Directors Message
From Julie Spivack

As we are entering a new decade, it dawned on me that the Roaring 20’s were 100 years ago. F. Scott Fitzgerald said “For what it’s worth: it’s never too late or, in my case, too early to be whoever you want to be. There’s no time limit, stop whenever you want. You can change or stay the same, there are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. And I hope you see things that startle you. I hope you feel things you never felt before. I hope you meet people with a different point of view. I hope you live a life you’re proud of. If you find that you’re not, I hope you have the strength to start all over again.” Maybe this boisterous era filled with jazz, Art Deco, and flappers has been over for a while, but this quote and classic literature still resonates today. I know first hand that each of you make the best of your life and of the lives around you whom you touch on a daily basis. Whether it is 1920 or 2020, the best feeling is when you are doing something you can be proud of, and that is something I know CSVP Volunteers know to be true.

As the 1920’s began with growth and prosperity, CSVP will be beginning 2020 in its own exuberant way. The Annual Wellness Fest takes place on Wednesday, January 15th from 9:00am-1:00pm. Check out page 5 for information on this Peace, Love & Wellness themed event. Our amazing tax volunteers are back again for another year of CSVP’s Free Income Tax Assistance Program. This team of volunteers completed over 2,300 income tax returns in 2019. Way to go tax volunteers! This program will begin February 3rd and run through April 15th. Please check out page 7 for more information. Save the Date for the 3rd Annual Volunteer Appreciation in the Park. This will take place on April 23rd from 1:00-3:00pm. See back of Newsletter for more information. Invitations to all will be sent out in March.

Wishing you a Happy New Year surrounded by love, light, laughter, family and friends. Let’s celebrate the new 20’s by continuing to give and by continuing to grow. Cheers to 2020 and to each of you!

Julie Spivack
CSVP is sponsored by:

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The CSVP Boutique is always accepting donations of brand new items. We also accept small antique items for our vintage collection. Please call 805-381-2742 for info.

If you would prefer to receive the CSVP Newsletter by email, please contact the CSVP Office so we can make this switch.

CSVP Supporters

- Busy Bees, Crafters, Nifty Ladies & Teddy Bears
- City of Thousand Oaks
- Conejo Recreation & Park District
- Fresh Donuts
- Goebel Senior Center Commission
- Kenrose Kitchen Table Foundation
- Thousand Oaks Council on Aging
- Thousand Oaks Sewing & Vacuum Co.
- Westlake Women’s Club

BETTER WITH AGE: THE GIFT OF YEARS
Senior Congress XVI
A Conejo/Las Virgenes Future Foundation Event

Wednesday, February 5, 2020, 8:45am-2:30pm
St. Maximilian Kolbe Catholic Church
5801 Kanan Road, Westlake Village

$10/person-Limited Seating-Lunch Provided
Reservations required/First come, first served basis.
Questions email: info@clvff.org or call, 818-880-1054.

Better with Age - Alan Castel, Ph.D., Professor, Department of Psychology, UCLA, and Author of Better With Age: The Psychology of Successful Aging

Mindful Aging: Building Resilience and Reducing Stress - Lindsay Leimbach, Mindful Living Coach, Centered Moment

Make Aging a Gift - John Snibbe, Ph.D, Retired Clinical Psychologist and Faculty at UCLA Extension

Life is an Attitude: Laughter for the Health of It - Roberta Gold, R.T.C., RC, Certified Recreation Therapist and Humor Therapist

Engage as you Age - Andrea Gallagher, CSA, President, Senior Concerns

Ageless Grace: Use It and Improve It - Kayla Fowler, Activity Coordinator, Senior Concerns

The ABC’s of CBD and Alternative Analgesics - Brenda Johnson, R.Ph., Pharmacy Owner, Calabasas Pharmacy & Vlada Manzur, Pharm.D, Clinical Pharmacist, Kaiser Woodland Hills

Pick up full flyer at Goebel Adult Community Center.
Mondays, 9:00am- Noon: Sew, knit, or crochet for children, service members, and older adults.

Mondays, 1:30-3:00pm: Make stuffed bears for children.

Wednesdays, 9:00am- Noont: Knit or crochet to help support CSVP programming.

Wednesdays, 1:00-3:00pm: Sew special projects for patients, children, service members, and older adults.

We gratefully accept donations of unused materials. CSVP Workshops are in need of: Gently Used Bed Sheets (Pastel or Children's print), Baby Yarn, and Stuffing.

Harbor House
Established in 2019, Harbor House is a social service agency dedicated to helping those who are most vulnerable. They serve the homeless, hungry and poor by mobilizing the power of the local community. Volunteer Opportunities include helping with meal & shelter program, making and serving lunches, special events, donation pick-up and more. Contact CSVP for more information on how you can get involved.

Be a Literacy Tutor
The Conejo Valley Adult School’s Literacy Center is looking for engaged people who want to give back to our wonderful community. We are always in need of new tutors who love meeting and getting to know great people from a very diverse background. No experience needed. The Workshop takes place on Friday, February 14, 12noon-2:00pm at Conejo Valley Adult School.

Hospice of the Conejo
Community Volunteer Training Program
This unique 8-week educational program prepares volunteers to deal compassionately and sensitively with end-of-life issues by providing them with the necessary skills and knowledge to be of service to individuals facing life limiting illness. Volunteers are there to hold a hand, listen, read, or help write a letter. They may run errands, walk a dog, or provide respite to a family member. Trainings are Tuesdays, April 7-May 26, 2020.

Chumash Museum

Reading Buddies
Would you like to work with children and help improve their reading skills? This program takes place at the Thousand Oaks Library and focuses on 1-4 grade students whose Language Arts skills are below their grade level. Held on Wednesdays and Thursdays, 3:15-4:45pm. Can choose one day/week.

Hands to Cuddle, Paws to Love
Volunteer’s help keep families and pets together during times when health related illnesses make it difficult to care for a pet. Typical responsibilities include taking a dog on a 30-45 minute walk, assisting in grooming and possibly taking to a vet appointment. Flexibility for each assignment. Volunteers are needed in Thousand Oaks, Moorpark, Simi Valley, and surrounding areas.

Gardens of the World
The Gardens of the World is accepting applications for Docents. Docents are trained to lead educational tours and to assist visiting guests. Docents are scheduled, 10:00am-1:00pm or 1:00- 4:00pm Tuesday-Sunday. Share your appreciation of the great outdoors in a beautiful garden setting while making new friends who share your interest in plants and nature. Minimum of 3 hours/week. Contact CSVP for more info.

Homework Helpers
Help tutor children K-8th grade at the Newbury Park Library, Mondays, 3:00-5:00pm & Tuesdays, 2:00-4:00pm. The Thousand Oaks Branch takes place Wednesdays and Thursdays, 3:00-5:00pm. Volunteers can choose one day/week. This is homework help for all school subjects. Volunteers can tutor in subjects they feel comfortable with.

Please call the CSVP Office, 805-381-2742 for more information.
Volunteers helping youth in foster care succeed

The juxtaposition of the stunning mountainous landscape and ocean views makes Ventura County an undeniably beautiful place to be. But, like any other place, there are some hidden truths beneath the surface. There are approximately seven hundred fifty children in Ventura County’s foster care system who are there because their parents were unable to provide for their basic needs: shelter, food and safety.

Court Appointed Special Advocates (CASA) of Ventura County was established in 1985 and has been a 501(c)(3) nonprofit organization since 2011. CASA believes that every court-dependent, abused or neglected child should be safe, have permanence, have the opportunity to thrive and have a strong, compassionate volunteer Advocate. CASA is the only organization of its kind in Ventura County; CASA recruits, screens, trains, and supports volunteers who advocate for foster children appointed and sanctioned by the Juvenile Dependency Court, functioning under California Rules of Court and the California Welfare and Institutions Code.

In the child’s eyes, the volunteer Advocate is the person who can be counted on to respond to those most basic needs for reassurance, guidance, comfort, representation and advocacy in times of extreme uncertainty. The volunteer Advocate is the one constant and positive presence in the child’s life until a permanent placement is secured.

According to research by National CASA, children with volunteer Advocates receive more services, experience shorter times in foster care, are half as likely to re-enter foster care and are substantially less likely to spend time in long-term foster care. Each volunteer Advocate is thoroughly screened and receives forty hours of training before becoming eligible to be a sworn officer of the court and being assigned to a child.

The volunteer Advocate typically spends two to four hours each week with his/her child, providing a continuity of love and support and representing the child’s best interests with the agencies and professionals involved in the child’s care and education.

CASA of Ventura County serves foster youth of all ages, from 0-21. The work of recruiting potential volunteer Advocates and training them is an ongoing process. CASA asks all volunteer Advocates to serve for a minimum of 12-18 months or, more importantly, to the close of their case, and are proud that most accomplish this goal. Each volunteer Advocate must attend 12 continuing education hours per year to stay mindful of the ever-changing elements of their advocacy work.

In addition to becoming a volunteer Advocate, there are other ways to help CASA in its mission. A tax-deductible donation provides CASA with the resources to continue its work and the work of its volunteers to advocate for foster youth in Ventura County. You can make a one-time gift or set up a recurring donation at www.casaofventuracounty.org. You may also join our fundraising group, Friends of CASA and/or our group that raises awareness, the Outreach & Communications Committee. Visit our website to learn more about these opportunities.

CASA of Ventura County is currently serving about 350 children with more than 220 volunteer Advocates per year. The program needs to double in size in order to serve all children who would benefit from having a volunteer Advocate – that one, consistent adult in their lives. Please visit www.casaofventuracounty.org, call 805-389-3120 or email info@casaofventuracounty.org to learn how you can make a difference in the life of a child.
2020 WELLNESS FEST
Peace, Love & Wellness
Wednesday, January 15, 2020
9:00am-1:00pm

• 50+ Vendors
• Aroma Chair Massage
• Courtesy Shuttle from Library & Park
• Health Screenings
• Lunch*
• Master Gardener Tours
• Prana Healing
• Raffle Entry

Sponsors

Interactive Courses
• AAA Travel Presentation
• Superbrain Yoga
• Mindful Stress Release
• Chair Based Strength
• Let’s Talk CBD
• Healthy Eating

*Advance tickets are for lunch only and are not required to attend event; limited tickets available at Goebel Center front desk beginning January 2, 2020.
Event proceeds benefit CSVP operations.
Please submit timesheet at the end of each quarter: March, June, September, December

**** We cannot accept timesheets past the previous Quarter.

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CSVP Volunteers
Provide Income Tax Assistance

In cooperation with the Internal Revenue Service, trained and certified CSVP volunteers will provide **FREE** income tax preparation for persons in either of these categories:

- Seniors 60 years of age or older (any income level) OR
- Persons with an income of $56,000 or less, regardless of age

**Conejo Creek South Community Building**
1350 East Janss Road, Thousand Oaks, CA 91362
**Mondays, Tuesdays, Wednesdays, Thursdays, and Fridays**
Monday, February 3 - Wednesday, April 15, 2020, 8:30am - 4:00pm

**Newbury Park Library**
2331 Borchard Road, Newbury Park, CA 91320
**Wednesdays ONLY, Wednesday, February 5 - Wednesday, April 15**
10:00am-4:00pm (Please note time change)

No appointments taken - First-come, first-served basis. Please read all information.

Participants should bring the following items:

- Photo identification
- Social Security card (this is required for all dependents as well as taxpayer)
- A copy of last year's Federal and State return (we will not have access to any past years tax information and we do not want you to miss out on credits)
- Birth dates for you, your spouse, and dependents on tax return
- Wage and earning statements (W2’s and 1099’s)
- Interest and dividend statements (1099 INT; 1099 DIV; 1099 B) as well as the cost of stocks and bonds with the date bought and sold
- Health Insurance Exemption Certificate, if received
- Bank routing numbers and account numbers for direct deposit
- Other relevant information about income, expenses and deductions
- NO rental (Schedule E)
- Business income/expenses for Schedule C—ONLY if there’s a profit and expenses are Under $25,000; no home use, inventory, or depreciation
- No out-of-state returns
- No married filing separate returns
Current Resident or

In celebration of National Volunteer Week taking place April 19-25, CSVP would like to recognize and thank all our volunteers who lend their time, service, and support to the community. Please join us at Conejo Creek North Park (located behind Goebel Center & Thousand Oaks Library) for an afternoon filled with food, fun, & good company. Let’s take this opportunity to celebrate yourself, as well as meet others who play a huge role in shaping this community. Please RSVP to the CSVP Office by Friday, April 13, 805-381-2742 or email jspivack@crpd.org. Lunch will be provided!