

MAY 2026 NEWSLETTER

Dear Friends of Community Partners in Caring,

May shines a spotlight on **Older Americans Month**, a time to honor the wisdom, resilience, and contributions of seniors who enrich our communities. Established in 1963, this observance—now in its 63rd year—promotes healthy aging, combats isolation, and celebrates vital roles in family and society.

May is also **National Mental Health Awareness Month**, which reminds us that mental well-being is vital for all ages, especially amid rising anxiety and isolation in our coastal communities. One in five Americans faces mental illness yearly, yet stigma silences many. At Community Partners in Caring, we break that barrier with compassionate, accessible support.

Finally **National Stroke Awareness Month** is observed in May and highlights the importance of recognizing stroke warning signs and taking action quickly. Education and prevention are key — knowing the signs (such as sudden numbness, confusion, trouble speaking, or severe headache) and calling 911 immediately can save lives and improve recovery outcomes. It's also a time to encourage healthy lifestyle choices and support those affected by stroke.

It's a time to celebrate older adults, promote well-being, and encourage conversations that help everyone thrive.

At Community Partners in Caring, we see seniors as community pillars. Many face challenges like mobility issues or loneliness, yet they thrive with support.

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Stroke Awareness recognize the FAST signs:

- Face drooping
- Arm weakness,
- Speech difficulty
- Time to call 911.

National Stroke Awareness Month in May equips us to spot, prevent, and respond to strokes—the fourth leading cause of death in the U.S., striking every 40 seconds.

Risk factors include high blood pressure, smoking, and diabetes—many preventable through lifestyle tweaks.

Prioritizing Mental Health Awareness

Taking small, practical steps each day can help improve mental wellness:



STAY CONNECTED

Call or visit a friend or neighbor.



GET OUTSIDE

Fresh air and light movement boost mood.



KEEP A ROUTINE

Structure supports stability and focus.



PRACTICE MINDFULNESS

Even a few quiet minutes can reduce stress.



ASK FOR HELP

Reaching out is a sign of strength.

STROKE AWARENESS

RECOGNIZE THE FAST SIGNS



Acting **FAST** can save a life.



FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.



ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms.



SPEECH DIFFICULTY

Is speech slurred or unusual? Ask the person to repeat a simple sentence.



The... the... uh... help... today.



TIME TO CALL 911

Time is critical. Call 911 right away, even if the symptoms go away.



Every minute matters. Quick treatment can save a life and reduce long-term disability.



CALL 911

AT THE FIRST SIGN OF STROKE.



You could save a life.

BE FAST. CALL 911.

At Community Partners in Caring, we're committed to reducing stigma and increasing access to support through connection, compassion, and community programs.

Mental health is health. By checking in on ourselves and each other, we can build a stronger, more caring community—together.



STORIES THAT MATTER...



STRONGER TOGETHER: MARTHA'S STEADY SUPPORT

As part of our ongoing volunteer recognition efforts, we are proud to highlight the extraordinary contributions of Martha, a dedicated volunteer serving the Santa Barbara community.

Volunteers like Martha 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.

Over a recent three-month period, Martha **completed 65 trips, drove 918 miles, and contributed more than 64 hours of service.** Many of those rides supported clients receiving cancer treatment or dementia-related care, where reliability, patience, and kindness matter deeply.

Since joining Community Partners in Caring, Martha has brought steady support to the Santa Barbara community. Her calm presence, consistency, and caring spirit help clients feel more comfortable during what are often stressful and vulnerable moments. Martha's consistency is something both staff and clients have come to rely on. When she commits to a ride, there is a quiet confidence that it will be handled with care.

At CPC, transportation is the service we provide — but reassurance, dignity, and human connection are often the true impact. Volunteers like Martha help open doors to independence, connection, and peace of mind for the people we serve.

Martha embodies this every day. Her dedication reminds us that even the smallest acts of service can make a lasting difference in someone's life.

We are so grateful for Martha and for the care she brings to every ride.

Thank you, Martha, for showing up for your neighbors in such meaningful ways.

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FUN PAGE 1

HOROSCOPES

Aries (March 21 - April 19): Momentum carries you into May with a fresh burst of confidence. Pitch that idea. Lucky number: 4.

Taurus (April 20 - May 20): Birthday season puts a cheerful glow on everything you touch. Let loved ones spoil you for a change. Lucky date: May 14.

Gemini (May 21 - June 20): A new connection sparks an unexpected collaboration that could shape the months ahead. One strong message lands better than five good ones. Lucky number: 8.

Cancer (June 21 - July 22): A heartfelt conversation with a family member unties a long-standing knot. At work, quiet persistence finally earns a nod from the right person. Lucky date: May 7.

Leo (July 23 - August 22): The spotlight shifts from performance to connection – your warmth draws people in more powerfully than any grand gesture. Lucky number: 1.

Virgo (August 23 - September 22): A mid-month review of your habits reveals one small change that makes a big difference in energy and focus. Lucky date: May 22.

Libra (September 23 - October 22): A shared project brings unexpected closeness. Don't ignore a good idea. Lucky number: 2.

Scorpio (October 23 - November 21): Hidden information surfaces in a way that tilts the board in your favor – use it wisely. Family bonds deepen. Lucky date: May 17.

Sagittarius (November 22 - December 21): A local adventure proves as fulfilling as a far-flung trip, and easier on the schedule. Lucky number: 6.

Capricorn (December 22 - January 19): Steady effort pays off mid-month with visible progress on a long-haul goal. Lucky date: May 10.

Aquarius (January 20 - February 18): A collective effort at work gains surprising traction when you hand others the spotlight for a moment. Lucky number: 12.

Pisces (February 19 - March 20): Intuition sharpens beautifully this month, making creative and emotional decisions feel effortless. Lucky date: May 3.



Aquarium

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

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|-------------|---------------|
| ANGELFISH | NEON TETRA |
| BETTAS | OSCAR |
| CATFISH | PEARL GOURAMI |
| CHERRY BARB | PLATIES |
| DISCUS | PLECOSTOMUS |
| GOLDFISH | RAINBOWFISH |
| GUPPIES | SUNFISH |
| KILLIFISH | WORDTAILS |
| KUHLI LOACH | ZEBRA DANIO |
| MOLLIES | |

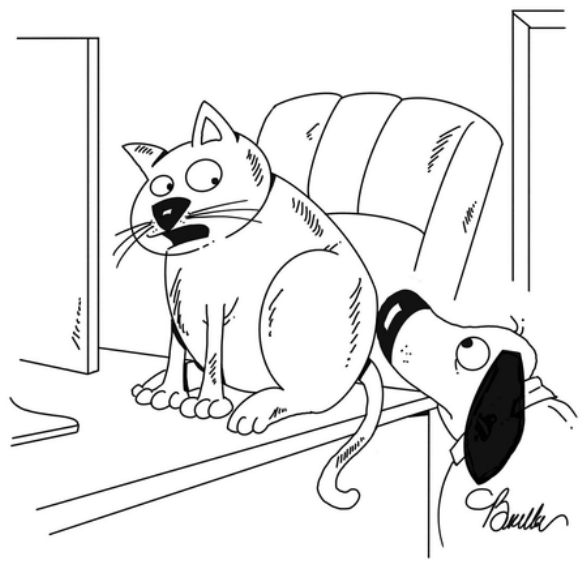
FUN PAGE 2

Riddle me this ...

1. What has four legs, a head, and leaves?
2. What kind of coat can be put on only when wet?
3. Where do you find roads without vehicles, forests without trees, and cities without houses?
4. What word looks the same upside down and backward?
5. What kind of cheese is made backward?
6. What has a foot on each side and one in the middle?
7. The more of these you take, the more you leave behind. What are they?
8. Only one color, but not one size; stuck at the bottom, yet easily flies; present in sun, but not in rain; doing no harm, and feeling no pain. What is it?
9. What falls but never breaks? What breaks but never falls?

RIDDLE ANSWERS:

1. A DINING ROOM TABLE
2. A COAT OF PAINT
3. ON A MAP
4. SWIMS,
5. EDAM (MADE SPELLED BACKWARDS)
6. A YARD STICK,
7. FOOTSTEPS,
8. A SHADOW,
9. NIGHT AND DAY



"I'm not sure if we're named after passwords or vice versa."

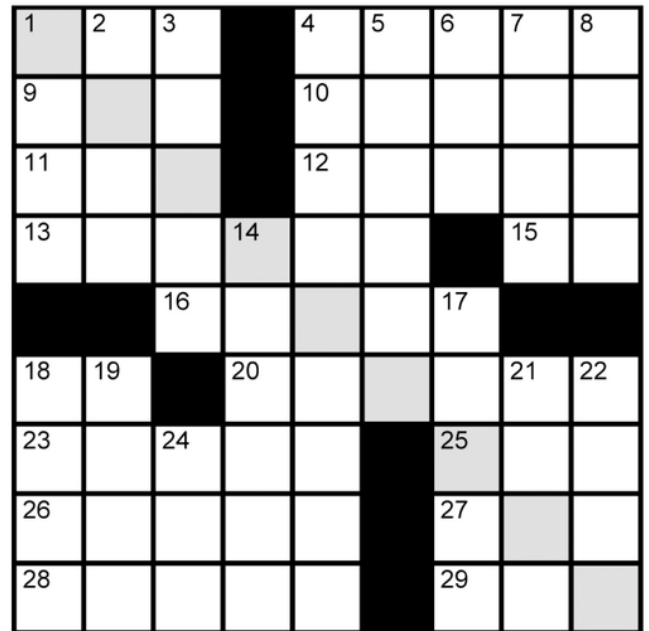
Crackle and Pop

Across

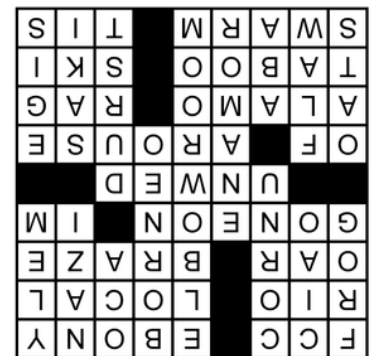
1. TV watchdog org.
4. Piano key material
9. ___ Bravo
10. Nearby
11. Crew need
12. Solder with an alloy
13. Continued ahead
15. "___ a little teapot"
16. Single
18. '___ Thee I Sing'
20. Excite
23. "Remember the ___!"
25. Piano piece
26. Forbidden
27. Hit the slopes
28. Buzzing cloud
29. Poetic contraction

Down

1. Kermit, for one
2. Italian farewell
3. Object shaped like a horn
4. Space to maneuver
5. Brunei's island
6. Mozart's "L'___ del Cairo"



7. W.W. II foe
8. Primordial substance
14. Captivate
17. Showed courage, old-style
18. Horse feed
19. Blemish
21. Pseudonym of H. H. Munro
22. Auspices
24. Attorneys' org.



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

CLICK HERE IF YOU'RE FEELING GENEROUS

PRODUCTIVITY PAGE

The Two-Minute Rule

If it takes less than two minutes, do it now.

Productivity expert David Allen made this famous — and it works. The mental energy spent deciding to do something later often costs more than just doing it.

Replying to a short email, filing one document, making a quick call — these small tasks pile up into a mental backlog that quietly drains focus all day. The rule is simple: **if an action takes two minutes or less, don't schedule it, don't list it — just do it immediately and move on.**



The Productivity of Purpose

Why having somewhere to be is good for your brain.

Research on **healthy aging** consistently finds that people who **maintain a regular schedule** and **a sense of purpose** — somewhere to be, someone counting on them — **show better cognitive function and emotional resilience than those who don't.**

It's not about staying busy for the sake of it. It's about meaningful engagement. Showing up for a volunteer shift, a neighbor, or a weekly commitment keeps the mind anchored and active in ways that crossword puzzles alone simply can't replicate. **Purpose, it turns out, is one of the most underrated productivity tools of all.**

Write It Down. No, Really.

The oldest productivity hack is still the best one.

In an age of apps, reminders, and digital calendars, the humble handwritten list remains one of the most effective tools for getting things done.

Research from Princeton and UCLA found that **writing by hand engages the brain more deeply than typing — improving memory, comprehension, and follow-through.** A short list written each morning — three things you want to accomplish that day — takes less than two minutes and creates a quiet sense of intention that screens rarely replicate.

You don't need a system. You just need a pen and a piece of paper.

You just read about the Two-Minute Rule.

Here's your two-minute challenge: make a donation right now. It takes less time than you think — and it makes more difference than you know.

[DONATE NOW → partnersincaring.org/donate](https://partnersincaring.org/donate)

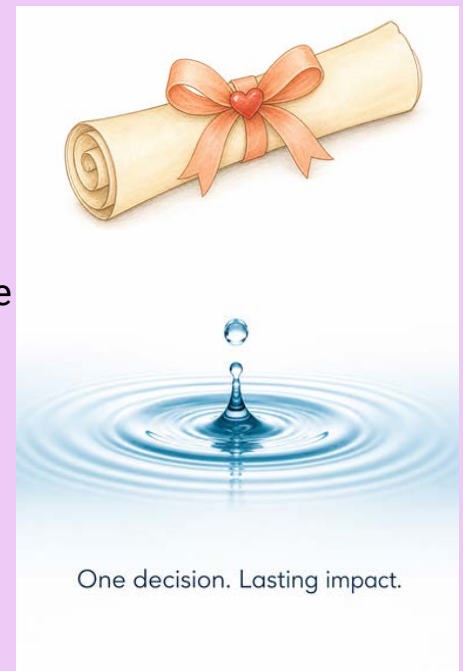
You Can't Take It With You – But You Can Leave Something Beautiful Behind

Here's a thought: what if the most meaningful thing you ever did for your community cost you nothing during your lifetime?

A bequest to Community Partners in Caring – **naming us in your will or as a beneficiary on a retirement account or life insurance policy** – is one of the simplest, most impactful gifts a person can make. You maintain full control of your assets while you're alive. We simply become part of your story.

Every dollar left to CPC goes directly to the work: transportation for seniors, access to care, and the kind of human connection that can't be manufactured.

Talk to your estate planner – and then talk to us. We'd love to tell you more.



Protect the People You Love.

On May 14th, join Family Service Agency of Santa Barbara for a free Zoom training on two urgent topics: AI deepfake scams targeting older adults, and how elder abuse restraining orders work. Presenters include AARP fraud experts and a legal director from the SLO Legal Assistance Foundation. Free, virtual, and highly relevant – especially if you work with, care for, or simply love a senior in your life.

 **May 14 | 9:00–11:30 AM | Free via Zoom use the links below to register**



2026
Elder Abuse Prevention
Training Conference

Sponsored by

- Area Agency on Aging
- STAND UP AGAINST ELDER ABUSE
- State & Community Adult Abuse Prevention Council
- fsa FAMILY SERVICE AGENCY

2026 Elder Abuse Prevention Training Conference

Registration is open for the 2026 Elder Abuse Prevention Training Conference. You'll leave knowing how to recognize the newest AI scams targeting older adults and with a new understanding of the practical aspects of protective orders in case...

 GoFundMe Pro

[HTTPS://GIVE.FSACARES.ORG/EVENT/2026-ELDER-ABUSE-PREVENTION-TRAINING-CONFERENCE/E778967](https://give.fsacares.org/event/2026-elder-abuse-prevention-training-conference/e778967)

HILDA'S CORNER

STAY INFORMED. STAY PROTECTED.



Protect yourself and your loved ones by staying informed about emerging risks facing older adults. I encourage you to participate in the 2026 Elder Abuse Prevention Training Conference, hosted by Family Service Agency. This year's sessions focus on timely and practical topics, including AI and deepfake scams and how they are being used to target older adults, as well as how elder abuse restraining orders can provide legal protection.

Whether you are a caregiver, professional, or community member, this is a valuable opportunity to better understand modern threats and available safeguards. Please consider watching with a friend or family member, and share the information with others who may benefit from these important safeguards. Link to register is on previous page!

MAY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Flower Moon	2 Kentucky Derby
3 National Pet Week	4 Star Wars Day	5	6	7	8	9
10 Mother's Day	11 PGA	12	13	14 Elder Abuse Prevention Training Conference	15 Lompoc Senior Health Expo	16 Armed Forces Day
17	18	19	20 Bee Day	21	22 Maritime Day	23
24 500 mile race	25 Memorial Day	26 Chair Fusion Yoga @ Nipomo Area Senior Center	27	28	29	30
31 Blue Moon						



Lompoc
Senior
Health
Expo



FRIDAY MAY 15 2026
9:00 AM - 12:00 PM
DICK DEWEES COMMUNITY & SENIOR CENTER
1120 W OCEAN AVE, LOMPOC, CA 93436



HEALTH

WELLNESS & YOU

NIPOMO AREA SENIOR CENTER
200 E DANA ST NIPOMO

MAY 26TH 1PM - 2PM
CHAIR FUSION YOGA
WITH EL GALAPON

**Gain physical strength, flexibility,
reduce stress and tap into self-care .**

 **ADAPTABLE & ACCESSIBLE** 

NO REGISTRATION NEEDED



FREE
community class 18+
consider a donation to
NASC



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Find Local Resources for Seniors using
the link below

RESOURCES

Donate or volunteer using the links below

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