

Your input is important to us!

If you are aware of other services and/or resources that would benefit our senior citizens please contact our office to be added to our guide.
Ask for Kim Murray or Bonnie Luther
245-4303

Family Resource Center Staff

Anne Burnaugh, Director
Kim Murray & Linda Kilker, Program Administrative Assistants
Jessica Zuniga, Family/Community Liaison
Lindsay Call, Family/Community Liaison
Bonnie Luther, Family/Community Liaison
Tammy Rowan, AmeriCorps Family Support Aide

Personal or Important Numbers:

In Memory of Forest Ann Sjoberg



Friends of Seniors Resource Guide

Sponsored By:
Mountain Communities
Family Resource Center
And
Southwest Healthcare District



Veteran Services

The Purpose and Benefit of a Booklet

The purpose of this booklet is to provide our mountain community seniors with resources to fit their specific needs and provide an open forum for....

- Identifying individual needs.
- Providing a list of public services available.
- Providing information about available services that are relevant and useful.
- Calling attention to appropriate agencies and organizations on and “off the hill”.
- Mobilizing existing resources.
- Educating individuals to speak up when they need assistance.

<p>BAKERSFIELD VET CENTER Provides free, high quality, and confidential services to all veterans and their families, referrals to local and national resources, information on steps to take upon returning home.</p> <p>Telephone Number: 323-8387</p>	<p>CA DEPARTMENT OF VETERAN AFFAIRS Aid for Veterans and their families in preparing claims for Veteran Benefits and Veteran Home Loans.</p> <p>Telephone Number: 800-952-5626</p>
<p>STATE DEPARTMENT OF REHABILITATION Assists Vets with disabilities to obtain and retain employment and maximize their equality and ability to live independently.</p> <p>Telephone Number: 395-2525</p>	<p>BAKERSFIELD COLLEGE VET CLUB A resource for all veterans that are students of Bakersfield College providing information, services.</p> <p>Contact: Prof. Paul Beckworth pbeckor@bakersfieldcollege.edu</p>
<p>COMMUNITY ACTION PARTNERSHIP Home weatherization, minor home repairs, and appliance repair or replacement programs.</p> <p>Telephone Number: 336-5203</p>	<p>HOME ACCESS GRANT PROGRAM Home improvement grants for physically disabled individuals to include widening doors, installing hand rails, grab bars, wrist faucets, ramps, etc. to income qualified individuals.</p> <p>Telephone Number: 862-5062 Contact: Catherine Vasquez</p>

Utility Assistance Programs



<p>HEAP– Low Income Home Energy Assistance Program</p> <p>The Low-Income Home Energy Assistance Program (HEAP) provides assistance to applicants with their utility bills, including Gas, Propane and Electric. Call to make an appointment.</p> <p>Telephone Number: 336-5203.</p>	<p>Energy Assistance Funds (EAF)</p> <p>The United Way and SCE work together to provide up to \$100 per 12-month period to qualified customers struggling to pay their Southern California Electric bill.</p> <p>The Family Resource Center is a local assisting agency, please call to make an appointment.</p> <p>Telephone Number: 245-4303</p>
<p>Gas Assistance Funds (GAF)</p> <p>The program is a joint effort of Southern California Gas Company (SoCalGas®) and United Way of Greater Los Angeles.</p> <p>This helpful program may be able to provide you--or someone you know--with a one-time grant for the amount of the gas bill, not exceeding \$100.</p> <p>The Family Resource Center is a local assisting agency, please call to make an appointment.</p> <p>Telephone Number: 245-4303</p>	

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Activities

<p>GAMES</p> <p>Canasta, Mexican Train, etc. Tuesday, Thursday, and Sunday 1-4 pm (Senior Center)</p> <p>Phone Number: 248-6326 Contact: Deanna Riesbeck</p>	<p>SEWING</p> <p>Bring your sewing machine, quilting, sewing, or embroidery. (Senior Center)</p> <p>Telephone Number: 245-1671 Contact: Doris Smith</p>
<p>EXERCISE</p> <p>Coordination & Stretching. Monday & Thursdays. 11am @ Community Center</p> <p>Telephone Number: 245-1992 Contact: Mary Blanchard</p>	<p>FRAZIER PARK LIBRARY</p> <p>Various classes including sign language, quilting, chess, reading of the classics, crochet, etc. Call for list. Hours: Tu-Th 11a-7p, and Fri-Sat. 9a -5p</p> <p>Telephone Number: 245-1267 Librarian: Marie Smith</p>
<p>AARP-LOCAL CHAPTER</p> <p>Potluck/Meeting 1st Thursday of every month at 11:30 am @ the Frazier Park Community Center. Guest speakers are often organized.</p> <p>Telephone Number: 245- 1782 Contact: Shirley Wilson</p>	<p>VFW FRAZIER PARK POST</p> <p>Bingo— Saturdays 7pm—9pm</p> <p>(Special Bingo nights on Holi- days— TBA)</p> <p>Telephone Number: 245-3273</p>

Medical/ Medical Equipment

<p>PORAZIK FAMILY DENTISTRY</p> <p>Family dentistry. Accepts a variety of insurance plans including Medicare and MediCal. Call for an appointment.</p> <p>Telephone Number: 245-1434 Contact: Peter Porazik, DDS</p>	<p>INDEPENDENT LIVING OF KERN COUNTY</p> <p>Various services for disabled individuals including free wheelchair rental program, advocacy services, skills training, peer counseling, housing services, etc.</p> <p>Telephone Number: 325-1063 Contact: Harvey Clowers</p>
<p>VFW-FRAZIER PARK POST</p> <p>Use of hospital beds, wheelchairs, walkers, canes, etc.</p> <p>Telephone Number: 248-6385 Contact: Dale Mann</p>	<p>HEALTH FIRST</p> <p>Acupuncture, Code 4 Herbalist & Chiropractic care.</p> <p>Telephone Number: 245-3456 or 245-4834</p>
<p>ALZHEIMER'S DISEASE ASSOCIATION OF KERN COUNTY</p> <p>Wide range of activities for individuals diagnosed with Alzheimer and Dementia, respite for caregivers, support groups and educational seminars.(Bakersfield)</p> <p>Telephone Number: 393-8871 Contact: Patti Flores or Julie Womack</p>	<p>NAMI (National Alliance on Mental Illness) Bakersfield, CA</p> <p>Provides education, advocacy, support groups, and Family-to- Family Education Programs for adults with mental illnesses.</p> <p>Telephone Number: 872-5999 Contact: Marie Neel</p>

Medical/ Medical Equipment

<p>DR. BOB HEARTSILL</p> <p>Chiropractic Services. Call for an appointment.</p> <p>Hours: M-W-F 8:30am—6pm</p> <p>Telephone Number: 245-3748</p>	<p>CLINICA SIERRA VISTA</p> <p>General practice, lab, X-ray and Psychiatric Assessment, care, and referrals.</p> <p>Hours: M-F & Sat. 8:30am– 5:30pm</p> <p>Telephone Number: 248-5250</p>
<p>SARAH ANNE EDWARDS</p> <p>Counseling services pertaining to emotional distress, trauma, grief, loss, etc.</p> <p>Pine Mountain Club</p> <p>Telephone Number: 336-5203</p>	<p>FRAZIER MOUNTAIN BEHAVIORIAL HEALTH CENTER</p> <p>Counseling Services.</p> <p>Telephone Number: 245-0250</p>
<p>FRANK MANNING, M.A., L.M.F.T.</p> <p>Individual, family, couples, teens, & children’s counseling; depression/ anxiety; grief & loss; victims of crimes, court ordered counseling services, career counseling, etc.</p> <p>Sliding fee scale and some insurance plans excepted.</p> <p>Frazier Park</p> <p>Telephone Number: 932-8551</p>	<p>PINE MOUNTAIN FAMILY DENTAL AND ORTHODONTICS</p> <p>Complete dental care. Friday & Saturday. Call for appointment.</p> <p>Telephone Number: 242-3704</p> <p>Contact: Gary Chaffee, DDS</p>

Caregiving /Home Health

<p>FRAZIER PARK SHERIFF</p> <p>Caregiver criminal check and well-care checks.</p> <p>Phone Number: 245-3440 Sheriff: Sgt. Mark Brown</p>	<p>OPTIMAL HEALTH SERVICES</p> <p>Skilled nursing services and hospice care. Serves the Mountain Communities. 24 hour services. (Medicare/ MediCal & HealthNet)</p> <p>Telephone Number: 410-4000 or, 1-800-879-8866 Fax: 716-4004 Director: Todd Jefferies</p>
<p>HOFFMAN HOSPICE</p> <p>Skilled nursing services and hospice care. Serving the Mountain Communities.</p> <p>Director: Sheila Fryer</p> <p>Telephone Number: 410-1010</p>	<p>IN-HOME SUPPORTIVE SERVICES (IHSS)</p> <p>Provides in home care for seniors living independently at home. (Must be receiving MediCal.)</p> <p>Telephone Number: 868-1000 Director: Michele Gomez</p>
<p>MAXIM HEALTH CARE SERVICES</p> <p>Provides IV, wound care, etc. (Medi-Cal)</p> <p>Telephone Number: 322-3039</p>	<p>GIFTED ARMS</p> <p>Home health services for individuals with skilled nursing needs. (Accepts Medicare & HealthNet)</p> <p>Telephone Number: 322-9207</p>
<p>KERN MEDICAL CENTER IN-HOME CARE</p> <p>Provides IV, Wound care, etc. (Medicare & MediCal)</p> <p>Telephone Number: 868-7668</p>	

Caregiving /Home Health

<p>RIGHT AT HOME</p> <p>Private pay home care services.</p> <p>Telephone Number: 377-2400</p>	<p>PARTNERS IN CARE</p> <p>Senior care case management for seniors at risk for nursing home placement.</p> <p>Telephone Number: 326-0105</p> <p>Contact: Denna Rupert</p>
<p>ALLY SENIOR CARE</p> <p>In-home care services.</p> <p>Telephone Number: 397-2559</p>	<p>KERN MEDICAL CENTER IN-HOME CARE</p> <p>Provides IV, Wound care, etc. (Medicare & MediCal)</p> <p>Telephone Number: 868-7668</p>
<p>BAKERSFIELD PRIVATE HOME CARE</p> <p>Provides home health aides.</p> <p>Telephone Number: 327-1202</p>	<p>GIFTED ARMS</p> <p>Home health services for individuals with skilled nursing needs. (Accepts Medicare & HealthNet)</p> <p>Telephone Number: 322-9207</p>
<p>KERN COUNTY AGING & ADULT SERVICES</p> <p>Provides program and services information for seniors, disabled individuals, and caregivers</p> <p>Telephone Number: 868-1000</p> <p>Director: Michele Gomez</p>	<p>BAKERSFIELD SENIOR PLACEMENT SERVICES</p> <p>Assists with placement of elderly individuals in various facilities based on needs, income, and health insurance.</p> <p>Telephone Number: 395-1700</p> <p>Contact: Tim Kounter</p>

Insurance

<p>MOUNTAIN COMMUNITIES FAMILY RESOURCE CENTER</p> <p>Assistance with Covered California, Medi-Cal, Medicare, and Prescription Drug application processing. Call for an appointment.</p> <p>Telephone Number: 245-4303</p>	<p>HICAP (HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM)</p> <p>Assistance with Medicare, Medi-Cal, and Prescription program issues.</p> <p>Telephone Number: 868-1064</p> <p>Contact: Leanne Morgan</p>
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Legal Aid

<p>SENIOR LAW CENTER/ GBLA</p> <p>Assists with legal issues regarding SSI, Medicare, Elder Abuse, Health, and Real Property/Rental issues.</p> <p>Hours: M-F 8:30am – Noon & 1pm-4pm</p> <p>Telephone Number: 325-5943 or 1-888-292-4252</p>	
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Housing

<p>INDEPENDENT LIVING CENTER OF KERN COUNTY</p> <p>Provides access and/or arrangements for housing of seniors and disabled individuals, some in home care, advocacy, medical equipment, peer counseling, etc.</p> <p>Telephone Number: 325-1063 Contact: Harvey Clowers</p>	<p>BAKERSFIELD SENIOR PLACEMENT SERVICES</p> <p>Assists with placement of elderly individuals in various facilities based on needs, income, and health insurance.</p> <p>Telephone Number: 395-1700 Contact: Tim Kounter</p>
<p>CANYON HILLS SENIOR HOUSING</p> <p>Housing for low-income seniors 62+ in Bakersfield. Income must be under \$16,240 yearly. \$432 per month + \$500 deposit for 1 bd. Non-smoking facilities.</p> <p>Telephone Number: 873-0701</p>	

Caregivers- Local

NOTE: Local caregiver fees and services vary. Call individual caregiver for more information. This Resource and Referral list is provided as a courtesy only, and makes no implied or stated endorsements, recommendations, or guarantees of any kind.

<p>NOAH'S ARK IN HOME CARE.</p> <p>In Home Care, Light House Keeping, and Local Transportation. Certified Nursing Assistance. IHSS provider.</p> <p>Telephone Number: 928-925-7097</p>	<p>CHARLENE DART</p> <p>Home health care. 20 years experience. Excellent references upon request. Private Pay only</p> <p>Telephone Number: 242-1537 Or (Cell) 219-309-0243</p>
<p>PAT WULFFER</p> <p>In Home Health Services. Light Housekeeping. \$12 per hr.</p> <p>Telephone: 661-242-2725 or 661-993-3788</p>	<p>KAY HEHIR</p> <p>Household duties.</p> <p>Telephone Number: 245-4835</p>
<p>SHERRY WALCOTT</p> <p>Personal care, light housekeeping, and local transportation services.</p> <p>Telephone Number: 242-3611</p>	<p>TABATHA- TABCLEAN</p> <p>Caregiving, light housekeeping, and personal care.</p> <p>Telephone Number: 557-3630 (References Available)</p>
<p>IRMELA VANSLUYTMAN</p> <p>Live-in care giving services.</p> <p>Telephone Number: 818-298-9822 (References available)</p>	<p>JACKIE MULLINIKS</p> <p>Certified home health aide. Private pay mostly. Flexible schedule.</p> <p>Telephone Number: 289-1436</p>

Food & Grocery

<p>MOUNTAIN COMMUNITIES FAMILY RESOURCE CENTER</p> <p>Links to services such as food, utility assistance, health insurance and various other programs.</p> <p>Phone Number: 245-4303</p>	<p>MEALS ON WHEELS</p> <p>Hot lunch delivery to at home bound seniors M-W-F. Call for information on how to qualify for this program.</p> <p>Telephone Number: 245-1952 Contact: Jeanette Tropia</p>
<p>SENIOR SACK</p> <p>Frazier Park Community Center. 2nd and 4th Wed. of each month, 10 am- 12pm. (\$2 one time only fee)</p> <p>Telephone Number: 245-3409 Contact: Ann Jones</p>	<p>LEBEC COMMUNITY CHURCH</p> <p>Call the church to see if there is food available and arrange with the staff on what day/time to come in for food, if available. There is no guarantee for food.</p> <p>Telephone Number: 248-6117 Contact: Pastor Scott Irwin</p>
<p>COMMODITIES</p> <p>Provides food to low income individuals the 1st Wednesday of every month from 10am— 11 am. You must bring Photo ID and proof of residence.</p> <p>Telephone Number: 245-1536 Contact: Vern Gallinger</p>	<p>GREEN DRAGON FARMS</p> <p>Organically grown fruits and vegetables for the local community. Referrals for low-income families can be obtained at the Mountain Communities Family Resource Center. Volunteers always welcome.</p> <p>Open Sat. 10am—12pm Telephone Number: 245-3000</p>

Home Repairs

<p>THE GAS COMPANY</p> <p>Homeowners- service, repairs, and/or replacement of water heater or heating system. Renters - insulation and weather stripping. Income based, must qualify.</p> <p>Telephone Number: 800-331-7593</p>	<p>COMMUNITY ACTION PARTNERSHIP</p> <p>Home weatherization, minor home repairs, and appliance repair or replacement programs.</p> <p>Telephone Number: 336-5203</p>
<p>FRAZIER PARK LUMBER & ACE HARDWARE</p> <p>Various home repair supplies.</p> <p>M-F 7 am-6 pm Sat. 8 am-5 pm Sun 8 am-4 pm</p> <p>Telephone Number: 245-3301</p>	
<p>HOME ACCESS</p> <p>Disability Services. Ramps, rails, grab bars, hi-boy toilets and other disability access items up to \$2,000. 0% loans to upgrade home to code to income qualified individuals.</p> <p>Telephone Number: 862-5062 Contact: Catherine Vasquez</p>	<p>HOME ACCESS GRANT PROGRAM</p> <p>Home improvement grants for physically disabled individuals to include widening doors, installing hand rails, grab bars, wrist faucets, ramps, etc. to income qualified individuals.</p> <p>Telephone Number: 862-5062 Contact: Catherine Vasquez</p>