



## Visiting/Serving Seniors ~ Volunteer Opportunities

- 1. Visiting Care Homes, Skilled Nursing & Assisted Living Facilities:** Volunteers may visit with residents and do activities such as reading mail, art projects, bingo & other games, share stories, etc.
  - ☞ **Skilled Healthcare-Granada** (2885 Harris, Eka) Shirley Emmons 443-1627
  - ☞ **Skilled Healthcare-Pacific** (2211 Harrison, Eka) Ruth Bell 443-9767
  - ☞ **Skilled Healthcare-Sunset** (2353 23<sup>rd</sup>, Eka) Patty Reis 445-3261 -- needs Art Assistants/buddies Tuesdays and Thursdays 9:30-11am.
  - ☞ **Skilled Healthcare-Sea View** (6400 Purdue, Eka) Vangela Chadwell 443-5668
  - ☞ **Skilled Healthcare-St Luke's** (2321 Newburg Rd, Fortuna) Ginger Willis 725-4467
  - ☞ **Alder Bay Retirement Community** (1355 Myrtle Ave, Eka) Vanessa Perry or Darla Caudell 444-8000
  - ☞ **Timber Ridge Eureka** (2740 Timber Ridge Ln) Margie Kelley 443-3000
  - ☞ **Silvercrest Residence (2141 Tydd St, Eka)** Sharon Allen 445-3141
- 2. Volunteer Driver Program:** help transport Fortuna area seniors to medical appointments. Jennifer Gutkosky 442-3711.
- 3. Adult Day Health Care Mad River, Arcata:** Visit and do activities such as reading mail, art projects, bingo, share stories, etc. Virginia Moyer 822-4866
- 4. McKinleyville Senior Center:** help at reception, prep and serve lunches, help with fundraisers, bingo, activities, etc. Belva Hangar 839-0191
- 5. Humboldt Senior Resource Center (HSRC) Activities:** Volunteers lead classes (language, fitness, computing classes, etc.), greet visitors, give presentations and seminars, and deliver Animeals. For more information, contact Judy Bergenske or Activities Coordinator, Michael Blackwell 443-9747.
- 6. HSRC SAK (Seniors and Kids Summer lunch program):** Each summer, youth and senior volunteers team up to make lunches at HSRC for Humboldt Country children. Contact Judy Bergenske at 443-9747x1256.
- 7. HSRC Lunch sites and the Home Delivered Meal Program:** Volunteers can help out at the daily senior lunch site and get to know seniors who attend.
  - ☞ Eureka – Jenn Hensler 442-1181
  - ☞ Arcata – Christine Tomascheski 825-2027
  - ☞ Fortuna – Lynda Cesaretti 725-6245 -- Lynda is also the person to contact for Fortuna's **Home Delivered Meals** (Driver & Kitchen Assistant) volunteers.
- 8. HSRC Ombudsman (18 years + only):** Visit, report and advocate for healthy and efficient services in care homes; training & longer commitment required. Pamela Brown 443-9747.
- 9. HSRC Eureka Adult Day Health and Alzheimer's Day Care and Resource Center, Eureka:** Serve as a Best Friend® to a day care participant, resource library host, warmline volunteer, office helper, Early Diagnosis Program facilitator or teacher, support group facilitator, medical advocate, or in other ways that help people with dementia and their families. Call Rachael Riggs, 444-8254 ext. 3220.
- 10. Fortuna Adult Day Health Program:** Help program participants at meal times, with activities, craft projects, gardening, etc. Call Harriet Stevens 725-6927.
- 11. Food for People Brown Bag Delivery (18 yrs + only, or with parent/guardian as driver):** Training, longer commitment, opportunity to get to know & offer additional assistance to the homebound elders on your delivery route who receive groceries. 445-3166.
- 12. HSU Golden Years:** This is an HSU student club based out of the YES House on campus which matches university students with elders in the community needing companions or assistance. While primarily HSU student-based, it might be possible for a non-student to help out. Lorena Boswell 826-4965.