



**Use Life
Experience
for Life's
Work...**

Volunteer.

By joining CSVP, you'll be affiliated with many others who give their time to improve the lives of people in the Conejo Valley.

With CSVP, you can match your talents and interests to the needs of our community.



Volunteer Opportunities

What is CSVP?

Studies show that adults who volunteer live longer, healthier, and more fulfilling lives. The Conejo Senior Volunteer Program (CSVP) helps seniors stay active and involved within our community.

CSVP volunteers do just about everything. They tutor students, prepare taxes, plant gardens, and support our troops. However they choose to serve, CSVP volunteers meet community needs and make a lasting difference.

Conejo Recreation and Park District has sponsored a senior volunteer program for the past 45 years. Today, more than 1,000 adults age 55+ participate in CSVP, making it one of the largest senior volunteer programs in California.

You can be part of this extraordinary family. Join CSVP today!

How can I become a CSVP Volunteer?

If you are 55+, you can unite with 1,000 other local volunteers making a difference in our community. This brochure outlines some of the many volunteer opportunities available. To sign up, just stop by our office or give us a call. Our contact information is on the back of this booklet.

We hope to see YOU soon!

Community Volunteer Opportunities

ADULT CARE CENTERS

TTJTUTFOJPSTC OHBHJOHUIFNJOBDUJWJUJFT
XBMLJOHEBODJOHNVTJD PHSBNTDPNB OJPOTIJ BSUTBOEDS
HBNFTBOENPS FTJTUBTBGSPOUSFDFUJPOJTU SPWJEFDMF
TV SUBOEPUIFSP SUVUJUJFT

AMERICA SUPPORTING AMERICANS (ASA)

Help support our troops!

Volunteers needed for sending out packages, writing cards helping with newsletter, website, special events, board positions.

CANCER SUPPORT COMMUNITY

Offers free programs that provide psychological, social, and emotional support for cancer patients and their families. Volunteer for clerical and receptionist tasks at their Westlake office.

CH MASH I DIA M SE M

Volunteer opportunities include school tour assistants, gift shop associates, handwork help, and more.

CONEJO FREE CLINIC

Receptionists, data entry assistants, doctors, nurses, dentists, and lawyers to work with the low-income and homeless population.

CONEJO OPEN SPACE FOUNDATION



Educates patrons about their roles as custodians and protectors of our open space and the environment. Volunteers needed for Adopt-a-Trail, Trail Patrol, Trail Watch, Trail Building, Trail Maintenance, and Trail Education Days. Volunteers needed at Visitor Centers.

CO E O VA E AD T ITERAC PRO RAM

Tutor adults in reading and writing at the Conejo Valley Adult School literacy Center. Volunteers and students are matched and meet weekly. Training workshops are held throughout the year.

Community Volunteer Opportunities

CONEJO VALLEY BOTANIC GARDENS

Plant, prune, learn to propagate plants, or conduct tours for school children and adults. Our local botanic garden, located at Conejo Community Park, is maintained and managed by volunteers who set their own schedules.

CONEJO VALLEY UNIFIED SCHOOL DISTRICT

Make a difference in the life of a child!

If you have an hour or two a week to spend in the classroom to help children (under the direction of the teacher), you can give an extra boost to a child's learning experience.

CONEJO VALLEY VILLAGE (CVV)

Provide services to help older adults stay in their homes. Drivers needed to provide rides for medical appointments and other local errands. Volunteers to help with household support, and electronics set-up.

COURT APPOINTED SPECIAL ADVOCATES

A CASA Volunteer is a trained community volunteer appointed by a juvenile court judge to speak for the best interests of a child or non minor dependent who has been abused or neglected.

Non-advocate opportunities also available.

FOOD PANTRY PROGRAMS

Work at food pantry collecting and distributing food to families and/or passing out produce in and around the Conejo Valley.

GARDENS OF THE WORLD

Rewarding volunteer opportunities in a beautiful garden setting. Docents are trained to lead educational tours.

GOEBEL ADULT COMMUNITY CENTER

Array of opportunities include front desk, blood pressure, Goebel Cafe, CSVP Boutique, Saturday Night dances, mailings, and more!

Community Volunteer Opportunities

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

After receiving 30 hours of free training and 10 additional internship hours, volunteers are certified to provide free counseling to Medicare recipients relating to Medicare, Medicare Advantage plans, long-term care insurance, and prescription drug coverage.

HOSPICE OF THE CONEJO

Hospice volunteers are special people!

Some work directly with terminally ill patients and their families to provide emotional support, companionship, and respite care. Other volunteers help with the Tree of Life as well as other special events throughout the year.

JAMES STOREHOUSE

Support children in foster care and those aging-out by providing resources that will ease transitions and improve living conditions. Opportunities include organizing donations, delivering goods, helping shop, marketing, and fundraising.

LONG TERM CARE OMBUDSMAN

As advocates for the elderly, these volunteers visit, observe, advise, protect, and help solve problems in long term care facilities in Ventura County. Excellent training is provided.

MANY MANSIONS

This non-profit, affordable housing provider has on-site services to help residents break the cycle of poverty. Various volunteer opportunities including receptionist, fundraising, event planning, and more.

MEALS ON WHEELS

Drivers are needed to deliver meals to Meals on Wheels clients. Help older adults who are unable to drive or cook for themselves.

*If you are interested in any of these opportunities,
contact CSVP: 805-381-2742 or csvp@crpd.org*

Community Volunteer Opportunities

MEDICAL CENTERS

Interest, compassion, and caring are the attributes you need to volunteer at a local healthcare facility.

Meet people, learn new skills, and help your community!

PET PROGRAMS

Do you love dogs? Local agencies are looking for volunteers to walk dogs, sit with dogs, fold laundry, answer phones, and organize supplies.

SCHOOL ON WHEELS

Provides academic tutoring to children living in shelters, motels, vehicles, group foster homes, and on the streets. Services for students grades K-12. Volunteer today and become a positive role model and mentor in the life of a child.

SEASONS

Senior Experts And Speakers On Numerous Subjects is a unique intergenerational partnership bringing senior volunteers into local classrooms to speak on career experiences, hobbies, personal history, travel, art, music, and more.

SENIOR NUTRITION PROGRAM

Make new friends while assisting in the dining room, the kitchen, or at the check-in table at the Goebel Adult Community Center.

SHOP AHOY

STAGECOACH INN MUSEUM

Volunteers are a dedicated group with a passion for Conejo Valley History. Become a docent, lead school tours, help with special events, set-up displays, work in the garden, library, office, grounds, and more. The opportunities are endless!

Community Volunteer Opportunities

STUDY BUDDY PROGRAM

You can make a difference! Looking to improve the lives of children and families living in our community. Tutor 1st-3rd graders in the CVUSD school system on Tuesdays and/or Thursdays.

TAX PREPARERS

Volunteers attend training sessions in January to become IRS authorized tax assistants. Volunteers then prepare taxes for low-income and/or senior residents of Thousand Oaks during the months of February-April. Must be comfortable using a computer.

CITY OF THOUSAND OAKS LIBRARY

(*Thousand Oaks* and *Newbury Park Branches*)

Do you like books?

Organize books or assist shoppers at the gift store, benefiting the programs and services of the libraries.

THRIFT SHOPS

Several local thrift shops can use your help sorting, pricing, or assisting as a cashier. Thrift shops raise funds for local nonprofit organizations.

VOLUNTEERS IN POLICING

Volunteers are needed to help patrol and respond to calls. They also provide the public with helpful information, pamphlets, applications for vacation house checks, extra patrol requests, and fingerprinting services.

WESTMINSTER FREE CLINIC

Attention health care professionals:

This non-profit organization provides basic health care to uninsured homeless and working poor. Physicians, nurses, dentists, and other health care professionals

are needed on Wednesday evenings
*If you are interested in any of these opportunities,
please call CSVP at 805-381-2742*



“Remember that the happiest people
are not those getting more,
but those giving more.”

~ H. Jackson Brown, Jr.

CONEJO SENIOR VOLUNTEER PROGRAM

Julie Spivack, Director
Janet Adair, Volunteer Coordinator
Sherry Lippel, Volunteer Coordinator

GOEBEL ADULT COMMUNITY CENTER

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CSVP Office Hours:

Monday–Friday • 9:00am–4:00pm



*Conejo Senior Volunteer Program
is sponsored by the Conejo Recreation & Park District*