



Volunteer's Voice

SVS of San Luis Obispo and Northern Santa Barbara Counties is partially funded through AmeriCorps Seniors



Chair's Corner

By Thomas Clough, SVS Board Chair

“Changing How We Feel about Aging”

The SVS Success Story - As a successful recruiter in California for Volunteer Program matching services for our community supporting Non- Profit Partners and through our ongoing management of our virtual/safe

Paso Robles Senior Center Programs, SVS generates substantial, important, **Life Satisfaction Benefits** for all our Program Participants and those who are served by our Volunteers in the community.

“**Changing How We Feel about Aging**” Today, our recruitment message for our Program Participant population is significantly different than to populations of yesterday but to stay relevant, SVS adjusts to the changing environment and needs of this large demographic and adapts to meet this changing population's desires, a must to be viable and effective in the 21st century. The most important concerns for our Program Participants are maintaining a **positive quality of life, overall good health and having a strong sense of purpose**. It's not the age that counts but **Life Satisfaction**.

Let's look at having a strong sense of purpose by Volunteers. SVS recognizes the outstanding contribution from our Volunteers by publicizing and celebrating their contributions for our Partners.

Here's a few Personal Thoughts, Their Words on Volunteering – Love what I do/you do; Great Organization, wonderful folks; Learning a lot; Rewarding experience; I feel like I contribute and help; It's rewarding and fun; It is very rewarding and aids

in supporting people's lives; Keeps a person rounded to the real world; Most rewarding experience of my life and a chance to give back; Because it's fun, and it always feels good to help others; It's a good way to serve others and they are so grateful; Increase feelings of worth and purpose; does help others; The good things we do for our community helps us too. **Let's look at those powerful Volunteer words that gave a sense of purpose, joy and hope to their lives;** rewarding, learning, contribute, fun, give back, worth, purpose, serve.

What SVS is doing in Today's Environment:

We're continuing to adapt to Change, both in Covid-19 effects and demographic of those we serve, that will provide Programs that make a real difference in people's lives. We are continuing to build broad based community partnerships for support of our **Life Satisfaction Programs**, outreach to the community for new Volunteers and Senior Center Program Participants and are continuing to evaluate what we're doing and where we need to go in the future to serve in this ever changing environment.

And that gets me to how you can experience the Life Satisfaction Benefits from SVS Programs and also for people you know by encouraging them to join us. **Contact SVS at linda@srvolunteer.org.**

“Volunteers are not paid, not because they are worthless, but because they are priceless.”





A Word from Alexis

Welcome to 2021. I hope that you are healthy and safe.

After this past year, I think we all are ready for new beginnings especially with the anticipation of an effective COVID-19 vaccine. Just think, we will be able to gather with friends and family, frequent our favorite businesses and restaurants, and most importantly, resume many of our volunteer efforts again.

For those of you who were able to continue volunteering during the pandemic, your efforts are appreciated. You worked to get food to those in need, provided transportation, and offered emotional support to those who were isolated. Your work is always appreciated, but especially during these past difficult times. Thank you!

Here at Senior Volunteer Services, we have used the time during the Shelter at Home mandate to re-imagine how to better to serve our RSVP volunteers. You will soon be seeing an updated website complete with a new Senior Volunteer Services logo. We expect that you will find the website to be more user friendly for finding volunteer opportunities, registering as an RSVP volunteer, and finding information on topics relevant to your interests and concerns.

Speaking of RSVP, this program has recently been renamed by the Corporation for National and Community Service to AmeriCorps Seniors. It will be the same in all but the name. Our last big news is that we have relocated our office from downtown San Luis Obispo to the Paso Robles Senior Center. We are excited by the move and know that our new location will make providing information and services to you more efficient. It is compassionate people such as yourselves that have helped us make it through a challenging time.

I look forward to what great things we can accomplish in 2021.

Confessions of a Volunteer

An Interview by Linda Loebis

Thorwald van Hooydonk is a Science and Engineering Associate, among many other things: a pilot, a husband, a brother, a scientific record breaker for NASA, a caregiver, and a SVS volunteer. Thorwald is 85, and says he's always been on his feet both during his career and in retirement.

He started volunteering 14 years ago for the Senior Nutrition Plan, now called Meals that Connect, but **it isn't delivering food that has kept him volunteering all these years; it's the connections he makes with people on his route.** He says, "There are so many delightful things I encounter while volunteering" that he "doesn't consider it work, and the key to volunteering is getting to know the people you're serving."

Thorwald finds it interesting to learn about the life experiences of the people he helps as so many of them have led amazing lives. **"Not everyone wants to talk, but for those who do, I take five minutes to talk, and for some, I might be the only one they talk to all day."**

What does volunteering do for him? He says, "It keeps me on my feet. It also keeps my mind busy. "As long as I keep going, I'll be useful to others and help myself."

Thorwald is healthy and happy, and says, **"It's a little adventure every time I do my routes."**



Have You Ever Heard of Sarcopenia?

You may not have heard this term before, but many adults over 50 are acquainted with it. Sarcopenia is the common name for the adverse changes in muscle quantity, muscle quality, and the resulting functional deficits many adults experience as they age. **But here's the good news, there are ways to combat these changes and outsmart the aging process by improving your metabolism.** There are six things we all can do, no matter what our age, to improve our metabolism.

1. **Strength Training** – building muscle is a great way to increase your basal metabolic rate.
2. **Move Every Day** – daily activities like gardening, laundry, washing dishes by hand - all fit into the category of light activity that has beneficial affects on your metabolism.
3. **Eat Lean Protein** – it promotes muscle growth and burns more energy to digest.
4. **Eat Enough Calories** – when our bodies think we are not getting enough calories it will actually slow down our metabolism.
5. **Get Enough Sleep** – the *Journal of Obesity* (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6431367/>) has linked sleep deprivation with weight gain.
6. **Lower Your Stress Levels** – a stressed state can trigger your body into thinking it needs to conserve energy, as well as producing cortisol that can release unneeded glucose.



In short, aging doesn't have to mean a loss in our physical wellbeing. Every day we can make small simple choices that help us improve both physically and mentally. As always speak with your doctor prior to embarking on a physical activity regiment. To read about this subject in more depth, and find exercise videos visit: (<https://www.greatseniorliving.com/articles/losing-weight-after-60#improve-my-metabolism>).



**Welcome New RSVP/CCCV
Volunteers!**

Sally Dexter-Smith, Cynde Donnelly,
David Gross, Bachlien Phan, Patti Smith,
Joan Lauriente, Sara Mikkelsen,
Dee Dawson, John Merrill

**It's a New Year...
and that means a new tax season is
just around the corner.**

AARP-TaxAide plans to be providing tax preparation services in 2021 starting in February, however, **only 3 of the 8 SLO County sites will be open** (Paso Robles Senior Center, San Luis Obispo Church of the Nazarene, and Morro Bay Church of Christ).

There will not be any "In-Person" tax preparation, only drop off of your tax information.

We are finalizing dates and procedures, and most likely will be making changes, but we want you to know that AARP-TaxAide will be here to serve you as we've done for many many years.

Updated information will be coming in the SVS Blast as well as on the Central Coast Tax Aide [Thank you and our sites for supporting AARP-TaxAide.](#)

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New Name, Same Great Programs

Linda Loeb, AmeriCorps Seniors Manager

Thank you to our partners and volunteers for staying the course and continuing to serve our community this past year during trying times.

As many or may not already know, the CNCS has undergone a rebranding this last year, so the RSVP program is now listed under AmeriCorps Seniors, which means all of our wonderful volunteers are now referred to as AmeriCorps Seniors volunteers.

To our SVS partners, forms that incorporate the new AmeriCorps Seniors logo will be sent to you for use this year. Should you have need of a new ad or have an event you'd like us to post on our Facebook page, please get in touch with me via email or voicemail.

If you don't follow us on Facebook or haven't visited our new page, please take a minute to do so and choose to follow or like us. Doing so means partners' ads stay relevant once they are removed from our weekly e-blast, and posted partners' events, will be seen by more people!

linda@srvolunteer.org
805.369.6212 (voicemail)

<https://www.facebook.com/pages/category/Nonprofit-Organization/SVS-Senior-Volunteer-Services-100182848519948/>

Project LifeSaver Program

Stacie Trutanich
Coordinator



Happy NEW Year!!

The Project Lifesaver Program is a volunteer collaborative with the SLO Sheriff's Dept. and the Lions Club, that provides a tracking wristband for those who may wander. The tracking signal can be tracked on the ground or air over several miles. The clients can be located within a short time of initial notification.

This service is available to anyone residing in SLO County. Our clients and their families have expressed gratitude for this program and also say that it offers them peace of mind knowing their loved one can be found if they decide to wander.

If you know of anyone who would benefit from this program, please contact the Senior Volunteer Services office at (805) 237-3880 or email stacie @srvolunteer.org.

AmeriCorps Seniors – SLO County RSVP Volunteer Opportunities 55+

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 Lippmann** at 805-925-9554 or by e-mail: 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

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

Atascadero Loaves & Fishes Food Pantry – Volunteers needed to sort and pre-package foods in the morning for distribution in the afternoon to those who need assistance in Atascadero, Templeton, Creston, Santa Margarita and CA Valley. New procedures in place that allow for limited or no direct contact with clients. Two pantry shifts available: M-F 8am to 11am and M-F 1pm to 3pm. Volunteers are also needed in the morning to pick-up food from SLO Food Bank and various stores in North County area. Contact **Carol Parente**, Volunteer Coordinator, at 805-460-6582.

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

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

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

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

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

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**

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

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. 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@fcni.org website fcni.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

RSVP 55+ SLO County- Volunteer Opportunities

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 or call (805) 975-5688.

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.Umphrenour-Cotton@DignityHealth.org

Garden House (Morro Bay) – Volunteer opportunities with the Garden House are temporarily suspended due to COVID-19. Please keep an eye out for when we are able to accept volunteer help again. Thank you.

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: Commander Angelo Limon** at (805)473-4511 or e-mail: alimon@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 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

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 Tamara Laken** at (805) 544-2266 or tamaralaken@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

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.

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.

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- (countywide) – we have an urgent, ongoing need for drivers, both regular & substitute, in SLO County. Background check is required. Please contact **Laurie** 805-541-3312 or e-mail: laurie@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**

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

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.

RSVP 55+ SLO County- Volunteer Opportunities

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

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

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 for more information.

Pioneer Museum (Paso) – always seeking docents for our museum. Contact **Paulette Pahler** by e-mail: 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: pointsltoprograms@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

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: lclmerick@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

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

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** 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: wscrewe@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

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

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.

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

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 for more information.

RSVP 55+ SLO County- Volunteer Opportunities

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

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@smartsharehousingolutions.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

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

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.

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

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 **(805)543-2039** or e-mail: respice@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.

Wilshire Community Services continued- Please contact **Kristen Grasso** at 805-547-7025 Ext. 2214 or email 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

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

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

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

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

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.

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

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@stbenslososos.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

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 Bohlsen**, Volunteer Coordinator at (805) 4735473 or e-mail: sbohlsen@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

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 **Laura Albers** at (805) 781-3226 x11 or by e-mail: laura@slobigs.org

Cal State Parks/Morro Bay & Montana De Oro—Volunteers needed for a variety of duties involving public contact, retail sales, youth education, and walk leaders. No experience necessary; general and advanced training in the positions are offered. Contact: **Robyn Chase**, State Parks Interpreter II, (805) 286-0856 or email: robyn.chase@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

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

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, call at (805) 544-1777 or learn more at our website at 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

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

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. Website: 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 or call (805)924-1628.

CCCV 50+ Volunteer Opportunities - SLO County

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

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 Fligiel** at (805)473-1941 or e-mail: 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. Also, see our website 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@hfthsloco.org and **Debi Daily** in Paso Robles 805-434-0486 or restorenorth@hfthsloco.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 or 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

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

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

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

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

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

CCCV 50+ Volunteer Opportunities - SLO County

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

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/

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 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

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

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

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

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

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 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.rodriquez@sbcphd.org



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“The rewards & benefits of volunteering are great.”

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VOLUNTEER’S VOICE



Barbara Frasher – Data Coordinator

A New Year and a New Data Coordinator

Hello and Happy New Year!

I hope that this finds you safe and well. **Thank you all for keeping up-to-date with the hours you are volunteering.** This ensures that you will be covered by our insurance policy if something should happen to you while volunteering. Additionally, this allows us to reimburse you in a timely manner.

With our latest database update, our files for Community Service were corrupted. Therefore, we are unable to accept those hours. If this changes in the future, I am sure you will be informed.

As you have seen elsewhere in this newsletter, the office has changed locations, however, I did not make the move to the new office. This is my last newsletter article to you. My replacement is Mickie Wright, please be kind and patient with her as she learns all the new procedures.

Thank you for all that you do to support our communities and the kindness you have shown me. It has been a pleasure to serve you. I hope that in the future I will see you around town and share a smile.