



LOS OSOS CARES WINTER NEWSLETTER

Greetings to All!

First of all, I would like to thank all our volunteers for braving the restrictions we have and continuing to help Los Osos Cares in all our programs you are especially wonderful. I also would like to thank all our donors for all your support to all the programs. Thanks to your generosity, we are moving forward during these times. We appreciate each and every one of you. We could not function without our community partners, service providers, and organizations. We are so thankful for you.

Sincerely,

Linda Quesenberry
Exec. Director
Los Osos Cares

This is a report reflecting our outreach in 2020 and the first months of 2021:

- Los Osos Cares Resource Center and Womenade Estero Bay, helped over
- 800 families, seniors and individuals in need, with emergency funding. Thanks to the Dignity Health Community Grant, members of the Estero Bay Womenade program, our dedicated community members, businesses and organizations. We are working with school advocates, family support case managers, homeless outreach, mental health outreach, and service providers throughout the county. With COVID-19 affecting so many, we are able to provide resources and help wherever we can.
- We have served free hot dinners-to-go at the weekly Community Dinner for 4,170 people, seniors, families and unhoused this year. The number grew to 80-100 after the pandemic began. We thank all the organizations and churches who continue to prepare meals to help the community. We especially thank the volunteers who come weekly to set up and serve the dinners. Thanks to the South Bay Community Center for donating the space for this outreach.
- The Resource center continues to offer and direct people to information by email and phone. We served over 700 people in 2020-21, Every day, we get calls from people who need services or want to help in some way. Our new administrative assistant, Jeanner Read, is busy compiling data information and creating an organization system for our Administration office and programs. Our Social Media Coordinator and Web manager, Alicia Skiba, keeps everything up to date on all information about the pandemic and provides the community with updates on Los Osos Cares outreach with links to all the agencies and organizations we work with.

- We have been able to provide a warming shelter on 30 nights during wet and/or cold temperatures for 7-10 people per night. With COVID-19, it was difficult to find volunteers, but we were fortunate to be able to hire staff for the shelter from 6 pm to 7 am. We are thankful for all the volunteers who provide dinner and breakfast. Thank you to the South Bay Community Center for providing the space for the shelter.
- We conducted two Pre/Post COVID-19 senior outreach questionnaires reaching out to over 600 people. The report for the Post COVID-19 questionnaire will be on our website soon. These gave us insight into what the people really need in each of the Estero Bay communities. It was surprising to see the differences in the Post- COVID-19 questionnaire. The need for computer training was high plus transportation and home repair.
- We were able to give resource packages to over 150 seniors during and after our first Drive thru Health Fair. Forty agencies provided information about their services and also included bags, masks, sanitizers, and other items. Thanks to St. Benedict's Episcopal Church for providing the venue, the SLO Food Bank and all the dedicated volunteers who came to help that day and with outreach
- Our Senior Program created a R U OK senior phone outreach serving all the Estero Bay. We were able to help 93 people since starting in September. This service gives personal and direct outreach in each community. We have three team members with direct lines for Los Osos, Morro Bay, and Cayucos.
- Los Osos Cares, in collaboration with Ride On, began a Dial A Ride Service in Los Osos. This service was provided after the Pre-COVID-19 senior questionnaire showed an overwhelming need for transportation within Los Osos. This service will be available Tuesdays and Wednesday from 9 am to 2 pm. Los Osos has long been needing a community transportation system to for grocery shopping, pharmacy, doctor appointments, etc. They will also be able to get to weekly food distribution sites and Free Laundry Love once a month. The services will begin on Tuesday February 9 and will be FREE for the month of February. Beginning in March the cost will be \$2 one way/ \$4 round trip. Monthly ticket books for be available for purchase. To schedule a ride, call Los Osos Dial a Ride 805-541-8751 one day in advance. Thank you to the perseverance of our senior volunteers Carrie Prado and Shirley Mednick who have been advocating for this service for the past 3 years.

Highlights of the Month

With the Eviction Moratorium ending soon many of our families and clients will be affected. Los Osos Cares has been hosting Zoom meetings with representatives from: SLUSD family advocate, TMHA Family Support Advocates, Catholic Charities, Salvation Army, 5 Cities Homeless Coalition, and People's Self-Help Housing. We have been sharing information and updates on the status of the moratorium and how we can help our clients understand what they need to do to prepare themselves. We have also attended virtual meetings with SLO Legal Assistance Foundation to learn about the no-cost legal help our clients can access.

Recent rains were responsible for the leaking roof of one of our seniors. After she got into contact with the Estero Bay RUOK program, that problem was quickly resolved with the help of a local roofing company, San Luis Systems, and LOC Estero Bay Womenade. The Womenade program put out a "Raise the Roof" fundraising notice. In two weeks, with the help of the program and an anonymous donor, were able to obtain complete funds. Our happy resident is now able to put those worries behind her.

Thank you to Bill Todd of Todd's garage who came to the rescue for LOC volunteer Walt Ramage who has been delivering food to residents in Cayucos and farmworkers in the area. Bill repaired his truck at a good rate and we are back in business!

These are examples of some good things happening right here in our area. A big shout out to all of those caring people who were able to make this possible.