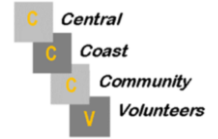




# Volunteer's Voice

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



SUPPLEMENTAL FUNDING – Dignity Health-French Hospital Medical Center; San Luis Obispo County

660 Pismo St., San Luis Obispo, CA 93401

Office: (805) 544-8740

[www.seniorvolunteers.org](http://www.seniorvolunteers.org)

ID# 77-0433542



**Alexis Okumura  
Executive Director**



**Happy New Year!!!** 2019 promises to be a banner year here at Senior Volunteer Services. We're looking forward to continuing our support of over 200 local non-profits with your volunteer efforts. It is remarkable what can be accomplished when people like you are willing to give of your time, expertise, skills, and passion. Thank you!

This year, we will be launching a special targeted volunteer recruitment campaign to address a very important issue in our communities, supporting the basic needs of seniors who are struggling to stay in their homes while maintaining a positive quality of life. We know that there are too many requests for services from these seniors that aren't answered in a timely manner for the simple reason that there are not enough people, volunteers, who can help. In the coming months, we will be sharing specifics about volunteer opportunities that support senior in-home services. There may be one that is right for you or someone you know.

In the meanwhile, thank you again for all you do. Getting to know you and being part of this wonderful organization is a true blessing.

Alexis

**Welcome New RSVP/CCCV  
Volunteers**

- |                  |                 |
|------------------|-----------------|
| Francis Abenido  | Pat Hurst       |
| Karen Adler      | Janice Kraemer  |
| Nancy Allison    | Jerry Lodge     |
| William Barnard  | Peggy Meade     |
| Bobbie Baxter    | Mary Montijo    |
| Cathrine Bazzani | Lynn Moore      |
| Marjorie Bellig  | Mary Ann Oliver |
| Angela Bertrand  | Ken Plotkin     |
| Robert Blakely   | Adeline Quevedo |
| Sharon Blakely   | Gary Renzaglia  |
| Dianne Bowman    | Jeff Rodriguez  |
| Don Brown        | Joyce Rufenacht |
| Gilbert Burciaga | Richard         |
| Donna Burdick    | Sherwood        |
| Rosemary Carlon  | Margie Shiffman |
| Teresa DeMartini | Jill Stegman    |
| Emily Emanuel    | Debra           |
| Laura Emerson    | Stephenson      |
| Doreen Ericson   | Dale Thompson   |
| Marie Huck       | Jon Yuriar      |
| Janice Hurdle    |                 |

**Welcome New Stations**

**RSVP Program-**  
Our Vibrant Vitality, Inc.

## Volunteer Good News Corner!

### **Laura Emerson's story:**

When you join **Senior Volunteer Services**, you never know what fun surprises await you. Fifteen years ago, a chronic neuromuscular condition in my feet forced me to give up horseback riding. I was heartbroken. Who knew Senior Volunteer Services would get me back in the saddle?

I joined SVS this past September. A few days later I accepted a volunteer position with Spokes for Nonprofits. One of my first assignments was going online to update their listing of potential members. That's where I found Rancho de los Animals for the Disabled.

RAD provides therapeutic horseback riding for all ages and is located in Arroyo Grande. They don't charge for the riding but ask only for a small donation or some type of volunteer work.

It took me three Saturdays of riding lessons to get my "seat" back. I'm sure everyone who now notices the twinkle in my eye, thinks, "I'll bet she's a horsewoman."

### **Project LifeSaver Program**



Stacie Trutanich  
Program Volunteer

Now that the winter season is here, it is especially important that people who wander be located in a timely manner. It is also the time of year when those with dementias can experience anxiety as the daylight time is shorter.

Every week I hear Project LifeSaver clients or family members praise the program for the "Peace of mind" this program offers and it is priceless to them.

Project LifeSaver offers a response to the problem of locating people who may not be able to find their way home. The PLS transmitter wristband is a one-ounce, battery-operated radio transmitter, which emits a tracking signal 24 hours a day. The signal can be tracked on the ground or in the air over several miles. Therefore, help is immediate.

For information regarding the PLS program or to obtain a tracking bracelet, please contact Stacie at **805-548-0909** or e-mail: [Stacie@srvolunteer.org](mailto:Stacie@srvolunteer.org)

## Chairs Corner – SVS News By Tom Clough, Board Chair

**Senior News** - SVS is continuing our Mission as the number one promoter of volunteer matching and service linkage to the community to also promote Community Awareness of critical issues facing seniors now and in the future in SLO County.

### **What's Trends are Important to You Now -**

California faces a rapidly growing and increasingly vulnerable senior population. The fastest growing group is age 80 and older. The critical life changing issues facing seniors are Financial, Food Insecurity, Housing, Social Isolation, Elder Abuse and Health.

San Luis Obispo's seniors are a large, growing, service intensive and dependent population segment. The low to poverty income levels of many seniors critically impacts a senior's quality of life and presents ongoing road blocks to maintaining personal health, safe/affordable housing and access to necessary supportive services. The effect of these impacts is a significant and growing cost to families, government and hospitals. It is estimated that the 60+ population in SLO County will increase 63% from 2010 to 2030, at which time there will be over 93,000 seniors.

Let's now look at a number of these crisis issues. They all have significant negative impacts on a senior's mental and physical **Health**.

**Financial** - 38% of all aged 65+ in SLO County do not have enough income to meet their most basic needs.

**Food Insecurity** - In SLO County, 2017, over 46,000 persons are food insecure and 1 in 6 people face hunger--20% are seniors. In 2017, 105,500 senior home delivered meals were provided by Meals that Connect.

**Housing** - 90% of seniors want to stay in their homes. About 70% of seniors will require supportive services/care at some point during their lives including domestic care, personal care, strengthening care, counseling and companionship and minor home repairs/safety.

**Dangers of seniors living alone** -Social isolation, mental health issues, depression, difficulty with health care management (meds and medical apt), poor nutrition or malnutrition, unable to manage

**Social Isolation** - Presents a significant risk factor for poor health and increased mortality. It is estimated that 1 in 5 seniors 65 and older are Socially Isolated.

**Elder Abuse** - In the United States, 1 in 10 adults over age 60 are abused, neglected or financially exploited. Abuse can happen by a relative, caregiver or stranger.

**And that gets me to how you can help** - Learn more about issues facing our seniors in SLO County; visit our website and see a PowerPoint presentation that addresses these critical issues facing seniors. Also, encourage people you know to consider volunteering. It's easy to get enrolled and very rewarding. Just contact us

**E-mail:** [Cheryl@seniorvolunteers.org](mailto:Cheryl@seniorvolunteers.org),

**Phone:** 805-544-8740



## Cheryl's Corner

**CCCV Volunteers are now eligible for our minimum mileage reimbursement!**

**Happy New Year to you!** Our SVS Board of Directors recently approved funds to cover a minimum mileage reimbursement for CCCV enrolled volunteers who may have transportation expenses related to their volunteering beginning November 1, 2018. The **CCCV Central Coast Community Volunteers program** is now 3 years old and we are very happy about this wonderful benefit we can offer to our newest privately funded senior volunteer program volunteers!

To help facilitate this process, we have updated our **SVS Monthly Timesheet** on our website at [www.seniorvolunteers.org/CCCV/](http://www.seniorvolunteers.org/CCCV/). CCCV enrolled volunteers can now print out the Timesheet, mark "yes" if needing mileage reimbursement and have their supervisor sign their Timesheet before faxing or e-mailing them in.

We are also planning on making these Timesheets available in an electronic fill-in version in the near future. We will notify you when this, along with other website upgrades, becomes available. For now please keep printing them out, filling them in and sending them in. **If you don't need mileage reimbursement, you may just call or e-mail in your monthly volunteer hours.**

I was recently asked why these monthly volunteer hours are important to us. We are 70% funded by a federal grant and we must guarantee a certain number of annual volunteer hours from our enrolled volunteers. We also use this data when writing local county, city and foundation grants.

We are very grateful for our **faithful senior volunteers** that regularly send in their hours! Your faithfulness keeps us going and we very much appreciate your efforts!!!

If you have any questions, please give me a call at 805-544-8740!

*Cheryl*

## **More Good News Stories From our SVS Volunteers**

### **Arroyo Grande Hospital**

#### **Roy Papillion's story:**

I have been a volunteer at **Arroyo Grande Community Hospital** for two years and have always been impressed with the rich professionalism and concern for the human value of others. The team work amongst employees and that total care for the patients is beyond reproach. At present, I am assigned to the Materials Management department which is always busy and helps me keep up with my math skills. In my two years tenure here, I have volunteered 2,000 plus hours. Many people have asked me why I work so many hours nonstop without a salary. Actually, I am not working without payment. I am accumulating a special payday when I get to heaven. I am 88 years old, have retired 3 times and found retirement to be very boring!

### **Santa Maria Police Department**

#### **Diane Alleman-Steven's story:**

In 1996 I attended the Santa Maria Citizen's Police Academy and decided to join the SMPD Volunteers. I have worked on graffiti patrol and volunteer patrol and have felt the work we do is invaluable and aids the regular officers continue with more important work for the city. When my partner retired, I continued as an auxiliary volunteer working special events such as the SMPD Golf Tournament, memorial celebrations and community parades. I have also volunteered with United Way, Santa Maria Public Library Foundation and the SMV Chamber of Commerce. It is important to me to help make our community a better place to live and work.

### **Monarch Butterfly Grove in Pismo**

#### **Jim Avila's story:**

I am at the Monarch butterfly grove in Pismo talking to visitors during the Monarchs' over-wintering season. I am not alone because there are at least two and sometimes four other volunteers. The visitors are in the hundreds. I give a prepared talk on the butterflies and their migration to our coast. Several times during this period I have had people approach me to say "Thank You" and "Thank you for volunteering your time." The warm feeling that gesture gives me makes it all worthwhile!

**\*Take a moment and send me your Good News Story at [Cheryl@srvolunteer.org](mailto:Cheryl@srvolunteer.org)**

**Paso Robles Senior Center**

*Kristi Messina, Coordinator*



I sat down to write this New Year's tidbit about the Senior Center as the country was celebrating the life of former president, George H.W. Bush. So I thought to myself, what would George say. I took to Google and found many thoughtful and insightful quotes from our former president, but this was one of my favorites...

*"Old guys can still have fun and still do stuff."* This is precisely what we're all about here at the Senior Center - socializing with others, moving our bodies, engaging our minds, and well, having some fun.

Our regular daily schedule is packed with activities from cards games to knitting to yoga. And I'd be in trouble if I forgot to mention Bingo Wednesdays! We also sprinkle in workshops and talks about Medicare and financial planning plus movies, high noon teas, holiday parties and an annual barbeque. Call or visit us to learn more about our activities.

Here's to a New Year of making the Paso Robles Senior Center the best in the county - where *"old guys and gals can still have fun"*.

There are **over 3,000 seniors every month** that take advantage of all that the center has to offer including our annual events. Come visit us!

**Paso Robles Senior Center**  
Senior Volunteer Services  
270 Scott Street, Paso Robles, CA 93446  
805.237.3880

**Natural History Museum in Santa Maria**

My dear mother Rena Perry was a founder & weekly volunteer at the Natural History Museum. Her volunteerism became more & more important to her as her dear friends passed away. Fellow volunteers became good friends. It was so touching to see every one of the museum volunteers attend her memorial service. Being mostly men museum volunteers, I did not realize how the men and women became such good friends along the way. I am now signed up with RSVP to continue her legacy of volunteerism.

**Thank you! Virginia Perry Souza**

**SVS Annual Raffle  
Winners**

\*\*\*\*\*

**1<sup>st</sup> Prize: Dianna Oldham  
\$1300 Restaurant  
Gift Cards**

**2<sup>nd</sup> Prize: Venus Powell  
\$500 Gas Gift Card**

**3<sup>rd</sup> Prize: Diane Maiorano  
\$300 Trader Joe's Gift Cards**

\*\*\*\*\*

**Most Tickets Sold Winners!**

**1<sup>st</sup> place – Leon Leornas  
10 books sold**

**2<sup>nd</sup> place – Betty Carsey  
7.5 books sold**

**Special thanks to our annual  
Top ticket seller-  
Leon Leornas from Nipomo!**





## RSVP 55+ SLO & NSBC Counties – Volunteer Opportunities

**Access Support Network in SLO** - We are looking for 1-2 volunteers to work 3-4 hours one day per week for 1-3 months, to do once a week grocery shopping and light housekeeping on a short-term basis for 1-3 months. If you are interested, please call the Volunteer Coordinator 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 various important activities such as: 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. For further information you may contact **Sergeant Jason Castillo** at (805) 473-5110 ext. 7007.

**Atascadero Loaves & Fishes** -all volunteer organization needs additional volunteers for our food pantry. Morning shifts receive, sort, and stock food items. Afternoon shifts interview clients and/or bag groceries. Pantry space is air conditioned and heated. If interested, please contact **Terry Vail**, Pantry Manager at 707-291-2264.

**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.

**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. 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**- we are always looking for volunteers greet visitors, give general information; to work in our Gift Shop or be a docent for public tours. If you are interested, please contact **Gary McMaster**, Volunteer Curator at (805) 286-6431 or by e-mail: [crmltmus@tcsn.net](mailto:crmltmus@tcsn.net)

**CASA of San Luis Obispo County** - Learn more about volunteering by becoming an advocate for infant, toddler, child or teen, or a mentor to a young adult who has recently left foster care. We offer two information sessions each month for you to find more about volunteering at CASA. For information meeting schedule, **please call Cathy Orton** at **(805)541-6542** or go to [www.slocasa.org](http://www.slocasa.org)

**Central Coast Senior Center (Oceano)**- Join the fun and help others! This center serves the entire Five Cities area. Currently needed are volunteers to greet guests as they arrive. Also needed are persons interested in becoming 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 **Don Mueller** at 805)235-1484 or by e-mail: [donpatty100@gmail.com](mailto:donpatty100@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 in Nipomo**- needs volunteers to be docents, education docents and to help with the grounds and projects at the Adobe, along with help for the information desk, data entry, clerk typist, and handyperson doing minor maintenance at the property. Please contact **Robin Bogue** at 805-929-5679 or by e-mail: [robin@danaadobe.org](mailto:robin@danaadobe.org)

**Days For Girls Team (Los Osos)**-provides reusable feminine hygiene kits to 3rd world countries. We gather every other month for a group sew/packing of these cotton drawstring bags. We need volunteers to sew with us or at their own homes. Please call **Jan Northington** at (805) 528-2522 or e-mail: [losososca@daysforgirls.org](mailto:losososca@daysforgirls.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.

## RSVP 55+ SLO County Volunteer Opportunities – continued

**Estrella Warbirds Museum (PR)** – we need volunteer docents interested in aircraft, military history and/or automobiles. We are open Wednesday-Sunday, 10am-4pm. Please contact **President Ren Stelloh** (805)238-9317 or e-mail: [renstelloh3@gmail.com](mailto:renstelloh3@gmail.com)

**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](mailto:volunteer@fcni.org) website [fcni.org](http://fcni.org)

**Five Cities Christian Women's Food Pantry** - <http://www.fccw.org> - GREAT need of volunteers to help us keep that pantry supplied with food for the needy. We need drivers to do pickups from various locations, especially those with pickups, vans and SUV's. We are also in need of workers for the AM & PM Shifts. For information please call **Joanne** at 805-270-4218.

**Five Cities Meals on Wheels** – we need emergency drivers & dish washers. Work hours would be 8 a.m. until 10 a.m. Please contact **Susan Brenner**, 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 Haley at [volunteer@slofoodbank.org](mailto:volunteer@slofoodbank.org) or call (805) 238-4664.

**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 (O), [Stacey.Umphrenour-Cotton@DignityHealth.org](mailto:Stacey.Umphrenour-Cotton@DignityHealth.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 schools events, Cops & Kids Day, local festivals and parades. **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.

**HomeShareSLO** - a local nonprofit that facilitates home share matches between those with an extra room and those looking for affordable housing. We do all background checks and rental agreements. **Contact: Celeste Goyer**, Manager at (805)215-5474 or by e-mail at: [celestehomeshareslo@gmail.com](mailto:celestehomeshareslo@gmail.com)

**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 Sidney Herget** at (805) 544-2266.

**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 (SLO)** (formerly Senior Nutrition Program)- has an urgent, ongoing need for drivers, both regular & substitute, at the Anderson Hotel in San Luis Obispo. This is a small route. Please call (805)543-0469 or e-mail: [janinelloyd@att.net](mailto:janinelloyd@att.net).

**Morro Bay Active Adults Center**... 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 **Sgt. Gian Mettifogo** at (805) 772-6225 or [gmettifogo@morrobayca.gov](mailto:gmettifogo@morrobayca.gov).

**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; help with garden planning & development; coordinate with teachers & families to increase involvement 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)

## RSVP 55+ SLO County Volunteer Opportunities - continued

**Our Vibrant Vitality, Inc-** looking for volunteers with skills in the following areas and willing to work remotely from home: online research, grant writing, phone calls, follow-up. Contact **Deborah Krueger** at 805-544-4230 or by e-mail: [DK@letsplaygratitude.com](mailto:DK@letsplaygratitude.com)

**Pacific Wildlife Care Center (Morro Bay)-** PWC is dedicated to saving wildlife that has been injured or orphaned, and restoring them to their native habitat. Go to our website to learn more and reserve a spot for our next Orientation Training. [www.PacificWildlifeCare.org](http://www.PacificWildlifeCare.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 **(805) 227-7533** 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** 805-540-5771 or e-mail: [pointsloprograms@gmail.com](mailto:pointsloprograms@gmail.com)

**Rio-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: [limerick@gmail.com](mailto:limerick@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**.

**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.prg](mailto:cwallace@slocity.prg)

**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 **Celeste Goyer** at (805)215-5474 or e-mail: [celestehomeshareslo@gmail.com](mailto:celestehomeshareslo@gmail.com)

**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, help discharge patients 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 e-mail: [lzeuschne@aol.com](mailto:lzeuschne@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 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. Bi-lingual volunteers are preferred for Paso. We also need Medical and Dental professionals. For more information please contact: **Jim Eaton** at 805-550-8970 or by email at [jeaton@slonoorfoundation.org](mailto:jeaton@slonoorfoundation.org)

**SLO Senior Center –**needs friendly individuals to substitute in the office morning and afternoon shifts. 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.

**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)

**SPOKES –** looking for volunteers to email correspondence, make phone calls, do online research, proofreading, and editing. In addition, volunteers are needed to assist with monthly round table meal set-up, clean-up, greeting and checking in workshop participants. Spokes is open M-F, 10-5. Volunteer hours are flexible. To volunteer, please contact: **Consuelo Meux** 805.547.2244 or by e-mail: [ceo@spokesforonprofits.org](mailto:ceo@spokesforonprofits.org)

**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 –** needs volunteers to pack and deliver wellness foods to SLO; to work lunch counter register, help with lunch orders, assist with office duties. Looking for volunteers interested in health and wellness. Please contact **MJ Walker** at (805)434-1800 or e-mail: [info@theWKRC.org](mailto:info@theWKRC.org)

**Transitions Mental Health Association** is seeking volunteers for ongoing event, outreach, fundraising and clerical assistance. SLO Hotline, a suicide prevention and mental health support line also provides training for its 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)

**Twin Cities Hospital (Templeton)-** is in need of volunteers for the Gift Shop, Front Desk, Stockroom and Outpatient Surgery Unit. Training will be provided. **Hours are 8:00-12:00 or 12:00-4:00**. Volunteers will be expected to work 4 hours per week. Please call **805-458-4374**.

**Veterans Shuttle Drivers** (Paso Robles, San Luis Obispo, Morro Bay & Lompoc)- volunteers to drive the shuttle vans to pick-up local veterans and bring them into the VA clinics in SLO and Santa Maria. Requires a valid CA Driver's License, insurance, DMV printout as well as a background check. Flexible work around scheduling. We operate M-F from 9am-3pm, closed holidays. Please contact **Larry Foster** at (805)354-6004 or by e-mail: [larry.foster@va.gov](mailto:larry.foster@va.gov)

**Wilshire Community Services-** our programs are meant to help support older adults through challenging experiences. 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 **Jamie Dietze** at 805-547-7025 Ext. 2214 or email [jdietze@wilshirehcs.org](mailto:jdietze@wilshirehcs.org) for more information or to register for upcoming monthly trainings.

**RSVP 55+ Northern Santa Barbara County Volunteer Opportunities (Santa Maria & Lompoc)**

**Area Agency on Aging** has volunteer opportunities for someone to serve as advisor to the AAA Board of Directors and staff. Please contact **joyce ellen lippman** at 805-925-9554 or email: [seniors@kcbx.net](mailto:seniors@kcbx.net)

**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 a non-profit community outreach agency that helps reduce the incidence of malnutrition, poor general health, and isolation among the elderly. We are looking for volunteers to provide transportation for seniors to the grocery store and medical appointments. Mileage reimbursement and additional auto liability insurance available at no cost when you volunteer 2 hours per month, or 2 hours per week or more, any day/time of the week. 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 **Carmelita Mendoza** at 805-925-0125.

**Country Oaks Care Center** – need volunteers 7 days a week to help in the Activity Department – Bingo, Arts & Crafts, visiting, letter writing and one-on-one. This is an opportunity for those who love senior citizens and are responsible. Please call **Randi Vargas** at (805)922-6657 or e-mail: [randi82@msn.com](mailto:randi82@msn.com)

**Dignity Health Hospice Program** (Santa Maria)- There are many ways to touch the lives of those in need; play games, read together, run errands, journal and life review with the patient. Musicians, including singers, guitarists and harpists, are invited to share their talents. Please contact **Christine Meugniot**, Hospice Volunteer Coordinator, 805-739-3830 x2061 or e-mail: [Christine.meugniot@dignityhealth.org](mailto:Christine.meugniot@dignityhealth.org).

**Dignity Marian Regional Medical Center-** we are actively recruiting volunteers needed to staff day time services seven days a week. We will work with your schedule. Hospitality and reception assistance, patient and family escorts, visiting patients, office and administrative assistance, music therapy, pet therapy, Mission Hope Cancer Center, and staffing the Gift Shop are some of the interesting array of services available. Spanish speaking volunteers are always needed. Please contact **Shannon Mendez** at (805) 739.3520 or email: [Shannon.Mendez@dignityhealth.org](mailto:Shannon.Mendez@dignityhealth.org).

**FoodBank of SBC (Santa Maria)** – needs volunteer drivers: **a)** M,T,TH,F to go to the grocery rescue & pick up donations from all local grocery stores in Santa Maria. Must be able to lift 25 lbs. **b)** to deliver food to homebound seniors in SM **c)** to work at reception desk, answer phones, enter data and check mail. Basic computer skills are needed for this position. Please contact **Lori Bailey** (805)937-3422 x110 or e-mail: [lbaileyz@foodbanksbc.org](mailto:lbaileyz@foodbanksbc.org)

**Guadalupe Police Department** -is looking for volunteers to serve in different areas of their department. Please call (805)343-2112.

**PCPA (Santa Maria)** The Pacific Conservatory Theatre on the Allan Hancock College Campus is looking for volunteer ushers on an ongoing basis. Schedule depends on the current production. 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 Barbara County Department of Education** – looking to fill key volunteer positions in surrounding schools. Please contact **Michelle Magnusson** (805)937-8521 x119 e-mail: [santamariavolunteer@sbceo.org](mailto:santamariavolunteer@sbceo.org)

**Santa Maria Natural History Museum –our volunteer corp** is recruiting 4-6 new members to greet visitors and assist in guiding school groups. **The Native Garden at the Natural History Museum** is also establishing a **Garden Committee** comprised of outdoorsy people to learn as they care for a very small new Native Garden on the grounds of the Natural History Museum in Santa Maria. To volunteer, please contact **Virginia Souza** at 805-868-5201 or by e-mail: [vps805@gmail.com](mailto:vps805@gmail.com)

**Santa Maria Police Department** is looking for volunteers to serve in different areas of the department. Please contact **Christina Alvarez** at (805)928-3781 x 2144 or 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@stbenslososos.org](mailto:abundance@stbenslososos.org).

**Arroyo Grande In Bloom**—need volunteers to help with gardening, weed clearing, planting, brush removal in the City of Arroyo Grande on public or school properties. 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/MB Natural History Museum**—needing docents/volunteers for the museum and Ranch House front desk, school leaders, walk leaders, roving interpretation and many others. Training is provided. Contact: **Faylla Chapman**, Docent Training coordinator at (805) 772-2694 x105 or email: [Fayllac@sbcglobal.net](mailto:Fayllac@sbcglobal.net)

**Cal State Parks/Oceano Division**—needing docents & volunteers for Nature Center, Butterfly Grove, walks, garden activities and school groups. Contact: **Danielle Bronson** (805) 773-7170 or e-mail: [danielle.bronson@parks.ca.gov](mailto:danielle.bronson@parks.ca.gov)

**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 **Cathy Orton** at (805) 541-6542.

**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)

**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)

**El Chorro Dog Park**- we are looking for volunteers to help with general dog park maintenance, keeping water bowls filled and refilling poop bag dispensers. To volunteer please contact **Valerie Levulet** at 805-235-5949 or by e-mail: [elchorrodogpark@gmail.com](mailto:elchorrodogpark@gmail.com)

**End Kids Cancer**- is looking for a volunteer to help with writing correspondence and with editing other documents such as grant applications. To volunteer, please contact **Frank Kalman** at 805-550-7682 or e-mail: [frank@endkidscancer.org](mailto:frank@endkidscancer.org). Website: [EndKidsCancer.org](http://EndKidsCancer.org)

**The Exploration Station (Grover Beach)** - is looking for volunteers to sort & package recycled electronic equipment & inventory. Volunteers unload customer donations of computers and electronic equipment, sort, package and prepare for shipment. Training on electronic waste, safety stands and operational procedures is provided before volunteers begin their first shift. No special qualifications other than a background check is required. To volunteer, please contact **Deb Gleason** at **(805)437-1421**, e-mail: [deb@explorationstation.org](mailto:deb@explorationstation.org)

**CCCV 50+ Volunteer Opportunities for San Luis Obispo County - continued**

**Family Care Network, Inc. (SLO)**- we are looking for volunteers to help with special events to help setup and provide friendly customer service for our clients and families. If you are interested, please contact **Christina Hinek** at (805)503-6220 or e-mail: [volunteer@fcni.org](mailto:volunteer@fcni.org)

**GleanSLO (San Luis Obispo County)** - gleaners are responsible for harvesting various food crops over a 2-hour period of time. Harvests are held at assorted sites throughout the county on a weekly basis. **Register to volunteer** and sign-up for harvests at [www.gleanslo.org](http://www.gleanslo.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: **Frances Strauser** at (805)490-7884 or e-mail: [franandglenn@yahoo.com](mailto:franandglenn@yahoo.com)

**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](mailto:restoresouth@hfthsloco.org) and **Debi Daily** in Paso Robles 805-434-0486 or [restorenorth@hfthsloco.org](mailto: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](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.

**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.

**Nipomo Native Garden**—is looking for approximately 10 volunteers, 1 day per month, to prune, plant native plants; week and assist with annual plant sale and/or to serve on Board of Directors for Membership. We meet the first Saturday of every month. Please contact **Cindy Jelinek** at (805)929-3589 or by e-mail: [cjelinek@calpoly.edu](mailto:cjelinek@calpoly.edu)

**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 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 as 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)

**San Simeon Chamber**—we are looking for 3 volunteers to work in our office greeting visitors from all over the world. We need help 5 days per week for 4 hours each day. To volunteer please contact: Jeanne at (805) 927-3500 or e-mail: [info@sansimeonchamber.org](mailto:info@sansimeonchamber.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

### CCCV 50+ SLO County Volunteer Opportunities - continued

**SLO-4 Pups (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)

**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 **Dennis Young** at (805)540-1271 or e-mail: [photodennis44@gmail.com](mailto:photodennis44@gmail.com)

**SLO Noor Foundation**—always looking for volunteers at our free medical, eye and dental clinics in SLO and Paso Robles. We also need physicians, nurses, dentists, hygienists and office help. Please contact the **Volunteer Coordinator** at (805)548-0893.

**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)

**Woods Humane Society**—we are looking for volunteers to keep our animals happy & healthy! We are in desperate need of people who can commit to a regular weekly shift in laundry. We are open 7 days a week and this is our daily task! Please contact **Catherine Armstrong** (805)543-9316 x22 or e-mail: [volunteer@woodshumane.org](mailto:volunteer@woodshumane.org)

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

**CASA for Children (SM)-** volunteer mentors are needed to meet one-on-one with an infant/child/youth, to be a friend, a mentor and advocate. Talk to teachers, foster parents, doctors etc. and provide information to the court about the child. Must pass a background check, participate in 30 hours of volunteer training and make a 1-year commitment. Please contact: **Crystal Moreno** at (805)739-9102 x2594 or e-mail: [crystal@sbcasa.org](mailto:crystal@sbcasa.org)

**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)

**Guadalupe-Nipomo dunes Center**—is looking for new volunteers for their information desk, to do data entry, provide handyman services and to be museum docents for field trips. To volunteer please **contact Gaby, Volunteer Manager** at (85)343-2455 or e-mail: [volunteer@dunescenter.org](mailto:volunteer@dunescenter.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 Public Library**—we are looking for volunteers to file, shelve, sort, cut coupons and mend books. Some office skills are helpful. Bi-lingual would be great but not necessary. Please contact **Sylvia Contreras, Volunteer Coordinator** (805)925-0994 x2503 or e-mail: [s.contreras@cityofsantamaria.org](mailto:s.contreras@cityofsantamaria.org)

**Santa Maria Valley Humane Society**—is looking for volunteer to socialize the animals and/or work in the Adoptions/front desk area. If interested please contact **Kira Farrell** at (805)349-3435 or e-mail: [kfarrell@srmvhs.org](mailto:kfarrell@srmvhs.org)

**SB County Animal Services**—we need volunteers to work as dog and cat volunteers, in the kennels or as a greeter in our office. For more information please contact: **Stacy Silva** at (805)934-6981 or e-mail: [stacy.silva@sbcphd.org](mailto:stacy.silva@sbcphd.org)



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**Editor: Cheryl Kippen**

**Contributors: Alexis Okumura, Tom Clough, Barbara Frasher, Kristi Messima, Stacie Trutanich**

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12. September – October – November – December 2018

THE VOLUNTEER'S VOICE



***Barbara Frasher – Data Coordinator***

***Happy new Year to you all!*** I hope your holidays were relaxing and filled with joy. Time marches on, but it seems to move faster each year, don't you think?

We have again streamlined the time sheet for your convenience. Your identifying information at the top of the page as well as the month for which you are reporting hours are a MUST! Please enter each station's name separately under Station Name, the total number of hours for that station under the # of Hours/month, give a short description of the job you do at that station (driver/usher/receptionist etc.) under Job Title and the total number of miles you drove for each station. Easy as pie, right?

Great news for those volunteers working at CCCV stations, as of November 1, 2018, you too can be reimbursed up to \$15 per month for your mileage. If you are requesting mileage reimbursement then we clearly need you to mark the **YES** space, include your signature and that of your supervisor at the bottom. As I have been learning the job, I have been depending on the data base to determine if you should receive mileage reimbursement. I am not sure that our auditors will appreciate that, therefore in the future I will only be able to send reimbursement checks to you if you have the YES checked and 2 signatures on your timesheet each month.

Keep up the good work!

**Barbara**