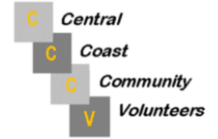




# Volunteer's Voice

Senior Volunteer Services of San Luis Obispo and Northern Santa Barbara Counties is partially funded by the Corporation for National and Community Service



3474 Empresa Dr., Ste 100, San Luis Obispo, CA 93401 Office: (805) 544-8740 [www.seniorvolunteers.org](http://www.seniorvolunteers.org) ID# 77-0433542



**Alexis Okumura**  
**Executive Director**

Greetings to all of you wonderful volunteers! During the last few weeks, there has been such an abundance of information regarding the Coronavirus Disease (COVID-19) and the necessity for us all to shelter at home. As we get used to this "new normal", I know many of you are worried about your health, as well as the health of your loved ones and your communities. There are new challenges as well, whether it's finding ways to continue to serve your community, too much alone time, or even securing food and necessities."

For you, who give so much to our communities through your volunteer efforts, I know you are also concerned about the agencies and non-profits where you volunteer. Some need volunteers more than ever and others have temporarily closed their doors.

I want to emphasize that while the types of volunteering you have provided in the past may be limited right now, social distancing does not diminish our ability to help one another.

**Here are some ideas you may want to consider:**

First and foremost – keep yourself safe so you can stay healthy  
Check on your neighbors – call, email, or text. Now more than ever, we all need friendly greetings

Donate – financial donations are going to be critical for our local non-profits/agencies for them to continue delivering services and implementing programs uninterrupted once this crisis passes.

Remember those who are still out there on the front lines – for example you could call up your local police department and ask if they'd be willing to accept a delivery of a few pizzas.

Please keep in mind, our ability to serve has not changed – only our methods. These times of crisis tend to bring out the best of human kindness, and I know that we will come out of this crisis stronger.

**Welcome New RSVP/CCCV Volunteers!**

- |                    |                  |
|--------------------|------------------|
| June Austin        | Carl Herder      |
| Sharon Clay        | Michele Hinrichs |
| Ron Cooper         | Genie Lanham     |
| Sally Dexter-Smith | Gerald Moore     |
| Leo Donnelly       | Linda Penrose    |
| Tim Eckles         | Bachlien Phan    |
| Debra Frye         | Barbara McDonald |
| Dorothy Green      | Junior Menchaca  |
| Christine Hanich   | Frances Silas    |
| John Harris        | Sally Torris     |

**Welcome New RSVP/CCCV Stations!**

- Casa Grande SB Foodbank
- Manzanita Public Charter School
- SLO Legal Assistance Foundation

**Be of service. Whether you make yourself available to a friend or co-worker, or you make time every month to do volunteer work, there is nothing that harvests more of a feeling of empowerment than being of service to someone in need.**

***Remember that the happiest people are not those getting more, but those giving more.***

*"Volunteers are not paid, not because they are worthless, but because they are priceless."*

### SLO County Airport Now looking for senior volunteers

The **San Luis Obispo County Regional Airport** is seeking volunteers to staff the customer service/information desk in the lobby of the newly opened terminal building. Responsibilities include answering general customer questions about the airport as well as providing information on parking policies, airport amenities, and SLO County. **We have shifts available Monday-Friday between the hours of 9am-2pm.**

**For more information or to schedule an interview,** please contact our Airport Administration office at 805-781-5205 or email [hjohnson@co.slo.ca.us](mailto:hjohnson@co.slo.ca.us). They look forward to hearing from you!



**Tom Perry, newest SLO Airport  
RSVP volunteer!**

### Arroyo Grande Police Department & RSVP Senior Volunteers

**AG Police Department volunteers recently invited Cheryl Kippen, SVS Program Coordinator, to do an RSVP Presentation for the station senior volunteers.**



**Bottom picture** – in February, Sgt. Jason Castillo, VC Coordinator, presented **Volunteer of the Year Awards** to Ed Brown (RSVP volunteer for 11 years) and Delaine Brown (RSVP volunteer for 5 years.)

***Congratulations to this team that serves the Arroyo Grande Community so faithfully year after year!***

### Why Should I Be a Volunteer? By Dianne Bowman



Have you heard about the benefits of being a volunteer? That's right, volunteering on a regular basis helps the volunteer too!

Meet **Dianne Bowman**, she's 84 and volunteers once a week at PRSC, dispensing help with a smile. Dianne says, **"I know I've done something right when I smile and get a smile back."**

When asked what benefits she gets from volunteering she said, **"Volunteering is helping to keep me alive. It's true. On those mornings when I wake up and I'm a little depressed, I know that I have a reason to get up and go out – there are people out there who can use a little help, people worse off than me."**

Dianne says volunteering helps with her mental and emotional health because she's focused on what she can do for others instead of herself. Volunteering also pays off physically. Being a crafter, Dianne spends long hours sitting, so **volunteering gets her up and moving. Her kids love how volunteering gets her out and socializing.**

\*\*\*\*\*

***You too can make a significant difference in your health and the lives of others simply by volunteering a couple of hours a week!***



## Cheryl's Corner

### A Time to say Farewell

As seniors we know life is always changing! So, after 8 years with **Senior Volunteer Services**, I have decided to retire to my hometown of Great Falls, MT the end of May. I have been blessed with 33 years here on the beautiful central coast of California, so this transition will be a definite shock!!!

I have truly enjoyed working with all of our amazing volunteers and nonprofit partners. I was barely in my 60's when I joined this team and kind of felt like life was over, but as I got to know our senior volunteers and their incredible commitments to serving their communities, I realized in some respects, life was just beginning. ***It was certainly beginning a whole new stage of life.***

Aging can be a challenging process and at some point, our social connections change, we retire from employment and we need a new reason to get up in the morning! I often talk with seniors who are new to SLO County and they don't know anyone here. They look to ***Volunteering as a way to get involved, to meet new friends*** and to engage with a nonprofit mission that excites their passion. Perhaps a friend, family member or healthcare provider suggested volunteering as a ***means of overcoming loneliness or isolation*** and as a way to improve your social life.

**Volunteering with SVS** is wonderful because there is such a wide range of opportunities and there is something for everyone. I was hoping to say good-bye in person at our **May Volunteer Recognition Event** previously scheduled for May 19, 2020, but the Coronavirus has caused us to reschedule this event hopefully in the summer. We are excited about our new venue this year at the **Courtyard of San Luis Obispo** in the future. SVS staff will keep you informed.

Cheryl

**“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”**

## Chair's Corner –Tom Clough, SVS Board Chair

### “Things, They Are A Changin”

**The SVS Success Story** - As the number one promoter/recruiter in California of senior volunteer service opportunities, RSVP and CCCV, and through our ongoing planning and management of SVS volunteer programs like the Paso Robles Senior Center, SVS generates substantial, important, ***Lasting Health Benefits*** for seniors and the community.

**“Why are They a Changin”** Today, the senior population is significantly different than the populations of yesterday and of tomorrow but to stay relevant, SVS adjusts to the changing needs of this large demographic and adapts to fit this changing senior's population's desires, a must to be viable and effective in the 21st century. The most important concerns for senior is Maintaining a positive quality of life, especially **Health**. That's why SVS is actively engaged in the continuing planning process, program development and taking action to be integrated into the needs and heart and soul of our Paso community.

### **SVS Volunteer Recruitment Program, North County.**

SVS has now hired a new **staff member located at the Senior Center** based on a recent funding addition under our RSVP federal grant. At this time, we believe that focusing on seniors needing in-home supportive services, such as friendly visits, companionship and transportation, allows us to be more effective at his stage to utilize our resources and define/start a sustainable collaborative service provider partnership program that makes a real difference in a senior's ability to remain in his/her home and maintain their quality of life, particularly **Health, physical and cognitive**.

**Paso Robles Senior Center** - Senior centers have long been an important community resource for seniors and their families. Our vibrant, active and inclusive Senior Center is in fact, a place people want to be, with over 3000 visits per month. Our Center is the gathering spot, the focal point and a critical element that offers a high quality of life for our senior community, particularly **Health**. Our Center offers educational, social and physical activities in group settings that encourage personal interactions, regular attendance, and community involvement. Activity programs are a positive means to reduce social isolation and improve overall health.

**What we're doing:** Forming an Advisory Committee with North County SVS staff, Community and Senior Center members dedicated to program planning, community outreach, with a major emphasis on our **Living Healthier Programs**. We're looking at Change that will be significant enough to make a health difference for this large demographic group.

## Project LifeSaver Program

Stacie Trutanich  
Coordinator



**Project LifeSaver counts on the help of volunteers around the county to provide numerous services to PLS clients and their families. If you would be interested in volunteering, please call Lisa Marie Donnahoo at 805-781-5484 to sign up!**

We currently have about 50 PLS clients using this transmitter Wristband in SLO County. This device emits a tracking signal 24 hours a day. This signal can be tracked on the ground or in the air over several miles. **Therefore, help is immediate.**

Family members praise the program for the “**Peace of mind**” this program offers, and it is priceless to them. After the initial deposit, the average monthly cost of this program is \$30 per month. Scholarships are also available as we don't want any child or adult in jeopardy due to cost.

For information about obtaining a tracking bracelet in **SLO County only**, please contact **Stacie** at **805-712-8603** or by e-mail: [Stacie@srvolunteer.org](mailto:Stacie@srvolunteer.org)



## Shape Your Future Complete the 2020 Census

Linda Loebis  
North County Coordinator

SVS has been serving SLO County's aging population for 46 years. That's why we are pleased to be a trusted partner of the California Complete Count – 2020 Census. SVS is reaching out to the people we serve with information on the 2020 Census and urging participation. Completing your survey helps bring vital revenue to California that is used to help meet the unique needs of our aging communities.

Californians are sheltering-in-place to slow the spread of COVID-19, but luckily, all of us can still fill-out the 2020 Census - it can be done online or by phone. All you need is your physical address or Census ID to start your survey. The survey is only 9 questions long, and takes about 10 minutes

It's amazing that so little time can have such a big impact in our communities. Don't let our county lose needed revenue that provides for services and resources unique to our communities - make sure to fill-out your 2020 Census survey!

**To fill it out by phone**, dial: 844-330-2020 (English), 844-468-2020 (Spanish), or 844-467-2020 (TDD). To fill it out online go to: <http://my2020census.gov>



## SENIOR VOLUNTEER SERVICES

### RSVP 55+ SLO County – Volunteer Opportunities

**Access Support Network in SLO** - We are looking for 1-2 volunteers to work 2-3 hours, one to two days per week at our front desk answering phones, helping clients and fulfilling food pantry orders. If you are interested, please call **Derek Cummings** at **(805) 781-3660**.

**Area Agency on Aging-** we need volunteers for our Advisory Council and the Central Coast Commission for Senior Citizens Board of Directors throughout San Luis Obispo. **Please contact Joyce Ellen Lippman** at 805-925-9554 or by e-mail: [seniors@kcbx.net](mailto:seniors@kcbx.net)

**Arroyo Grande Community Hospital** is looking for volunteers to work on the Med/Surg Floor delivering newspapers and waters to patients. Positions also available at the Front Lobby Desk, Gift Shop and Café Assistant. If you would like to make a difference in your local hospital, please **Contact Colleen Twomey** at 805-994-5462 or [colleen.twomey@dignityhealth.org](mailto:colleen.twomey@dignityhealth.org)

**Arroyo Grande Police Department-** is looking for a few good people who live in Arroyo Grande to assist officers and staff in: Traffic and crowd control, patrol duty at parades, festivals, car shows and various holiday celebrations, assist at traffic accident scenes, power outages, clerical duties, school and other community events. Contact **Sergeant Jason Castillo** at (805) 473-5110 ext. 7007.

**RSVP 55+ SLO County – Volunteer Opportunities - continued**

**Atascadero Loaves & Fishes** -all volunteer organization needs additional volunteers for our food pantry. M-TH 11am-1pm shifts receive, sort, and stock food items. TH 5:30-7pm shifts interview clients and/or bag groceries. Please call **Carol Parente**, Volunteer Coordinator, at 805-464-9092.

**Atascadero Police Department** – We are looking for volunteers to fulfill these functions: typing, filing, receptionist, citizen patrol, vacation house checks, vehicle care and maintenance & more. Hours are flexible and training is provided. Whether for one hour or 40 hours per week, day or night, there is a volunteer position available for you. **Please call Sgt., John Taylor 805-461-5051 or Dick Pierce (VIPS) 805-441-8639.**

**California Highway Patrol/San Luis Obispo** – is looking for volunteers to work 1 day per week for 4 hours to provide general support for the daily objectives/mission of the CHP. Please contact Office **Mike Poelking** at 805-594-8717 or e-mail: [mtpoelking@chp.ca.gov](mailto:mtpoelking@chp.ca.gov)

**Cambria Council - provides transportation** to and from various locations in Cambria. They are seeking volunteer bus drivers to drive the Cambria Bus according to a prepared schedule. Training is provided, must have a CA Driver's License and a good driving record. **cont'd** - This volunteer also needs to be reasonably mobile as carrying packages is part of the job too. **To volunteer, please contact: Tony Church** at (805)927-1442 or by e-mail: [agcfam@aol.com](mailto:agcfam@aol.com)

**Camp Roberts Historical Museum-** needs a volunteer to work on Saturday or Thursday, either a whole or half day. Our hours are from 9am to 4pm. If you are interested, please contact **Gary McMaster**, Volunteer Curator at (805) 286-6431 or by e-mail: [crmiltmus@tcsn.net](mailto:crmiltmus@tcsn.net)

**CAPSLO Adult Day Center (Paso Robles)**-volunteers needed to socialize with guests, play games, etc.

**40 Prado Homeless Services Center (SLO)**-volunteers needed to serve meals, organize donations and assists participants with check-in. To volunteer please contact Hollie Wogan at (805) 544-4355 x121 or by email at [hwogan@capslo.org](mailto:hwogan@capslo.org)

**CASA of SLO County** - looking for volunteers to be advocates for abused children and/or sibling groups who will give a one-year minimum commitment after being sworn in as an advocate. 30 hours of initial training required in either SLO or north county, along with background check, screening and interview. Contact **Melanie Barket** at (805) 541-6542 x15.

**Central Coast Senior Center (Oceano)-** This center serves the entire Five Cities area & we need volunteers to greet guests and to become members of our Governing Board. **Call Loni at 481-7886** and find out how you can meet new people and have fun.

**Central Coast Veterans Memorial Museum (SLO)-** looking for volunteers to greet and guide our visitors through the displays. Docents fill 2.5-hour shifts. Museum is open W-Saturday from 10am-3pm. You do not need to be a veteran to volunteer. Please contact **Sandra McGregor** at 805-543-1763 or by e-mail: [ccvmmus@gmail.com](mailto:ccvmmus@gmail.com)

**Children's Resource Network of the Central Coast** – needs volunteers to help sort & fold children's clothing for distribution to needy children in SLO, Arroyo Grande and Santa Maria. Please contact **Lisa Ray at (805)709-8673 or e-mail: [lisa@childrensresourcenetwork.org](mailto:lisa@childrensresourcenetwork.org)**

**Dana Adobe Cultural Center/Nipomo-** needs volunteers to give weekend docent tours, be education/outreach docents for school tours; help with grounds maintenance and projects at the Adobe, along with helping at special events, weddings & fundraisers. Please contact **Robin Bogue** at 805-929-5679 or by e-mail: [robin@danaadobe.org](mailto:robin@danaadobe.org)

**End Kids Cancer** is looking for a volunteer to help with writing correspondence and with editing other documents such as grant applications. This would require about 1 to 3 hours per week. To volunteer, please contact **Frank Kalman** at 805-550-7682 or email: [frank@endkidscancer.org](mailto:frank@endkidscancer.org). Website: EndKidsCancer.org.

**Family Care Network, Inc. (SLO)** – we are looking for friendly, customer-service oriented volunteers who are interested in assisting with events and projects related to supporting the children and families we serve in our local community. Please **contact Christina Hinek** at (805) 503-6220 or e-mail: [volunteer@fcsi.org](mailto:volunteer@fcsi.org) website [fcsi.org](http://fcsi.org)

**Five Cities Meals on Wheels** – we need emergency drivers & dish washers. Work hours would be 8 a.m. until 10 a.m. Please **contact Katy Bear at (805) 773-2053**, 10:30am to noon, Monday through Thursday or e-mail us today at: [5cmowpb@gmail.com](mailto:5cmowpb@gmail.com)

**Food Bank Coalition of SLOCO-** has ongoing volunteer needs in our warehouse packing produce and non-perishable food bags, as well as office needs. We are looking for volunteers to help Monday-Friday 9am-3pm & Saturday 10am-2pm at our new facility located at 1180 Kendall Rd, San Luis Obispo, CA. For more details please email **Tara** at [volunteer@slofoodbank.org](mailto:volunteer@slofoodbank.org) or call (805) 975-5688.

**RSVP 55+ SLO County- Volunteer Opportunities – continued**

**French Hospital Medical Center (SLO)** – Seeking volunteers to join our team. Volunteers sign up for one four hour shift a week. A few areas where we need help are, Gift Shop, Front desk, Surgery Wait desk and Escort & Messenger as well as other departments in the hospital. To volunteer please contact **Stacey Cotton**, Volunteer Services Supervisor 805.542.6240; e-mail: [Stacey.Umphenour-Cotton@DignityHealth.org](mailto:Stacey.Umphenour-Cotton@DignityHealth.org)

**Garden House (Morro Bay)** -is looking for volunteers to do the following: answer the phone; greet & direct visitors and volunteers to sign-in; direct medical & home health staff where to go; scan/copy documents; filing; visit and read with the residents. Friendly volunteers, who are good with people and those who are patient when dealing with residents with dementia or other disability are desired. Must memorize a door code, be comfortable with simple technology and possess the ability to pass a DOJ/FBI background check. Garden House is a non-profit RCFE specializing in Alzheimer's and Dementia with 15 beds. **Please contact Jody Hollier** at 805-772-7181 or by e-mail: [jody@gardenhousemorrobay.org](mailto:jody@gardenhousemorrobay.org)

**Gatherings Thrift Atascadero** - Paying it Forward and looking for volunteers to greet customers, sort and organize donations, test electronics and tidy merchandise. A fun atmosphere with great folks. **Call Alesen Corella** at (805) 464-4483.

**Grover Beach Police Department-** needs Volunteers to assist in patrol functions, traffic collision scenes; to help look for elderly & missing juveniles; to be a part of community outreach with children's school events, Cops & Kids Day, local festivals and parades. Training is provided through our in-house Volunteer Academy. **Please contact: Sgt. Celis Rabena** at (805)473-4511 or e-mail: [crabena@gbpd.org](mailto:crabena@gbpd.org).

**Hearst Castle Visitor Center**– always needing friendly volunteers for our Visitor Center Lobby and the Exhibit Hall. **If you are interested, please contact John Fixler** by email at [john.fixler@parks.ca.gov](mailto:john.fixler@parks.ca.gov) or call 805-927-2124.

**Hope's Village of SLO-** needs volunteers for outreach, publicity, social media and administrative tasks. For specific volunteer jobs, please contact: **Becky Jorgeson** (805)234-5478 or e-mail her at [beckyjorgeson@yahoo.com](mailto:beckyjorgeson@yahoo.com)

**Hospice SLO County- is seeking Office Volunteers!** Volunteers provide front desk coverage, answer phone calls, greet clients and support Hospice SLO County Staff. We need support on Mondays and various afternoons. Volunteers provide 2-4 hours of service a week. If interested, **please call Jessie Wathen** at (805) 544-2266 or [jessiewathen@hospiceslo.org](mailto:jessiewathen@hospiceslo.org).

**LongTerm Care Ombudsman SLOCO**– we are looking for volunteers to join our team of Ombudsman who are advocates for care facility residents. You set your own schedule. No caregiving or direct services are required. Orientation sessions are coming up. Please contact **Karen Jones** at (805)785-0132 or [karenjones@ombudsmanslo.org](mailto:karenjones@ombudsmanslo.org)

**Los Osos Cares (Community Resource Center)-** is looking for 4 volunteers to work 1 day per week for 3-4 hours at the reception desk. Background in social work, counseling and office work is desirable. **Please contact Linda Quesenberry**, Supervisor, at 805-704-5080 or e-mail: [lvqespecial@gmail.com](mailto:lvqespecial@gmail.com).

**Meals On Wheels/SLO** - Drivers are needed any day of the week from 11am-1:30pm to pick up food at French Hospital and deliver to individuals in their homes. Drivers must have their own car and a valid CA Driver's License. To volunteer **please contact Henry Northington** at (805) 235-8870 or e-mail: [henrynorthington@att.net](mailto:henrynorthington@att.net).

**Meals That Connect (Five Cities)** - Volunteer drivers are needed for the Five Cities area. Drivers are needed one or two days a month for 1 1/2 hours delivering meals to homebound seniors. Please contact **Debbie Altamirano** at **805-489-5149** at the Central Coast Senior Center, 1580 Railroad Ave., Oceano.

**Meals That Connect (SLO)** (formerly Senior Nutrition Program)- has an urgent, ongoing need for drivers, both regular & substitute, in SLO North County area. Please call the Admin. Office 805-541-3312 or e-mail: [elias@mealsthatconnect.org](mailto:elias@mealsthatconnect.org)

**Morning Star Youth Ranch (Paso Robles)-** we are a faith -based ministry that supports families, mentor children and rescues horses. We are looking for volunteers in these areas: Office Skills; Grant Writing; Outdoors Gardening/Landscape maintenance; Greeter; Spotter; & Leader to work with a child aged 6-18. **Please call (805) 226-2859 & visit [www.morningstaryouthranch.org](http://www.morningstaryouthranch.org)**

**Morro Bay Active Seniors** 55+, needs volunteers to help staff the office from 9am to 12 noon on various weekdays. After training, process memberships, loans of wheelchairs, walkers and similar aids, and handle activity/event sign-ups. Direct seniors to our sources of help for their tax preparation, legal questions, medical screening, senior nutrition, transportation and housing. Please contact **Sandra or Brady** at 805-772-4421 or at [mbactivesrs@gmail.com](mailto:mbactivesrs@gmail.com)

**Morro Bay Police Department** - looking for new volunteers to assist in patrol and traffic collision functions; emergency situations and/or be a part of community outreach. Please contact **Comm. Amy Watkins** at (805) 772-6237 or [awatkins@morrobayca.gov](mailto:awatkins@morrobayca.gov).

**RSVP 55+ SLO County- Volunteer Opportunities - continued**

**Nipomo Food Basket-** is looking for volunteers to help with food distribution; must be able to lift small boxes; no special skills required; training provided. Please call **Shirley Mills** at (805)619-6581 or e-mail: [helpU@nipomofoodbasket.org](mailto:helpU@nipomofoodbasket.org)

**One Cool Earth (SLO)** - looking for volunteers to assist with garden-based lessons in all school gardens in Paso Robles, Atascadero, Cambria, Shandon, Arroyo Grande and Oceano. No special qualifications required; volunteers will be trained in basic garden mentor skills as needed. **Please contact McKenna Lenhart** at (805) 242-6301 or by email: [McKennaL@onecoolearth.org](mailto:McKennaL@onecoolearth.org)

**Paso Robles Police Department** – Community Volunteer Police Patrol is seeking volunteers for city patrol, traffic control, special events, business and home vacation checks. A background check is required to complete our training course. CVPP members can work as often as they like, day or night, 7 days a week. Please call **Steve Lampe (805) 237-6464** or e-mail: [slampe@prcity.com](mailto:slampe@prcity.com) for more information.

**Pioneer Museum (Paso)** – always seeking docents for our museum. Contact **Paulette Pahler** by e-mail: [pioneermuseum@att.net](mailto:pioneermuseum@att.net)

**Point San Luis Lighthouse Keepers- (Avila Beach)** volunteers needed for Gift Shop, special events and as docents to lead tours at the Lighthouse. 2 shifts per month for 2-4 hours each are needed. Please contact: **Jack San Filippo (805-234-7707)** or e-mail: [pointsloprograms@gmail.com](mailto:pointsloprograms@gmail.com)

**40 Prado Homeless Services (CAPSLO)-** volunteers are needed to welcome participants, direct them for check-in, dining hall for lunch and help direct questions they have about resources. Please contact **Hollie Wogan (805)544-4355 x121** or by e-mail: [hwogan@capslo.org](mailto:hwogan@capslo.org)

**Rios-Caledonia Adobe (San Miguel)** – we need volunteers for our Gift Shop on Friday-Sunday for 5 hours each day to greet visitors, provide retail sales, answer questions about the adobe, lead tours for school children, light cleaning. Please contact **Linda Elmerick** at 805-680-6086 or e-mail: [lrelmerick@gmail.com](mailto:lrelmerick@gmail.com)

**Salvation Army/Morro Bay Office** - Volunteers are needed on Tuesdays and Thursdays at The Salvation Army, Morro Bay office. The volunteer greets clients & work in the pantry from 12:45pm to 3:30pm. The Salvation Army is a major food distributor for Morro Bay, Los Osos and Cayucos. We cannot open the doors without volunteers. If you are interested, please contact **Sharon** at **805-772-7062**. Leave a message.

**San Luis Obispo Police Department-** would you like to be a volunteer patrol officer or work in the office performing clerical functions like scanning, data entry and filing. Please contact **Christine Wallace**, Neighborhood Outreach Manager at (805) 781-7186 or e-mail at [cwallace@slocity.org](mailto:cwallace@slocity.org)

**Second Chances Thrift Store (Grover Beach)** - We are currently in need of volunteers at our resale store 6 days per week, 3.5 hours minimally on an ongoing basis. All proceeds go to women in recovery. To volunteer please contact **Jeanie Petit** at **(805) 547-1985** or e-mail her at: [secondchancesgroverbeach@gmail.com](mailto:secondchancesgroverbeach@gmail.com)

**Showers of Hope-** needs volunteers to help with mobile shower services at various locations around SLO for the chronically unhoused to get clean and wear clean clothes. Please contact **David Gross** e-mail: [dave@eorbit.net](mailto:dave@eorbit.net) or call 805-234-5478 at Hope's Village of SLO.

**Shower The People (Grover Beach)-** we are looking for volunteers to do Intake & Data Input and to work with each shower team one day per week. If interested, please contact **Bill Crewe** at (847)344-0540 or by e-mail: [wscrawe@comcast.net](mailto:wscrawe@comcast.net)

**Sierra Vista Volunteer Auxiliary (SLO)-** is seeking volunteers to greet patients & families; escort patients, do lab runs, deliver newspapers & flowers and work in the Gift Shop. No education, special skills needed, just a desire to help our patients and families. For more information, call Linda at **805-543-0265** or by e-mail: [Lzeuschner@aol.com](mailto:Lzeuschner@aol.com)

**Silver Streaks (SLO)-** provides bulk mail preparation services for local non-profits. We meet at the SLO Senior Center on Thursdays as needed. Please call the **SLO Senior Center at (805) 781-7306** and ask the volunteer on duty to leave your contact information in the **Silver Streaks mailbox**.

**SLOHS AVID Program-** serves SLOHS students who are on a path to attend college. We need tutors to work alongside teachers with small group of student from 12:40-2pm on Tuesday & Thursdays for 3 months. Some fluency in high school math is ideal. Training provided. Contact Gigi Nichas at 805-225-7796 or at [gnickas@yahoo.com](mailto:gnickas@yahoo.com)

**SLO Legal Assistance Foundation** - is recruiting for volunteers to serve on their Project Advisory Council and be their "ears" out in the community. The Council meets every other month (6 meetings per year) to advise **SLS Project** what unmet needs are being observed and to help develop a plan of action. If **interested, please call 805-543-5140** or e-mail to [info@sloaf.org](mailto:info@sloaf.org).

**SLO Noor Foundation** - we provide free healthcare to the uninsured with three clinics in San Luis Obispo (medical, vision and dental) and a medical clinic in Paso Robles. We have volunteer opportunities in all areas to help with intake, back office and data entry. We also need Medical and Dental professionals. For more information please contact **Kristi Messina** at 805-439-1797 or e-mail: [kmessina@slonoorfoundation.org](mailto:kmessina@slonoorfoundation.org)

**SLO Senior Center-** needs individuals with general office skills to staff its volunteer office in case of absences. Customer service responsibilities include greeting patrons, making coffee, counter duties, telephone, class sign-ups and member enrollment. Orientation and training are provided. **Please call 781-7306** and leave your contact information.

**SLO Village** – looking for volunteers to drive clients to appts, grocery stores, help w/shopping, some household chores, reading, walking & more in SLO & Paso Robles. No special skills or experience required. Please call Kerry Sheets 805-242-1640 or e-mail: [office@slovillage.org](mailto:office@slovillage.org) for more information.

**SLOCO Regional Airport** - is seeking volunteers to staff the customer service/ information desk in the lobby of the newly opened terminal building. Responsibilities include answering customer questions, providing info on parking, airport amenities, and SLO County M-F 9am-2pm. To schedule an interview call **805-781-5205** or email [hjohnson@co.slo.ca.us](mailto:hjohnson@co.slo.ca.us)

**ShartShare Housing Solutions/HomeShareSLO**- looking for volunteers to work with our Client Services Volunteer Team & applicants, make calls, host Coffee Chat gatherings & other events. Training is provided. Contact Carol Lambert, 805-459-6712, e-mail: [info@smartsharehousingsolutions.org](mailto:info@smartsharehousingsolutions.org)

**South County Historical Society (AG)**- we have 6 museums in the Arroyo Grande area that need docents for bus tours, school field trips and special events. Please contact **Linda Kime** (805)489-1837 or e-mail: [lindakime@gmail.com](mailto:lindakime@gmail.com)

**Templeton Historical Society** – looking for volunteer docents to greet visitors, show them around the exhibits and answer questions. Museum open Friday thru Sunday 1-4pm. **Contact: Darrell Radford** (805)238-2509 or e-mail: [radford@tcsn.net](mailto:radford@tcsn.net)

**The Wellness Kitchen & Resource Center** -Need volunteers to pack and deliver wellness foods to Idler's in SLO and to other South County homebound patrons. Also assist with office duties. Please contact Vanessa Pauls at (805) 434-1800 or e-mail: [vanessa@theWKRC.org](mailto:vanessa@theWKRC.org).

**Transitions Mental Health Association** is seeking volunteers for events, outreach, fundraising and clerical assistance. SLO Hotline, a suicide prevention and mental health support lin. This is a phone based position that has a one-year commitment. **Caity McCardell** at (805)540-6557 or email [cmccardell@t-mha.org](mailto:cmccardell@t-mha.org)

**United Cerebral Palsy SLO**- needs volunteers for Gift Shop, Front Desk & outpatient Surgery Unit 8am-noon or noon to 4pm to work with adults/children with developmental disabilities. Contact **Danielle Nelson** (805)543-2039 or e-mail: [Danielle@ucp-slo.org](mailto:Danielle@ucp-slo.org)

**UVS Thrift Store (SLO)** – to volunteer, work cash register or sort stock M-F for 3 hours call Carolyn Shively at 805-459-7705.

**Wilshire Community Services**- Volunteers assist through counseling, friendly visits, transportation, shopping/errands, pet walking and pen pals. Training and on-going support is available from friendly, knowledgeable program staff. Volunteering is flexible and fit your interests and schedule. Please contact **Kristen Grasso** at 805-547-7025 Ext. 2214 or email [kgrasso@wilshirehcs.org](mailto:kgrasso@wilshirehcs.org) for more information or to register for upcoming monthly trainings.

## RSVP 55+ NSBC Volunteer Opportunities (Santa Maria & Lompoc)

**Big Brothers Big Sisters of SB County**- looking for mentors and role models to help a child gain greater success. Training & support provided. Please contact **Jeanette Silva** (805)925-1100 or e-mail: [rsvp@fsacares.org](mailto:rsvp@fsacares.org)

**City of Lompoc – Police Department** – needs new police volunteers to assist officers with special events, writing citations, vacation checks and other community related duties (i.e., Information Desk, clerk typist and office duties). Training available. Please call **Val Scott** at 805-736-2341 or e-mail: [volunteer@ci.lompoc.ca.us](mailto:volunteer@ci.lompoc.ca.us)

**Community Partners in Caring** (SM/Lompoc/SYValley) We are looking for volunteers to provide transportation for seniors to the grocery store and medical appointments. Volunteer hours are flexible. We are also looking for volunteers that will provide friendly visits, reassurance phone calls, and/or help with paperwork. Must pass a background check. Please visit our website [www.partnersincaring.org](http://www.partnersincaring.org), or call 805-925-8000 or e-mail: [partnersincaring.vpc@gmail.com](mailto:partnersincaring.vpc@gmail.com)

**Country Oaks Care Center** is looking for volunteers to help with resident activities. We can use volunteers Monday-Sunday 9:30 am - 11 a.m. and 1:30 pm - 3 pm. For more information or to volunteer call **Randi Vargas Recreational Coordinator**, (805) 922-6657 or email: [randi82@msn.com](mailto:randi82@msn.com)

**Guadalupe/Nipomo Dunes Center**- looking for volunteers to greet visitors, offer tours, work in the Bookstore and be able to open up the shop every Wednesday/Saturday from 10am-4pm. Please contact **Gaby Mendoza** 85-343-2455 or e-mail: [volunteer@dunescenter.org](mailto:volunteer@dunescenter.org)

**LaPurissima Mission** – looking for volunteers. Please call about docent training dates in 2020. For more information please contact **Ann Boggess**, State Park Interpreter (805)735-3712 or by e-mail: [ann.boggess@parks.ca.gov](mailto:ann.boggess@parks.ca.gov)

**PCPA (Santa Maria)** The Pacific Conservatory Theatre on the Allan Hancock College Campus is looking for volunteer ushers on an ongoing basis. Most volunteers work an average of 3.5 hours each shift. Please contact **Lisa Nelson** at 805-928-7731 or e-mail: [housemanager@pcpa.org](mailto:housemanager@pcpa.org).

**Santa Maria Natural History Museum –our volunteer corp** is recruiting 4-6 new members to greet visitors and assist in guiding school groups. To volunteer, please contact **Bill Decker** at 805-345-5738.

**Santa Maria Police Department** is looking for volunteers to serve in different areas of the department. Please contact Christina Alvarez at (805)928-3781 x2144 or by e-mail: [calvarez@cityofsantamaria.org](mailto:calvarez@cityofsantamaria.org)



## CCCV 50+ Volunteer Opportunities for San Luis Obispo county

\*\*\*all enrolled volunteers now eligible for minimum mileage reimbursement if needed

**The Abundance Shop (Los Osos)** we are in need of volunteers at our thrift shop 5 days per week/3-hour shifts on an ongoing basis to sort, price, stock and cashier. A weekly commitment of one 3-hour shift is requested. All proceeds go to support church programs for St. Benedict's. Please contact **Francis Rivinus (805)254-4055** or **Karin Cake** at (805)540-4915 or e-mail: [abundance@stbenslosos.org](mailto:abundance@stbenslosos.org).

**Arroyo Grande In Bloom**—need volunteers to help with maintenance of planters, hanging baskets & tree wells in the City of Arroyo Grande. Master Gardeners provide training. No skills needed. Please contact **Bob Lund** (805) 710-4049 or by e-mail: [info@arroyograndeinbloom.org](mailto:info@arroyograndeinbloom.org)

**Arroyo Grande County Library** - need volunteers to help with shelving library materials, assisting customers with self-check and other duties as assigned. Contact: **Barbara Leaders e-mail: [bleaders@slolibrary.org](mailto:bleaders@slolibrary.org)**

**Arroyo Grande Recreation Services** – always welcomes volunteers for their many community events; office help to organize mailers, packets, archiving and filing at City Hall. Please contact **Sheridan Bohlken**, Volunteer Coordinator at (805) 4735473 or e-mail: [sbohlken@arroyogrande.org](mailto:sbohlken@arroyogrande.org).

**Atascadero Printery Foundation** – we are looking for volunteers to help with written thank you notes, assist at events/fundraisers and help with workdays on site. Other duties include landscape clean-up & building repairs. Please contact **Judi Scott-Dewing (805)461-5658** or e-mail: [printeryfoundation@gmail.com](mailto:printeryfoundation@gmail.com)

**Big Brothers Big Sisters of SLOCO** – need mature volunteers to spend time with youth ages 5-16 who may be a surrogate grandparent figure to a child who has none. You can make a difference in the life of a child by building a trusting relationship, having fun together while talking & planning activities. Training is required and diverse qualifications valued. Background check required. Please contact **Sarah Rudd** at (805) 781-3226 x11 or by e-mail: [sarah@slobigs.org](mailto:sarah@slobigs.org)

**Cal State Parks/Morro Bay & Montana De Oro**—volunteers needed for a variety of duties involving public contact, retail sales, youth education, walk leaders. 15-hours of general training needed, plus advanced training in the selected position. Training is provided. Contact: **Rouvaishyana**, Museum Manager at (805) 772-2694 x105 or email: [rouvaishyana@parks.ca.gov](mailto:rouvaishyana@parks.ca.gov)

**Cal State Parks/Oceano Division**—needing docents & volunteers for Nature Center, Butterfly Grove, walks, garden activities, school groups & Visitor Center. Contact: **Mallory Claassen 805-474-2663** or e-mail: [Mallory.Claassen@parks.ca.gov](mailto:Mallory.Claassen@parks.ca.gov)

**Central Coast Aquarium (Avila Beach)** - No prior knowledge of marine science is required just bring your love of the ocean and its animals. All training will be provided. Exhibit Hall volunteers will help the public and school groups learn about the marine life in our care. Opportunities also exist to feed the animals and work the front desk. Contact: **Christine Johnson**, 805-595-7280, ext. 1002 or e-mail: [christine@centralcoastaquarium.com](mailto:christine@centralcoastaquarium.com)

**ECOSLO** - Volunteers are needed for our regularly occurring one-time volunteer events include: Monthly nature projects held at various SLO County Parks & Trail building projects in SLO on Wednesday mornings. For more information please contact ECOSLO at [programs@ecoslo.org](mailto:programs@ecoslo.org), call at (805) 544-1777 or learn more at our website at [www.ecoslo.org](http://www.ecoslo.org)

**El Chorro Dog Park**- we are looking for 1-2 volunteers each day to help keep the dog park tidy, sweep walkways & use provided blower; keep water bowls filled and refill poop bag dispensers. Bring your dog to our lovely dog park setting and volunteer!!! Please contact **Valerie Levulett**, volunteer coordinator at **(805)235-5949** or by e-mail: [elchorrodogpark@gmail.com](mailto:elchorrodogpark@gmail.com)

**Exploration Station (Grover Beach)** - is looking for volunteers to sort & package recycled electronic equipment & inventory. Training on electronic waste, safety standards and operational procedures is provided before volunteers begin their first shift. A background check is required. To volunteer, please contact **Deb Gleason** at **(805)437-1421**, e-mail: [deb@explorationstation.org](mailto:deb@explorationstation.org)

**Festival Mozaic** – always need volunteer ushers to greet patrons; Concessions; Parking Attendants & Hospitality. Orientation held prior to each music Festival. Interest in classical music and ability to stand for long period desired. Please contact **Susan Desmond** (805)550-2235 or Dave by e-mail: [dave@festivalmozaic.com](mailto:dave@festivalmozaic.com). Website: [www.festivalmozaic.com](http://www.festivalmozaic.com)

**Friends of the Elephant Seal (San Simeon)**- looking for volunteer docents to interact with visitors at Piedras Blancas elephant seal rookery & provide interpretation of seals and habitat to the public. Apply for this interesting, FUN, exciting & rewarding position via online [www.elephantseal.org](http://www.elephantseal.org) or call **(805)924-1628**.

**CCCV 50+ Volunteer Opportunities for SLO County - continued**

**GleanSLO (SLO FoodBank)-** If you love working outside with produce, this volunteer opportunity is for you. Volunteers will harvest produce for the SLO Food Bank. Training is provided at each glean. Please contact Emily at (805)835-3750 or e-mail: [gleanslo@slofoodbank.org](mailto:gleanslo@slofoodbank.org)

**Grover Beach Community Library**—volunteers needed to check books in/out, file, make calls when books are overdue; issue new library cards, sort books for book sale. Looking for detail oriented, friendly and outgoing people who are able to work alone and be self-starters. Hours are M,TU, TH & F from 1-5pm and Saturdays from 10-2pm. Please contact **Sindy Fligiell** at (805)473-1941 or e-mail: [groverlibrary@gmail.com](mailto:groverlibrary@gmail.com)

**Guadalupe-Nipomo Dunes Center**—The Dunes Center seeks docents to share their knowledge of the area with visitors from all over. This position includes greeting visitors, giving house tours, and helping with small administrative tasks. We are in need of a docent on Wednesday and Saturday. Training will be provided. For more information, please call (805)343-2455 or e-mail to: [volunteer@dunescenter.org](mailto:volunteer@dunescenter.org). Also, see our website [www.dunescenter.org](http://www.dunescenter.org) for information.

**Habitat for Humanity Restore (North & South)-**volunteers perform store upkeep duties such as cashiering, receiving donations, merchandising, donation pickups, pricing and customer service. No specific qualifications are required, just work well with people and be willing to learn training materials. Please contact **Diana Cardosi-Bussone** in SLO 805-546-8699 or [restoresouth@hfhsloco.org](mailto:restoresouth@hfhsloco.org) and **Debi Daily** in Paso Robles 805-434-0486 or [restorenorth@hfhsloco.org](mailto:restorenorth@hfhsloco.org)

**Literacy For Life (SLO countywide)** - needs volunteer tutors for clients ages 16 and older. Tutor Training is required. The tutors work one-on-one teaching basic English language skills. For more information, contact **Bernadette Bernardi** by e-mail: [Bernadette@literacyforlifeflo.org](mailto:Bernadette@literacyforlifeflo.org) or [www.literacyforlifeflo.org](http://www.literacyforlifeflo.org)

**Meade Canine Rescue (Creston)** - We are always **looking for volunteers who love animals** to [help with the dogs - feeding and cleaning up](#). We would love to have you volunteer Monday through Saturday, 1-2 hours per shift. No qualifications are necessary other than love and kindness. Contact **Charlotte Meade** (805)239-4004 or e-mail: [4dots@att.net](mailto:4dots@att.net)

**Morro Bay Art Association** - is looking for Docent Volunteers to work in our gallery. Available shifts are 4 hours, from noon-4pm. Must be available to work 2 days per month and attend new exhibit orientation. To volunteer, contact **Joan Fee** at **(805)286-5993**.

**Morro Bay Maritime Museum-** is looking for volunteers to greet visitors, provide some general information, encourage visitors to visit the Gift Store and to encourage donations to the museum. One-on-one training is available and volunteer time is flexible. We are looking for friendly and welcoming volunteers to provide information. **If interested, please contact Bonnie Jones**, Volunteer Coordinator at 602-526-4367 or by e-mail: [franbar1965@gmail.com](mailto:franbar1965@gmail.com)

**Nipomo High School**—we are seeking volunteers for our reception desk to greet visitors and provide information to resources. There will be clerical and collaborative support of the office staff. To volunteer, **contact John Denno**, Principal at (805)574-3802.

**Pacific Wildlife Care Center (Morro Bay)** - orientations for potential new volunteers are held regularly on the first Saturday of the month. Orientations include an overview of PWC and the ways volunteers can make a difference. They also include a short tour of our facilities. Please call **(805)543-wild** or e-mail: [pwcinfo@pacificwildlifecare.org](mailto:pwcinfo@pacificwildlifecare.org)

**Paso de Robles Historical Society**—looking for volunteers to open for visitors, work cash register, greet and explain exhibits, answer phones and closeup. Docents work in pairs on every shift. **Please contact Shauna Davis** at **805-238-4996** or by e-mail: [pasohistory1@sbcglobal.net](mailto:pasohistory1@sbcglobal.net)

**Paso Robles City Library** – our opportunities range from working in Circulation, Reference or Children's desks, to working in the Gift Shop. Background checks are conducted on all applicants. Please **contact Suzanne Robitaille**, Volunteer Coordinator, at (805)237-3870 e-mail: [srobitaille@prcity.com](mailto:srobitaille@prcity.com)

**Paso Robles Youth Arts** -We are looking for 1 senior volunteer to work 2.5 hours per day Monday thru Thursday in the Lobby desk and help students and families find their class we well as giving information to guests. Please contact **Mindy Dierks** at **(805)238-5825** or by e-mail: [mindy@pryaf.org](mailto:mindy@pryaf.org)

**CCCV 50+ Volunteer Opportunities for SLO County - continued**

**Piedras Blancas Light Station-** Outstanding Natural Area, and unit of the CA Coastal National Monument is looking for kind and friendly people for a variety of volunteer positions: tour guide, tour assistant, gift shop cashier, building and grounds maintenance. We are located just north of San Simeon. **Please contact Jodie Nelson**, BLM Outdoor Recreation Planner and Volunteer Coordinator at **805-927-7361** or e-mail: [jnelson@blm.gov](mailto:jnelson@blm.gov)

**Rancho de los Animales for the Disabled (RAD) in Arroyo Grande-** looking for volunteers who love to be around horses. We offer therapeutic horseback riding to the disabled members of our community, youth and seniors. Volunteers assist riders and care for our specially-trained horses. No horse experience necessary. Training will be provided, from learning about the equipment to the proper grooming and saddling techniques. **For more information**, or to volunteer, call **Beth Currier, Director**, 805-459-9083 or **Suzanne Schneider, Ranch Manager**, 805-458-6000. Visit our website at [www.ranchodelosanimales.org/](http://www.ranchodelosanimales.org/)

**SLO Botanical Gardens – we have many drop-in volunteer opportunities, so please consider** Tuesday morning 9am-12pm Garden Maintenance Crew; Thursday morning 10am-12pm Children's Garden Maintenance Crew; or becoming an Ongoing – School Tour Docent. We also need Event & Outreach volunteers as well. Please contact: [lindsey@slobg.org](mailto:lindsey@slobg.org) or 805.541.1400x303

**SLO Nightwriters**—the mission of this group is to advance quality writing, promote publication and expand author recognition in a forum that nurtures a spirit of community for all members. Contact **Janice Konstantinidis** at (805)712-6721 or e-mail: [jkon50@gmail.com](mailto:jkon50@gmail.com)

**SLO Repertory Theatre-** We are looking for new volunteers for Hospitality to set up, sell concessions; we always need set up crews to build and tear down sets, paint, work backstage moving set pieces. No previous experience required. To volunteer contact **Lacey McNamara, Volunteer Coordinator**, by phone (805)781-3889 x11 or e-mail: [volunteer@slorep.org](mailto:volunteer@slorep.org)

**Templeton Middle School**—we are looking for volunteers to assist students with reading/writing lab and for the Homework Club. If you are interested please contact **Kristina Benson, Principal** at (805)434-5814 or e-mail: [kbenson@templetonusd.org](mailto:kbenson@templetonusd.org)

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**CCCV 50+ Northern Santa Barbara County Volunteer Opportunities** (Santa Maria & Lompoc)

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**Central Coast Super Thrift**—we are looking for volunteers to work in our thrift store 3-4 days per week for 2-4 hours per day to color code, size clothing, wax racks, clean shelves, organize books/shoes and accessories and do light sweeping. Training will be available through management and assistants. Retail and merchandise experience is desired and interpersonal skills are necessary. **To volunteer, please contact: Juanita Cantu** at 805-357-1215 or by e-mail: [jcantu@erescuemission.org](mailto:jcantu@erescuemission.org)

**Partners In Education (SM YMCA) -** we have a large number of volunteer opportunities to help support students/educators in classrooms and after school programs. Visit our website: [www.partners.sbceo.org/opportunities](http://www.partners.sbceo.org/opportunities) or call **Cathy Otero (805)937-8521**.

**Santa Maria Animal Services**—we need volunteers for the socialization and support of homeless animals at the open access shelter. This includes walking & bathing the animals, cleaning kennels, feeding, brushing & interacting with the pets to relieve stress etc.. For more information please contact **Esteban Rodriguez** at (805)886-0889 or e-mail: [esteban.rodriguez@sbcphd.org](mailto:esteban.rodriguez@sbcphd.org)



Place Mailing Label Here

*“The rewards & benefits of volunteering are great.”*

**Editor: Cheryl Kippen**

**Contributors: Alexis Okumura, Tom Clough, Barbara Frasher, Stacie Trutanich, Linda Loebis,  
Volunteer’s Voice is published every 4 months by Senior Volunteer Services.**

12. January – February – March – April 2020

THE VOLUNTEER’S VOICE



***Barbara Frasher – Data Coordinator***

**Note to all who request Mileage Reimbursement**

Happy Spring, everyone. I hope that you are enjoying our beautiful central coast and all it has to offer. I am so appreciative of those of you who are using the **2020 Time sheet**, filing in your identifying information and signing it at the bottom. ***Bonus points for those who send in the total hours for the month , organized by station.***

For the last year, I have been reminding those of you who **request reimbursement** to include 2 additional things on your time sheet. Those things are to **1)** make sure your station coordinator/supervisor signs the sheet and **2) check ‘YES’** above the supervisor’s signature. Many of you are doing a great job, THANK YOU!!!!

However, **\*\*\*beginning July 1, 2020, if all those things are not in place, you will not be receiving a check from us.** Please understand that this is an accountability issue for us with the auditors and not a capricious act on my part. As always, I appreciate all that you do for our community.