

RSVP 55+ SLO & NSBC County Volunteer Opportunities!

Additional information is available by calling (805) 544-8740 in San Luis Obispo.

Access Support Network—we are looking for 1-2 volunteers to work 3 hour shifts one day per week to work the front desk. This would include greeting clients, answering phones, transferring calls and filling food orders. If you are interested, please call: Volunteer Coordinator at (805) 781-3660.

Area Agency on Aging— we need volunteers for the Area Agency on Aging Advisory Council and the Central Coast Commission for Senior Citizens Board of Directors from throughout San Luis Obispo. **Please contact Joyce Ellen Lippman** at 805-925-9554 or 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. This position also includes restocking refrigerators at the nurse's stations, delivering lab specimens, and helping with discharges. 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 various important activities such as: Traffic and crowd control, patrol duty at parades, festivals, car shows and various holiday celebrations. All volunteers receive initial training through the Citizen Academy as well as ongoing training. 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 Area— is looking for 2 volunteers to work 1 days per week for 4 hours to provide general support for the daily objectives/mission of the CHP. If interested please contact **Officer Mike Poelking** 805.594.8717.

Cambria Comm. 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.

Camp Roberts Historical Museum- we are always looking for volunteers greet visitors & give general information; to work in our Gift Shop or to be a docent for public tours. If you are interested, please contact **Gary McMaster**, Volunteer Curator at (805) 286-6431 or by e-mail: crmiltmus@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. Training is provided and offered throughout the year in SLO and North County. 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

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

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: li-sa@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 handy-person doing minor maintenance at the property. Please contact **Robin Bogue** Dana Adobe Nipomo Amigos, 805-929-5679 or by e-mail: 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.

Department of Veterans Affairs- The VA Great Los Angeles Healthcare System needs **Paso Robles, San Luis Obispo, Morro Bay and Lompoc volunteers to drive our shuttle vans** to pick up local Veterans and bring them into the San Luis Obispo and Santa Maria VA clinics. Requirements include a valid California Driver's license, insurance, DMV printout as well as a background check. We are very flexible and work around your schedule. We operate M-F from 9am-3pm, closed holidays. Please contact Larry Foster in the volunteer office at (805) 354-6004 or e-mail Larry.Foster@va.gov

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@endkids cancer.org. Website: EndKidsCancer.org.

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

RSVP55+ SLO County—continued

Family Care Network, Inc. (SLO) - we have a variety of volunteer opportunities at our upcoming events. Come out to support local children, youth and families by signing up to volunteer with **Christina Hinek** at (805) 503-6220 or email volunteer@fcni.org.

Five Cities Christian Women's Food Pantry - <http://www.fcc-w.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

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 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
Stacey.Umphénour-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.

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** (805) 927-2124 and my email: john.fixler@parks.ca.gov

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

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 of SLO County - we are looking for a few dedicated office volunteers to provide office coverage and support for the Office Manager, Office Assistant, and other Hospice SLO Staff. Please call **Sidney Herget** (805)544-2266 to inquire about volunteering.

Long Term Care Ombudsman SLOCO– We are looking for volunteers to join our team of Ombudsman who are advocates for care facility residents. Share your talents and learn useful skills as you make a difference in the life of a vulnerable adult or senior. You set your own schedule. No caregiving or direct services are required. Orientation sessions are coming up. Contact **Karen Jones** at (805) 785-0132 or karenjones@ombudsmanslo.org for more information.

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 greeting clients and help to complete in-take forms, as well as some computer updates. Background in social work, counseling and office work is desirable. Please contact **Linda Quesenberry**, Supervisor, at 805-704-5080 or e-mail: lvespecial@gmail.com.

Los Ranchos Elementary (SLO)- we are looking for volunteers to do General office work filing, organizing and some computer work M-F 8am -3pm; to help with Homework Club listening to student read or do their math from 3-4pm M/T/W/TH with students ages 8-12 years old. We also need help supervising activities on the playground from 12-1pm. To volunteer, please contact **Marlie Schmidt**, Principal at (805) 596-4075 or e-mail: mschmidt@slcusd.org.

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 (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.

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

Morro Bay Police Department - looking for new volunteers to assist in patrol and traffic collision functions; assist with clerical/office tasks; emergency situations and/or be a part of community outreach with school/community events and local functions. Please contact **Sgt. Gian Mettifogo** at (805) 772-6225 or 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

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: McKenna@onecoolearth.org

Our Vibrant Vitality, Inc.—we are looking for volunteers with skills in online research, grant writing, phone calls, follow-up. Contact **Deborah Krueger** at 805-544-4230 or by e-mail: 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

RSVP55+ SLO County—continued

Paso Robles Police Department – Community Volunteer Patrol Program 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**: 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 Flippo** (805-234-7707 or e-mail: point slo programs@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: l elmerick@gmail.com

Salvation Army Morro Bay Office -Volunteers are needed on Tuesdays and Thursdays at The Salvation Army, Morro Bay office. The volunteer will greet clients, work in the pantry filling grocery bags for distribution. The hours are 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**. Please leave a message and Sharon will call you back.

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. We need many new volunteers. **Please contact Christine Wallace**, Neighborhood Outreach Manager at (805) 781-7186 or e-mail at 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

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

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

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

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 students from 12:40-2pm on Tuesdays & Thursdays for 3 months. Contact **Gigi Nichas** at 805-225-7796 or at 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. For more information please contact: **Jim Eaton** at 805-550-8970 or by email at jeaton@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.

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

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, 3765 S. Higuera St. or by e-mail: ceo@spokesfornonprofits.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

The Wellness Kitchen & Resource Center – needs volunteers to help package meals on Tuesdays; pack and deliver meals to SLO-Wednesdays; assist at lunch counter, dishwashing, light office duties. Looking for volunteers interested in health and wellness. Please **contact MJ Walker** at (805)434-1800 or e-mail: 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

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 contact Volunteer Office** at 805-434-4524.

United Cerebral Palsy SLO - we are in need of volunteers to answer phones, schedule rides and/or chaperone club activities or trips offsite. We work with adults/children with developmental disabilities. To volunteer please contact: **Danielle Nelson**, (805) 543-2039 or e-mail: Danielle@ucp-slo.org

Veterans Shuttle Drivers (Paso Robles, San Luis Obispo, Morro Bay and 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

Wilshire Community Services: The programs at Wilshire Community Services are meant to help support older adults through challenging experiences with counseling, friendly visits, transportation, shopping and errands, pet walking, and pen pals. Training and ongoing 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 for more information or to register for upcoming monthly training.

RSVP 55+ Volunteer Opportunities for Northern Santa Barbara County (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 e-mail: 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

Community Partners in Caring (SM/Lompoc/SYValley) looking for volunteers to provide transportation for frail 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 background check. **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

Dignity Health Hospice Program (Santa Maria)- Our volunteers provide necessary care and compassion as well as respite for family members caring for their loved ones. 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.

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.

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

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

Meals on Wheels/Santa Maria Valley- needs new volunteers - **Friday Volunteer Drivers** are needed to pick-up meals at Marian Extended Care at 11am and deliver to 15 people daily. We have 6 different routes so the driving takes around 1.5 hours. Meals on Wheels is more than meals, sometimes we are the only social contact our seniors have during the day. To volunteer, please contact **Kathy Pereira at 805-938-1200** or by e-mail: info@mealsonwheels.org

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.

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

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

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

FREE VOLUNTEER BENEFITS

All enrolled RSVP 55+ & CCCV 50+senior volunteers are eligible to receive our **FREE \$1M Accident/Liability Supplemental Insurance** benefit as long as you have an Enrollment Form on file and turn in your volunteer hours each month. If an accident or event occurs, the insurance agency will call us to see if the volunteer involved is current on their monthly hours.

RSVP & CCCV enrolled volunteers are also eligible for a minimal mileage reimbursement if needed. To receive this benefit, **you MUST turn in our official Monthly Timesheet with your supervisors signature on it.** This benefit accumulates monthly and pays out quarterly, up to maximum of \$15 per month.