



## Senior News

The monthly Senior News publication includes stories and information of interest to older adults, their families and their caregivers. It is published monthly and distributed for free at numerous locations or online at [humboldtnews.org](http://humboldtnews.org).

Senior News is distributed as a free newspaper. Advertising and subscriptions are available.

## Volunteer Opportunities

HSRC offers an environment that is fun and meaningful for volunteers. It is our goal to address five aspects of wellness – physical, intellectual, emotional, social and occupational.

Volunteer opportunities include Meals on Wheels drivers, kitchen assistants, dining site hosts, special event helpers, clerical support, entertainers, class leaders, peer group facilitators, and Senior News distributors. Redwood Coast Village also has numerous volunteer opportunities.



## How to Contribute

We welcome your support. Donations can be made at one time or monthly over the course of a year, by check or credit card and online at [www.humsenior.org](http://www.humsenior.org).

Donations in honor or memory of loved ones are acknowledged to the honoree or family without mention of donation amount. All donations are tax deductible.



HSRC has an Endowment Fund which provides annual income through interest earnings. Supporters of senior programs are encouraged to include HSRC in their estate planning. For more information, call Fund Development.

Humboldt Senior Resource Center is dedicated to meeting the expanding and evolving needs of an aging population. We provide a wide range of services, resources, education, and recreational opportunities that support the well-being of older adults in Humboldt County. We envision a healthy, compassionate community that values intergenerational connection, honors the experience and wisdom of older adults, and embraces aging with awareness, sensitivity, and respect.



1910 California Street  
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707-443-9747

[info@humsenior.org](mailto:info@humsenior.org)

[www.humsenior.org](http://www.humsenior.org)



## Directory of Services

## Supporting Healthy Aging

707-443-9747

[www.humsenior.org](http://www.humsenior.org)



## Adult Day Health Services

Adult Day Health Care is a licensed, therapeutic day program offering comprehensive care to assist chronically ill and disabled adults age 18 and up in maintaining their maximum level of independent functioning while providing respite to family caregivers. The program offers nursing, therapies, activities, social services, transportation to and from the program, nutritious snack, and a hot meal.



The program's service area stretches from Scotia to Trinidad, and inland to Blue Lake and Carlotta. Adult Day Healthcare is open Monday-Friday from 8:30 am-2:30 pm. Fees are paid through Partnership Health Plan of California, Veterans Administration, Redwood Coast Regional Center, and private pay.

## Alzheimer's Services

HSRC staff provide consultation for family and community members regarding dementia care and referrals to available resources.

## Multipurpose Senior Services Program (MSSP)

MSSP is a community-based care management program designed to help older adults and their families locate, arrange, and manage supportive services. These services enable clients to remain in their own homes as long as possible with a higher quality of life. To be eligible, clients must be 60 or older, receive Medi-Cal benefits, be in need of services coordination to avoid residential or skilled nursing care placement, and be willing to accept services.

## Nutrition Programs

### Hertiage Cafés & Meals on Wheels Redwood Coast

Friendship, activities and hot, nutritious midday meals are provided four days a week at Hertiage Cafés located in Eureka, Arcata, and Fortuna for seniors 60 and older. All dining centers are handicap-accessible and can be reached on city bus and Dial-A-Ride routes. Lunch reservations are recommended.

Arcata 707-825-2027  
Eureka 707-443-9747  
Fortuna 707-725-6245

HSRC also provides Meals on Wheels Redwood Coast to home-bound seniors in Arcata, Eureka, Fortuna, and McKinleyville.

Pop-up meal sites occur weekly in McKinleyville, Rio Dell and Willow Creek.

The suggested contribution is \$3.50 per meal; however, participants donate what they can afford. No one is denied a meal because of inability or unwillingness to contribute.



## Activities Program

The classes and recreational opportunities offered by the Activities Program aren't just fun – they are a way to make connections and new friends. Services include tax assistance, support groups, commodity food distribution, computer lab, and a library. Classes promoting healthy aging include Tai Chi, yoga,

karate, arthritis exercise, and line dancing. My Safety Call® is a telephone reassurance service for residents in the greater Humboldt Bay area.



## Redwood Coast Village

Redwood Coast Village is a membership program that helps older adults 50+ age in place and connect with new friends via outings and group activities. Volunteers help members with services such as transportation, household tasks, tech support, pet care and more.

## Redwood Coast PACE

Redwood Coast PACE – a Program of All-inclusive Care for the Elderly – is a health plan for frail seniors age 55+ who need a state-certified nursing-home level of care, but who wish to remain in their homes. The goal of PACE is to keep participants as healthy and independent as possible, preferably in their own homes.

PACE provides comprehensive medical and support services. Each participant's customized care plan is managed by our Interdisciplinary Team that includes primary care providers, nurses, therapists, social workers, transportation, and more.



Participants must qualify and live in the Redwood Coast PACE service area, which stretches from Scotia to Trinidad and inland to Blue Lake and Carlotta, and must be able to live safely in their homes and community.

Redwood Coast PACE has centers in Arcata, Eureka, and Fortuna.

