

MESSAGE FROM CHIEF EXECUTIVE OFFICER



Patricia Keelean

Dear CAC Friends,
Happy Spring! This time of the year is all about growth and renewal, and CAC has embraced it with open arms. We completed our community needs assessment earlier this year and have nearly completed a new 5-year strategic plan. CAC is creating a bold new vision aimed at creating opportunities for Santa Barbara residents to

improve their economic security and become self-sufficient. In a nutshell, our vision is to *empower sustainable independence* for those we serve.

In the past six months, we've implemented new programs designed to accomplish this vision, including our new Family Self-Sufficiency Program, Economic Empowerment Program, and new Infant/Toddler Classrooms. Earlier this year, 2-1-1 Santa Barbara launched a new webpage designed to support the successful transition of adults returning home from jail. Also, we will be expanding our Information & Education (I&E) program in July, with a goal of preventing adolescent pregnancy and sexually transmitted diseases. The future at CAC promises even more strategies and partnerships for building sustainable independence.

Spring at CAC is also about our annual *Champions Dinner*, benefiting our Senior Nutrition Program. This year, we are pleased to be honoring the *Santa Ynez Band of Chumash Indians* for their many contributions to our community, including our elders. In the spirit of renewal, our Healthy Senior Lunch program has recently undergone a culinary

renaissance due to our new partnership with Santa Barbara Unified School District. Nancy Weiss, Director of Food Services, has brought her passion for healthy, made from scratch, hot lunches to our program - and our seniors are, literally, eating it up!

We are so grateful to our many generous sponsors for supporting our 2019 Champions Dinner this year. A special thank you to our Diamond Sponsor and partner, **CenCal Health**, for their \$100,000 matching grant. Over the past ten years, CenCal Health has donated a total of \$800,000 to support our Healthy Senior Lunch Program!

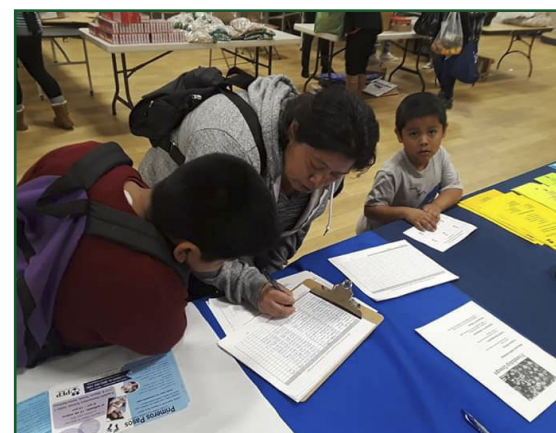
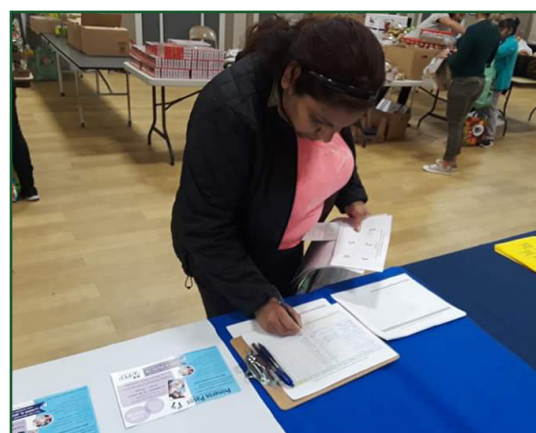
We hope you will join us on May 17th at The Corque Hotel in Solvang to help us reach our fundraising goal, so that we can receive the additional \$100,000 in matching funds to benefit the Healthy Senior Lunch program. We look forward to seeing you there!

Hotel in Solvang to help us reach our fundraising goal, so that we can receive the additional \$100,000 in matching funds to benefit the Healthy Senior Lunch program. We look forward to seeing you there!



CAC/Energy

Various events throughout the County to promote the Earned Income Tax Credit. Three million new families are now eligible for up to \$6,000 in Federal and State Earned tax credit under the new expansion plan. Seniors and young adults 18 and 24 are the newest groups to benefit from this program.



Senior Nutrition

Our Community Action Commission (CAC) deli has been renamed the “Art of Giving Back Café & Catering” by our CAC Volunteer Guild. Our Guild volunteers represent the Towbes Group, Rabobank, Yardi, Cox, & The Lucky Company, just to name a few. These companies are committed to helping us improve and support our programs. The deli will undergo some amazing upgrades in the near future; paint, furnishings, coffee stations, WI FI and other improvements, to make your experience more relaxing and enjoyable, not to mention delicious!

More exciting news: Our deli provides catering service for boardroom lunch meetings, and more. Did you know that every time you purchase a sandwich or any other item on



our menu, you are helping Community Action Commission to provide warm, nutritious meals to almost 1,200 seniors, countywide? That’s right! **All revenue generated from deli items purchased, or catering, goes directly into our Senior Nutrition Program.** Not only are you enjoying a yummy meal for yourself, but you are helping to feed others. Talk about a win-win situation!

You might ask yourself, well, *what does this really mean?* We have found that many people don’t realize that all the proceeds from our café and catering help subsidize our Senior Nutrition Program. If you are not familiar with this program, some of the most important factors are the following:

- 1. We provide warm, nutritious meals to over 1,200 seniors annually who lack basic resources, including food.
- 2. We deliver to 14 Community Meal sites throughout the county, 5 days per week. On Fridays, our seniors receive two frozen meals to provide nutrition throughout the weekend. At our 14 Community Meal sites, seniors gather, socialize, and interact, while enjoying a nutritionally balanced, made from scratch meal. Isolation and loneliness are devastating factors seniors deal with on a daily basis.
- 3. Additionally, we deliver to approximately 500 housebound seniors who cannot visit our Community Meal sites due to mobility and health related issues. While our transporters are there, if obvious items require attention, our Energy Department is otified and they focus on “well checks” and safety.



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) <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"/> Admin Support <input type="checkbox"/> Event Planning <input type="checkbox"/> Social Media <input type="checkbox"/> Photography <input type="checkbox"/> Video Production <input type="checkbox"/> Drivers <input type="checkbox"/> Home Delivery Meals <input type="checkbox"/> Entertainment <input type="checkbox"/> Congregate Meal Site <input type="checkbox"/> Volunteer Committee <input type="checkbox"/> Other, Explain: _____	
How did you hear about CAC? _____	
Why do you want to volunteer at CAC? _____ _____ _____	
Signature:	Date:



A PRIVATE NONPROFIT

Community
Action
Commission
OF SANTA BARBARA COUNTY



HELPING PEOPLE. CHANGING LIVES.

I want to use your monthly plan:

☐ \$83.33 Monthly (\$1000 Annually – Billed for 12 months)

☐ \$41.66 Monthly (\$500 Annually – Billed for 12 months)

I want to contribute the following in one payment:

☐ \$1000 ☐ \$500 ☐ \$250 ☐ \$100 ☐ Other \$ _____

Check Payable to CACSB is enclosed

Name on Card: _____ Email: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip code: _____

Please charge my Credit Card (Visa/Mastercard) # _____

Expiration: ____/____ Security Code: _____ Billing zip code: _____

5638 Hollister Avenue, Suite 230 • Goleta, CA • 93117 • www.cacsb.org

501(c) 3 Charitable Corporate Tax ID #95-249-1790

In the news!

Many of our seniors have worked hard, raised families and even served our country. Through life changes, and unexpected situations, many are faced with not having enough money for food, after paying rent and purchasing medications. Our one meal a day has been described by many as the one thing they can count on towards the end of the month, when funds are low, or non-existent.

We are extremely proud to introduce our new Chef, Christina Delacruz, who possesses a vast amount of experience from her association with the Marriott Hotel and others. Come in and enjoy a variety of newly created items including delicious sandwiches, scrumptious salads, homemade potato chips and more. We have catered lunches for Rabobank, The Towbes Group, Bank of America and Merrill Lynch, just to name a few.....

We are located right off the Turnpike exit; turn right on Calle Real and pass the IHOP, continuing until you reach Camino Del Remedio. Turn left and we are at the top of the hill, towards the right, at 315 Camino Del Remedio. Santa Barbara, CA 93110. Why not phone in your order? Our phone number is **(805) 681-9968**.

We will soon have our website www.artofgivingback.com up and running with daily specials, online ordering and more. We hope to see you soon and don't forget about our lunchtime catering! Please think about the difference you can make, just by purchasing a sandwich or having your boardroom lunch catered. With this being said, you can see the benefit of purchasing a meal for yourself, while helping to feed a senior in need of a nutritious meal. The art of giving back....

By Linda Rosso, Development Manager



Join us for our 14th annual
Champions Dinner as we celebrate

The Art of Giving Back

CHAMPIONS DINNER

Friday, May 17, 2019

6:00pm-9:00pm

Hotel Corque

400 Alisal • Solvang, CA 93463

PLEASE RVSP BY MAY 10, 2019

Send in your RSVP or purchase your tickets online
www.CACSB.org or call 805-964-8857 x 1101

Complimentary transportation to and from
Santa Barbara to Solvang & Santa Maria to Solvang will be provided.
This is first come, 1st serve, seating is limited.

We also have a block of rooms at a special rate.

Join our Diamond Sponsor who is matching Senior Nutrition Support up to \$100,000, \$ for \$

Platinum Sponsorship: \$10,000

- 1 Overnight Stay at the Hotel Corque
- 10 Event Tickets with VIP Seating
- Logo on CAC website • Logo on Event Website
- Social Media Recognition • Special Event Signage
- Full Color Page in Program
- Recognized and Thanked at Ceremony
- Featured in Annual Report

Gold Sponsorship: \$5,000

- 8 dinner tickets with VIP Seating • Logo on CAC Website
- Logo on Event Website • Social Media Recognition
- Special Event Signage • Recognition in program
- Recognized and Thanked at Ceremony
- Featured in Annual Report

Silver Sponsorship: \$2,500

- 6 dinner tickets • Logo on CAC Website
- Logo on Event Website
- Social Media Recognition • Event Signage
- Recognition in program
- Recognized and Thanked at Ceremony
- Featured in Annual Report

Bronze Sponsorship: \$1,000

- 4 dinner tickets • Social Media recognition
- Event Signage
- Featured recognition in event program
- Recognition in program
- Recognized and Thanked at Ceremony
- Featured in Annual Report

Supporter: \$500

- 2 dinner tickets • Recognition in program
- Featured in Annual report

Diamond \$100,000 Sponsor



Double your impact!
Your Sponsorship will be MATCHED \$ FOR \$
by our Challenge Sponsor, CenCal Health,
up to \$100,000!

Gold \$5,000 Sponsor






www.CACSB.org | 805-964-8857 x 1101

**Community Action Commission
Invites you to**

The Art of Giving Back


CHAMPIONS DINNER

HONORING



SANTA YNEZ BAND OF
CHUMASH INDIANS

Diamond Sponsor


BREAKFAST

MEAT CHOICES: ham, turkey, sausage, bacon.
CHEESE CHOICES: cheddar, jack, pepper jack, provolone.

EGG WHITE SANDWICH.....\$6.00
Spinach, avocado, tomato, Canadian turkey bacon, and feta on a grilled English muffin.

BREAKFAST SANDWICH.....\$6.00
Two eggs, cheese, and a choice of bacon, sausage, ham or turkey on grilled white, wheat, sourdough or croissant.

BREAKFAST BURRITO.....\$6.50
Two eggs scrambled, choice of meat and cheese, hash browns, and served with a side of salsa.

BREAKFAST BURGER.....\$6.99
Sausage patty with a fried egg, avocado, smoked bacon, gouda cheese, with aioli on a deluxe burger bun.

MONTE CRISTO.....\$6.50
Layered; ham, turkey and swiss cheese, layered in between golden grilled french toast, served with a side of jelly.

BAGEL SANDWICH.....\$6.25
Two eggs, served with a choice of meat and cheese, tomato and provolone, with avocado mayo.

CREATE YOUR OWN OMELET.....\$7.95
Choice of up to 2 meats with spinach, tomato, onion, jalapenos or Ortega with chili choice of cheese and hash browns.

SANDWICHES

INCLUDE A SIDE OF HOUSE MADE CHIPS

HONEY HAM.....\$7.75
Honey ham, Gouda cheese, caramelized onions, arugula with whole grain mustard on a fresh, house made croissant.

CHICKEN BREAST PANINI.....\$7.75
Herb aioli, tomato, apple smoked bacon, avocado, marinated chicken breast on grilled artisan sourdough.

ROASTED TURKEY.....\$7.75
Turkey with avocado aioli, roasted bell peppers, spinach, provolone on a house made croissant.

TALIANO.....\$7.99
Roasted turkey, honey ham and salami with provolone, tomato, lettuce, kalamata olives with a herb aioli on grilled white bread.

AMAZING VEGGIE DELIGHT.....\$7.75
Basil pesto grilled zucchini, squash, portobello mushrooms, with caramelized onions, spinach, avocado and feta on rye.

MELT-IN-YOUR MOUTH TUNA.....\$7.75
Tuna, cucumber, celery, onion with house made dill pickles, grilled with cheddar cheese, melted and combined with tomato and lettuce on grilled whole grain bread.

B.L.T.....\$8.25
Apple smoked bacon, lettuce, tomato with mayonnaise, sliced apple and avocado on grilled artisan sourdough.

Chef Christina Delacruz
315 Camino del Remedio
Santa Barbara, CA 93110
805-865-4548

WRAPS

INCLUDE A SIDE OF HOUSE MADE CHIPS

Chicken Caesar.....\$7.75
Grilled chicken breast, leaf lettuce, Caesar dressing, parmesan cheese on a hot whole wheat flour tortilla.

Turkey Avocado.....\$7.75
Sliced turkey, avocado, lettuce, pepper jack red onions, chipotle ranch dressing on a spinach herb flour tortilla.

Veggie.....\$7.75
Avocado hummus, spinach, feta cheese, roasted beets, grilled zucchini, tomato and spinach wrapped in a spinach herb tortilla.

Salads

805 COBB.....\$7.75
Romaine lettuce, Marinated grilled chicken breast, blue cheese, egg, tomato, avocado, red onion with a red wine vinaigrette dressing.

CLASSIC CAESAR.....\$7.50
Romaine lettuce, parmesan cheese, house made garlic croutons, with a thick house made Caesar dressing.

ROASTED BEET.....\$8.95
Spring mix with slow roasted diced beets, feta cheese, toasted pistachios with grilled chicken and a pink peppercorn vinaigrette.

SUMMER BEET.....\$8.95
Spring mix with diced beets, goat cheese, walnuts, mandarin oranges, served with hot grilled chicken breast and tossed with a white balsamic vinaigrette.

THE WEDGE.....\$8.95
Iceberg wedge, chopped bacon, red onion, cherry tomato, with balsamic drizzle, and creamy gorgonzola dressing.

ORZO.....\$8.50
Delicious combination of roasted bell peppers, red onion, artichoke hearts, sun dried tomatoes, spinach, garbanzo beans, and feta cheese.

APPLE QUINOA.....\$8.50
Quinoa, kale and sliced sweet apple, with sun dried cranberries, freshly roasted walnuts, creamy goat cheese, and raspberry vinaigrette.

BOXED LUNCHES

BASIC ONE WRAP OR SANDWICH.....\$9.25
Choice of side salad or pasta or chips and whole fresh fruit

DELUXE BOXED LUNCH.....\$12.95
One wrap or sandwich whole fruit, side salad or house made pasta, chips, 2 cookies and water

SIDES

PENNE PASTA
Arugula, sliced kalamata olives pesto sauce sun dried tomatoes and parmesan cheese.

SIDE SALAD
Spring mix with cucumber mix cheese and tomato.

DRESSING CHOICES
Ranch, White balsamic, Classic Caesar, Sesame Asian dressing

ADD-ONS

BREAD AND BUTTER FOR SALADS.....\$1.25
HOUSE MADE CHIPS.....\$1.25
2 COOKIES.....\$1.25
CANNED SODA.....\$1.25
BOTTLED WATER.....\$1.00
SPECIALTY DRINKS.....\$2.00

BUFFETS

Per person with a minimum of 10 people

BREAKFAST

GOOD MORNING.....\$7.95
Orange juice, toast, bagels, muffins, danishes, fresh fruit, and coffee with butter and jelly.

ALL AMERICAN BREAKFAST.....\$8.99
Scrambled eggs, bacon/sausage, Potatoes O'Brian danishes, bagels and toast, with fruit preservatives, juice, and coffee.

SALAD

SALAD.....\$8.50
Choose from 1 of the salad up top if more then 15 can choose from 2 salads.

TACO BAR 1 MEAT.....\$13.00
TACO BAR 2 MEATS.....\$15.00
Meats available-sizzling roasted pork, marinated chicken breast, carne asada or pork adovada or carnitas. Includes corn tortilla, chopped cilantro, diced onions, limes, grilled jalapenos and onions, and sliced red radish, with 2 house made green and red salsas.

PASTA

Chicken.....\$12.50
Shrimp.....\$13.95

ASIAGO CHEESE TORTELLINI
Tortellini pasta simmered in a garlic butter with asiago cheese topped with fresh parsley.

LEMON GARLIC LINGUINI
Linguini pasta with spinach and parmesan cheese simmered in a lemon garlic chef's sauce.

WHITE BEAN
Spinach linguini with grilled red onion, spinach, roasted garlic topped with a vegan white plant based sauce.

TUSCAN PASTA
Fettuccini pasta with baby spinach, chopped basil, cherry tomatoes, and cannellini beans sprinkled with parmesan cheese, and a creamy Tuscan sauce.

CHARCUTERIE BOARD

FRUIT 10PEOPLE.....\$30.00
CHEESE 10PEOPLE.....\$40.00
VEGETABLE 10PEOPLE.....\$35.00