



partnersincaring.org
805-925-8000

JULY 2026 NEWSLETTER

Dear Friends of Community Partners in Caring,

July brings the warmth of summer, the spirit of independence, and three important causes that remind us what it means to truly care for one another.

UV Safety Month is a timely reminder that summer sun demands our attention — especially for older adults. Heat exhaustion, dehydration, and sun damage are real risks. Apply sunscreen daily, seek shade during peak hours, and drink plenty of water. Small habits, big difference.

Social Wellness Month is a call to invest in the relationships that sustain us. Research shows social connection is one of the most powerful predictors of health and longevity — particularly for older adults. Connection is not a luxury. It is care.

Disability Pride Month honors the right of every person to live with independence and dignity. At Community Partners in Caring, this resonates deeply — many of the clients our volunteers serve are older adults and adults with disabilities for whom a single ride can mean the difference between isolation and connection. We are proud to support that independence every day.

At Community Partners in Caring, all three of these causes live at the heart of our work. Thank you for being part of a community that takes them seriously.



Save the date **THIS MONTH** we will be hosting our second Santa Maria Valley Senior Expo, we hope to see you there!

July 10th 2026 9 am to 12 pm

Allan Hancock College

Joe White Memorial Gymnasium

Social Wellness Month: Small Steps, Real Connection

Staying socially connected isn't just good for the soul — it's good for your health. Here are a few simple ways to nurture your relationships this July:

1. **Pick up the phone** — A real call beats a text every time. Reach out to someone you haven't spoken to in a while. You'll both feel better for it.
2. **Get out of the house** — Farmer's markets, library events, senior center programs, or even a walk in a familiar neighborhood can spark unexpected connection. Showing up is half the battle.
3. **Invite someone along** — Running an errand? Grabbing coffee? Bring a neighbor, friend, or family member. Ordinary moments become meaningful ones with company.
4. **Volunteer** — One of the most reliable ways to combat isolation is to show up for someone else. Giving your time creates connection, purpose, and community all at once.

Thinking of where you could possibly volunteer?

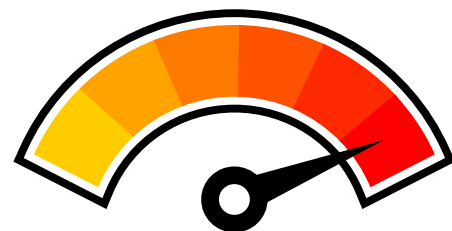
GO TO WWW.PARTNERSINCARING.ORG/VOLUNTEER

UV Safety Month: Protect Yourself This Summer

Summer sunshine lifts the spirit, but too much of it can take a real toll, especially as we age. Older skin is more vulnerable to sun damage, and heat affects seniors more quickly than younger adults.

A few simple precautions go a long way:

1. **Wear sunscreen every day** — SPF 30 or higher, applied 15 minutes before going outside. Don't forget ears, the back of the neck, and hands — commonly missed and highly exposed.
2. **Cover up** — Lightweight long sleeves, wide-brimmed hats, and UV-blocking sunglasses offer protection without sacrificing comfort in the heat.
3. **Avoid peak sun hours** — UV rays are strongest between 10 AM and 4 PM. Plan outdoor activities for early morning or evening when possible.
4. **Hydrate before you're thirsty** — Older adults often have a diminished sense of thirst, making dehydration a silent risk in summer. Aim for water consistently throughout the day, not just when you feel parched.
5. **Know the warning signs of heat exhaustion** — Dizziness, heavy sweating, nausea, and weakness are signals to get indoors, cool down, and hydrate immediately. When in doubt, call someone.



Disability Pride Month: Independence Is Worth Celebrating

Every July, Disability Pride Month honors the strength, resilience, and contributions of people with disabilities — and marks the anniversary of the **Americans with Disabilities Act**, signed into law on **July 26, 1990**. The **ADA** was a landmark moment, but the work it started is ongoing.

Older adults represent one of the largest and fastest-growing segments of the disability community, as **many disabilities are acquired naturally with age** — making this month's observance deeply relevant to the people CPC serves every day

At Community Partners in Caring, Disability Pride Month isn't abstract, it's personal. Every ride our volunteers provide to an older adult or person with a disability is a small act of inclusion. It says: **your independence matters, your appointments matter, your life in this community matters.**

That's something worth celebrating all month long.

From “Ahoy” to Emojis: A Tiny History of Phone Greetings

When you say “hello,” you’re using the word that beat “ahoy.”

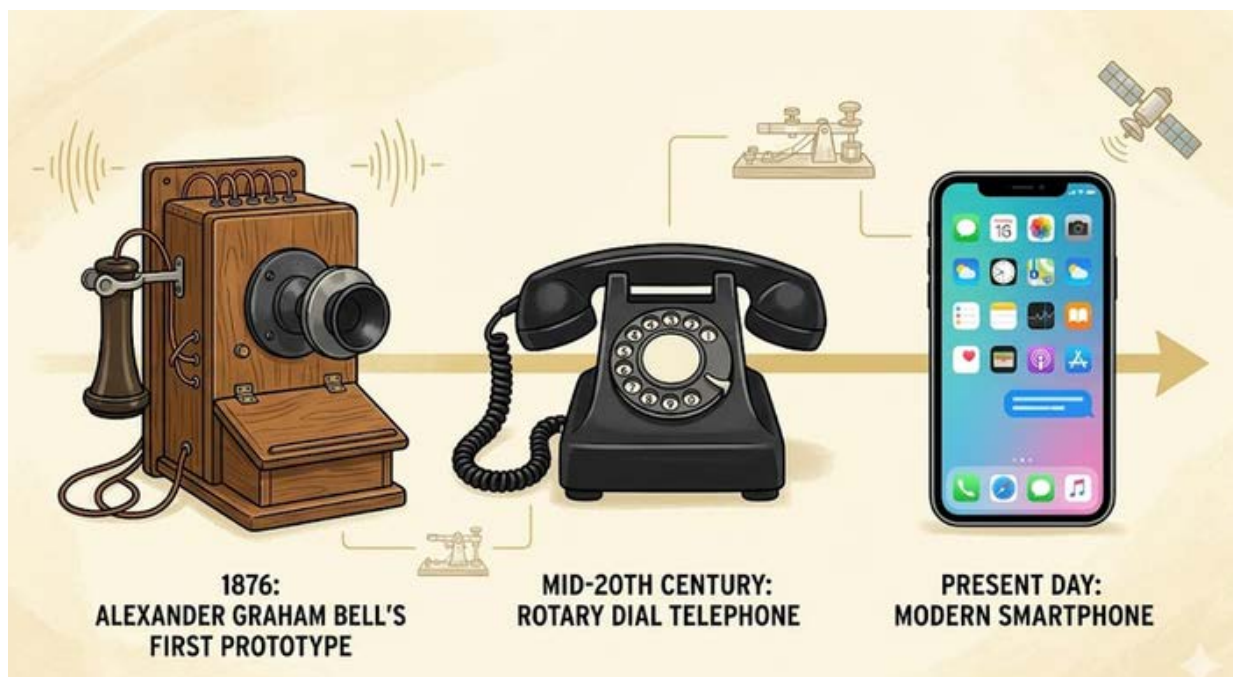
In 1876, Alexander Graham Bell invented the telephone and favored “ahoy,” a sailor’s call. Early operators even answered, “Ahoy! Ahoy!”

“Hello” was newer—more of an attention-getter than a greeting—until Thomas Edison pushed it in 1877 as clearer for calls. Phone books adopted it. “Hello” won. Bell never quite agreed.

Fast forward: landlines to smartphones, voices to video on FaceTime, and messages that skip greetings entirely—replaced by texts, GIFs, or a quick 🙌.

Bell’s first call? Straight to the point: **“Mr. Watson, come here—I want to see you.”**

Next call you take—try “ahoy.”



STORIES THAT MATTER...

WRAPPED IN CARE: A GIFT OF WARMTH, KINDNESS, AND CONNECTION

Sometimes a simple gift can carry a much deeper message: you are remembered, you are valued, and you are not alone.

Through our **Wrapped in Care** project, handmade blankets were shared with clients as a gesture of comfort and kindness. Each blanket represented more than warmth — it was a reminder of the care and connection made possible through Community Partners in Caring.

One blanket was given to Kathy, a client who had received many rides so she could visit her husband while he was a patient at a local skilled nursing and healthcare facility. After her husband passed away, Kathy was left facing life alone. When she received her handmade blanket, she was deeply appreciative and touched to have been chosen as a recipient.

Another blanket was delivered to Sylvia, an elderly client who lives alone in a modest mobile home and relies on government assistance. Sylvia was surprised and grateful for the gift. She shared that she planned to hang the blanket on a wall in her home so she could see it every day as a reminder of the kindness she has experienced through Community Partners in Caring.

These moments remind us that even small acts of kindness can have a lasting impact. A handmade blanket may provide physical warmth, but the thought behind it offers something just as important: comfort, dignity, and a reminder that someone cares.



Thanks to the generosity of volunteers, quilting groups, donors, and community partners, more than **115 lap quilts and blankets** were distributed from **Atascadero to Santa Barbara** during Older Americans Month.

GO TO WWW.PARTNERSINCARING.ORG/VOLUNTEER

FUN PAGE 1

HOROSCOPES



"Evidently, we've found the treasure of a porch pirate."

Cookout word search

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

APRON
BEANS
BRATS
CATSUP
CHERRY
COALS
COLESLAW
CORN
EMBERS
FIRE
FISH
GAS
GRILL
HAMBURGER
HOT DOG
INDIRECT
KEBABS
MOP

PACKET
PEPPERS
PIT
PORK
RACK
RELISH
RIBS
ROTISSERIE
RUB
SAUCE
SEAR
SKEWERS
SMOKER
STEAKS
THERMOMETER
TONGS
WINGS
WOOD CHIPS

Aries (March 21 - April 19): July 2025 brings a burst of energy. Mid-month, a surprise conversation could shift your perspective! Lucky Day: July 7

Taurus (April 20 - May 20): Comfort is your superpower. You'll find joy in nurturing your home or deepening bonds with loved ones. Lucky Number: 4

Gemini (May 21 - June 20): Early in the month, a new idea sparks. Avoid scattering your focus. Lucky Day: July 14

Cancer (June 21 - July 22): Embrace self-discovery and set intentions for the year ahead. Your intuition is sharp right now. Trust it. Lucky Number: 8

Leo (July 23 - August 22): It's your season, Leo, and the spotlight is yours! July 2025 is ideal for launching passion projects. Around the 15th, a mentor or friend offers valuable advice. Lucky Day: July 22

Virgo (August 23 - September 22): A health or wellness goal takes root. Small changes yield big results. Trust your gut. Lucky Number: 6

Libra (September 23 - October 22): Your social calendar buzzes, and networking opens unexpected doors. Stay true to your values when making decisions. Lucky Day: July 11

Scorpio (October 23 - November 21): Your intensity and focus draw attention. Seize opportunities to showcase your skills. A personal goal gains clarity around the 18th. Lucky Number: 9

Sagittarius (November 22 - December 21): A new perspective shifts your outlook early in the month. Stay mindful of commitments. Lucky Day: July 25

Capricorn (December 22 - January 19): A tough decision mid-month leads to clarity. Trust your pragmatism. Self-care is crucial; prioritize rest. Lucky Number: 3

Aquarius (January 20 - February 18): Partnerships, both romantic and professional, take center stage. Collaboration is your strength. Lucky Day: July 19

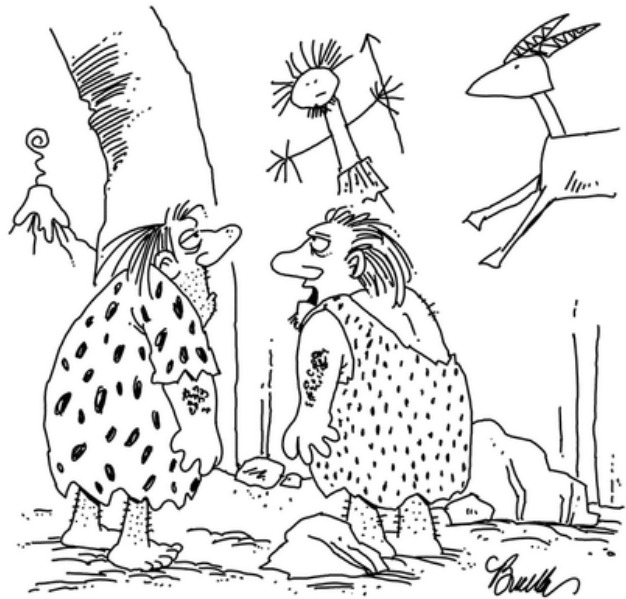
Pisces (February 19 - March 20): You're juggling work and wellness, with chances to streamline routines. A kind gesture strengthens a bond. Lucky Number: 7

FUN PAGE 2

1. What has to be broken before you can use it?
2. I have branches but no leaves, no trunk, and no fruit. What am I?
3. The more you feed me, the more I grow — but give me water and I'll die. What am I?
4. What runs all around a yard but never moves?
5. I'm always in front of you but can never be seen. What am I?
6. What has one eye but cannot see?
7. What gets wetter the more it dries?
8. I have no legs but can travel the world. What am I?
9. What can fill a room but takes up no space?

ANSWERS:

1. AN EGG
2. A BANK
3. FIRE
4. A FENCE
5. THE FUTURE
6. A NEEDLE
7. A TOWEL
8. A STAMP
9. LIGHT



“You can tell it’s AI. Six fingers.”

Brain Content

Across

1. Relatives
4. Ms. Williams in aquamusicals
9. Plastic ___ Band
10. Silk with a wavy pattern
11. London lav
12. Pig out
13. Respond
15. ‘___ Thee I Sing’
16. Calculus pioneer Leonhard
18. @
20. Dozes
23. Rwandan people
25. Morse T
26. Orchestra section
27. Freudian topic
28. Swamp
29. Understand

Down

1. Caffeine source
2. Knowing, as a secret
3. Lasso loop
4. Add frills to

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		

5. Evening event
6. Food container
7. Therefore
8. Snorkeling site
14. Wimps
17. Counsels: arch.
18. Proton’s place
19. Big brass
21. Book unit
22. Loafer, e.g.
24. Craggy peak

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

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

CLICK HERE IF YOU'RE FEELING GENEROUS

PRODUCTIVITY PAGE

Done Is Better Than Perfect

Perfectionism is one of the quietest productivity killers there is. It keeps projects in permanent draft mode, emails unsent, and good ideas sitting idle.

The next time you find yourself endlessly refining something, ask: is this actually better than it was an hour ago — or am I just hesitant to call it done?

Most things improve more from being finished and acted on than from one more round of polishing. Ship it. Adjust later.

Stop Ending Meetings Without a Next Step

The most expensive word in any meeting is "great."

A meeting that ends with "great discussion" but no clear action item is just a conversation. Before any call or meeting wraps, someone should be able to answer three things: **What happens next? Who owns it? By when?** Writing it down — even a single sentence — turns a talk into a plan.

Studies on workplace productivity consistently show that vague handoffs are where good ideas go to stall.

The Power of the Afternoon Pause

July's long days can blur into one another, leaving you busy but not necessarily productive. One simple reset: build a deliberate pause into your afternoon — even 10 minutes.

Step away from your screen, go outside briefly, or simply sit quietly. Studies on cognitive performance consistently show that short mental breaks improve focus, creativity, and decision-making for the rest of the day. Think of it less as stopping work and more as protecting it.

Beat the Heat, Protect Your Focus

Summer heat doesn't just drain your energy it also drains your concentration. Research shows that cognitive performance dips noticeably when we're overheated or dehydrated, even mildly so.

Before you sit down to tackle anything that requires focus, drink a full glass of water, find a cool space, and give yourself five minutes to settle. Your brain works better when your body isn't fighting the weather.

Productivity isn't one-size-fits-all — it shifts with the seasons, the circumstances, and the season of life you're in.

This month we're keeping it practical: stay cool and hydrated to protect your focus, build in a pause when the afternoon slows you down, resist the pull of perfectionism and call things done, and before you wrap any meeting or call, make sure someone knows what happens next.

Small adjustments, consistently applied, add up to a lot.

DONATE NOW → partnersincaring.org/donate

Santa Maria Valley



FREE
for all
attendees!

Presenting Sponsors



Friday, July 10
9:00 am - 12:00 pm
Allan Hancock College

Inside The Joe White Memorial Gymnasium
800 South College Drive, Santa Maria



Please park in lot 8
Accessible shuttle from the parking
lot to the entrance provided by:



More resources!

- Legal Assistance
- Vision Checks
- Health Checks
- Senior Living
- Insurance
- Mobile Library
- Find free services
- AND MUCH MORE!

More Fun!

- Model A Ford Club cars
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For information call:
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(805) 925-8000
www.partnersincaring.org

Please do not call
Allan Hancock College

HILDA'S CORNER

CELEBRATING INDEPENDANCE



JULY 2026

July celebrates independence in every sense — and at Community Partners in Caring, that word means everything to us.

This month we honor the legacy of the Americans with Disabilities Act, signed July 26, 1990. That spirit lives in every ride our volunteers provide — ensuring older adults and people with disabilities can access care, stay connected, and remain active members of their communities. One way to do this is to stay informed and educated about resources in the community.

So be sure to attend the Santa Maria Senior Expo this Friday from 9 to 12 p.m. at Hancock College!

July heat is also real. **Please check in on loved ones, keep everyone hydrated, and reach out if someone needs support.** And if you've been meaning to call a neighbor or friend — Social Wellness Month is your nudge.

Thank you for being part of this community.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Independence Day
5	6	7	8	9 AG Thursday Night Music in the Park	10 SMV Senior Expo @ Allan Hancock College 9AM	11 Nipomo Library Book Sale
12	13	14	15	16 Kiwanis Music Night	17 Alzheimer's Association Support Group: Family Caregivers	18
19	20	21	22	23	24	25 Estate Planninc Clinic & Terrace Hill Community Picnic & SB Humane Car Show
26	27	28	29	30	31	

Kiwanis of Santa Barbara

presents free concerts



Raising funds for kids and non-profits in our community
Concerts, Dancing, Food, Drinks, Raffle, Vendors, and Great Family Fun!

JUNE 18

JULY 16

AUGUST 20

The Other Women

Velvet & Nylon

Smelly Cat

Special appearances:

BUNS, Tiffany and The Third Story,
Baile de California, Revels

Thursdays, 5:30 - 7:30pm

**SINGLETON PAVILION, ELINGS PARK
1298 LAS POSITAS RD, SANTA BARBARA**

Thank you to our sponsors

Elings Park, EBF Productions

Edward Jones - Kane Financial Group

Gary V. Gray CPA, Schwan Brothers Excavating

Montecito Bank & Trust



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Friends of the Nipomo Library

Community Events, General

Nipomo Library Book Sale

Dive into a massive sea of stories at the Friends of the Nipomo Library Used Book Sale! Whether you are a dedicated collector, an avid reader, or shopping for the family, we have something for everyone. Come explore tables packed with adult fiction, mysteries, biographies, history, children's books, jigsaw puzzles, CDs, and DVDs. Arrive right at 10:00 am for the absolute best selection. Cash only.



Nipomo Library



10:00 AM - 02:00 PM on Sat, 11 Jul 2026

Event Supported By

Friends of the Nipomo Library

(805) 929-3994

info@friendsofnipomolibrary.org

<https://www.friendsofnipomolibrary.org/>



CAR SHOW AND DONATION DRIVE

Saturday, July 25, 2026 • 10 AM – 2 PM

Santa Barbara Humane—Santa Maria Campus
1687 W Stowell Rd, Santa Maria, CA 93458



For more information, visit
sbhumane.org/events

To become an event sponsor, contact
Kelly at kelly@sbhumane.org or call
805-892-0088.

IN PARTNERSHIP WITH



PLUS

Walk-up Low-cost
Veterinary Vaccine Clinic
10 AM - 2 PM

-and-

50% OFF

Animal Adoptions
12 PM - 4:30 PM
(Excludes VIP animals)

Terrace Hill Community Picnic

Gather for a community picnic at scenic Terrace Hill Open Space. Walk up to the top of the hill with your family and friends for a simple celebration of the 30th Anniversary of the San Luis Obispo Greenbelt.

Please bring your own picnic blanket and any food and refreshments you'd like to enjoy while we watch the sunset together as a community. Trailhead access is located on Rachel Street and Bishop Street.



Terrace Hill Open Space



06:00 PM - 08:30 PM on Sat, 25 Jul 2026

[Get Tickets](#)

Event Supported By

City of San Luis Obispo

805-783-7869

lpohlman@cityofslo.org

<https://www.slocity.org/government/department-directory/city-administration/sustainability/climate-action-plan>

Thursday Night Music In the Park



Enjoy summer nights with the City of Arroyo Grande Thursday Night Music in the Park! The SLO County band will perform classic tunes, movie favorites and traditional marches on the second Thursday of May, April, June and August from 6:30-7:30 pm at Rancho Grande Park. Bring your friends, family and lawn chairs!

Thursday Night Music In the Park

Set a Reminder

Date and Time

Thursday Jul 9, 2026
6:30 PM - 7:30 PM PDT

Second Thursday-- May 14th, June 11th, July 9th, August 13th from 6:30-7:30 pm

Location

Rancho Grande Park 500 James Way Arroyo Grande

Fees/Admission

Free Event

Support Group: Family Caregivers

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:

california central coast chapter



Support Group: Family Caregivers

Set a Reminder

Date and Time

Friday Jul 17, 2026
1:00 PM - 2:30 PM PDT

3rd Friday of each month
1:00-2:30pm

Location

American Riviera Bank
1601 Spring St.
Paso Robles

Facilitator: Elana Peters
Respite available, MUST call in advance: CAPSLO Adult Day Center: (805) 239-5679
Co-Sponsored with CAPSLO Adult Day Services

ESTATE PLANNING CLINIC



JULY 25TH, 2026



9:00 A.M. TO 11:00 A.M.



THE COLLEGES OF LAW, SANTA BARBARA CAMPUS
20 E. VICTORIA ST.,
SANTA BARBARA, CA 93101

**VOLUNTEER ATTORNEYS WILL PROVIDE
ASSISTANCE AT NO COST WITH:**



POWERS OF ATTORNEY



ADVANCE HEALTH CARE DIRECTIVES

- TO PARTICIPATE, PLEASE CALL (805) 963-6754 TO COMPLETE OUR INTAKE & SCHEDULE A 30-MINUTE APPOINTMENT BY JULY 15.

- **VALID ID REQUIRED**

***SPANISH INTERPRETER AVAILABLE**

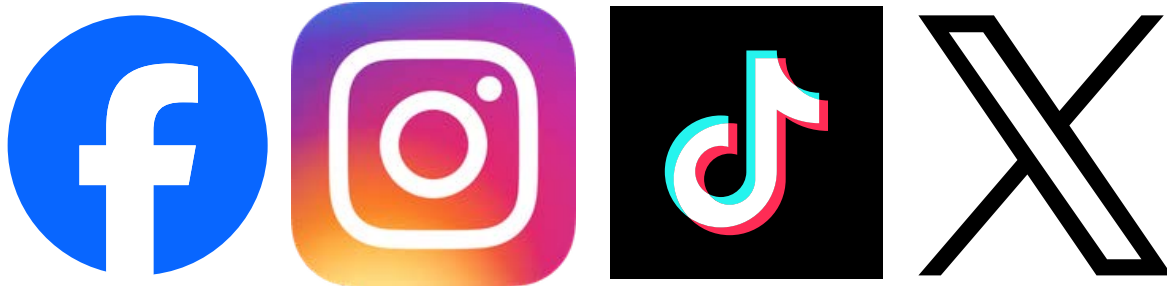
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FREE





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