



Community Resources

Mono County is committed to ensuring that our seniors have the support and assistance necessary to promote their independence, as well as their overall safety and well-being. The following services are provided by Mono and Inyo Counties through the Eastern Sierra Area Agency on Aging (ESAAA)* and other programs, to seniors in both counties who are age 60 or older and caregivers:

❖ Elder Nutrition Program (ENP) – Congregate and Home Delivered Meals

Available services include meals that comply with Dietary Guidelines for Americans and meet a minimum of one-third of recommended Dietary Reference Intake. Congregate (on-site) Meals are available at the Antelope Valley Senior Center in Walker and at congregate sites throughout Inyo County, as well as to home-bound or isolated individuals through home delivery services. Home delivered services are provided to seniors who have been assessed as unable to participate in the congregate meal, and who meet eligibility requirements. The ENP also provides nutrition education and counseling to seniors. Waiting lists may be established for services when funding allocations are not sufficient to meet the needs of the seniors requesting services.

❖ Assisted Transportation and Transportation

Transportation services include the provision of bus passes to seniors in order to provide access to community resources. In addition, individuals who have been assessed as needing assistance with transportation as a result of physical or cognitive difficulties are able to receive assisted transportation services. Assisted transportation is primarily used to access out of area medical care, however assistance with accessing local medical and other support services is also available.

❖ Telephone Reassurance

Telephone reassurance is available to seniors who have been assessed to need regular contact and safety checks for the purpose of providing reassurance and support.

❖ Family Caregiver Support Services (FCSS)

FCSS is available to unpaid caregivers of individuals over the age of 60 or to caregivers of individuals of any age who have been diagnosed with Alzheimer's disease or related disorder with neurologic and organic brain dysfunction. Services include caregiver assessments, support/counseling and respite.

❖ Information and Assistance (I&A)

I&A provides individuals with information on services available within the communities; links individuals to the services and opportunities that are available; and to the extent possible, provides follow up to ensure that the individual is satisfied with the outcome of the referral.

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❖ Long-Term Care Ombudsman Services

Long-Term Care Ombudsman Services are provided to residents of long term care facilities, which are located in Inyo County. The primary responsibility of the program is to investigate and endeavor to resolve complaints made by, or on behalf of, individual residents in long-term care facilities, including skilled nursing facilities and residential care facilities.

❖ Legal Assistance

Legal Assistance is provided to the region through a contract with a local agency and/or attorney's office. Services include education, legal advice, counseling and/or representation by an attorney or other person acting under the supervision of an attorney.

❖ Healthy IDEAS

The *Healthy Ideas* (Identifying Depression, Empowering Activities for Seniors) Program ensures older adults get the help they need to manage symptoms of depression and live full lives. This program is provided through the Mono County Senior Services Program in partnership with Mono County Behavioral Health. Seniors who are identified as having symptoms of depression are screened for depression, assisted with referral to appropriate health professionals, and provided in-home supports.

Eligibility:

To be eligible for services for most of these senior programs, an individual must be 60 years of age or older, or, for services outlined under FCSS above, an unpaid caregiver of a senior or of a person of any age as outlined above under FCSS. Seniors are provided an opportunity to donate to the Mono County Senior Services to help offset the cost of services; this is a voluntary donation and a person's inability to donate will not disqualify them from services.

For assistance and information regarding the programs above, contact Pat Espinosa, Acting Senior Services Coordinator, Antelope Valley Senior Center, 530-495-2323.

*** Eastern Sierra Area Agency on Aging (ESAAA)**

The California Department of Aging (CDA) administers programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout the State. The Department administers funds allocated under the federal Older Americans Act and the Older Californians Act.

CDA contracts with the network of Area Agencies on Aging, who directly manage a wide array of federal and state-funded services that help older adults to live as independently as possible in the community; promote healthy aging and community involvement; and assist family members in their vital care giving role. The Area Agency on Aging in our region is ESAAA, which encompasses both Inyo and Mono counties. ESAAA is governed by the Inyo County Board of Supervisors (BOS), who contract for services in Mono County with the County of Mono through the Department of Social Services. In Inyo County, Health & Human Services staff directly serve Inyo County seniors.

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[Additional Resources:](#)

❖ [In Home Supportive Services \(IHSS\)](#)

This program provides services to assist eligible aged or blind persons or persons with disabilities who are unable to remain safely in their own homes without this assistance. IHSS is an alternative to out-of-home care, such as nursing homes or board and care facilities. Recipients must be eligible for or receiving Medi-Cal.

The types of services which may be authorized through IHSS include:

- Domestic and related services such as housecleaning, meal preparation and clean-up, laundry, and grocery shopping.
- Personal care services such as feeding, bowel and bladder care, bathing, grooming, dressing, mobility and transfer assistance, and paramedical care.
- Protective supervision.
- Ancillary services consisting of accompaniment to medical appointments, fittings of health-related devices, or sites where alternate resources provide care in lieu of IHSS.

Eligibility includes but is not limited to:

- Be a citizen of the United States or a qualified alien.
- Live in their own home or home of their choosing (acute care facilities, long term care facilities, licensed community care facilities are not considered "own home").
- Be eligible for or receiving Medi-Cal benefits.

How to Apply

There are several options available. You can request an application be mailed to you or pick one up at any of our county offices. To call the Mammoth Office: 760-924-1770

❖ [CalFresh](#)

The CalFresh program helps to improve the health and well-being of qualified households and individuals by providing them a means to meet their nutritional needs. You may be eligible to receive CalFresh benefits, whether or not you work, if you have a low income. The program issues monthly electronic benefits that can be used to buy most foods at many markets and food stores.

Older Adults: Special rules make it easier for adults aged 60 and older to get CalFresh.

How to Apply

There are several options available. You can request an application be mailed to you, pick one up at any of our county offices or apply online.

❖ [IMACA Home Energy Assistance Program \(LIHEAP\)](#)

LIHEAP offers several kinds of services to help low-income households meet their home energy needs. These services include:

- The Home Energy Assistance Program (HEAP) provides one-time financial assistance to help offset an eligible household's energy costs (utility bill).
- The Energy Crisis Intervention Program (ECIP) provides assistance to low-income households that are in a crisis situation. Examples include a household that has received a 24- to 48-hour disconnect notice or service termination by its utility company or a household facing an energy-related crisis of life-threatening emergency in the applicant's household, including a combustible appliance.

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- LIHEAP Weatherization provides free energy efficiency upgrades to low-income households to lower their monthly utility bills, while improving the health and safety of the household's occupants.

How to Apply

Request an application be mailed to you by contacting IMACA at (760) 873-8557 or you may pick up an application at one of the IMACA office locations in Bishop or Mammoth Lakes.

❖ [IMACA Food Programs](#)

Volunteers distribute monthly USDA Commodities in 13 communities throughout Inyo and Mono Counties. IMACA distributes USDA commodity meats, vegetables, fruits, grains, and dairy products to low income residents of Inyo and Mono counties.

USDA COMMODITIES distribution time and sites are as follows:

2nd Tuesday of Each Month

Mammoth Lakes - 10:00 am – 12:00 pm - CCC Office, 625 Old Mammoth Road

June Lake - 4:00 pm – 6:00 pm - Community Center, 90 W Granite Avenue

Lee Vining - 1:00 pm – 3:00 pm - Presbyterian Church, 126 Mono Lake Avenue

Walker - 1:00 pm – 2:00 pm - Antelope Valley Community Center, 442 Mule Deer Rd

Bridgeport - 2:00 pm – 3:00 pm - Medical Clinic, 221 Twin Lakes Road

2nd Wednesday of Each Month

Benton - 12:30 pm – 1:30 pm - Community Center/Senior Center, 58869 Hwy 120

Bishop - 1:00 pm – 2:45 pm - Senior Center, 506 Park Avenue

IMACA'S FOOD PANTRY is available to anyone in need. Pantry food comes from donations received throughout both Inyo and Mono Counties. Pantry Hours are:

Bishop - Monday – Friday 10:00 a.m. to 12:00 p.m. - IMACA Main Office, 224 S. Main Street

Mammoth Lakes - Tuesday 10:00 a.m. to 12:00 p.m. – IMACA/CCC Office, 625 Old Mammoth Road

MOBILE FOOD PANTRY operated by Food Bank of Northern Nevada.

The Mobile Food Pantry distributes food the last week of every month at multiple sites in Mono County.

Fourth Thursday of the Month

Walker - 10:00 a.m. – 10:45 a.m. - Antelope Valley Community Center, 442 Mule Deer Rd

Bridgeport - 12:00 p.m. – 12:30 p.m. - Medical Clinic, 1000 Twin Lakes Road

Lee Vining - 2:00 p.m. – 6:00 p.m. - Murphy's Trailer Park, Space #8

Fourth Friday of the Month

Mammoth Lakes - 1:00 p.m. – 2:00 p.m. – St. Joseph's Catholic Church, 58 Ranch Road

June Lake - 1:00 p.m. – 3:00 p.m. - 120 Alderman Street

Monday, Following the Fourth Friday of Every Month

Benton - 2:30 p.m. – 3:30 p.m. - Community Center, 58869 Highway 120

For more information on times, dates and locations of food distributions and pantry, call IMACA at 760-873-8557.

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❖ [IMACA HOMELESS PREVENTION SERVICES](#)

This program has been funded to provide emergency services to very low income residents of Inyo and Mono Counties and includes rental/deposit assistance. Assistance may be provided to those at or below the level of “very low income” (as defined by HUD) in the county in which they reside. The purpose of this program is to serve those at imminent risk of becoming homeless, those who are literally homeless, or who may need assistance obtaining long term residency by way of rental deposits or first month’s rent.

IMACA also owns and operates low income housing in both Mammoth Lakes and Bishop.

For more information, call IMACA at 760-873-8557.

❖ [Salvation Army in Mammoth](#)

Food Pantry; Donations of food accepted

Monday and Wednesday, 2:00 - 4:00PM, 220 Sierra Manor Rd, Mammoth Lakes

❖ [Financial Assistance for Travel Costs Related to Cancer Treatment](#)

Application for reimbursement of expenses related to Mono County resident travel for treatment of cancer, (e.g. gas, housing, meals). Mammoth Hospital Cancer Outreach Committee. Contact Natalie Sanders, Case Manager, 760-924-4151 for more information.

❖ [Low Cost Vaccines for Uninsured and Underinsured Adults](#)

Please call Mono County Health Department for more information and to schedule an appointment. Mammoth Lakes: 760-924-1830, Bridgeport: 760-932-5580.

❖ [Health and Human Services Departments](#)

The following Mono County Departments serve residents throughout the entire county:

○ **Mono County Behavioral Health (MCBH)**

MCBH offers counseling, therapy, case management, psychiatry, as well as alcohol and other drug treatment to all Mono County residents. MCBH clinicians have expertise in the treatment of individuals, couples, families, young adults and children. On-going Wellness Programs are offered through two Wellness Centers, one in Mammoth Lakes and one in Walker. Call 760-924-1740 for information and assistance.

○ **Mono County Dept. of Social Services (MCDSS)**

MCDSS offers a variety of services to individuals and families through several Federal, State, and County programs, including Child and Adult Protective Services, In-home Supportive Services, foster care, employment assistance/Workforce Development, food security (CalFresh), health insurance, Senior Services program, Emergency Shelters, and other basic-need support programs. Call 760-924-1770 for information and assistance.

○ **Mono County Public Health (MCPH)**

MCPH provides services that support the health and safety of Mono County residents including immunizations, HIV and other sexually transmitted diseases programs, communicable disease prevention and surveillance, tuberculosis program, health promotion, emergency preparedness, California Children's Services (CCS), Child Health and Disability Prevention Program (CHDP), Women Infant and Children (WIC), services for women and children, safety programs and much more. Call 760-924-1830 for information and assistance.