



# October Hero Profile 2017



**Children's Bill of Rights #10:** As the children and youth of San Luis Obispo County, may we each know that adults and peers listen and support us as individuals while we grow, and respect our diverse cultures, backgrounds, circumstances, talents,

#### OCTOBER'S HERO

**Paula Lewis**

#### PASSION

**Helping guide individual children, through one-on-one time, love and attention**

#### ONE WORD TO DESCRIBE PAULA

**Selfless**

#### NOMINATED BY

**Big Brothers Big Sisters of San Luis Obispo County**

**Paula Lewis is a champion for children, providing consistent support and mentorship as a volunteer with Big Brothers Big Sisters of San Luis Obispo County.**

After 25 years as an elementary school teacher in Atascadero, Paula decided she wanted the opportunity to focus her efforts on ONE child— rather than an entire classroom. Big Brothers Big Sisters of San Luis Obispo County was a natural fit. Paula and her Little Sister, 11-year-old Julianna, have been paired in the program for two years now. Big Brothers Big Sisters aims to provide children facing adversity with strong and enduring, professionally-supported, one-to-one relationships that change their lives for the better. Children from the program tend to grow up with higher aspirations, greater confidence, have more educational success and healthier relationships. Mentors like Paula are instrumental to these outcomes.

From baking, playing games and doing puzzles—to outdoor exploring, gardening and kayaking, Paula and Julianna have covered a lot of territory and created many special memories

together. When Julianna recently asked about making “slime,” Paula enthusiastically picked up the ingredients, and the two whipped up a recipe for an afternoon of messy, silly fun!

Perhaps Julianna summed it up best in her letter-to-the-editor for National “Thank Your Mentor Day” last January. “I am so happy and grateful that [Paula] has come into my life. Having a Big Sister is something I have always dreamed of. We have gone on so many adventures: visiting animal shelters, taking walks on the beach, bike rides at Avila and making cookies at her house. She is my best friend.”

**Thank you, Paula.  
You are a true Hands-On Hero.**

*Look for more on all of our Hands-On Heroes  
on COE-TV channel 19!*



Hands-On Heroes is a special recognition of dedicated individuals who believe in and support the Children's Bill of Rights, an achievable vision that our children grow up with healthy minds, bodies and spirits that enable them to maximize their potential. This program is coordinated by First 5 San Luis Obispo County in collaboration with local organizations that make a difference in the lives of children in our community. To find out more about First 5 and the Children's Bill of Rights, please visit [first5slo.org](http://first5slo.org).



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