

Hello, this is Tom Cookman with a Community Comment

The Humboldt Senior Resource Center is a shining star in Humboldt County. The list of programs and benefits they offer is extensive. Taking care of an elderly family member can be very stressful for everyone involved. My wife and I have been involved in taking care of elderly loved ones, and I wish I would've known what the Humboldt Resource Center had to offer.

Here is their mission statement: "Seniors and their caregivers in Humboldt County will have a high quality life with dignity, health and self determination in a community of respect and tolerance". Their vision statement is "The Humboldt Senior Resource Center is committed to providing services, information, education and recreation for seniors, families and caregivers in Humboldt County. HSRC evolves in response to a growing senior population with expanding and changing needs. We envision a caring and healthy community which encourages intergenerational relationships, recognizes the wisdom and experiences of its elders, and demonstrates awareness and respect for the aging process". Nutrition is an area that gets neglected in many of our senior citizens. Prepackaged meals and junk food become the primary source of the senior's nutrition, or lack thereof. Let's face it: as we age, it becomes harder and harder to prepare a meal. Cleaning up after cooking is strenuous, so these empty calorie meals are the main source of their food. These types of meals are often full of high fat and sugar. This is really bad for anyone, especially the elderly. The Humboldt Senior Resource Center's Senior Nutrition Department is phenomenal. They provide nutritious lunches that can be eaten with friends at their locations, or if someone is house bound, the meals can be delivered to their home. A wholesome meal once a day can be

essential to leading a healthier lifestyle. I wish I would've had lunches delivered to my mom towards the end of her life. I think many of her health issues were directly related to her poor diet. Diabetes is an epidemic, and it is often directly related to what we eat. HRSC can be a great asset in educating us on what the elderly should and shouldn't be eating. Many of their programs are centered around keeping the individual in their own home as long as physically possible. Nobody wants to be forced to live in a care home. My mom was adamant about wanting to stay in her own house with her cats. Being able to stay in your own home extends life. It seems like it's all downhill once you are taken away from your home. The Senior Center has a program called Redwood Coast PACE. PACE is a Program of All-inclusive Care for the Elderly. They have vans that come and pick you up, take you to the center for meals and activities, or they will take you to appointments. At the end of the day they take you back home. This is awesome, as it gives family members a much needed break and gives the senior a nice outing. Many of their programs are covered by insurance, or they may be at no charge based on your income. The Senior Resource Center will help you with income taxes, finding a home repair contractor, firewood, paperwork and most issues that affect our seniors. Please visit their website and look over everything they have to offer. Please consider donating either money or your time to the Humboldt Senior Resource Center. Spending some time with a senior citizen will not only bring joy to the senior's day, it will also enrich your life more than you could ever imagine.

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