

MARCH 2025

HONORING
SENIOR NUTRITION
MONTH



Stay Healthy, Stay Connected – March is National Senior Nutrition Month! 🥬 🍎

At Community Partners in Caring, we believe that good nutrition is a key ingredient to living well—especially for our seniors and adults with disabilities. March is National Senior Nutrition Month, a time to raise awareness about the importance of healthy eating, access to nutritious food, and staying connected to community support.

Many older adults in our community face challenges like isolation, limited mobility, or lack of transportation, making it difficult to access fresh groceries or vital resources. That's where our dedicated volunteers step in—offering rides, helping with errands, and delivering not just food, but friendship and care.

This month, we're celebrating the power of nutrition and community, and we invite you to be a part of it. Whether you're looking to lend a hand or know someone who could use support, we're here to help.

Together, we can make healthy living more accessible—for everyone.

Sign up to Volunteer

Volunteer Spotlight: A Steady Hand in Challenging Times

Since September 2023, volunteer Dan has been a dependable source of support for Ludie, a CPC client facing serious medical challenges. With frequent appointments in Santa Maria—six in February alone—Ludie relies heavily on long-distance rides from Lompoc. Thanks to Dan, those trips became more manageable and far less stressful.

Dan's support has gone beyond transportation. Because Ludie lives on a military base, access isn't simple—but Dan made it work, even

coordinating base access for another volunteer to ensure consistent support.

During one particularly urgent visit, when Ludie's care team recommended immediate follow-up treatment, Dan didn't hesitate. He stayed with Ludie, made sure he received the extra care, got his prescriptions, and helped with groceries and errands the following day.

Dan's kindness, consistency, and willingness to step up reflect the heart of CPC's volunteer spirit. He reminds us that showing up—with compassion and care—can make all the difference.

Thank you, Dan, for being a steady presence and a true lifeline in Ludie's life.

Sign up for Services

Santa Maria Valley Senior Expo – A Huge Success! 🎉



Thank you to everyone who joined us for the very first Santa Maria Valley Senior Expo on Friday, March 14! If you filled out a survey at the end of the event—thank you! 🙌 Your feedback means the world to us.

🎉 Drumroll, please... Here's a photo of our lucky survey prize winners! 🎊

We're thrilled to share that over 83% of attendees rated their experience as Excellent, and we heard so many kind

words as folks made their way out. Your support helped make this event such a special day of connection, resources, and celebration.

We're already looking forward to doing it all again next year—see you there! 😊💙





Hilda's Corner: March – A Fresh Bloom!

Spring is here, bringing with it longer days, brighter skies, and a welcome shift in energy. It's a natural time for fresh starts—and a great opportunity to reconnect with what matters most.

At CPC, spring is also a season of action. As the weather warms up, we find more chances to get out, engage with our community, and lend a hand where it's needed. Volunteering with CPC is a meaningful way to stay active, build connections, and make a real impact—all while enjoying the fresh air and brightening the lives of isolated seniors and adults with disabilities in your community!

Whether you're returning after a winter break or thinking about getting involved for the first time, now is a wonderful time to jump in. There's always room for helping hands and open hearts.

Wishing you a season of connection, purpose, and a few peaceful moments in the sunshine.

—Hilda

Explore these valuable resources to help seniors access support throughout the Central Coast.

Resources

Welcome, Joanne Deck!

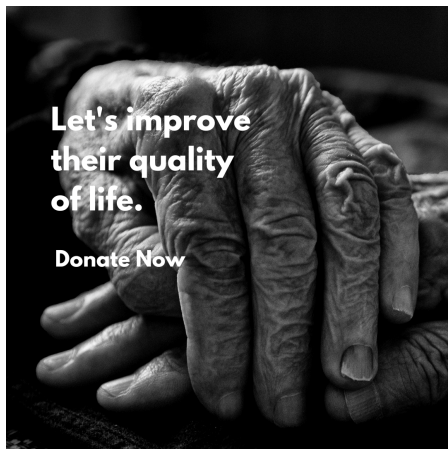
We're excited to welcome Joanne Deck to the Community Partners in Caring (CPC) team as our new Outreach Manager and Special Initiatives Coordinator! Joanne will focus on recruiting volunteers and enhancing programs in South County.

She's already hit the ground running—connecting with volunteers and joining outreach events. With her background in HR

and experience supporting hospice volunteers at VNA Health, she brings valuable skills and heart to our mission.

Originally from Upstate New York, Joanne moved to Santa Barbara in 2016 and now lives in Goleta with her husband and their Yorkiepoop, Coby. In her free time, she enjoys beach walks, art shows, and volunteering at the Santa Barbara International Film Festival.

We're thrilled to have her on board!



March Is a Month of Giving and Growing Impact ❤️

As we step into March and continue honoring Senior Nutrition Month, we're reminded of the vital role community support plays in the lives of older adults and individuals with disabilities.

While not everyone can volunteer, your financial contributions are just as essential. With a record number of new clients in 2024, the demand for help with daily essentials—like grocery trips,

medical appointments, and errands—has never been greater. Your donation helps us provide one-on-one, non-medical caregiver support, ensuring our most vulnerable neighbors remain safe, healthy, and connected.

Join us in making a lasting difference. Every dollar brings hope, dignity, and independence to those who need it most.

Thank you for standing with us!

[Donate Now](#)

A very Happy Birthday to our amazing March volunteers! Your dedication and kindness brighten lives every day—thank you for all that you do!



Happy Birthday Juan C.
from Lompoc!



Happy Birthday Ellen H.
from Santa Maria!

Happy Birthday Adrian V.
from Santa Maria!

Happy Birthday Mike S.
from Lompoc!

Celebrating Our March Volunteer Anniversaries! 🎉

A heartfelt thank you to the amazing volunteers who joined our mission in March! Your dedication and compassion continue to make a lasting impact in the lives of seniors and adults with disabilities. We're so grateful to have you as part of the Community Partners in Caring family! ❤️

Cheers to 5 Amazing Years,
Monica B.! 🎉

Monica, your five years of service with Community Partners in Caring have been nothing short of extraordinary. With over 1,000 completed requests, your unwavering dedication has touched countless lives and strengthened our mission in immeasurable ways.

Your kindness, reliability, and heart for service truly set you apart. We are beyond grateful to have you as a vital part of the CPC family—thank you for all that you do! Here's to you and all the difference you've made! ❤️

Happy 3-Year Anniversary,
Colette C.! 🎉

Colette, in just three years, you've made an incredible difference—completing over 300 requests and offering unwavering support to the seniors and adults with disabilities we serve. Your dedication, compassion, and generosity have truly touched lives and strengthened our mission every step of the way.

We're so thankful to have you as a valued member of the Community Partners in Caring team. Your commitment inspires us, and we deeply appreciate all that you do.

Celebrating 4 Wonderful Years,
Rose M.! 🎉

Rose, your four-year journey with Community Partners in Caring has been truly inspiring. With over 70 completed requests, your steady support and compassion have made a meaningful difference in the lives of those we serve.

Happy 2-Year Anniversary,
Elizabeth M.! 🎉

In just two years, you've made a powerful impact—completing over 60 requests and providing meaningful support to seniors and adults with disabilities in our community. Your dedication, compassion, and generous spirit

Your warmth, dependability, and heart for helping others shine through in everything you do. We're incredibly grateful to have you as such an essential part of the CPC family. Thank you for your continued dedication—here's to you and the incredible impact you've made over the years! ❤️

have touched so many lives and helped carry our mission forward.

We're truly grateful to have you as part of the Community Partners in Caring family. Thank you for your ongoing commitment—you inspire us every day! ❤️

Resources

Services We Provide:

- Transportation
- Friendly Visits
- Check-in Calls
- Grocery Shopping & Errands

[Sign up for Services](#)

Find Local Resources for Seniors:

- Transportation
- Mental Health
- Report Abuse
- Meals
- & More!

[View Community Resources](#)

Please help share our social posts and spread the word via social media!



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