



September Newsletter-Happy Healthy Aging Month

September is Healthy Aging Month, a time to celebrate aging while promoting the benefits of maintaining a healthy lifestyle as we grow older. At Community Partners in Caring, we are committed to supporting healthy aging in place, empowering seniors to live independently with dignity. Our volunteer services play a vital role in making this possible, offering assistance with transportation, errands, and companionship. Together with our dedicated volunteers and community support, we strive to improve the quality of life for seniors, ensuring they continue to thrive in their own homes. Let's celebrate this month by encouraging healthy aging in our communities!

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

Client Spotlight: Ilona's Story – A Bond That Became Family



At 92, Ilona, a resident of Solvang, is full of life. After 43 years as an international flight attendant and losing her husband of 34 years, she found herself seeking companionship and support. She connected with CPC in September 2023 after receiving a brochure at the Los Alamos Senior Center, where she met Laura, one of our dedicated volunteers.

Ilona and Laura formed an instant connection from their first meeting, quickly becoming like family. Laura lost her mother, and Ilona, who never had children, found the daughter she never had in Laura. Every Sunday, Laura visits Ilona, and they enjoy meals, conversations, and outings together. Beyond visits, Laura helps with shopping, appointments, and more, making sure Ilona stays independent and engaged.

Recently, Laura introduced Ilona to our technology program, where Ilona received a tablet to stay connected with friends and manage her needs. Their bond is a heartwarming reminder that family is made through love and connection, and we are proud to be a part of their journey.

Hilda's Corner: Patience

Let's take a moment to focus on "patience"—with ourselves and with others. Whether you're speaking on the phone, waiting at the doctor's office, or standing in line at the grocery store, remember that patience is a gift you give to yourself and those around you. It helps us slow down, breathe, and appreciate the present.

At CPC, our staff and volunteers are champions of patience. We know that everyone moves at their own pace, and we're here to support you, whether it's through providing rides, assisting with errands, or simply being a listening ear. Patience strengthens our connections and makes every interaction more meaningful.

Come join us in fostering kindness and patience within our community. We're here to help—and together, we can make every moment a little brighter!

Explore these valuable resources to help you maintain a healthier lifestyle and age well in place.

<https://centralcoastseniors.myresourcedirectory.com/>

As we approach the end of summer, I urge YOU to consider the significance of your contribution in enabling us to continue serving seniors and adults with disabilities. Your donation will allow us to expand our reach, recruit more volunteers, and provide essential services to those in need. Together, we can ensure that every senior and adult with disabilities in Santa Barbara County receives the support and care they deserve.

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

Happy Birthday to our amazing volunteers with September Birthdays. Thanks for all that you do for CPC!

Happy Birthday Colette E. from Orcutt!

Happy Birthday Danielle M. from Santa Maria!

Happy Birthday John T. from Nipomo!

Happy Anniversary to our amazing volunteers that have joined in September! We deeply appreciate all that you do.

Happy 2 Year Anniversary to Courtney C! You have completed over 50 requests within 2 years at CPC. We are so grateful for your support. You truly are the backbone of this agency!

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

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/>