

FEBRUARY 2026 NEWSLETTER

2025 VOLUNTEER APPRECIATION NIGHT

What a joyful way to wrap up the year! Our 2025 Volunteer Appreciation Night was an unforgettable evening themed "The Time of Our Lives!"

The room was filled with smiles, stories, and generations coming together. Volunteers, their families, and staff sharing laughs over delicious food and festive fun.



Highlights included:

- A fabulous taco station, dishing out fresh tacos and quesadillas, that had everyone lining up!
- A cool ice cream vendor setup for that perfect sweet treat
- Our talented DJ spinning nostalgic hits tied to the theme
- Two amazing magicians who wowed the crowd with clever tricks and plenty of wonder—pure magic to match the magic our volunteers create daily!

Thank you to every volunteer who gives their time, heart, and miles. Your dedication truly makes "The Time of Our Lives" brighter for so many. Here's to more shared moments in 2026.

Sign up to be a volunteer and maybe we'll see you at our 2026 Volunteer Appreciation night in December!

[**CLICK HERE TO VOLUNTEER**](#)



MORE JOYOUS NEWS FROM 2025

EXPANSION INTO SAN LUIS OBISPO COUNTY

Exciting news! As of November 2025, we are proud to officially serve San Luis Obispo County. After years of having to turn away SLO County community members who were seeking our services, we're thrilled to say that we can now say "YES". This expansion is an exciting milestone for Community Partners in Caring, and we look forward to building meaningful connections and supporting older adults throughout San Luis Obispo County. A special thank you to the Community Foundation of San Luis Obispo County and the Transportation Team of the San Luis Obispo Council of Governments(SLOCOG).

Community Partners in Caring continues to grow as it responds to increasing community needs. That means **WE NEED YOUR HELP MORE THAN EVER!** The best part? Volunteering with us is easy, flexible, and incredibly rewarding. You decide how much time you give. It can be just one ride a month, ten rides a week, an errand or friendly visit a day, or anything in between. No long-term commitments required; match your availability to what feels right for you. If you've been thinking about giving back, now is the perfect time.

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We make it easy every step:

- Quick screening and training(we handle everything).
- We match you with clients based on your availability and you can self assign on our app.
- For rides and deliveries: Mileage is reimbursed upon request to help cover your gas and travel (a small practical support so you can focus on the impact).

MEET JERID: THE NEWEST MEMBER OF THE TEAM



"Born and raised in Santa Maria, I have always felt a strong connection to this community and a deep commitment to serving others. I've worked in a variety of public service-centered roles, including positions in legislative offices, elementary and higher education administration, and smaller nonprofit organizations.

My wife and I met in 2015 and were married in 2017, beginning a season of adventure that took us from the Central Coast up north to the East Bay—where our daughter was born in 2019—out to East Texas, where we welcomed our son in 2020, and then back to the Central Coast in 2021 when we returned home to Orcutt to be closer to our family.

I was already familiar with Community Partners in Caring since from 2012 to 2017 I helped coordinate volunteers through my church to assist with service projects. When the opportunity arose to join the organization in 2026, I jumped at the opportunity.

Outside of the office, you can usually find me at a local sports field or the gymnastics studio cheering on my kids, enjoying family movie nights at home, volunteering with the youth at church, or keeping up with current events around the world."

STORIES THAT MATTER

A Ride That Made All the Difference: Sheila and Michael's Story

In June 2024, Sheila reached out to Community Partners in Caring during a difficult time. Living in Goleta with her husband Michael, they faced challenges with bills, food, and more—issues we don't directly help with. However, we were able to provide referrals to resources and support. A year later they became our clients.

On June 24, 2025, their first ride was with volunteer Camille to UCLA Health Montecito Primary & Specialty Care. This is what Sheila had to say:

"I just wanted to let you know how wonderful it was to get our first ride from Community Partners in Caring. My husband and I felt very safe and we got to the doctor's office right on time. Camille was very friendly and we enjoyed telling her about my husband's days at UCSB in the early 1960's and 1970's.

I hope we will see her again when we need another ride. Please let her know how very pleased we were with the experience and how grateful we are."

For Sheila and Michael and others just like them, this ride was more than simply transportation: it meant dignity, safety, and community support. **That's what Community Partners in Caring is all about!**

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February is National Senior Independence Month and also National Snack Food Month. Continue onto the next page for some tips and Snacks!

Tips for Senior Independence

Staying active, healthy, and safe at home helps you enjoy more independence and quality time with loved ones. Here are a few simple ways to boost your strength, well-being, and peace of mind:

- **Get moving!** Even a fun 30-minute walk each day can boost your strength, balance, and mood.
- **Put your health first!** Regular check-ups and nutritious meals help you feel your best and stay strong.
- **Make your home safer and smarter!** Add grab bars, clear away tripping hazards, and brighten up your space to prevent falls and move with confidence.
- **Keep your mind buzzing!** Take a class, pick up a new hobby, or enjoy brain games to stay sharp.

Small steps like these add up to big wins—empowering you to age in place with dignity!



Quick & Healthy Snacks

Healthy snacks to keep you energized. Nutritious snacking supports energy, heart health, and overall vitality. Try these easy, delicious options:

- Greek yogurt with berries – High in protein and calcium, plus antioxidants for brain and heart health.
- Apple slices with peanut or almond butter – A tasty combo of fiber and healthy fats that keeps you full and satisfied.
- Hummus with veggies – Crunchy, colorful veggies dipped in protein-rich hummus for sustained energy.
- Handful of nuts or trail mix – Provides healthy fats, protein, and minerals (just watch portions for calorie control).

These snacks are quick to prepare and great for any time of day—fuel for your active life!

Need a ride to the grocery store or a friendly visit? Contact us at Community Partners in Caring—we're here to help!



HILDA'S CORNER



As mentioned earlier February is "Senior Independence Month" which speaks to the heart of Community Partners in Caring. Our team and volunteers are here to support aging adults with a helping hand to maintain their independence. That helping hand can take the form of rides to appointments, friendly visits, errands, or simply check-in calls.

Our work can only happen because of our volunteers. Everyday our volunteers form genuine connections, hear amazing life stories, and make someone's day brighter. I hope that you can join our community of caring!

Hilda

UPCOMING EVENTS

Event	Date	Location / Address
Latino Outreach Council Town Hall Meeting	Thursday, February 12, 2026 11:00 a.m. – 12:00 p.m.	SLO Library Community Room, 995 Palm St, San Luis Obispo
Black History Celebration	Sunday, February 15, 2026 1:00 p.m – 4:00 p.m.	Grossman Gallery, Lompoc Public Library, 501 E. North Ave, Lompoc
Craft & Vendor Market	Saturday, February 21, 2026 11:00 a.m. – 3:00 p.m.	Nipomo Senior Center, 200 E Dana St, Nipomo



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