

# Dedicated volunteer steps down from one of her duties

By Amanda Edwards

aedwards@santacruzsentinel.com

@amayedwards on Twitter

**SANTA CRUZ »** After 14 years of selfless volunteer work with the File of Life Program through the Volunteer Center of Santa Cruz, Fairfax Lomonosoff, 86, has decided to step down as the File of Life administrator and focus her time on other volunteer work.

Executive Director of the Volunteer Center of Santa Cruz County Karen Delaney said she is pleased that Lomonosoff is moving on from the File of Life, because she wants her to have time to take care of herself in addition to her volunteer work.

"As much as we will miss her at the File of Life program, I'm really happy that she's taking the opportunity to take care of herself as well as other people," Delaney said.

The File of Life Program provides a medical history that can be posted inside a house, or carried in a wallet for seniors who have frequent medical issues. If a medical emergency arises, the card enables medical personnel to obtain a quick medical history when a patient is unable to offer one.

The card lists the patient name, emergency medical contact, insurance informa-

## FILE OF LIFE

For information about File of Life, visit [www.scvolunteer-center.org](http://www.scvolunteer-center.org) or call 831-427-5070.

tion, social security number, health problems, medications, dosages, allergies, recent surgery, and religion.

In the last 14 years, Lomonosoff has connected more than 20,000 seniors with a File of Life card. She has raised the funds needed to purchase the cards and delivered the packets to community groups, fire departments, senior mobile home parks or health fair participants.

Lomonosoff has her own File of Life card, and she said she realized herself its value.

"When I ended up in the emergency room and the paramedics used the File of Life card and I realized how valuable it is," Lomonosoff said. "It has helped me a tremendous amount."

After moving from Miami in 1991, Lomonosoff immediately got involved with the Volunteer Center. She started with the referral program, where she interviewed people who were interested in volunteering and helped them choose where to volunteer.

Lomonosoff was then hired as a paid program assistant for the retired senior volunteer program but she



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Fairfax Lomonosoff is stepping down as the File of Life administrator at the Santa Cruz Volunteer Center.

still continued her volunteer work with the referral program.

Throughout her 22 years at the Volunteer Center, Lomonosoff has worked with a number of programs such as the Transportation Program, Adopt a Family, Be the Difference Awards, The Human Race and File of Life.

"I've always enjoyed volunteering, I feel better when I'm volunteering," Lomonosoff said. "Providing a worthwhile service in some way to the community is why I do it."

Lomonosoff is handing the File of Life Program to Jennifer Garner who recently retired to Santa Cruz after an administrative career working in the medical field.

"I've been doing it for such a long time and I felt like it was time for a change," Lo-

monosoff said.

Delaney said she knows that even though Lomonosoff will no longer be part of the File of Life, she will still look after it and be involved as much as she can be.

"Fairfax is a very smart and caring person and I know she will make sure that her project is always benefiting other people even if she's not doing it," Delaney said.

While Lomonosoff is taking a break from volunteering as she looks for a new volunteer opportunity in Santa Cruz, she will always be important to the File of Life and the Volunteer Center of Santa Cruz.

"She has a good heart and a good head on her shoulders, our community is lucky to have someone like Fairfax who helps out for so long," Delaney said.