



A PRIVATE NONPROFIT

Community
Action
Commission
OF SANTA BARBARA COUNTY

2019
FALL
Newsletter



Patricia Keelean

MESSAGE FROM CHIEF EXECUTIVE OFFICER

It's already October – children have settled into their school routine, the days are getting shorter and cool evening breezes are returning. It won't be long before we are sitting around the Thanksgiving table with loved ones and thinking about the upcoming holiday season. It is a time for reflection, for gratitude and for giving.

Families celebrate the holidays in many different ways, but one thing binds all our celebrations - the *spirit of giving*. We hope that as you prepare for this time of giving you will consider a year-end gift to CAC that will help promote a toddler's education, job skills training and education opportunities for a single parent, positive youth development activities, and healthy lunches for seniors in our community. Of course, giving of one's time is equally valuable to CAC! We also need volunteers to host our senior meal sites and support upcoming special events. To make a donation or volunteer your time, visit our website at www.cacsb.com, select "Support Us" and "Donate Now" or "Volunteer Form".

CAC is so grateful to the individuals, organizations and funders who continue to contribute and support our 20 programs and services throughout the year. We could not continue to carry out our mission of promoting independence and economic self-sufficiency for over 10,000 children, youth, families and seniors annually without you!

Wishing you and your loved ones the gifts of love, laughter and health as we approach the new year. *Pat*

HEAD START PARENT BECOMES THE ART OF GIVING BACK CAFÉ CHEF

Christina Delacruz first participated in Community Action Commission's programs when her oldest son, Anthony, enrolled in the Head Start program. After two and a half years at Head Start, Anthony was ready for Kindergarten and is now an honor roll student. Her third child, a daughter named Leah, also attended Head Start for two years in Lompoc, and Christina was impressed with the kind, hands-on learning environment created there. Christina became a Policy Council representative attending monthly meetings at the I-Center, working with the Head Start Board and a parent committee on policies, concerns, and unique situations that arose.

At the time, Christina was employed at a prominent hotel as a sous chef. Community Action Commission held meetings at this hotel, and she was often in and out of the room providing catering services. As CAC began planning our new social enterprise café in November 2018, we realized Christina's

delicious cooking and attention to detail would be an asset and offered her the position of chef. Throughout the years, she had learned about many of CAC's programs and knew of the valuable resources offered to the community.



Christina says, "It was time for a change, and I knew this was a great opportunity. Who doesn't want to help people and be part of a great program?". Head Start often supports parents in exploring new career opportunities and advancing their economic standing.

Today, you will often find Christina catering events throughout the community with the Art of Giving Back Café or serving seniors at our Healthy Tables senior lunch program. All net profits from the café go towards CAC's Senior Nutrition Program.

CAC is grateful for Christina's support of CAC's programs through her continual service and commitment to CAC's mission.

SEEN AROUND TOWN

by Lynda Millner

Community Action Commission

The Community Action Commission (CAC) wears many hats. Their latest venture is the rebranding of the Back Door Deli and partnering with the County for the sake of 2,000 seniors county wide. This is the County's first café and catering social enterprise business. My friend **Linda Rosso**, director of development and communications for CAC, invited me to the ribbon cutting.

The building is located at 315 Camino del Remedio, not far from the Turnpike freeway exit on the mountain side. It is now called "The Art of Giving Back Café & Catering Company." Surrounded by County offices there are about 1,000 workers who want breakfast and lunch every day. The restaurant is open to the public from 7:40 am to 2 pm. Linda will proudly tell you they have hired a chef replacing the former cook and there are new menus for the restaurant and for the catering at very reasonable prices.

CAC is a nonprofit that helps 2,000 seniors in our county get fed. Every day there are 13 community meal centers from Guadalupe to Carpinteria where they can go to get a hot, nutritious meal. On weekends they offer two frozen dinners that can be taken home and cooked. Seniors also benefit from socializing and sharing activities with others. There are also 500 homebound seniors CAC delivers meals to every day. The delivery driver may be their only visitor of the day. All the profits from the Art of Giving Back will go to the seniors program which costs \$1.6 million annually. When you order a sandwich or cater a lunch, you are also feeding our seniors who lack basic resources. The program is fund-



Ms Millner is the author of *The Magic Makeover, Tricks for Looking Thinner, Younger and More Confident – Instantly*. If you have an event that belongs in this column, you are invited to call Lynda at 969-6164.

This program is only one of 22 health and human service programs including Head Start Weatherization and Energy Assistance Family & Youth Services and phone 211 which I used during the fire and flood. They have about 400 employees.

ed by private donors, local companies, foundations, and fundraisers.

Linda says seniors have shared with her that "at the end of the month, after rent and medications are paid for, there are very few dollars left for basic necessities, such as food. The CAC lunch they can count on to carry them through to the end of the month."

Board chair for CAC and CEO of CenCal Health **Bob Freeman** was there to help CAC CEO **Patricia Keelean** cut the ribbon. Bob called it, "A win-win for nearby employees, for seniors and for CAC. We thank the County for the use of the building and giving back to the community."

The menu is large listing a great variety for breakfast, eleven different salads, sandwiches, wraps, taco bar, pasta bar, and much more. My favorite Cobb salad is only \$7.50. The café also caters breakfasts, boardroom lunches, and other meetings for both small and large groups of 250 people and more. They've recently done the Goleta Chamber of Commerce, The Towbes Group, and others.

Healthy Table and Healthy at Home programs have been run by CAC since 1974. The café is operated in partnership with the County of Santa Barbara. To learn more about the CAC Nutrition Services, call 805.964.8857 #1101.



Board chair Bob Freeman with CAC CEO Patricia Keelean and development and communications director Linda Rosso at the ribbon cutting



Cutting the CAC ribbon are board chair Bob Freeman and CAC CEO Patricia Keelean

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12 - 19 September 2019

• THE VOICE OF THE VILLAGE •

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Volunteer Information Form

Name:	Telephone #:
Address:	E-mail Address:
Emergency Contact name:	Emergency Contact Telephone #:
Availability: <input type="checkbox"/> Short Term <input type="checkbox"/> Long Term <input type="checkbox"/> Special Projects Dates Available: _____ Number of Hours Available: _____ Per: <input type="checkbox"/> Week <input type="checkbox"/> Month Preferred Schedule: <input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Weekends Only <input type="checkbox"/> No Preference Times of Day: <input type="checkbox"/> Mornings <input type="checkbox"/> Afternoons <input type="checkbox"/> No Preference	
Volunteer Interests: (mark all that apply) - We are currently recruiting volunteers for our Senior Nutrition Program we have 14 sites available. <i>Direct services (working with):</i> <input type="checkbox"/> Children <input type="checkbox"/> Teens <input type="checkbox"/> Seniors <input type="checkbox"/> No preference Indirect services: <input type="checkbox"/> Event Planning <input type="checkbox"/> Entertainment - Entertainment for seniors can include, cards, puzzles, games, art & craft projects and dancing <input type="checkbox"/> Drivers <input type="checkbox"/> Home Delivery Meals <input type="checkbox"/> Congregate Meal Site Host Monday thru Friday 3 hours daily Monday thru Friday 2-2½ hours <input type="checkbox"/> Volunteer Committee - Meets once per month <input type="checkbox"/> Other, Explain: _____	
How did you hear about CAC? _____	
Why do you want to volunteer at CAC? _____	
Signature:	Date:

LOS COMPADRES/LAS COMADRES PROGRAM PROVIDES SUPPORT TO YOUTH IN THE JUVENILE JUSTICE SYSTEM

Los Compadres/Las Comadres uses a **cultural approach to promote character and leadership development** in youth, ages 14-19, incarcerated or on probation in the juvenile justice system. This program falls under CAC's Family and Youth Services Department. The program addresses self-identity, healthy relationships, preventing teen pregnancy, substance abuse, community violence, and school failure. The youth meet weekly with Compadres/Comadres, who serve in a mentorship capacity, to encourage dialogue that promotes positive living skills and understanding their identities. The Compadres and Comadres work to address each unique individual and their needs. Currently the program serves over 70 young adults, operating on the belief that **all youth have the capacity for positive growth and development.**

The program focuses on promoting a positive self-identity, positive cultural identity, and the culturally-rooted belief that every youth has a purpose in society. Los Compadres/Las Comadres also creates a support network that teaches about healthy relationships and how to be responsible and respectful members of the community.

The goal of Los Compadres/Las Comadres is that youth who participate in the program are prepared with life

skills and support to succeed when they are released. One such youth entered the program and completed the Reasoning and Rehabilitation Curriculum and Mentoring Services. Later that year, the youth reconnected with the program, and began attending Group and Mentoring Services. Since being enrolled at Bob Forinash Community Day School (CDS) and participating in Los Compadres/Las Comadres, he has received multiple awards from CDS, improved his grades, and increased the amount of credits obtained. These achievements resulted in the youth meeting the requirements to return to a traditional high school and continue pursuing a diploma. During his participation in Group, he accessed Driver's Education and earned his Driver's Permit. He has also begun an employment search through Goodwill. His Compadre was present to support the youth when he received his Character and Credits Earned awards at CDS, assist with Driver's Education, provide transport and information regarding Goodwill employment services, and aid in social support and connections to traditional high school. This is just one example of the impact that mentorship and community through Los Compadres/Las Comadres can have on at promise youth.

For more information, call (805) 964-8857.



A BIG "THANK YOU!" TO ELUBIA'S KITCHEN!

We would like to extend our sincerest thanks to Elubia's Kitchen for donating \$200 of their sales from the Goleta Lemon Festival to Community Action Commission! We rely on donations from individuals and businesses in the community to continue to offer our 20 programs to Santa Barbara County. You can visit Elubia's Kitchen at ElubiasKitchen.com.

COMMUNITY SERVICES DEPARTMENT IS AWARDED CSD GRANT

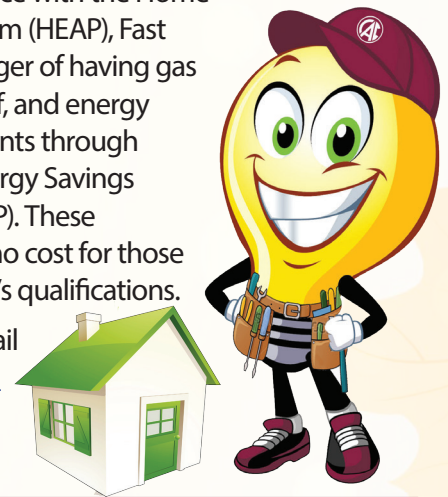
Community Action Commission of Santa Barbara County has been awarded **\$108,000** by the **2019 California Earned Income Tax Credit Education and Outreach Grant**, and will be servicing Santa Barbara and Ventura Counties. CAC's Community Services Department has partnered with Community Action of Ventura County (CAP Ventura), Mixteco Indigena Community Organizing Project (MICOP), and Promotoras. CAC is proud to have been awarded this grant from the **California Department of Community Services and Development (CSD)**. Last year Santa Barbara residents claimed over \$3,000,000 in credits, providing a needed income boost to low-income residents and families. According to a report by the House Committee on the Budget, the Earned Income Tax Credit (EITC) program significantly reduces poverty among families and children, encourages and rewards work, AND supports local jobs and businesses. In fact, a study in California found that the local economic impact is equivalent to at least twice the amount of the EITC dollars received by families. Good for families AND good for our local businesses!

The Community Services Department is pleased to announce the **City of Santa Maria Home Repair Program**. This program offers installation of hand rail/grab bars, hand held shower heads, Safe-T-Poles, stair treads, toilet seat risers, and smoke

detector/CO alarms. Additionally, they can provide appliance safety testing and some minor handyman related services. These services are available for **seniors** aged 60 years or older, both home owners and renters, whose rental cost is not more than 30% of their gross household income. The Community Services Department also offers **non-senior** assistance with installation of hand rails and slip and fall prevention. These services are available to residents between 18-59 years of age both home owners and renters, whose rental cost is not more than 30% of their gross household income.

The Community Services Department's other programs include utility bill assistance with the Home Energy Assistance Program (HEAP), Fast Track for residents in danger of having gas or electric utilities shut off, and energy saving home improvements through the Southern Cal Gas Energy Savings Assistance Program (ESAP). These programs are offered at no cost for those who meet each program's qualifications.

Call (805) 617-2897 or email energyinfo@cacsb.com for more information.



Update

THE ART OF GIVING BACK CAFÉ & CATERING COMPANY

We hope you have had a chance to grab a bite from The Art of Giving Back Café and Catering Company! **All net profits go towards CAC's Senior Nutrition Program**, providing hot, nutritious, USDA-approved meals to low-income seniors through our 14 Healthy Table sites and Healthy at Home delivery service for homebound seniors. The meals are planned by a registered dietician and made with locally grown produce whenever possible.

The café recently provided catering for Goleta Chamber of Commerce's B2B Breakfast, The Santa Barbara Foundation, The Towbes Group, and Montecito Bank & Trust. Please consider the café for your next meeting or gathering, which can take place in the café's conference room free of charge. The catering services provide delicious meals for both large and small groups, including board meetings, lunches, and other events. Or stop by for breakfast or lunch!



The Senior Nutrition Program serves approximately 1,200 seniors annually. At our Healthy Table community center sites, seniors gather for nutritious, family-style meals creating an environment of socialization and community that is vital to seniors' quality of life. Our Healthy at Home delivery service, provides hot meals to nearly 500 seniors who are housebound. For some seniors, our delivery personnel may be the only visitor they have each day. Additionally, CAC's drivers conduct an informal well-check on seniors who receive delivered meals.

Visit www.artofgivingback.com for café and catering menus, contact information, and more.

The Art of Giving Back Café and Catering Company is open 7:30am-2pm Monday through Friday at 315 Camino Del Remedio Santa Barbara CA 93111. Call your order in ahead to (805) 681-9968. We look forward to seeing you soon!

2-1-1 PROVIDES ASSISTANCE FOR FAMILIES AFFECTED BY THE CONCEPTION BOAT TRAGEDY

2-1-1 Santa Barbara County Health and Human Services Line is a program within Community Action Commission. It is free, confidential, multilingual, and available 24/7. The easy to remember telephone number, 2-1-1, connects callers to information about critical health and human services, including mental health/addiction, housing, legal consumer and public safety, health care, food/meals, domestic violence, transportation, employment, disaster support and more. The 2-1-1 program works directly with the Santa Barbara County Office of Emergency and other local entities to ensure that information is centralized and accessible through an accredited call center.

In the early morning hours of September 2, 2019, a fire broke out on the Conception Dive Boat, which was anchored just off Santa Cruz Island. The fire resulted in the deaths of 34 people, and has been deemed the worst maritime disaster in modern

California history. In the wake of the tragedy, families of the victims were in need of information and resources, leading them to contact 2-1-1 for assistance. As calls began to come in on that Monday morning, 2-1-1 was able to disseminate up to date information on the tragic event in coordination with the local Emergency Operations Center (EOC).

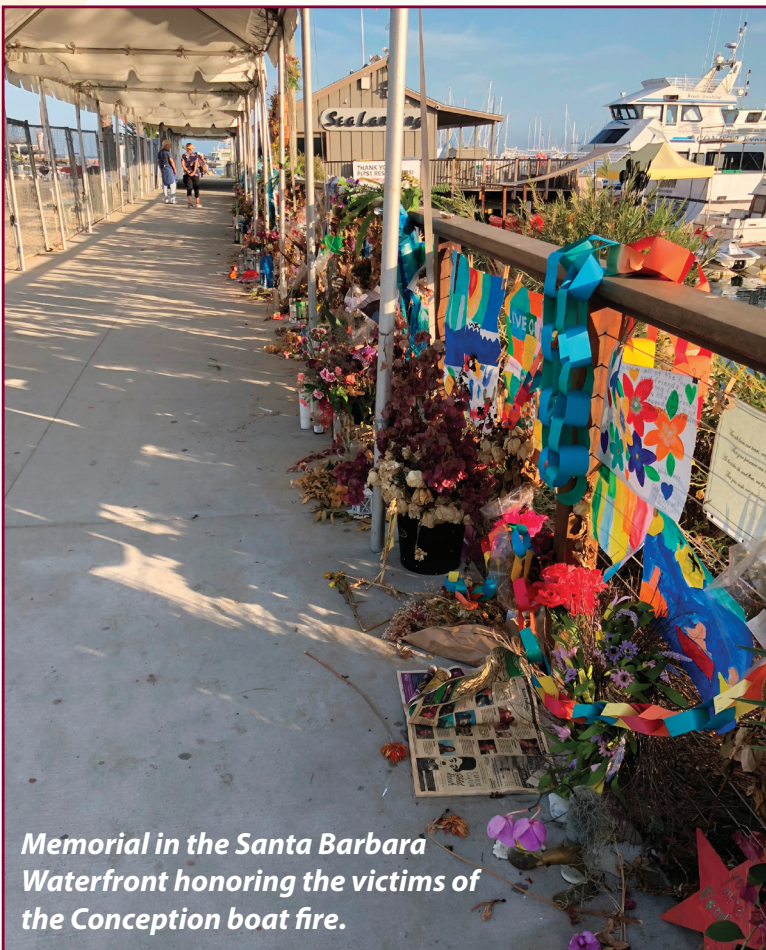


2-1-1 received several calls regarding potential missing persons, and was able to record and share the information with the local EOC. 24/7 accessibility to over 150 languages through a live call specialist makes 2-1-1 a valuable asset for Santa Barbara County. These capabilities allowed 2-1-1 to handle calls from people outside of the country seeking information and resources, including callers from India and Singapore. "The 2-1-1 Call Specialist took down identifying information from the callers and we sent it to the Santa Barbara Office of Emergency Services. This information was used to help connect the family members to emergency services. 2-1-1 is available before, during, and after emergency events for anyone needing assistance." said 2-1-1 Program Manager, Elisa Pardo.

2-1-1 was also able to assist with lodging for a family arriving from out of the country, who lost a loved one in the boat fire. Kelly Brown, Director of 2-1-1 at Interface Children and Family Services, who operate the call center for 2-1-1 Santa Barbara, secured an Airbnb for the family of ten to come to Ventura and attend their family member's service. This was accomplished in partnership with Airbnb and United Way Worldwide.

2-1-1 was a vital resource during this tragedy that affected our local community and families from multiple countries. In disaster situations, Community Action Commission, 2-1-1, and the many organizations in Santa Barbara County stand to serve the local community and beyond with resources and assistance.

Dial 2-1-1 or text your zip code to 898-211 to find health and human services. [Visit **www.211sbco.org**](http://www.211sbco.org) for more information.



Memorial in the Santa Barbara Waterfront honoring the victims of the Conception boat fire.

PROGRAM HIGHLIGHT: CAL-SOAP

Cal-SOAP is a program under Community Action Commission's **Family and Youth Services Department**. The Santa Barbara Cal-SOAP consortium has been around since 1984 and was developed to provide underrepresented students with college awareness and financial aid resources. The program serves over **2,000 low-income and/or first-generation college bound students** every year with tutoring services, campus visits, advisement, financial aid, and college awareness.

Cal-SOAP employs local college students who demonstrate a financial need or through work study as tutors and peer advisors, creating a valuable experience and career-building opportunity. One Peer Advisor said, "Cal-SOAP was the opportunity I needed in order to grow professionally. I meet new members of the community at every event I attend. Not only am I expanding my network, but I am also learning how to be a greater resource for parents and students. Most importantly, Cal-SOAP has provided unconditional support and area for growth."

This past summer, Cal-SOAP provided six campus visits impacting 56 students, where they were able to tour, lunch, and learn more about various institutions of higher education. After an AVID class from San Marcos High School went on a college campus visit to the Bay Area, one student said "The trip was a very rewarding and educational experience. We got to visit many colleges in different settings...We appreciate all the help/funding Cal-SOAP provided for this trip. We hope you continue to do so for future AVID classes as it was a tremendous help. We couldn't have gone without your help, thank you."



In partnership with Study Smart Tutors, Cal-SOAP offered a Summer Bridge program this past July for incoming ninth grade students. This class provided students with tools and skills to prepare them for what will be required of them during high school, such as study skills, A-G requirements, and how to manage their classes.

Upcoming Events: Cal-SOAP is offering a **College Night on October 30th, 2019**, where students can speak with over 75 admission representatives from various postsecondary institutions. Throughout October and November, Cal-SOAP is offering multiple FREE Financial Aid Workshops to assist twelfth grade students and their families with FAFSA and CA Dream Act Applications. Cal-SOAP plans to have a fundraiser every other month throughout the school year to raise funds for both tutors and students to provide them with gift cards and snacks during activities and trainings.

If you would like to contribute to Cal-SOAP's mission, items on their wish list include tutor t-shirts, gift cards, peer advisor/Cal-SOAP staff t-shirts, student supplies, printer paper, and snacks for activities/events.

You can learn more about Cal-SOAP on their website www.calsoapsb.org or by calling (805) 730-7373.





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STAFF UPDATES



Join us in welcoming Natalia Alarcon, a Licensed Marriage and Family Therapist working with CAC's Family Self-Sufficiency Program. Natalia Alarcon is a local Carpenterian who has worked in the nonprofit community serving children, youth and families. She has provided education, case management, coaching and therapy throughout the past 9 years. She is passionate about investing in all families within the county.

The Family Self-Sufficiency program works with low-income individuals and families residing in Santa Barbara County. Through comprehensive services, highly motivated participants are provided with tools to eliminate barriers to increasing self-sufficiency.

Congratulations to **David Jimenez**, Business Analyst, and **Nicole Oldendick**, Research & Projects Manager, on completing their **Results Oriented Management and Accountability (ROMA)** training! They are now Nationally Certified ROMA Implementers (NCRI). The certification process included four phases and took place over the last five months. We have implemented ROMA throughout the agency in many ways

including our program logic models, the CAP Plan, and the Strategic Plan. As NCRI's, David and Nicole will assist in the collection and reporting of results related to the goals and objectives laid out in the aforementioned documents. We are all excited about what these credentials bring to the agency.



CAC earned a 2019 **GuideStar Platinum Seal**, reflecting our efforts to reach the highest level of transparency in sharing both qualitative and quantitative information about our goals.