

Monthly newsletter for people caring for those affected with Alzheimer's disease or other forms of dementia.



California Central Coast Chapter

Santa Barbara County
1528 Chapala St., #204
Santa Barbara, CA 93101
Tel: 805.892.4259

120 E. Jones St, #113
Santa Maria, CA 93454
Tel: 805.636.6432

San Luis Obispo County
71 Zaca Ln Suite 110
San Luis Obispo, CA 93401
Tel: 805.547.3830

Ventura County
2580 E. Main St Suite 201
Ventura, CA 93003
Tel: 805.494.5200

24-Hour Helpline:
800.272.3900

alz.org/CaCentral

Volunteer with the Alzheimer's Association

Marcy Maler, Program and Education Manager, Santa Barbara Branch

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with your community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it is true that the more you volunteer, the greater the benefits, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

There is a good chance that you know someone who is impacted by dementia, such that becoming an Alzheimer's Association volunteer will become particularly meaningful to you. Our ability to reach and support those affected by dementia depends on people like you who are dedicated to the fight against this disease. As an Association volunteer, you can use your unique talents to make a meaningful impact in your community while connecting with others who share your passion.

Right now, millions of Americans face the devastation of Alzheimer's and other related dementias. This disease is robbing us of our families, our futures, and our finances. At the Alzheimer's Association, our network of more than 75 chapters is working relentlessly to advance world-class research, ensure access to gold-standard care and support, and engage mission-



driven volunteers who make it all happen.

Are you interested in connecting with a wide range of people in your area?

Community Volunteer Leader: Community Volunteer Leaders help recruit program volunteers, network, build relationships, plan and promote local events, and evaluate community needs. Community Volunteer Leaders traditionally serve underserved rural or minority communities to raise awareness and expand the reach of the Alzheimer Association programs.

Promotoras: Promotoras are volunteer community engagers that raise awareness of the Alzheimer's Association programs, provide basic disease information, and link consumers to Alzheimer's Association services. Promotoras are traditionally known as connectors, educators, mentors, counselors, peer leaders, patient navigators or health advocates and serve as liaisons between the Alzheimer Association and the Hispanic/Latino community.

Would you like to teach caregivers about Alzheimer's and other related dementia?

Community Voices: Community Educators are volunteer public speakers who help the Association raise awareness, provide education, and expand the reach of educational offerings in the community.

Tips & Tools

Get Involved, everyone can help in the fight to end Alzheimer's.

Join the cause by staying informed, making a donation, or becoming an advocate for those with Alzheimer's disease and their families!

- Donate
- Participate in an event
- Advocate
- Shop for the cause
- Become a corporate sponsor

[Click Here To Get Involved!](#)

These volunteers deliver presentations using prepared training materials on topics related to Alzheimer's disease and other dementias.

Do you enjoy organizing social activities for people living with Alzheimer's?

Early Stage Social Engagement Leader: Early Stage Social Engagement Leaders plan, implement and assure positive experience during social engagement events/activities for people living with memory loss.

Are you interested in helping community members find programs and services?

Community Representatives: Community Representatives raise awareness of the Alzheimer's Association programs, provide basic disease information, and link consumers to Alzheimer's Association services by serving as liaisons between the Alzheimer's Association and local groups such as neighborhoods, rural counties, business and civic organizations or faith communities.

Faith Outreach Representatives: Faith Outreach Representatives serve as liaisons between the Alzheimer Association and local faith groups and congregations by sharing information about Alzheimer's disease, the free resources offered through the Alzheimer's Association, and the many ways to join our cause at local community and education events.

Are you skilled in creating a safe environment where people can share feelings and experiences?

Support Group Facilitators (Caregiver or Early Stage): Support Group Facilitators create a safe, open environment where people share their feelings, thoughts, and difficulties in a combined effort to better cope with and manage the shared experiences as caregivers.



Volunteers live longer and are healthier.

Volunteers are happier and healthier than non-volunteers. In fact, later in life, volunteering is even more beneficial for one's health than exercising and eating well. Although it is not well understood why volunteering provides such a profound health benefit, a key factor is assumed to be that volunteering serves to express and facilitate opportunities to carry out one's sense of purpose. The very nature of volunteering means choosing to work without monetary compensation. As a result, people choose to spend their time on issues they feel strongly about.

Online connections, while useful for maintaining existing relationships, are not very helpful in establishing lasting, new ones. Working alongside people who feel as strongly as you do about supporting a particular cause creates a path to developing strong relationships with others.

Volunteering is good for society.

As with almost all mission-driven organizations, the Alzheimer's Association is most successful when maintaining a strong volunteer workforce. In fact, the Alzheimer's Association relies on more volunteers than paid workers to meet its goals and fulfill its mission.

Our volunteers are passionate, inspired, and dedicated to making a difference in the fight to end Alzheimer's disease. Whether you can spare a few hours a week or can make a more significant time commitment, please consider becoming an Alzheimer's Association volunteer. Find the role that is the best fit for you!