

HOLIDAY 2022



Los Osos Cares

Serving Los Osos, Morro Bay, & Cayucos



HOLIDAY 2022 NEWSLETTER



A Word From Our Executive Director

by Linda Quesenberry

As I sit here and reminisce about all we have accomplished in 2022, I am in awe. Los Osos Cares has been able to reach so many people in the Estero Bay! When people ask, "What do you do?" I answer "We help people". We have programs that are in direct contact with seniors, families, individuals and the unhoused. When there is a need, we are usually the first contact. Every person is treated with respect as we guide them to services and advocates who can help. In the past year, we have helped many who are one step away from being unhoused. As long as funding allows, we do our best to help with immediate needs and services that can help at no cost.

This cannot be done without the dedication of our volunteers for each of our programs.

If there is a need we look to find an answer by collaboration and networking. With your help and support we can keep helping our communities and make strides to meet the needs of those seniors, families and individuals who are most vulnerable.

Your donation and support is much appreciated.

Los Osos Cares Partnerships



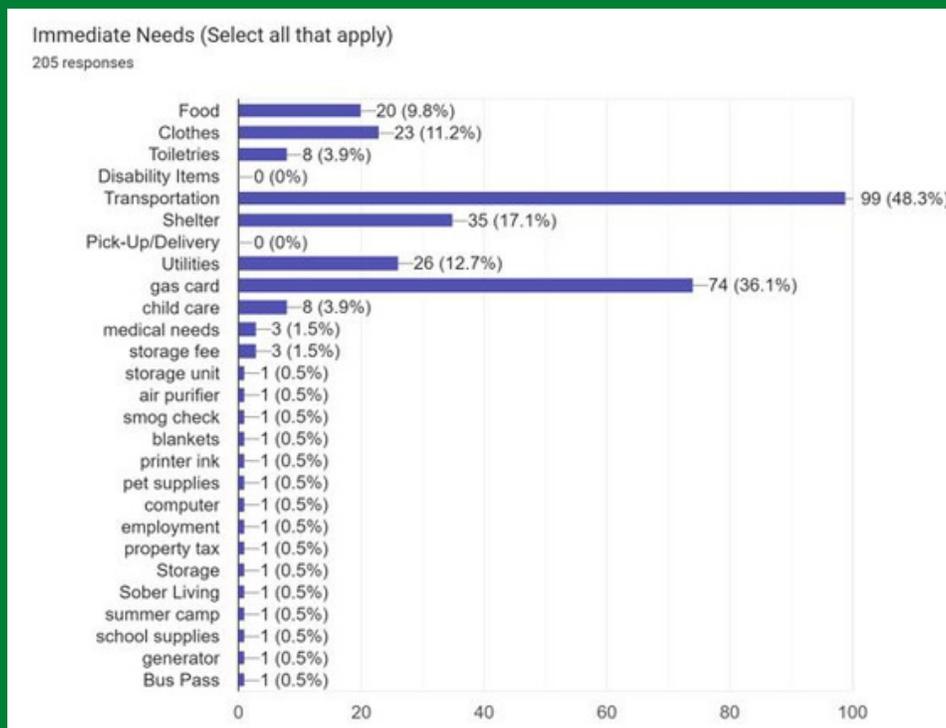
We began our new year cycle of the Dignity Community grant with 7 partners including: St Benedict's Episcopal Church, Morro Bay Lions, Transitions Mental Health Association, City of Morro Bay, Alliance of Pharmaceutical Access, Wilshire Community Services, and Dignity Health Community Outreach.

We are all working together to bring services to the underserved in the Estero Bay (Los Osos, Morro Bay, Cayucos). We continue to 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 November 2022)



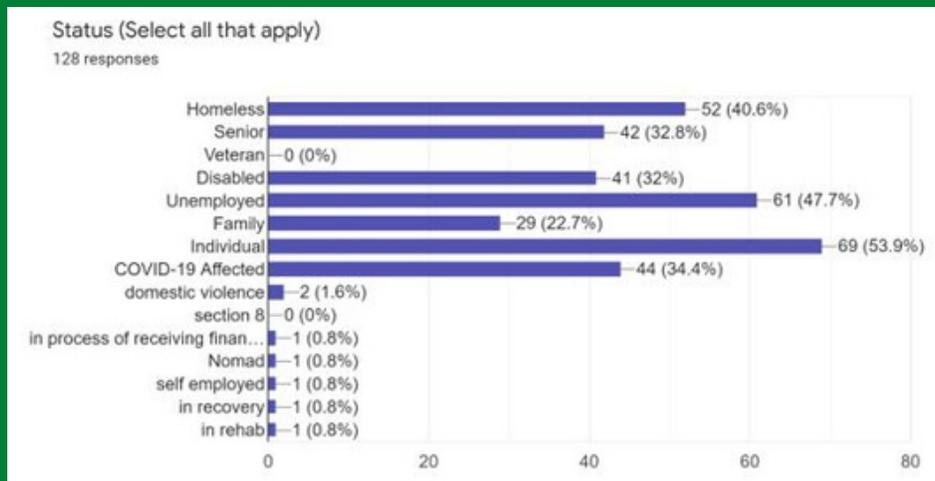
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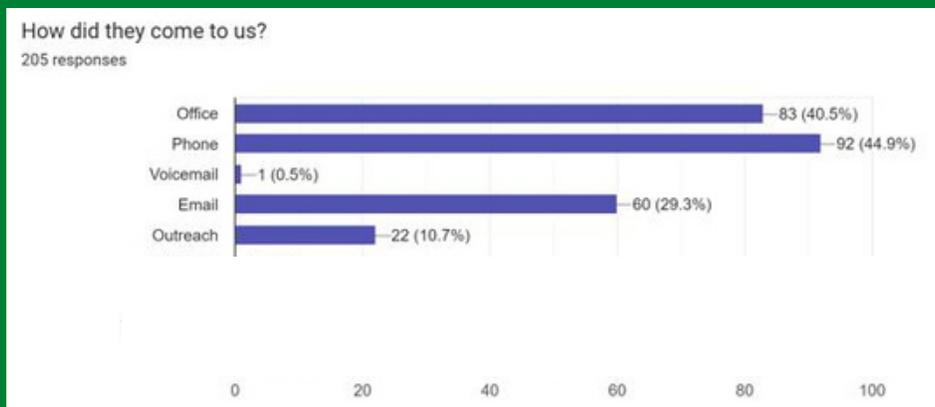
We have begun an **Estero Bay Youth Coalition** to help the communities work together on activities and updates to educational support. At this time we are establishing a resource List for all organizations who participate with youth outreach in the Estero Bay.

A coalition for **Latino Outreach** has begun to help those who are underserved and often do not know about services available for health, basic needs and education. We are working with community leaders, organizations and the Cuesta College Monarch Program. This year we worked with Undocu Support for a focus group in Los Osos and the Latino Health Coalition organizing a Latino Health Fair in Morro Bay.

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



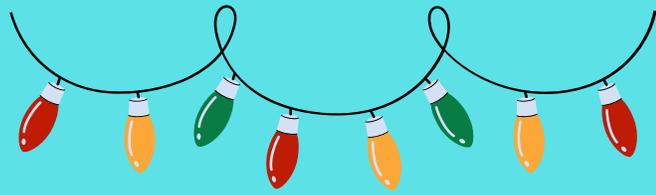
How People Reached Us (as of November 2022)



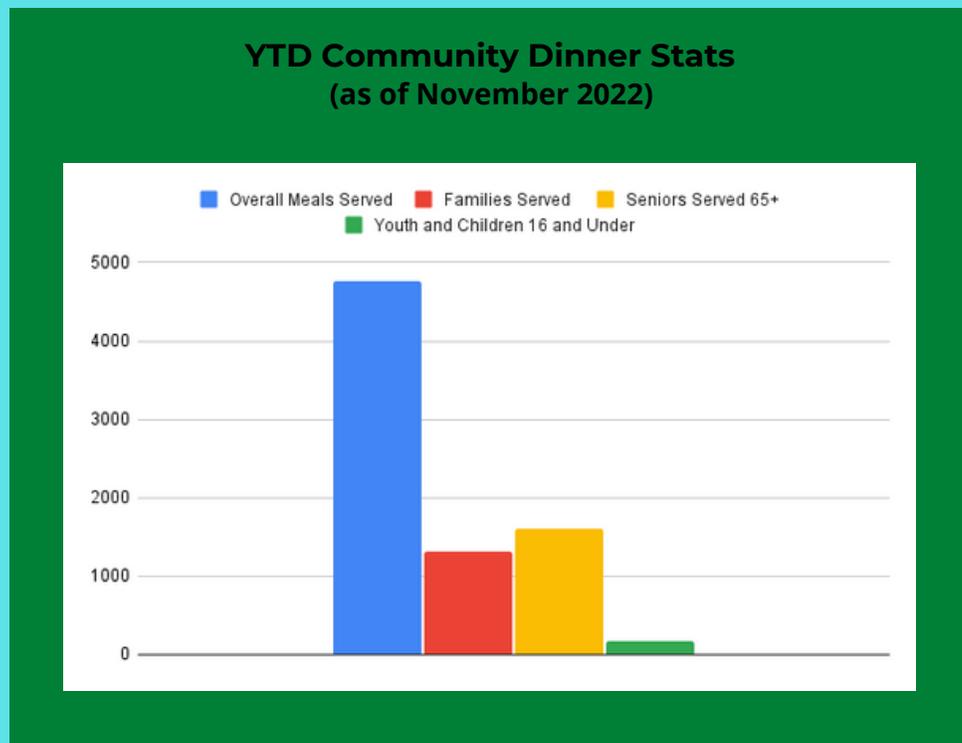
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Our partners St Benedict's Episcopal Church and MB Lions are sponsoring Laundry Love in Los Osos and Morro Bay. These programs provide funds and detergents for free laundry twice monthly (the Third Wednesday of the month in Morro Bay and last Wednesday of the month in Los Osos). The cost of Laundry is high and this gives people a chance to feel the dignity of having clean clothes while saving a considerable amount of funds that can be used for other basic needs.



COMMUNITY DINNERS



The free community dinner has a volunteer core team of 15 plus 9 organizations and churches who prepare hot meals, rotating every month, for 100 people a week (the majority are seniors). With the rising cost of food we are asking for donations of non-perishable items such as: pasta, pasta sauce, beans, rice, 6-7 lb cans of vegetarian and beef chili. We also need items such as: blocks of cheese, butter, meat (chicken, ground beef, and turkey).

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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.



Customers coming through the line are connected or educated about the programs available through outreach and county service providers.

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.)

In October, the Community Dinner was moved to Wednesdays. 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 dinners are a vital part of the Los Osos Cares Programs. People have depended on us for the past 5 years! We have developed friendships and have given many the socialization they need.

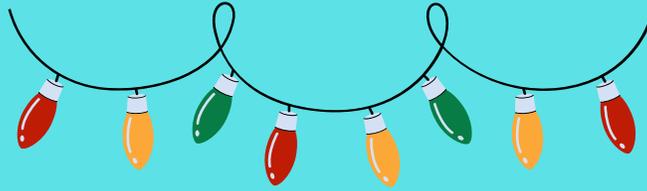
If you would like to donate to the Community Dinners please send donations to Los Osos Cares PO. Box 6602, Los Osos, Calif 93412 with the memo: Community Dinners.

Estero Bay RU Ok & Senior Outreach

“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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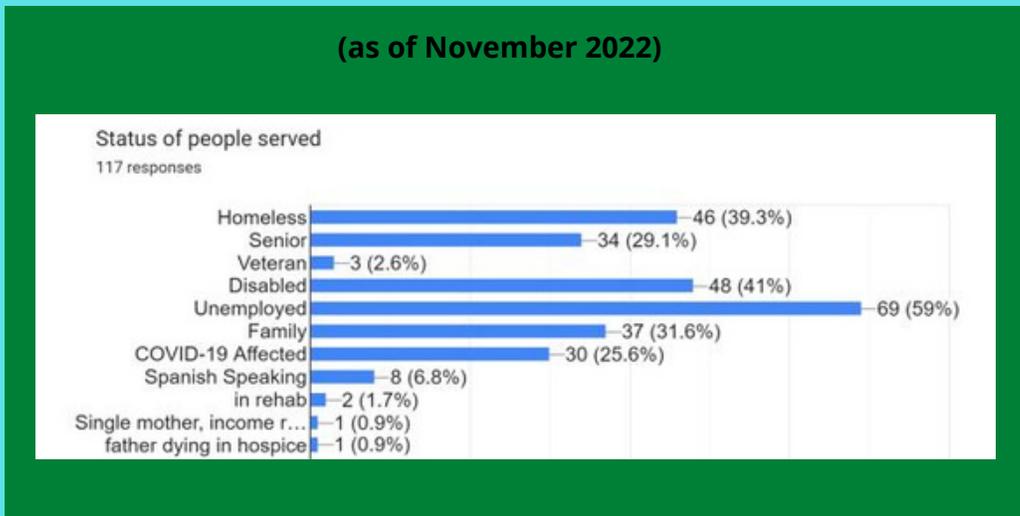
The senior program ROUK is in each area of the Estero Bay with phone lines directed to LO, Cayucos and Morro Bay They go beyond phone calls. On Thanksgiving Day 40 turkey pies were given to the homeless in Cayucos and Morro Bay (made by our volunteers Robyn, Alicia and Walt). and 3 turkeys delivered to needy families. Also every week food is taken to the Cayucos Senior Center, homebound seniors and farmworkers by our volunteer Walt. Our MB volunteer Sharon, takes food to the senior living apartments and homebound seniors. She is also doing outreach in the mobile home parks. She is very active doing outreach at food distribution sites and MB community dinner. Our Los Osos volunteers, led by Violeta Vallin, have expanded their outreach to the Mobile home parks and are working one on one with seniors who need services and help.

Walt Ramage, a Cayucos volunteer, makes food deliveries, along with other needed items, to those in need. He has made almost 80 deliveries so far this year.



Womenade Estero Bay

The Estero Bay Womenade Program has been busy with referrals for many different immediate needs. Many people find themselves in poverty and need help to move forward. This program is funded by donations. The program is starting a fundraising committee to plan outreach for 2023. Annette Sheely, 2022 program coordinator, is stepping down in January after dedicating a year to Womenade and Los Osos Cares. She has been a phenomenal leader with her fundraising and office skills. She will be back organizing the "Magic Garage Sale" in March 2023



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 or use QR Codes above.

www.losososcared.com

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

WeCareInLosOsos@gmail.com

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