



# NATIONAL NONPROFITDAY

AUGUST 17<sup>TH</sup> IS NATIONAL NON-PROFIT DAY



# Helping foster a safe and stimulating place for their children

When asked to write about how the current pandemic situation has affected local non-profit business, my first thought was, wait, do I operate a business or care for children?

For over 40 years Humboldt Educare has been so much more than a business. It is true that as a business, Educare has employed countless adults who have made the field of Early Childhood their life's work and Child Development students exploring the career. We have served hundreds and hundreds of families with children who needed to work and wished for a safe and stimulating environment for their children.

As the only private, Non-Profit childcare program in our county, Educare was founded in the belief of the sanctity of childhood and the passion to provide the experiences and environment that such a belief dictates. Sadly, my next thought was

what a devastating blow to children and families if this program were to become yet another COVID-19 casualty.

Educare was among the first of local programs to embrace play-based learning, even before brain development confirmed its necessity or it became a trend. It is truly exciting, even in the face of this threat, to know that research supports our historic decisions.

As O. Fred Donaldson says, "Children learn as they play. More importantly, in play, children learn how to learn". What an even bigger nightmare it would be if COVID-19 succeeds in changing this developing landscape of group care in Early Childhood, making us forget all we have come to know about what is best for children.

Worse than simply returning to the days of handouts, seat work, and the letter of

the week; what if previously passionate practitioners, who used to stay awake at night thinking of ways to meet individual children's needs, connect with a reluctant parent, or motivate a novice teacher, feel forced to reluctantly embrace taped boxes on the floor for children to play in?

Educare knows we cannot go back. We cannot un-know what we have always known, and we will work hard to come back from this stronger than before. We also know that COVID-19 has made even the staunchest supporters of play based quality programming for young children in out of home care, frightened and sad.

Knowing how vitally important this is for our children, where will families go to find it? Families that do not qualify for Head Start, Early Head Start, or other state or federally funded child-care subsidies, will still need child care to return to work and

they deserve quality, too.

Families will want more outside playtime in enhanced natural environments and programs that can serve their infant, toddler, and preschooler without having to visit three separate programs.

Educare is working hard to re-open with these needs in mind.

Educare also knows that these are challenging times for all businesses, and especially businesses working to care for our youngest community members. We will continue to loudly, passionately, and tirelessly support those who continue to do this good work, and will advocate for 41 more years, for all children and their right to a childhood full of wonder and discovery.

As Jean Piaget says, "Children have real understanding only of that which they invent themselves".



## HUMBOLDT EDUCARE PRESCHOOL

Did you know that Humboldt Educare is the only private, Non-Profit childcare program in Humboldt County? That we have been providing quality play-based learning for over 40 years and are in danger of losing this resource, just as families need us most? Due to COVID-19, we have lost our lease and are actively searching for another location. A location that will allow us to continue to support local families and provide children with the experiences and environment that we know to be vital for them and our future. As Jean Piaget tells us, "Play is the answer to how anything new comes about". Our children have always been tasked with finding new solutions to the challenges our society faces, and we need them to have all the tools they can to do the job.

Please consider supporting our Go Fund ME campaign as we prepare to find, renovate, and license a new location:  
<https://www.gofundme.com/f/humboldt-educare-preschool>

All donations are tax deductible and VERY MUCH APPRECIATED. Please contact us via email at [humboldt.educare@gmail.com](mailto:humboldt.educare@gmail.com) or Ranae at 707-613-7189 with questions, ideas, leads or words of encouragement.







# Addressing Hunger in Humboldt County During a Pandemic

As the world and our community grapple with the tremendous challenge the COVID-19 pandemic has placed upon our economy and way of life, the food safety network nationwide is seeing increased need for children, families, and seniors alike. According to data from Feeding America, California's food banks are experiencing a 73% increase in demand. Food insecurity — the inability to afford healthy food for all family members — affected 37 million U.S. households even before the start of the COVID-19 outbreak. And the inability to access enough food is on the rise as unemployment has surged into double-digits, and many workers are furloughed without pay or wait weeks and months to see if they are eligible for unemployment benefits. Responses to increased food needs locally due to COVID-19 were further complicated when Food for People, the Food Bank for Humboldt County, experienced significant damage to its main facility that left the main food banking warehouse and distribution center unusable during a critical time.

On February 28th just as COVID-19 began to surface in Humboldt County, a city sewer malfunction sent a gusher of sewer water several inches deep throughout Food for People's main building on 14th Street in Eureka. In the days that followed, the extent of the damage quickly became obvious as workers in biohazard suits and respirators from New Life Services worked to mitigate the damage; removing the standing water, disinfecting equipment and building surfaces, tearing out walls, ripping up flooring, and completely dismantling the commercial kitchen. It is now completely unrecognizable and largely nonfunctional.

In the subsequent weeks, it became clear that staff and programs needed to be moved out of the 14th Street facility. According to Anne Holcomb Food for People's Executive Director "Our first priority was to find a new location for our Eureka Choice Pantry." The Eureka Food Pantry, the largest of 17 throughout the county, was serving 1,300 area households every month prior to COVID-19. Fortunately, the City of Eureka offered temporary use of the old Chamber of Commerce building at 2112 Broadway and operations in the new location began on March 11th. A third of the program staff moved their offices to the Broadway site and the rest of the staff found new homes within several other leased warehouse spaces that now serve as storage and operations sites for Food for People's 17 other programs. Holcomb continued "We're grateful to have found space for our operations but there's no question that the constant shuffle of pallets of food and staff amongst multiple sites and the need to shift operations away from the facility that has been the "mothership" for hunger relief in Humboldt County for the past 20 years has been challenging."

Concurrently, food distributions throughout Food for People's countywide network of 17 food pantries, 16 senior program sites, Homebound Delivery Program, Mobile Produce Pantry, Backpacks for Kids, and Children's Summer Lunch have had to adapt rapidly to address the dangers presented by the COVID-19 pandemic. Managing sites that typically serve 50-200 people over the course of a few hours has presented a significant challenge. For over a decade Food for People has focused on a "choice" model of food distribution, which gives people the opportunity to choose the foods that best fit their personal dietary, cultural and health needs. Pre-COVID, the majority of the food pantries in Food



for People's network offered "shopping trips" in which households could choose the foods they needed. It had its genesis at the height of the last recession when lots of people who had never had to ask for help before were coming into the food bank seeking food assistance. Holcomb said "We could see how impersonal it was to just hand someone a bag of food and assume it would meet their needs, so our staff conducted nationwide research to find models that were more welcoming and dignified, and we adapted what we learned for our own programs. It has worked well, providing opportunities to chat with folks about recipe ideas and personal preferences, and has given us new insights into the most needed and desired types of foods, which helps guide our purchasing." Unfortunately, that model does not work within the new COVID-19 safety protocols, and Food for People has had to shift gears and provide pre-assembled food bags to limit exposure and keep participants, staff, and volunteers safe.



*If you are interested in supporting Food for People in their hunger relief efforts or the recovery from the damages to their building you can make a donation at [www.foodforpeople.org](http://www.foodforpeople.org). If you or someone you know is in need of food assistance, please visit our website [www.foodforpeople.org](http://www.foodforpeople.org) for the most up to date information.*

In order to address increased food needs as well as COVID-19 safety precautions Food for People has implemented drive-up and drive-thru food distribution models at sites that have the space to accommodate, and safe distancing requirements are in place, using traffic cones, caution tape, and signage at sites where a drive-thru won't work. Officers from the CSET (Community Safety Enhancement Team) at Eureka Police

Department and staff from Eureka Uplift provide assistance with drive-up/drive-thru operations locally, but absent that resource in the more rural communities, Food for People has partnered with several organizations across the county to help get food resources directly to underserved communities who have struggled amid the pandemic and economic downturn. All employees and volunteers are required to wear gloves and masks, and food bags and boxes are placed on a table for the individual to pick up, which is then sanitized after each transaction.

For the seniors enrolled in Food for People's Senior & Homebound programs the threat of COVID-19 has been particularly daunting. According to Carrie Smith, Food for People's Child and Senior Nutrition Programs Coordinator "In the weeks following the COVID-19 shelter-in-place orders, we fielded an overwhelming number of calls from seniors concerned they would not be able to access food and worried they would go hungry." Seniors

weeks we saw seniors arriving to pick up food clutching socks to their faces because they did not have masks." The number of seniors coming to Food for People for assistance also grew. By May the numbers served by the senior programs had grown by nearly 200 individuals, as compared to pre-pandemic.

Another demographic in danger of experiencing hunger due to the current pandemic are children as schools quickly closed in response to the increased threat of COVID-19 spread. The current public health emergency has highlighted the vulnerability of the 22.5% of Humboldt County children who live below the federal poverty threshold (a statistic that is notably pre-COVID). Many of these children rely on the food that schools provide during the week and Food for People's Backpacks for Kids program on the weekends. The schools were able to pivot and started serving meals to go, and happily, staff from all participating schools and resources centers agreed that getting the Backpacks for Kids food to children was a priority and stepped up to pack and distribute the bags to children and families quarantining at home.

Food for People's Children's Summer Lunch Program also looks very different this year. In past year they typically served 20-22 sites countywide but the combination of building loss, staffing constraints and storage capacity made it impossible for the first time in 25 years. Food for People reached out to Eureka City Schools and the Northern Humboldt Unified School District to see if they could provide the summer meals Food for People used to serve. The Arcata and McKinleyville school districts offered a summer lunch program for the first time this year, and Eureka City Schools was willing to serve sites in Eureka and points south to help fill the gap. In order to address the remaining gap in the Hoopa and Willow Creek area, Food for People has been offering weekly food boxes thanks to funding support from the North Coast Grantmaking Partnership. One hundred boxes per week are being distributed by the Hupa Family Resource Center and Dream Quest, and Food for People has contracted with local farmers in the region, who are supplementing the boxes with weekly deliveries of fresh produce, thanks to the Locally Delicious Farmers Fund.

Overall the food insecurity network in Humboldt County has been tested beyond any expectation in the recent months but has managed to adapt to meet the challenges and address the increasing need. Holcomb shared "The bottom line is that we are fortunate to be part of a community that pulls together when times get tough. This is new territory for all of us, and it's hard to know how the devastating economic impacts of the coronavirus will unfold in the coming months and perhaps years. But the outpouring of support for first responders, essential services workers, and those of us who provide critical safety net services has been heartwarming and inspiring. We have the deepest gratitude for all the volunteers, community partners, and financial donors who have stepped up to help." If you are interested in supporting Food for People in their hunger relief efforts or the recovery from the damages to their building you can make a donation at [www.foodforpeople.org](http://www.foodforpeople.org). If you or someone you know is in need of food assistance, please visit our website [www.foodforpeople.org](http://www.foodforpeople.org) for the most up to date information.

in our community are not only struggling with food insecurity, but also chronic health conditions and mobility issues that make it difficult to reach the services they once did – and all amid fears of being exposed to the virus. They don't have the resources to "stock up" and are fearful that shopping trips lead to increased exposure. Smith also shared "The fear and anxiety for the seniors in our programs was clear from the start. In the first few





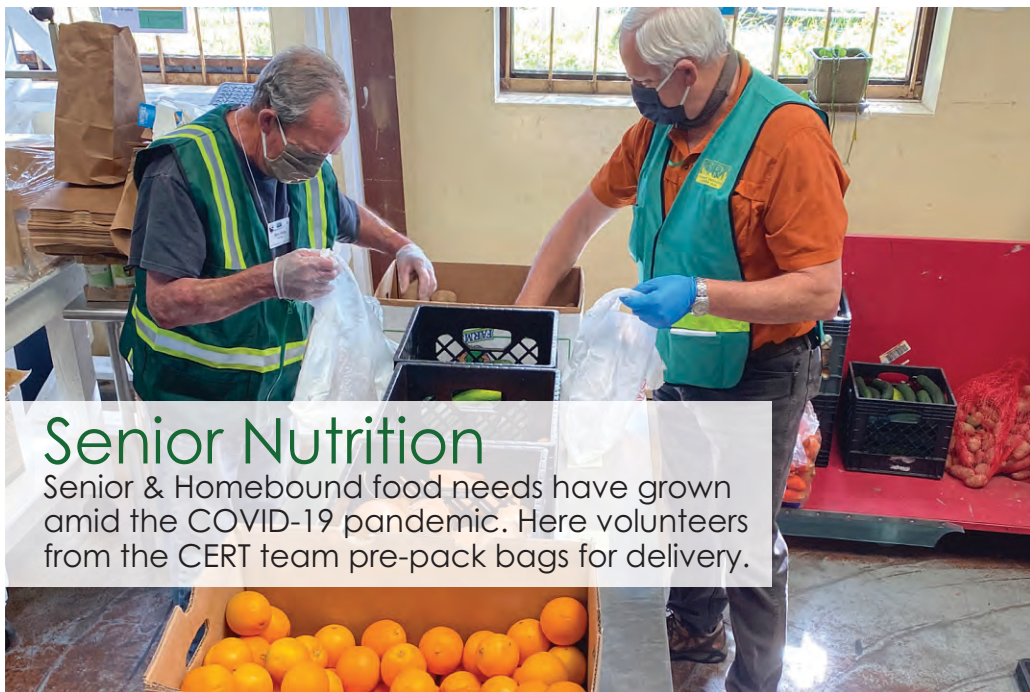


# Food for People

The Food Bank For Humboldt County

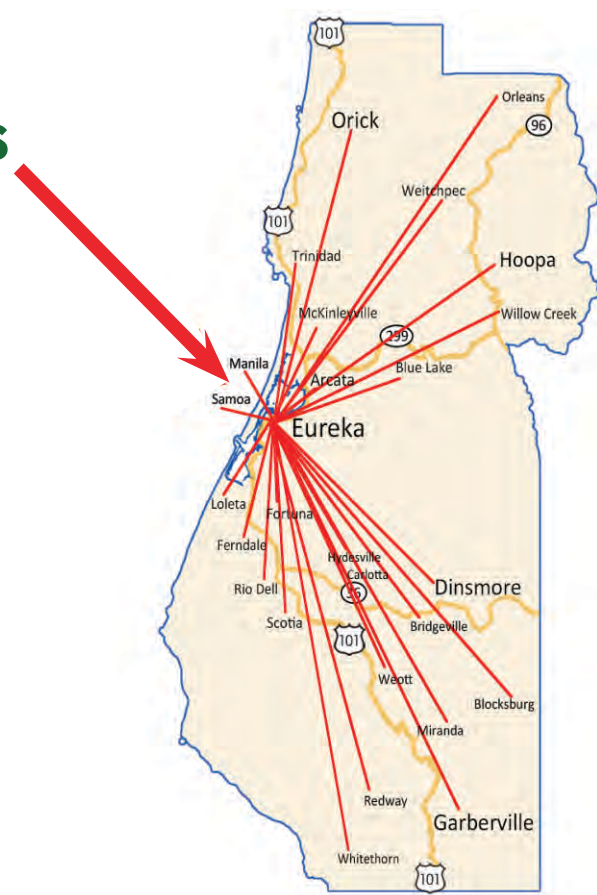
## Fighting Hunger in Humboldt County

### Countywide Food Distributions



#### Senior Nutrition

Senior & Homebound food needs have grown amid the COVID-19 pandemic. Here volunteers from the CERT team pre-pack bags for delivery.



For more information on how to access services visit [www.foodforpeople.org](http://www.foodforpeople.org)

### Nutrition Education

To promote cooking healthy meals on a tight budget, especially with fruits and vegetables.



#### Child Nutrition

Our Child Nutrition Programs are designed to reach kids during the summer and on week-ends when school meals are unavailable.



#### Healthy Foods

Our Free & Mobile Produce Market provide healthy foods to individuals countywide.

### Community Partnerships

to provide healthy food in safe and accessible settings to those in need.



and  
Much  
More!



#### COVID Response

We have adapted and expanded to meet the increased need for food amid the COVID Pandemic including drive-thru distributions.

## You Can Help Fight Hunger in our Community



DONATE

VOLUNTEER



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





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## Released back into the Wild!

The Northcoast Marine Mammal Center (NMMC) is a nonprofit organization that rescues and rehabilitates sick and injured marine mammals, in Humboldt and Del Norte Counties, so they can be released back into the wild. Many of the animals need rescue because of coming in contact with humans, dogs, trash, and fishing gear. The NMMC's mission is to educate the public about the impact people have on marine mammals and the importance of preserving the oceans where they live.

### Sky - Northern Elephant Seal Pup

Sky was found with a wound on the right side of his face, pneumonia, lung worms, and he was underweight. At about 5 months old, he weighed only about 10-15lbs more than his birth weight. He was in pretty bad shape. The first round of antibiotics had little effect so he was put on stronger antibiotics and given nebulizer treatments twice a day. It took a month to get him healthy enough to start really gaining weight. He arrived at the center weighing 94 lbs and 184 lbs when he was released back into the ocean.



### Cookie - Pacific Harbor Seal Pup

Cookie was found with many puncture wounds from head to tail, some severe. She also had an injury to one eye, was running a temperature from infection and had a mild case of seal lice. Her wounds were likely from an off leash dog attack on the beach. She was put on antibiotics, medicated eye ointment, given IV fluids, and her wounds were treated twice a day for two weeks. She was a strong fighter and recovered well. She came into the center at 20lbs and was released a little over two months later at 51lbs.



### Ozzy - Pacific Harbor Seal Pup

Ozzy came in as one of the skinniest malnourished harbor seal pups ever remembered at the NMMC. He received around the clock formula feedings, medications, supplements, IV fluids, fish and lots of TLC. He made an amazing recovery. Ozzy was 14.8lbs when he arrived and 47lbs when he was released with two other harbor seals.



The Northcoast Marine Mammal Center has spent \$25,000 in the last 6 months, just on fish and medical expenses. With their gift shop closed and donations down dramatically due to the pandemic, they are asking for your help to raise the \$25,000 they will need to purchase food and medical supplies for another 6 months. If you can help, please visit their website at

**www.NorthcoastMMC.org or call 707-465-6265**

All rescue, rehabilitation and release activities performed under Stranding Agreement with NOAA Fisheries\ MMPA Permit #09-635-015. All photos taken by NMMC staff.

## Rescuing Marine Mammals in Humboldt and Del Norte Counties since 1984



## Viewing Seals & Sea Lions On Our Beaches

**People and pets should remain at least 50 yards away** - about half the length of a football field. Please move away at the first sign of disturbance or agitation.

**It is normal for a mother seal to leave her young pup alone** on the beach for up to 24 hours while she feeds. You may not see the mother offshore, but if she sees you near her pup, she may not think it's safe to come back and could abandon her pup.

**No selfies with seals!** As tempting as it might be to get that perfect shot of yourself or your child with an adorable seal, getting too close to a wild animal puts you - and the animal - at risk.

**Do not feed, or attempt to feed, wild seals and sea lions.** Seals have powerful jaws, and may cause serious injury. When you get too close to a wild animal, you risk stressing or threatening it, and stressed animals are much more likely to act unpredictably.

Seals and sea lions are protected by the Marine Mammal Protection Act. Approaching, or disturbing their natural behavior in any way, is illegal.

If you feel a marine mammal is in distress, call:

**Rescue Hotline 707-951-4722**

**www.NorthcoastMMC.org**

Come visit our animal care facility to learn about our patients  
**424 Howe Dr, Crescent City, CA**



## When the COVID-19 Pandemic started, Changing Tides Family Services went to work!

Changing Tides Family Services is a dynamic full service agency dedicated to increasing the health and success of children, youth, families and individuals in our community. Over 200 full and part time staff cover more than 4,000 square miles, providing an array of child care, behavioral health, and special needs services. Guided by a dedicated staff and a committed Board of Directors, our organization is celebrating its 45th year in Humboldt County.

When the COVID-19 Pandemic started, Changing Tides Family Services went to work! Here are few things we accomplished:

- Immediately secured and distributed essential supplies to child care providers and care givers, including diapers, disinfecting wipes, gloves, masks, and hand sanitizer with over 450 deliveries to date

- Rapidly transitioned to continue providing uninterrupted disability and mental health services to over 300 children, youth, and families remotely during shelter-in-place

- Put over 275 hot meals in the hands of parents and families through special Pop Up Parent Cafés across the county, connecting through virtual online sessions and distributing family resource bags, books, and resiliency tools

- Launched special emergency child care services for our community's Essential Workers

- Distributed over \$150,000 to child care providers and caregivers in direct assistance for COVID-19 needs

- Partnered with local organizations, like the Humboldt Area Foundation, to ensure that families had the tools to access services remotely

Although our buildings are not currently open to the public, we are still here for you by phone, email, Facebook, or our website! Proud to be a part of the community we serve, and proud to be stronger together.

Changing Tides Family Services 2379 Myrtle Avenue, Eureka, CA 95501. Call 707-444-8293 or 1-800-795-3554 or visit [www.changingtidesfs.org](http://www.changingtidesfs.org)



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**changing tides**  
family services

## CHANGING TIDES FAMILY SERVICES

2379 Myrtle Avenue, Eureka, CA 95501  
Call 707-444-8293 or 1-800-795-3554 or  
visit [www.changingtidesfs.org](http://www.changingtidesfs.org)





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## Hospice of Humboldt continues to provide heartfelt care amid the ongoing coronavirus public health crisis.



Hospice of Humboldt remains dedicated to the well-being of our community. When the statewide shelter-in-place order first began in March, most of us were not expecting to still be facing this health crisis 5 months later. To keep our staff, patients, and community safe, we have been working diligently to ensure that we follow the most current guidelines and safety precautions set forth by the World Health Organization, Center for Disease Control and Prevention (CDC).

Our home care teams continue to provide hospice services 24 hours a day, 7 days a week. We are still taking referrals, admitting patients, and providing interdisciplinary services. Screening of patients and families occurs prior to every home visit and all of our staff is following COVID-19 infection prevention practices recommended by the CDC and Public Health. Hospice staff are educating patients and their caregivers how to protect themselves and reduce the spread of the virus within our community.

The Ida Emmerson Hospice House remains open, providing around the clock care for our patients. Before entry to the Hospice

House, all visitors are carefully screened. There is a limit of 2 visitors per patient at all times, but we have been able to arrange for families to gather to say goodbye to their loved one through the private patient room patio entrance from the serene garden surrounded by redwood trees.

Hospice Grief Support Services are providing one-on-one grief counseling by phone or electronic format to hospice patients, their families, and to community members who have suffered the loss of a loved one. Online community grief support groups are available via Zoom; call 707-267-9801 for more information.

The Hospice Shop reopened in June with safety modifications certified by the Humboldt County Emergency Operations Center. Donations and sales through the thrift shop provide critical financial support of hospice services and we are excited to welcome everyone safely back to the shop located at 575 H Street in Arcata.

We are grateful for the continued community support; donations made during times like this help us continue to provide the essential care that is needed in our community.

Donations can be made on our website [www.hospiceofhumboldt.org](http://www.hospiceofhumboldt.org), by phone (707) 445-8443, or mailed to 3327 Timber Fall Ct Eureka, CA, 95503.

Hospice of Humboldt is proud to be part of this community, working together during this challenging time. Thank you to Hospice staff and all essential workers who are showing up each day to ensure that community needs are met. Additionally, thank you to all of you for doing your part to stop the spread of the virus and protect our loved ones; together we will get through this.

If you have questions about Hospice services or know someone who may need Hospice care, please call (707) 445-8443.

Hospice of Humboldt has been serving families locally for over 41 years, has a staff of 103 employees and is privileged to work with 111 volunteers. Hospice provided end of life care to 664 patients last year. The person-centered care Hospice provides allows patients comfort and dignity and gives families support at a time when they need it most. We are committed to the health and wellbeing of our community – now and in the future.

## Humboldt Mediation Services

*There are tough times afoot, but*

## We're better together

Established in 1983, Humboldt Mediation Services is a Humboldt County nonprofit organization of trained volunteer Community Mediators. HMS volunteers are neutral facilitators, clarifiers, ground-rule keepers, and confidential consultants in the construction of written agreements about how to go forward. When needed, we can work with you in videoconference, and are ready to assist you in setting up your computer (or even phone) to make video technology easy.

Changes in the form of relationships, as well as stressful times, take a toll on the different kinds of connections that support us. Whether in families, work settings, or neighbors and community organizations, Humboldt Mediation Services can support you in working with others to establish win-win plans for change. We'll focus on building trust and developing resources in new practical and personal relationship plans that you design together for mutual support. For example, sometimes we need to temporarily or permanently dial down emotional interactions, but are all better off when we make sure our practical interactions will work for everyone involved.

Conflict is normal anytime, but especially when things are tight. For many of us, we've migrated far from families and childhood networks, and have fewer informal supports to call on. The natural thing would have been to reach out to people in family and community for caring and respectful support when conflict becomes unmanageable. Think of it as normal to reach out to us.

Over time, the toll of

relationship changes and stressful times have a cumulative effect. We urge you to take advantage of Humboldt Mediation Services before stress damage to your web of connections rises and causes further harm, reducing the support that all receive through that web.

Most of us are financially impacted now. Some of the supports we would have purchased before can be found in our web of relationships. We simply can't afford to lose ground in relationships, too.

The course of a mediation goes like this:

- Give us a call or contact us through our website.
- One of our Case Managers will get in touch, usually within one business day.
- If you decide to go forward with mediation, complete a simple intake package.
- If you like, our Case Managers can reach out and invite the other person(s).
- We assign a team of 3 Mediators, who contact you to begin scheduling.

2 of the Mediators meet with each of you individually to understand your concerns and hopes, as well as to offer coaching in how to make the most of your sessions.

Following those individual meetings, the 3 Mediators meet in one or more mediation sessions with the 2 (or more) of you, and guide you through a process of being heard and hearing each other, as well as developing

written agreements for going forward.

Additionally, Humboldt Mediation offers facilitation services, in which a team of Facilitators works with groups as they assess communication problems, points of conflict, and as the group works together to construct plans for going forward.

From time to time, HMS offers trainings open to the public, including a one-day Communication and Conflict Management workshop. We help participants reflect on their communication styles and devise how each can adapt in hopes of better outcomes for all.

Community Mediator Trainings are usually held once per year. Participants learn a Community Board style method of working in teams to assist people in conflict in working toward a mutually desired resolution. Many take the training in order to serve as a volunteer Humboldt Mediation Services Mediator, and some use the training to enhance work and personal life experiences.

When providing custom workshops, Trainers work directly with stakeholders. They interview to learn individual concerns and begin to see possible group solutions. The Trainers recess to develop a specific course of training designed for each individual group, organization or agency.

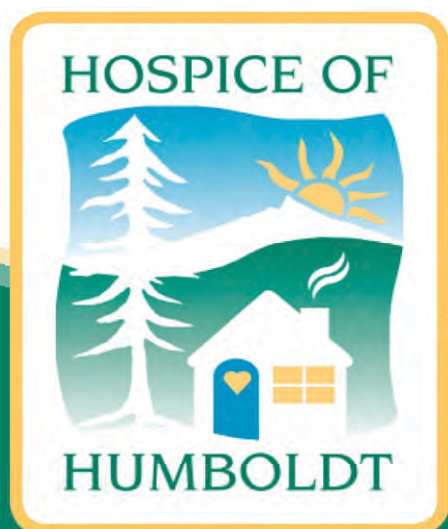
We look forward to working with you.



*Heartfelt Care ~*  
when it matters the most



HEROES AT WORK



(707) 445-8443

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

## We're better together



Relationships change and stress impacts us.

Personal, work, family, organizational and community relationships hold resources and support we can't afford to lose.

## Humboldt Mediation Services

offers confidential and low-cost services that contribute to supportive relationships.

**Mediation  
Facilitation  
Public Training  
Custom Training  
Community Education**

**Contact us to learn more:**

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

[humboldtmediation@reninet.com](mailto:humboldtmediation@reninet.com)

Call or text: 445-2505





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Friendship is a powerful thing. It's fun, most anyone can be a friend and it's important.



Big Brothers Big Sisters (BBBS) has been bringing a little magic into the everyday lives of children by matching them with adult volunteers in fun and rewarding relationships since 1904. Currently, 470 BBBS agencies across the country serve over 230,000 children and teens each year in one-to-one mentoring relationships. The Humboldt affiliate of BBBSA, Big Brothers Big Sisters of the North Coast, has served over 3,500 children since it was founded in 1969 by a Juvenile probation officer and other community service leaders. Our mission is to provide children facing adversity with strong and enduring, professionally supported 1-to-1 relationships that change their lives for the better, forever.

Friendship is a powerful thing. It's fun, most anyone can be a friend and it's important. Experiencing fun activities together and forming a trusting bond with a child can have a powerful and positive

impact on the child. A volunteer mentor can broaden a child's horizons, help a child feel good about her/himself, inspire new interests or introduce new skills. Big Brothers and Big Sisters model consistency and caring to their Littles, but they also experience personal growth.

COVID-19 has caused a lot of disruptions in our daily lives, especially among our youth. With that in mind, we created a new program called MENTORING 2.0. There is only a six month and a maximum of eight hour commitment a month! Enrollment is easy as 1,2,3:

Submit an application, attend a fun virtual orientation, and complete an interview.

A simple 10-15 minute check-in: "Hey, how's it going? Just know I'm here for you!", means the world to a child! Join our weekly virtual activities with other Bigs and Littles! As a Big Brother or Sister, you will be expected to be a good friend, be consistent and patient, and follow all of the agency's ground rules.

For further questions, please give us a call at 707.633.8263 or Enrollment@ncbbbs.org.



**If you're not yet registered for MyMedicare.gov, what are you waiting for? It's easy as pie, and you'll have better access to and control of your healthcare.**

The Area 1 Agency on Aging serves Humboldt and Del Norte counties. It is one of 33 similar agencies in the state of California.

We provide services and information for seniors and people with disabilities, their families, caregivers, friends and neighbors, such as HICAP - Health Insurance Counseling and Advocacy - 707.444.3000, 1.800.434.0222

Free, nonbiased Medicare consulting for beneficiaries and family caregivers. Assistance with prescription drug plans, supplement plan information, and Medicare issues.

**Information and Assistance - 707.273.3659, 1.800.408.4636**

Helps seniors find community resources and publishes the Senior Information Guide.

**Long-Term Ombudsman Program - 707.269.1330**

Advocates for residents of nursing homes and residential care facilities by investigating grievances, addressing resident concerns, and resolving problems.

**"Northcoast Homeshare" Support Program**

Provides tools and resources to support older persons in sharing their homes with a compatible homemate in exchange for rent, services, or both.

**Stay-Put Services and Fall Prevention**

Services designed to address potential safety hazards in the home. Provides a limited number of hours to remove clutter and reorganize small spaces.

**Staying Active and Independent for Life (SAIL)**

Evidenced-based, fall-prevention, strength, and balance exercise classes led by trained volunteers and offered throughout Humboldt County.

**Volunteer Center of the Redwoods**

Encourages people of all ages to volunteer with agencies and services that support older adults.

**Volunteer Driver Program**

Provides local, nonemergency medical transportation to eligible

clients.

**Planning and Service Contracting**

Produces the Four-Year Area Plan for Humboldt and Del Norte counties, and gathers information to develop innovative solutions to address emerging needs. Allocates federal and state funds to provide senior nutrition, family caregiver support, and senior legal services.

**What Can You Do on MyMedicare.gov?**

When you register for your own MyMedicare.gov account, you get access to a lot of handy services.

You can check your Medicare information at any time, even Medicare claims as soon they're processed. No more waiting to see your Medicare claims!

Specifically, you can view claims details for:

- Part A Inpatient
- Part A Outpatient
- Part A Home Health Care
- Part A Hospice
- Part B Outpatient
- Your Deductible Status
- Medicare Summary Notice (MSN) Orders.

When you log in to your MyMedicare account, you can double check your prescription drug plan enrollment. You can get prescription drug card information as well.

Finally, you can select your preferred pharmacies and store your drug list ID, which is the same ID you will save when selecting a drug plan.

If you're not sure what the Part B deductible is this year, you can see that in your account. You can also see your progress towards the deductible. Have you met it yet, or will you meet it soon?

Think of your MyMedicare account as a big record of your health. You can update your prescription drug list along with other personal health information. Keep everything up-to-date within your MyMedicare.gov portal.

You can create an "On the Go Report" that allows you to print your health information.

You can then share this with your healthcare providers. This can also be helpful when you're traveling and want to keep health information on hand in case of an emergency.

If you are currently enrolled in Original Medicare, your Preventive Services will be displayed in two ways:

- Two-Year Calendar of Current and Upcoming Preventive Services, displaying the services for which you are eligible in the current and following year.

- You Are Eligible for These Services Now, displaying the preventive services available to you immediately. Take advantage of the No-Cost Preventive Services listed on your MyMedicare.gov account:

- "Welcome to Medicare" Physical Exam

- Cardiovascular Screening
- Screening Mammography
- Cervical and Vaginal Cancer Screening (Pap Test and Pelvic Exam)

- Colon Cancer Screening (includes Fecal Occult Blood, Sigmoidoscopy, Colonoscopy, and Barium Enema)

- Prostate Cancer Screening (PSA)

- Pneumococcal Vaccine

- Diabetes Screening, Supplies and Self-Management Training

- Smoking Cessation

- Abdominal Aortic Aneurysm

If you're not yet registered for MyMedicare.gov, what are you waiting for? It's easy as pie, and you'll have better access to and control of your healthcare.

New to Medicare, need help applying? Have questions about existing coverage? Need help signing up for a MyMedicare.gov account? Call the Health Insurance Counseling and Advocacy Program, HICAP at 1800-434-0222 or 707-444-3000 for Humboldt and Del Norte Counties and set up an appointment by phone. 434 7th St Eureka Ca, 95501. [www.a1aa.org](http://www.a1aa.org). (707) 442-3763



YOU CAN CHANGE THE WORLD TOGETHER



**Do you want to volunteer, be a mentor AND have fun while doing so?**

**Make a BIG impact on a child in our Humboldt community. Be a mentor for Big Brothers Big Sisters of the North Coast!**



Contact us at [enrollment@ncbbbs.org](mailto:enrollment@ncbbbs.org) or 707-445-4871 for more information.



**FOR HUMBOLDT AND DEL NORTE COUNTIES**

## New to Medicare?

Need help **applying?** Have **questions?**

Need help signing up for a **MyMedicare.gov** account?

Make an appointment by phone  
**1(800) 434-0222 or (707) 444-3000**

**The advantages of a MyMedicare account are:**

- Build a better drug list. We'll make suggestions based on prescriptions you filled within the last 12 months.
- Modify your drug list and save changes.
- Compare benefits and costs in your current plan to other plans available in your area.
- See prices based on any help you get with drug costs.

*Or you can do it yourself at MyMedicare.gov*



**Call HICAP**  
Health Insurance Counseling & Advocacy Program

**434 7th St., Eureka CA**

**[www.a1aa.org](http://www.a1aa.org)**





# NATIONAL NONPROFIT DAY

AUGUST 17<sup>TH</sup> IS NATIONAL NON-PROFIT DAY

## Inspired by the strength and adaptability displayed by our families



Our world is shifting and we wish to amplify a message of hope. As uncomfortable as it may be, adjusting to new ways of living is a facet of our existence. The change caused by this ongoing pandemic is challenging -- and yet that is where the most significant growth occurs. As a nonprofit organization dedicated to improving the lives of youth and families involved in foster and adoptive care, we'd like to use National NonProfit Day as an opportunity to celebrate the resilience of our youth in foster and adoptive care and their families.

on empowering children and families who have been impacted by trauma. We witness daily acts of incredible bravery by those who have already come up against unimaginable hardships in their lives. As we all face the shared challenge of this ongoing pandemic, we are inspired by the strength and adaptability displayed by our families. Supporting others in their journey to well-being, we bear witness as the same determination that our families use to overcome their personal obstacles is applied to overcoming the difficulties presented by Covid-19.

families. Whether youth in foster or adoptive homes would benefit from a little extra help to succeed in a placement, are in need of counseling or support in navigating daily challenges, we create an individualized plan to meet that need. Together, we work to reduce family conflict, mitigate the effects of trauma, and strengthen the bond between family members. Now more than ever we are honored to be a helping hand to families in need.

At Evolve Youth Services we focus on tapping into each family's unique potential and helping youth evolve into the best version of themselves. It is our mission to guide through troubled waters and we are primed to see the light that eventually brightens all paths. Through encouragement, understanding, and the application of the ten principles of the Wraparound process, Evolve Youth Services and the families we work with are fostering hope and changing futures for the better.

*Through hardships, we see your strength.*

*Through challenges, we celebrate your growth.*

*It is only through our togetherness, your commitment and our dedication, that we can improve lives.*

*We see you and we celebrate you.*

*Everyone's needs are unique and we are all essential; evolving into the best versions of ourselves day after day.*

Our priority is not to share our story, but to offer an ear to listen to the stories of others as they acclimate and adjust to new realities. At Evolve Youth Services our focus is

As each person is one-of-a-kind, so should be the path to healing. At EYS we provide personalized, team-driven care centering around the unique needs of each youth and their



EVOLVE YOUTH SERVICES



Healthy relationships are crucial for healing from trauma.



EYS provides a holistic approach to support adoptive families.

[evolveyouthservices.org](http://evolveyouthservices.org)



Our motto at the Humboldt Library Foundation (HLF) is "Open the World." Our mission is to support the Humboldt County Library system. Over the past twenty-four years, we have raised over \$1.4 million dollars to help our libraries acquire books, audio and digital materials,

upgrade technology and support programming. We recently helped our libraries build their electronic capacity so that they can continue to serve our communities during the COVID-19 pandemic.

All the volunteers on the board of our nonprofit foundation share a passion for the library. We work to sustain and strengthen this invaluable community resource which opens the world to young and old alike. Its treasures inspire the imagination and deepen our understanding of the world. We share a belief that free access to information is fundamental to our democratic way of life.

Here in Humboldt County the public library is part of the fabric of our many communities; you can gain access to its resources online, in any one of the eleven branch libraries, or through the bookmobile which serves 14 outlying communities.

But fully funding the many needs of the library system is a challenge and that's why what we do is so important. Over the past twenty-four years we have purchased thousands of books, provided major funding to upgrade the online catalog, replaced public and staff computers and sponsored children's programming.

With free access, libraries are information centers that abound with inspiration and untold opportunities. Even more so now, in the shadow of COVID-19 with branches temporarily shuttered, the library is humming with activity. Aided by a recent HLF grant of \$141,500 librarians have been able to expand access to electronic resources, to Zoom children's story hours, and to provide online resources for K-12 students. From the library's website you can download electronic books, audio books, magazines, check out music, search databases and research your genealogy. Until they can reopen the doors, curbside service is available to pick up materials reserved by using the online catalog.

The needs are great and there are many ways you can help. Check out our website [www.humboldtlibraryfoundation.org](http://www.humboldtlibraryfoundation.org) to find out more and to DONATE. You can help brighten a young child's life, help families imagine a wider world or open doors for anyone sheltering in place. It's easy -- check out our ad next to this column and Buy A Book today!



## BUY A BOOK

Help Build the Collection  
Give a Book to Honor a Friend or Family Member

1 Book \$25  
2 Books \$50  
4 Books \$100  
Shelf of Books \$500

To Donate Once or to Make a Monthly Donation to the  
**BOOK A MONTH CLUB**  
go to [www.humboldtlibraryfoundation.org](http://www.humboldtlibraryfoundation.org)

Humboldt Library Foundation (HLF)  
PO Box 440 Eureka, CA 95502  
707-269-1991 [hlf@humboldt1.com](mailto:hlf@humboldt1.com)







NATIONAL  
**NONPROFIT**DAY  
AUGUST 17<sup>TH</sup> IS NATIONAL NON-PROFIT DAY

# Heeding the Call for a New Hospital in Southern Humboldt

There are 10,000 people who call Southern Humboldt home, and this number can triple in the summer months with tourism and cannabis industry workers. With the mighty Eel River, ancient redwood groves, and the epic Lost Coast, it's not hard to understand why so many have chosen to live here. Southern Humboldt has a long history of going against the mainstream way of life. Now we stand determined to diverge from the rest of rural America in another way – healthcare.

Families in rural areas are faced with difficult decisions as they age or develop chronic health conditions. Too many end up forced to leave the magical place they call home in order to access the healthcare they need. A strong local healthcare presence is what The services SoHum Health provides fill a vital need in the Southern Humboldt community, by allows the elderly and those with chronic conditions to remain in their community, saves lives in emergency situations, adds good-paying jobs, and makes the community an attractive place for people to raise their families and invest.

COVID-19 has brought the importance of healthcare to the forefront yet again, as the need for hospital beds and medical infrastructure has become more

apparent than ever. Residents of Southern Humboldt simply cannot rely on travelling out of the area to get healthcare. Our community must focus on developing our own vital infrastructure to ensure long-term sustainability.

On January 1, 2030, new statewide earthquake safety standards will take effect that Jerold Phelps Community Hospital in Garberville will be unable to meet. If SoHum Health does not construct a new facility that meets the stringent state seismic requirements by the end of

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*"I am grateful that in our rural community, emergency medical healthcare remains accessible. The Jerold Phelps Community Hospital has made it possible for me to continue working here in this sublime place I call home doing what I am passionate about, teaching music to elementary school students.*

*I never expected to be diagnosed with an incurable cancer (Chronic lymphocytic leukemia or CLL). It's something that I can live with, but it does weaken my immune system. Teaching in an elementary classroom is probably not the safest workplace for me but I have the medical back up I need. I've had some serious infections, including about twelve bouts of pneumonia and my first care when I get a fever is at our local Emergency Room in Garberville. Sometimes I've needed follow-up care at major hospitals. One time I was admitted to our local hospital to recover from pneumonia and in 2017, I had a short stay at our skilled nursing facility after having surgery at UCSF for a brain infection.*

*Because CLL is incurable, I've had three chemo treatments to keep it under control. I have a surgically placed infusion port which needs maintenance every four months. Thanks to our emergency room, I do not have to drive to Eureka to get this done. Supporting our local hospital is important because it allows me and others like me to continue to live here and be a part of this community!"*

*Hal Lepoff,*  
Former violin section leader,  
Berkeley Symphony Orchestra  
Music Teacher, Redway Elementary School

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2029, they will have no choice but to close their doors. Assuming the state will relax these seismic restrictions is a gamble our community cannot afford to take.

The thought of Southern Humboldt losing their community hospital is



A New Hospital for Southern Humboldt  
Emergency Entrance View



unimaginable. Moreover, if this were to happen there would no longer be an emergency room for the 120-mile stretch of Highway 101 from Willits to Fortuna. SoHum Health Foundation, a non-profit

501(c)(3), is heeding the call to ensure this potential closure of our community hospital, does not come to pass.

In working collaboratively with College of the Redwoods and Humboldt County, SoHum Health has already purchased a property situated directly off Highway 101 on Sprowel Creek Road in Garberville. Our shared vision is to relocate the emergency and acute care departments into a new, modern hospital at this site. The new campus will also include an updated community health center, laboratory, and radiology department (which includes CT, X-ray, ultrasound, and mammography), that will minimize costs and

provide room to grow. Once the hospital and health center move to their new home at the Sprowel Creek campus, SoHum Health will expand the much-needed Skilled Nursing Facility from the current eight beds to 16-24 beds.

It will take roughly \$40 million to build a new, seismically-safe, modern hospital in Garberville. There is a USDA loan available that would cover most of the building costs, but a 10% down payment and strong community support are loan requirements. The SoHum Health Foundation has committed to organizing a capital campaign to raise this down payment, rally community support, and make the new hospital a reality.

With COVID-19 at our doorstep, the community is at a crossroads. Every resident is being called to decide what kind of future they want to see for themselves and their children. The time has come to take the next step in building a community where every person has access to high quality healthcare, right here at home. The future of Southern Humboldt depends on it.



To find out more about SoHum Health Foundation's plans and how you can be a part of it, visit [www.sohumhealthfoundation.org](http://www.sohumhealthfoundation.org), email [foundation@shchd.org](mailto:foundation@shchd.org), or call (707) 223-6630.

# YOU make SoHum Health possible.

With the support of the community, the SoHum Health Foundation makes sure your healthcare district continues to provide services like radiology, CT, mammography, home health visits, primary care, skilled nursing and the only 24/7 emergency room in Southern Humboldt. We sincerely thank you for your support in helping to make SoHum a happy and healthy place to live.

**SoHum's new community hospital is coming soon and you can be a part of it.**

Visit **[sohumhealthfoundation.org](http://sohumhealthfoundation.org)** to learn more or to make a donation.



**SoHum Health**  
FOUNDATION