Volunteer Voice

Connecting Senior Volunteers to Community Needs

Directors Message
From Julie Spivack

We would like to wish CSVP volunteers and partner agencies a very Happy New Year! It is hard to believe that we are entering the 2022 year. The past few years have included a rush of different emotions, never-ending transitions, love and loss, and the list goes on. I have been thinking often about the Yin and Yang, which is a symbol that has played an important role throughout my life. The principle of the Yin and Yang, in Chinese Philosophy, is that all things exist as inseparable and contradictory opposites, such as dark-light, female-male, and old-young. The pairs of equal opposites attract and complement each other. I constantly remind myself that in order to be happy, there will be times of sadness, to have stability, I will also endure chaos. Life is truly a balancing act, and for me, maintaining that balance is extremely important. Hoping that 2022 will bring a little less chaos and a bit more harmony to our lives, and to the lives of those closest to us. With this said, CSVP is happy to be entering back to some normality by reintroducing some in-person events, programs, and appreciations.

Let us roar into 2022 at the annual Wellness Fest, taking place on Wednesday, January 19th, from 9:00am-1:00pm. Check out page 7 for information on this Health, Wellness, & All That Jazz themed event. We are very excited to bring this event back, in-person, to our patrons and our vendors. Our amazing tax volunteers are back again for another year of CSVP’s Free Income Tax Assistance Program. This program will begin on February 1st and run through April 15th. For the first time, our tax program will be adding Spanish translation on Monday mornings. Take a look at the flyer on page 5 for information. We are thrilled to announce a “Save the Date” on Thursday, April 21st for our first Volunteer Appreciation event in two years. See back of newsletter for information. Invitations will be sent out in March. We cannot wait to celebrate you!!

Wishing you a Happy New Year surrounded by love, light, laughter, family, and friends. Let us celebrate by continuing to give and by continuing to grow. Cheers to 2022 and to each of you!

xoxo Julie

Why Turn in Timesheets?
CSVP volunteers donate more than 180,000 hours annually! We document these hours to report to CRPD. By submitting your timesheet, you are considered an “active” volunteer and receive excess insurance, quarterly Newsletters, birthday calls, and possible qualification for annual recognition lunches. These hours MUST be submitted on a monthly or quarterly basis, with the next quarter ending March 31.

We cannot take timesheets past the previous quarter.

Click above images to follow us on the CSVP Website, Facebook & Twitter.
Or go to crpd.org/csvp, facebook.com/conejoseniorvolunteerprogram, twitter.com/conejovolunteer
CSVP is sponsored by:

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.
JOIN A CSVP GROUP TODAY!

BUSY BEES WORKSHOP
Mondays, 9:30am-12:00pm: Sew, knit, or crochet for children, service members, and older adults.

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

CRAFTERS WORKSHOP
Wednesdays, 9:00-11:30am: Knit or crochet to help support CSVP programming.

NIFTY LADIES WORKSHOP
Wednesdays, 12:30-3:00pm: Sew special projects for patients, children, service members, and older adults.

We gratefully accept donations of unused materials. CSVP Workshops are in need of:
Yarn, Stuffing, Batting, Elastic, Cotton Fabric, and Quilting Supplies

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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 when a family member needs a break. Training begins February 1, 2022 and is held Tuesday afternoons, 1:00-4:00pm and runs for eight weeks. Please contact CSVP for more information.

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Ombudsman Program
Volunteers needed for the T.O. Area
The Ombudsman Program of Ventura County is looking for volunteers to advocate for our elderly, living in long term care facilities. Make regular visits to skilled nursing facilities and residential care homes to identify, investigate, and resolve complaints on behalf of elderly residents. Go to www.OmbudsmanVentura.org for information on this program. You can make a difference in the life of a senior!

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Senior Concerns Meal Delivery
Senior Concerns delivers fresh meals to seniors in the community in partnership with Country Harvest Restaurant. This program is growing, therefore, they need new drivers to commit to routes one day a week (or more if you want!) ongoing (at least for 4 weeks in a row). The days and times needed to be filled are: Deliver Meals Monday, Wednesday, and Friday/Pick up is at 11:30am from Country Harvest Restaurant in Newbury Park/Each route takes about an hour/If you are able to fill any of these, please complete a volunteer application online at https://www.seniorconcerns.org/volunteer/register/ or email Director Bridget, belliott@seniorconcerns.org

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Mad Attic Thrift Store
A small boutique thrift store in Thousand Oaks is looking for volunteers to serve 3+ hours one day/week on Thursdays between 1:00pm - 4:30pm. Training is available, and duties include light retail, such as receiving donations, sorting, re-stocking, or cashier work. The Attic is a great way to give back to the community. They are located at 226 N. Skyline Drive. Temporary hours are Mondays, 10:00am - 1:00pm and Tuesdays, Thursdays, and Fridays, 10:00am - 4:00pm. At 60 plus years, The Mad Attic is the oldest non-profit thrift store in Thousand Oaks. All profits benefit local nonprofits such as Harbor House, Conejo Free Clinic, Manna Food Bank, and others.

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Kiwanis Club of Thousand Oaks
The Kiwanis Club of Thousand Oaks’ Bikes for Youth program refurbishes used bikes and gifts them to low income and at-risk youth in the local community. They are seeking volunteers who are knowledgeable in bike mechanics and can assist with bike repair. Please contact Mary Sepe, marysepe88@gmail.com or 805-402-8753. For more information on the bike program, go to tokiwanis.org.

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Conejo Players Theatre
At the heart of Conejo Players Theatre is its volunteer members. Their theatre is unique, as it is operated on a solely volunteer basis since its inception in 1958. Join the theatre in their efforts to support cultural, educational, and entertainment needs of the community through the arts. Some opportunities available include: Usher, Ticket Taker, Snack Bar, Costumes, Props, Set Builders, Sound/Light Board Operators, and Outreach Committee positions.

Please contact CSVP, 805-381-2742/jspivack@crpd.org for more information.
Senior Concerns has been supporting seniors and family caregivers in the community with vital resources and services since 1975. The mission is to provide programs and services which support and improve the health, well-being and quality of life for seniors and family caregivers. Their offices are located at 401 Hodencamp Road in Thousand Oaks.

Since the pandemic began, Senior Concerns has ramped up services to meet the needs of seniors locally. Most services have increased over 300% as the needs in our community have grown. With this increase in services comes a greater need for volunteers to support their mission. Learn more about their programs below. Call or visit their website at [https://www.seniorconcerns.org/volunteer/](https://www.seniorconcerns.org/volunteer/) to learn more about how you can join the Senior Concerns mission and support seniors in your community.

**Adult Day Program** - The Adult Day Program is a social model licensed care program for seniors with memory impairment and/or physical impairment who would benefit from and enjoy a variety of social and group activities. Activities include arts therapy, reminiscence activities, trivia and word games, music and more. The program, which re-opens on January 3, 2022, operates Monday through Friday from 10 a.m. to 2 p.m.

**Meals On Wheels** – Senior Concerns operates the only Meals On Wheels Program serving seniors in Thousand Oaks and Newbury Park. Freshly prepared, nutritious meals are delivered safely to the senior's home. Many dietary restrictions can be accommodated.

**Caregiver Support Center** - Family caregiving can be challenging. Senior Concerns’ Support Center is a vital resource for those caring for an aging loved one, offering one-on-one case management, guidance, in-home respite, and support groups.

**Senior Advocacy Services** – Senior Concerns’ Senior Advocates are here to answer questions, explain benefit programs, and link seniors to support services in the community. The program also works with attorneys and Certified Financial Planners to provide pro bono legal and financial counseling. Office hours are available at the Goebel Adult Community Center, the Agoura Hills Senior Center, the Simi Valley Senior Center, and via Zoom or in person at Senior Concerns’ offices in Thousand Oaks. There is no charge for this service.

**In-Home Geriatric Assessments** – Senior Concerns’ In-Home Geriatric Assessment provides a review of care needs and options, evidenced-based assessments, and review of home safety, nutrition status, and social support, as well as discussion of legal protections and healthcare/long-term care planning.

**Path to Positive Aging Seminar Series** – Throughout the year, Senior Concerns offers seminars via Zoom featuring topics of interest to seniors and family caregivers. Seminars are offered free of charge. Recent seminars included vital information about COVID-19 and vaccines, The Four Pillars of Retirement, The Art of Aging Well, and Understanding Wildfires. To see the seminar schedule and register, please visit [https://www.seniorconcerns.org/seminars/](https://www.seniorconcerns.org/seminars/).

To learn more about Senior Concerns’ programs, please visit [www.seniorconcerns.org](http://www.seniorconcerns.org) or call 805-497-0189. Volunteer opportunities are also available. To learn more, please visit [https://www.seniorconcerns.org/volunteer/](https://www.seniorconcerns.org/volunteer/).
CSVP Certified Volunteers Provide

FREE TAX PREPARATION

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 $57,000 or less, regardless of age

Conejo Creek South Community Building
1350 E. Janss Rd., Thousand Oaks, 91362
Mondays, Tuesdays, Wednesdays, Thursdays, and Fridays
Tuesday, February 1 - Friday, April 15, 2022
8:30am - 4:00pm
(MONDAYS, 8:30AM - 12:30PM
SPANISH TRANSLATION AVAILABLE)
(FRIDAYS, 8:30AM - 4:00PM
MANDARIN TRANSLATION AVAILABLE)

Newbury Park Library
2331 Borchard Rd., Thousand Oaks, 91320
WEDNESDAYS ONLY
Wednesday, February 2 -
Wednesday, April 13, 2022
10:00am - 4:00pm

No appointments taken - First-come, first-served basis. Please read all information.
Adhering to County of Ventura COVID-19 Guidelines, Masks Required.

WHAT TO BRING
• For married filing joint, both spouses must be present
• Photo identification
• Social Security cards or Individual Taxpayer Identification Number documents for you, your spouse, and dependents
• Birth dates for you, spouse, and dependents
• A copy of last year’s Federal and State tax return
• All Forms W-2, 1098, and 1099
• Interest and dividend statements
  (1099 INT; 1099 DIV; 1099B)
• Form 1095-A (Marketplace Health Insurance)
• Other relevant information on income, expenses, deductions
• Information for all deductions/credits
• Total paid to day care provider and their tax ID number
• Bank Routing numbers for direct deposit
• For prior year returns, copies of income transcripts from IRS if Form W-2 not available

WILL PREPARE
• Wages, salaries, etc. (Form W-2)
• Interest Income (Form 1099-INT)
• Dividends Received (Form 1099-DIV)
• State Tax Refunds (Form 1099-G)
• Unemployment Benefits (Form 1099-G)
• IRA Distributions (Form 1099-R)
• Pension Income (Forms 1099-R, CSA-1099)
• Social Security Benefits (Form SSA-1099)
• Capital Gain/Loss (Form 1099-B)
• Sale of Home (Form 1099-S)
• Self-employed Income (Form 1099-MISC)
• Gambling Winnings (Form W-2G)
• Cancellation of Debt (Form 1099-C)
• Health Savings Accounts (Form 1099-SA)
• Itemized Deductions
• Education Credits (Form 1098-T)
• Child Tax Credit
• Earned Income Credit
• Health Insurance Statements (Forms 1095-A, B or C)
• Prior Year and Amended Returns
• Business income/expenses for Schedule C
  (ONLY if there is a profit and expenses are under $35,000; no home use, inventory, or depreciation)

WILL NOT PREPARE
• Schedule E (No Rentals)
• No out-of-state returns
• No married filing separate returns

For more information, contact CSVP at 805.381.2742 or csvp@crpd.org
Please submit timesheet at the end of each quarter:
March, June, September, December
Also, feel free to email your hours to csvp@crpd.org.

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

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Volunteer Name:
**ROAR INTO THE TWENTIES**

**AT THE 2022 WELLNESS FEST**

**HEALTH, WELLNESS and All That Jazz**

**WEDNESDAY, JANUARY 19, 2022**

**9:00AM - 1:00PM**

**GOEBEL ADULT COMMUNITY CENTER**
**1385 E. JANSS RD., THOUSAND OAKS**

- Adhering to County of Ventura COVID-19 Guidelines, Masks Required -

50+ Vendors, Costume Contest, Demos/Health Screenings, Courtesy Shuttle from Library & Park, Interactive Courses (limited tickets available day of event), *Lunch, Master Gardener Tours, Prana Healing, Raffle Entry*

*ADVANCED TICKETS ARE FOR LUNCH ONLY AND ARE NOT REQUIRED TO ATTEND THE EVENT. LIMITED TICKETS AVAILABLE AT GOEBEL CENTER FRONT DESK BEGINNING JANUARY 3, 2022. EVENT PROCEEDS BENEFIT CSVP OPERATIONS.*

Thank you to our Sponsors

With additional support from
Shop 4 Health Insurance Solutions, Inc.
Oakmont of Agoura Hills
Central Health Medicare Plan

For more information call 805-381-2742 or visit www.crpd.org/csvp
Current Resident or

**SAVE the DATE**

Volunteer Appreciation Day, April 21, 2022, 1:00-3:00pm

In celebration of National Volunteer Week taking place April 17 - 23, 2022, 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 8, 805-381-2742 or email jspivack@crpd.org. Lunch will be provided! Invitations to follow.