

HOLIDAY 2021

Los Osos Cares

SUMMER 2022 NEWSLETTER



A Word From Our Executive Director

by Linda Quesenberry

To All of You dedicated supporters of Los Osos Cares.

I looked back and realized that my last newsletter to you was in November! I apologize for my lack of communication. Lots has been happening here at Los Osos cares.

Many thanks to you, our supporters, for all you do to help Los Osos Cares reach the underserved in our community. None of what we do would be possible without YOU!

I am blessed to be surrounded by so many wonderful people and to be able to serve my community at the same time.

Los Osos Cares Partnerships



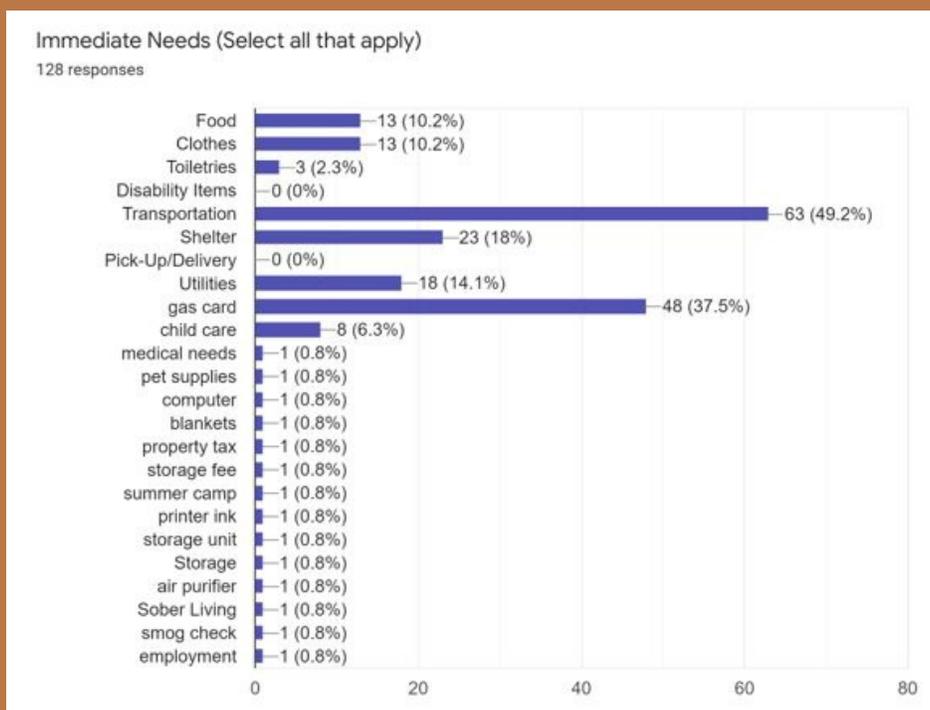
We began our new year cycle of the Dignity Community grant with 6 partners including: St Benedict's Episcopal Church, Morro Bay Lions, Transitions Mental Health Association, City of Morro Bay, Alliance of Pharmaceutical Access, and Dignity Health Community Outreach. We are all working together to bring services to the underserved in the Estero Bay.

We also work with at least 30 other organizations to complete the culture of care for all who need help. This year has brought changes in our board of directors, program coordinators and outreach. These changes bring new ideas and goals. I have embraced my role as Executive Director by being the rock that holds all the programs together. Fortunately, the program coordinators are dynamic, and the volunteer teams are both dedicated and believe in what they do. Our goal is to help those in need in whichever way we can.

Our excellent administrative assistant has brought her many talents and not only keeps us organized but also is a whiz at social media.

The word to describe this time is organized. All the programs went through organizational changes. We had a board retreat in February to determine what our goals would be for 2022 including changes in the board membership and bylaws. We now have 3 new board members Hannah Held of Cayucos, Chuck Stoll of Morro Bay, and Steve Vinsen of Los Osos. We are looking forward to working with these extraordinary people. We strive to be more inclusive in the areas we serve and to learn from their varied experiences.

Areas of need where LOC has been able to assist
(as of June 2022)



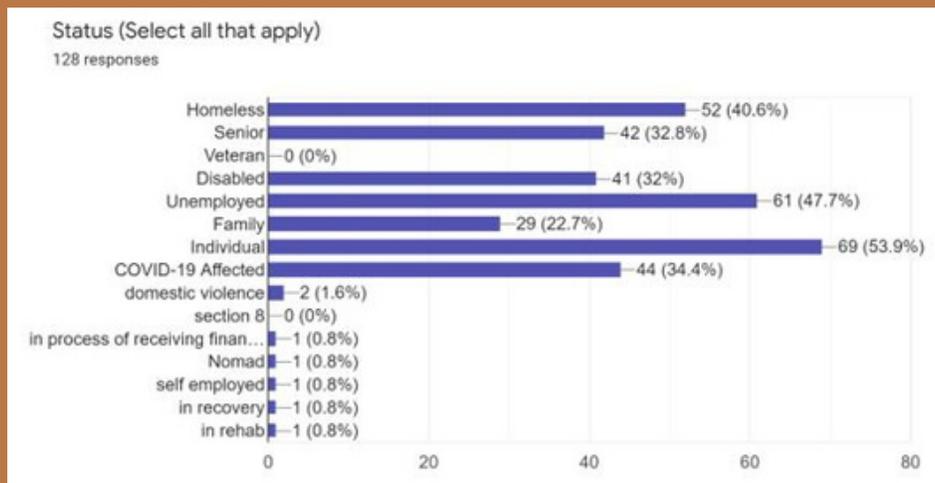
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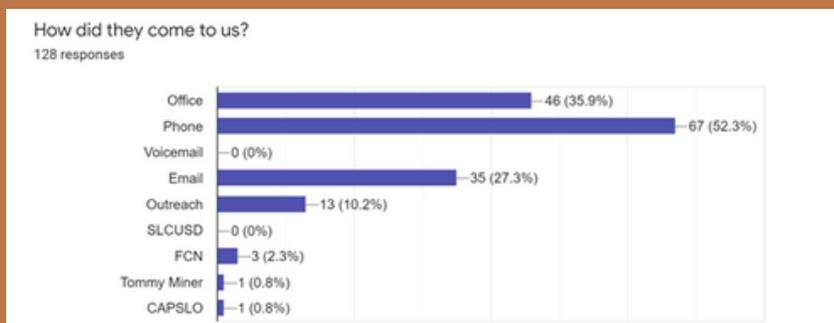
We are constantly searching for and submitting grants with the help of Holly Furness Osorio. In order to keep Los Osos Cares going, we need to find sources of funding for our sustainability. A signature fundraiser once a year is being discussed.

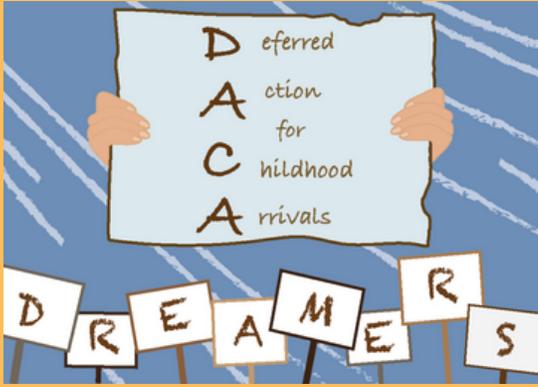
Our social media presence is going well with the work of Jeanner Read who is not only our administrative assistant but also our social media coordinator. We are on 4 active sites. Facebook is always available for those who want to share activities and programs. Also in March, with the help of journalist Ruth Ann Angus we began podcasts and blogs with interesting stories for all the people we serve. They can be found on our Los Osos Cares website. (LosOsosCares.com)

Status of those LOC has been able to assist (as of June 2022)



How People Reached Us (as of June 2022)



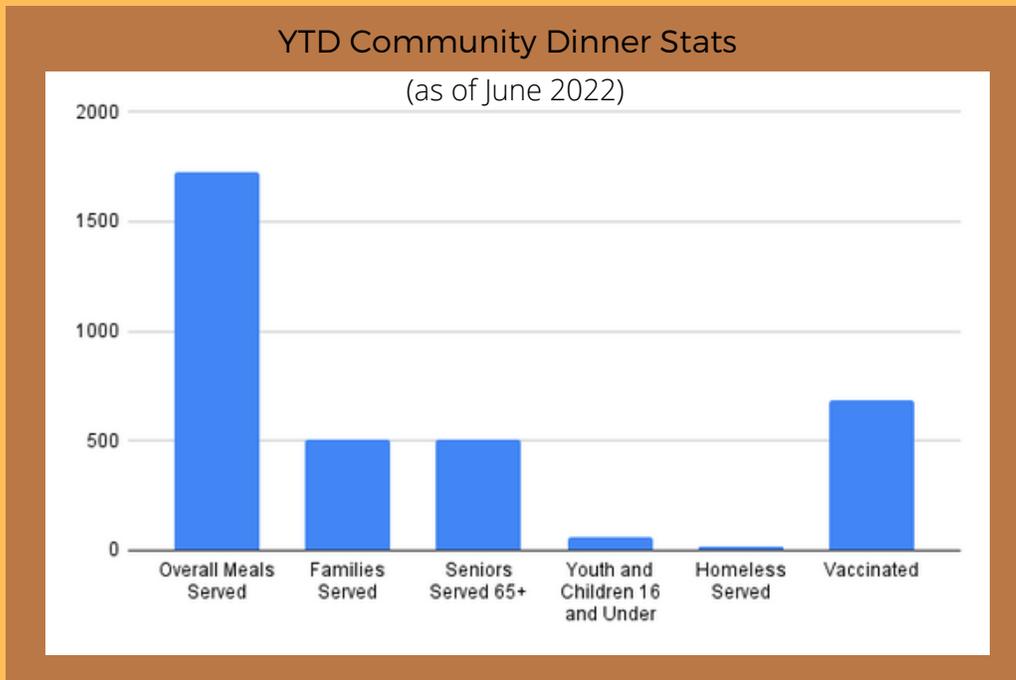


DACA "UNDOCUMENTED SUMMIT"

I have been attending the Dignity Latino Health Fair meetings to bring a health Fair to Morro Bay on October 23. This is a great opportunity for the community to learn about all the services available and to have one on one interaction with healthcare providers

In April I had the honor of attending a "Undocumented Summit", which focused on DACA students and college. They also had information on immigration laws, grassroots organizing, student rights, and community needs assessment project. What I realized was that there is much outreach for farm workers but not much for the service providers (hotel, restaurant, caregivers) who are the underserved in our area and were greatly affected by the COVID pandemic. I am in the process of forming a Latino Committee for Estero Bay to address these needs and to make sure all people get the information they need for help and services.

COMMUNITY DINNERS



We have seen our dinner numbers fluctuate. Primarily our customers are senior citizens. One of our regulars is 93 and picks up meals for his wife and occasionally his daughter. All 3 are seniors. We also have a few customers who pick up food for elderly and housebound neighbors. They won't take food for themselves. Amongst our regulars a few friendships have developed.

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When it was raining really hard about 3 weeks ago, there was concern over one of the seniors walking home in the rain. She was given a ride home by one of our regular customers. Two of them said that they could easily pick up or take home a needy senior. A few of the teenage skateboarders are coming by for a meal. On average only 5 or 6 unhoused people are fed. We give out 2 to 3 meals to each of them. We build trust with the food.



Customers coming through the line are connected or educated about the programs available through the county and state.

We try to support each serving team with supplies, aluminum pans and foil. Protein, fruit, dessert, eggs and so much more are sourced from many places. Always working to keep the cost at a minimum for LOC and our serving teams. It would be nice to see at least 1 or 2 new teams to help keep the dinners going. Some teams move on, or have new programs to support. There is our core group of weekly regulars that will work with any new team to help get them started. This way the job of providing meals is every other month.

The cost of to-go containers is one concern. We use at least 100-125 each week. At times we are able to hand out food from Fresh Rescue, (sell by date or it's fresh produce with a short shelf life.)

The goal of all of the volunteers is to continue providing a meal, in the same place, at the same time. Consistency is what our customers depend upon. The South Bay Community Center Board has asked us to move our day to Wednesdays, because of another group who has the use of the building on Thursdays 8 times a year. We signed a 6 month contract with the SBCC to have our dinners changed by the end of September. Then we have to sign another contract. We are searching for 2-3 serving teams to compensate for those who will not be able to move to Wednesdays.

We have a core group of volunteers. Worked through the covid restrictions. The chaos of the overwhelming homeless influx last year. We have Served in the Red Barn where it was so cold one time we begged for hot toddies.

The dinners are a vital part of the Los Osos Cares Programs. People have depended on us for the past 4 years! We have developed friendships and have given many the socialization they need.

If you would like to donate to the Community Dinners please send donations to Los Osos Cares PO. Box 6602, Los Osos, Calif 93412 with the memo: Community Dinners.

Estero Bay RU Ok & Senior Outreach

On Monday April 18 our Senior Program Coordinator Violetta Vallin hosted a forum meeting at South Bay community Center to address the need of seniors in Los Osos. The forum members discussed: transportation, meals for homebound, Classes from the cuesta Emeritus program, Wilshire Hospice. There was a time specified for more ideas for programs for seniors.

Violeta then made a presentation to the South Bay Community Center Board to inform them of the status of needs for seniors in Los Osos.

Apart from this meeting the Senior RUOK Program has been extremely active in Estero Bay.

“You don’t know how much I needed to visit with you today.”

That’s how the conversation started. It’s a conversation becoming all too common. Part of it because our residents are becoming familiar with the ways that we can help them have a better life. Our seniors deserve that, and we are proud to be part of the solution. Before I go on, I want to acknowledge some very important people who have been busy behind the scenes making our program grow.



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Cayucos is blessed with two very wonderful people who have tirelessly provided the seniors fresh produce and other staples to our senior community there. Robyn Taylor and her husband Walt make sure that both the Senior Center there and the homebound folks living there are not overlooked. Using his overworked and sometimes uncooperative truck, Walt manages to get the deliveries done. (he delivered over 600 boxes of food to the Cayucos Senior Center and has done over 50 home deliveries this year. He recently was awarded a replacement vehicle after the one he had been using became unserviceable from the Morro Bay Lions car giveaway program. Congratulations, Walt! Meanwhile, Robyn checks up on those with ailments so that they stay stable and connects with the homeless to make sure they know of all resources they need. They both deserve a round of applause, and I hope that when you meet them that you will share your enthusiasm with them.

Morro Bay has their champion as well. Even during the most difficult of times, Sharon O'Leary has worked to make sure her presence is seen and felt. You will see our Ms. Sharon handing out Resource lists, chatting with the folks in the food lines and community dinners. She's a familiar fixture and when she's missing, folks will start to ask where she is. She's dependable as well, which is how I would describe her attitude. Sharon has handed out over 400 Covid Self tests to people she meets. Her one-on-one outreach is invaluable to all the underserved in Estero Bay



Los Osos is all about team building in hopes of making our presence among the seniors noticed. On our team are: Rosie Tugas, Ann Stites, Paula Scalf and Paulette Penner. Our team has been busy with contacting the residents of the senior mobile home parks with meal deliveries to the residents from the Meals that Connect program, and many follow up visits with homebound residents.

After our first Seniors Activities meeting at the South Bay Community Center held on April 18th, we found out that the community was interested in the topics of transportation, educational activities housed in our very own community center, as well as concern for safe walking and biking paths. These concerns were taken up by the panel members from the representatives from SLOCOG RTA, Meals that Connect representatives, and Hospice representatives. Later, the South Bay Community Center Board meeting was given the results of our prior senior meeting and a request to partner helping with Cuesta for senior classes.

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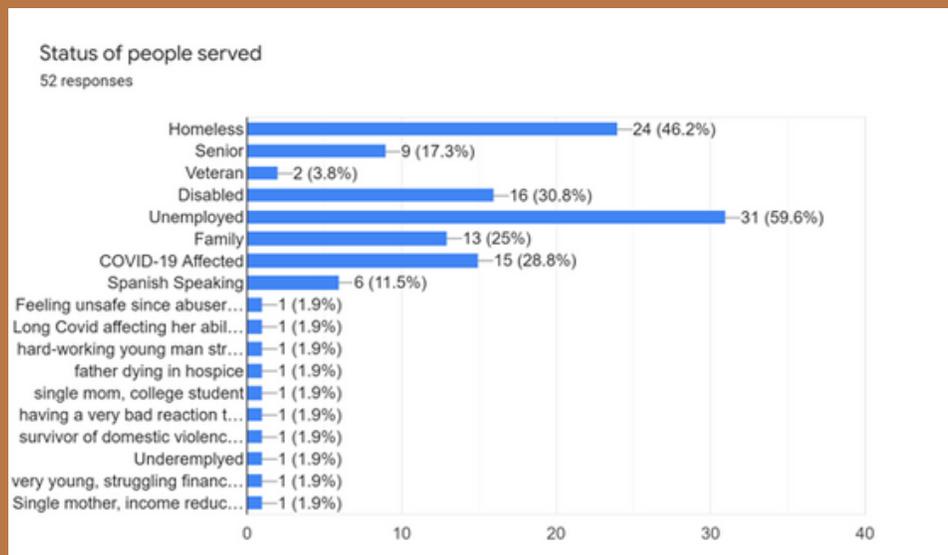
Womenade Estero Bay

March was another incredible time for us. With the leadership of Annette Sheely (the new coordinator for Estero Bay Womenade) "The Magic Garage Sale" was born. She organized the community with over 50 volunteers and over 300 donations. It was a fun day and very profitable with over \$7000 brought in for the Estero Bay Womenade Program of Los Osos Cares. This program helps all underserved families, seniors and homeless with all types of basic needs and is funded by donations only. She has now organized nature walks with expert docents. We are looking forward to a Garden Party fundraiser later this year and the beginning of Womenade potlucks. We are selling high value donated items on E-Bay and Poshmark.



If you have any items you'd like to donate, please contact Annette at LocWomenade@gmail.com

(as of June 2022)



If you would like to Help our Community, we need gift cards from local grocery stores, Target, Old Navy, and other stores who can help with basic needs. Of course, monetary gifts are always needed and welcomed. Visit our website for links.

www.losososcares.com

Or send to Los Osos Cares - PO Box 6602 Los Osos, CA 93412