

Snippets:

Attached article from the CSDA e-news on Camarillo program for seniors:

There are numerous senior and adult programs available to provide from the senior center that are no cost to the center or those utilizing

HICAP

Peer Counseling

Silver Sneakers

RSVP

AARP Income tax

John Muir programs

Utilize: Volunteer Center of the East Bay to recruit volunteers and gain access to free educational programs

Annual: Make a Difference Day, Halloween, Easter etc

Bingo, cards, books,

Funding sources:

Donations are tax deductible as long as not given in an individual's name.

Labor, ie Prudential , Chase, Starbucks and PG&E have community work days donated in their communities

Grants

Fund Raisers; Bingo, Bricks, Locks

MOU: Between town and foundation /cmtty center for use of the building..(Provided copy of Brentwood/Senior Center)

Search Mail Search Web

Marianne

Ticketmaster - Oakland Raiders Tickets Available - Sponsored

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Navigation icons: back, forward, delete, move, spam, more, collapse all

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Make a Difference Day is this Saturday!

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VolunteerMatch

Today at 6:45 AM

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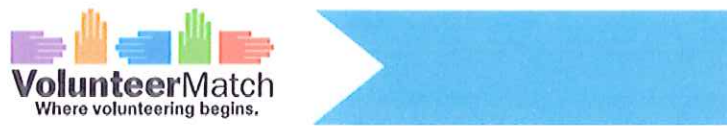
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Dear Marianne,

Make A Difference Day is less than a week away on Saturday, October 26th. Thousands of projects are planned each year to make a difference in local communities. How will you make a difference be a part of the nation's largest day of volunteering?



If you are creating your own project do not forget to register it at [makeadifferenceday.com](#) for a chance to receive a \$10,000 donation from Newman's Own for your charity.

Looking to join an existing project? Find out what is going on in your area by visiting [the project page.](#)

Also, check out these [tips](#) on raising awareness for your project.

Sign up today, and keep up the great work!

~ The VolunteerMatch Team ~

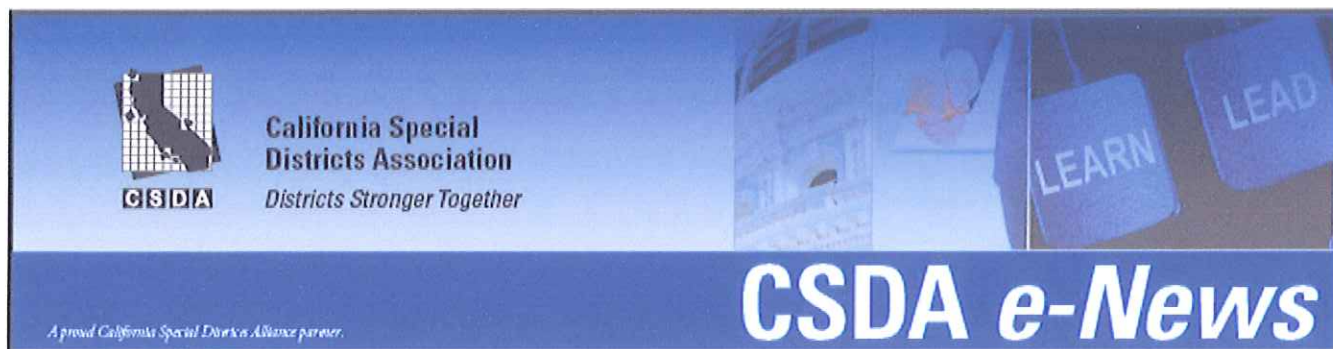
P.S. Visit the Make A Difference Day [Facebook page](#) to share how you will participate, or tweet hashtag #MDDAY13.

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This message was sent to mcrab42@yahoo.com from: VolunteerMatch | 550 Montgomery St. 8th floor | San Francisco, CA 94111

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Friendship Connection Allows Lonely Seniors to Socialize

By Stephanie Guzman, Camarillo Acom

Alice Allen was tired of sitting at home with no one for company but her dog.

The 89-year-old Camarillo resident lives alone, and although she's close to her family, she wanted to socialize with women her own age.

"I don't know any of my neighbors or anyone else in Camarillo except my son," Allen said.

Looking for companionship and conversation, Allen called the Camarillo Health Care District's senior support hotline.

Jenica Polakow, senior support manager for the district, said many lonely seniors like Allen often call the line simply to chat with volunteers.

Sensing a need for seniors to have a place to gather, the healthcare district created the Friendship Connection in 2012, a casual setting for residents age 60 and older.

The seniors "didn't have a specific need that a support group would address, but they just wanted an opportunity to meet other people like them," Polakow said.

Friendship Connection meets once a month at the district's wellness and caregiver center in Camarillo. About a dozen women attend the meeting, sitting in a circle to talk about their lives, current events and other topics.

The conversation may start out slow, but by the time an hour has passed, the women are like old friends who haven't seen each other in years.

"Now sometimes the other ladies and I stay for lunch and we'll talk and eat," Allen said.

Lorraine, a Camarillo woman who declined to give her last name, attended the group for the first time last week to meet women like her.

The Leisure Village resident said she plays pool and golf, but every social group she has tried tends to turn into a couples-only group.

"Leisure Village has parties and dancing, but then we (single women) just sit there," she said. "I just thought I needed to go out and meet other people, so I came here."

Polakow said seniors can socialize at coffee shops or senior centers, but they can be intimidated by groups where

members have already formed friendships.

“Seniors want their own relationships and independence,” Polakow said. “They don’t want to rely on their family members for everything and don’t want to burden them with all their worries and needs.”

Since the Friendship Connection started last year, some of the women have exchanged phone numbers. The attendees sometimes get together on their own and go for walks or out to lunch.

Although only women are in the group at this time, men are invited to join. The Friendship Connection is the second Thursday of each month from 10 to 11 a.m. at the district’s Wellness and Caregiver Center, 3687 Las Posas Road, Building H, Ste. 188.

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