



# ONE FOOT IN...

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

SPRING 2021

## 2021 ANNUAL MEETING A Life Care Option in Humboldt

This year we have a speaker from Life Care Humboldt (LCH) talking to us about an option people may have in Humboldt with Life Care Planning. This is a great option for people to consider and we don't have many of these options here in Humboldt.

We are happy to help coordinate with Dr. Ann Lindsay to help keep it all local. You have all heard me say before at annual meetings how important I find keeping it all local to our wonderful little paradise we have in Humboldt. If you have any questions for Dr. Lindsay, you can submit them on our [website](#) or via the chat box in the zoom meeting. Here is what Dr. Lindsay wrote to share with us:

"Dr Ann Lindsay will introduce FCA members to Life Care Humboldt (LCH), a non-profit formed to plan, build and support a Life Plan Community in Humboldt. *(continued on page 5)*

### FCAH Annual Meeting

Saturday, April 24, 2021

1:30 PM to 3:30 PM

Virtually on Zoom.

Free Signups on\*

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

Meeting link information will be sent via email once signed up.

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

#### Board of Directors

**President**

*Katherine Ortiz*

**Vice President**

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**Treasurer**

*Tracy Jordan French*

**Board Trustee**

*Kenna Reed*

*Jan Rowen*

*Judy Fagot*

*To volunteer*

*contact us at*

*822-8599*

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

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## President's Message



Hello all, I would like to thank all of our donors for their continued support this past year. We could not continue to do this yearly newsletter and annual event without your support. Thank you!

The FCAH board has a few open spots for new board members. We have a great group of people currently working to serve our community on this board, but it is not a full board. Our active board is currently 5 people. We can have up to 7 board members max according to our bylaws. We are asking our membership to step up and volunteer to serve on our board to help us keep FCAH alive. This board currently meets once a month, virtually via zoom. We have a yearly newsletter we send out, and an yearly annual meeting for our membership. We take 2-3 months off in the summer months, and in December for the holidays. We are especially looking for younger people to volunteer to help us spread the importance of End of Life planning to our community. If you would like to serve on our board please let us know via our [website](#) or phone. We thank those that have served faithfully in the past and look forward to meeting new people who would like to serve.

Another way to support FCAH is through donations. FCAH is completely donation dependent. Our operations, website, phone, mail, newsletter and annual meeting all rely on your donations and new memberships. Our treasurer is working on getting us updated for the coming year. We are currently operating on a computer that is over 15 years old and has outdated financial software. Our board would like to get a new computer and financial software to help make our bookkeeping and record keeping more streamlined and organized. This will bring FCAH into the digital age and up to speed. If you would like to donate specifically for these updates for FCAH please mark that on your donation accordingly. We have both snail mail options and PayPal options on our website. Please go to [fcahumboldt.org](http://fcahumboldt.org) for more information.

The topic for our annual meeting this year is A Life Care Option in Humboldt. Our speaker this year is from Life Care Humboldt. This organization is proposing a plan

*(continued on pg 4)*

**2020 Profit and Loss**

**Income:**

Donations	\$1950
New Membership Dues	\$319
Misc. Income	\$1

**Total Income:** \$2,270

**Expenses:**

Annual Meeting-printing/ mailing newsletter	\$984
Dues to FCA-California & FCA National	\$225
Website (domain & hosting)	\$195
Telephone	\$164
Post Office Box Rental	\$106
Service Fees (incl PayPal)	\$20

**Total Expenses:** \$1,694

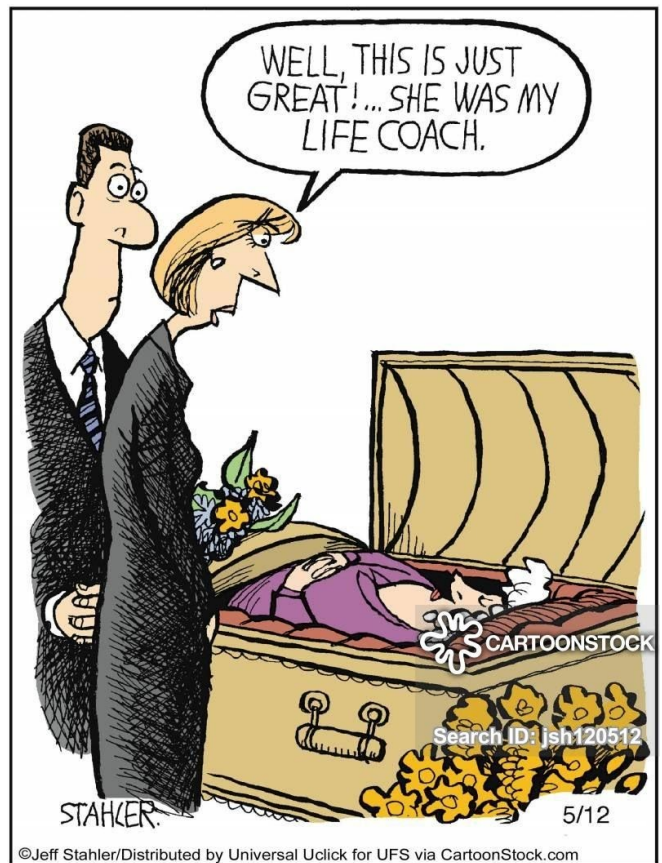
**Net:** \$575

**DONATIONS NEEDED**

FCAH is limping along on technology from 15 years ago. To bring us up to speed, we need to purchase a new computer and software to help us better manage FCAH. Please support your organization and earmark your donations specifically for a new laptop and financial software.

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

[FCAHUMBOLDT.ORG](http://FCAHUMBOLDT.ORG)



## President's Message Continued

(continued from pg 2)

to bring to Humboldt a life care option for people to help them live in a community with support and activities. This is a wonderful resource and I think it would be a great asset for Humboldt County. Currently there are not many options for elderly folks in our community.

You can sign up to attend our meeting on our website [fcahumboldt.org](http://fcahumboldt.org). Once you register you will be sent an email with the login information for the meeting. You can join via computer, tablet or by cell phone via video call. You can call-in via the telephone as well. Both options are included in the join meeting information you will be provided once you sign up on our website. **Sign ups are free.** We suggest a \$25 donation and/or membership fee to help us continue to bring you yearly presentations. All donations to FCAH are tax deductible. I hope you enjoy our presentation and gain some knowledge on how you can better pre-plan for your end of life choices for you or your loved ones. "See" you at the virtual annual meeting.

Katherine Ortiz, FCAH President



## **Board Members Needed**

***By Jan Rowen***

Please consider joining this important board. Help to spread the critical idea that the time to discuss death is not when a person has died, but when they can still have input as to what is important to them. Young people would be such an asset. Those comfortable with the computer and Zoom could help to spread the importance of end of life planning with their peers and family. Death does not just occur after a long life. Most importantly if one will plan for the end of life when young and write down your desires, they can be reviewed and updated regularly. We need young people on our board who will support and talk with their friends and family. Please embrace this concept and the idea.

### **A Life Care Options in Humboldt continued**

*(continued from pg 1)*

LCH will help those who love living in this beautiful area to stay close to friends and family, still live independently, but get support if needed. Life Plan Communities, also known as Continuing Care Retirement Communities, offer older adults independent private residences, shared dining and fun activities, health care management, assisted living and memory care all in one location. LCH residents will not have to move if they or their partners need increased care. Currently this option does not exist in Humboldt County. Local residents have moved to Medford, Santa Rosa or further to find Life Plan Communities, leaving behind family and friends and long ties to the community. When this happens, we lose their commitment to community organizations, their skills, historical knowledge and the financial resources they offer.

This rapidly developing, multi-million-dollar project will offer jobs in all phases of development, ultimately employing caregivers, medical staff, administration and operational staff. Best of all, residents can stay in this wonderful area close to the people they love. If you would like to learn more about this dynamic project and share your thoughts on the design of the campus, visit the LCH website at [www.lifecarehumboldt.org](http://www.lifecarehumboldt.org). There you can complete the design survey, join the mailing list and sign up for a ZOOM house party to learn more.”

FUNERAL CONSUMERS ALLIANCE OF HUMBOLDT  
P.O. Box 856 Arcata, CA 95518  
(707)822-8599 [fcahumboldt.org](http://fcahumboldt.org)

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## **Funeral Consumers Alliance of Humboldt Annual Meeting**

**Saturday, April 24th, 2021**

**1:30pm - 3:30pm**

**Virtually online via Zoom.**

**Free Signups on\*  
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Meeting link information will be sent via  
email once signed up.

*\*(\$25 suggested donation or  
join as a member.*

*All donations are tax deductible.)*

### ***A Life Care Option in Humboldt***

This year we have a speaker from Life Care Humboldt (LCH) talking to us about one of the options people have in Humboldt with End of Life planning. This is a great option for people to consider when finalizing their End of Life plans for themselves or family members.

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AN ALLIANCE FOR END OF LIFE PLANNING**

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