

## APRIL 2026 NEWSLETTER

Dear Friends of Community Partners in Caring,

April brings spring renewal and several important observances: National Volunteer Month, Parkinson's Awareness Month, and National Stress Awareness Month.

First, April is **National Volunteer Month** — a special time to celebrate the compassionate individuals who form the heart of Community Partners in Caring. Our volunteers are the foundation of our mission. They provide free, non-medical support that helps seniors and adults with mild disabilities live independently and with dignity in their own homes. Through reliable transportation, friendly visits filled with conversation, and reassuring phone calls, every act of service makes a meaningful difference.

Dedicated volunteers reduce isolation, support wellness, and bring joy and connection into daily life. Their kindness helps seniors age in place with grace and independence.

If you've been thinking about volunteering, we invite you to join us. Together, we create lasting change — one caring act at a time.

### Parkinson's Facts Everyone Should Know

**Secondly, Parkinson's Awareness Month** is the perfect time to brush up on your Parkinson's facts. Here are 5 fast facts about Parkinson's Disease:



1. Nearly 90,000 people in the U.S. are diagnosed with Parkinson's each year.
2. Scientists believe a combination of environmental and genetic factors cause Parkinson's Disease
3. People with Parkinson's experience both movement and non-movement related symptoms.
4. Symptoms can be managed through treatments like medications, lifestyle changes, exercise and in some cases, surgery.
5. Early-onset Parkinson's disease occurs in people younger than 50 years of age.

From the Parkinson's Foundation <https://www.parkinson.org/parkinsons-awareness-month>

## Stress Awareness Month: Are Your Symptoms Stress Related?

Finally, stress doesn't just affect your mood; it impacts your body too. Chronic stress can cause real physical symptoms long before you realize how overwhelmed you are.

Common signs of chronic stress include:

- Body aches and pains
- Sleep problems (fatigue or insomnia)
- Headaches, dizziness, or racing pulse
- Elevated blood pressure
- Frequent illnesses
- Anxiety, depression, or panic attacks

Left unchecked, ongoing stress can harm your immune, digestive, cardiovascular, and reproductive systems.

But you can manage stress. Move your body daily, practice positive thinking, and set realistic goals. If symptoms persist, talk to your doctor or a therapist; they can help determine if medication or counseling is right for you.

This April, take a moment to check in with yourself. Your body may be trying to tell you something.



**WHILE YOU CAN'T  
ALWAYS CONTROL THE  
SOURCES OF YOUR  
STRESS, YOU CAN  
CONTROL HOW YOU  
RESPOND TO IT.**



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

# STORIES THAT MATTER...



## **STRONGER TOGETHER: ONE VOLUNTEER, MANY LIVES TOUCHED**

Volunteers like Harry show how one person's time and compassion can make a lasting difference in the life of a neighbor.

Sometimes making a difference starts with something simple – showing up, getting in the car, and being willing to help someone get where they need to go.

Since 2019, Harry has been a dedicated volunteer with Community Partners in Caring. He generously gives his time to help older adults and adults with disabilities stay connected to the people, programs, and opportunities that enrich their lives. Harry especially enjoys long-distance driving, and his consistent compassion strengthens our community.

At CPC, partnerships with organizations like Blind Fitness help open doors for those who may otherwise face barriers to participation and connection. Working together, we are able to support individuals not only with transportation, but with something deeper: continued independence, community involvement, and the reassurance that they are not alone.

While volunteers give so much, they often receive something meaningful in return: purpose, perspective, and the joy of making a real difference.

**We need more volunteers now. If you have compassion, a little time, and a desire to help others, we invite you to join CPC and be part of something truly meaningful.**

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

# PRODUCTIVITY PAGE 1

## The one habit that separates productive people from busy ones

Multitasking doesn't actually exist. What we call multitasking is rapid task-switching, which can reduce productivity by up to 40%, according to the American Psychological Association. The person juggling multiple tabs and notifications isn't getting more done; they're just busier.

The single habit that sets highly productive people apart is the ability to focus on one task at a time. For a protected block of time, they give one thing their full attention ; phone away, notifications off, one window open.

Work that normally takes three fragmented hours can often be completed in one focused hour, with better quality. Motion feels like progress, but they are not the same. **Pick one thing.** Do only that. Finish it before moving on.

In a world designed to scatter your attention, single focus may be the most productive choice you make today.

## Spring clean your workspace, spring clean your head

Spring and cleaning go hand in hand — and your workspace is no exception. Clutter builds up quietly until finding anything feels harder than it should.

Start with the physical clean: Clear surfaces, toss dead pens, file important papers, recycle the rest, and wipe down your keyboard (which, surprisingly, often has more bacteria than a toilet seat).

Don't stop there. Do a digital clean too: Sort your downloads folder, archive old emails, and organize your cluttered desktop.

Research shows that physical disorder creates mental drag; it drains attention and slows decision-making. A clean workspace doesn't just look better; it actually helps you think better.

Spring comes only once a year. Use it to reset your space and clear your mind..



# PRODUCTIVITY PAGE 2

## Change your Google habits



You've probably noticed AI answers appearing at the top of Google search results. It's time to use Google less like a traditional search engine and more like an AI assistant.

Instead of searching for separate facts, ask direct comparison questions. For example: "Is a glass of V8 nutritionally better than a glass of milk?" Google will compare them for you.

You can also ask broader questions like "What are the causes of..." or "What factors influenced...".

Just remember: AI works on probability and training data, not absolute certainty. Treat its broad or analytical answers as a helpful starting draft, not final truth.

## The Follow-Through Gap

Most people have plenty of ideas, plans, and good intentions. What separates those who succeed from those who don't is rarely talent or intelligence. It's follow-through — the steady work that continues after the initial excitement fades.

The email gets drafted but never sent. The project stalls at 80 percent. The gym routine lasts two weeks.

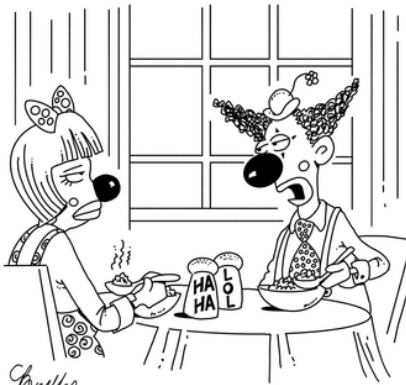
The solution is simple: Write down exactly what you'll do and by when, then tell at least one other person. Public commitments dramatically increase the odds of finishing.

The gap between who you are and who you want to be is almost never about the idea. It's almost always about the finish.



# FUN PAGE 1

# HOROSCOPES



“Could you pass the ‘Ha Ha,’ please? This doesn’t taste funny enough.”

## Baseball Teams

T T W I N S B R E W E R S  
 I C A R D I N A L S A X L  
 G C Z P S E I L L I H P E  
 E Q S E L O I R O A P B G  
 R A N G E R S W S I Y X N  
 S T N A I G O E R R R O A  
 R S R E N I R A M S O S R  
 E R O B Q D T S B U C D S  
 G S T H A E S J S D K E E  
 D L W P S X A S N D I R V  
 O U S E E K N A Y T E U A  
 D S C I T E L H T A S R R  
 W H I T E S O X J A J A B  
 M A R L I N S I O R A Y S  
 H S K C A B D N O M A I D  
 T G U A R D I A N S T E M

ANGELS	JAYS	REDS
ASTROS	MARINERS	ROCKIES
ATHLETICS	MARLINS	ROYAL
BRAVES	METS	TIGERS
BREWERS	ORIOLES	TWINS
CARDINALS	PADRES	WHITE
CUBS	PHILLIES	SOX
DIAMONDBACKS	PIRATES	YANKEES
DODGERS	RANGERS	
GIANTS	RAYS	
GUARDIANS	RED SOX	

**Aries (March 21 - April 19):** Bold initiatives take center stage. Channel that drive into new projects, but pause to reflect before charging ahead. Lucky number: 9.

**Taurus (April 20 - May 20):** Stability returns with Uranus exiting your sign, allowing grounded progress in finances and self-worth. Focus on building lasting security. Lucky date: April 25.

**Gemini (May 21 - June 20):** Uranus enters your sign, sparking innovative ideas and fresh perspectives. Embrace unexpected shifts in communication and connections. Lucky number: 5.

**Cancer (June 21 - July 22):** Emotional depth leads to nurturing home life or family ties. Intuitive choices bring comfort and subtle growth. Lucky date: April 13.

**Leo (July 23 - August 22):** Creative sparks fly with playful vibes and self-expression. Romantic or artistic pursuits shine brightly. Lucky number: 7.

**Virgo (August 23 - September 22):** Practical tweaks to routines boost productivity and well-being. Honest self-care conversations heal and energize. Lucky date: April 20.

**Libra (September 23 - October 22):** Balance emerges after the Full Moon influence, with harmony in partnerships. Fresh aesthetics or social adjustments uplift your space. Lucky number: 6.

**Scorpio (October 23 - November 21):** Transformative insights spark profound inner shifts or bold moves. Trust gut feelings on shared resources or deep bonds. Lucky date: April 19.

**Sagittarius (November 22 - December 21):** Exploration expands horizons, whether through travel or learning. Keep adventures realistic for sustainable joy. Lucky number: 3.

**Capricorn (December 22 - January 19):** Professional networks expand opportunities. Wise resource management at home sets up future rewards. Lucky date: April 8.

**Aquarius (January 20 - February 18):** Group dynamics evolve with innovative collaborations. Welcome surprises that align with your unique vision. Lucky number: 11.

**Pisces (February 19 - March 20):** Creative or spiritual pursuits flow more easily, improving abundance through inspired decisions. Prioritize restful recharge. Lucky date: April 2.

# FUN PAGE 2

## WHAT TO DO WITH YOUR TAX REFUND THIS YEAR

**Yes taxes are fun** and if your tax refund feels bigger than usual, you're not imagining it. Early 2026 IRS data shows the average federal refund is running about 10–14% higher than the same period last year.

Before it disappears into daily spending, put it to work:

1. Build or boost your emergency fund. Aim for 3–6 months of essential expenses in a high-yield savings account. Even \$1,000 can protect you from unexpected car repairs or medical bills.

2. Pay down high-interest debt. Credit cards often charge over 20% interest. Reducing that balance delivers a guaranteed return no investment can match.

3. Consider retirement. **You still have until April 15 to contribute to an IRA for the 2025 tax year.** It can lower future taxes while growing your savings.

Smart moves now prevent regret later.



### Ballgame seats

Across

1. Halloween cry
4. Religious images
9. Mont Blanc, e.g.
10. Raise at an angle
11. Bottom of the barrel
13. "Bye!"
14. Water-softening compound
16. Word in a simile
17. TV watchdog org.
18. Therefore
20. Place for soaking
22. "Aquarius" musical
24. Abominable Snowman
25. "Encore!"
27. Actor Carney
28. Painter's plaster
29. More, in Madrid

Down

1. Light wood
2. Dairy section selections
3. Newspaper piece
4. Tagged player
5. Tacky
6. Brightly colored fish
7. Cashew, e.g.
8. Marienbad, for one

1	2	3		4	5	6	7	8
9				10				
11			12		13			
14				15				
16			17				18	19
		20				21		
22	23				24			
25				26		27		
28						29		

12. Some African expeditions
15. Be in a cast
18. Hindu sacred writings
19. Newspaper section
20. Slant
21. Locker room group
22. Witchy woman
23. Questionnaire datum
26. Thumbs-down

S	V	M		O	S	S	E	G
T	R	A		N	I	V	A	A
I	T	E		Y	R	A	I	H
B	U	T		H	A	T	B	
O	S			C	C	F		S
				H	S	A	D	O
A	T	A		T	S	E	S	L
P	U	P		T	I	P	L	A
S	N	O		I	K	O	O	B

The headline is a clue to the answer in the diagonal.

**CLICK HERE IF YOU'RE FEELING GENEROUS**

# HILDA'S CORNER

# THE IMPORTANCE OF VOLUNTEERING



Last edition we talked about caring communities. They are built on simple acts of kindness, connection, and support. Now during National Volunteer Month, we're reminded just how powerful those acts can be. Whether it's a friendly phone call, a ride to an appointment, or a few minutes spent listening, volunteers make an extraordinary difference through everyday gestures.

When neighbors step up to support one another, we reduce isolation, strengthen trust, and create a true sense of belonging. This is especially meaningful for older adults who wish to age independently and stay connected to the community they call home.

This April, in honor of National Volunteer Month, let's celebrate the impact of volunteers and recommit to building a community where compassion isn't the exception but the norm.

Hilda

## APRIL 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 National Volunteer Month begins	2	3 Good Friday	4
5 EASTER	6 Crime Victims Week	7	8 Santa Ynez Valley Benefits Fair	9	10	11 San Luis Obispo Railroad Museum Pancake Breakfast
12	13	14	15 Choose a Volunteer Role You'll Love Workshop	16	17 Bat Appreciation	18
19 Volunteer Fair Santa Maria Valley	20	21	22	23 Goleta Valley 4th Annual Senior Expo	24	25 Arbor Day
26 Veterinarian Day	27	28	29	30 Jazz Day		

# Santa Ynez Valley

# BENEFITS FAIR

Wednesday, April 8

3:00 - 7:00 PM

Oak Valley Elementary School

595 Second St., Buellton

Local organizations and non-profits have gathered to support residents of our community to answer questions or enroll in social services and support to help make navigating life a little easier. All community members are welcome. Stop by and meet with organizations here to help you.

## Services and resources may include:

- ✓ Housing Assistance
- ✓ Medi-Cal Enrollment & Retention
- ✓ Veteran Resources
- ✓ Meals on Wheels & Food Security
- ✓ Free Pet Micro-Chipping

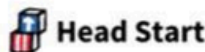
Connect with these organizations and more!



SYV  
COMMUNITY  
OUTREACH



VETERANS FOOD DISTRIBUTION SERVICE CENTER





# FROM THE FREIGHTHOUSE



**Pancake Breakfast - \$10 per person**

**San Luis Obispo Railroad Museum**

**Saturday, April 11, 2026  
from 8:30am to 10:30am**

Please join us for a Pancake Breakfast at SLO Railroad Museum on Saturday April 11 from 8:30 am to 10:30 am. Breakfast will be served on the Railroad Museum Platform and in La Cuesta, our lounge-diner passenger car. Since La Cuesta has just 7 tables, seating is on a first come first served basis. Breakfast will consist of delicious pancakes, savory sausage, Orange Juice, and Coffee.

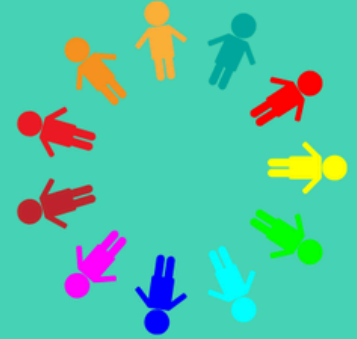
All proceeds will benefit the San Luis Obispo Railroad Museum.

Please RSVP to [info@slorm.com](mailto:info@slorm.com) with how many will be coming so that we have enough food for everyone. Cost is only \$10 per person. Non-member admission to the museum is additional.





# Choose a Volunteer Role You'll Love



A workshop to help you decide  
where and how to volunteer

FREE!

- Common reasons for volunteering
- The benefits of the right volunteer role
- Questions to ask when choosing a volunteer role

**Wednesday  
April 15, 2026  
Noon - 1 p.m.**



Join us for  
refreshments &  
learn how to  
make the best  
choice when  
volunteering

**Grace Fisher Clubhouse  
La Cumbre Plaza  
Santa Barbara**

Reserve your place at [joanne@partnersincaring.org](mailto:joanne@partnersincaring.org) or call 805-894-1851

# VOLUNTEER Fair santa maria valley

Featuring  
A Class Act Entertainment

DJ Pete Ruiz Jr.

Awarded  
Humanitarian  
of the Year by  
Central Coast Events  
Network!

**Have you wanted to volunteer  
but not sure where or how  
you can help?**

**Connect with representatives from multiple  
organizations that need your assistance.  
The choice is yours of how to make a difference.  
All at this FREE event!**

**Come out and meet  
these organizations and more...**



## Join us FREE!

April 19th - 12 to 3 pm  
Town Center Mall  
371 Town Center East  
Upper Regal Mezzanine  
(just above the theaters)



Many  
Thanks for  
the  
support!



For more information please contact:  
Community Partners in Caring  
Midge Nicosia  
(805) 925-8000 xt 1012 or (909) 896-8935  
midge@partnersincaring.org



# 4<sup>TH</sup> ANNUAL **SENIOR EXPO**

Thursday, April 23, 2026  
10:00 a.m. to 1:00 p.m.  
**Goleta Community Center**  
5679 Hollister Ave





Follow us on your preferred platform



Find Local Resources for Seniors using  
the link below

**RESOURCES**

Donate or volunteer using the links below

**DONATE**

**VOLUNTEER**



**LINKTREE**

