

SPRING 2024

Los Osos Cares

SPRING 2024 NEWSLETTER



A Word From Our Acting Executive Director

By Angela Frank

Dear Los Osos Cares Community,

As many of you may know, Linda Quesenberry is taking time away from her position as Executive Director at LOC to care for her family at this time. We miss her dearly and our hearts are with her, Jim, and their family.

I'd like to introduce myself and ask you to please contact me if you have any questions or concerns. At Linda's request, the board voted to appoint me as Acting Executive Director of LOC.

My name is Angela Frank. I am a Los Osos native, and I graduated from Morro Bay High School. I love helping people. I believe that every human has a right to a home and adequate food, medical care, and the support of their community. I have worked in the nonprofit sector since 2000, in various capacities. Currently, I am an online student at Chico State University, and I'll be graduating with my bachelor's degree in social sciences this May. I plan to begin my graduate studies in Nonprofit Administration in the fall of 2024.

I love Linda, a sentiment I'm sure we all share, so I will work hard to make her proud by supporting the mission of Los Osos Cares and creating a culture of care within this organization and in our community.

I am looking forward to meeting everyone face-to-face. Please don't hesitate to contact me via email or phone at the Los Osos Cares Resource Center.

Thank you for this opportunity to support you all as valued volunteers and community.

With the warmest of regards,

**Angela Frank
Acting Executive Director
Los Osos Cares**



Big Rock Balalaikas

Concert and Folk Dancing

March 24th @ 2pm

South Bay Community Center, Los Osos

A Fundraiser for Los Osos Cares

TICKETS:

Adults \$20

12 and Under \$10

under 5 FREE

Refreshments will be available for purchase.



www.lososocares.com
wecareinlososos@gmail.com
805-592-2701
501(c)3 Non-Profit

Scan to Purchase
Tickets



Tickets Available Here

Community Dinner

Five years ago, St. Benedict's Church began providing once a week dinner to anyone needing/wanting a meal. Those dinners were served to-go during the pandemic as we followed the distancing rules and closed our indoor dining until the beginning of this year when the Community Center once again created a dining room space with tables and chairs and encouraged people sit together to enjoy their meal with fellow diners.

Los Osos Cares has taken over coordinating the weekly meals and providing menu ingredients when needed. The prepared food is provided by several of the service organizations and churches in Los Osos...each taking a turn to do so.

What started as providing a meal for a small group of under 20 people has evolved to serving over 100 meals each week. We hope to continue providing meals to whomever needs/wants a free meal as part of our church's community wide outreach.



One Participant's comment:
Since my husband passed away, I am living alone for the first time in many, many years. I want to thank you so much for not only providing a meal but maybe even more importantly, giving me a chance to speak with other people. I realized at one point recently that I had not spoken to anyone in three days.
Thank You Los Osos Cares

By providing a meal **WE ARE MAKING A DIFFERENCE** in the lives of seniors, single moms, the un-housed and the hungry in Los Osos." Surprisingly less than 10% of those who come to receive a free meal are "unhoused". The vast majority are just those who would like a little help during these economically challenging times. Some just want a little social time, like the lady mentioned above. **Since its inception the weekly dinner service has served well over 5500! "Make a difference...feed somebody!"**

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

Los Osos Cares connects seniors to community resources. Older adults are provided with resources and community contacts to help older adults living in Los Osos. The Senior Program plans and coordinates presentations to groups about the concerns of older adults. Some volunteers have specialized skills working with older adults. A service list is available for all services and organizations in SLO County. Morro Bay Resource Connection is an agency that provides mutual resources. County agencies bring services to the Resource Center. Is a member of the Commission on Aging and the Adult Services Policy Council of San Luis Obispo.

"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.

COMMUNITY COALITION PROGRAM

The Community Coalition is composed of representatives from service organizations, faith-based community groups, SLO Coastal Unified School District, local law enforcement, local government, and the Chamber of Commerce. Bi-monthly meetings are held at the South Bay Community Center. Meeting topics reflect the needs of the community, such as poverty, health, the unhoused, resources, affordable activities for youth and older adults and transportation.

RESOURCE CENTER PROGRAM

The Resource Center is now open Tuesday - Wednesday - Thursday 1pm - 3pm. The Resource Center is a place that serves families and adults of all ages in need. Individuals may make an appointment for a confidential intake for assistance with medical services, mental health services, employment, transportation, housing and legal issues. Located at:
Sunnyside School
880 Manzanita Dr, Room 18
Los Osos, California 93402

LOS OSOS CARES ESTERO BAY WOMENADE PROGRAM

Womenade Estero Bay is a program for Estero Bay with collaboration with original *Womenade* program (which was dissolved in 1/19). Program connections are generated by agency referrals in helping families, seniors and adults to acquire services for: basic needs, financial and housing support, utilities, medical needs and much more.

ESTERO BAY LATINO OUTREACH

Bilingual network of community leaders, service workers, and schools raising awareness of services in health, education, and leadership



Leslie Rotstein

When Leslie moved to Los Osos from Morongo Valley in 2013, she brought a world of experience and enthusiasm with her. She had been a K-12 teacher, and had owned a run a cactus nursery, a hardware store and an art gallery, The Purple Agave.

Leslie cared deeply about people and the world. Her volunteer work here included taking the helm of Womanaide for the coast and serving on the Board of Los Osos Cares. Her love of nature and plants was expressed in her presidency of the Los Osos Garden Club, and her work on the Board of Friends of the El Moro Elfin Forest.

She was a friend and mentor to many and always found ways to contribute. As her husband Skip says, “She let no grass grow under her feet.” She passed away on February 7 and is greatly missed.