

May 2025

Celebrating Mental Health and Older Americans Month



Stay Connected, Stay Well – May is Older Americans Month & Mental Health Awareness Month 🤝 🌸

At Community Partners in Caring, we believe that staying connected is essential to both mental and emotional well-being—especially for older adults and individuals living with disabilities. This May, we’re honoring Older Americans Month and Mental Health Awareness Month by highlighting the powerful role our volunteers play in reducing isolation and supporting community connection.

For many seniors, loneliness isn’t just a feeling—it’s a serious health risk. Whether it’s providing a ride to the doctor, delivering groceries, or simply stopping by for a friendly visit, our volunteers offer more than just help—they offer hope, connection, and care.

By helping older adults stay active and engaged in their community, we’re not only supporting independence—we’re promoting mental health.

Together, we can build a more connected, caring community for all.

Sign up to Volunteer

Client Spotlight: Finding Hope in Connection

When Sudha injured her hand in 2022, she lost the ability to drive—cutting her off from daily routines and a sense of independence. But what could have been an isolating time became something else entirely after she connected with Community Partners in Caring.

“During a really difficult time, I thank God for all the good people who helped me and got me where I needed to go,” Sudha shares. “Recently,



volunteer Melanie began giving me rides. She's more than a volunteer—she's become a caring and supportive friend.”

What started as a simple ride turned into a lifeline. Through the kindness of volunteers, Sudha began to feel seen, supported, and less alone.

“In this world, everyone should be kind, understanding, and helpful—that's how we're meant to live,” she says. “There are so many good people out there. CPC helped me see that again.”

Thanks to volunteer support, Sudha is not only getting where she needs to go

—she's reconnecting with her community and rebuilding her mental wellness.

Sign up for Services



Hilda's Corner: Embracing Change, Finding Strength

As we age, change is inevitable—physically, emotionally, and socially. But how we respond to those changes can shape our overall well-being. May is both Older Americans Month and Mental Health Awareness Month, and it's a perfect time to reflect on how aging and emotional health go hand in hand.

At CPC, we believe that asking for help is a sign of strength, not weakness. Whether it's a ride to the doctor, a friendly visit, or support with daily errands, our services are here to ease transitions and offer connection through life's changes.

Aging is a natural process, and when we give ourselves permission to seek support, we open the door to resilience, community, and renewed purpose.

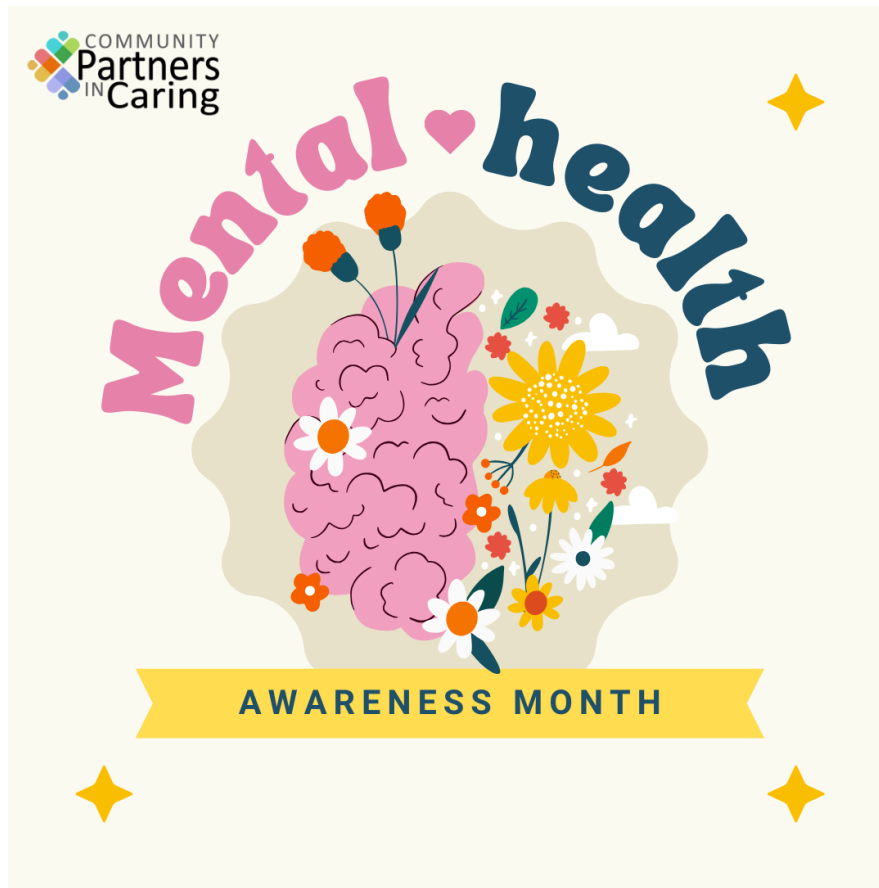
Let's continue showing up for one another—with kindness, compassion, and a reminder that no one should navigate aging alone.

Wishing you peace, support, and connection this season.

—Hilda

In honor of Mental Health Awareness Month, we're highlighting how vital it is to stay connected to the community—especially for seniors and adults with disabilities.

Explore these valuable Central Coast resources that offer mental health support, connection, and care:



Resources

Welcome, Janette Juarez!

We're thrilled to welcome Jannette Juarez to the Community Partners in Caring team as our new Service Coordinator! Born and raised in Santa Barbara, Jannette now lives in Orcutt with her partner and their three children.

Jannette has always had a heart for helping others, and her passion for supporting older adults has only grown over the years. She's excited to bring that dedication to her role at CPC, where she'll help connect seniors and adults with disabilities to the services and support they need to live independently.



When she's not working, Jannette enjoys cooking, baking, and exploring Central Coast restaurants with her family. A proud hombody at heart, she cherishes time spent with the people she loves most.

Please join us in giving Jannette a warm welcome!



May is Older Americans Month – A Time to Honor, Support, and Give Back



This month, we celebrate the strength, resilience, and contributions of older adults in our communities. At Community Partners in Caring, we're proud to support older Americans and adults with disabilities through free, volunteer-powered services that help them remain independent and connected.

From rides to medical appointments to friendly visits and grocery runs, our volunteers are a lifeline for those who need extra support.

Want to make an impact?

- Volunteer your time to brighten someone's day.
- Make a donation to help us meet the growing demand for services in 2025.

Together, we can ensure our aging neighbors live with dignity, safety, and connection. Give back today. Thank you for being part of this mission!

[Donate Now](#)

🎉 Celebrating Our May Volunteer Birthdays! 🎉

Wishing a very happy birthday to our incredible volunteers celebrating this month! Your compassion and commitment brighten the lives of seniors and adults with disabilities every day.

We're so lucky to have you as part of the Community Partners in Caring family—thank you for all that you do! ❤️



Happy Birthday Joseph B.
from Lompoc!



Happy Birthday Julie C.
from Santa Barbara!



Happy Birthday Elizabeth
M., from Santa Barbara!



Happy Birthday Darlene W.
from Orcutt!

During Older Americans Month, we're especially grateful for the incredible volunteers who joined our mission in May! ❤️

Your continued dedication helps older adults and individuals with disabilities stay independent, connected, and cared for. Thank you for being part of the Community Partners in Caring family—and for making a real difference every day.



Cheers to 5 Incredible Years, Bobby R.! 🎉

Over 500 requests. Countless lives touched. One amazing volunteer.

Bobby, your dedication, kindness, and heart for service define what CPC is all about. Thank you for five years of showing up, making a difference, and being a true light in our community. ❤️

We're so lucky to have you!

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](#)

We'd love your feedback!

If you've had a positive experience with us, please take a moment to leave a review on Yelp. Your support helps others discover the work we do and allows us to continue serving our community!



👉 [Leave a review here:](#)

Yelp

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