1) Conservatorship, Lassen County Public Guardian (530) 251-8337
- 2) Lassen County Mental Health Patient Advocate (530) 251-8322
- 3) Legal Services of Northern California 1-800-822-9687
- 4) Long Term Care Ombudsman Program (530) 229-1435
1-800-799-7233

MEDICAL EQUIPMENT:

- 1) Accellence Home Medical (530) 257-8202
305 Ash Street
Susanville, CA 96130

Equipment: Home oxygen, durable medical equipment.

- 2) Lifeline 1-800-543-3546

Services: This is an emergency response system utilizing a personal alarm button, and when activated, contacts the hospital nurses station. A call is made to a predetermined friend or relative who is asked to check on the participant. If none is available, 9-1-1 will be contacted.

Eligibility: Anyone may use this service. It is valuable to those living alone, the elderly or unstable, or patients with conditions that may require intermittent emergency assistance.

- 3) Lincare (530) 257-7513

1545 Paul Bunyan Road
Susanville, CA 96130

Equipment: Home oxygen, durable medical equipment

- 4) Owens Pharmacy (530) 252-4315

1850 Spring Ridge Drive
Susanville, CA 961360

Equipment: Infusion services; medical equipment; respiratory equipment

- 5) Pacific Pulmonary: (530) 257-3321

Equipment: Respiratory products

RESPITE SERVICES:

- 1) Mountain Caregivers Resource Center (530) 459-5382
1-800-995-0878

SENIOR CENTERS:

- 1) Big Valley Senior Center (530) 294-5464
Memorial Building
Bieber, CA 96009
- 2) Doyle Senior Center (530) 827-2271
434-685 Doyle Loop
Doyle, CA 96109
- 3) Susanville Senior Center (530) 257-2113
1700 Sunkist
Susanville, CA 96130

- 4) Westwood Senior Center (530) 256-3009
2nd and Birch
Westwood, CA 96137

SENIOR CITIZEN CLUBS:

- 1) Doyle Senior Citizens Club (530) 827-2271
2) Fifty Plus Club Big Valley (530) 294-5745
3) Jolly Elders Senior Club (530) 254-6516
4) Susanville Senior Citizens Club (530) 257-2113
5) Westwood Senior Citizens Club (530) 256-3009

SOCIAL SERVICES:

- 1) Far Northern Regional Center Westwood (530) 596-4266
Chico (530) 895-8633
2) Lassen County Behavioral & Public Health Services (530) 251-8108
3) Lassen Family Services (530) 257-4599
4) Salvation Army (530) 257-0314

TRANSPORTATION:

- 1) Dial-A-Ride (530) 252-7433
2) Lassen Indian Rancheria (530) 251-5164
Services: provides transportation to Native Americans and
Medi-Cal patients; covers Northern California and Northwest Nevada.
3) Lassen Rural Bus (530) 252-7433
4) Lassen Senior Services Medical Van (530) 257-2113
Services: Transportation to and from Reno for medical appts.
5) Susanville Express Cab & Shuttle (530) 257-5277
6) Veteran's Services (530) 251-8193

UTILITY ASSISTANCE:

- 1) Heating Energy Assistance Program (530) 256-3531

Services: Provides emergency assistance and weatherproofing services for eligible low-income homeowners of all ages.

36. SENIOR SERVICES

<u>FORT SAGE FAMILY RESOURCE CENTER</u>	<u>(530) 827-3007</u>
<u>LASSEN SENIOR SERVICES INC.</u>	<u>(530) 257-211</u>
<u>JOLLY ELDERS OF JANESVILLE</u>	<u>(530) 254-6516</u>
<u>LASSEN MODOC FOOD BANK/USDA COMMODITIES</u>	<u>(530) 257-4884</u>
<u>LASSEN COUNTY HEALTH AND HUMAN SERVICES</u>	<u>(530) 251-8158</u>
<u>LASSEN COUNTY VETERANS SERVICES</u>	<u>(530) 251-8192</u>
<u>LASSEN MANOR</u>	<u>(530) 257-0888</u>
<u>MEALS ON WHEELS (LASSEN SENIOR SERVICES)</u>	<u>(530) 257-2113</u>
<u>SOCIAL SECURITY ADMINISTRATION</u>	<u>1-800-772-1213</u>
<u>SOUTHERN LASSEN COUNTY SENIOR CLUB</u>	<u>(530) 827-2271</u>
<u>COUNTRY VILLA RIVERVIEW</u>	<u>(530) 257-5341</u>
<u>SUSAN RIVER APARTMENTS</u>	<u>(530) 257-0800</u>
<u>SUSANVILLE SENIOR CITIZENS CLUB</u>	<u>(530) 257-2113</u>
<u>WESTWOOD SENIOR APARTMENTS</u>	<u>(530) 256-3754</u>
<u>WESTWOOD SENIOR CITIZENS CLUB</u>	<u>(530) 256-3009</u>
<u>ZAMORA RESIDENCE</u>	<u>(530) 257-2956</u>

38. SUICIDE PREVENTION

CRISIS LINE

(530) 257-5004

www.lassencrisis.com

Services: Offers resource and referral on the following: suicide, depression, child physical and sexual abuse, domestic violence, family problems, alcohol and drug abuse, and information on all social service agencies in Lassen County, and the services they provide. A service of Lassen Family Services.

Hours: 24 hours per day, 7 days a week.

LASSEN COUNTY MENTAL HEALTH DEPARTMENT

(530) 251-8108

24 Hour Emergency : 1-888-530-8688

555 Hospital Lane
Susanville, CA 96130

Services: Emergency and Crisis Intervention Team.

Hours: 24-Hour Crisis Intervention. Business office open 8 A.M. to 5 P.M. Monday thru Friday

Charges: Sliding scale fee, Medi-Cal accepted.

39. TRANSPORTATION

LASSEN SENIOR SERVICES

(530) 257-2113

1700 Sunkist
Susanville, CA 96130

Services: Transportation provided to nutrition site, medical appointments, shopping, banking, and Post Office. A van goes from Susanville to Reno on Tuesdays and Thursdays for medical appointments. Appointments must be made between 10 AM and 2:30 PM, at least 3 days before travel day. Persons needing transport will be picked up at their homes, taken to their doctor's appointments, and delivered back to their homes. **Taxi Coupons** for seniors and disabled people who live in the city of Susanville can be purchased at the Susanville Senior Center between 9 AM – 2:30 PM, Tue. – Thurs.

Eligibility: Seniors.

Charges: Donations are accepted and appreciated.

LASSEN RURAL BUS

(530) 252-7433

www.ltsa.com

701-980 Johnstonville Road
Susanville, CA 96130

Services: Lassen Rural Bus has 2 commuter routes, 1 Susanville City fixed route, Dial-a-Ride, and special transit services. **West County commuter route** offers round trips between Susanville and Hamilton Branch and stops along the way. **South County commuter route** offers round trips between Susanville and Doyle and stops along the way. **Susanville City fixed route** offers 1 hour loops in-town to school, governmental, residential and commercial areas. **Dial-a-Ride** offers door-to-door individualized service in Susanville for elderly and disabled. **Special transit service** is available to groups with special needs. Lassen Rural Bus now connects with Plumas County Transit and Modoc County's Sage Stage. Call for details. All LRB coaches are equipped with a wheelchair lift and two wheelchair tie-downs. **Hours:** LRB does not operate on Sunday's or some holidays.

Charges: Fares vary according to destination. FREE semester passes are available for all Lassen College Students.

MT. LASSEN CAB & SHUTTLE SERVICE**(530) 257-5277**

2985 Johnstonville Road
Susanville, CA 96130

Hours: 7 AM – 2 AM Taxi service. Shuttle to Sacramento leaves at 8 AM daily.

40. UTILITIES**FRONTIER COMMUNICATION (Telephone)****Residence 1-800-921-8101****Business 1-800-921-8102****www.frontieronline.com****LASSEN MUNICIPAL UTILITY DISTRICT – LMUD (Electric)****(530)257-4174**

65 S. Roop St.
Susanville, CA 96130

FAX (530) 257-2558

Hours: 8:30 AM – 4:30PM

CITY OF SUSANVILLE (Water and Natural Gas)**(530) 257-1000 ext. 2**

66 N. Lassen Street
Susanville, CA 96130

41. YOUTH AND TEEN SERVICES**BOY SCOUTS OF AMERICA****(775) 787-1111**

Nevada Area Council
1745 S. Wells Ave
Reno, NV 89502

www.scouter.org

There are several Boy Scout troops in Lassen County. Scouting is for those who love the great outdoors: hiking, camping, fishing. Call the Nevada Area Council for more information.

CALIFORNIA YOUTH CRISIS LINE**1-800-843-5200****4-H YOUTH PROGRAM****(530) 251-8285**

University of California Cooperative Extension
707 Nevada Street
Susanville, CA 96130

4-H is a non-formal educational youth development program which provides a wide variety of enrichment activities. Youth are eligible to participate from Kindergarten to 19 years of age. There are seven clubs in Lassen County offering a wide variety of projects, more than just animal sciences (such as clothing, foods and nutrition, home arts, sheep, poultry, dog care, bicycles, camping, vegetable gardens, computers, photography, sports, arts & crafts, pets, aerospace, etc.) 4-H is a large club in this area with approximately 300 youth and 100 adult leaders participating each year. Club members usually meet once a month to conduct club business. Club members enroll in the projects of their choice and attend project meetings.

GIRL SCOUT OF THE SIERRA NEVADA, LASSEN UNIT**1-800-222-5406**

605 Washington St.

Reno, NV 89503

Girl Scouts encourages interest in the out-of-doors, arts and crafts, and service activities. Girls join troops based on age or grade. "Girl Scouts...where girls grow strong." Web site: www.gssn.org

JOB'S DAUGHTER**(530) 257-3793**

470-430 Amesbury Dr.

Susanville, CA 96130

Job's Daughters welcomes girls from 11 to 20 years old who have an ancestor who was a Mason. Job's Daughters is a character building organization which teaches leadership, speaking, parliamentary traditions, and community service.

SIERRA ARMY DEPOT CHILD AND YOUTH SERVICES**(530) 827-4696**

Building 145 – Nevada Street

Herlong, CA 96113

Services: Before and after school care; summer camp programs; middle school and teen recreational activities.

Partner agency with Boys and Girls Club of America and 4-H.

Hours: Monday through Thursday 6:00 a.m. to 8:00 a.m. and 12 Noon to 7:00 p.m. Friday 2:30 p.m. to 9:00 p.m.

Saturday 1:00 p.m. to 9:00 p.m.

Requirement to participate: Any youth enrolled in Fort Sage School District or who has a parent employed by Sierra Army Depot.

LASSEN LIBRARY DISTRICT**(530) 251-8127**

1618 Main Street

Susanville, CA 96130

Youth programs at the library include a teen reading club which meets the first Wednesday of each month at 4 PM for book discussions and refreshments. A teen magazine and book section is available as well as an adolescent Health Information Center. Computers and Internet are popular and always in use. Web site: www.infopeople.org/Susanville/

Local schools and churches provide many programs for youth in our community.



How to Use 9-1-1

Call 9-1-1 only to report a life-threatening situation requiring police, medical or fire emergency assistance. Do not call 9-1-1 unnecessarily.

9-1-1 lines must be kept open for people with true emergencies.

When to call 9-1-1

- To get help for someone who is hurt. For example:
 - If someone is seriously injured.
 - If you see someone hurt in an accident.
- If you see someone acting suspiciously, stealing, or breaking into a home or building.
- If you smell smoke or see a fire.
- If you see people fighting and hurting each other.
- If you see someone being robbed or beaten.
- If you believe emergency assistance may be needed but are not sure, call 9-1-1 and describe the situation.
- If you call 9-1-1 by accident, don't hang up. Explain what happened to the 9-1-1 operator.

When not to call 9-1-1

In the event of a natural disaster or emergency, minimize your calls to 9-1-1 unless it is a life-threatening police, medical or fire emergency. The following guide should help you determine when it is appropriate to call 9-1-1 in a disaster.

- Never call 9-1-1 as a joke.
- Never call 9-1-1 to ask for information.
- Never call just to see if 9-1-1 is working.
- Stay off the telephone unless you have a critical need to make a telephone call.
- Do not call 9-1-1 unless you need emergency response from police, fire or emergency medical personnel.
- If you experience other types of problems not related to these emergency services, call the appropriate telephone number for those services.

Other emergency phone tips

- If you pick up your telephone to make a call and do not hear a dial tone, do not hang up. Simply wait a few seconds, and you will get a dial tone and be able to make your call.
- Do you have an out-of-area contact? In an emergency, local phone lines could be jammed. If you have a friend or relative to call long distance, you should be able to get through. Your family can leave messages for each other and you can let people know you're okay.

What to say when you call 9-1-1

- Tell the person what is wrong.
- Tell the person your name, address and telephone number.
- Do not hang up until they tell you that you should; they may have to ask you more questions.

Teach your children the correct use of 9-1-1

- Parents should use the information on this sheet to talk to children about how and when to use 9-1-1. Knowing the right thing to do can save lives.

Keep phone lines clear during emergencies

- During emergencies, telephone services become overloaded. You can help keep service available for those who need it most by making only calls that are critical. Limit fax machine and computer use as well; their use also ties up phone lines.



Children who experience an initial traumatic event before they are 11 years old are three times more likely to develop psychological symptoms than those who experience their first trauma later. Children are able to cope better with a traumatic event if parents and other adults support and help them with their experiences. Help should start as soon as possible after the event.

Helping Children After a Disaster

It's important to remember some children may never show distress, while others may not give evidence of being upset for several weeks or even months after an emergency.

Other children may not show a change in behavior, but may still need your help.

Children exhibit the following behaviors after a disaster:

- Be upset over the loss of a favorite toy or possession that is important to them.
- Change from being quiet, obedient and caring to loud, noisy and aggressive, or change from being outgoing to shy and afraid.
- Develop night-time fears (nightmares, fear of the dark or sleeping alone).
- Be afraid the event will reoccur.
- Become easily upset.
- Lose trust in adults. (After all, their adults were not able to control the disaster.)
- Revert to younger behavior (bed-wetting, thumb-sucking).
- Want to stay close to parents. Refuse to go to school or daycare.
- Feel they caused the disaster because of something they said or did.
- Become afraid of wind, rain or sudden loud noises.
- Have symptoms of illness, such as headaches, vomiting or fever.
- Worry about where they and their family will live.
- Don't give children more information than they can handle about the disaster.
- Assure fearful children you will be there to care for them; consistently reassure them.
- Go back to former routines as soon as possible. Maintain a regular schedule for the children.
- Reassure children that the disaster was not their fault.
- Let children have some control, such as choosing clothing or what meal to have for dinner.
- Re-establish contact with extended family.
- Help your children learn to trust adults again by keeping promises you make.
- Help your children regain faith in the future by making plans.
- Get needed health care as soon as possible.
- Spend extra time with your children at bedtime.
- Make sure children eat healthy meals and get enough rest.
- Allow special privileges for a short period of time, such as leaving the light on when they go to bed.
- Find ways to emphasize to your children that you love them.

Things parents can do to help their children

- Talk with children about how they are feeling. Assure them that it's okay to have those feelings.
- Help children learn to use words that express their feelings, such as "happy," "sad," or "angry."
- Children should not be expected to be brave or tough. Tell them it's okay to cry.
- Allow children time to grieve losses.
- Develop positive anniversary activities to commemorate the event. These may bring tears, but they are also a time to celebrate survival and the ability to get back to a normal life.

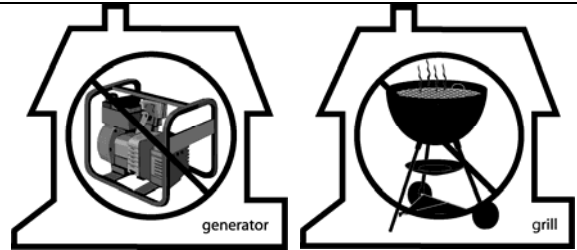


Carbon Monoxide Safety

Hundreds of people die accidentally every year from carbon monoxide poisoning caused by appliances that are not used properly or that are malfunctioning. Learn how to protect yourself and your family.

If the power goes out:

- ONLY use a generator outdoors and far from open windows and vents.
- NEVER use a generator indoors, in garages or carports.
- NEVER cook or heat inside on a charcoal or gas grill.



What is carbon monoxide?

Carbon monoxide is a poisonous gas that cannot be seen or smelled and can kill a person in minutes. Carbon monoxide is produced whenever any fuel such as gas, oil, kerosene, wood, or charcoal is burned.

Carbon monoxide can build up so quickly that victims are overcome before they can get help.

Once inhaled, carbon monoxide:

- Can cause permanent brain damage.
- Can cause chest pains or heart attacks in people with heart disease.

What are the symptoms of carbon monoxide poisoning?

- Headache
- Weakness
- Dizziness
- Confusion
- Fatigue
- Nausea

How can I prevent carbon monoxide poisoning?

- Never burn charcoal inside homes, tents, campers, vans, trucks, garages, or mobile homes.
- Do not burn charcoal in the fireplace in your home.
- Never use gasoline-powered equipment indoors.
- Never use a gas oven to heat your home, even for a short time.
- Never idle a car in a garage, even when the garage door is open.
- Never sleep in a room while using an unvented gas or kerosene heater.
- Make sure that chimneys and flues are in good condition and are not blocked.
- Carbon monoxide warning devices may provide additional protection, but should not replace the other prevention steps.

If you suspect someone has been poisoned by carbon monoxide:

- Move the person to a place with fresh air immediately.
- Take the person to an emergency room and tell them that you suspect carbon monoxide poisoning.



Out-of-Area Contacts

If you are separated from your loved ones when disaster strikes, you will need a way to find out where they are. The stress of the event may make it difficult to remember even routine information, like phone numbers. Every household member should have an out-of-area contact card in a wallet, purse or backpack at all times.

Things to do before disaster strikes

- Ask an out-of-area family member or friend to be your contact person. This person should live at least 100 miles away from you. It may be difficult to make local calls because large numbers of people may be using the phone lines at the same time. However, you should be able to make long distance calls.
- Make small cards with the contact person's name and phone number for all family members to carry in their wallets, purses or backpacks.
- Keep a phone that does not require electricity. Cordless phones use electricity—if the power is out, they will not work!

Contacting loved ones after disasters

- All household members should call the out-of-area contact. The contact person will collect information about each family member, where they are and how to contact them.
- You may be able to send text messages to your loved ones on your cell phone. Keep messages short.
- Make sure the handsets to your phones are hung up—during events such as earthquakes handsets can get knocked off their bases. When large numbers of phones are off-the-hook, local phone service may stop working correctly.
- You should be able to use a pay phone if your home phone does not work. Pay phones are part of the emergency services network, and are a priority to be restored to service. Tape the coins needed to use a pay phone to your out-of-area contact card.

Out-of-area wallet contact card

Make copies of this card for all family members. Have each person add your family's contact information and place the cards in their wallet or purse.

(Cut out the card image, fold over to fit into a wallet.)

OUT OF AREA CONTACT PERSON
WHY? Local phone systems may be shut down in a disaster. However, you frequently can place a long-distance call.
Name (print):

Phone number (with area code):

Cell phone number (with area code):

TIP: You may be able to text message all your loved ones on your cell phone. Keep these messages short.

Disaster meeting place (if I cannot return home):
EXACT LOCATION

Meeting place in case of house fire:
EXACT LOCATION

In case of local emergency, contact:
PRINT NAME

PHONE



Getting Medicine During a Public Health Emergency

The Strategic National Stockpile is a federal government program that provides medication and medical supplies to states during an emergency.

When help is needed fast

If a disease outbreak, bioterrorism attack or natural disaster happens in California, thousands--possibly millions--of people will need medical attention to treat or prevent the spread of disease. Local medical supplies and medications will be used up quickly during such a public health emergency.

The Strategic National Stockpile (SNS) helps meet the need for additional supplies by quickly delivering large quantities of critical emergency medicines and supplies to states that request them.

In the event of a disaster, outbreak or attack, our Governor will ask the federal government to send SNS shipments to California. Once help is approved, the SNS will fill the request from storage facilities strategically located around the country. Supplies can be delivered to any state within 12 hours of the request.

Depending on the type of emergency, the SNS will deliver antibiotics, chemical antidotes, antitoxins or other medical or surgical items. Additional drugs and/or medical supplies can be supplied within the following 24 to 36 hours.

When SNS shipments are received, California's emergency response workers will immediately deliver the supplies and medications directly to the communities that need them.

Finding medication during an emergency

- Cities and towns in California will set up emergency medication centers (also known as points of dispensing sites or PODS) where people can pick up the emergency medications or receive vaccinations. Medication centers will be located in large public buildings such as schools, arenas or churches in several

geographic areas to minimize the amount of time people need to travel to reach them. Local public health agencies will announce when medication centers will open, where to find them, how to get there, what to bring and what to expect. You will be able to get this important information from sources that include:

- Television and radio news; newspapers.
- State and local public health and emergency management Web sites.
- Community, civic and religious organizations.

Local governments are responsible for determining the location of medication centers in their areas. In many cases these sites will not be made public until an emergency occurs. Not all medication center sites will be used for every emergency, so it will be important to check the resources listed above for current information in the event of an emergency.

At the medication center

- If medication centers are opened to distribute medicine from the SNS in an emergency, there will be no charge to the public.
- Trained staff will be available to assist you at the medication center.
- The process will be simple.
- Depending on the type of emergency, one person may be able to pick up medications for a household or group.
- Check the resources listed above for current information in the event of an emergency.



Household Fires

Fires in homes are most often caused by cooking accidents, smoking or unsafe use of woodstoves or space heaters. Here are some things you can do to avoid a home fire or protect yourself during a fire.

Protecting against fires

- Install smoke detectors in or near all sleeping areas and on every level of your home, including the basement. Check smoke detectors on a regular basis and replace the batteries twice yearly.
- Have A-B-C type fire extinguishers. Teach family members how to use them.
- Know the location of all exits including windows. If you live in an apartment, count the number of doorways between your apartment and the two nearest exits.
- Know two ways out of every room in case smoke or flames block your primary exit.
- Choose a meeting place outside the home.
- Have an escape plan and practice it with your family. This will help ensure you can get out quickly when there is no time for mistakes.
- Keep folding or chain style ladders stored in each upstairs bedroom.
- Use alternative heat sources, such as woodstoves or space heaters, safely:
 - Never use gas ovens, gas ranges, barbecues, or most portable or propane heaters for indoor heating.
 - Before using an alternative heat source, read the manufacturer's instructions.

Do not smoke in the bedroom, on the couch or anywhere you might fall asleep while smoking.

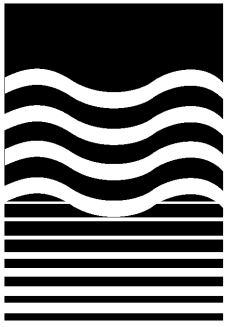
Sleep with your bedroom door closed.

Make sure your house number is clearly visible from the street and that fire trucks can reach your home.

Have fire-fighting materials available: dry powder, fire extinguisher, heavy tarp or blanket, and water.

If fire strikes

- If there is a fire — evacuate. Do not go back inside. Call 9-1-1 from a neighbor's house.
- Never use water on an electrical fire.
- Smother oil and grease fires in the kitchen with baking soda or salt, or put a lid over the flame if it is burning in a pan.
- If caught in smoke — drop to your hands and knees and crawl; breathe shallowly through your nose and use your blouse, shirt or jacket as a filter.
- If you must move through flames — hold your breath, move quickly, cover your head and hair, keep your head down and close your eyes as much as possible.
- If your clothes catch fire, “stop, drop and roll” until the fire is out.
- If you are in a room and cannot escape, leave the door closed, stay low to the floor and hang a white or light-colored sheet outside the window.
- Be sure all family members are accounted for. If someone is missing, let the fire department know.



Floods

**Floods are the most common and widespread of all natural disasters.
If you live in an area where floods occur, you should know the following:**

What to do before a flood

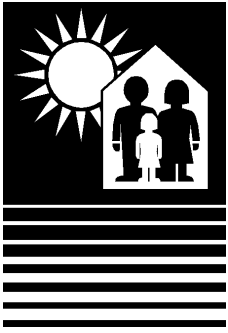
- Plan for evacuation including where you are going to go and the route you will follow.
- Prepare your home for a flood. Call your local building department or office of emergency management for information.
- Purchase flood insurance.
- Keep all insurance policies and a list of valuable items in a safe place.
- Take photos or a videotape of the valuables you keep in your home.
- Listen to your radio or television for reports of flood danger.
- Keep your car filled with gas.

What to do during a flood

- Do not try to walk or drive through flooded areas. Water can be deeper than it appears and water levels rise quickly. Follow official emergency evacuation routes. If your car stalls in floodwater, get out quickly and move to higher ground.
- Stay away from moving water; moving water six inches deep can sweep you off your feet. Cars are easily swept away in just two feet of water.
- Stay away from disaster areas unless authorities ask for volunteers.
- Stay away from downed power lines.
- If your home is flooded, turn the utilities off until emergency officials tell you it is safe to turn them on. Do not pump the basement out until floodwater recedes. Avoid weakened floors, walls and rooftops.
- Wash your hands frequently with soap and clean water if you come in contact with floodwaters.

What to do after a flood

- Wear gloves and boots when cleaning up.
- Open all doors and windows. Use fans if possible to air out the building.
- Wash all clothes and linens in hot water.
- Discard mattresses and stuffed furniture; they can't be adequately cleaned.
- Wash dirt and mud from walls, counters and hard surfaced floors with soap and water. Disinfect by wiping surfaces with a solution of one cup bleach per gallon of water.
- Discard all food that has come into contact with floodwater. Canned food is alright, but thoroughly wash the can before opening.
- If your well is flooded, your tap water is probably unsafe. If you have public water, the health department will let you know—through radio and television — if your water is not safe to drink. Until your water is safe, use clean bottled water.
- Learn how to purify water. If you have a well, learn how to decontaminate it.
- Do not use your septic system when water is standing on the ground around it. The ground below will not absorb water from sinks or toilets. When the soil has dried, it is probably safe to again use your septic system. To be sure, contact your local health department.
- When floodwaters have receded, watch out for weakened road surfaces.



Hot Weather Precautions

Severe heat may cause illness or even death. When temperatures rise to extreme highs, reduce risks by taking the following precautions:

Hot weather precautions to reduce the risk of heat exhaustion and heat stroke

- Stay indoors and in an air-conditioned environment as much as possible unless you're sure your body has a high tolerance for heat.
- Drink plenty of fluids but avoid beverages that contain alcohol, caffeine or a lot of sugar.
- Eat more frequently but make sure meals are balanced and light.
- Never leave any person or pet in a parked vehicle.
- Avoid dressing babies in heavy clothing or wrapping them in warm blankets.
- Check frequently on people who are elderly, ill or who may need help. If you might need help, arrange to have family, friends or neighbors check in with you at least twice a day throughout warm weather periods.
- Make sure pets have plenty of water.
- Salt tablets should only be taken if specified by your doctor. If you are on a salt-restrictive diet, check with a doctor before increasing salt intake.
- If you take prescription diuretics, antihistamines, mood-altering or antispasmodic drugs, check with a doctor about the effects of sun and heat exposure.

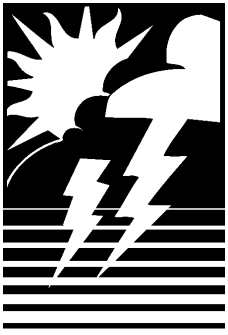
Cover windows that receive morning or afternoon sun. Awnings or louvers can reduce the heat entering a house by as much as 80 percent.

If you go outside

- Plan strenuous outdoor activities for early or late in the day when temperatures are cooler; then gradually build up tolerance for warmer conditions.
- Take frequent breaks when working outdoors.
- Wear a wide-brimmed hat, sun block and light-colored, loose-fitting clothes when outdoors.
- At first signs of heat illness (dizziness, nausea, headaches, muscle cramps), move to a cooler location, rest for a few minutes and slowly drink a cool beverage. Seek medical attention immediately if you do not feel better.
- Avoid sunburn: it slows the skin's ability to cool itself. Use a sunscreen lotion with a high SPF (sun protection factor) rating.
- Avoid extreme temperature changes. A cool shower immediately after coming in from hot temperatures can result in hypothermia, particularly for elderly or very young people.

If the power goes out or air conditioning is not available

- If air conditioning is not available, stay on the lowest floor out of the sunshine.
- Ask your doctor about any prescription medicine you keep refrigerated. (If the power goes out, most medicine will be fine to leave in a closed refrigerator for at least three hours.)
- Keep a few bottles of water in your freezer; if the power goes out, move them to your refrigerator and keep the doors shut.



Prepare Your Household for Emergencies

After a disaster, you and your family should be prepared to be on your own for at least three days. In some emergencies, such as an influenza pandemic, you may need to prepare for a week or more. Emergency response teams will be very busy and may not be able to provide immediate care to all who need it.

Before disaster strikes

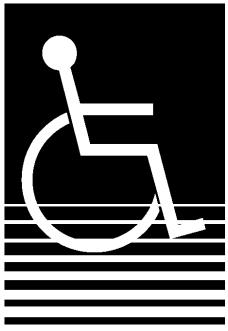
- Choose a place for your family to meet after a disaster.
- Choose a person outside the immediate area for family members to contact in case you get separated. This person should live far enough away so he or she won't be involved in the same emergency.
- Know how to contact your children at their school or daycare, and how to pick them up after a disaster. Let the school know if someone else is authorized to pick them up. Keep your child's emergency release card up to date.
- Put together an emergency supply kit for your home and workplace. If your child's school or daycare stores personal emergency kits, make one for your child to keep there.
- Know where the nearest fire and police stations are located.
- Learn your community's warning signals, what they sound like and what you should do when you hear them.
- Learn first aid and CPR. Have a first aid kit, a first aid manual and extra medicine for family members.
- Learn how to shut off your water, gas and electricity. Know where to find shut-off valves and switches.
- Keep a small amount of cash available. If the power is out, ATM machines won't work.
- If you have family members who don't speak English, prepare emergency cards in English with their names, addresses and information about medications or allergies. Make sure they can find their cards at all times.
- Conduct earthquake and fire drills every six months.
- Make copies of your vital records and store them in a safe deposit box in another city or state. Store the originals safely. Keep photos and videotapes of your home and valuables in your safe deposit box.
- Make sure family members know all the possible ways to get out of your home. Keep all exits clear.
- Make sure all family members agree on an emergency plan. Give emergency information to babysitters or other caregivers.

During an emergency or disaster

- Keep calm and take time to think. Give assistance where needed.
- Listen to your radio or television for official information and instructions.
- Use the telephone for emergency calls only.
- If you are ordered to evacuate, take your emergency kit and follow official directions to a safe place or temporary shelter.

After the emergency or disaster is over

- Use caution in entering damaged buildings and homes.
- Stay away from damaged electrical wires and wet appliances.
- Check food and water supplies for contamination.
- Notify your relatives that you are safe. But don't tie up phone lines, they may be needed for emergency calls.
- If government disaster assistance is available, the news media will announce where to go to apply.



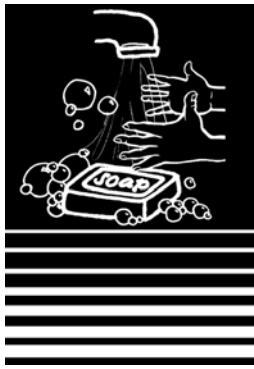
Disaster Tips for People with Mobility Disabilities

Storage

- Store emergency supplies in a pack or backpack attached to a walker, wheelchair or scooter.
- Store needed mobility aids (canes, crutches, walkers, wheelchairs) close to you in a consistent, convenient and secured location. Keep extra aids in several locations, if possible.

Emergency supply kit

- Keep a pair of heavy gloves in your supply kit to use while wheeling or making your way over glass or debris.
 - If you use a motorized wheelchair or scooter, consider having an extra battery available. A car battery can be substituted for a wheelchair battery, but this type of battery will not last as long as a wheelchair's deep-cycle battery. Check with your vendor to see if you will be able to charge batteries by either connecting jumper cables to a vehicle battery or by connecting batteries to a specific type of converter that plugs into your vehicle's cigarette lighter in the event of loss of electricity.
 - If your chair does not have puncture-proof tires, keep a patch kit or can of "seal-in" air product to repair flat tires, or keep an extra supply of inner tubes.
 - Store a lightweight manual wheelchair, if available.
 - Make sure furniture is secured so that it doesn't block the pathways you normally travel.
- If you spend time above the first floor of a building with an elevator, plan and practice using alternative methods of evacuation. If needed, enlist the help of your personal support network.
 - If you cannot use stairs, discuss lifting and carrying techniques that will work for you. There will be times when wheelchair users will have to leave their chairs behind in order to safely evacuate a structure.
 - Sometimes transporting someone down stairs is not a practical solution unless there are at least two or more strong people to control the chair. It is very important to discuss the safest way to transport you if you need to be carried, and alert helpers to any areas of vulnerability. For example, the traditional "firefighter's carry" may be hazardous for some people with respiratory weakness.
 - Be prepared to give helpers brief instructions on the best way to move you.



Pandemic Flu

An influenza pandemic is a worldwide outbreak of a new flu virus

An influenza — or flu — pandemic is an outbreak of a new type of flu virus that spreads rapidly from one country to another. Because the virus is new, people have no natural immunity to it and vaccine will not be available for many months. Without vaccine or immunity, the virus passes rapidly from person to person. Hundreds of thousands in our country could get sick, and many could die.

There were three large flu pandemics in the 20th century – 1918, 1957 and 1968. No one knows where or when the next flu pandemic will begin, but health officials agree that it is only a matter of time.

What to expect if an outbreak occurs

A flu pandemic could be devastating, so everyone should be prepared for the worst. With up to one-third of the workforce sick or staying home, supplies and services could be limited or disrupted.

Extraordinary measures could be required. You may be asked to stay away from other people, large public events like concerts or sports could be canceled, and schools could be closed. Health officials may issue orders to keep people with the virus at home or in special facilities. You may be asked to wear a mask in medical facilities or other public places.

A flu pandemic could last a long time. The 1918 flu pandemic lasted 18 months.

What to do now

- Know your neighbors. Encourage others to prepare.
- Be ready to help family and neighbors who are elderly or have special needs if services they depend on aren't available.
- Know school policies about illness and absence. Make a plan for taking care of your children if schools are closed for long periods.
- Be ready to stay home from work when sick. Know work policies about sick leave, absences, time off and telecommuting.

- Encourage planning. Every workplace should have a plan for doing essential tasks if large numbers of employees are absent over many months.
- Explore ways to get your work done with less personal contact, such as increased use of e-mail and phone conferences.
- Be prepared to get by for a week or more on what you have at home. Stores may not be open or may have limited supplies.
- Plan to limit the number of trips you take to shop or to run errands.

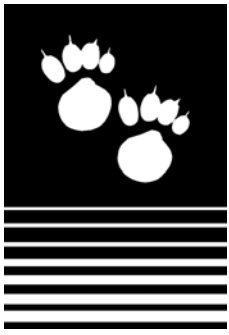
Prevent the spread of germs

The flu virus is spread from person to person when an infected person coughs, sneezes or touches things that others use. To protect yourself and others:

- Cover your mouth and nose when you cough or sneeze. Cough into your sleeve or cover your mouth and nose with a tissue.
- Wash your hands. Soap and warm water are best, but alcohol-based hand gel or disposable wipes also work.
- Don't touch your eyes, nose or mouth.
- Stay home when you're sick or have flu symptoms. Drink extra water, get plenty of rest and check with a healthcare provider as needed.

Learn home-care basics

- Know how to care for someone with fever, body aches and lung congestion. During a pandemic, follow health officials' instructions.
- Learn about dehydration. The flu virus causes the body to lose water through fever and sweating. Watch for weakness, fainting, dry mouth, dark concentrated urine, low blood pressure or a fast pulse when lying or sitting down. These are signs of dehydration. To prevent dehydration, it is very important for a person with the flu to drink a lot of water — up to 12 glasses a day.



Protect Your Pets

Consider your pets when planning for emergencies. Know where to take your pets in an emergency and remember their needs when creating your family preparedness kit.

Before the disaster

- Find a safe place for your pets to stay. Emergency pet shelters, animal control shelters, veterinary clinics or friends and relatives out of harm's way are all possible choices. Some hotels and motels may allow you to bring pets; others may suspend their "no pet" rules during an emergency. Check ahead to make sure you can bring your pet.
- Make sure your pets wear current ID tags all the time, and that carriers for each pet are labeled with contact information.
- Make sure your pets are current on their vaccinations. Pet shelters may require proof of vaccines

During a disaster

- Keep pets in the house as emergency situations develop so you can locate them.
- Don't wait until the last minute to get ready. Warnings may be issued hours or days in advance.
- Pet shelters will be filled on a first-come first-serve basis. Call ahead to check availability. Bring the items in your pet's emergency supply kit.

If you evacuate, take your pets

- If it's not safe for you to stay in the disaster area, it's not safe for your pets. Don't leave animals inside your home, chained outside or roaming loose. They can easily be injured, lost or killed.
- If you leave, take your pet even if you think you'll be able to come home in just a few hours.
- Leave early — if you wait for an evacuation order, you may be told to leave your pets behind.

If you don't evacuate

- Keep your pets with you in a safe area of your home.

- Keep dogs on leashes and cats in carriers. Make sure they are wearing identification.
- Arrange in advance for a trusted neighbor to take your pets if you're not home during an emergency. Be sure he or she is comfortable with your pets, knows where to find them and their supplies, and has your home key.

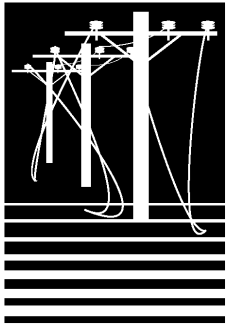
After the disaster

- Don't allow pets to roam. Pets can get lost if familiar landmarks and smells are gone.
- For a few days, keep dogs on leashes and cats in carriers in the house. If your home is damaged, they could get out and become lost.
- Be patient with your pets. Start their routines as soon as possible. Be ready for behavioral problems. If problems continue, or if your pet is having health problems, talk to your veterinarian.

Emergency supply list for pets

Have everything ready to go. Store supplies in sturdy easy-to-carry containers. Include:

- Medications and medical records stored in a waterproof container, and a first-aid kit.
- Sturdy leashes and harnesses. A secure carrier large enough for your pet to stand comfortably, turn around and lie down. Add blankets or towels for bedding.
- Photos to help identify lost pets and prove ownership.
- Food and water for at least seven days for each pet.
- Bowls, cat litter, litter box and a manual can opener.
- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian.
- Pet beds and toys, if easy to bring.
- Newspapers, paper towels, plastic trash bags, grooming items and household bleach.



Power Outages

Power outages can cause a number of safety concerns;
knowing the following information can help.

Before a power outage

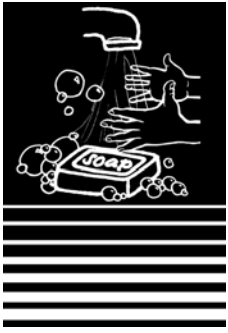
- Register life-sustaining and medical equipment with your utility company.
- Consider buying a generator. When installing a generator, follow the instructions carefully. Keep your generator outside and run a cord inside. Don't connect your generator to main service panels — it's dangerous! Be sure to place a carbon monoxide detector indoors.
- Make sure your disaster preparedness kit contains light sticks, flashlights, a battery-powered radio with extra batteries and a wind-up clock.
- Have a corded telephone available — cordless phones will not work when the power is out.
- Have a safe alternative heat source and supply of fuel. Never burn charcoal or use a generator indoors.
- If you own an electric garage door opener, know how to open the door without power.

During a power outage

- Turn off lights and electrical appliances except for the refrigerator and freezer.
- Even if it is dark, turn light switches and buttons on lamps or appliances to the "off" position.
- Unplug computers and other sensitive equipment to protect them from possible surges when the power is restored.
- Leave one lamp on so you will know when power is restored. Wait at least 15 minutes after power is restored before turning on other appliances.
- Conserve water, especially if you use well water.
- Never use gas ovens, gas ranges, barbecues or portable or propane heaters for indoor heating—they use oxygen and create carbon monoxide that can cause suffocation.
- Candles can cause a fire. It's far better to use battery-operated flashlights or glow sticks for lighting.
- Using a kerosene heater, gas lantern or stove inside the house can be dangerous. Maintain proper ventilation at all times to avoid a build up of toxic fumes, and be sure to have a carbon monoxide detector.
- Stay away from downed power lines and sagging trees with broken limbs.

Keep food safe

- Use and store food carefully to prevent foodborne illness when power outages make refrigeration unavailable.
- Use foods first that can spoil most rapidly.
- Keep doors to refrigerators and freezers closed. Your refrigerator's freezer will keep food frozen for up to a day. A separate fully-loaded freezer will keep food frozen for two days.
- Use an ice chest packed with ice or snow to keep food cold. Buy dry ice to save frozen food. Do not handle dry ice with your bare hands. Use blocks or bags of ice to save refrigerator foods.
- Use caution if storing food outside during winter to keep it cold. The outside temperature varies, especially in the sun. Frozen food may thaw and refrigerator food may become warm enough to grow bacteria. Food stored outside must be secured from contamination by animals.
- **If in doubt, throw it out.** Throw out meat, seafood, dairy products and cooked food that does not feel cold.
- Never taste suspect food. Even if food looks and smells fine, illness-causing bacteria may be present.



Prevent the Spread of Germs

Here are some simple tips to help keep respiratory infections and many other contagious diseases from spreading, especially during the cough, cold and “flu” season.

Respiratory infections affect the nose, throat and lungs; they include influenza (the “flu”), colds and pertussis (whooping cough). The germs (viruses and bacteria) that cause these infections are spread from person to person in droplets from the nose, throat and lungs of someone who is sick.

You can help stop the spread of these germs by practicing “respiratory etiquette,” or good health manners.

Here are some tips to help prevent spreading your germs to others, and to avoid catching someone else’s germs.

Keep your germs to yourself

- Cover your nose and mouth with a tissue when sneezing, coughing or blowing your nose.
- Discard used tissues in the trash as soon as you can.
- Always wash your hands after sneezing, blowing your nose, or coughing, or after touching used tissues or handkerchiefs. Wash hands often if you are sick.
- Use warm water and soap or alcohol-based hand sanitizers to wash your hands.
- Try to stay home if you have a cough and fever.
- See your doctor as soon as you can if you have a cough and fever, and follow their instructions. Take medicine as prescribed and get lots of rest.
- If asked, use face masks provided in your doctor’s office or clinic’s waiting room. Follow office and clinic staff’s instructions to help stop the spread of germs.

Keep the germs away

- Wash your hands before eating, or touching your eyes, nose or mouth.
- Wash your hands after touching anyone who is sneezing, coughing or blowing their nose.
- Don’t share things like towels, lipstick, toys, or anything else that might be contaminated with respiratory germs.
- Don’t share food, utensils or beverage containers with others.



Disaster Tips for People with Special Medical Needs

**In a disaster, people with special medical needs have extra concerns.
This information will help you and your family prepare for an emergency.**

Medications

- Always have at least a three-day supply of all your medications. In some emergencies, such as an influenza pandemic, you may need to prepare for a week or more.
- Store your medications in one location in their original containers.
- Have a list of all of your medications: name of medication, dose, frequency, and the name of the prescribing doctor.

Medical supplies

- Have an extra three-day supply of any medical supplies you use, such as bandages, ostomy bags or syringes.

Electrically powered medical equipment

- For all medical equipment requiring electrical power — beds, breathing equipment, or infusion pumps — check with your medical supply company and get information regarding a back-up power source such as a battery or generator..

Oxygen and breathing equipment

- If you use oxygen, have an emergency supply (enough for at least a three-day period).
- Oxygen tanks should be securely braced so they do not fall over. Call your medical supply company regarding bracing instructions.
- If you use breathing equipment, have a three-day supply or more of tubing, solutions and medications.

Intravenous (IV) and feeding tube equipment

- Know if your infusion pump has battery back-up, and how long it would last in an emergency.
- Ask your home care provider about manual infusion techniques in case of a power outage.
- Have written operating instructions attached to all equipment.

Emergency bag

- In the event that you have to leave your home, keep a bag packed at all times that contains:
 - A medication list.
 - Medical supplies for at least three days.
 - Copies of vital medical papers such as insurance.

People who can help

- An important part of being prepared for a disaster is planning with family, friends and neighbors. Know who can walk to your home to assist you if no other means of transportation is available.
- Discuss your disaster plans with your home healthcare provider.
- Ask your local fire department if they keep a list of people with special medical needs; ask to be included if they do maintain a list.
- Keep a phone contact list handy of people who can help.



Prepare Your Vehicle for Emergencies

When planning for emergencies, don't forget your vehicle: make sure your car, truck or van is in good working order, and keep an emergency supply kit handy.

Get your vehicle ready

- Keep an emergency supply kit in your vehicle.
- Prepare to be on your own for at least 24 hours.
- Write the date on all food and water stored in your kit. Replace items every six months.
- Keep food items in airtight plastic bags inside your kit.

Emergency supplies for your vehicle

- One gallon of water per person. Store water in large soft-drink containers.
- Avoid using containers such as milk cartons or glass bottles that will decompose or break.
- Emergency food. Avoid foods that will make you thirsty. Choose whole grain cereals and foods with high liquid content. Include food for infants and others with special diets.
- Small shovel, jumper cables, tow chain
- Road flare
- Battery-operated radio/extra batteries
- Flashlight and extra batteries
- ABC-type fire extinguisher
- Whistle
- Plastic storage bags
- Cash and change for phones
- A supply of vital medications
- Sturdy shoes, socks, work gloves
- Rain gear
- Mylar blankets, plastic shelter tarps
- Matches in a waterproof container
- Latex gloves (at least 2 pair)
- Map of the area (for locating shelters)
- Compass
- Games and books for kids
- Pet supplies
- Toilet paper, towelettes
- Feminine and personal hygiene items
- Infant diapers and wipes

Driving in difficult conditions

- Drive with your headlights on.
- Fill the fuel tank before entering open country. Stop to fill up long before the tank begins to run low.
- Don't try to out-drive the conditions.
- Start early. Remember the posted speed limits are for dry pavement.
- Leave plenty of room to stop.
- Brake carefully. It takes more time to stop in adverse conditions.
- Look farther ahead in traffic than you normally do to gain extra time to safely react to situations.
- Drive cautiously near trucks.

Winter driving

- Be prepared with good winter tires, chains, a scraper, and a bag of sand for traction on ice.
- Carry extra winter clothing — the first rule of winter comfort and survival is to stay dry.
- Don't use cruise control in wintry conditions. A brief touch of your brakes to deactivate the cruise control feature can cause you to lose control of your vehicle.
- Remember: A four-wheel drive vehicle can lose traction on ice just as easily as a two-wheel drive vehicle.
- Make sure your car is in good working condition. Check these:

Ignition system

Fuel system

Belts

Fluid levels

Brakes

Exhaust system

Battery

Antifreeze

Wiper blades

Washer fluid

Tire tread/pressure

Defroster

Proper grade oil

Cooling system

Lights



Disaster Tips for People with Visual Disabilities

Canes

- If you use a cane, keep extras in strategic, consistent and secured locations at work, home, school and volunteer site to help you maneuver around obstacles and hazards.
- Keep a spare cane in your emergency kit.

Alternative mobility cues

- If you have some vision, place security lights in each room to light paths of travel. These lights plug into electric wall outlets and light up automatically if there is a loss of power. They will, depending on type, continue to operate automatically for 1 to 6 hours. They can also be turned off manually and used as a short-lasting flashlight.
- Store high-powered flashlights with wide beams and extra batteries.
- Plan for losing the auditory clues you usually rely on after a major disaster.

Service animals may become confused, frightened or disoriented during and after a disaster. Keep them confined or securely leashed or harnessed. A leash/harness is an important item for managing a nervous or upset animal. Be prepared to use alternative ways to negotiate your environment.

Label supplies

- If helpful, mark emergency supplies with large print, fluorescent tape or Braille.

Secure computers

- Anchor special equipment and large pieces of furniture such as computers and shelving. Create a computer back-up system for important data and store it off site.

Advocacy issues

- Advocate that TV news not only post important phone numbers, but also announce them slowly and repeat them frequently for people who cannot read the screen.



Wildfires

Forest fires and wildfires threaten lives and destroy homes and natural resources. You can take action now that can help save lives and help prevent or reduce damage caused by wildfires.

What to do before a wildfire

- Have an evacuation plan. You may need to leave your home to go to a safe place.
- Know where you are going and the possible routes to get there.
- Designate a “safety zone” in case all evacuation routes are burning.
- If you have special physical or medical needs, be sure to have an ample supply of medication and supplies to take with you if you evacuate. People with heart and lung diseases must be especially careful around wood smoke. Discuss your emergency plans with your medical provider.
- Make emergency plans for your pets and livestock.
- Family members should have an out-of-area contact they can call to let them know they are safe when they are separated. Prepare wallet cards with the contact’s information.
- Put together a 72-hour emergency supply kit. Include water, food, protective clothing—sturdy shoes, cotton or wool clothing, long pants, long-sleeved shirt, gloves and a handkerchief. Store in easy-to-carry packs.
- Store copies of your vital records and lists, photos or videotapes of valuable items in a safety deposit box. Include insurance policies.
- Identify local radio and television stations. They will have the latest information about fires in your area.
- Prepare your home for a wildfire. Clearly mark all driveways with names/addresses. Remove firewood, shrubs and other combustibles away from the home. Call your local fire, forestry, or natural resources office, or go to www.lassenfiresafecouncil.org for more information.
- Talk to your neighbors about wildfire safety and working together during a wildfire.

- Always call your local fire department before burning. Be careful when cooking outdoors or using gas-powered equipment on dry, windy days.

When wildfire threatens

- Remain calm. Listen to the radio and television for fire reports and evacuation information. Follow the advice given by authorities. (However, if you feel threatened, do not wait to leave.)
- Tell family and friends you may need to evacuate and let them know where you are going. Use your out-of-area contact card.
- Pre-load your car with emergency supplies, vital records and other valuables. Face your vehicle in the direction of escape. Keep pets confined nearby.
- Put on protective clothing to protect your body, face and lungs.
- Prepare a note to post at your home that tells when you left and where you are going.
- Set up a ladder, garden hoses and sprinklers on the roof. To conserve water, wait until the embers start falling.

If advised to evacuate, do so immediately

- If there is time—close all windows, vents and doors, and remove lightweight curtains.
- Shut off gas utilities.
- Turn on your home lights.
- Lock your doors.
- Post your prepared note on main entrance.
- Choose a route away from fire hazards. Drive with your lights on and watch for emergency vehicles.
- If your evacuation route(s) are burning—go to your designated “safety zone.”
- **Do not attempt to re-enter the area until firefighters have declared it safe.**



Windstorms

Every fall and winter, windstorms cause extensive damage, including the loss of electricity throughout the Pacific Northwest. By taking action now, you can save lives and reduce the damage caused by windstorms and other weather-related hazards.

What to do before a windstorm

- Contact your local emergency management office or the National Weather Service to find out what types of storms are most likely to occur in your community.
- Assemble a disaster supply kit.
- If you have a home generator, make sure you know how to use it safely. Follow all instructions and contact the vendor, if necessary. Improper use of a generator can cause carbon monoxide poisoning.
- Find out who in your area might need special assistance, such as the elderly, disabled, and non-English speaking neighbors.
- Check with your veterinarian for animal care instructions in an emergency situation.
- If you live on a coastal or inland shoreline, be familiar with evacuation routes.
- Know what emergency plans are in place at your workplace, school and daycare center.
- Conduct a home safety evaluation to find out which nearby trees could fall in a windstorm.
- If you have an electric garage door opener, locate the manual override.

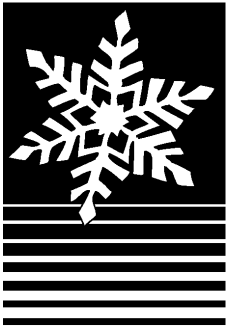
What to do during a windstorm

- Don't panic. Take quick action to protect yourself and help others.
- Turn off the stove if you're cooking when the power goes out, and turn off natural gas appliances.
- Never use a gas stove for heat.
- Never burn charcoal indoors.
- Never use a generator indoors or in a garage or carport.

- If you are indoors, move away from windows or objects that could fall. Go to lower floors in multi-story homes.
- If you are outdoors, move into a building. Avoid downed electric power lines, utility poles and trees.
- If you are driving, pull off the road and stop away from trees. If possible, walk into a safe building. Avoid overpasses, power lines and other hazards.
- Listen to your radio for emergency instructions.

What to do after a windstorm

- Check yourself and those around you for injuries.
- Evacuate damaged buildings. Do not re-enter until declared safe by authorities.
- Call 9-1-1 only to report a life threatening emergency.
- If you smell gas or hear a hissing sound indoors — open windows and leave the building. Turn off the gas source and call your gas company. Do not use matches, candles, open flames or electric switches indoors.
- If the power goes out, keep refrigerator and freezer doors closed to keep food frozen for up to two days.
- Provide assistance to your neighbors, especially the elderly or disabled.
- Try to make contact with your out-of-area phone contact, but avoid making local telephone calls.
- Monitor your portable or weather radio for instructions or an official "all clear" notice. Radio stations will broadcast what to do, the location of emergency shelters and medical aid stations, and the extent of damage.



Preparing for Winter Storms

Winter storms can range from moderate snow over a few hours to blizzard conditions with blinding, wind-driven snow or freezing rain that lasts several days. The time to prepare is before the snow falls and ice forms.

Preparing for winter storms

- Listen to your radio or television for winter storm forecasts and other information.
- Prepare your home for cold weather. Install storm windows. Insulate outside walls, attics and crawl spaces. Wrap pipes, especially those near cold outer walls, or in attics or crawl spaces. Repair leaks in the roof, around the doors and in the windows.
- Have appropriate cold weather clothing available.
- If you have a kerosene heater, refuel your heater outside and remember to keep it at least three feet from flammable objects.
- Make sure your fireplace functions properly.
- Have rock salt and sand on hand for traction on ice.
- Fill your gas tank before the snow starts falling

During a winter storm

- Wear several layers of loose fitting, light weight, warm clothing rather than one layer of heavy clothing. Wear mittens rather than gloves. Wear a warm, woolen cap.
- Do not drive unnecessarily.
- Reduce the temperature in your home to conserve fuel.
- Heat only the areas of your home you are using. Close doors and curtains or cover windows and doors with blankets.
- Use alternative heat methods safely. NEVER use a gas or charcoal grill, hibachi or portable propane heater to cook indoors or heat your home.
- Never use a generator indoors or in a garage or carport.
- Be careful when shoveling snow. Do not overexert yourself.
- Be sure to eat regularly. Food provides calories that maintain body heat.

- Watch for signs of frostbite and hypothermia — slurred speech, disorientation, uncontrollable shivering, stumbling, drowsiness and body temperature of 95 degrees Fahrenheit or less.
- If you become trapped outside, get out of the wind and stay dry. Build a lean-to or snow cave if nothing else is available. Do not eat snow; it will make you too cold.
- Bring your dogs and cats inside during cold weather.

In your vehicle

- Make sure someone knows where you are going. Stay on the main roads.
- If you must stop, remain inside the vehicle. Use a bright distress flag or your hazard lights to draw attention to your vehicle.
- If trapped in a blizzard, clear your tail pipe and run your engine and heater for 10 minutes every hour. Open your window slightly.
- During night hours, keep the dome light on in the car so rescue crews can see your vehicle.
- Keep an emergency kit in your vehicle. Include a three-day supply of water and non-perishable food that can be eaten without being cooked. Include a blanket or sleeping bag for each passenger, a flashlight, cell phone, shovel, sack of sand or kitty litter, booster cables, flare, coffee can with lid and toilet paper.

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