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MARCH NEWSLETTER 2025



Senior Connection, provided by the Central Coast Commission for Senior Citizens (CCCSC) and funded by the Older Americans Act, is a specialized service that helps older adults, their families, and caregivers find the resources they need. The Central Coast Aging and Disability Resource Center (CCADRC), a partnership between the CCCSC and the Independent Living Resource Center (ILRC), helps older adults, people with disabilities, and their families connect with services that support safe and independent living. Both programs serve individuals in San Luis Obispo and Santa Barbara Counties.

VOLUNTEER WITH US!



Bridge the gap—connect people to the help they need!

ARE YOU RETIRED AND LOOKING TO VOLUNTEER A FEW HOURS A WEEK IN SANTA MARIA? DO YOU ENJOY TALKING WITH PEOPLE AND HAVE SOME TIME TO GIVE?

SENIOR CONNECTION & ADRC ARE LOOKING FOR VOLUNTEERS WHO ARE COMFORTABLE ANSWERING PHONES AND HELPING SHARE RESOURCES WITH THE COMMUNITY.

FOR MORE INFORMATION ON VOLUNTEERING, PLEASE CALL SUSANNAH FENTON AT (805) 928-2552.



Daylight Saving Time Begins!



On **Sunday, March 9, 2025**, Daylight Saving Time begins! Don't forget to **set**

your clocks forward one hour at 2:00 AM (or before bed on Saturday night). While we lose an hour of sleep, we gain extra daylight in the evening. This is also a great time to check your smoke detectors and update household emergency supplies. Need help checking your smoke detectors? Call Senior Connection at (805) 928-2552 to find out which agencies in your area offer free inspections.

Enjoy the longer days ahead!

March is the Anniversary of the National Senior Nutrition Program:



Senior Nutrition Program

Serving up more than just food.
Connecting seniors 60+ to services that support independence and health.



acl.gov/snp/celebrate • [#SeniorNutritionProgram](https://twitter.com/SeniorNutritionProgram)

Nutrition is a vital component of our health and well-being, especially as we age. But in communities throughout the U.S., older adults sometimes lack access to the high-quality, nutritious food they need to remain healthy and independent.

Funded by the Older Americans Act, the national Senior Nutrition Program has provided nutrition services to older Americans since 1972. The Administration for Community Living (ACL), part of the U.S. Department of Health and Human Services, provides grants to states to enable a network of local programs that deliver nutrition services to older adults. These programs promote healthy eating, foster meaningful social connections, and support overall health. They also act as a gateway to other home and community-based services like falls prevention programs, chronic disease management resources, and more.

This March, the Central Coast Commission for Senior Citizens is proud to celebrate the anniversary of the national Senior Nutrition Program with others across the country.

Learn more about the program and services by contacting the following nutrition program organization in your county:

- Santa Barbara County: Senior Nutrition Program (805) 925-9554 option 1
- San Luis Obispo County: Meals That Connect (805) 541-3312

You can also visit ACL's [celebration webpage](#) and sign up to attend their virtual event to celebrate the 53rd anniversary of the national Senior Nutrition Program.

[Learn More](#)

March is National MS Awareness Month:



Multiple Sclerosis (MS) is a chronic disease that affects the central nervous system, disrupting communication between the brain and body.

During National MS Awareness Month, we recognize

the strength of those living with MS and raise awareness about available resources.

Join the movement by wearing orange, learning more about MS, and supporting organizations dedicated to finding a cure. Every action—big or small—helps bring us closer to a world free of MS! [Click here](#) for support available along the Central Coast or click below to learn more.

[Learn More](#)



REMINDER:

TAX SEASON IS HERE! AARP & UNITED WAY ARE OFFERING FREE TAX FILING SERVICES. CLICK THE LINKS BELOW TO LEARN MORE!

[AARP](#)

[United Way](#)

Resource Spotlight: Food & Nutrition

Healthy Eating for Healthy Aging

Good nutrition is essential for maintaining health and independence as we age. Senior food and nutrition services provide older adults with access to balanced meals, nutrition education, and support to reduce food insecurity. Programs like Meals on Wheels, congregate meal sites, and food banks help ensure seniors receive the nourishment they need to thrive. Click below to view or request our Senior Resource Guide, which lists local food and nutrition options starting on page 40. You can also call Senior Connection at (805) 928-2552 for more information.





Senior Activities:

Many local parks & recreation departments, senior centers, and clubs offer a wide variety of activities for seniors to get active and be social. Some activities require a fee, registration, and/or a membership. Others allow drop-ins and are free of charge. Click on the city closest to you to find out what's available in your area. Need help finding an activity or contacting a senior center? Call Senior Connection at (805) 928-2552. We're happy to help guide you.

Santa Barbara County:

- [Carpinteria](#)
- [Goleta](#)
- [Lompoc](#)
- [Orcutt](#)
- [Santa Barbara](#)
- [Santa Maria](#)
- [Solvang](#)

San Luis Obispo County:

- [Arroyo Grande](#)
- [Atascadero](#)
- [Cambria](#)
- [Cayucos](#)
- [Grover Beach](#)
- [Los Osos](#)
- [Morro Bay](#)
- [Nipomo](#)
- [Oceano](#)
- [Paso Robles](#)
- [Pismo Beach](#)
- [San Luis Obispo](#)
- [Santa Margarita](#)

**Friday
March 14th, 2025
9 a.m.-12 p.m.**

Allan Hancock College
Joe White Memorial
Gymnasium
800 South College Dr.
Santa Maria

ARE YOU...

A Senior?

A caregiver?

**Living with
a disability?**

Retired?

**Caring for an
elderly family
member?**

**Free to all
attendees!**

**Santa Maria Valley
Senior Expo**

Presented by
Community Partners in Caring

- Resources
- Health checks
- Wills and Trusts
- Vision
- Hearing
- Transportation

- Banking
- Pet Health
- Clubs
- Assistive devices
- Find free services
- MUCH MORE!

For more
information **(805) 925-8000**

Model A Ford
Club cars
Therapy Dogs Inc.
dog greeters
Magic by Central
Coast Conjurers

Information
sessions about
financial scam
awareness
& transportation



ALLAN HANCOCK COLLEGE
CHANGING the ODDS

COMMUNITY Partners in Caring

Dignity Health.
Marian Regional Medical Center

CARE CONNECTION

ADULTS AGING NETWORK

SANTA MARIA TIMES

Community West Bank

SUN

AMERICAN RIVERIA BANK
Bank on home

SMOOTH

ACHILLES

ILRC

Save the Date!

Join us at the Santa Maria Valley Senior Expo on Friday, March 14th, 2025, from 9 AM - 12 PM at Allan Hancock College, Joe White Memorial Gymnasium in Santa Maria! This event is perfect for seniors, caregivers, individuals living with disabilities, and retirees!

FREE for all attendees! Spread the word and bring your friends and family.

For more information, call (805) 925-8000.

[Learn More](#)

ccadrc
Central Coast Aging and Disability Resource Center of
San Luis Obispo and Santa Barbara Counties (CCADRC)

The Central Coast Aging and Disability Resource Center (CCADRC) helps older adults and people with disabilities - along with their families and caregivers – to connect with the resources and services they need to live as safely and independently as possible. The CCADRC is comprised of a partnership between the Central Coast Commission for Senior Citizens (CCCSC) and the Independent Living Resource Center (ILRC) and serves individuals living in San Luis Obispo and Santa Barbara Counties.

Core services we provide include:

Enhanced Information & Referral
Options Counseling
Short-Term Service Coordination
Transition Services

The CCADRC uses a No Wrong Door approach to empower people to make informed choices about services and supports. When you call the CCADRC you will receive accurate, unbiased information related to aging or living with a disability.

Contact us at:
Phone: (805) 928-2552
Toll Free: (800) 510-2020
Email: info@centralcoastseniors.org

Central Coast Commission
for
Senior Citizens

ILRC



Connect With Us!



Find us on Facebook:

[Central Coast Commission for Senior Citizens | Santa Maria CA | Facebook](#)

Check out our website:

[Central Coast Commission for Senior Citizens — Area Agency on Aging — Senior Connection — HICAP \(centralcoastseniors.org\)](#)

Contact or stop by our office:

Tel: (805) 928-2552

Toll Free (800) 510-2020

Email: info@centralcoastseniors.org

Address: 528 S. Broadway Santa Maria, CA 93454

Hours: Monday- Friday from 8am-5pm



Senior Connection is a program of the Central Coast Commission for Senior Citizens funded by the Older Americans Act.



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[Area Agency on Aging](#)
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Santa Maria, California 93454 - United States
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