

## Update Los Osos Cares, INC

To: Active Seniors

From: Linda Quesenberry

Executive Director

Los Osos Cares

Los Osos Cares received a Dignity Health Community Project grant this year designated to support Basic Needs and Resource Navigation for the Estero Bay Community. Due to the COVID 19 pandemic we have had to be creative from our original outreach to help those in need. Our Resource Center is sheltering at office and we have served over 250 people for emergency needs by phone and email referral and emergency funding. We developed a Senior Questionnaire to address the needs of seniors which went out in February (halted in March) and are sending out a Post Pandemic Senior questionnaire to address the needs after shelter at homes the deadline for submitting questionnaires is Oct 30, 2020. We will address the needs by advocating for services and comparing both questionnaires. On September 14<sup>th</sup>, we launched an Estero Bay R U OK phone helpline which will be in place for the next year. Team captains are: Violeta Vallin, Los Osos, Sharon O'Leary, Morro Bay and Robyn Taylor, Cayucos. Our Teams will interact with seniors in our communities to make sure resources, services and emergency needs are met and wellness checks will be available if needed. Barbara Hirahara our new Senior Program Coordinator is also planning a drive thru Senior Health Fair on October 16<sup>th</sup> in partnership with St Benedicts Episcopal Church from 1-3 pm. SLO Food Bank and senior service agencies are participating in the event by giving out food and information bags. Our Free Community take- out Dinners have served over 2000 people this year under the guidance of Dr. Andrea Brown coordinator of the program. The LOC Estero Bay Womenade program has provided emergency funds for many families since the beginning of the pandemic. The LOC warming shelter will be in place when the needs arise as the weather changes.

Our Board of Directors lead by Rev. Dr. Caroline Hall pastor of St Benedicts Episcopal Church, are all active in our outreach as program coordinators and community advocates. The partnerships and support of the City of Morro Bay Community Resource Center, Los Osos Cares Community Resource Center, community leaders in Cayucos, service organizations, faith based community and businesses, in the Estero Bay have made our programs successful.

Our goal is to create a culture of care for all community members in the Estero Bay.

All contact information can be found at [www.LosOsosCares.com](http://www.LosOsosCares.com)

Email: [wecareinlososos@gmail.com](mailto:wecareinlososos@gmail.com)

Office phone- 805-592-2701