

A GIFT OF INDEPENDENCE IN NIPOMO

We recently received a heartfelt thank-you card from Robin S. of Nipomo — and her story is one we wanted to share.

Robin is 81 years old, legally blind, and relies on a devoted service dog, Safari, for assistance in her daily life. Like many older adults, she had reached a difficult crossroads: without reliable support, she was preparing to leave her home in Trilogy and move into assisted living.

That's when Community Partners in Caring stepped in. With consistent help and a little extra support, Robin found she didn't have to give up the home and community she loves after all. In her own words, she wrote:

"You have helped me so much. I was about to move to assisted living, and now I have decided to stay in Trilogy. Thanks so much."

Robin's story is a powerful reminder that reliable support can mean far more than completing an errand or providing a ride. It can help an older adult remain independent, connected, and safely at home in the community they love.



Pictured from left to right: Lois, Robin, and Safari.

Meet one of the volunteers behind the rides.

Robin's support comes from volunteers like Lois.

Lois just joined our volunteer team this past March. In just a few months, Lois has already logged 236 miles helping Robin and others get to appointments and stay connected to their communities.

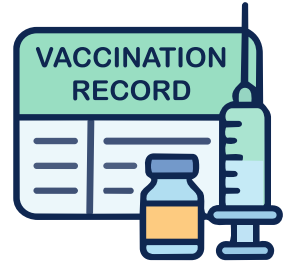
Lois is a wonderful example of how quickly one caring person can make a real difference.

Your support makes independence possible. Consider becoming a volunteer and help another older adult remain safely at home in the community they cherish.

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August brings the height of summer and three meaningful reminders about care, balance, and connection.

National Immunization Awareness Month is a good time to remind ourselves that prevention matters at every age. Staying up to date on recommended vaccines can help older adults protect their health, reduce the risk of serious illness, and continue doing the things they enjoy with confidence and peace of mind.



If you are unsure which vaccines you need, talk with your doctor, pharmacist, or local health department.

Many communities also offer free or low-cost shots through public clinics, senior centers, and pharmacy programs, making it easier to stay protected without added financial strain.

If you are looking for a nearby vaccination site, you can use the California vaccine locator (My Turn Vaccine Locator) to find options in your area.



<https://myturn.cdph.ca.gov/vaccinelocator>



National Dog Month reminds us of the comfort of a wagging tail

There's a reason dogs are called our best friends.

For older adults, the companionship of a pet can ease loneliness, encourage a bit of daily movement, and even bring a sense of routine and purpose to the day.

Studies have linked pet companionship to lower stress and improved mood, and something as simple as a gentle stroll with a dog counts toward both wellness and joy.

If you don't have a pet of your own but enjoy the company of animals, consider visiting a local shelter for a volunteer "dog walker" hour, or ask a neighbor if you can tag along on their evening walk.

Even a few minutes of petting a friendly dog has been shown to lower blood pressure and lift spirits. For some older adults, a dog is more than a companion — it's a lifeline to independence.



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National Wellness Month

Wellness is built through simple **daily choices** that support the **body, mind, and spirit**.

- A short walk or a few light stretches and gentle movement
- A healthy meal and staying hydrated
- A good night's sleep and getting enough rest
- A friendly check-in and taking time to connect with others



Small choices, practiced consistently, can make a meaningful difference. Below are two simple but effective exercises you can do to support your wellness this month.

Easy Relaxation Breathing

Sit comfortably with both feet on the floor. Breathe in slowly through your nose for a count of 4, then exhale gently through your mouth for a count of 6. Repeat this 5 to 10 times, letting your shoulders relax as you breathe. If it helps, place one hand on your belly and feel it rise and fall with each breath.



Standing counts, but walking counts more

Getting up from a chair is better than staying seated, but short bouts of easy walking do even more to break up long periods of sitting. Research in older adults shows that standing helps, yet a lap around the room is better. Try to move every 30 minutes, even if it is just a brief walk or a few gentle stretches.



A pool may be the best gym for painful joints

Water is easier on sore knees and hips because buoyancy reduces body weight while the water still provides resistance for strength.

That makes aquatic exercise especially helpful for people with arthritis, and simple moves like water walking, marching, and gentle leg lifts can improve movement and reduce pain.



A 20- to 40-minute session two or three times a week is a solid start. Just be sure not to exercise alone, and remember that pool workouts should be paired with some weight-bearing exercise on land if bone health is a concern.



Senior Expo



Big shout out to Midge for making this event a reality, here she is picking out the raffle winner.



And here is the raffle winner Alan receiving his prize from Ricardo

2026 Santa Maria Valley Senior Expo Highlights

This year's Senior Expo drew an estimated 600 people in all — 380 through the door, plus about 200 vendors and staff and 20 volunteers who made the day possible. A wonderful turnout for a wonderful cause.



FUN PAGE 1

HOROSCOPES

Rainforest

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

AMAZON

BATS

BIRDS

BOAS

BOG

BRAZIL

BUG

CAIMAN

CANOPY

CHOCOLATE

CUCKOO

DRAGONFLY

FIGS

FROGS

FUNGI

HULI

IGUANA

JUNGLE

LOGGING

MACAW

OCELOT

ORANGUTAN

ORCHIDS

PARROTS

PERU

PIRANHA

QUETZAL

ROOTS

SERVAL

SLOTH

TIGER

TURTLE

VINES

WORMS

XENOPS

Aries (March 21 - April 19): August 2026 rewards patience – a project you set aside in spring is ready for a fresh look, so pick it back up. Lucky Number: 1

Taurus (April 20 - May 20): A small tidy-up of your finances or files brings real peace of mind. Reward your diligence with a quiet treat. Lucky Day: August 9

Gemini (May 21 - June 20): Your curiosity is contagious this month – share what you have learned, and a good conversation opens a door. Lucky Number: 5

Cancer (June 21 - July 22): Reconnecting with an old friend or relative lifts your spirits in mid-August. Make the call you have been meaning to make. Lucky Day: August 16

Leo (July 23 - August 22): Your season still shines, Leo – a kind word from you brightens someone's whole week. Around the 11th, recognition you have earned arrives. Lucky Number: 3

Virgo (August 23 - September 22): Your season opens late this month, and your gift for order makes everything run smoother. One small system saves you hours. Lucky Day: August 27

Libra (September 23 - October 22): Smoothing over a small disagreement earns quiet gratitude. Trust your sense of fairness and keep things in balance. Lucky Number: 2

Scorpio (October 23 - November 21): A patient, behind-the-scenes effort pays off around the 20th. Your persistence is noticed, even when you think it isn't. Lucky Day: August 20

Sagittarius (November 22 - December 21): A short trip or a good book carries you somewhere new. Say yes to a spur-of-the-moment outing with friends. Lucky Number: 8

Capricorn (December 22 - January 19): Your steady hand guides others through a busy stretch. Late in August, make time to rest – you have earned it. Lucky Day: August 23

Aquarius (January 20 - February 18): An idea of yours catches on with the group. Share it generously – your community is listening. Lucky Number: 6

Pisces (February 19 - March 20): Creativity flows when you slow down. A walk outdoors clears your mind and sparks a happy idea. Lucky Day: August 5

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FUN PAGE 2

ELEMENT-ARY SCHOOL

- Which element fills the balloons that float at birthday parties and makes your voice squeaky?
a-Helium, b-Neon, c-Oxygen, d-Argon.
- Which is the lightest of the chemical elements?
a-Helium, b-Hydrogen, c-Neon, d-Oxygen.
- Which element makes up the hardest natural substance on Earth? a-Lead, b-Carbon, c-Silicon, d-Platinum.
- Which element is found in all acids? a-Carbon, b-Chlorine, c-Sodium, d-Hydrogen.
- What yellow element is found in gunpowder and is used for vulcanizing rubber?
a-Molybdenum, b-Sulfur, c-Iridium, d-Tungsten.

ANSWERS:

1. A, HELIUM
2. B, HYDROGEN
3. B, CARBON
4. D, HYDROGEN
5. B, SULFUR



"Spilling hot coffee in your lap while mining data is not considered a mining accident."

Harbor sights

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			

Across

- Box
- 'Hey ... over here!'
- '___ on Down the Road'
- Cosmetic additive
- Author Bagnold
- Film part
- Made buoyant again
- Flow's partner
- Type of sofa
- Connive
- Narrow street
- Capri, for one
- Song and dance, e.g.
- Drop from the eye
- Slaloms

Down

- Clairvoyant
- Piece of glass
- '___ I care!'
- Memorable, special
- Conic sections (Geom.)
- Coin opening
- Exclusive

8. Angry, with 'off'

14. ___-Wan Kenobi

16. Fast-moving card game

17. '... or ___!'

18. Fizzy drink

19. Informer

20. Against

21. More or ___

S	I	K	S		R	A	R	E	T
S		R	A		E	L	S	I	
E	N	E	L	A	N	O	T	P	
L									
D	E	V	O	L					
E	L	O	R						
E	O	L	O						
S	S	T							

The title is a clue to the word that is shaded.

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

CLICK HERE IF YOU'RE FEELING GENEROUS

DID YOU KNOW

Batch Your "Small Errands" Day

August often means back-to-school shuffles, appointment reminders, and paperwork piling up even if you're not managing a household with kids.

Instead of chasing errands one at a time throughout the week, pick one day and batch them — calls, forms, pickups, and check-ins all together.

Context-switching is what drains focus, not the errands themselves. Doing similar tasks back-to-back protects your energy for everything else.

Read Mail the Same Day It Arrives

With Medicare notices and open enrollment materials starting to circulate this time of year, "I'll deal with it later" is how important envelopes end up buried.

Set a rule: any official-looking mail gets opened and skimmed the same day, even if action can wait — and toss junk mail immediately instead of letting it pile up.

This simple habit helps cut down on clutter, so mail that actually matters doesn't get lost in the shuffle. A five-minute read now saves scrambling in October.

The Two-Minute Health Check-In

National Wellness Month is a good excuse to build a tiny habit: before bed, ask yourself two questions

- Did I move today?
- Did I drink enough water?

No tracking app required, no guilt if the answer is no. The point isn't perfection, it's awareness.

Let Go of the "Perfect Walk"

You don't need a scenic trail or 30 free minutes to count movement as a win.

A lap around the block, a few minutes in the pool, or pacing while on a phone call all count.

Productivity in wellness isn't about the ideal version of exercise. It's about consistency over intensity.

The envelope that decides next year

A thick envelope may arrive this month or next that could affect your health care costs in January. Medicare Advantage and stand-alone Part D plans must send members an Annual Notice of Change, or ANOC, by September 30. It lists important updates such as premiums, deductibles, copays, drug coverage, and provider networks.

Not everyone receives one. People with Original Medicare or Medicare supplement plans usually do not, since those plans do not change in the same way. **But for members of private plans, the notice matters.** A drug covered now could be dropped next year, or a familiar doctor may no longer be in network.

The **ANOC** is the short version, and it is the one to read first. Open Enrollment runs October 15 through December 7, and changes made during that time take effect January 1.

Doing nothing means your plan renews with the new terms, so it is worth opening that envelope right away.

HILDA'S CORNER

THE DISTANCE WE'VE TRAVELED



When I first arrived here more than four years ago, mileage reimbursements were minimal — the total spent for all of 2021–2022 was just \$4,422.

Since then, Community Partners has grown, and so has the level of service our amazing volunteers(**all of you**) provide to this community. Mileage reimbursements are now projected to surpass \$100,000 in the coming fiscal year, breaking last year's record of \$88,722 in 2025–2026.

To put that in perspective: that's the equivalent of **two full-time staff** members' worth of support, driven entirely by volunteers giving their time and their tanks of gas. **That's how vital you are to this mission.**

If you've ever considered joining us behind the wheel, there's never been a better time to get started!

AUGUST 2026

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Watermelon Day	4 Chocolate Chip Cookie Day	5 Oyster Day	6	7 Sturgis Rally	8 Cat Day
9	10 S'mores Day	11 Son & Daughter Day	12 Perseid meteors	13 Leftie Day	14	15 Assumption of Mary
16	17	18 Fajita Day	19 Aviation Day	20 Kiwanis Music Night(Smelly Cat)	21 Senior Citizens Day	22 Tooth Fairy Day
23	24 Waffle Day	25	26	27	28 Sturgeon Moon	29 Lemon Juice Day
30 Grief Awareness Day	31					