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SERVICES

GIVING THE
GIFT OF INDEPENDENCE
TO SENIORS (62+)

- Transportation
- Shopping & Errands
- Friendly Visits
- Respite Care
- Paperwork Assistance
- Minor Home Repairs
- Yard Work

*All services are provided at no charge
and upon volunteer availability.*

CONTACT INFORMATION

SANTA MARIA VALLEY CHAPTER
111 North Vine Street
Santa Maria, CA 93454
(805) 925-8000

LOMPOC VALLEY CHAPTER
111 South I Street, C1
Lompoc, CA 93436
(805) 737-1976

SANTA YNEZ VALLEY CHAPTER
PO Box 1946
164 West HWY 246
Buellton, CA 93427
(805) 688-1100

web www.partnersincaring.org

email community@partnersincaring.org

If you would like to receive this newsletter via email, please email
us at community@partnersincaring.org

STAFF

Ashley Payne
Executive Director

Colleen Sinclair
Program Director

Rosio Ruiz
Volunteer Coordinator

(RETURN SERVICE REQUESTED)



Community Partners IN CARING

SANTA MARIA | LOMPOC | SANTA YNEZ

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LifeLinks >> A newsletter from Community Partners In Caring



**A LETTER FROM
THE DIRECTOR**

Hello! Happy New Year from Community Partners in Caring. I cannot believe the holiday season has already come and gone. I hope everyone had a great one! Our Annual Report along with an Appeal Letter was mailed in December. So far we have received over \$7,000 from community members such as you. Thank you all for your support! On January 18 and 20, we hosted a volunteer training in Lompoc and Santa Maria. The rooms were packed with volunteers eager to learn. The speakers included Bob Hoffman with Experienced Driver Safety Program, Cary Gary with Assessments USA & Canada, and Melodee Quiroz from Central Coast Hospice (for Santa Maria only). Next up for us is the Annual Fundraiser in June. We will be taking you on a "Tour of Tuscany" on Friday night June 15 at the Radisson Hotel Santa Maria. Also in the news, my little Farrah is going to be a big sister; we are expecting a baby boy due in May! Here's wishing you all a well and prosperous New Year! Thank you for all you do to support CPC and the communities we live in.



My best,

Ashley Payne, *Executive Director*



**IN MEMORY / HONOR
DONATIONS**

Butch Abeloe
~ in memory of Brenda Maria Jeanette

Vivian Gilsoul
~ in memory of Charles A. Gilsoul

G. Petro
~ in memory of Pam Petro

Tom & Mary Pruitt
~ in memory of Bernice Pruitt

Sherrie Todd
~ in memory of Ernestine Antolini

Arthur W. Wilson
~ in memory of Florence Wilson

Joseph A. Olivera, Jr.
~ in honor of La Brea Plaza Merchants
Santa Maria, CA



VOLUNTEER OPEN HOUSE

In recognition of
National Volunteer Appreciation Week

IN LOMPOC

Tuesday, April 17, 11:30am – 1:30pm
Chamber of Commerce
111 South I Street
Upstairs Conference Room

IN SANTA MARIA

Wednesday, April 18, 11:30am – 2pm
111 North Vine Street

Stop in for snacks, and to say, "Hello!" to your fellow volunteers.

April is National Volunteer Month

April 15 – 21, 2012 is
National Volunteer Appreciation Week



"God has given us two hands,
one to receive with
and the other to give with."

- Billy Graham

THE JOY OF AGING

by Barbara Johnson

Television journalist Dan Rather

once asked a 106-year old man to disclose his secret of long life. The old man rocked back and forth in his chair before answering. Finally he replied, "Keep breathing."

Sure, growing older is stressful, but using your funny bone to subdue that kind of stress works wonders! When you hear snap, crackle, pop, and it isn't your cereal don't panic. Laughter defuses insults, soothes aching muscles, and counteracts the humiliation of what is happening to your body and mind.

Gerontologist Ann E. Gerike says we can develop a new way of thinking about our physical limitations as we age. After a lifetime of straining to be "the perfect perky ideal," finally you can relax. And that extra weight around the middle (hence the name "middle age?") it's just cuddlier body lines! So as birthdays come, don't think of yourself as growing old. You've just reached that vibrant metallic age: silver in your hair, gold in your teeth, and lead in your bottom!



MANY THANKS

Church for Life gave 52 home-bound seniors care boxes of extravagant LOVE! Many thanks to the church members for making and filling the boxes, and to the CPC volunteers for delivering them!



THE CPC ANNUAL FUNDRAISER

Come join us as we take you on
A TOUR OF TUSCANY

at THE RADISSON HOTEL, SANTA MARIA

JUNE 15, 2012

CARE CAMPAIGN 2011-2012

PLEASE ACCEPT MY GIFT: \$ _____ Donate via PayPal, at www.partnersincaring.org

NAME _____

ADDRESS _____

CITY / ST / ZIP _____ PHONE _____

Join our e-mail list to get CPC news and updates on your gift at work: EMAIL _____

I'd like to pay by: MasterCard Visa Check (please make check payable to CPC)

CARD # _____ EXP DATE _____ CSC (3-digit code) _____

NAME ON CARD _____ SIGNATURE _____

MY DONATION IS: In memory of In honor of Name(s): _____

Please contact me about combining financial planning with charitable giving.

Donors will be listed in printed materials. Check here if you prefer your gift to be anonymous.

My employer has a matching gift program. CONTACT _____ PH _____

Please make check payable to CPC. Return this donation form to Community Partners in Caring via mail to 111 North Vine Street, Santa Maria CA 93454 or fax to (805) 925-8170. Questions? Call (805) 925-8000. Contributions are tax deductible to the amount allowed by law. Tax ID# 77-0477176. All contributions made to CPC from Santa Maria, Lompoc or the Santa Ynez Valley will stay in their respective cities.



A senior moment to remember...

CAFÉ QUACKENBUSH
and
ART BRUT GALLERY

At the Historic General Store
in Los Alamos

A full-service cafe:
soup, salads, sandwiches, breakfast,
lunch, daily specials, 30s & 40s
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