

Fall 2020

Hello Friends of Los Osos Cares,

I want to thank each and every one of you for your continued support during this time. All of us have stepped up to support our communities and the people that we serve. Our programs have served over 500 people in our community this year and new people are still coming forth. This newsletter will give you a glimpse of what Los Osos Cares does in the Estero Bay.

With sincere gratitude,

Linda Quesenberry

**Exec. Director
Los Osos Cares**

NEW WEBSITE: LosOsosCares.com

Thank you Volunteers!

Our volunteers are what makes our organization so special. We're grateful to everyone who helps us in each of our programs. If you'd like to volunteer, please contact us! We have opportunities at-home and in-person.

Email: wecareinlososos@gmail.com.

SENIOR PROGRAM

We're fortunate to have received grant approval from Dignity Health French Hospital Medical Center's 2021 Community Grants Program from November 2020 through December 2021. These resources will be directed to our continued help of vulnerable seniors in the Estero Bay. Dignity Health's Community Grants Program chooses partners who share their missions and values necessary to bring about real and lasting improvements. We're honored to be one of their partners.

Our September 2020 Post Pandemic Senior Questionnaire results will be ready after October 30. This questionnaire gave seniors in our community a voice to express their needs and we'll be using this report to move forward to grant them. The Pre-Pandemic questionnaire report is available for review on our website: LosOsosCares.com.

"Estero Bay R U OK" senior phone helpline launched with three team members and separate phone lines to serve Los Osos, Morro Bay, and Cayucos. This was created to establish a direct phone line for seniors to receive information and referral services, connection to

Resource centers and emergency funding. We will add wellness calls for those who wish to receive them. The idea was to have a local team member with knowledge of the community to help those in need. Team members are Los Osos Violeta Vallin, Morro Bay Sharon O'Leary. Cayucos Robyn Taylor.

Senior Health Fair -- In October we hosted our first drive-thru Senior Health Fair. We had an incredible 26 agencies and businesses supporting Los Osos Cares with their information and resources to pass on to our seniors. The SLO Food Bank was in attendance handing out bags of produce. We had 55 attendees in the drive-thru and our incredible volunteers distributed the remaining information bags to seniors in the community. Ralph's Los Osos supported the event with a table in front of the store where we met local seniors and gave them information about our organization and our goals.

COMMUNITY COALITION PROGRAM

The Los Osos Cares Community Coalition was formed in June 2016 to give community members, service organizations, school representatives and agencies a venue to meet and work together. This led to community involvement and a structure to help identify the needs of Estero Bay area. All community members are invited to attend. Before the COVID pandemic the meetings were held bimonthly at the South Bay Community Center the third Thursday of the month. The meetings focus on issues in the Estero Bay, the next meeting will be on Zoom. Our first topic will be transportation route changes, especially in the Los Osos area. Please go to our website: [Los Osos Cares.com](http://LosOsosCares.com) or email: wecareinlososos@gmail.com for schedule.

RESOURCE CENTER PROGRAM

The resource center continues to work in collaboration with our many service providers, agencies, and organizations. Following county guidelines, small meetings are being held at the Resource Center Office and clients are being seen by the Prado Outreach Worker once a week. The Transitions Mental Health Associations' (THMA) Family Advocate team meets every Thursday. We're establishing a monthly meeting with San Luis Coastal School District, TMHA, and People's Self-Help Housing Family Advocates to help them work together for the families in our communities.

We are still sheltering in office until we feel it is safe to open our doors to the public. Working with agencies, schools and individuals through phone and email contacts, we continue to help with referrals to services. Over \$20,000 in emergency funds have been given to seniors, families and individuals affected by the COVID pandemic. These funds are made available by the Dignity Community Grant and donations to Los Osos Cares by businesses and community members.

COVID new hours: (By appointment)

M, W, F, -- 11 am to 1 pm- Los Osos Cares Administration Hours

W, Th, F—1-3 pm- Los Osos Cares Community Resource Center

Our volunteer representatives are attending agency Meetings regularly including, Estero Bay Alliance for Care, Area Agency on Ageing, Department of Social Services Interagency meetings, and all meetings and training pertaining to our outreach.

We are working closely with the Community Action Team (CAT), TMHA PATH program, CAPSLO Prado outreach programs to reach out to our homeless and displaced population. In this time of COVID we are seeing new individuals, families, and seniors who are displaced and struggling to go on with their lives. These clients are living in vehicles, have questionable housing, and undesirable situations. Los Osos Cares Estero Bay outreach in collaboration with the City of Morro Bay Resource Connections office is working with our partners to serve this new need. Because the county is experiencing a housing shortage and employment options have been down during this pandemic, it has been difficult to find solutions for many. We have been advised that if anyone has a question about homeless outreach to call the CAT Team line directly at 805-788-2151.

LOS OSOS CARES COMMUNITY DINNER PROGRAM

The Los Osos Cares Community Dinners continue to give free take out dinners to 75-100 people each week, from 5 – 6 pm at the South Bay Community Center. Our incredible community partners supply the dinners and dedicated volunteers who prep and serve.

A huge thank you to our other partners: St Benedicts Episcopal Church, United Trinity Methodist Church, Los Osos Rotary, Maharlika Christian Fellowship, People Helping People, and Los Osos 4H. We also thank those community members who step up to help us when needed. We also thank Andrea Brown, for her continued dedication in managing this wonderful program.

We will be providing a free Thanksgiving take out dinner on Thursday November 26 from 5-6 pm hosted by The Church of Jesus Christ of the Latter-Day Saints. Turkeys vouchers are being donated by Golden State Water of Los Osos. We have arranged for places to store the turkeys once we have picked them up. We are still looking for persons to cook and carve one or more birds that Andrea will deliver to them. If you would like to contribute to our Thanksgiving dinner you can consider providing us with stuffing, cranberry sauce, or roasted potatoes/and or vegetables. Thank you for your consideration. Please email wecareinlososos@gmail.com

LOS OSOS CARES ESTERO BAY WOMENADE PROGRAM

The LOC Estero Bay Womenade Program continues to help those in need with emergency funding with the help of generous donations by dedicated community members. Referrals by County agencies and schools have been helping families, with rental assistance, utilities, food, and much more. For more information and to sign up for their newsletter go to: Womenade Estero Bay.com

LOS OSOS CARES WARMING CENTER PROGRAM

The warming shelter program provides a hot meal and a warm dry place to sleep for 3-12 people (max15) on nights when the weather is forecast to be wet or 34 degrees or below. Last winter we opened 28 nights. Guests receive a hot dinner, and are given a sleeping bag and cot for the night. This winter we will be following public health guidelines about screening, distancing, masking and air conditioning. We also expect to be able administer coronavirus tests to anyone who arrives who is symptomatic. Because we need to follow all Public Health two shifts of shelter monitors and just have volunteers opening, closing and providing meals.

Volunteers are needed:

- Immediately to launder and number the sleeping bags
- From 5-6 pm to screen and check-in guests and serve dinner
- To provide dinner
- To provide breakfast (usually to go)
- From 6:30 am to 7:30 am to serve breakfast and assist with clean up

On Call overnight monitors: Paid Positions

- There will be two shifts: one from 5: pm -12:30 am and the second from 12:15-7:30 am.
- We need a man and a woman for each shift
(they will be expected to supervise the guests including all guidelines are followed including regular cleaning)
- The ideal candidate will be over 21 and able to pass a drug test, able to communicate respectfully and easily with our guests, able to de-escalate situations and to call the sheriff on the odd occasion that may be necessary.
- Monitors and will stay awake during their shift
- Will enforce shelter rules, making sure that everyone gets a safe and quiet nights rest

For more information, please contact the Rev. Caroline Hall email:

caro@stbenslosos.org

We're Hiring!

Part time Administrative Assistant for Los Osos Cares

Please email wecareinlososos@gmail.com for information