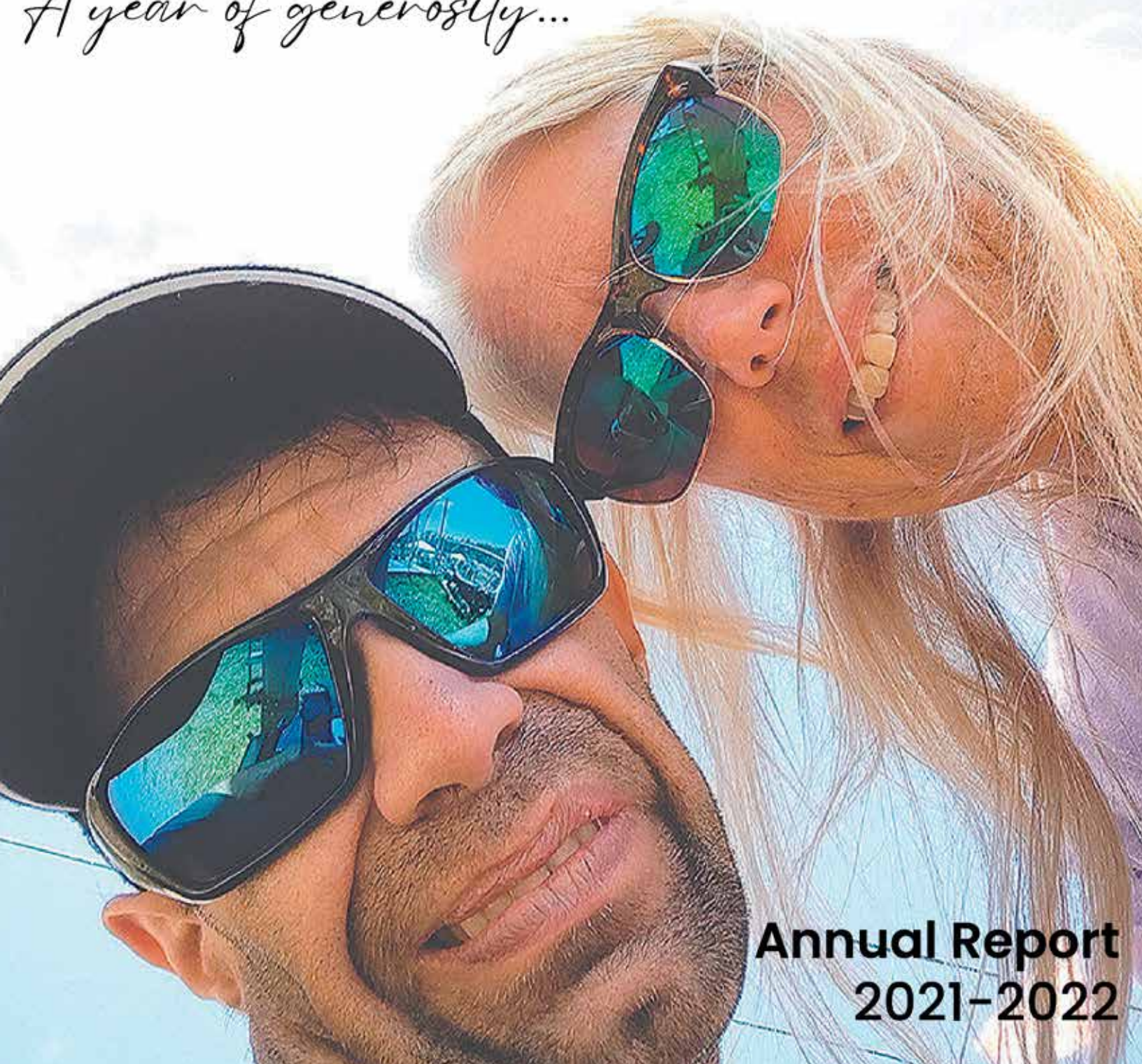




Humboldt Senior
Resource Center

Impact Report

A year of generosity...



**Annual Report
2021-2022**



A Message from the CEO

This Impact Report is a celebration of the good work our community is doing to honor and respect older adults and their caregivers. Your support has demonstrated your respect for the wisdom, experience, and contributions of our local elders. The stories we tell here are about people with determination who needed a little help to be healthy and independent. Without your support, some of them could have fallen through the cracks.

I hope you will share these pictures and stories with your family and friends and take pride in the impact you've helped make.

With warm regards,

Melissa Hooven
Chief Executive Officer

2021-2022 Board of Directors



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Global Ends Statement

Seniors and their caregivers will have a high-quality life with health, dignity and self-determination in a community of respect and tolerance.

Graduating from Hospice to MSSP

by Janice Sousa

At the beginning of 2021, I got so sick that I was life-flighted to Santa Rosa. My organs had shut down and I was not expected to live. I enrolled in hospice. But my son told the palliative care team in Santa Rosa, "Send her home to us. We'll make sure she lives."

Over the next 6 months, I changed everything. I stopped smoking, improved my diet, drank a lot more water, got an excellent caregiver, and put it out to the Universe that I was not ready to go. I healed.

Because I was a lot better, I graduated from hospice. They referred me to the Humboldt Senior Resource Center's MSSP (Multipurpose Senior Services Program), which provides care management for people like me.

I was still struggling. I live in a mobile home park that is under new management and is requiring repairs and upgrades I can't afford. MSSP sent a handyman who fixed the wobbly stairs at the front and back of my home, and the wobbly vent over my stove. He replaced all the doorknobs because the ones I had were locking me in, which wasn't safe. MSSP also referred me to a grant program for help with painting the house.

While I was sick, I was financially abused. MSSP arranged for a financial advisor to straighten things out and help me manage my money so that now it goes farther.

Keri connects me to available resources. For example, I received a new tank for my oxygen machine, a donated laptop computer, special nutritional drinks I that couldn't afford on my own, and gift certificates from the Farmers Market so I can afford more fruit and vegetables.

I am so grateful for agencies like the Humboldt Senior Resource Center that help people live. Keri, my case manager, Michelle, my caregiver, and my family and neighbors take great care of me. They have made so much difference in my life. I don't know what I'd do without them.

**"My MSSP social worker, Keri,
has been instrumental in
finding me help."**

118

*MSSP helped 118 participants
in 2021-2022 and now serves
all of Humboldt County.*



Janice Sousa isn't in hospice anymore, and she's not in a nursing home either. With the help of MSSP, she is living independently.

Senior News: Growing Community, Making Connections

by Ted Pease

The playwright Arthur Miller once said, “A good newspaper is a nation talking to itself.”

That’s how I like to think of Senior News—a way for older adults in Humboldt County and beyond to grow as a community. Senior News is published monthly with content focused on stories of interest to those age 50 and “better.”

What I have learned after 6+ years as editor of Senior News is that Humboldters and beyond love to talk, and have plenty of great stories to tell, including:

- The pod of friends who made the pandemic a little jollier by getting together regularly to laugh. Laughter has always been called “the best medicine,” one said. “The world can use more of it right now!” (*April 2022 issue*).
- The old friends who grew up together in Trinidad and now combine daily walks with picking up trash around their town (*February 2022 issue*).
- The woman in Fayetteville, Arkansas, who subscribes to Senior News because “the concerns, emotions, experiences, fears and core values of Humboldt County residents are the same as mine and my senior friends here in Arkansas.”

This sense of community is important, whatever your age, and increasingly as we get older, as an email received from a reader during the pandemic illustrates: “In this time of attempting to stay in touch while forced to stay apart, your work in Senior News is gravely important to us seniors. Though I haven’t read everything, I am touched by what I see in the paper this evening. It is the best connection in these times — personal, factual, humorous... Dang, this issue is so important. Thank you.”

In a community like ours, my job is easy.



10K+

Senior News distributed 10,000 newspapers monthly to Humboldt County readers and is also available online.

Dave Hankin, the world-class salmon expert who restores pianos in his spare time, was featured in Senior News in January 2022.

Adult Day Health: The Caregiver's Perspective

by Ginny Rose

Nelson Avelar has a rare genetic neurological disorder called Machado-Joseph Disease that has put him in a wheelchair. Before his disease progressed to this point, Nelson had graduated from College of the Redwoods and become a master mechanic. He used to run the races at the Samoa Drag strip. That was over 10 years ago.

Only 5 years ago, Nelson lived in his own apartment with a team of caregivers. I was one of them. Nelson went into the hospital with pneumonia, and when he was discharged the doctors said he could no longer live alone. I moved out to my garage and moved Nelson into my bedroom. I'm now his sole caregiver. I feel lucky—what would I do without him?

I need to praise the staff of Humboldt Senior Resource Center's Adult Day Health program; they do a wonderful job. They are warm, wonderful, caring, attentive. Nelson loves the activities and the attention. The bus driver is great with him. The nursing staff have always been very helpful. The social worker has been good to both of us—she listens to me and talks to Nelson and helps us work through things.

In the mornings, I have Nelson ready to go and hand him off to the bus driver in full confidence that he will have a wonderful day and come back to me safely.



“I’m full of gratitude for what the Adult Day Health staff does. It gives me time off, which helps.”

64

In fiscal 2021-2022, Adult Day Health — a licensed, therapeutic day program with locations in Eureka and Fortuna — served 64 adults age 18 and older who have chronic conditions or disabilities.

Alzheimer's Services provides resources and education for the community regarding Alzheimer's Disease and other dementia-related conditions.

Four days a week, Nelson Avelar attends the Adult Day Health Center in Fortuna. He loves it. On days when it is hard to get out of bed, it gives him something to get out of bed for.

My Small Monthly Check

Dear HSRC—

As I wrote out the check, I started fussing to myself, “Why are you writing these little checks **every month**, just write one check and be done!” Then I decided that my small monthly check keeps HSRC in the forefront of my thinking. I’m thankful every month for the loving care HSRC provides the seniors in our community. I’m often reminded to encourage my contemporaries to support HSRC. This small act each month reminds me to pray for the HSRC staff. So in light of all the mileage I get from writing out a small check every month, I’ll continue to do so.

Grateful for all you do.

Dawn Van Osdel

Donors Who Give Monthly

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Redwood Coast PACE Saved Me

by Colleen Sullivan

I'm pretty tough. I spent 20 years living off the grid near Ruth Lake as a homesteader. At 40, I went back to school and became a nurse. But a few years ago, I was confined to a wheelchair, alone in my Loleta home, and facing two hip surgeries. I could not walk. When my physician said I would have to be in a wheelchair until both surgeries were complete, I cried.

It was frightening. I was in a predicament. My family was unable to help me because they live so far away and had health issues of their own. My sister discovered Redwood Coast PACE, and I enrolled.

PACE organized my entire trip to San Francisco for the first surgery, including transportation and hotel accommodations. When I returned home, I had in-home support and guidance on how to navigate life without walking during the next year while I waited for the second surgery. PACE helped me get to the pool, where I practiced physical therapy and kept my muscles from atrophying.

The real work began after my second surgery. Through physical therapy, the help from my caregivers, and me just being so bullheaded, I was able to start walking. I think in my heart, I never believed I wouldn't walk again.

The PACE program saved me completely. These people gave me something I could never give myself—security in a world where there is very little security. I know that no matter what, I have backup. It frees me up to be a part of the community and to care for others. We all need each other, especially in these uncertain times.

**“With Redwood Coast PACE,
I feel like I won the lottery.”**

300

During fiscal 2021-2022, Redwood Coast PACE provided all-inclusive healthcare and support services at centers in Eureka and Fortuna to help nearly 300 participants remain in their homes and communities.

Colleen Sullivan was in a wheelchair when she joined Redwood Coast PACE. Now she's up and walking. She still receives physical therapy at PACE, and walks the trails behind the Fortuna Day Center.

Launching Behavioral Health Services

by Samantha Day, DSW, LCSW

In Humboldt County, like everywhere else in the nation, it is difficult to find a therapist, much less one experienced in understanding the unique experiences of the aging community. Even if you're lucky enough to find one, there is no guarantee that they'll bill your insurance. These are just a few of the barriers the Humboldt Senior Resource Center is tackling with the creation of the Behavioral Health Services program.

The new venture was as challenging as launching a business: it required good people, a place to conduct business, clients, and payment for services rendered. All at once.

We succeeded in attracting quality practitioners who offer a broad range of psychotherapy modalities. In May, we began renting offices downtown that offer comfort and privacy. The most important part is that we have many community members who desire services.

We began with two grants to cover salaries during the startup phase while we initiated the process of becoming credentialed with insurance plans to bill for our services. To date, we can accept Medicare and Anthem Blue Cross, and are in the process of securing approval to accept individuals with Blue Shield and Partnership/Beacon.

We are pleased to offer services to any Humboldt County resident age 55 or older who wishes to prioritize their emotional well-being.

Donations In Memory Of

Winona B. Anderson
Don Avant
Helen Bartscht
Theresa Berg
Leon Berliner
Joann Bonner
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Lois Waters
Burl & Mabel Wescott
Cynthia Ann Will
Nancy Williams
Mildred Wolski
Everyone who is no longer with us

Donations In Honor Of

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Mike Dakis
Edith Dalton
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Shelly Heber
Kay King
Irmgard LaForge
Virginia Macgruder

Chris & David Martinek
Daniel & Ava McKenzie
Miranda & Alex Moore
Shelly Romak

Robin Wolff
Joanna Wood

A Tribute to Diane & Cathy Webber

by Janet Ruprecht

Diane and Cathy Webber were the proprietors of Happy Dog Day Care and Boarding in Eureka, which they founded in 1998 and ran enthusiastically for the next 20 years. Both had moved to Humboldt County as young adults; Diane came from New York and Cathy from Wyoming. They met, fell in love, and once it became legal, they married. They were together for 40 years.

Cathy worked as a deckhand on the Madaket and had the distinction of becoming the vessel’s first female captain.

Later, when Cathy and Diane wearied of their careers in health care, they decided to do what they loved. Their canine day care and boarding business featured free training, massage, music, and heated floors. The dogs were happy and so were Diane and Cathy. They brought a lot of people together, laughed a lot, and built a strong group of friends who were there for them as they aged and grew frail.

Because they knew that many people didn’t have the same resources, they were strong supporters of the Humboldt Senior Resource Center. When they passed, they left extremely generous legacies to both HSRC and to the Humboldt County Animal Shelter.

“We are honored and delighted,” said Melissa Hooven, HSRC’s Chief Executive Officer, “to help fulfill Cathy and Diane’s legacy. We are using their gift to help Humboldt’s seniors be healthy and independent, and to age with dignity in their homes.”



Contact Us



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Find us on 



www.humsenior.org



Dining at the Heritage Café

as told to Janet Ruprecht



Deanna and Elwood Bartlett have been married for 50 years. Both are from local families with roots dating back to the 1870s. Elwood grew up in Rohnerville and worked for Simpson Lumber Company. Deanna was born and raised in Arcata and spent 22 years at Bank of America.

The Bartletts have dined all over the world. One of their most memorable meals was in Cambodia among the aristocracy in an open-air banquet hall with a thatched roof. Elwood, over 6 feet tall, was easily the tallest man in attendance. He nearly hit his head on the ceiling beams.

Their favorite place to dine is the Humboldt Senior Resource Center's Heritage Café in Arcata. They spent 19 years working 4 days a

week in the dining room as volunteers. Neither drives now, so they come every Wednesday, when their niece and her husband bring them. If they want to come on other days, they take Dial-A-Ride. Elwood is a veteran, so he rides for free. The nutritious meals and the social interaction they enjoy at the Heritage Café make getting there well worth the effort.

“We like to have lunch at the Heritage Café and visit with our friends,” said Deanna and Elwood Bartlett.

70K

During the COVID pandemic, the Senior Dining Centers in Arcata, Eureka, and Fortuna were closed and pick-up meals were offered instead. Local seniors picked up nearly 70,000 meals during the fiscal year 2021-22. After the pandemic, the dining centers re-opened as the Heritage Cafés.

Thankful for Home Delivered Meals

by Terry Cooke

Like a lot of other parents, Marc and I followed our child to Humboldt. Our son said, "Rust, root, or rot," when he graduated from the university, and he decided to root. At the turn of the millennium, he persuaded us to move up from the Bay Area.

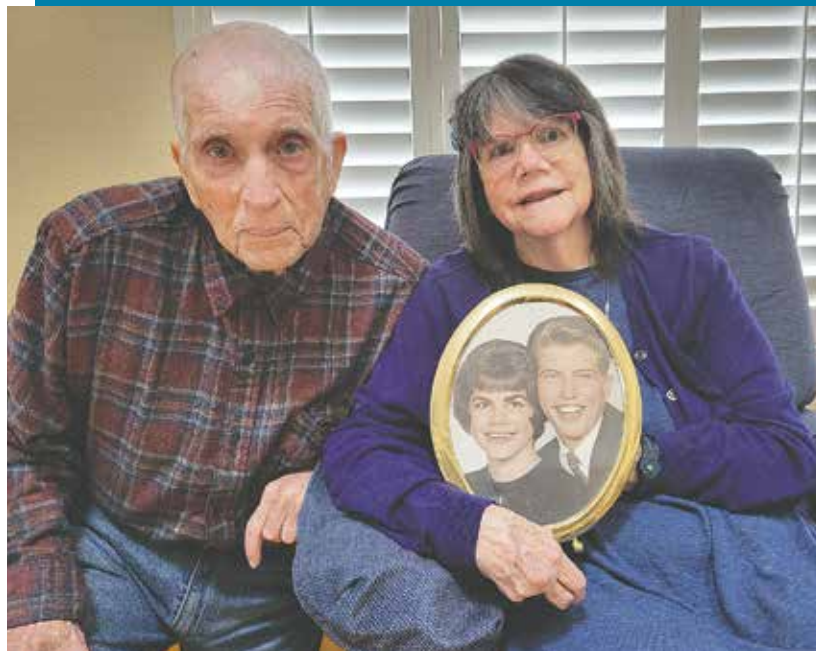
Living in Eureka, I miss the smell of a fine department store. But I appreciate the natural beauty. I can hear the ocean from outside my front door.

I have bad knees. I use a walker, and I have trouble with stairs. Shopping is difficult, and so is standing up to cook. And my husband likes to say, "I can't get around in the kitchen. I can't cook."

Both of us are cancer survivors. We were able to take good care of each other until I had a stroke and became paralyzed on one side. Then Marc called the Humboldt Senior Resource Center's Home Delivered Meals coordinator to ask for help. He says, "I don't know how we would have survived without this program."

But I know. We'd be eating fast food.

Marc reminds me to put in a good word for our delivery driver. "He's a nice young man, very punctual, always has a nice word and a smile. We've enjoyed all our drivers. And we want to give thanks to the chef. The food tastes like I would have cooked, or my mom would have cooked."



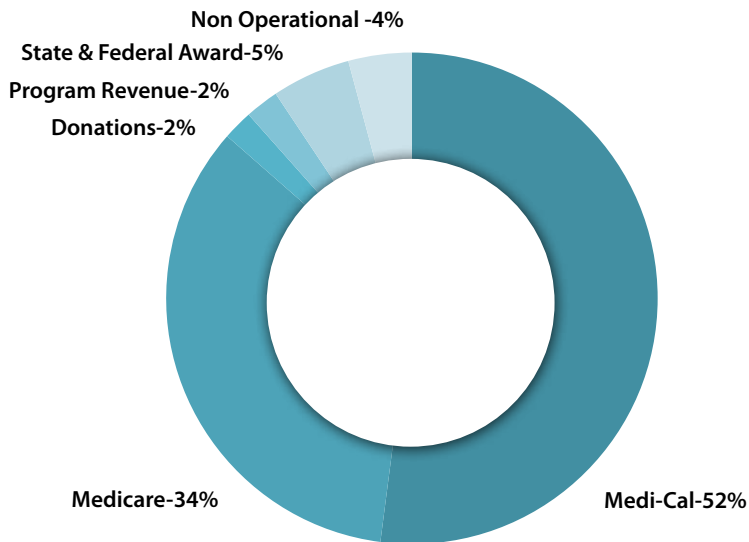
260

Home Delivered Meals — recently re-named Meals on Wheels Redwood Coast — delivered meals, friendly visits, and informal safety checks to about 260 people in McKinleyville, Arcata, Eureka, and Fortuna during fiscal 2021-2022.

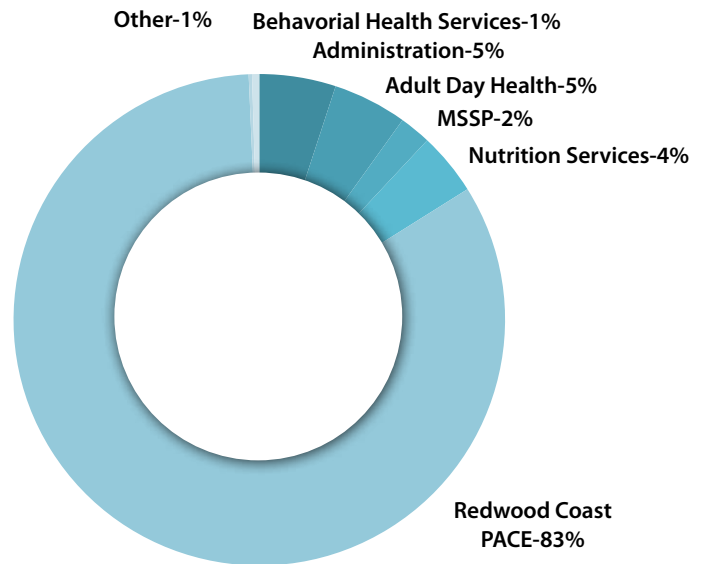
Marc and Terry Cooke are celebrating 58 years of marriage. Years ago, Terry took her son to volunteer for Meals on Wheels at Christmas and at Easter. Now Meals on Wheels Redwood Coast comes to her.

Statement of Financial Position 2021-2022

REVENUE



EXPENSES



FINANCES

ASSETS

	Unaudited 6/30/2022	Audited 6/30/2021
Cash and Equivalents	\$7,285,548	\$3,523,941
Accounts Receivable	\$2,444,678	\$2,707,645
Prepaid Expenses	\$55,443	\$1,034
Inventory	\$28,242	\$27,052
Property and Equipment	\$6,957,064	\$6,771,381
Other Assets	\$1,164,486	\$1,310,663
Total Assets	\$17,575,461	\$14,341,716

LIABILITIES

Short-Term Liabilities	\$4,545,015	\$3,741,517
Long-Term Liabilities	\$1,126,215	\$1,257,075
Total Liabilities	\$5,671,230	\$4,998,592

NET ASSETS

	\$11,904,231	\$9,343,124
TOTAL LIABILITIES & NET ASSETS	\$17,575,461	\$14,341,716

To view HSRC's full financial info, see our IRS 990 statement at www.humsenior.org/about/financial-info.



Humboldt Senior
Resource Center

Humboldt Senior Resource Center 2021-2022 Annual Report

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