



2023-2024 Impact Report

Supporting Healthy Aging

From the CEO

Dear Friends and Supporters,

As I reflect on the past year at the Humboldt Senior Resource Center (HSRC), I am filled with gratitude for your unwavering support. Your generosity has directly impacted the lives of many older and disabled adults in our community, enabling them to live with dignity and independence.

The 2023/2024 year was full of significant milestones, most notably our 50th Anniversary. In May, we hosted a joyous celebration that brought together staff, volunteers, supporters, and program participants. This event was a powerful reminder of the deep roots we've established in this community and the countless lives we've touched since 1974. It reinvigorated our commitment to the vital work that lies ahead.

As we build on the strong foundation of our first 50 years, we remain committed to our mission of supporting healthy aging in Humboldt County. With your continued partnership, we can create even more positive change in our community.

Thank you for being an integral part of HSRC. Your compassion and generosity make our work possible, and for that, we are profoundly grateful.

With heartfelt appreciation,



Melissa Hooven
CEO, Humboldt Senior Resource Center



Board of Directors

Bruce Kessler,
President

Laura Ann Strohm,
Vice President

Jack Irvine,
Treasurer

Mary Meengs,
Secretary

Carole Boshears

Patti De La O


Dan Hauser


Amy Hunt

Dianne Keating

Jerome Simone

Contact Us

 1910 California Street
Eureka, CA 95501

 707-443-9747

 info@humsenior.org

 humsenior.org

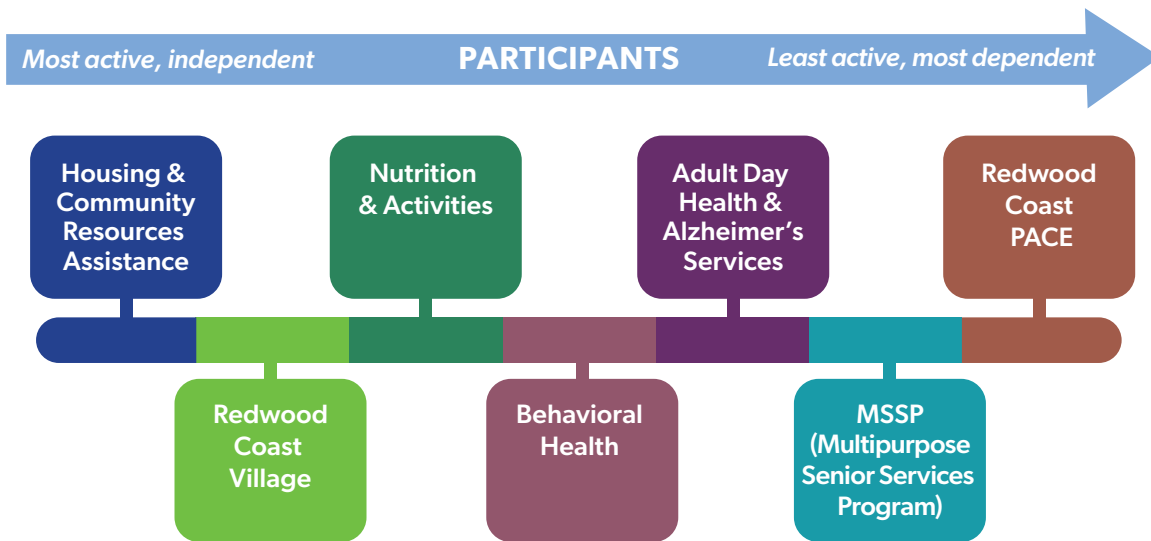
Find us on



Humboldt Senior Resource Center Global Ends Statement

Seniors and their caregivers in Humboldt County will have a high-quality life with dignity, health, and self-determination in a community of respect and tolerance at a level that justifies the resources expended.

On the cover: Redwood Coast PACE participants Anita Ireland (sitting) and Colleen Sullivan enjoy a luau-themed day in the PACE day center.



HSRC Continuum of Care

The Humboldt Senior Resource Center (HSRC) is committed to ensuring the best possible quality of life for aging adults and disabled individuals, their caregivers, and their families.

We support and encourage independence, dignity and well-being for all older and disabled adults in our community through a comprehensive array of health, nutrition, and educational services as well as opportunities for friendship and social interaction. Together, our programs comprise a **Continuum of Care**, from Redwood Coast Village where volunteers

help members, to our most high-touch program, Redwood Coast PACE, a comprehensive health plan. This Impact Report highlights a few of these programs and those who benefit from them. For more information about all of the programs at the Humboldt Senior Resource Center, please visit our website at www.humsenior.org.

Tribute Donations

Tribute donations between July 1, 2023 and June 30, 2024.

In Honor of

- Betty Harvin, by Fatima Naylor
- Carolyn Corning, by Max Corning
- Christina Zeck, by Karen and Herb Zeck
- Dr. Richard Corsi, by Stella Benzonelli
- Ed & Jeannette Woodcock, by Stella Benzonelli
- Edward Buzz Webb, by Judy Webb
- Gary Langdon, by Mary and Lindy Lentz

- Jesus Christ, by Lynn and Russell M. Jones
- Joe Camacho, by Kim and Terry Camacho
- Justin Hoopes, by Bill and Chris Hoopes
- Laura Olsen, by Ron Lundblade
- Roger Pasini, by Carla P. Douglas
- Rusty, by Gisela and Jerry Rohde
- Shelly and Steve Romack, by Carol Lee

In Memory of

- Alice Eckenrode, by Karen Rudin
- Anne Hansen Ure, by Robert Ure
- Anne Weiss, by Tom Clark, Jan Rowen, Sue Lee Mossman, Christine Reynolds, Barbara Rydstrom, David Weiss, David Swanson, and Craig Ellermeier
- Arnold Souza, by Bonnie Souza
- Art Cramer, by Elizabeth Woods

- B.J.P., by Jay Davis M.D.
- Barbara Hagedorn, by Brick Hagedorn
- Barbara Peters, by John Palmquist
- Bernard H. Bohlin, by Kathlen & Richard Alford
- Bev Strubinger, by Cindy and Dale Stockly
- Beverly Whipple, by Valerie Purcell
- Bob McCauley, by Debbie and Mark Giacomini
- Carol Evans, by Suanne and Tom Hiller



VOLUNTEER SPOTLIGHT:

Janet Luzzi

For Janet Luzzi, retirement opened new doors to community service. She spends much of her time serving on multiple local nonprofit boards, but the personal connections she gets through volunteering with Redwood Coast Village (RCV) bring her special joy. As a volunteer driver, Janet helps members get to medical appointments and tackle their shopping needs, including her weekly grocery runs for RCV member Irene Crichton.

“RCV members are lovely people and very appreciative. I get a lot of pleasure out of contributing, so it’s really a mutual benefit situation,” Janet says. The email-based scheduling system fits seamlessly into her active retirement lifestyle of travel, golf, and yoga. Best of all, she notes, the program makes a real difference: “Redwood Coast Village is a wonderful service that enables people to stay in their own homes.”



Redwood Coast Village Joins HSRC

Redwood Coast Village is a membership program for people age 50+ that helps members be independent with the help of volunteer-provided services.

A range of services and activities are offered including rides, light help around the house, safety repairs, social connections, and more. Redwood Coast Village launched in 2016 as part of the national Village movement, helping Humboldt County seniors stay independent and engaged. It grew to over 130 members and 67 volunteers by 2017. After operating as an independent nonprofit, RCV joined Humboldt Senior Resource Center in 2023 to ensure continued service to the community.

For more information about Redwood Coast Village, email rcv@humsenior.org or call (707) 443-9747 x1283

MEMBER SPOTLIGHT:

Deborah “Mag” Magdalene

Deborah “Mag” Magdalene moved back to Humboldt County a few years ago to be closer to her son and to be back in a community that has always felt like home. Mag is an Episcopal priest recently retired from leading a parish in the Mid-Hudson River valley in New York state. She was previously a religious sister in the Episcopal Order of Saint Helena. Now she provides spiritual guidance to others both in person and online.

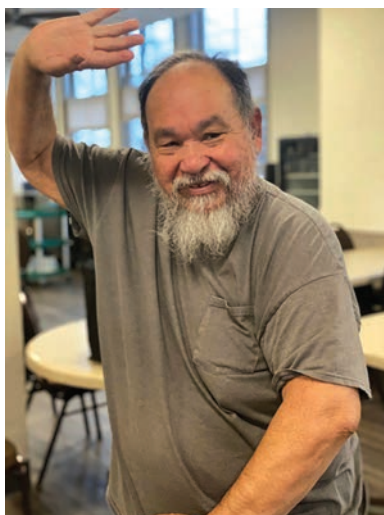


When Mag decided to stop driving earlier this year, the loss of freedom felt depressing at first, but soon she was able to adjust her outlook and see the change as an opportunity for fun and adventure. Her son heard about Redwood Coast Village from a friend, and she signed up as a member. Now she takes a look at her schedule at the beginning of the week and submits her ride requests to the RCV office. The staff have been very helpful, and she feels the service is very personal. Mag says, “It gets me where I need to go, it’s easy, and I meet fabulous people. Redwood Coast Village feels like a community to me.”

Volunteering & Finding Friendship

Nine years ago, Joe Soriano relocated from the San Francisco Bay area to Humboldt County with his family. A retired postal service worker, Joe faced a significant health challenge in 2007 when he experienced kidney failure, a setback that required an extensive recovery period and forced him to make his health a priority.

Although his family has since returned to urban life, Joe remains in Humboldt County, where he has found purpose in staying active and giving back to the community. Joe has dedicated himself to teaching at the Humboldt Senior Resource Center (HSRC) where he leads three classes weekly in Qigong and Tai Chi.



Recognizing the limited healthcare resources in the area, Joe's classes focus on preventive health measures. These ancient practices help participants improve mobility and breathing techniques while generating warmth in the joints to maintain overall health. His classes attract a diverse group of attendees, from those seeking to delve into the philosophy and practice of Tai Chi and Qigong to others simply looking for an enjoyable way to stay physically active.

Joe finds community at HSRC where he can often be seen visiting with friends in the common areas. He also visits the Eureka Heritage Café for lunch periodically where he finds stimulating conversation and friendship. He especially enjoys the new salad bar and was one of the participants who advocated for adding a salad bar option to the Café.

Through his involvement with HSRC, Joe makes a positive impact on the health of the Humboldt County community – and his own.

For more information about activities at HSRC, visit www.humsenior.org and view the calendar.

Nutrition Programs

Meals on Wheels Redwood Coast:

46,500 meals delivered to
389 homebound neighbors

Heritage Café Dining Sites:

32,900 meals served to
661 people across
3 dining sites

Mobile Pop-Up Locations:

29,000 meals to **272** older
adults at **3** locations



Meals produced per day

Over
600



53% of nutrition
participants live alone
and value the program's
social interaction



PETS Program (Paws, Ears, Tails, and Smiles)

Provided Pet Food to

45 pets
& their 41 owners
1,450 lbs. cat food
1,940 lbs. dog food

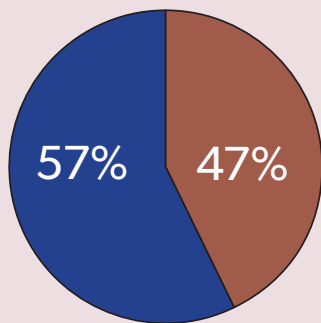
Basic vet care provided for

42 pets

Behavioral Health

Behavioral Health began offering services in:

2021 for PACE Participants
2022 for the community



Behavioral Health Participants

- 57% Community Members
- 47% PACE Participants

Behavioral Health team helps with

- Depression
- Anxiety
- Grief/loss
- Work stress/retirement
- Family discord
- Changes in roles/relationships
- Problematic substance use
- Trauma
- Adjustment to physical or health changes
- Financial stress
- Life transitions

Who is eligible:

Anyone that is

55+

in Humboldt County

Coming to Terms with Grief

Samantha Day, DSW, LCSW, Director of Social Services at the Humboldt Senior Resource Center (HSRC), is one of six clinicians who provide counseling to participants in the Behavioral Health program.

Interviewer: What do you love about being a behavioral health clinician for HSRC?

Dr. Day: I gain as much wisdom from older adults as I offer. It's rewarding to help people navigate unexpected life changes and craft positive narratives around aging. Our society highlights milestones like graduation, marriage, and retirement but unfortunately offers little guidance for the years that follow. Aging is often portrayed in two extremes — either highly active retirees or frail, dependent people. The reality is usually somewhere in between. Many people are unprepared for being an older adult, and it's a privilege to guide them as they adapt and find their path in this stage of life.

Interviewer: What's challenging about your work?

Dr. Day: The most challenging part is also what makes it meaningful: helping people uncover and address grief. We've come to understand that grief often underlies many experiences for older adults. Our goal is to help participants recognize, manage, and live with grief in a way that doesn't overwhelm them.

Many clients diagnosed with depression or anxiety feel these labels don't fully capture their experiences. Often, reframing their struggles as grief is more fitting. As people age, they face many changes — children growing up, retirement, shifts in physical abilities — leaving them feeling unprepared. Allowing them to identify these experiences as grief can be incredibly validating, leading to new avenues for healing and growth.



Dr. Samantha Day (right) meets with a Behavioral Health program participant at the new Behavioral Health offices in Eureka, CA.

For more information about HSRC Behavioral Health, email bhs@humsenior.org or call (707) 443-9747.

A Caring Community

For Frances “Fran” Champ, life has always been about helping others. A participant in the Redwood Coast PACE since July 2023, Fran’s journey shows how the right support can make all the difference.

After Fran suffered a bad fall, her family sought support. They first had home health workers come in but realized Fran needed more comprehensive care. Luckily, they discovered Redwood Coast PACE.

Fran now attends the PACE day center three days a week and has discovered a new community that enriches her life in numerous ways. From Sharryn, the thoughtful bus driver who decorates for holidays and enthusiastically welcomes her each morning, to Aaron, the Therapeutic Services Coordinator, who reminds her of her grandson,



Fran Champ (left) and Aaron Campbell

the program provides both essential care and meaningful connections. The staff’s special camaraderie and genuine care for participants’ well-being haven’t gone unnoticed, with Fran describing the program as “a gift.”

At PACE, Fran uses the on-site gym for daily workouts, gets therapeutic massages, receives on-site medical care, enjoys tasty nutritious meals, and gets to take part in social activities and field trips. Dawn

Boechler, Fran’s daughter, describes the program as “the Cadillac of healthcare” and compares her mother’s visits to the PACE Day Center to a non-stop summer camp.

While PACE requires participants to be nursing-home eligible, the bright, welcoming environment feels nothing like one. “I think about it as my other home,” Fran says. Despite initially struggling with the transition from caregiver to care recipient, she’s found ways to maintain her helping spirit: “If I see something that needs doing, I just do it. The pleasure is in giving.”

Fran’s story serves as a testament to the power of community support and the importance of programs that help seniors maintain their independence while receiving the care they need. For Fran Champ, PACE isn’t just a healthcare program — it’s a second home where she can continue to live life to the fullest, surrounded by people who care.

Redwood Coast PACE is a health plan for qualified older adults with chronic conditions or disabilities. PACE provides comprehensive health care and support services that help participants stay as healthy and independent as possible in their homes and communities.

Contact Redwood Coast PACE at (707) 443-9747 x 4231 or email PACE@humsenior.org for more info.

Tribute Donations

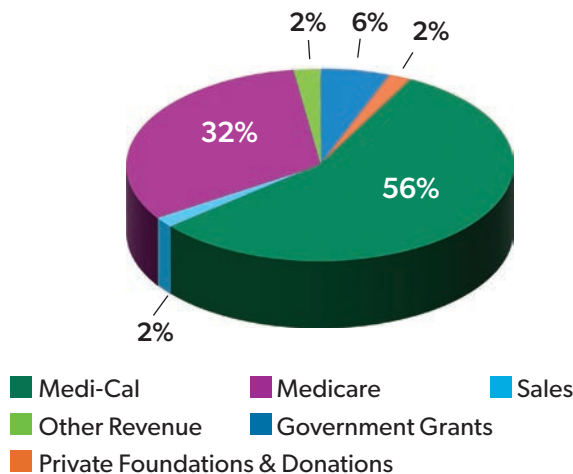
Tribute donations between July 1, 2023 and June 30, 2024.

In Memory of (continued)

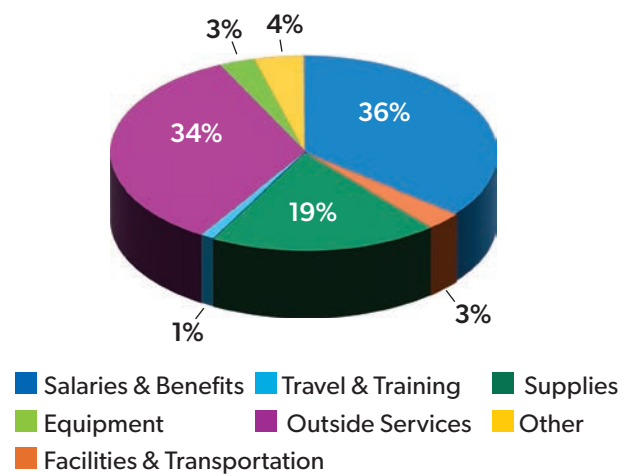
- Charlie Myers, by Joe Leeper
- Chris Norby, by Ben and Diane Adan
- Clay F. Sollers, by Louise Sollers
- Dale Callahan, by Sue and John Dimmick
- Denis Lewis, by Sue and John Dimmick
- Dora Johnson, by Harold J. Johnson
- Doug Durham, by Richard May, Emily Arents, Irene Crichton, Judy and Ken Stoffer, Denise Jones, Sharen Aspen, and Byrd Lochtie
- Dr. Richard Wolf, by Lorraine Miller-Wolf
- Drucilla Bussman, by Sue and John Dimmick
- Florence Couch, by Martha Hunkins
- Fred Nevers, by Laurena Nevers
- Frederick A. Pease, by Shelly Moran
- Gene Davenport, by Sue and John Dimmick
- Harold and Jean Fisher, by Jacqueline Davis
- Helen and Bob Hoopes, by Bill and Chris Hoopes
- Helen Bartscht, by Bobbi Bartscht
- Her grandma Ardyce, by Rene Imperiale-Egan
- Joe Toste, by Nichole Myers

HSRC Financials FY 2023/2024

Revenue & Support



Expenses



Tribute Donations

Tribute donations between July 1, 2023 and June 30, 2024.

In Memory of (continued)

- Elizabeth Hunter, by Frances and Ken Kottre
- Hildegard Gregorio, by Angelina Gregorio
- Ina and Noel Harris, by Barbara Kaplan
- Ira Smith, by Chuck Smith
- James Bilderback, by Gene Bilderback
- James Test, by Marilyn Page
- Janet Cote, by Carolyn Miller
- Jean Tierney, by Sue and John Dimmick
- Joann Bonner, by Mike Roman
- John Chester Burman, by Sue and John Dimmick and Gene Bilderback
- His Mother, by Johnny Hollenbeck
- Joyce Gross, by Melanie and Larry Noe
- Juanita Franklin, by Sherry Hazelton
- Kathy Hammer, by Colleen Tarr Hulbert
- Kristine Brenneman, by Ed Brenneman
- Leila & Michael Gompertz, by Steven Gompertz
- Leon Berliner, by Jim DuPree
- Les Scher, by Carol Scher
- Lucille Huddleson, by Wanda and William Drinkwine
- Lucille S. Jones, by Marna Colcun
- Marilou Alley, by Dr. Bob Branch
- Marion Longnecker, by Helen Hampson
- Mel McLean, by Nancy and Robert Carey
- Mike Dakis, by Wayne and Linda Palmrose
- Millie Wolski, by Mary Ann Madej
- My Senior Family Members, by Leah Anderson
- Nellanne, by Timothy Doty
- Norma Imogene Milton, by Lynda Gleave
- Patricia Sharon Charley, by Thomas Charley
- Penny, by Donald Dodd
- Prof. Jack Yarnall, by Joe Leeper
- Prof. Els Pence, by Joe Leeper
- Rinda McClure, by David Tyndall
- Sara Turner, by Ted and Joan Ruprecht
- Steven Walstead, by Peggy Walstead
- Sue Patterson, by Barbara Olsson
- Tazuko Hirano, by Greg Jaso
- Terri Peterson Schindler, by Karen and Charlie Peterson
- Terry McCoy, by Milt & Barney Phegley
- Yetty, his departed dog, by Sherman Schapiro