

RSVP 55+ SLO & NSBC County Volunteer Opportunities!

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

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 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 **Carol Parente**, Volunteer Coordinator, at 805-464-9092.

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 or mtpoelking@chp.ca.gov

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- 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: crmltmus@tcsn.net

CAPSLO Adult Day Center (Paso Robles)- this volunteer position entails a fair amount of one-on-one with elderly clients with Alzheimer's/dementia reading aloud, doing puzzles or just socializing. Please call **Hollie Wogan** at (805)544-4355 x121 or by e-mail: hwogan@capslo.org

CAPSLO 40 Prado Homeless Services- we are looking for 6 new volunteers to work with our **Clothing Closet** at the new 40 Prado Homeless Center in SLO. Please contact: **Hollie Wogan** at (805)544-4355 x121 or by e-mail: hwogan@capslo.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 **Sandra McGregor** at 805)235-1484 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; help with the grounds maintenance and projects at the Adobe, along with helping set-up for special events. Please contact **David Stevens** 805-929-5679 or by e-mail: david@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: lososos-ca@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 **Pauline Madison** in the volunteer office at (805) 354-6004 or e-mail pauline.madison@va.gov

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 Jerry Jones (805)238-9317 x2 or e-mail: jerryjo5810@gmail.com

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@fnci.org.

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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.Umpfenour-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. Training is provided through our in-house Volunteer Academy. **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 Jessie Wathen** (805) 544-2266 or e-mail to inquire about volunteering: jessiewathen@hospiceslo.org

Long Term 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. **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: lvqespecial@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.

Morning Star Youth Ranch (Paso Robles)- we are a faith based ministry that supports families, mentors 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; 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: McKennaL@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

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 Comm. Steve Lamps (805-227-7447 or e-mail: slampe@prcity.com

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: pointslopro-grams@gmail.com

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

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

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 (folding, taping, stuffing of envelopes) 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 Nicholas** @ 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

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

VA Veterans Shuttle Drivers (Paso Robles, San Luis Obispo, Morro Bay, AG, Nipomo, and Lompoc) – Volunteers needed to drive the shuttle vans to pick-up veterans and bring them into the VA clinics in SLO and Santa Maria. Requires valid CA Driver's License, auto insurance, DMV printout as well as a background check. Flexible work around scheduling. We operate M-F from 9am-3pm, closed holidays. **Please contact Pauline Madison** at (805) 354-6004 or by e-mail: pauline.madison@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.

Wilshire Hospice—needs volunteers to provide caregiver relief or respite to families in need countywide; with events and/or clerical work. To volunteer please contact DebDight/Joe Henson at 805-782-8608 or e-mail: ddight@wilshirehcs.org

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

Big Brothers Big Sisters of SB County— looking for mentors and role models to help a child gain greater success. Training and support provided. Please contact **Jeanette Silva** at 805-925-1100 or by 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

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. **Please call 805-925-0125** or e-mail: partnersincaring.vpc@gmail.com

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: lbai-leyz@foodbanksbc.org

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 with training available January – March 2019. 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. 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 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.