

AUGUST 2021

# Los Osos Cares

AUGUST 2021 NEWSLETTER



## *A Word From Our Executive Director*

by Linda Quesenberry

**Greetings to All!**

We have been busy with all our outreach programs in the Estero Bay. We are still upholding Covid 19 restrictions by wearing masks at the office and at our Community Dinners. There is so much need in our community and I would like to see us all working together as we move toward our future goals. We are grateful to our staff, volunteers, student interns and partners . Special thanks to all community organizations and donors for helping us to succeed in this new era of community involvement.

**Thank you for all you do!**

## **Los Osos Cares Receives \$5600 Grant From SLO County for Laundry Love, RUOK, and Ride-On**



Los Osos Cares has received a \$5600 grant from SLO County Community Based Organization Preventative Health Grant. This grant will help us move forward with our new Laundry Love program in Morro Bay, Estero Bay RUOK and Los Osos Ride On. All these programs are essential for the well being of our seniors and underserved. I am now in the process of writing the 2022 Dignity Community Grant with new partners to enhance our outreach in Estero Bay.

## **Resource Center Is Now Open to Walk-in Traffic**

The Resource Center has been open since June 15 and we are to our office volunteers who are working at the front desk taking phone requests, meeting walk-in clients, and taking intakes. Most of our requests are email and phone, with about 50 people coming into the office since we opened.

We have been able to help with computer applications, phone calls as well as connecting people to one on one services with our resource partners. We are providing emergency non-perishable food from our food pantry when needed. The walk-in office hours are Tuesday, Wednesday and Thursday from 1-3 pm.

The administrative office and social media outreach has been extremely busy.

The database we are using is able to show us updates with information on how each of our programs are doing at any time.

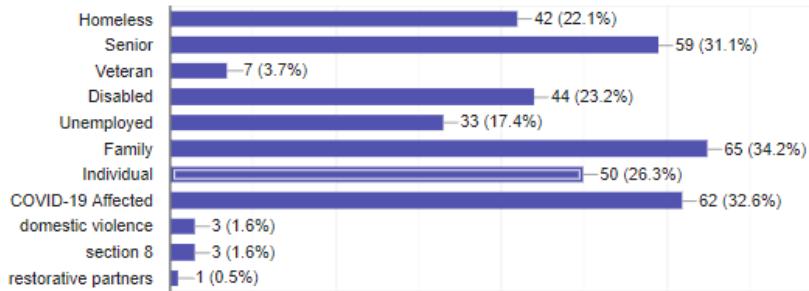
We have 4 social media programs: Facebook, Twitter, LinkedIn, and Instagram. Jeanner Read, our administrative assistant and social media coordinator, updates weekly notices with all information we receive to our website Los Osos Cares.com to keep our communities informed.

Thanks go out to Sarah Kamp, Cal Poly, for volunteering in the summer. She is organizing a basic computer class for seniors which will be on Saturday August 28. We hope this will be the beginning of classes in Estero Bay in the future.

## Status of those LOC has been able to assist

### Status (Select all that apply)

190 responses

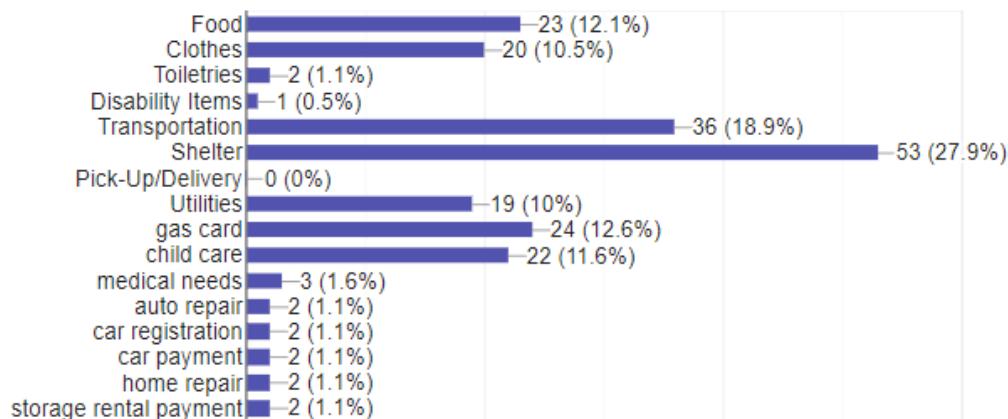


(as of August 2021)

## Areas of need where LOC has been able to assist

### Immediate Needs (Select all that apply)

190 responses



(as of August 2021)



***“Si Se Puede”***, a presentation by Estella Vasquez, director of the Monarch Program at Cuesta College Monarch Program, will be held on Thursday September 23, at 7pm at the South Bay Community Center in Los Osos. It will focus on DACA students, immigration help, ESL, and inspiration on continuing education. We have also invited our bilingual partners from SLCUSD, TMHA, and Prado. Our goal is to motivate parents and students to continue their education and to know what services are available to them. Thank you to our UC Davis volunteer Claudia Reyes for helping with this outreach during her break from school.

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## Free Community Dinners Still Serving the Masses

The free Community Dinner continues to serve to-go dinners weekly for 50 -80 people. Thank you to the dedicated volunteers who serve and the community organizations and churches who prepare the dinners. We are watching the COVID information and deciding to wait for indoor service until all sanctions are lifted. Special thanks to Andrea Brown our coordinator extraordinaire for leading this program.



## Community Coalition



The Los Osos Cares Community Coalition will begin meeting in person on Thursday September 16 at 9 am at the South Bay Community Center. We invite community members and service providers to come and meet each other and find out the resources and needs in our communities. This meeting is essential in keeping the community informed and aware of all that is being done and what resources are available.

## **Seniors Program Still Very Active in Estero Bay**

The Senior Program is still very active in all of Estero Bay. Our RUOK team has outreach to over 2,000 people and directly helped 150 this year.

Serving vulnerable seniors, the unhoused and families they have been providing food distribution, Covid vaccination registration, one on one help, and connection to resources.

Working with our partners we have been able to get direct services in each area. We are in the process of collaborating with Wilshire Community Services to enhance our services with direct outreach to homebound seniors.

The Los Osos Ride On is still in effect, serving seniors Tuesdays and Wednesdays from 9 am to 2 pm.

Free Basic computer class for seniors will be offered on August 28 from 10 am to noon at the Los Osos Cares Resource Center with limited seating ( 6 per class).

I have been scheduling presentations at senior living apartments and mobile home parks with emphasis on Health and wellness, legal issues, volunteering, and more.

To schedule a presentation email [wecareinlososos@gmail.com](mailto:wecareinlososos@gmail.com).



## **On the Lookout for Volunteers**

We have been forming new committees for our outreach and are looking for volunteers who are interested in fundraising, grant writing and research, senior caring callers, and Latino Outreach.



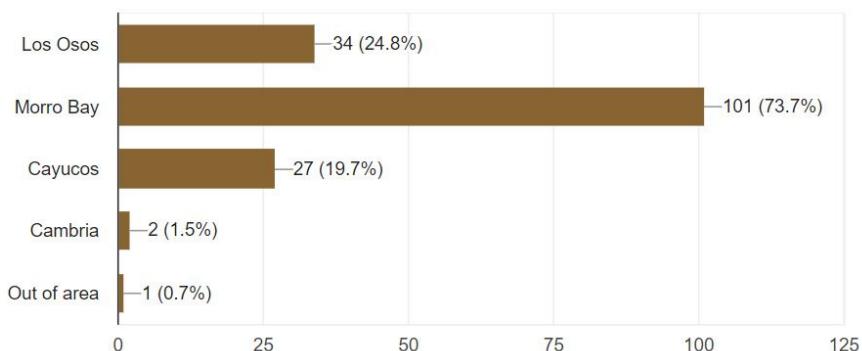
## Estero Bay RU Ok Continues Success

Estero Bay R U Ok has been one of the most successful of the senior programs. With direct phone lines in each of the communities and dedicated team leaders we have been able to assist people in their own communities. Thanks to Violeta Valin, Los Osos, for coordinating the program and providing bilingual services. Sharon O Leary, Morro Bay, for her dedication to attending all food distributions in the Estero Bay and direct help through the Morro Bay Community Connections. Robyn Taylor and her team of Cayucos volunteers Walt Rammage and Alicia Santoni, have reached out by food distribution, Covid Vaccination registration, one on one help to those in need and more. We appreciate all of you.

(as of August 2021)

### Location

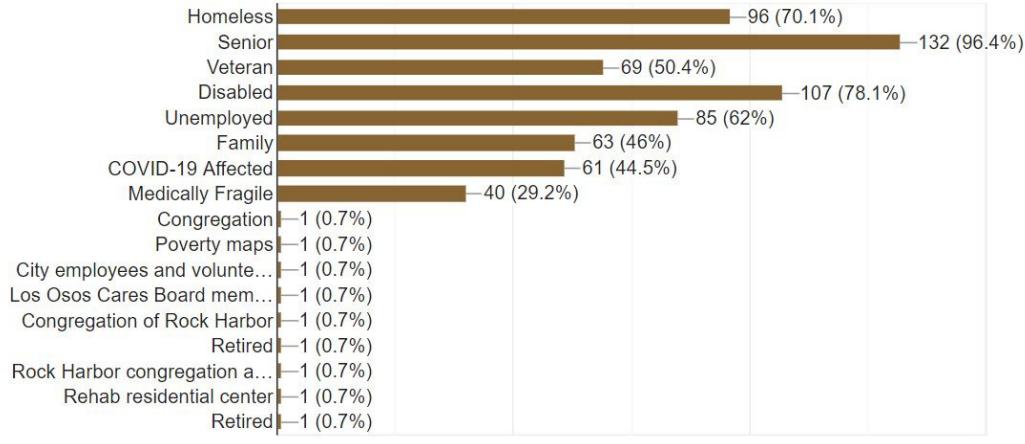
137 responses



(as of August 2021)

### Status of people served

137 responses



## Womenade Estero Bay



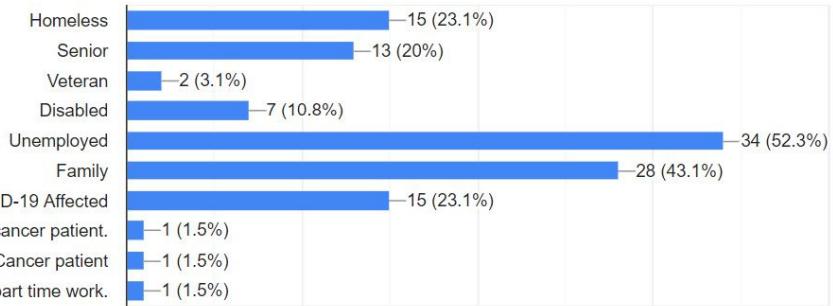
The Womenade Estero Bay program continues to help those in need by providing emergency funding for families, seniors and those underserved in our communities. We thank all the volunteers and donors who continue to help with their dedication and commitment. We will be hosting a Garden Party fundraising event on Saturday September 11 at the home of Linda Muellar. All proceeds will go to Los Osos Cares and Womenade emergency funding.

Go to: locwomenade@gmail.com

(as of August 2021)

### Status of people served

65 responses



## Laundry Love Continues Success

Partnering with St. Benedict's Episcopal Church we have been fortunate to see two free Laundry Love in Los Osos on the last Wednesday of the month from 11am to 1pm for seniors, and open to all from 4pm to 6pm at Village Laundry on 10th street in Los Osos. The free Laundry Love in Morro Bay sponsored by Los Osos Cares is open from 4pm to 6pm the third Wednesday of the month at Morro Bay Laundry on Quintana Rd. We thank the owners of the laundromats for allowing us to have this service for our communities.



**The Outreach for Los Osos Cares continues to grow and I am very happy to be working with our partners in Morro Bay and Cayucos. We are not only raising a village, but we are raising community spirit.**