

***Do you or a loved one live alone?
Would you like someone to check on you or
your loved one on a regular basis?***

If so, you may be interested in

Are You OK?®

“*Are You OK?*” is a telephone reassurance service provided by the Humboldt Senior Resource Center in partnership with City Ambulance, Arcata Fire District, and Humboldt Bay Fire for residents in the greater Arcata, Eureka, and McKinleyville areas.

Here’s how it works:

- Each morning, at a pre-arranged time, the *Are You OK?* system automatically calls subscribers.
- If no response is received or noted by the *Are You OK?* computer after three calls, an alert is created and an HSRC or City Ambulance staff member will call the subscriber’s emergency contact. Then, if needed, local fire district personnel will be notified to initiate a welfare check.

To enroll in HSRC’s *Are You OK?* service, subscribers must:

- Live within the Arcata or Humboldt Bay fire districts,
- Be able to answer the telephone, and
- Provide a house key to be kept in a secure locked key box that’s accessible only by local fire district personnel.

There is a minimal one-time registration fee of \$12. The lock box is loaned to subscribers free of charge.

To enroll, or for more information, call the Humboldt Senior Resource Center Activities Department at 443-9747 ext. 1240, or visit www.humsenior.org.

