



ONE FOOT IN...

FUNERAL CONSUMERS ALLIANCE OF HUMBOLDT
AN ALLIANCE FOR END OF LIFE PLANNING

SPRING 2019

2019 ANNUAL MEETING “THE GIFT OF PEACE OF MIND ”

Give this important gift to yourself. Make a good advance care plan for your future medical care that you want, taking the burden and uncertainty away from your family and loved ones about your wishes. Let them know how you want to be cared for matching your values and beliefs, before your life changes and you can no longer express your desires. Peace of mind is a precious gift you can give yourself.

Do you feel that advance care planning is important only for those who may have a terminal illness or are approaching the end of their life? Advance care planning is important for anyone who wants to have their voice heard in the event they cannot make decisions for themselves. Advance care planning can also help friends and loved ones to know exactly what one's wishes are, and it can help relieve them of the anguish of making very difficult medical decisions.

Aisha Coriell, LCSW, from Hospice of Humboldt will be providing a presentation about Advance Care Planning at the annual FCAH meeting on April 13th at Hospice of Humboldt. This is your opportunity to learn more and to ask questions you may have regarding advance care planning and hospice.

Hospice Community Outreach Liaison Matt Cone will augment the presentation with “Hospice 101,” which will provide an overview of Hospice of Humboldt and its offerings to our community. This presentation will address “myths vs. facts” about hospice, and help to address some common misconceptions.

For more information:

fcahumboldt.org

fcahumboldt@gmail.com

822-8599

Saturday, April 13, 2019

1:30 PM to 3:30 PM

Hospice of Humboldt

Conference Room

3327 Timber Fall Court,

Eureka, CA.

This event is free (\$25 suggested donation or join as a member)

PLEASE JOIN US!

Board of Directors

President

Katherine Ortiz

Vice President

Catherine Hart

Secretary/ Treasurer

Nancy Ortiz

Board Trustee

Kenna Reed, nominee

Board Positions Open:

To volunteer

contact us at

822-8599

fcahumboldt@gmail.com

Like us on

Facebook!



PRESIDENT'S MESSAGE



Wow, what a year we have had! Many thanks to all of you for your generous support and contributions throughout the year and at 2018's Annual Meeting. We received enough money to cover the cost of the last year's meeting and newsletter. We were also able to pay back our loan from FCA-CA within two months. We received a total of \$3,703 in donations. I want to personally thank these community members for their donations and their support: Resolution Care for their \$250 donation, Ayres Family Cremation for their \$792 donation, and Hospice of Humboldt for their \$250 donation plus the use of their conference room for our Annual Meeting. Many thanks to Aisha Coriell from Hospice for

sponsoring us again so that we are able to use the Hospice facilities. And of course many thanks to all of our members for your many donations. Every little bit helps.

I have been in Humboldt County for about 21 years and one of the things I love about this community is the amount of support I see when it comes to supporting our community groups and businesses. Last year we were in a spot where FCAH was most likely going to fold and not be able to continue to support people in their end of life choices. With help from many in our community we were able to stay out of the red and be able to put the money you donated back into the community.

As of now we have just over \$2,700 in the bank and we will be able to cover the cost of the newsletter and the Annual Meeting this year. Thank you. Most of our members have the newsletter mailed to them. Printing and postage for the newsletter costs about \$1,000. A good portion of our money will go towards the cost of the newsletter. Annual meeting expenses will be food, flyers and printed materials that will be available at the meeting. As you can see, after this year's meeting we will be low on funds and will be in need of your continued support to keep us afloat for next year and the years to come. I am asking for you to continue to donate where you can so that we can continue our mission to keep people informed about end of life choices. We are also open to ideas from you about what topic you would like to see at next year's meeting. Please email your ideas to fcahumboldt@gmail.com.

My goal for FCAH in the next year is to increase the promotion of our groups use of social media in reaching out to the younger generation. The message will focus on that we all die, we all have loved ones who die, we all need to be informed about our options when these events happen in our lives and how we can be prepared. I started a Facebook page last year for our group, and I would like to see an Instagram account started this year to further help us get the word out to more of the younger generations. Please like our social media accounts and spread the word we are on social media and staying connected to our community. Share newsworthy information with us about funerals and death, and help us reach to the edges of our community.

One of the biggest things that helps in pre-planning for your end of life is to have an Advance Directive. There are many resources in our community that can help with this. We will have the pleasure of having Aisha Coriell and Matt Cone, from Hospice of Humboldt speaking at our Annual Meeting this year. They'll talk to us about what is an Advance Directive and what services Hospice offers. You will learn about the importance of pre-planning and completing this important document that helps your loved ones know what kind of care you want to have when it is your time.

At our Annual Meeting we will be voting for our new Board Member and a change to our bylaws. Please join us for these important votes. I look forward to seeing you there. Katherine Ortiz, FCAH President.

A local author who supports FCAH:

Chasing Coffins: A Consumer Activist
Battles the Funeral Industry

by *Karen Leonard*

email: karenl53@comcast.net

New Memberships

Help spread the word. Tell others about FCAH so that our organization can grow. Share our website's link

fcahumboldt.org with your family and friends through social media.

MEMBERSHIP & INCOME REPORT FOR 2018

Memberships

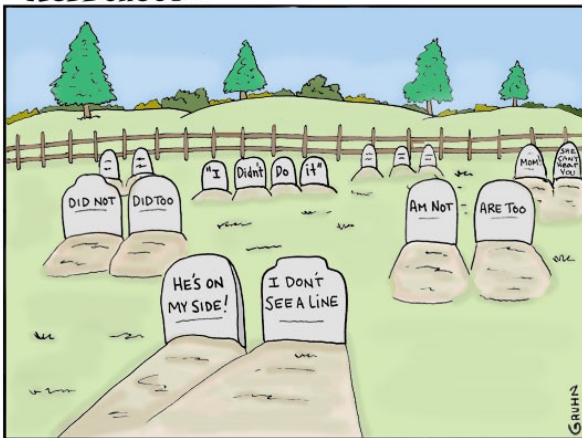
Active Members	926
Inactive Members (no current address or moved from county)	533
Total Members	1459

Income from Donations and New Memberships

New Memberships (9)	\$225
Donations (thank you)	
Members (60)	\$2411
Resolution Care	\$250
Hospice of Humboldt	\$250
Ayres Family Cremation	\$792
Total	\$3,928

You may view a financial *Profit & Loss Sheet for Fiscal Year 2018* on our website at fcahumboldt.org . If you don't have access to a computer, you may call our Treasurer, Nancy Ortiz, at 707-822-8599 and she will mail a copy to you. Printed copies will also be available at the Annual Meeting.

WebDonuts.com



The Cemetary for Siblings

WE RELY ON YOUR SUPPORT

We appreciate any contribution you can offer.

*All donations are tax deductible
FCAH is a 501(c)(3) corporation.*

- Enclosed is a tax-deductible donation of \$_____ in memory of:_____.
- Yes, I would be willing to consider serving on the Board.
- Yes, I can volunteer for a few hours. My interests are:
Public Speaking , Writing , Computers ,
Financial , Legal Advice , Other _____.
- No, I can't volunteer right now, but I have some good ideas. Please contact me to discuss them.

Please Print Your Information:

Name:

Address:

Phone:

Email:

Send your reply to:

Funeral Consumers Alliance of Humboldt

P.O. Box 856

Arcata, CA 95518

707-822-8599

fcahumboldt@gmail.com

HAS YOUR CONTACT INFORMATION CHANGED?

Help us to better serve you by keeping your contact information current. **Please print the following:**

Name:

Old Address:

New Address:

Old Phone Number:

New Phone Number:

Email Address:

I have moved from our service area. Please cancel my membership.

Transfer my membership to the FCA affiliate in my new locale.

Send your reply to:

Funeral Consumers Alliance of Humboldt

P.O. Box 856

Arcata, CA 95518

707-822-8599

fcahumboldt@gmail.com

Privacy: We never rent, sell or share your information with organizations outside of the Funeral Consumers Alliance.

**WE RELY ON YOUR SUPPORT
DONATE NOW!**

FCAHUMBOLDT.ORG

BEFORE I GO YOU SHOULD KNOW

Studies and surveys show that over 85% of the public thinks advance planning for end of life is important yet fewer than 25% actually have made any plans! Even if you have made plans... have you shared them with your family or shown survivors where you keep your papers?

The 30-page, spiral-bound planner, "Before I Go, You Should know," has space to list your bank and retirement accounts, real property, instructions for pet care, how to deal with your "online" life and much more.

It comes with a Living Will, Durable Power of Attorney and Cremation Directive. (You should always consult with your attorney, but this a good place to start your planning).

FCAH has copies of "Before I Go You Should Know" for purchase (\$15). They will also be available at the Annual Meeting in April.

You can also purchase a digital copy of this book for \$10 and print it for yourself if you wish. It is available on FCA National's website: funerals.org.

We all die. The goal isn't to live forever, the goal is to create something that will. ~ Chuck Palahniuk

Did You Know?

We have an email list for FCAH members. starting this year we will be using the email list to notify our members of news and events happening in our community and state. This will also help us stay connected with other FCA's in the state and country. If you would like to join this email list please let us know via phone, email, or our website.

You also can receive our yearly newsletter via email if you wish. Just let us know.

fcahumboldt.org

THANKS TO YOU

Thank you for doing your part as a member by being engaged and attending our Annual Meeting and supporting FCAH financially this past year. It was rough when our budget nearly sank into the red, and we were faced with some difficult choices. The Board of Directors worked towards a creative solution and our membership rallied. We are in a better financial situation going forward, and your membership, your time and your contributions are deeply appreciated. We still have work to do.

We need new members to sustain our organization. Please consider inviting a friend or loved one to join you at this year's Annual Meeting. They might be curious about what we have to offer, they'll learn about pre-planning and learn how to make their end of life wishes known.

We invite anyone who is interested in becoming a Board Member to talk to us. The time commitment is about 30 hours a year, with summer off. We need someone on our board to represent the membership as a whole. Come to a board meeting and find the value in helping others through education and support.

Remember how important your contributions are to maintain the health of our organization. We are strong when we work together for our community.

YARD SALE

FCAH will hold a Yard Sale
 Saturday, May 4th from 9am to 3pm
 449 Spruce, Eureka (between E and F St.)

Finished with your spring cleaning or need to clear out your garage? Then donate your gently used and clean items for our Yard Sale.

All proceeds go to FCAH.

HOW CAN YOU HELP FCAH?

Tell someone about FCAH. Share our newsletter and website with your family and friends.

Become a Board Member.

Volunteer for our Annual Meeting and other events (tabling, refreshments, setup/take down).

We also need financial help to keep bringing you support and information when dealing with the death of a loved one. Please feel free to go to our website for more information on how you can donate or volunteer.

Thank you for your support!

FUNERAL CONSUMERS ALLIANCE OF HUMBOLDT

AN ALLIANCE FOR END OF LIFE PLANNING

P.O. Box 856 • Arcata, CA 95518

707-822-8599 • fcahumboldt.org

fcahumboldt@gmail.com

A nonprofit 501(c)(3) corporation

All donations are tax-deductible.

HOW YOU HELPED

Your positive response was very encouraging. Thank you for your generous donations. We received \$3,703.

Sixty members donated a total of \$2,411. We were also gifted with three big contributions from our local community: Resolution Care \$250; Hospice of Humboldt \$250, plus the use of their conference room for our Annual Meeting; and Ayres Family Cremation \$792.

We had started 2018 with just \$620 in the bank -- but we ended the year with a balance of \$2,761. And we were able to repay the \$1,000 no-interest loan in two months' time.

We are grateful to everyone for your continuing support and we are thankful that you value the Funeral Consumers Alliance of Humboldt.

IN OUR COMMUNITY

Karen Ayres of Humboldt Advance Care Planning Coalition submitted this article to share with us what their coalition is doing in our community and why they feel the Advance Directive is so important for everyone to have.

By Karen Ayres

What's read and not blue and needed now all over? Yes! The Advance Directive for Health Care, commonly shortened to just the Advance Directive (AD).

In California the AD is the form that names someone to be your medical decision maker in times when you yourself might be too ill to do so and it designates how you would want to be treated in the future should you become ill or injured. In short, the AD is an extension of YOU!

AND, it is a document on the far side of the most essential DISCUSSION of your life, literally. The discussion...now that is where the money is, so to speak. We know that this discussion – about how we want to end our treasured lives – is often avoided. Many feel they are too young and healthy so this does not pertain to them. Others feel it is too dismal of a conversation.

Death is a universal truth. Not one of us will escape it. All of us know someone who has died or have even been witness to the end of a life. We know that one day our own lives will come to a close. That the journey to the end might be complicated or somehow miserable....OR it might be peaceful and comfortable. Having the ability to say now how things will be then – now that is powerful.

The unknown factor in that last statement is the “then”. When is then? No one knows. This is why it is imperative for all adults – that's right, anyone over 18 years of age – to have a discussion and prepare an AD. This is why it is important to periodically review your AD and make sure the agent you designated and the choices you indicated still reflect what you want.

The Humboldt Advance Care Planning Coalition is at your service. HumACP, as we refer to ourselves, is a group of representatives from multiple agencies in the community that has the vision of every person in Humboldt County having their wishes expressed, respected and honored. HumACP's mission is to serve as a resource providing you with all it takes to assist you in having that essential discussion and in completing your AD.

If you would like more information please contact them at:
humACPcoalition@gmail.com or 443-4563 ext 22.

*That it will never come again is what makes life so sweet.
~ Emily Dickinson*

People living deeply have no fear of death. ~ Anais Nin

BYLAWS AMENDMENT VOTE

No set of bylaws is perfect or permanent. Bylaws provide a framework for an organization's operation and management. After an organization has been in existence for several years, it may be necessary to amend the bylaws. Amendment proposals may originate with the Board of Directors or with any concerned member.

FCA Humboldt's bylaws were last updated in 2000. The Board of Directors is in the process of reviewing the bylaws. Many changes are needed such as:

- Language changes are needed to reflect that FCAH is a 501(c)(3) public benefit corporation. Formerly, FCAH was a 501(c)(4) mutual benefit corporation.
- Add a Dissolution Article describing the procedures to be followed.
- Decrease the number of Board of Directors members from 7 members to 5 members. (In the last 5 years or so, we have not been able to maintain a 7-member Board of Directors.)
- Simplify the language where possible.
- Replace Roman numerals with Arabic numerals.
- Add page numbers.

Regarding Amendments to the Bylaws, currently (2000) Article IX - Amendments, reads:

“The by-laws of this Alliance may be amended by vote or by written assent of two-thirds of the members voting; provided that a copy of the proposed amendment shall have been mailed to all members at least 10 days before the vote is taken, in case of a mailed vote. Where a mailed vote is taken, at least 10 days subsequent to the date mailed shall be allowed for consideration of the proposed amendment.”

As you read, our Alliance requires the general consent of the membership to any bylaws changes. The Board would like to propose an amendment that follows the suggestion made in the FCA National booklet "Guidebook for Running a Funeral Consumers Alliance," page 92. It suggests "allowing the board to amend the bylaws without a general membership meeting...clear notice, transparency, and the opportunity for the members to voice their views are very important." The same Guidebook, page 14, provides a sample "Draft Bylaws" that pertains to Amendments. It has been adapted for the purpose of our following amendment proposal.

Amendment Proposal: The Board of Directors of the Funeral Consumers Alliance Humboldt makes a motion to change the wording of the Bylaws "Amendments Article" to:

"The Board of Directors may amend the bylaws by unanimous vote of the Board. The Secretary must notify all board members of proposed bylaws changes not less than 14 days prior to a vote. These bylaws may also be amended by a majority vote of the members at any annual meeting or properly called special meeting of the membership, provided members have been notified of proposed changes, with an explanation, at least 14 days prior to the meeting. It shall require a two-thirds vote of attending members to consider any bylaws changes not proposed prior to the meeting." End of proposal.

Voting will take place at the Annual Meeting on April 13, 2019.

FUNERAL CONSUMERS ALLIANCE OF HUMBOLDT

P.O. Box 856 Arcata, CA 95518

(707)822-8599 fcahumboldt.org

**Consumer
advocacy for
dignified and
economic
end of life
care.**



RETURN SERVICE REQUESTED

Nonprofit Organization

U.S. Postage

P A I D

Arcata, CA

Permit No. 32

Funeral Consumers Alliance of Humboldt Annual Meeting

Saturday, April 13th, 2019

1:30pm - 3:30pm

**Hospice of Humboldt
Conference Room**

**3327 Timber Fall Court
Eureka, CA**

Please join us for the Annual Meeting,
socializing, information gathering and
refreshments.

This event is Free

(\$25 suggested donation or join as a member)

THE GIFT OF PEACE OF MIND

Making a good advance care plan for your future medical care will take the uncertainty away about your wishes, matching your values and beliefs. Join us at our FCAH Annual Meeting on Saturday, April 13th. Our two speakers from Hospice of Humboldt will be Aisha Coriell, LCSW and Matt Cone. Learn more about how to make an Advance Care Plan and an overview of hospice. Our speakers welcome your questions and you'll learn more about how to give yourself the gift of peace of mind.

FCAH YARD SALE

Saturday, May 4 from 9am-3pm:

449 Spruce St., Eureka, between E and F Streets

For more information:

fcahumboldt.org

fcahumboldt@gmail.com

822-8599