



May Newsletter 2024

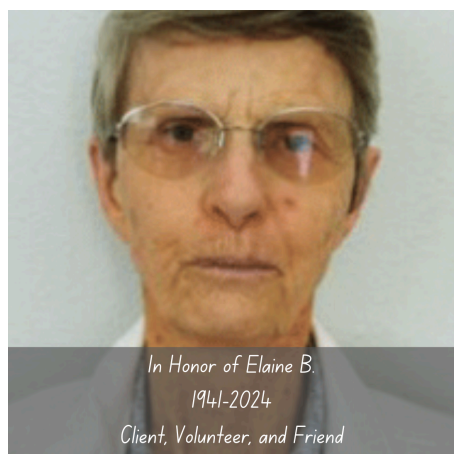


As we step into the month of May, we also enter a time of celebration and appreciation for our older Americans. May is Older Americans Month, a time dedicated to recognizing the countless contributions, wisdom, and experiences of our elder community members. At Community Partners in Caring, we embrace this opportunity to honor and celebrate the vibrant lives of our older adults.

In this edition of our newsletter, we are excited to share with you the various ways in which we commemorate Older Americans Month at Community Partners in Caring. From highlighting the remarkable stories of our seniors to showcasing the programs and initiatives aimed at supporting their well-being, we invite you to join us in honoring the rich tapestry of wisdom and resilience that our older Americans bring to our communities.

Let's come together to celebrate Older Americans Month and express our gratitude for the invaluable role that our seniors play in shaping the fabric of our society.

SIGN UP TO VOLUNTEER: <https://partnersincaring.org/volunteer/>



In honor of Older Americans Month this May, we pay tribute to individuals like Elaine B., whose unwavering spirit of volunteerism left an incredible mark on our organization. Despite facing physical challenges, Elaine dedicated over a decade to serving others, contributing over 1,100 hours of service and completing 1,292 trips.

In 2023, Elaine transitioned from volunteer to client. Her legacy of kindness continues to inspire us deeply.

At Community Partners in Caring, volunteers like Elaine are the heart of our mission. Many of our volunteers are active seniors, staying connected to their community through service.

As we celebrate Older Americans Month, let's honor the profound impact of individuals like Elaine, whose generosity and selflessness enrich the lives of those around them.

Hilda's Corner-As Summer Approaches, Volunteer and Lend a Hand to a Neighbor

As summer approaches, I urge you to use your spare time to make a difference by volunteering with CPC. Many of our neighbors, especially seniors and adults with disabilities, face isolation and struggle with daily tasks. By offering your time, you can help them get to medical appointments, pick up prescriptions, go grocery shopping, or simply provide some much-needed human connection. Your small acts of kindness can significantly improve their quality of life and foster a stronger, more connected community. Join us in making this summer one of compassion and support.

Mental Health Awareness Month

As we recognize Mental Health Awareness Month this May, it's crucial to highlight the importance of understanding and supporting the mental well-being of isolated seniors and adults with disabilities. Especially in times of limited mobility, individuals in these communities may face heightened feelings of loneliness and anxiety. By raising awareness and fostering open dialogue about mental health, we can create a supportive environment where individuals feel empowered to seek help and access resources. Let's come together to ensure that no one feels alone in their struggles and that mental health support is readily available for all who need it.

Volunteer Appreciation:

Here are just a few of the outstanding volunteers who contribute to Community Partners in Caring, making a real difference for seniors and adults with disabilities in Santa Barbara County. They consistently go above and beyond, and it's thanks to their dedication that our agency can continue its vital work! You all mean so much to our agency and the seniors that make up our agency. We are so appreciative for all that you do!

Mental Health Resources:

https://centralcoastseniors.myresourcedirectory.com/index.php?option=com_cpx&common_id=2510&task=search.query&code=RP-1500%2C+RP-1400%2C+RP-6400%2C+YD-3300%2C+RX&name=Mental-Health-icon-mental

Happy Birthday to our amazing May-Born Volunteers!

Happy Birthday Darlene W. from Orcutt!

Happy Birthday Joseph B. from Lompoc!

Thank you to these remarkable volunteers who joined us in May of previous years! Your unwavering dedication to CPC clients truly shines, and we deeply appreciate all that you do.

Happy 3 Year Anniversary to Bobby R! You have completed over 450 requests within your time at CPC. We are so grateful for your support.

Happy 1 Year Anniversary to Dana B! Since joining our agency a year ago, you have helped countless seniors and adults with disabilities access transportation and human connection!



CAREGIVER SUPPORT GROUP

Build a support system with people who understand.

Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for family caregivers of people with dementia to:

- » Develop a support system with other caregivers.
- » Exchange practical information on solutions to common challenges.
- » Talk through issues and find ways of coping.
- » Share feelings, needs and concerns.
- » Learn about community resources that can help.

**4TH
TUESDAYS
3:00 - 4:00PM**

Facilitated by Don B.

Wisdom Center
2255 S Depot Street
Santa Maria, CA 93455

**ALZHEIMER'S
ASSOCIATION**
CALIFORNIA CENTRAL COAST CHAPTER
ALZ.ORG/CACENTRALCOAST

Community Events

Can't find the time to volunteer? Help our organization by sending us a donation. This enables us to provide additional services to seniors as well as find more volunteers to keep our organization running.

<https://partnersincaring.org/donate/>

<https://partnersincaring.org/our-services/> View Community Resources

<https://partnersincaring.org/community-resources/>