HAPPY HOLIDAYS FROM THE HEALY SENIOR CENTER STAFF AND BOARD!

HEALY IS LAUNCHING OUR ANNUAL FALL-WINTER FUNDRAISER – GOAL OF $17,000 BY NEW YEAR’S DAY: It’s time again for our annual fall-winter fundraiser! Our goal this year is to raise $17,000 between November 1st and New Year’s Day. We hope you will consider a gift to the Healy when planning your year-end tax-deductible donations.

If you are able to contribute to our goal, we’re grateful for donations of any amount. Interested donors can mail us a contribution to PO Box 1849, Redway, CA 95560 or visit www.healseniorcenter.org and click on the yellow “Donate” button to make a secure donation. We will keep everyone updated on our march to $17,000 via our Facebook page. Thank you for your support!

HEALY VOLUNTEERS CELEBRATED:

The Volunteer Appreciation Dinner in October was a wonderful success. It was a joy sharing a delicious meal with our dedicated volunteers.

Volunteer of the Year was awarded to Michael McKaskie for his strong commitment to our mission and the seniors we serve.

Low-cost blood draws are happening at the Healy Senior Center on Thursday, November 17th from 7:00am to 10:00am. Walk-ins are welcome! To sign up for a blood test or for any questions, please call Dee at (707) 499-1681. (The Healy is not providing this service, so please make sure to call Dee with any questions.)

Thank you to all our volunteers, champions, and funders that help the Healy Senior Center fulfill its mission. We look forward to continuing our work together to improve the health of Southern Humboldt’s seniors in 2023!
The Healy Senior Center’s Mission is to support independent, meaningful, dignified lives for older adults through good nutrition and community engagement in Southern Humboldt in a warm and welcoming community center. Our Vision is for a community of physically, mentally, and emotionally healthy older adults.

Board of Directors
Cynthany Windwalker, President
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Staff
Nick Vogel, Executive Director
Babette Bach, Kitchen Manager / Nutritionist
Eloise O’Brien, Kitchen Assistant
Josiah Phillips, Kitchen & Facilities Assistant

Meals on Wheels Volunteer Drivers
Steve Norton, June Willburn, Michael McKaslle, Tanya Horlick, Kym Hansen

Kitchen Volunteers
Soroptimist of the Redwoods, Fridom Snowbird

Cashier
Mike Zevin

Meet Eloise, Assistant Cook!

Next time you’re at the Healy, please pop your head into the kitchen to meet Eloise. She is our wonderful Assistant Cook and an enormous help to the senior center.

Eloise loves baking, gardening, and being a grandma to Viola, Joseph, Noah, Isaac, and Nicolas! Eloise has a fantastic sense of humor and we really enjoy her cheerful nature. She is passionate about serving seniors and has experience cooking for seniors in the Bay Area. We are lucky to have her!

HAPPY KWANZAA!

Merry Christmas Happy Hanukkah
Happy Holidays

This newsletter is mailed free to supporters and friends of the Center. If you wish to be added or removed from our list please notify the center by mail or phone (707) 923-2399. E-newsletters are available upon request, please email your information to healyseniorcenter@gmail.com.
The Healy Senior Center operates the only certified Meals on Wheels program in Southern Humboldt. The Healy Senior Center is a 501(c)(3) non-profit. Fed Tax ID # 94-2762224

SPECIAL THANKS TO
vocality
Community Credit Union
FOR SUPPORTING THE HEALY CENTER’S MEALS ON WHEELS PROGRAM
Staying Informed During an Emergency
Information from Assemblymember Jim Wood

We all need and want current information, whether for severe weather or a disaster. Questions that run through our heads: does it affect us? What should we do? Where do I get the most current information?

Here are some resources you can use. Hearing news directly from an official source is always better than what a community member says on social media, no matter how well-intentioned they may be. It's essential to sign up for text, email, and push alerts from your local county, utility, or statewide agency. If they use an app, locate it in the App Store or Google Play on your mobile device.

WILDFIRES
CAL FIRE (https://incidents.readyforwildfire.org/) offers an ability to sign up to receive current information on area fires. You can create a wildfire readiness plan on the CAL FIRE website. Watch Duty (https://www.watchduty.org/) is an app that can provide you with real-time information about fire movement and firefighting efforts in your area.

Air Now (https://www.airnow.gov/) can provide you with air quality information - type in your zip code and know how to keep yourself and your loved ones safe from unhealthy air quality.

ALERT Wildfire (https://www.alertwildfire.org/) provides fire cameras and tools to help firefighters and first responders. Look up its website’s many cameras throughout the North Bay and North Coast area.

Your county sheriff department generally oversees evacuation information. Counties have evacuation maps and zones; you should learn yours before an emergency happens.

EARTHQUAKES & TSUNAMIS
ShakeAlert (https://www.shakealert.org/) is an earthquake detection and alert system developed by the U.S. Geological Survey. It sends alerts when the first signs of a significant earthquake are detected. Smartphones in California running Google’s Android operating system have the built-in ability to receive ShakeAlert notifications. Apps for Apple and Android smartphones that will display ShakeAlert messages in California include MyShake (https://myshake.berkeley.edu/) from UC Berkeley and QuakeAlert USA (https://earlywaringlabs.com/mobile-app/) from Early Warning Labs.

POWER OUTAGES
To sign up for notifications about planned power outages, scheduled repairs, or other issues in your area, visit PG&E’s alerts page (https://www.pge.com/en_US/residential/your-account/account-management/manage-your-account/alerts-and-notifications.page).

GENERAL EMERGENCIES
Nixle (https://www.nixle.com/) allows public safety agencies to communicate with you about local emergencies. It's a free service that allows you only to receive alerts for your area. Text your ZIP CODE to 888777 to opt in.

No matter the emergency or disaster, if you suffered a loss, immediately reach out to your homeowners or renters insurance company for more information on your coverage.
CalFresh Can Help Stretch Your Holiday Dollars!

Did you know that you can apply for CalFresh at the Healy? Please come by and chat with us about how CalFresh can help you. You can even spend your CalFresh cash at the local farmers markets! It’s a wonderful program and we’re happy to help you sign up for it.