

**Enrich your life, and help meet the needs of our community.**

*Remember that the happiest people are not those getting more, but those giving more.*  
~H. Jackson Brown Jr.

**Our sponsor is the Conejo Recreation and Park District.**

**Call Us Today!**

**If you are interested in any of these opportunities please call CSVP at (805) 381-2742.**



### **Contact Information**

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**9:00am-4:00pm**



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

**Volunteer.**

Put your life experience to work by joining CSVP. You'll join many others who take time to improve the lives of men, women, and children in communities nationwide. With CSVP you can match your talents and interests to the needs of our community. Call today.

# **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 the 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 the state of 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 join with 1,000 other local men and women making a difference in our community. This brochure outlines some of the many volunteer opportunities available. To join, just stop by our office or give us a call. Our contact information is on the back of this brochure. We hope to see YOU soon!

## Groups meeting at the Goebel Adult Center

### CSVP BUSY BEES

Mondays, 9:00am-noon. Sew, knit, or crochet needed items for service men and women, abused or neglected children, and nursing home residents as well as various items to sell in the CSVP Boutique.

### CSVP TEDDY BEAR WORKSHOP

Mondays, 1:30-3:00pm. Stuff handmade bears for abused, neglected, and needy children using donated fabric, ribbons, pom-poms, and fiberfill. Sewers and bear stuffers are needed.

### CSVP CRAFTERS

Wednesdays, 9:00am-noon. Knit and crochet items which are sold in the CSVP Boutique to benefit the Conejo Senior Volunteer Program.

### NIFTY LADIES

Wednesdays, 1:00-3:00pm. Sewing projects such as blankets, bibs, and pajamas for underprivileged children, which benefit the community.

### INSTRUMENTAL and VOCAL GROUPS

All groups meet at the Goebel Adult Community Center. Humdinger Singers and Forever Young Singers bring entertainment to local skilled nursing facilities several times each month. Humdinger Singers meet Mondays, 12:15-2:00pm; Forever Young Singers meet Fridays, 9:00-11:30am. The Conejo Valley Senior Dance Orchestra practices on Thursdays, 1:00-3:30pm (no meeting on the 1st Thursday of each month).

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## Community Volunteer Opportunities

### TAX PREPARERS

Volunteers attend training sessions in January to become an IRS authorized tax assistant. 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.

### 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.

### VENTURA COUNTY FIRE DEPARTMENT

Be a logistics volunteer. Help the fire department personnel by taking a truck with supplies such as water, batteries, and canopies to the base camp. Respond on-call on the initial day only. Work in teams.

### VOLUNTEER 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.



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## Community Volunteer Opportunities

### MEDICAL CENTERS

(Los Robles Hospital and Kaiser Permanente)

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!

### NATIONAL PARK SERVICE

Retired teachers needed for educational programs. Volunteers are also needed to garden at the Visitors Center and help with trail maintenance.

### PET ADOPTION

Do you love dogs? The Shelter Hope and Ventura County Animal Services are looking for volunteers to walk dogs, sit with dogs, fold laundry, answer phones, and organize supplies.

### RIDE-ON THERAPEUTICS

Dedicated to improving the lives of disabled children and adults through instruction and guidance in the field of therapeutic horseback riding. Volunteers work with horses and riders, or help with ranch maintenance or help with office work.

### SEASONS

Senior Experts and Speakers on Numerous Subjects (SEASONS) is a unique intergenerational partnership which brings senior volunteers into local classrooms to speak on career experiences, hobbies, personal history, travel, art and music, and self-esteem.

### 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.

### STAGECOACH INN MUSEUM

Volunteers are involved with all aspects of the museum's operations, including governance. Lead tours, work in the gift shop and garden, help with conservation, register artifacts, and do repairs and fabrication.

## Community Volunteer Opportunities

### ADULT CARE CENTERS

(Senior Concerns and Mary Health of the Sick)

Assist special needs seniors by engaging patrons in activities: walking, dancing, music programs, arts and crafts, games, assist as a front receptionist, provide clerical support, and other opportunities.

### AMERICA SUPPORTING AMERICANS (ASA)

Help support our troops. Volunteers needed for sending out packages and making cards as well as help with the newsletter and website.

### AMERICAN CANCER SOCIETY

Office assistants and drivers. Help your neighbors by driving them to medical appointments or lend a hand in the local American Cancer Society office by answering phones and filing paperwork.

### CALIFORNIA MUSEUM OF ART THOUSAND OAKS (CMATO)

Greet guests, hand out information on exhibits, and answer questions. Fridays and Saturdays, noon-2:00 or 2:00-4:00pm.

### 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.

### CONEJO FREE CLINIC

Receptionists, data entry assistants, and healthcare professionals to work with the uninsured and the homeless. Flexible hours Monday-Friday.

### CONEJO OPEN SPACE FOUNDATION

Educates citizens, especially children, about their roles as custodians and protectors of the open space and the environment. Volunteers needed for Adopt-a-Trail, Trail Patrol, Trail Watch, Trail Building, Trail Maintenance, and Trail Education Days.

## Community Volunteer Opportunities

### **CONEJO VALLEY ADULT LITERACY PROGRAM**

Tutor adults in reading, writing, and spelling at the Conejo Valley Adult School Literacy Center. Volunteers and students are matched and meet weekly.

Training workshops are held 2-3 times per year.

### **CONEJO VALLEY BOTANIC GARDENS**

Would you like to plant, prune, learn to propagate plants, or conduct tours for school children or 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**

Provide services to help older residents stay in their homes. Drivers needed to provide rides for medical appointments and other local errands.

### **DISASTER PREPAREDNESS (DART AND CERT)**

Train to become part of a team to assist local government and public safety agencies (DART) or your family and neighbors (CERT) in the event of a local emergency.

### **DISCOVERY CENTER**

The Discovery Center is a place to experience science and foster curiosity. Volunteers assist with Family Science Nights.

### **GARDENS OF THE WORLD**

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

## Community Volunteer Opportunities

### **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 during the holiday season.

### **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.

### **MANNA and FOOD SHARE**

Work at the food bank collecting and distributing food to needy families or passing out produce in Thousand Oaks or Newbury Park.

### **MANY MANSIONS**

Many Mansions is a non-profit, affordable housing provider with on-site services to help residents break the cycle of poverty. Various volunteer opportunities including homework/literacy program, receptionist, fundraising, event planning, and more are available.

### **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.

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