

HCAR

Member Newsletter



Issue
05

"Train" by Eric Lee

In this issue:

- How does HCAR keep it's staff and clients safe?
- HCAR creates a brand new Food Pantry!
- Studio's New Location
- And MORE!

Spring
2026

Letter from the Executive Director

Dear HCAR Community,

We have leaped into spring and appreciate the longer days. On that note, we have started several garden projects at the Administration Building and Bay Center. By growing food, HCAR strives to reduce food insecurity. The Food and Hygiene Bank has been invaluable to many in Humboldt County's disability service system.

It is with a sad heart, I wish to inform you that Bill Spenceley, a long-term Director who retired from HCAR, is facing a significant uphill health battle. This past January 2026, Bill was hiking in the woods behind his home when he was brutally attacked. Bill suffered significant injuries to his head, brain and body. Remarkably, he is recovering slowly at a location out of the area. Bill's family has started a Go Fund Me account to help the financial costs he faces. Within this newsletter, we share Bill's Go Fund Me account information. If you are able to contribute, he and his family would be appreciative. We ask you to please keep Bill, his family and his recovery in your thoughts.

Wishing each of you a happy, healthy and safe spring and summer!

Respectfully,
Kim Nash, Executive Director



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HCAR's New Food Pantry Program

*As government subsidies become insecure, HCAR
creates solutions.*

During the government shutdown last November, many SNAP recipients didn't know if or when they would receive their monthly food stamps. On average about 10% of all SNAP recipients are non-elderly individuals living with a disability. Many of our own clientele rely on SNAP and other various government subsidies to live and eat. In response, HCAR started it's own Food Pantry for both HCAR and RCRC clients. Any client of these agencies are able to apply and receive a free grocery bag bimonthly. These grocery bags can include hygiene products like soap and shampoos as well. Dog and cat food are also available by the generously donations of Humboldt Spay and Neuter Clinic. Donations are and will continue to be accepted at HCAR Admin in Eureka.

Director of
Operations Nate
Hemken stands in
front of the Food
Pantry stock | Photo
by Matthew Taylor





HELP US FEED OUR COMMUNITY

TOGETHER, WE CAN SUPPORT THOSE WITH DEVELOPMENTAL DISABILITIES

HOW YOU CAN HELP:

- Donate money online through our website
- Drop off non-perishable food items at office location
- Spread the word!



ARE YOU OR A LOVED ONE AN RCRC OR HCAR RECIPIENT?

The Redwood Coast Regional Center (RCRC) and HCAR supports those with intellectual and developmental disabilities. Many disabled folks and their families rely on government subsidies to survive and thrive. If you or someone you know are part of these organizations, please fill out the form below!

HOW TO GET A GROCERY BAG:

- Be an RCRC or HCAR recipient
- Scan the QR code and fill out the Google form.
- Physical copies will also be available at drop off location.
- For more information call us through our main line (707) 443-7077.



SPONSORS:



DONATE ONLINE:

hcarcenter.org/donate

DROP OFF LOCATION:

1707 E Street, Suite 2
Eureka, CA 95501
Mon-Fri 9:30am-4pm

Meet the Safety Site Committee

Learn about the team that keep HCAR staff and clients safe and prepared.

Fire, Earthquake, Medical Emergencies. These are only a handful of the frequently held drills and trainings that HCAR is expected to hold throughout all our locations. In order to track all these requirements, a group of assigned employees are responsible for creating and reporting when each drill is executed and how well that drill ran. Under the guidance and leadership of the HR Director, this group is called the Safety Site Committee.

There are currently five core members. HR Director Leif Kamrud, Director of Operations Nate Hemken, Administration's Office Manager Matthew Taylor, Studio Program Manager Peter Castellano, and Bay Center Coordinator Jennifer Thomas. The committee convenes every three months to discuss progress, safety projects and issues. Safety projects have included distributing personal emergency bags to individual clients, installing accessibility ramps, and acquiring wheelchairs and mobility aids for clients to use in case of immediate evacuation scenarios.



Nate, Leif, Matthew and Crickette sat for a meeting | Photo taken by Bev Fiala

Fire Drills are the most frequent drills held every month and involve both staff and clients. Tsunami drills are particularly important for our Studio location as it rests in Old Town of Eureka. Medical emergency drills are unique as the assigned staff decides every few months what scenario to practice with staff, ranging from CPR, seizure protocol, etc. Aside from our emergency drills, the assigned staff members are expected to inspect their location's exterior and interior building for any safety concerns both monthly, casually, and quarterly in a more rigorous fashion.

We at the Safety Site Committee give a huge thank you to Terry Patterson of Patterson-Conners Insurance who has continually financial supported our safety efforts. For our readers who do not know, the Cheri Blackerby Gallery was named after his late sister-in-law. We appreciate your continued support for HCAR and our clients to this day, Terry.



Margaret holds stop sign during a routine fire drill | Photo provided by Michelle Holston

CPI Training for Supported Living Staff

*Article written by Director of Operations Nate Hemken,
additions by Matthew Taylor*

CPI Trainings are programs created by the Crisis Prevention Institute that help equip our staff with the tools and skills necessary to build a culture of safety within our organization. The training is designed to help professionals in any setting provide care, welfare, safety, and security for individuals presenting a range of crisis behaviors.

I chose this training program due to its person-centered and trauma-informed responses to recognize, prevent, and manage crisis behaviors.

I find it to be a valuable training for all types of interactions with other people in our lives, both personal and professional.

Supported Living
Staff Melissa and
Dayna pose next
to Nate with their
training packets |
Photo taken by
Matthew Taylor



Canvas and Clay Gets Moving!

Article written by Studio Program Manager, Peter Castellano

Hello from Canvas+Clay Studio! Artists here have been busy as usual with all sorts of creative work. The studios have been alive with sculpture, painting, video, drawing, fiber arts, bead work, and more. We have been lucky to have two new artists join the program

The Cheri Blackerby Portfolio Gallery has reopened. Located at our new space on 272 C Street in Old Town Eureka. We are proud to have had our reopening for December Arts! Alive and will be open for all Arts! Alive events going forward. Please come out and see all the great art.

We also had two shows at local galleries this winter. Tanya Costa showcased her paintings and drawings at the Humboldt Association of Realtors' Gallery in January and February. Allen Martin showcased his Ceramic birdhouses and sculptures as the featured guest artist at the Old Town Art Gallery during February and March.



"I'm Watching You" by Birdman



“Wrenches” by Mike Howard



“Balance” by Tawnya Costa

In addition to all of this wonderful news, one of our filmmakers, Zachary Matlock, has a new upload on our YouTube channel Canvas and Clay Video Workshop. His video is titled “Jellicle Zach” and features his cat illustrations and some good physical acting! He has also been very busy making cat costumes as he continues his dedicated work.

We also had an En Plein Air workshop with an outside group of artists with Brave Arts, a DreamMaker project of the Ink People. These collaborations with other artists and art groups provide community engagement and peer-to-peer relationship building opportunities. We are planning a trip to the Sequoia Park Zoo to do more En Plein Air art this spring. We hope to coordinate this trip with Bay Center clients. Be on the lookout for some new works featuring the animals and landscapes from these trips as well as all sorts of other art that is in the works!

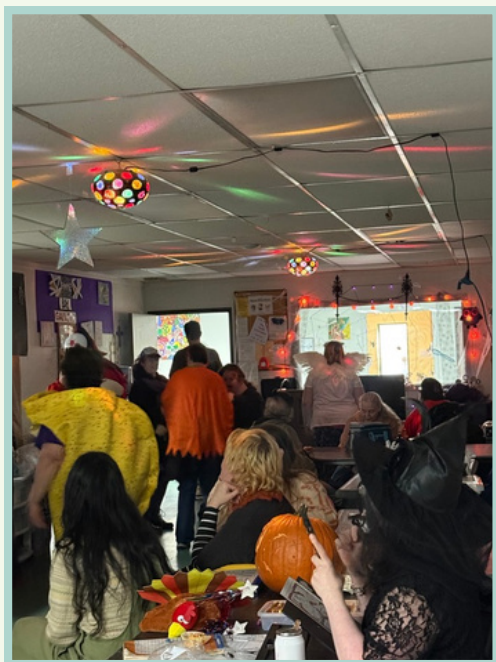


The Bay Center Boogies Down

Engaging our clients throughout the holidays

Recapping last year, the Bay Center hosted a Halloween Carnival and Dance in which clients were encouraged to dress up and boogie down. HCAR Administration held it's annual Holiday Potluck for the winter season in December. Clients from the Bay Center in particular came and joined us to eat and make gingerbread houses. A huge thank you to CCS Employment Specialist Emma Miller for providing all the gingerbread supplies.

Clients have also learned important health skills during a weekly nutrition class held these past few months. In which clients got to create their own "grinch spaghetti" for Christmas. Holiday crafts as always were a staple of the seasons and well loved by participants.



Bay Center celebrates Halloween | Photo provided by Michelle Holston

Bay Center client (left) creates gingerbread house | Photo by Matthew Taylor



Breanna (left) and Adina (right) participate in crafts | Photo provided by Michelle Holston

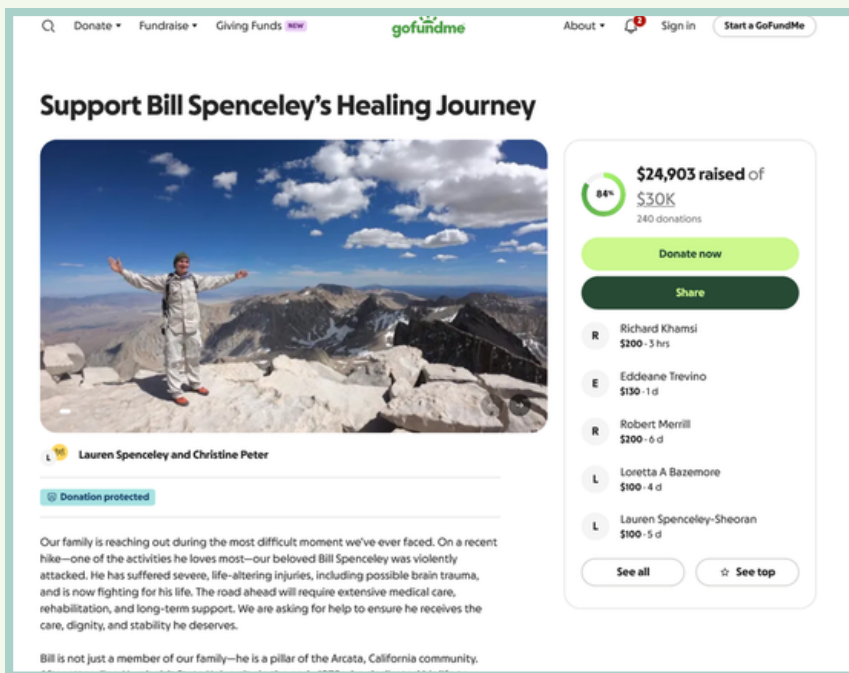


Help Support Bill Spenceley's Recovery

Retired long-time HCAR Director suffers traumatic brain injury from violent attack.

You may have heard from local news last month about an man being attacked unprovoked while hiking the Arcata Community Forest Trails in the early morning. We are saddened to inform you that this man was our recently retired Director of Summit Support and 34 years long HCAR member, Bill Spenceley. We were horrified to hear the news and our thoughts are with his family. Many of our staff has worked closely with him for years and considered him a friend and a lifelong advocate for the disabled community here in Humboldt.

Family members have created a GoFundMe to help cover expenses and future costs for long-term rehabilitation care. If you have any funds to spare, we ask you to join us in donating what you can to help support him and his family during this difficult time.



The screenshot shows the GoFundMe page for "Support Bill Spenceley's Healing Journey". The page features a header with navigation links (Donate, Fundraise, Giving Funds, About, Sign in, Start a GoFundMe) and a search bar. The main content area includes a title, a photo of Bill Spenceley and Christine Peter on a mountain peak, and a description of the situation. A progress bar indicates that \$24,903 has been raised of a \$30K goal, with 240 donations. A list of donors is shown on the right, including Richard Khamsi (\$200), Eddeane Trevino (\$130), Robert Merrill (\$200), Loretta A Bazemore (\$100), and Lauren Spenceley-Sheoran (\$100). Buttons for "Donate now", "Share", "See all", and "See top" are visible.

Support Bill Spenceley's Healing Journey

\$24,903 raised of \$30K
240 donations

Donate now
Share

- R** Richard Khamsi \$200 · 3 hrs
- E** Eddeane Trevino \$130 · 1 d
- R** Robert Merrill \$200 · 6 d
- L** Loretta A Bazemore \$100 · 4 d
- L** Lauren Spenceley-Sheoran \$100 · 5 d

See all **See top**

Lauren Spenceley and Christine Peter

Donation protected

Our family is reaching out during the most difficult moment we've ever faced. On a recent hike—one of the activities he loves most—our beloved Bill Spenceley was violently attacked. He has suffered severe, life-altering injuries, including possible brain trauma, and is now fighting for his life. The road ahead will require extensive medical care, rehabilitation, and long-term support. We are asking for help to ensure he receives the care, dignity, and stability he deserves.

Bill is not just a member of our family—he is a pillar of the Arcata, California community.

Screenshot of GoFundMe page

GoFundMe QR Code



Spotlight: SIRS and SOC 341s

Learn about the forms that help keep clients safe and HCAR accountable.

As a nonprofit that works with vulnerable populations, we are held to a high standard of care and service. This includes all staff being legally mandated reporters. As mandated reporters, we must report and track any and all possible injuries or abuses that befall our clientele, even those that are suspected or alleged.



Two forms in particular help us to achieve this. The Special Incident Report (SIR) and the Report of Suspected Dependent Adult/Elder Abuse or SOC 341 for short. SIRs are filled out when a client experiences an injury, if an HCAR staff observes signs of abuse on the client, or if the client tells staff that they are being abused or injured. SIRS are submitted to the Redwood Coast Regional Center where it is reviewed, filed, and followed up on. SOC 341, on the other hand, is a specific government document that must be filled out within 48 hours and do not include accidental injuries. Depending on the location of the recorded incident, SOC 341s must be submitted to the LTC Ombudsman or Adult Protective Services (APS), and local law enforcement. Submitting a SOC 341s is completely confidential. Local government agencies are expected to follow up within 24 hours to 3 days depending on severity and urgency. SOC 341s can also be filed out by non-mandated reporters as well, such as you!

