



# ONE FOOT IN...

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

SPRING 2018

## 2018 ANNUAL MEETING “Planning for My Death”

What if you had to "step out" of your life today? Who knows:

- where you hide your extra set of keys
- when your bills are due and how they are paid, your bank accounts, retirement funds, healthcare and life insurance policies
- who provides your healthcare (doctors, alternative therapists, pharmacy...)
- how you want your last few hours to be spent
- if you have an Estate Plan or an Advance Healthcare Directive
- what you want done with your remains...

Pulling all of this information together can be a daunting task. There are tools available to help you, including *Before I Go You Should Know*, available from FCAH (\$15) or from:

- FCA National’s website [funerals.org/bookstore/](http://funerals.org/bookstore/)
- The Conversation Project [theconversationproject.org/starter-kits/](http://theconversationproject.org/starter-kits/)
- Stanford Medical Center [med.stanford.edu/letter](http://med.stanford.edu/letter)

On **Saturday, April 28th, from 1:30 PM til 3:30 PM**, Jean Okuye and Holly Blue Hawkins of the Funeral Consumers Alliance of California Board of Trustees will offer a training in “the basics,” including not only the information and documentation your support team will need in order to advocate for you at the End-of-Life, but also providing tools to help you sort out what matters most *to you*, and how to initiate sensitive conversations with loved ones and healthcare professionals.

Also speaking will be Chuck Ayres, Funeral Director of Ayres Family Cremation. He'll explain the basic steps to take when someone dies and the "mechanics" of preparing a body for cremation or burial. Locally owned and operated, Ayres' philosophy is that the funeral services should be family-led and reflect their religious and cultural practices. We are looking forward to his presentation and gaining some practical knowledge that will help us be better prepared when arranging for a funeral.

**Saturday, April 28, 2018.  
From 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)*

**For more information:**

[fcahumboldt.org](http://fcahumboldt.org)  
[fcahumboldt@gmail.com](mailto:fcahumboldt@gmail.com)

**822-8599**

**PLEASE JOIN US!**

### Board of Directors

#### **President**

*Katherine Ortiz, nominee*

#### **Vice President**

*Catherine Hart, nominee*

#### **Secretary / Treasurer**

*Nancy Ortiz*

#### **Four Board Positions Open:**

*To volunteer contact us at*

*822-8599*

[fcahumboldt@gmail.com](mailto:fcahumboldt@gmail.com)

### **INSIDE THIS ISSUE:**

PRESIDENTS MESSAGE	2
BEFORE I GO YOU SHOULD KNOW	3
MEMBERSHIP & INCOME REPORT	4
AN APPEAL TO MEMBERS	5

We have redesigned our Website: Check it out!  
[fcahumboldt.org](http://fcahumboldt.org)

We are on Facebook!  
Give us a like!



## PRESIDENT'S MESSAGE



My name is Katherine Ortiz, and I am your President nominee for FCAH. I stepped up to be the president for the next few years. At our Annual Meeting this year, it will be put to a vote for me to officially become your president and to elect nominee Catherine Hart as Vice President. I hope I will see you there.

After last year's Annual Meeting, three Board Members left the Board. Our bylaws state that we are to have a seven member Board. There are four vacancies to be filled. We are in dire need of board members to help us continue to bring education and support to Humboldt County with End-of-Life options that we will all encounter at some point in our lives, if not multiple times. Our board meets about seven times a year. Our two biggest projects are planning our annual meeting and publishing our annual newsletter. If you would like to volunteer to serve the membership and be a part of the Board of Directors, it would be greatly appreciated. Please email us at [fcahumboldt@gmail.com](mailto:fcahumboldt@gmail.com) or call us at 707-822-8599.

We have made lots of exciting changes during the past year. We had a change in leadership on our Board of Directors. We have redesigned our website and joined Facebook to help keep in touch with our membership. Please check out our new website and let us know what you think via email or post a comment on Facebook. We also need "Likes" on FB to help us move up in the social media world. Please share our page with your friends and help spread the word.

FCAH is also in need of your financial support. FCAH is completely supported by donations and does not make a profit from the support and information it provides to our members. We have started a GoFundMe page and have also added PayPal to our website to make it more user friendly for your donations. Help us continue to support our community and provide information for you when you need it most. All donations are tax deductible, FCAH is a nonprofit 501(c)(3) corporation. Please visit our website for information on how to donate: [fcahumboldt.org](http://fcahumboldt.org).

Our Annual Meeting is on Saturday, April 28<sup>th</sup>, from 1:30 PM to 3:30 PM. It will be an informative opportunity to address how to plan for your death, or the death of a loved one. This is a topic our Board felt would be an important service to help people in our community to learn how to plan for those times in our lives that we will all face at some point. Our speakers will be two of the FCA of California Board members, Jean Okuye and Holly Blue Hawkins, who have been serving their local FCA and the state FCA for several years. I am excited to have them come and join us up here in the redwoods and share their wealth of knowledge with us.

We are also looking forward to having Chuck Ayres, Funeral Director of Aryes Family Cremation, come and speak about the basic steps to take when someone dies.

This will be a very informative and wonderful meeting to help us all be better prepared for those difficult times ahead. I hope to see you there. Please be sure to come and introduce yourself to me. I would love to meet you in person. ~ Katherine Ortiz, FCAH President nominee

### **We have Remodeled Our Website**

**Check it out:**

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

**Like us on  
Facebook!**



### **New Memberships**

Help spread the word. Tell others about FCAH so that our organization can grow. Share a link of our NEW website [fcahumboldt.org](http://fcahumboldt.org) with your family and friends through your social media.

### ***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 \$9 and print it for yourself if you wish. It is available on FCA National's website: [funerals.org](http://funerals.org).

### **Annual Newsletter**

Would you prefer to only receive your Annual Newsletter electronically? Please let us know and also provide your email address. An E-Newsletter would save money on printing and postage, and allow you to click directly on the links we publish. Thank you for helping us conserve our resources.

### **How can you help FCAH?**

Become a Board Member.

We are in need of Volunteers for our Annual Meeting and other events (tabling, refreshments, set up/take down). Tell others about us.

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

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

**Thank you for your support!**

### **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:

Send your reply to:

**Funeral Consumers Alliance of Humboldt**

P.O. Box 856

Arcata, CA 95518

707-822-8599

[fcahumboldt@gmail.com](mailto: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](mailto:fcahumboldt@gmail.com)

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

**MEMBERSHIP & INCOME REPORT FOR 2017**

**Memberships**

Active Members	949
Inactive Members (no current address or moved from county)	518
<b>Total Members</b>	<b>1467</b>

**Income from Donations and New Memberships**

**Both are tax-deductible.**

New Memberships (5)	\$125
Donations ( <b>thank you</b> )	\$3,138
<b>Total</b>	<b>\$3,263</b>

You may view a financial *Profit & Loss Sheet for Fiscal Year 2017* on our website at [fcahumboldt.org](http://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.



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*A nonprofit 501(c)(3) corporation*

*All donations are tax-deductible.*

## AN APPEAL TO MEMBERS – PLEASE READ

We have had two great challenges this last year - a shrinking Board of Directors and a dwindling bank account.

Last June, three of the four Board Members left, leaving one person to run the organization. This is unsustainable. It also means that we are still noncompliant with our bylaws, as we are to have a seven-member Board of Directors. Two FCAH members stepped forward to join the Board. We are still looking for four additional Board Members. Please consider becoming a Board Member and help to rebuild FCAH into a vital and active community resource. If you have a passion for the work we do, please contact us. We'd love to work with you!

Currently the bank balance is about \$600.00. That's not enough money to send out an Annual Newsletter and to host the Annual Meeting. The Board had a difficult decision to make. Our bylaws state that we are required to have an annual business meeting for the membership, but we could not afford to do that. The Annual Newsletter keeps the membership informed on a variety of topics, it announces the Annual Meeting and it helps with tracking our active/inactive members.

The FCA of California Board, in an effort to provide support and assistance to struggling California FCAs, decided to offer a one-year, no interest-bearing loans (up to \$1,000.00) to qualified affiliates. After lengthy discussions, the FCAH Board voted to pursue the short-term loan. We believe that it would allow us to proceed with our two annual events and it would help to get us back on sounder financial footing. FCAH applied for the loan and was approved to receive \$1,000.00. All of the loan money went towards the Annual Newsletter (estimated at \$984.00) and the Annual Meeting (estimated at \$210.00) for a total estimate of \$1,194.00.

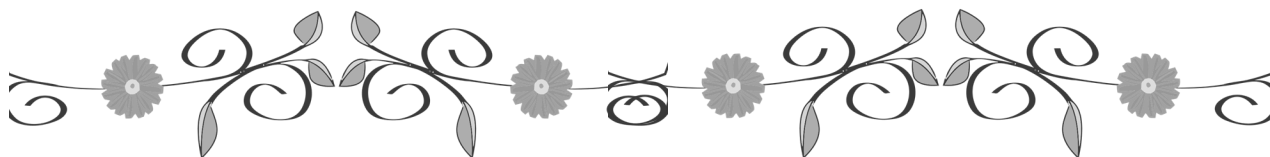
To repay the loan and increase our bank balance, we have some serious fundraising to do! This is where our membership can pitch in and help make a difference.

Here are a few ideas to get FCAH back on track:

- Donations - FCAH depends on your continued support and generosity, it's our lifeblood.
- Contributions - Do you know of any local businesses or community members who would make a contribution to FCAH?
- Fundraising - Are there any members with successful fundraising experience? Thoughts, suggestions, ideas to share?
- Grants - Do you know of any grants that we could pursue? Does anyone have grant writing experience and would be willing to help?
- Legacy Gift - Be a part of FCAH's future by making a planned gift.
- Suggestions - How could we better serve our membership and our community? Share your thoughts and ideas with a Board Member anytime.

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

Your membership, your time and your contributions are deeply appreciated. We couldn't do it without you. Thank you for being a loyal member of the Funeral Consumers Alliance of Humboldt.



*It is good to have an end to journey toward, but it is the journey that matters in the end. ~ Ursula K. Le Guin*

*We could certainly slow down the aging process if it had to work its way through Congress. ~ Will Rogers*

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(707)822-8599 [fcahumboldt.org](http://fcahumboldt.org)

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



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P A I D

Arcata, CA

Permit No. 32

## Funeral Consumers Alliance of Humboldt Annual Meeting

**Saturday, April 28th, 2018**

**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)*

For more information:

[fcahumboldt.org](http://fcahumboldt.org) • [fcahumboldt@gmail.com](mailto:fcahumboldt@gmail.com) • 822-8599

~  
**Topic:**

***Planning for My Death***

~  
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