Who are we?

AmeriCorps Seniors

CENTRAL VALLEY REGIONAL CENTER

AmeriCorps - Nationwide

AmeriCorps

is the federal agency connecting individuals and organizations through services and volunteering to tackle the nations most pressing challenges.

AmeriCorps Mission

To improve lives, strengthen communities, and foster civic engagement through service and volunteering.

CENTRAL VALLEY REGIONAL CENTER

Our Mission

Central Valley Regional Center's mission is to help individuals with developmental disabilities and children at risk to reach their goals.

AmeriCorps Seniors

AmeriCorps Seniors Program gives individuals age 55 and up opportunities to get involved and make a positive difference in their communities.

Volunteers serve with organizations dedicated to helping others.

- **Foster Grandparent Program – Established in 1965. Hosted at CVRC since 2001.**

- **Senior Companion Program – Established in 1968. Hosted at CVRC since 2018**

AmeriCorps Seniors: Improving the Quality of Life for All Generations

So, just what are our volunteers up to?

They Give

Hugs



and Time for quiet walks



They make a difference

as positive roles models



by making learning fun!



We give

Hugs **and Time,** **to show appreciation**







We make a difference

By creating opportunities to socialize,



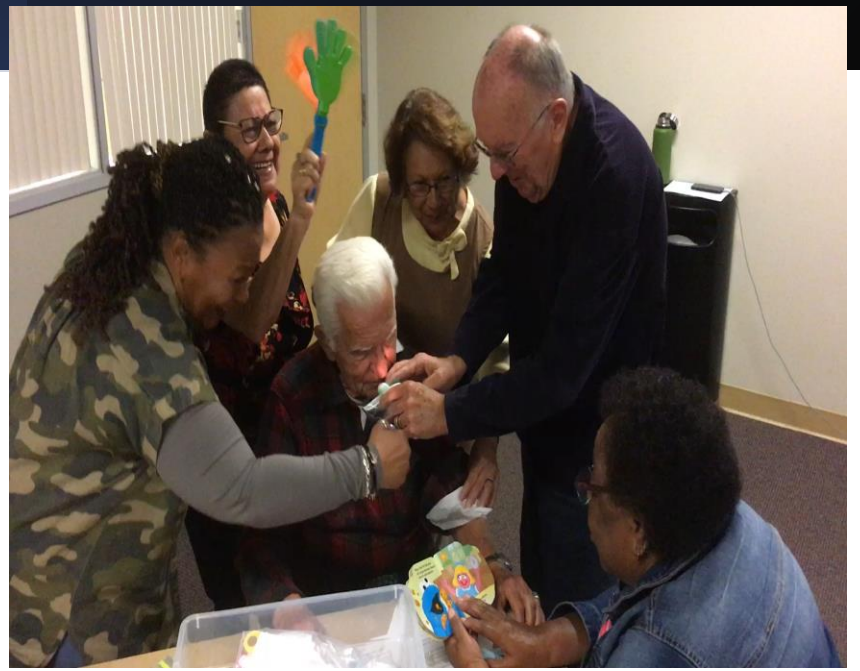
make new friends,



and learn new things each month: What would it be like…







…to have significant motor issues? or …to be this overstimulated?

EVERY MORNING

EVERY DAY

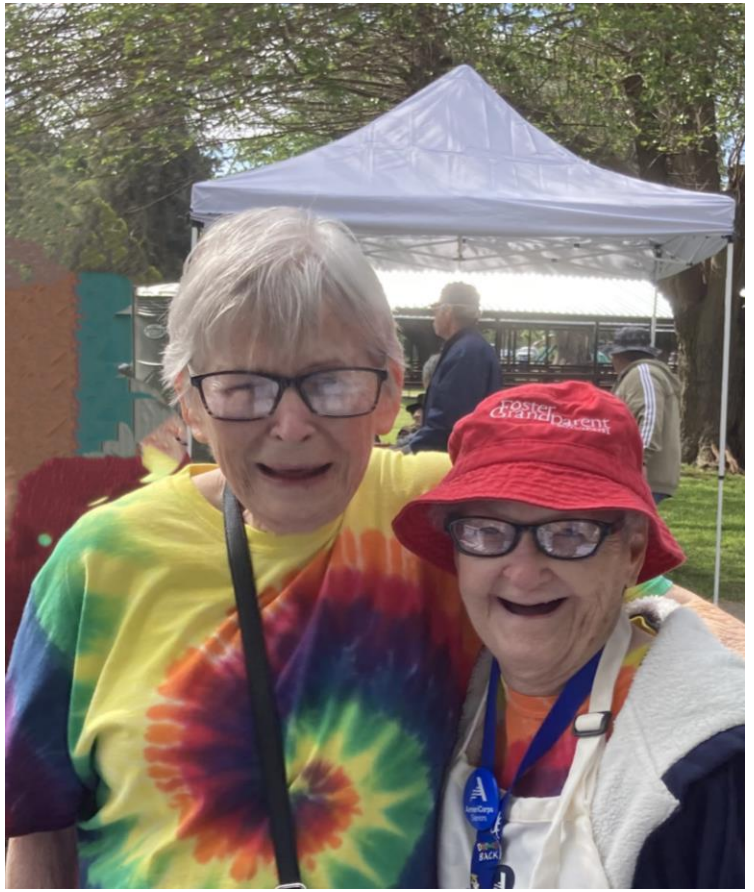
WEEK BY WEEK

WHY?
What really motivates them?

- ★ *"Volunteering gives me a reason to get up every day"*
- ★ *"I'm doing something meaningful"*
- ★ *"I'm making a difference*
- ★ *"It makes me feel good to be needed"*
- ★ *"It makes my heart happy"*



Star Highlights



We recently celebrated Grandma Erma's 22nd service anniversary with the Senior Companion Program. She enrolled with the Porterville Developmental Center's program in 2005, serving on campus until transitioning to the Porterville Sheltered Workshop. She enjoys spending time with her individuals at PSW who affectionately call her "momma," and keep tabs on her every move.

Esther is another 22 year veteran of our AmeriCorps Seniors Program. She also began with the PDC program in 2005 as a Foster Grandparent in the community, serving students with special needs in their classrooms. After 14 years, and much thought about needing a change of pace, Esther became a Senior Companion and began serving older individuals at Porterville Sheltered Workshop. Right away, she knew she found her new "home."





Annabelle has been a Foster Grandparent for 23 years, serving alongside teacher Jennifer since she enrolled in the program at PDC in 2004. They are still a team at Monache High School.

She enjoys sharing her artistic talents with students, encouraging their own creativity. Two young ladies she mentored blossomed out of their shyness to become best friends. The girls decided to co-author a book about friendship, held a book signing event, and share a dream to have it published.

Annabelle gives back to her community in many other ways - as a vital member of SETCO, a Republican women's group, and the Grand Jury. She is also active in the Antique Collector, Bunco, and Garden Clubs.

Of course, each of them is a star in our book!



AmeriCorps Seniors

A small part of something bigger









F/Y 25-26:

51 volunteers served CVRC individuals

a combined total of 41,199.5 hours at 24 sites in Tulare County

Our Volunteers are Making a Difference

- In their communities
- In the lives of children and adults they serve
- In their own lives

You Can Make a Difference Too!!

We want *YOU* on our team!!

