



Volunteer Voice



Connecting Senior Volunteers to Community Needs

Directors Message

From Julie Spivack

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.” Ralph Waldo Emerson’s wise words resonate strongly with me this Autumn season. I am beyond grateful for the Conejo Senior Volunteer Program, its 800+ volunteers, and our local Partner Agencies. These past six years have taught me immeasurable skills and have helped me advance emotionally and spiritually. Working with senior volunteers and being able to see their passion, their patience, and their love for community adds new meaning to the word gratitude. Thank you CSVP Volunteers. We have the deepest appreciation for the gifts each of you has to offer. Learning from and working with my fellow directors and coordinators at Senior Concerns, Harbor House, Conejo Valley Village, Volunteers in Policing, Council on Aging, Adult Literacy, Hospice of the Conejo, and the many other agencies we partner with, has opened up a different view of the world and has created long lasting friendships.

Speaking of gratitude, CSVP was very grateful to once again put on our 4th Annual Charity Karaoke, Sing for a Cause fundraiser this past August and distribute \$11,000 in prize donations to our local nonprofit agencies. Page 7 features our participating nonprofit agencies and sponsors who helped make this event successful. A special shoutout to our 2023 Karaoke Winners: *Most Money Raised* contest winner went to Assistance League Conejo Valley; *Best Performance* winners went to Assistance League Conejo Valley, Gold Coast Theatre Conservatory, and Safe Passage; *Voter’s Choice* award went to Conejo Schools Foundation and Senior Concerns; *Virtual Voting* winner went to Assistance League Conejo Valley. Thank you to the CSVP Advisory Council, CSVP and Goebel staff, volunteers, and our local nonprofits who put their time and passion into this incredible evening.

Wishing you all a wonderful Fall season! CSVP has a new staff member in our office. Please pop over to say hello to Volunteer Coordinator, Toosday Roberts. We would love to see you and say hello.

Issue: October - December 2023

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Wellness Fest Save the Date

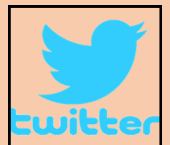
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Charity Karaoke - Thank You

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 may qualify for excess insurance. You will receive quarterly newsletters, birthday calls, and an invitation to our annual recognition luncheon. These hours MUST be submitted on a monthly or quarterly basis, with the next quarter ending December 31. Please feel free to also email hours to jspivack@crpd.org.

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/conejoseniorevolunteerprogram,
twitter.com/conejovolunteer

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 and all types of jewelry.

Please call

805-381-2742 or email jspivack@crpd.org for more information.

We Love

OUR VOLUNTEERS

Thank you CSVP Volunteers for the time you give and the love you show to our community. We would like to pay special recognition to the following Volunteers for the 2022/2023 season:

Congratulations to **Ronald Nystrom for celebrating 25 years with CSVP.**

&

Thank you to CSVP volunteers who have volunteered 500+ hours this season:

Sharon Gerlach

**Bank of America Performing Arts Center
Stagecoach Inn Museum**

Sharon Leir

**Goebel Café
Los Robles Hospital
Senior Nutrition Lunch Program**

Jackie Pizitz

**CSVP Boutique
CSVP Advisory Council
Conejo Valley Unified School District
Stagecoach Inn Museum**

Stasia Simrall

**Bank of America Performing Arts Center
Stagecoach Inn Museum**

Howard Weiner

Volunteers in Policing (VIPs)

Bert Weyl

Stagecoach Inn Museum



Current Volunteer Opportunities

JOIN A CSVP GROUP TODAY!

BUSY BEES WORKSHOP (FULL)

Mondays, 9:30am-12:00pm

Sew, knit, or crochet for children, service members, older adults & CSVP programming.

TEDDY BEARS WORKSHOP

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

CRAFTERS WORKSHOP

Wednesdays, 9:00-11:30am

Sew, knit, or crochet for children, service members, older adults & 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, and Cotton/Flannel/Fleece fabric.

SCHOOL ON WHEELS

School on Wheels volunteers provide free in-person and online tutoring and mentoring to children, K-12th grade, living in shelters, motels, vehicles, group foster homes, and on the streets of Southern California. They are accepting volunteers interested in being tutors. They offer an online introductory tutor training, a one-on-one training covering the virtual classroom platform so that all tutors are comfortable using the tools for tutoring, and an advanced training once they are actively tutoring, in order to brainstorm ideas, troubleshoot challenges, and build volunteer community. Check out their website: <https://schoolonwheels.org/apply-to-be-a-volunteer/>

ADULT LITERACY INFORMATIONAL MEETING AT GOEBEL CENTER

Be a Literacy Tutor!

Friday, October 27, 12:00-2:00pm

The Conejo Valley Adult School's Literacy Center is looking for engaged people who want to give back to our wonderful community. The Literacy Center is always in need of new tutors who love meeting and getting to know great people from a variety of backgrounds. The Literacy Center's coordinator will be here at the Goebel Center to meet with you and share more about this program. No experience needed. Please call or email CSVP to RSVP, 805-381-2742/jspivack@crpd.org.

WALK TO END ALZHEIMER'S

Volunteer at the Alzheimer's walk in Westlake Village on **Saturday, October 21, 2023**. There are an array of opportunities including Greeters, Registration/Check-in, Booth Attendance, Promise Garden, Route Monitor/Cheer Stations, and more. Visit their website to sign up and see shifts and positions available. If you would like more information or do not have computer access, please contact CSVP for help navigating the process.

https://act.alz.org/site/TR?sid=23941&type=fr_informational&pg=informational&fr_id=15399

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 repairs. For more information on the bike program, visit tokiwanis.org. If interested in volunteering, or if you have a bike you would like to donate, please contact Mary Sepe at marysepe88@gmail.com/805-402-8753.

THOUSAND OAKS LIBRARY

Looking to be a part of the Thousand Oaks Library team of volunteers? Check out below link for numerous volunteer opportunities ranging from tutoring children to organizing donations, and more. https://www.cervistech.com/acts/console.php?console_id=0162&console_type=event

NATIONAL ALLIANCE ON MENTAL HEALTH (NAMI) Needs Volunteers Passionate About Mental Health

NAMI is looking for volunteers for multiple events. Opportunities include "Ending the Silence" speakers, volunteers to handout flyers at events, "NamiWalks" fundraising volunteers, and more. Help them break the stigma against mental health! Please contact CSVP Office for more information.

Their Story ...

Thousand Oaks Volunteers in Policing (VIP)

Did you ever long for a career in law enforcement, but chose a different path? Are you still interested in law enforcement and are wondering how you can give back to the city you live in? Look no further! Volunteers in Policing (VIP) began in 1995 and since then have been committed to actively assisting and supporting the men and women of the Thousand Oaks Police Department. VIP members perform routine police functions, which allows deputies to concentrate on duties that only sworn personnel can perform. Example of duties for Patrol Volunteers: report writing, vacation house checks, traffic & parking enforcement, community policing, and special events! Their program also has Station Support volunteers, along with Resource Center volunteers, however positions are limited. Wondering what the requirements are? Able to contribute 20 hours per month, attend regular trainings/meetings, in good health, computer skills a plus! Join their growing team today! Contact them to schedule your VIP ride-along at: <https://www.venturasheriff.org/join-our-team/volunteers/>



Citizens who volunteer for this program will undergo a background investigation and be carefully screened as to judgement, maturity, and ability to work within a team concept.





We would love to hear from YOU!

To CSVP Volunteers,

If you are looking for a new volunteer opportunity, please contact the CSVP Office to schedule a meeting with Julie Spivack to discuss possible options. If you have joined a new organization, please let us know so that we can update our volunteer information. Also, please don't forget to report your hours. We report hours to Conejo Recreation & Park District on a quarterly basis. They help to financially support CSVP, and it is important to have record of all volunteer hours. Thank you!

CHARITY KARAOKE

SING FOR A CAUSE

THANK YOU TO PARTICIPATING NONPROFITS & SPONSORS



Judy & Harry Friedman

Gerry & Laura Conway



**CONEJO SENIOR
VOLUNTEER
PROGRAM**

1385 E. Janss Road
Thousand Oaks, CA 91362

Julie Spivack, Director
Janet Adair, Volunteer Coordinator
Myra Byrne, Volunteer Coordinator
Toosdey Roberts, Volunteer Coordinator
Victor Melchor, Goebel Chef

Phone: 805-381-2742
Fax: 805-495-5430
Email: csvp@crpd.org
Website: www.crpdpd.org/csvp
Office Hours: Monday-Friday
9:00am- 4:00pm

or Current Resident

LOOKING FOR A NEW VOLUNTEER OPPORTUNITY?

LEARN MORE ABOUT BECOMING A CSVP TAX PREPARER

Be a part of a team of volunteers that provide FREE Income Tax Assistance to seniors age 60+ and anyone who makes under \$58,000 per year. Accounting experience not necessary but must be comfortable using computers and commit to one day/week from February - April 2024.

Training takes place in January. Contact the CSVP Office to sign-up for the December Informational Meeting.



VOLUNTEERS NEEDED