



SUPPLEMENTAL FUNDING
San Luis Obispo County
City of San Luis Obispo

Central Coast January – February – March – April 2012

Volunteer's Voice

Senior Volunteer Service of San Luis Obispo County and North Santa Barbara County
is partially funded by the Corporation for National and Community Service

RETIRED AND SENIOR VOLUNTEER PROGRAM 660 PISMO STREET SAN LUIS OBISPO 805-544-8740

RSVP News

By Marie Brinkmeyer



Welcome New Volunteers

Robert Aguilera
Robert Andrews
Linda Asprion
Jim Autry
Barbara Baranek
Joseph Baranek
Cynthia Belsky
Michael Blanco
Barbara Bradley
Jerry Brewster
Charles Burkhardt
Marjorie Claassen
Doris Cleverly
Walter Cleverly
Pansy Davis
Lee DeMarco
Gilbert Eastman
Valerie Eastman
Helen Edwards
Merry Ellis
Frank Engstrom
Joy Erb
Alan Estes
John Feinblatt
Kelly Forrestall
Joyce Foster
Mary Giambalvo
Ronnie Goyete
Judy Gray
Melba Grocott
Nikki Harlan
Mary Hildebrandt
Linda Kahn
Beth Keiser

Sue King
Virginia Kinworthy
Cheryl Kippen
Theresa Maples
Susan Middleton
Melody Mullis
Pamela (Pam) Munson
Shauna Novy
Diane Olson
Rod Palaoro
Jacqueline Palmer
Gerrie Petrocca
Loretta Phelps
Carrol Phillips
Cheryl Powers
Judy Price
Paul Provence
Yolande Provence
Connie Rose-Wilson
Helen Rothgarn
R. Wade Schuette
Shirley Slabach
Nanci Smith
Michael Snellen
Marilyn Steele
Janet Torti
Mark Torti
Kent Unsworth
Shane Verplanck
Jayme Wachtel
Merrill Whaley
Sybil Wheeler
Emma White
Michael Zenos

Here we are – welcoming another New Year with the chance to once more reflect on what made 2011 memorable and what we have to look forward to in 2012. This issue we introduce our “Good News” page and are lucky to have some talented writers to share their thoughts with us. As you may recall I asked for “good news stories” from the volunteers and our partner agencies. Sure enough, they came through and you will find the first of many inside. For the future, we will have several assigned “writers/reporters” actually interviewing our volunteers and agency managers to ferret out the “Good News”. If you have “Good News” to share about volunteer assignments please send them to me or give me a call at 544-8740.

Also you will find a copy of our budget on Page 2. One of our most faithful and productive volunteers suggested it would be helpful if we provided that information to our members so you'd have an idea of why we ask for your help to make up some of the shortfall caused by the reduction in our Federal Grant.

We are doing all we can to continue being an effective and viable member of the non-profit community – realizing that so many agencies depend on us for Remarkable/Reliable/Responsible/Resourceful Senior Volunteers. That's us! We are a natural resource in the communities we serve.

More than 200 new volunteers joined our ranks in 2011. We ended the year by recruiting extra volunteers for the Salvation Army for their annual Bell Ringing campaigns in San Luis Obispo and Paso Robles, and the Food Banks Holiday Food Drives in Nipomo, Los Osos and Morro Bay during November and December. We served as “Santa's Helpers” at a variety of holiday-themed events throughout both Northern Santa Barbara and San Luis Obispo Counties. That of course was in addition to the ongoing support we offer all our agencies throughout the year. We can be justifiably proud of our many contributions to making our communities stronger through our volunteer efforts. Using our time, talents, voice and money to create community change we serve to help the most vulnerable members of our society.

I am so grateful to be part of RSVP of the Central Coast. Happy and Healthy New Year to all.

Marie

Welcome New Stations

Arroyo Grande in Bloom
Bella Vista Transitional Care
Templeton Chamber of Commerce
Tri-Counties Regional Center

PROJECTED BUDGET 2012

WHERE DOES THE MONEY COME FROM?

PERSONNEL:

Personnel
 \$ 89,505
 FICA/Worker's Comp/EDD
 \$ 11,636
 Staff Travel Reimbursement
 \$ 2,400
 Staff Training
 \$ 1,500
 SUB-TOTALS
 \$105,041

Federal Grant	\$92,698
SLO County	\$ 9,000
SLO City	\$ 1,000
Altrusa	\$ 1,000
Nipomo Lions	\$ 1,200
Fundraising	\$ 17,000 (yet to be accomplished)
Community Contributions	\$ 1,000
Recognition Sponsors	<u>\$ 1,100</u>
Total Income	\$123,998
Total Expenses	\$158,083

OPERATING EXPENSES:

Accounting Services (Contract)
 \$ 7,000
 Rent
 \$ 10,188
 Utilities (Electricity)
 \$ 1,200
 Equipment Maintenance
 \$ 2,000
 Telephone/ISP
 \$ 3,264
 Postage
 \$ 3,000
 Printing/Advertising
 \$ 2,000
 Office Supplies
 \$ 3,600
 Repair/Maintenance
 \$ 600
 General Liability
 \$ 2,340
 SUB-TOTALS
 \$ 35,192

In-Kind, other fundraising and/
 or donations needed \$ 34,085

The expenses cover both Santa Maria and San Luis Obispo offices and staff.

We've trimmed our expenses as best we can, have reduced our staff as you may have noticed, and added to our own cadre of wonderful volunteers and as you can see we are still "short". That's the reason we ask you to support us with our fundraisers throughout the year. We want to continue providing the best program to our volunteers and our partner agencies.

=====

PLEASE REPORT YOUR HOURS REGULARLY

The importance of reporting your hours cannot be overemphasized. Remember, we are the only agency that reports senior volunteer hours in the aggregate to local, state and Federal entities. We want all those entities to realize the value of seniors to our communities and appreciate just how much time and service is given each year.



VOLUNTEER EXPENSES

Volunteer Insurance
 \$ 1,850
 Volunteer Mileage Reimburse
 \$ 9,000
 Volunteer Recognition
 \$ 7,000
 SUB-TOTALS
 \$ 17,850
 Total Projected Expenses
 \$158,083

You are the stars of the show! Even if you do not ask for mileage reimbursement your hours reporting is critical. Remember too that unless you are regularly reporting your hours you do not qualify for the supplemental insurance that is offered free to both you and the agency where you volunteer.

If you do want mileage reimbursement please remember to sign your timesheet and have your volunteer coordinator sign it too. Then submit it to us by the 10th of the following month. We pay mileage quarterly at \$0.14/mile with a maximum of \$15 per month. A rather modest sum but helpful in covering your gasoline costs. Remember, it is Congress that sets this rate – not one over which we have control.

WHAT'S GOING ON AROUND HERE?

Stop by our office to get your **free** National Drug Card (NDC). This card can save you 10% to 85% on all FDA approved brand-name and generic medications. The card can be used over and over at more than 58,000 pharmacies nationwide including, CVS, Walgreens, Rite-Aid, Wal-Mart, Target, Kroger, K-Mart, Safeway, Costco and some independent pharmacies. Please go to their website at www.MDT-NationalDrugCard.com or call them at 209-277-0930 for more information. Those who will benefit the most include:

- Those with no insurance
- Those who have insurance but have limitations like high deductibles, non-covered drugs, high copayments or caps on their benefits
- Seniors who fall into the donut hole of their Medicare Part D

The **Central Coast Senior Center** has space to rent after January 31, 2012. Sundays, some Saturdays, and several evenings are available. This is a non-profit agency (an RSVP agency) that carries with it some restrictions. Located off Highway 1 at 1580 Railroad Avenue, Oceano. Open hours are 9:30 a.m. to 4 p.m., Monday through Friday. Stop by to look over the space or call 481-7886 for an appointment. You can also call their President – Pearl at 489-5194.

New RSVP Donors/Supporters

Happy to report that we received donations from two new groups this past few months:

Altrusa in Santa Maria provided a \$1,000 Grant and the Nipomo Lions Club donated \$1,200 – both to go toward our Volunteer Mileage Reimbursement and Recognitions Programs.

This is a “thank you” to all our volunteers who do so much for our communities.

San Luis Obispo County Commission on Aging has openings for new members. Appointments will take place March 2012. If you are ready to help build a Senior Friendly Community check out their website at www.slocounty.ca.gov/coa.htm.com. Then call the Chairperson at 235-5779 to request an application!

Ralphs
Community
Contributions
Program
#91358



SHOP AND DONATE

Quickly and Easily at Ralphs Grocery Store

Great chance to help Senior Volunteer Services/RSVP and do your shopping at the same time! Ralphs Community Contributions Program has included us as a valued community organization. Register with Ralphs ahead of time and designate Senior Volunteer Services, NPO # 91358, as the recipient of a charitable donation. Each time you shop and use your Ralphs card an entry is made and a percentage of your shopping activity \$\$ is sent to us on a quarterly basis. This does not affect your Ralph's Rewards at all. You still qualify for your individual Rewards. This is in addition to your own rewards.

Because Ralphs updates their databases each September 1st, it is necessary for you to complete the forms again even if you were enrolled before. Just go online to www.ralphs.com, click on Services, click on Community Contributions, and follow the instructions. The alternative is to use the letter that is an insert to this issue to have the barcode scanned. Just present the letter at checkout. If you are not currently a Ralph's Rewards member you can sign up at that time. Please check with our office at 544-8740 or 922-9931 to find out how easily you can sign up for this wonderful program. Every little bit helps!

=====

MARK YOUR CALENDARS

This year our Recognition Events will move to the month of May – to coincide with Older Americans Month. The idea behind this is for RSVP to join with all older American groups to publicize the many contributions we make to our communities –as entrepreneurs starting new businesses, as activists to bring about social change to improve society, as those involved in other Senior Corps programs, such as Foster Grandparents and Caring Companions and of course as RSVP Volunteers - we are partners with the vast number of non-profit and government agencies that depend on us to be there when needed to help them accomplish their missions.

We are a formidable group!

Opportunities are listed in each issue of our newsletter, but we have a more extensive listing in the office. We are delighted when current RSVP members offer to help, but we especially ask that you pass along these opportunities to friends and encourage them to volunteer. Additional information is available by calling **544-8740** in San Luis Obispo or **922-9931** in Santa Maria.



SLO Countywide Opportunities

In addition to the opportunities below, have fun volunteering at special events and fundraisers throughout the county! Volunteers are needed to assist with registration, serving, helping set-up and breakdown, etc. This is a great way to contribute to community service without a long-term commitment. Please call the RSVP office, 544-8740, to sign up for our "on-call list".

American Red Cross has area-wide opportunities for **Youth Advisor** – to guide, encourage and support Red Cross club members at club meetings and community service projects; to assist clubs with planning events and to ensure they follow Red Cross regulations. **Receptionist** – to provide administrative assistance to staff; **Client Caseworker** – working with clients in providing Red Cross assistance to those affected by local disasters; **Master of Disaster Presenter** – presentations to elementary school students about disaster preparedness, safety and response; **Classroom Assistant** – to maintain, prepare and organize classrooms for Health & Safety Services courses and care for course materials.

Braille Institute currently needs drivers for those clients who can no longer drive themselves. This need exists throughout San Luis Obispo County.

Caring Callers, a warm and caring visiting service for seniors, is in need of volunteer visitors in various locations throughout the county. The commitment is one visit per week to the "senior friend" to whom you are assigned. Please consider this program as a rewarding way to help reach out to our frail, homebound elderly community.

CASA (Court Appointed Special Advocates for Children) once again seeks volunteers to mentor children in need. Volunteers become sworn officers of the juvenile court and generally spend 3 hours each week volunteering. Visit www.slocasa.org for more information.

Community Counseling Center, with offices in San Luis Obispo, Atascadero and South County, seeks licensed MFTS, LCSWS and psychologists willing to volunteer their services agency clients, as they are able. Times are flexible. Therapists provide their own professional liability insurance

Good Neighbor Program – help needed Countywide for medical & social transportation, shopping & errands, friendly visits, telephone reassurance, minor home repairs, and yard work.

Habitat For Humanity is looking for volunteers for its SLO County Restores (Paso and San Luis Obispo locations); similar opportunities also available in Northern Santa Barbara County Restore located in Santa Maria.

Literacy Council - San Luis Obispo and Northern Santa Barbara Counties have an ongoing and urgent need for volunteer tutors throughout both counties. This need is present throughout San Luis Obispo and in Northern Santa Barbara County/Santa Maria as well. Free 2-part training workshops are held periodically at the Literacy Council's offices.

Senior Nutrition Program has an urgent, ongoing need for drivers, both regular and substitute, at locations throughout the county. Sites in special need presently are San Luis Obispo, Oceano and Nipomo. There is presently a "waiting list" for those needing services because there are not enough drivers. Please consider helping with this vital service to the frail, housebound elderly. Other tasks are also available; needs vary from site to site.

SLO County YMCA has a variety of volunteer opportunities available throughout San Luis Obispo County. Don't forget this valuable community resource when looking for somewhere to spend a few hours a week.

Central County Opportunities

Alzheimer's Association in San Luis Obispo is looking for a volunteer to help answer phones and do data input several hours per week

Cayucos Senior Center is looking for volunteers to greet visitors to the Gift Shop, handle sales, stock shelves, etc. Must be a "people person."

Central Coast Veterans Memorial Museum has an urgent need for docents to guide visitors through the museum and answer their questions. Training is provided. Need not be a vet to qualify; just an interest in history will suffice.

Community Acton Partnership (CAP) is looking for volunteers to provide musical entertainment for their Adult Day Center and seniors with dementia and Alzheimer's. There is also a need for a "handy person/gardener" to help maintain the garden.

Community Action Partnership (CAP) in San Luis Obispo is seeking a talented volunteer with excellent writing skills to help develop Press Releases for external audiences and stories for their internal communications. This is a flexible position with a minimum of 4 hours per week.

Community Health Center's Specialty Clinics need volunteer assistance with phoning patients to remind them of appointments, filing, faxing and data entry. Computer experience is helpful.

Del Mar Elementary School (SLCUSD) needs volunteers for their "after school program" to assist students grades K-6 with homework, etc.; many of these students fall below the poverty level; other schools within this District also need help; some training available.

ECOSLO is seeking individuals to adopt a park or trail and be responsible for litter pick up, weed trimming, sweeping/blowing, raking and weatherproofing. Tasks also include some planting, trail resurfacing, painting structures, etc.

Family Care Network has an ongoing need for volunteers to serve as mentors and assist with events and other tasks. Volunteers are also needed to help each year with their fundraiser "Taste of the Central Coast" that is held annually each fall.

Food Bank needs strong, able-bodied volunteers to help at their Morro Bay Farmers Market on Thursdays from 4-5 pm. Distribute boxes to vendors, then pick them up after 5 and give to drivers. This is an ongoing volunteer opportunity.

Friends of the Elephant Seal organization is looking for volunteers to interact with visitors at Piedras Blancas elephant seal rookery and provide interpretation of seals and habitat to public.

Grizzly Youth Academy in San Luis Obispo seeks role model/tutor volunteers to interact with Cadets and assist them with their studies. Orientation/fingerprinting done at no cost to volunteer.

Homeless Animal Rescue Team (HART) urgently needs volunteers to tend to their kitties who are housed at the PetSmart store in the Costco Shopping Center in San Luis Obispo. Pick your day of the week, anytime during store hours. Tasks include cleaning litter boxes, making sure food and water bowls are replenished and socializing with the "gang". Takes about half an hour, but you can stay as long as you like!

History Center of SLO County is looking for history buffs to greet public, answer questions about museum and exhibits, and help in gift shop; volunteers usually work in pairs; learn as you go; flexible hours.

Hospice Partners of the Central Coast needs volunteers to review patient records, conduct phone surveys, help with mailings, assemble packets for new patients – the list goes on and on. Perhaps you could find your niche here; your efforts would be greatly appreciated. Help is also needed in the Hospice Partners Hope Chest, the thrift shop whose proceeds go to benefit the hospice patients and their families.

Hospice of San Luis Obispo County is looking for volunteers to assist in the office a couple hours a day, welcoming clients, answering phones and "other" tasks, as needed.

Judson Terrace Homes is seeking volunteers to lead "chair exercise class" 2 days per week for 1 hour sessions. Some training available.

Mission View Health Center, part of Compass Health, is looking for volunteers to greet, direct and escort visitors. Volunteers would also be asked to serve coffee, answer phones, provide information, visit with residents, etc.

Morro Bay Senior Center needs volunteers to assist in the office; answer phones, greet visitors, handle money, filing and other office tasks, as needed. Must be neat and friendly. Shifts vary.

Morro Coast Audubon Society offers many volunteer opportunities at the Sweet Springs Nature Preserve in Los Osos. Both one-time and on-going opportunities exist. Help is needed on the 2nd Saturday of every month weeding, watering, planting, etc., etc.

Museum of Natural History at Morro Bay State Parks has many volunteer opportunities available, among them greeting visitors at the front and back desks, handling sales in the museum store, leading nature hikes for both the general public and groups of school children, leading walks and talks about local Native American history and beliefs; talks and retail sales at the Monarch Butterfly Grove (seasonal). The Museum operates under Cal State Parks-Oceano Dunes District.

Pacific Wildlife Care is looking for volunteers to work in half-day shifts and monitor incoming calls to their wildlife "hot line". Volunteers will be trained to work from home while handling calls regarding the rescue/rehabilitation of local wildlife and referring them to the appropriate resource(s); training provided; volunteers should be resourceful, possess good phone skills and have some computer skills. Transportation to rehabilitation centers of injured wildlife is part of this valuable program.

Salvation Army in Arroyo Grande needs about 4 volunteers on an ongoing basis to fill in at the information desk (computer skills necessary) or work stocking the on-site food pantry and distributing food; volunteers will be "cross trained"; hands-on training available with experienced personnel.

Salvation Army in San Luis Obispo has an urgent need for an Intake Assistant two to three days a week. Some lifting is required. Food is distributed through this site to those in need.

San Luis Obispo Botanical Garden is seeking volunteers to help with repair and maintenance of equipment and inspect potential equipment donations. They also have Garden Docent training beginning in January. Hours flexible.

San Luis Coastal Unified School District's Adult School on Lizzie St. in San Luis is seeking approximately (3) volunteers to weed the garden, maintain pathways, keep their greenhouse and shed tidy; flexible hours available.

San Luis Obispo County Airport and the Amtrak Station is seeking diligent, reliable individuals to serve as greeters at the Airport or Amtrak Station. Interact with visitors and direct them to facilities, services, lodging, transportation, events, etc. Volunteers should be courteous, patient, with a calm, caring demeanor; some training provided; busy environment.

San Luis Obispo Senior Center has an urgent need for volunteers. Also needed are **Ambassadors** to approach local grocers to request donations of past-date bread and bakery items to be picked up on a regular, weekly basis for distribution to seniors in need. Volunteers are also needed for several hours daily to help answer the phone and perform miscellaneous office tasks as well as to help set out food from time to time.

SCORE in San Luis Obispo is looking for volunteers with prior business background to help counsel new startup business and mentor existing businesses. These volunteers will also have the opportunity to be a presenter in workshop settings and at seminars. Some training and orientation is available as well as the opportunity to observe counseling sessions. Computer skills, retail experience is valuable as well as an understanding of finance.

Sierra Vista Regional Medical Center Volunteer Auxiliary has several volunteer opportunities including Front Desk Reception and Gift Shop positions. Days and times vary.

SLO County Recorder's Office is in need of several volunteers to perform civil marriage ceremonies to meet requirements. under state law; must be able to put aside any religious, counseling or personal views; 1 ½ hours per day on Fridays or as needed to fill scheduled staff vacancies; bilingual preferred. Spanish speakers urgently needed.

SLO NOOR FOUNDATION, a new low-cost medical clinic for the uninsured or under-insured, seeks volunteers for answering phones, charting, scheduling and cleaning and maintenance. Prior medical experience helpful.

United Voluntary Services Thrift Shop seeks volunteers to help with sorting and pricing merchandise and to clerk in the shop.

Women's Community Center has a variety of volunteer needs to match anyone's talents – must be warm, sympathetic and friendly. Answer phones, manage the office, be a court observer, help with the Women's Press, organize and plan special events; also need Board members.

North County Opportunities

Atascadero Police Department is looking for helpful, community-minded volunteers to help with a variety of duties in the office as well as in the field. Must complete city application and background check prior to service.

Atascadero Senior Center is looking for a few volunteers to serve as "receptionist" to answer the phone, help greet visitors, and provide information about their activities and services as well as senior services countywide. Must have friendly personality and be able to work well with the public. Flexible hours and some training available.

Atascadero Senior Center is looking for several energetic volunteers for an "Activities Program Assistant" who will work with other event planners to create recreational activities and events for people 50 years and older. Flexible hours (approx. 2-10 hrs. week) and some training provided.

Atascadero Senior Center needs a volunteer to be a "Computer Assistant" who will assist the Activities Coordinator with creating fliers, brochures and information forms for the *Atascadero Fun Club* and other Senior Center programs, etc. Must have good computer skills. Hours are flexible.

Cambria Historical Museum (part of Cambria Historical Society) needs approximately (10) volunteers to help greet visitors, provide historical information, and answer questions.

Camp Roberts Historical Museum seeks volunteers for a variety of tasks, ranging from museum docent to mechanic, and including general handyperson and gardening duties. Shifts are available on Thursdays and Saturdays.

Coast Caregiver Resource Center needs someone to assist the Family Consultant with a Support Group for persons with Huntington's Disease. The group meets in the rural Templeton area. A degree or experience in human services area would be helpful.

Community Action Partnership's Adult Day Services in Templeton needs volunteers to interact and visit with program participants. Must be patient and enjoy working with older adults who suffer from Alzheimer's/dementia. Also needed is a handyperson/gardener to assist in maintaining the garden at the facility.

El Camino Homeless Organization in Atascadero is looking for adult volunteers to meet and greet guests every night at the shelter from 5-7 pm; also need pairs of volunteers to serve as site monitors and stay the night from 7 pm -7 am to accommodate overnight guests. All guests are carefully screened so shelter is safe.

Estrella Warbird Museum has volunteer opportunities for both docents and gift shop helpers. An interest in people and history is helpful.

Food Bank USDA distribution site at the Villa Paseo Senior Apartments in Paso Robles needs volunteer helpers on the 3rd Tuesday of each month at 11:30 am for 3 – 4 hours. Duties include sorting, packing, assisting clients with carrying bags, setting up, cleaning and breaking down site. Some lifting required.

Habitat for Humanity seeks volunteers to work in its Paso Robles *ReStore North* and building materials thrift store selling new and used items; proceeds fund the building of HH homes and cover operational costs; public can buy at low cost and help the planet by reducing stress on local landfills; many shifts and training available.

Paso Robles Historical Society is looking for volunteers to greet visitors and handle sales in the gift shop. Also needed are individuals to do research and catalog archival items as well as volunteers to assist with computer input and office tasks.

Paso Robles City Library is currently recruiting volunteers for three important areas of their excellent library service. Volunteers are needed at various times to: Assist with the processing of materials; assist in the Children's Library and at the Circulation Desk. Help will be needed in the spring for the Festival of the Arts. Wonderful short-term assignment.

Paso Robles Police Department Community Volunteer Police Patrol is seeking new members. In addition to serving the community, members learn exactly how the Police Department operates and why things are done in certain ways. Duties include, but are not limited to, city patrol, traffic control, special events, business checks and home vacation checks. Volunteers must pass background check and are required to complete a training course. CVPP members can work as often as they like, any time, day or night, seven days a week. Patrols are set to accommodate member's schedules.

Peoples' Self-Help Housing Center, located in Paso Robles, has need for volunteers to read to and listen to students read from 3 to 4:30 Monday through Thursday weekly. Must have patience and enjoy children. Also needed are volunteers to assist Educator preparing craft activities for students, label books for library, etc. Hours are somewhat flexible.

Pioneer Museum in Paso Robles can always use docents to lead tours; other volunteer opportunities also exist.

Templeton Community Services District is looking for volunteers with basic computer skills to help at their Reception Desk; includes greeting public, answering phones, handing out information packets, preparing rosters and other office tasks as needed.

Wellness Community, in Paso Robles is looking for volunteers to represent the organization at various community outreach events. Must be comfortable meeting and talking with people and possess the stamina to transport and set up materials such as brochures, displays, etc. and spend 2 – 4 hours at each event.

South County Opportunities

American Cancer Society, with offices in Arroyo Grande, welcomes volunteers for many positions. There are both short-term and ongoing opportunities available.

Aspiranet, with offices in Grover Beach, has a volunteer opportunity for an Office Assistant; duties would include filing, answering phones, etc. for several hours a week. Also needed are tutors/mentors to work with families who wish to become foster parents.

California Welcome Center has volunteer openings for 2-5 pm on Tuesday and Wednesday; Thursday through Sunday 10 am-2 pm; assist visitors and tourists to the area by providing information and directions to local and other destinations.

Children's Resource Network of the Central Coast (formerly Lisa Ray's Donation Group) needs volunteers to help sort and fold childrens clothing for distribution to needy children. The group meets in Pismo Beach. Could also use help with grant writing.

Clark Center Association in Arroyo Grande is looking for new volunteers "to greet and seat" (usher) during their season performances. Must be able to stand for 45 minutes, be able to walk up stairs; and be friendly. Mandatory training class required annually. Volunteers required to pay \$25 annual Volunteer Association dues and receive many perks and benefits as a result.

Dana Adobe in Nipomo needs school tour docents and volunteers for a variety of positions, ranging from grant writing support to cleaning, building and moving things around the property.

Exploration Station in Grover Beach needs volunteer docents for its new *Children's Interactive Science Center*. Must pass background check, enjoy children and be mobile. Training, including cashiering skills, will be provided. Thursday thru Sunday times available.

GenSpan Foundation has sites in elementary schools in Nipomo that need tutors; one hour per week can make a major difference in the life of a child.

Grover Beach Police Department is looking for community-minded volunteers to help with a variety of office tasks, as well as in the field. Must complete city application and background check prior to service.

Nipomo Food Basket is looking for volunteers to help with food distribution; must be able to lift small boxes; no special skills required; on-the-job training provided.

Nipomo Native Garden seeks volunteers for their regular workday the first Saturday of every month to do garden maintenance and cleanup; no experience necessary. Also needed is someone to help design a children's education program and additional Board members.

South County Historical Society, with six museums in the Arroyo Grande area, is always in need of willing volunteers; training provided.

Santa Maria/Northern Santa Barbara County Opportunities

Alliance Pharmaceutical Access– Santa Maria is searching for an assistant to the Program Coordinator 4 hours per day, Mon.-Thurs.; duties include filling out on-line medication applications, phoning in medical refill orders, inputting client info into computer, contacting doctors offices for RX clarification, and misc. clerical/organizational tasks; training provided.

Area Agency on Aging is looking for "Car Fit Volunteer Technicians" to lead an older driver through a 20-minute, 12-point checklist while sitting in their vehicles to enhance their safety.

Area Agency on Aging is looking for someone to serve as advisor to the AAA Board of Directors and staff including but not limited to processing Requests For Proposals and Older Americans Month.

American Red Cross has current volunteer opportunities in the following areas: Administration, Disaster Services, Health & Safety Services, Public Support, Volunteer Services and Youth Services

American Red Cross and **Santa Barbara County Health Department** are looking for current and former members of the medical community to serve as Medical Reserve Corps volunteers in local emergencies. Suggested volunteers: physicians, physician assistants, psychiatric technicians, dentists, pharmacists, veterinarians, nurses, mental health professionals, nurse practitioners, respiratory therapists, pharmacy technicians, EMTs, etc.

Braille Institute needs volunteer instructors in SLO & Northern Santa Barbara Counties; training, curriculum and supplies will be made available.

Buellton Senior Center is seeking someone to answer phones and perform miscellaneous organizational tasks in the office on Thursdays, 10 am -1 pm (lunch is provided). **Buellton Thrift Annex** needs volunteers to go through donated items and make sure they are in good condition to display. Two days of the week from 10 am-4 pm. Training is provided as well as lunch.

Buellton Thrift Store needs volunteers one day of the week from 10 am-4 pm to receive and process donated items. Training and lunch is provided.

California Conservation Corps Santa Maria is looking for volunteer Instructors (no experience required) to give Career Development, Financial Literacy, Conservation Awareness and other workshop classes consisting of resume building, mock interviews and filling out job applications. Course curriculum will be provided.

CASA of Santa Barbara County needs child advocates to spend one hour a week with a child that has been neglected and removed from their home. Training is provided.

Catholic Charities Santa Maria is seeking volunteers to help with stock, re-store, inventory and clerical assistance.

Center for Employment Training needs volunteers for general duties with basic computer skills Monday – Friday. Bilingual a plus and training provided.

Central Coast Literacy Council has an ongoing need for tutors to tutor adults either one-to-one or in a small group. Tutoring basic reading/writing skills and English as a second language. Training provided.

Central Coast Rescue Mission has an ongoing need for volunteers to assist with food service to hungry people from 1-3pm on Wednesdays and Fridays; volunteers also possibly needed for G.E.D. instruction. Some training provided.

City of Santa Maria Parks and Recreation is looking for volunteers to serve in a variety of tasks in several park and recreational centers throughout the city.

Coastal Voices in Santa Maria needs volunteers to assist during their concerts. They hold four concerts a year. Volunteers are needed to pass out programs, take tickets, monitor doors, help set up refreshments and clean up at the end of events.

Community Partners in Caring (Santa Maria, Lompoc & Santa Ynez Valley) is looking for volunteers for medical & social transportation, shopping & errands, friendly visits, telephone reassurance, minor home repairs, and yard work.

Country Garden Catering in Buellton needs an occasional volunteer once a week, 4 to 6 hours, to prep food. Love for working with food is recommended. All money earned at catering goes to pay for Meals on Wheels program.

Country Oaks Care Center needs several volunteers to socialize with residents (reading, helping with activities, writing letters, etc.); orientation provided by Activities Director.

Family Care Network needs mentors to foster children, provide assistance for event preparation, assist with several events throughout the year in Northern Santa Barbara and SLO Counties.

Food Bank of Santa Barbara County is looking for volunteers for their Grocery Rescue Program to help sort perishable products daily for distribution; standing and some lifting required as well as working in and out of a cooler; training provided. Volunteers also needed for reclamation sorting & distribution.

Food Bank of Santa Barbara needs volunteers to act as Nutritional Educators in the "Kids Farmers Market Program" during the upcoming school year in Santa Maria, Lompoc and Santa Ynez. Minimum knowledge of good nutrition and eating habits; training is provided.

GenSpan Foundation is seeking volunteers to work as mentors an hour a week or more in the elementary schools in Santa Maria, Orcutt, Guadalupe, Lompoc and Nipomo; all volunteers will be TB tested and fingerprinted before they are placed.

Good Samaritan Shelter has 16 different programs from which to choose. Some examples aside from the actual Shelter would be Charlene's Closet (community food distribution), Dress for Success (Clothing assistance for job interviews), Community Garden (Campus garden & landscaping opportunities) and much more. If you would like a more detailed list go to www.goodsamshelter.net. Volunteers are needed in many of these different programs and a variety of tasks will be performed as needed. All volunteers are required to have a current TB test. Training is provided.

Guadalupe Dune Center is looking for an Education and Administrative Coordinator to answer phones, file, occasional computer work and other tasks as needed.

Guadalupe Family Services Center needs volunteers to help at the information desk, do data entry, assist at their food bank, provide possible G.E.D. instruction, etc.

Guadalupe Union School District needs special education volunteers to assist students ages 12-14 one-on-one learning the alphabet, coins, and basic skills.

Habitat For Humanity's Santa Maria "Re-Store" needs volunteer sales clerks and experienced preferred (willing to train) cashier in their building materials warehouse thrift stores open to the public 3 days a week; flexible hours; must be dependable and have good people skills; construction knowledge a plus; volunteers receive training and get a discount on products!

HICAP is seeking enthusiastic volunteers who want to learn about Medicare and help others by being a Medicare Counselor; duties include counseling and providing information and assistance to Medicare beneficiaries regarding health claims and insurance problems. No experience necessary; FREE training provided.

La Purisima Mission needs volunteers to primarily assist with visitor information, early CA history of the mission and costumed demonstration of mission period skills and activities with grade school visitors. Training of history, skills and lifestyles of the mission period is provided. Volunteers are to have a background or interest in history, ability to talk to groups of people and a tolerance for youth groups.

Lompoc Adult Services needs volunteers to answer phones, scan documents, make follow up calls. Possibly some field work like driving a county car to run errands for Adult Protective Services.

Lompoc Auxiliary Gift Shop is looking for a volunteer sales person to write sales tickets for merchandise, keep a running log for candy sales, and related duties; must be able to make change and work 2 ½ hour shifts; gift shop hours are 11 am -4 pm Mon. thru Fri. and 1:30-4 pm Saturday & Sunday; training provided.

Lompoc Comprehensive Care Center is seeking activity assistants to establish and maintain routines in the activity room. Volunteers assist staff in program presentation and escort residents to and from activity programs.

Lompoc Department of Motor Vehicles needs volunteers to assist in the office. Miscellaneous office support will be needed.

Lompoc Food Pantry needs volunteers on a daily basis to stock and organize food on shelves. Assist in keeping facility clean and organized for clients.

Lompoc Police Department is looking for volunteers for a variety of tasks within the department.

Marian Hospice Program in Santa Maria is looking for volunteers to provide supportive assistance to patients and their families so that they may feel secure, comfortable and welcomed. Provide input into the plan of care and interdisciplinary meetings, participate in volunteer support groups, educational in-services and more.

Marian Medical Center is looking for volunteers to serve in a variety of volunteer activities. Training provided.

Merrill Gardens is seeking volunteers for a Hostess to help serve snacks and drinks on Fridays from 3-4:30 pm for weekly Happy Hour! Someone to assist the Personal Pathways Coordinator 1-2 hours per day, 1 to 2 days a week; duties include one-on-one visits with residents (reading to them, playing games, and talking) and participating at sing-alongs. Something for everyone – they also would like to find several volunteers who could alternate playing piano on Fridays at 2 pm.

North County Rape Crisis & Child Protection Center needs volunteers to assist with staffing 24-hour hotline and respond to crisis call, law enforcement and medical accompaniments. Provide advocacy and referral for survivors of sexual assault and child abuse. Volunteers also assist with educational programs. Training is required and provided by the organization.

Parks & Recreation & Urban Forestry is seeking volunteers to serve in a variety of tasks within the department.

PCPA Marian and Severson Theatres in Santa Maria needs ushers to meet and greet, help seat, handle money, assist with concessions.

People's Self-Help Housing seeking volunteers to assist in classroom activities, snack preparation and clean-up. Also need help in tutoring and mentoring children one-on-one and in small groups with homework. Volunteers for special events, guest speakers, field trips and basic office support also needed.

Retirees Activities Office at VAFB – is looking for volunteers to answer phone calls from military retirees or meet with them on base and answer questions about VAFB facilities and retiree entitlements; retired military personnel preferred.

Return to Freedom Wild Horse Sanctuary in Lompoc needs volunteers to send postcards, thank you's and do general office duties.

RSVP – Santa Maria – needs a few volunteers to provide clerical/organizational assistance for the Santa Maria office; computer experience helpful; hours flexible.

Salvation Army in Santa Maria is needing a variety of volunteers to stock shelves, do data entry, hang clothes, clean up, etc.

Santa Barbara County Animal Services needs volunteers Monday through Saturday for a minimum of 2 hours to assist with animals and the public. Training is provided; must love animals and people, too.

Senior Volunteer Services
660 Pismo Street
San Luis Obispo, CA 93401



Nonprofit Organization

US Postage

PAID

San Luis Obispo, CA

PERMIT No. 207

Editor: Marie Brinkmeyer

Contributors:
Bernadine Barrow
Diane Maiorano
Nancy Rodriguez

Publication of the Volunteer's Voice is made possible by Silver Streaks (folding and sorting for bulk mail) and is published every 4 months by - RSVP of the Central Coast.

8. January – February – March – April 2012

THE VOLUNTEER'S VOICE

Santa Barbara County Education Office needs classroom helpers and tutors for math, reading, language and more. Training is available and days are flexible.

Santa Maria Arts Council is looking for art docents.

Santa Maria Chamber of Commerce is looking for volunteers to restock lobby brochures, make copies, stuff bags for visitor events, give directions to visitors, occasionally answer phones, stuffing and mailing sales leads, putting together membership packets and relocation packages and other miscellaneous tasks. Basic computer and copier skills and training is provided. Knowledge of our Santa Maria and surrounding area is helpful.

Santa Maria Lifesteps is seeking a Senior Volunteer who would be willing to devote 1-2 hours per week of their time performing various administrative tasks such as filing, creating files, shredding documents, organizing file cabinets, making copies of documents, faxing, scanning and other tasks. The information kept in our office is confidential information so the volunteer would need to sign a document agreeing to maintain confidentiality.

Santa Maria Museum of Flight needs volunteers who love to help out in the museum and conservatory projects.

Santa Maria Natural History Museum – is seeking docent volunteers. Training is provided.

Santa Maria Philharmonic Society would like a few volunteers to help assemble the newsletter, answer phones, handle ticket sales, and work on special projects as needed.

Santa Maria Police Department is looking for volunteers to serve in different areas of the department.

Santa Maria Public Library is looking for volunteers to greet library visitors and provide general information about events & services to guests.

Santa Maria Salvation Army is looking for volunteer to assistance as a Case Worker – assisting with food orders, diaper orders, customer service and light office support. Administrative Assistant – Answer phones, send e-mail messages, make copies, greet guests etc

Santa Maria Terrace is looking for a volunteer to assist in many facets of activities for seniors. Great location, people and lots of fun.

Santa Maria Valley Discovery Museum is seeking volunteers to help at the Information Desk, telephone reception, ticket sales, newsletter assembly, annual mailings, and various special projects (clerical, cataloguing, etc.); also some household tasks; training available.

Santa Maria Valley Fish Meals on Wheels – is looking for volunteers to drive and deliver meals to our elderly community. Every day of the week for approximately 2 hours or whatever days available. Training provided.

Santa Maria Valley Humane Society – needs an office assistant, cat socializer, and dog exerciser at their shelter.

Santa Ynez Meals on Wheels – help needed to deliver meals.

Santa Maria Wisdom Center has several volunteer opportunities that need to be filled. Must have good vision, speaking abilities, creativity, patience, facilitate and follow the lead of the Activity Director. Meals are provided for \$1.00 fee. Time commitment varies from 1 to 5 days a week between 1-3 hours a shift.

Santa Ynez Meals on Wheels needs help delivering meals.

Tri-Counties Regional Center – is looking for administrative assistance in the office and help desk. Training is available.

United Way in Santa Maria needs part-time experienced clerical assistants to answer phones, do data entry, upgrade files, and perform misc. general office tasks.

W.I.L.D.E.S. (Broken Spoke) is looking for a Rehab Volunteer to build & repair animal cages, pick up food for the wild animals, clean cages, feed animals, clean feeding dishes and assist supervisor with animals as needed.

Wilding Art Museum is looking for volunteers to work at the front desk, greet guests, work in the gift shop, etc

No doubt there is a volunteer match for every one of the opportunities. The agencies are depending on us to help them do their good works and fulfill their missions. Please call us at 544-8740 or 922-9931 so we can help make that match!

Your contribution will make an incredible difference to the agency and to you!

