

MORE INDEPENDENT, THANKS TO A HELPING HAND

One of our clients recently shared how Community Partners in Caring's transportation services have made a real difference in his life.

Grocery trips that once meant relying on parents, customer service lines, or friends with busy schedules of their own are now possible with the help of a CPC volunteer. That kind of consistent, reliable support has opened doors well beyond errands — including the chance to participate in Blind Fitness events, without the stress of figuring out transportation on his own.

In his own words, he shared:

"Being able to have Community Partners in Caring help with this errand when needed has made me feel more independent than before. My experience has been excellent."

This story is a wonderful example of what's possible when transportation, connection, and community come together.

Community Partners in Caring is proud to partner with Blind Fitness, a Santa Barbara County organization empowering individuals who are blind or have low vision through outdoor fitness and adventure. Together, we're helping older adults stay active, engaged, and connected to what matters most.



Meet the Volunteer Behind the Wheel

The rides that have made such a difference in our client's life come from volunteers like Marty.

Since November 2025, Marty has already logged an incredible 1,452 miles.

It's volunteers like Marty who turn an errand into something more: a moment of connection, a little independence, and one less thing to worry about. We're so grateful for the difference he's making, one ride at a time.

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September brings the shift into fall, and with it, three meaningful reminders about caring for ourselves and each other.

1 Healthy Aging Month invites us to celebrate the positive side of growing older. Aging well isn't about avoiding change — it's about staying engaged, active, and connected to the people and activities that bring us joy. Every small step toward better health, at any age, is worth celebrating.



2 National Self-Care Awareness Month reminds us that taking care of ourselves isn't selfish, it's essential. A little rest, a quiet moment, or simply asking for help when we need it can make all the difference.

When we care for ourselves, we're better able to care for the people we love.

3 National Preparedness Month encourages all of us to take a few simple steps now so we're ready for whatever the season brings, whether that's an emergency kit by the door or a plan for staying in touch with family and neighbors. Being prepared brings peace of mind, and peace of mind is something we can all use a little more of.



At Community Partners in Caring, we see every day how healthy habits, self-care, and preparation help people stay strong, safe, and connected to the community they call home.

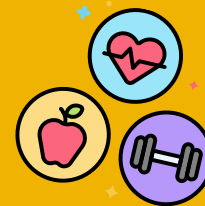
As we prepare for the cooler months ahead, your support helps ensure no older adult in our community faces the season alone. A gift today helps fund the rides, check-ins, and care that make independence possible.

DONATE NOW → partnersincaring.org/donate

Healthy Aging Month

Growing older is something to celebrate, not something to fear. Healthy Aging Month reminds us that small, steady habits can help us feel strong, capable, and engaged at any age.

- Stay physically active with walking, stretching, or gentle exercise
- Keep your mind sharp with puzzles, reading, or learning something new
- Stay socially connected through visits, calls, or community activities
- Schedule regular check-ups and stay on top of preventive screenings



Aging well isn't about doing everything perfectly. It's about consistently choosing the habits that help you feel your best, one day at a time.

National Self-Care Awareness Month

Taking care of yourself isn't selfish, it's necessary. Self-care doesn't have to mean big gestures or expensive treats. Often, it's the smallest moments that restore us most.

Try setting aside just 10 minutes today for something that's just for you: a cup of tea in a quiet room, a few pages of a good book, or simply sitting outside and noticing the fresh air. Give yourself permission to rest without guilt. **You cannot pour from an empty cup, and caring for yourself is what allows you to keep showing up for the people and things you love.**

Below are two simple ways to bring more self-care into your day.

A Moment of Gratitude

Each evening, think of one good thing that happened during your day, no matter how small. Say it out loud or write it down. Over time, this simple habit can shift your focus toward the good, even on hard days.



A Gentle Digital Break

Set aside 20 minutes today with no phone, no TV, and no screens. Use that time to sit quietly, step outside, or enjoy a favorite hobby. Giving your mind a rest from constant notifications can leave you feeling calmer and more present.



Meet Our Volunteer Mileage Ambassador Dr. Miles

Community Partners in Caring is proud to introduce a very special new face around the office: Dr. Miles.

Dr. Miles isn't a physician, he's a **tribute to every mile our incredible volunteers drive** to help older adults stay independent, connected, and safely at home. Every ride to a doctor's appointment, every grocery run, every check-in visit adds up to the miles that make our mission possible. Dr. Miles is here to remind us just how far that compassion travels.

Dr. Miles is already out there making his rounds on social media, but he needs your help to reach even more of our community.



Meet Our Feline Safety Officer Ms. Daisy

Dr. Miles isn't the only new face joining the Community Partners in Caring family. Say hello to Ms. Daisy, our feline Safety Officer, named with a nod to a classic film favorite.

Ms. Daisy made her social media debut with an important message during last week's heat wave, reminding our community how to stay safe when temperatures climb. From staying hydrated to knowing the warning signs of heat exhaustion, Ms. Daisy takes her role seriously, even while looking sharp in her Community Partners in Caring polo.



Find Community Partners in Caring on Facebook and Instagram, and when you spot Dr. Miles or Ms. Daisy, drop a comment and let them know you're rooting for them. **A simple "hello" or a paw print emoji** goes a long way in helping more neighbors discover the volunteers making a difference, one mile at a time.

[instagram.com/cpcaring/](https://www.instagram.com/cpcaring/)
[facebook.com/PartnersInCaring](https://www.facebook.com/PartnersInCaring)

Sharing their posts with your own friends and followers is an even bigger help, and it means so much to us!

Ready for Anything: National Preparedness Month

Emergencies rarely announce themselves ahead of time, which is exactly why September's National Preparedness Month encourages all of us to plan a little now, so we're not caught off guard later. This year's national theme, "Americans Stand Ready," is a good reminder that preparedness isn't about fear, it's about peace of mind.

A few simple steps can make a big difference:

1. Keep a basic emergency kit on hand with water, non-perishable food, flashlights, and any needed medications
2. Make a list of emergency contacts, including a family member and a trusted neighbor
3. Know your evacuation routes and have a plan for pets if you need to leave quickly
4. Keep copies of important documents, like insurance and medical information, somewhere easy to grab

You don't have to do everything at once. Even one small step this month, like packing a flashlight or writing down a phone number, helps you feel more ready for whatever comes.



For more resources go to partnersincaring.org/are-you-ready

A Reminder Worth Repeating: Falls Prevention



Every **September 22 marks Falls Prevention Awareness Day**, right at the start of Falls Prevention Awareness Week, and it's worth a reminder here. Falls are one of the most common risks for older adults, but many falls are preventable with a few simple precautions.

A few small changes can go a long way toward staying safe at home:

1. Remove loose rugs or clutter from walkways
2. Make sure hallways and stairs are well-lit
3. Install grab bars in the bathroom if needed
4. Wear supportive, non-slip shoes, even at home

Preparedness and fall prevention go hand in hand this month. Both are about taking a few small, thoughtful steps now so you can feel steady, safe, and confident later.

FUN PAGE 1

HOROSCOPES

Financial Search

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BID	GROWTH	REVENUE
BOARD	HEDGE	RISK
BOOK	INDEX	SEAT
BULL	ISSUE	SETTLEMENT
BUY	KILL	SHORT
CASH	LIMIT	STOCK
CLIENT	LIQUIDITY	TERMS
DAY	LONG	TRUST
DEBT	LOSS	VALUE
DELIST	OPEN	VENTURE
DEMAND	PENNY	YIELD
DISTRIBUTION	PRICE	
ESCROW	PRIVATE	

Aries (March 21 - April 19): September brings a fresh start, Aries – summer's slow stretch lifts and your energy roars back. Begin the thing you keep circling. Lucky Day: September 6

Taurus (April 20 - May 20): Home is where the good feeling is this month. A cozy evening with the people you love outshines anything on your list. Lucky Number: 7

Gemini (May 21 - June 20): Slow down and let yourself rest, Gemini. A quiet weekend does more for you than a packed calendar ever could. Lucky Day: September 12

Cancer (June 21 - July 22): A little planning now sets up an easy fall. Tuck a bit aside, and the future you will thank the present you. Lucky Number: 4

Leo (July 23 - August 22): A creative streak finds you, Leo – pick up the brush, the pen, or the recipe you set down. It will surprise you. Lucky Day: September 2

Virgo (August 23 - September 22): September is your season, Virgo, and it opens a door with someone dear. A warm conversation mends a small distance. Lucky Number: 9

Libra (September 23 - October 22): Treat yourself, Libra – a reward for recent effort is money well spent. You have earned the indulgence. Lucky Day: September 23

Scorpio (October 23 - November 21): A change of scene works wonders. Even a day trip close to home clears your head and brings back your spark. Lucky Number: 2

Sagittarius (November 22 - December 21): Home calls this month, Sagittarius. A small project around the house – a shelf, a garden bed – brings lasting satisfaction. Lucky Day: September 15

Capricorn (December 22 - January 19): Someone leans on your good judgment this month. Offer it kindly, Capricorn, and a friendship grows deeper than before. Lucky Number: 5

Aquarius (January 20 - February 18): Curiosity pulls you toward something new to learn. Sign up, show up, and a new skill leads somewhere surprising. Lucky Day: September 28

Pisces (February 19 - March 20): Good news arrives when you least expect it, Pisces. Say thank you, then share it with someone who will celebrate with you. Lucky Number: 3

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FUN PAGE 2

Trivia Teaser: Playing House

1. What is the first name of the title character on House, M.D.? a-Collier, b-Jesse, c-Gregory, d-James.

2. The host of what long-running kids' TV show lived in the Treasure House? a-Mister Rogers' Neighborhood, b-Pee-wee's Playhouse, c-The Howdy Doody Show, d-Captain Kangaroo.

3. What 1963 toy let children bake tiny real cakes using nothing but the heat from two light bulbs?
a-Suzy Homemaker Oven, b-Easy-Bake Oven, c-Kitchen Littles, d-Little Chef Range.

4. Siblings Sookie and Jason Stackhouse can be seen on what HBO TV series? a-Carnivale, b-Oz, c-Six Feet Under, d-True Blood.

5. House of the Rising Sun was the only #1 song in the U.S. for what British band? a-The Animals, b-The Shadows, c-The Charlatans, d-The Hollies.

6. What author wrote of the life of convicts in a Siberian prison camp in his novel The House of the Dead? a-Aleksandr Solzhenitsyn, b-Fyodor Dostoevsky, c-Franz Kafka, d-Len Deighton.

7. Barbie's 1962 Dream House came furnished with a bed, a vanity and a console television. What did it not have? a-a bookshelf, b-a wardrobe, c-a record player, d-a kitchen.

8. What actress won her first regular TV role as Jenny Wilder on Little House: A New Beginning? a-Shannen Doherty, b-Tiffani-Amber Thiessen, c-Kelly Ripa, d-Jennie Garth.

9. What actor reinvented himself as a horror film star in the 1950s with House of Wax and House on Haunted Hill? a-Vincent Price, b-Raymond Burr, c-John Carradine, d-Peter Lorre.

10. What rocker had a top ten hit in 1983 with "Pink Houses"? a-Michael Jackson, b-Don Henley, c-John Mellencamp, d-Lionel Richie.

ANSWERS: 1-C, GREGORY 2-D, CAPTAIN KANGAROO 3-B, EASY-BAKE OVEN 4-D, TRUE BLOOD 5-A, THE ANIMALS 6-B, FYODOR DOSTOEVSKY 7-D, A KITCHEN 8-A, SHANNEN DOHERTY 9-A, VINCENT PRICE 10-C, JOHN MELLENCAMP



"Do you have any idea what it's like to have an itch you can't scratch?"

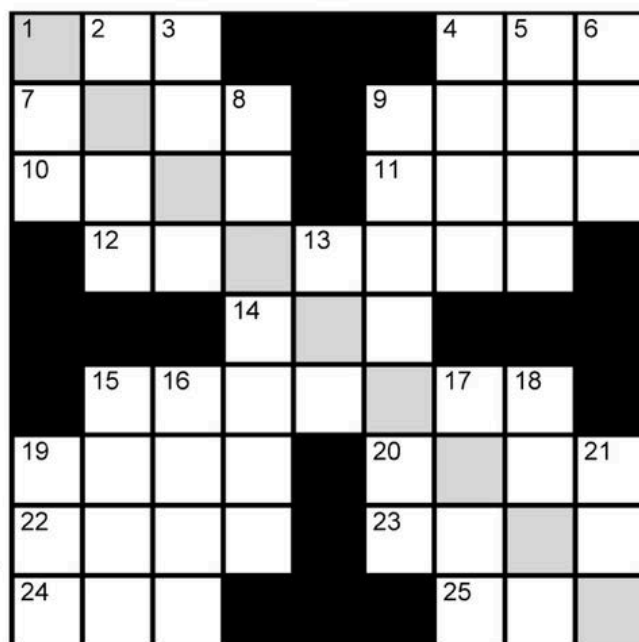
Getting along

Across

1. Cooking meas.
4. 100 lbs.
7. Breakfast area
9. Diamond Head locale
10. Farfetched, as a tale
11. ___ reflection
12. Like some skirts
14. Flub
15. Apparition
19. Adjutant
20. Small pest
22. Type of plant fiber
23. Apiece
24. Actor Cruise
25. "Fancy that!"

Down

1. Atlanta-based station
2. "General Hospital," e.g.
3. Straw or exit ___
4. Superhero accessory
5. "___ of thunk it"



6. Wine cask
8. Soft tissue
9. Indignation
13. Gallery display
15. Greek pastry dough
16. Economist Smith
17. Glitch
18. Defensive spray
19. Astern
21. French beverage



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

DID YOU KNOW

Did you know your brain can still get sharper, even in your 80s and 90s?

A three-year study of nearly 4,000 adults found that brain health can actually improve at any age, challenging the old belief that mental sharpness only declines over time.

Participants who spent just a few minutes a day on simple brain-training activities saw measurable gains in thinking clarity, emotional well-being, and sense of purpose, even those in their 80s.

It's a hopeful reminder that it's never too late to invest in your mind.

Did you know now is flu shot season?

September and October are the best months for most adults to get their flu shot, especially for adults 65 and older.

Waiting until closer to October is actually better for seniors, since getting vaccinated too early (like in July or August) can mean your protection starts to fade before flu season peaks.

Ask your pharmacist or doctor about the higher-dose flu vaccine recommended for older adults, and remember, Medicare Part B covers it at no cost to you

Did you know owning a pet could mean fewer trips to the doctor?

Research has found that pet owners over age 65 visit the doctor 30% less often than people without pets. Simply petting a dog can lower the stress hormone cortisol and boost mood-regulating serotonin, while the daily routine of feeding or walking a pet adds welcome structure to the day.

Even a short visit with a friendly dog counts as a small act of self-care.

Did you know mild dehydration can affect your memory and focus, not just your energy?

Studies show that even a small water deficit, as little as 1 to 2 percent, can measurably slow reaction time, weaken short-term memory, and reduce concentration in older adults.

The effect is often mistaken for "just getting older," when really, a full glass of water may be part of the fix. Keeping a water bottle within reach throughout the day is a simple habit that pays off for both body and mind.

Worth Repeating: 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

PREPARING FOR THE SEASON AHEAD



As the days grow shorter and the air turns crisp, it's a good time to prepare for the cooler months ahead, both for ourselves and for the older adults we serve.

Seasonal changes bring real challenges for seniors: less daylight for safe errands, stiffer joints, slippery sidewalks, and often, more time spent alone indoors. That's exactly why your work matters so much right now. A ride to an appointment before dark, a quick check-in call, a few minutes of company. These small acts of care carry even more weight as the season shifts.

As we move into fall, I'd encourage all of us to check in on a neighbor and make sure the older adults in our lives have what they need before the weather turns. If you've been thinking about volunteering, there's no better time to start. Together, we can make sure no one faces the cooler season alone.

SEPTEMBER 2026

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Labor Day	8	9	10	11 Patriot Day	12
13 Grandparents Day	14	15	16	17 Constitution Week	18 Danish Days begin @Solvang runs 18-20	19 Santa Maria Barbecue & Music Festival @Pioneer Park
20 Santa Maria Barbecue & Music Festival @Pioneer Park	21	22 Autumn Begins & Falls Prevention Awareness Day	23 Recovery day @SB The Carousel House 4pm-6pm	24 Good Morning SLO @Grace Church, 1350 Osos St 7:30 am - 9 am	25 Harvest Festival & Diaper Derby @AG Heritage Square Park	26 Harvest Festival & Diaper Derby @AG Heritage Square Park
27 Gold Star Mother's Day	28	29	30			



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