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MEMBER
NEWSLETTER

Issue
02



In this issue:

- Learn more about Summit Support Services
- What's up at HCAR?
- Get the scoop on our NEWEST SERVICE!
- And MORE!

www.hcarcenter.org

Laurel enjoys an independent lifestyle thanks to Summit Support Services

AUTUMN
2024

Dear HCAR Community,

Summer 2024 has been so much fun! We continue to be busy. The Bay Center and Studio got together at the end of July and enjoyed a BBQ. The day was sunny and perfect for hamburgers and hot dogs on the grill. The following week, on August 1 and 2nd, Bay Center hosted a rummage sale. There were many items for sale such as gently used clothing and art supplies. The participants were pleased to make money from their sale that they plan to use for various activities such as going to the Humboldt County Fair. The artists who attend The Studio submitted their art pieces to be judged. The artwork is incredible.

This past spring, Bill Spenceley retired after 34 years of dedication to HCAR. Bill shaped Summit Support Services. He ensured clients received services that best maximized their independence and inclusion in the community. A retirement celebration was held this past April. Clients, families, staff and community members shared many fond memories of Bill's years at HCAR. We miss Bill but know he is having a fun time in retirement. While we have not yet hired a director to assume the Director role, we are lucky to have Program Coordinator, Jemica Arceneaux, on board to manage the day to day schedules for clients and staff.

I am pleased to announce HCAR is launching a new counseling service. By expanding into clinical services, we aim to fulfill identified, unmet emotional support needs of individuals with intellectual and/or developmental disabilities and their families. We are also committed to providing this new service to the general community. The launch of our new counseling services is supported by Humboldt Area Foundation and Humboldt Health Foundation. They have generously awarded the agency \$27,000 to get this service off the ground. We proudly introduce Ms. Pennie Lee who is licensed as an Associate Marriage and Family Therapist and Associate Professional Clinical Counselor through the California Board of Behavioral Sciences. She brings a varied skill set of specializations in dialectical behavioral therapy, person-centered therapy, and trauma-focused work that aides in strengthening the life-long developmental process that individuals and families experience. A stronger, healthier community benefits us all!

Please join us on welcoming Ms. Lee and our new mental health counseling services.

All my best,
Kim Nash
Executive Director

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HCAR Member Newsletter
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Mike proudly shares a boat he made at home
on his workbench from materials he
salvaged. His hobby is a big part of his life at
home, which he enjoys thanks to Summit
Support Services.

SPOTLIGHT:
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WHAT DOES IT MEAN TO BE AN HCAR MEMBER?

There are many benefits of being a member, but the ultimate gain is knowing that your donation goes to the people served and bolstering the services they receive. In signing up to be an HCAR member, you have become a critical supporter of the oldest service provider for community members with disabilities in Humboldt County.

While most of our program costs are covered by subsidies by the state of California through the Redwood Coast Regional Center, as a non-profit we also rely on donations as a resource to help with the costs that are not subsidized by regional center funding. That's where your generous contribution comes in. As a member of HCAR you help us, we thank you!



At HCAR our community matters and we are honored to be able to invite you, our members, to our annual meetings. There we ratify new board members and go over all the wins and what we hope to improve in the coming year. Transparency is important to us and we hope you take the opportunity to join us at these meetings.



Thank You

As a member we value you and your contribution. As a way of showing our appreciation we honor our members with an annual membership event. At this event we aim to give you a fun time to thank you for your continued support. Our event usually is held in October but has been postponed until the spring and you should expect information in the mail after the holidays.

To find out more about how to support HCAR visit www.HCARcenter.org or call (707) 443-7077




SUMMIT SUPPORT

HCAR's Support Services assists consumers in reaching and maintaining their individual potential in all areas of their lives, their homes and in their communities.


Supported Living Services (SLS) and OnGoing Support Services (OGS) enable community living options such as:

- Assistance with moving to and maintaining your own home or other individualized supported living arrangements.
- Household management and organization
- Creating and maintaining appointments and personal schedules
- Administering and keeping track of medications
- Budgeting and shopping
- Meal planning
- Social development and emotional support



ABOVE: Bob, a natural storyteller, lives in his own home, surrounded by the items and memories that mean the most to him.

RIGHT: Laurel and her support worker, Eleanor, spend some of their time together bonding over their shared love of art.



OGS provides support services to people with developmental disabilities who are transitioning from living with family or who are not yet living in a home of their own. This specialized service provides individualized assistance with the introduction and mastery of every day life skills such as: handling mail, handling finances, securing appropriate housing, managing medical treatment and medication, household maintenance and taking care of nutritional needs.

SERVICES

SLS is designed to support the individual's unique needs and desires to attain the high quality of life each person deserves. Through an in-depth assessment, individual service plans are developed that support achievement and sustained maintenance of more community-based and self-determined lives.



The support plans vary widely depending on the abilities and inclinations of the individual, but always include encouragement to create new goals and individualized training to reach those goals. Areas commonly focused upon include community housing, emotional and social skills development, nutrition and health awareness, tracking and keeping medical appointments and accessing a variety of community resources.



SLS and OGS help individuals served receive the support, assistance, encouragement, and skills needed to lead more autonomous lives. Some supports may be provided in many areas including: nutrition planning and grocery shopping, household management, laundry assistance, creating and maintaining schedules, making and tracking medical and dental appointments, counseling appointments and medication monitoring.

ABOVE: *Because Mike has a place of his own he has the space and freedom to tinker, which he says makes him "happy" and "feel busy".*

To learn more about Summit Support Services visit hccarcenter.org

WHAT IS NEW AT HCAR?

Program News

- In July Bay Center and Canvas + Clay got together for a BBQ!
- Bay Center had a rummage sale to help fund outings and fun activities
- Several Canvas + Clay artists entered prize winning artwork into the Humboldt County Fair
- Bill Spencely retired after 34 years at HCAR. Bill was the director of Summit Support Services and formerly the director of Respite Services. Congratulations and good luck Bill!

Grant Awards

- \$25,000 from the Mental Health Support Fund of Humboldt Area Foundation + Wild Rivers Community Foundation
- \$2,000 from Humboldt Health Foundation
- \$4,000 from The Ink People for the Organizational & Capacity Grant.
- \$3,000 from Centro Del Pueblo Grant



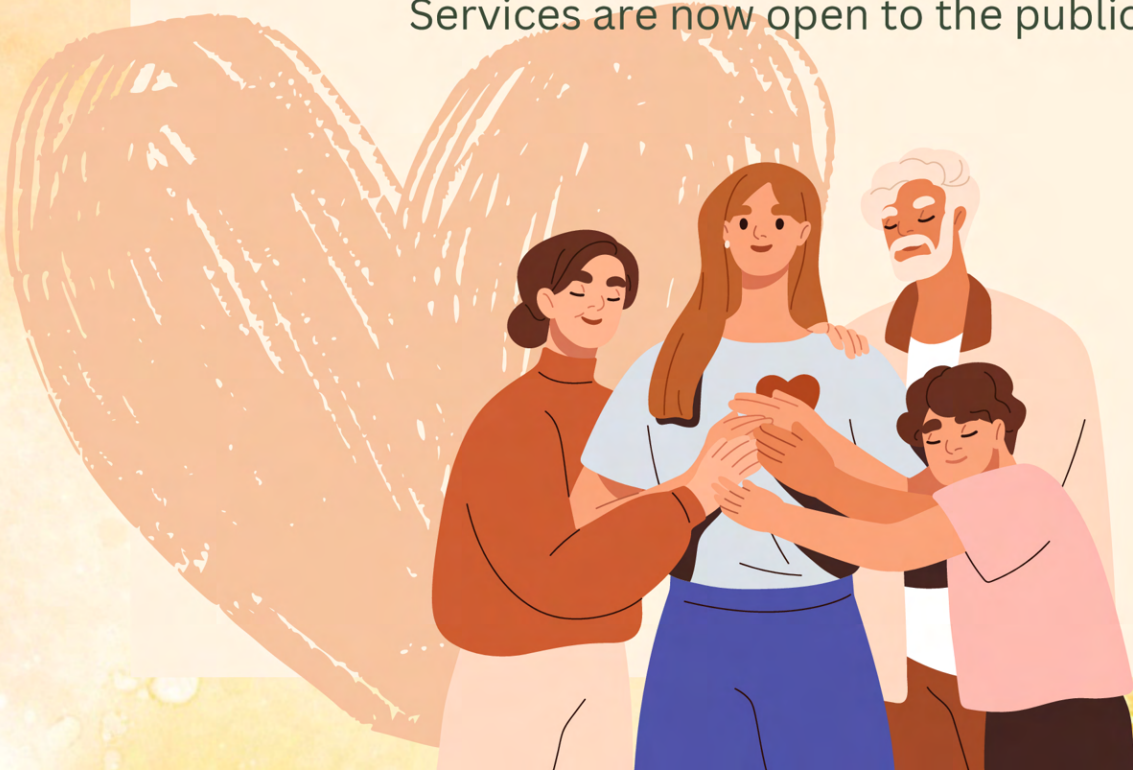
WE HAVE NEW SERVICES!

As of fall 2024 HCAR is proud to announce a new service!

Thanks to a \$25,000 grant from Humboldt Area Foundation Mental Health Support Fund and Wild Rivers Community Foundation, we are now able to offer therapy and mental health clinical services to the community! The public and the individuals we serve now have the opportunity to obtain to important mental health care that everyone should have access to.

We also received an additional \$2000 grant from Humboldt Health Foundation to help with start up costs for a HIPAA -compliant electronic health records system. If you would like to know how you can help with donations or to find out more about this amazing new service please contact Pennie Lee at (707) 296-0646 or by email at clinicalservices@hcarcenter.org

Services are now open to the public.



MEET Jemica Arceneaux

Hello, my name is Jemica Arceneaux, and I'm the Program Coordinator for Summit Support Services at HCAR where I've been employed for 9 years. I'm a proud mother of two wonderful grown children, and I've been a happily married wife for over 21 years. I've lived in the Eureka area for 15 years now and I love the area so much because it is incredibly beautiful.



Jemica is the Program Coordinator for Summit Support Services.

After I received my Medical Assistant Degree and Certification I was told about the position by a friend who also works for HCAR, and it has been a very rewarding and eye-opening experience.

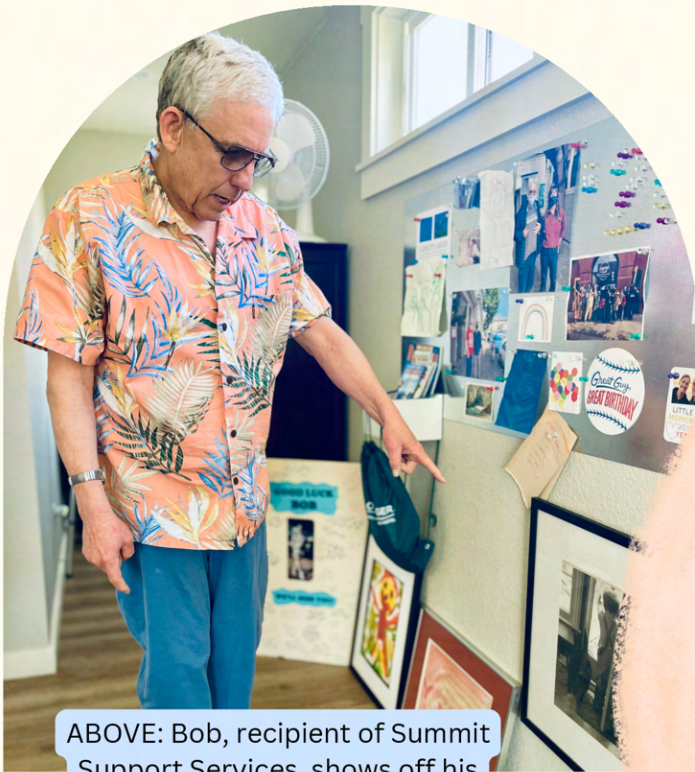
My hope for the program is to continue working out the kinks and helping the program run as smoothly and effortlessly as possible. I'm really enjoying the process of learning all of the different skills and software needed for this position, and I hope to master everything throughout time.

I'm really proud of the great team of people that we have working in Support Services. Our support workers understand their clients well, and listen to what they want, to ensure that their needs are being met. The clients that we serve would have a much lower quality of life without the amazing care and support that our agency provides. It is incredibly rewarding to live up to the founding goals of the organization, which was started by a group of mothers who wanted better care of their disabled children.

SPOTLIGHT WHAT ARE DSP CLASSES?



The Department of Developmental Services (DDS) offered a training stipend for Direct Service Professionals (DSPs). Under this program, HCAR employees aka DSPs got paid a stipend of up to \$1,250 (before taxes) for completing two hours of approved online training. Many employees took these trainings and got their stipend funds. Code of Ethics was the first training and then Informed Decision-making.



ABOVE: Bob, recipient of Summit Support Services, shows off his collection of artwork and photographs displayed in his home, each with its own story.

Thank you again for your support! We look forward to celebrating you in the spring. Keep an eye out for more information about our Member Appreciation Event coming in the mail after the holidays!

OUR THERAPY AND CLINICAL SERVICES ARE OPEN TO THE PUBLIC!

Pennie Lee

Registered Associate Marriage and
Family Therapist
Registered Associate Professional
Clinical Counselor
Supervised by a licensed therapist



If you or someone you know is
interested in receiving therapy
services from HCAR please call
(707) 296-0646 or email
clinicalservices@hcarcenter.org
for more information!