



*August Newsletter
Happy National Senior Citizens Day*

National Senior Citizens Day is a special occasion dedicated to recognizing the invaluable contributions of older adults to our communities. At Community Partners in Caring, we honor seniors every day by empowering them to remain independent and age in place with dignity. Our mission is driven by a passionate volunteer network that helps seniors access essential services, including transportation, groceries, medical appointments, and, perhaps most importantly, human connection. Joining our cause means making a tangible difference in the lives of seniors, ensuring they continue to lead fulfilling lives within the communities they've helped build.

Sign up to Volunteer <https://partnersincaring.org/volunteer/>

Volunteer Spotlight of the Month: Kevin Y.



"I like to give back to others who are elderly or less fortunate than I am. I know I'll be there someday too."

*Kevin
Volunteer Caregiver*



Become a Volunteer

Kevin has been a dedicated volunteer for Community Partners in Caring for three years, driving seniors to appointments and helping with errands. His motivation stems from a deep commitment to service, rooted in his experiences as a caregiver and his belief in karma and positivity. Kevin honors his late mother by volunteering, inspired by the joy she found in simple outings. His work is also shaped by his spiritual beliefs and desire to lead by example, showing his family the importance of helping others. Besides volunteering, Kevin serves on several nonprofit boards and enjoys exploring mountain ranges worldwide.

“One reason I volunteer is that I want to be a leader who ‘walks the walk and talks the talk’. I want to be the light in the world. I want to show my family how it is to help others, hoping they will, too. My kids, my friends, and my coworkers all see what I’m doing and maybe that will motivate them to help the world in their own way.”

Hilda's Corner: Aging Well

Aging well means staying active in both mind and body. Engage in exercise or dance classes at the senior center or Y, and keep learning new skills, like those offered in our digital project, to stay connected. Try participating in yoga online or on TV. Keep your mind sharp by reading, playing word games, and exploring new resources at the library. And don't forget, CPC can provide rides to the library to help you stay connected and engaged. Volunteering with Community Partners in Caring is another meaningful way to stay involved and give back to your community while building connections with others. We are here for you! Check out the resources below to see some of the awesome recreational activities offered throughout the Central Coast for seniors!

Recreational

Resources: https://centralcoastseniors.myresourcedirectory.com/index.php?option=com_cp_x&common_id=2514&task=search.query&code=PL&name=Recreation-icon-recreation

Happy National Nonprofit Day

On National Nonprofit Day, we celebrate the vital contributions nonprofits make in our community. Community Partners in Caring (CPC) invites you to get involved and make a difference. Whether through volunteering, donating, or spreading the word, your support helps us continue our mission to assist seniors in need. Join us in making an impact—together, we can create a stronger, more caring community.

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

Happy Birthday to our amazing August-Born Volunteers!

Happy Birthday Jean C. from Orcutt!

Happy Birthday Marelene M. from Lompoc!

Happy Birthday Mayra R. from Guadalupe!

Happy Birthday Jennifer R. from Orcutt!

Happy Anniversary to our amazing volunteers! Your unwavering dedication to CPC clients truly shines, and we deeply appreciate all that you do.

Happy 1 Year Anniversary to Joseph B! You have completed over 35 requests within just one year at CPC. We are so grateful for your support.

Happy 2 Year Anniversary to Bob B Since joining our agency just 2 years ago, you have helped over 64 seniors and adults with disabilities access transportation and human connection! Wow!

Community Events



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

VOLUNTEER MEET-UP
Connecting Hearts, Building Community:
Learning together at the Volunteer Quarterly Meet-Up!



Presented by Mira Green and Sandy Rivas

Join Us!



August 27, 2024 **Get Certified!**
From 2:00-4:00

Learn how to help prevent suicide and get QPR certified.



Community Partners in Caring Office
Board Room, 120 E. Jones St., Santa Maria

Refreshments, Raffle Prizes, and
Social Time Included!



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/>