

## Arturo Covarrubias

***Program Facilitator & Food Service Cook  
Cordova Recreation & Park District***



### **Q. What made you choose to enter the field of Parks & Recreation?**

Interestingly, I entered the field somewhat unexpectedly. I previously worked as a senior caregiver and applied for what I believed was a position at a senior care facility. It turned out to be a senior activities center instead. That experience opened my eyes to a different and powerful way of serving older adults — not just through care, but through connection, enrichment, and community engagement. Seeing the positive impact recreational programs have on seniors inspired me to continue growing in the Parks & Recreation field.

### **Q. What do you consider your biggest accomplishment in the field of Parks & Recreation?**

One of my biggest accomplishments has been helping create meaningful programs that keep older adults active, socially connected, and engaged. Transitioning from caregiving to recreation enabled me to see how impactful enrichment and community building can be. Watching participants form friendships, try new activities, and look forward to coming to the center has been incredibly rewarding.

### **Q. What made you get involved with District 2 and how has District 2 helped with accomplishing your goals in the profession?**

I became involved with District 2 to continue growing professionally and to better serve my community. Coming from a caregiving background, I have found that District 2 has helped expand my understanding of programming, leadership, and innovation within Parks & Recreation. It has provided valuable networking opportunities and insight from experienced professionals, and I look forward to continuing to learn and bring new ideas back to our senior community.



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**Q. What advice do you have for a peer that is trying to decide whether or not to going into the field of Parks & Recreation?**

I would encourage them to pursue it if they are passionate about making a difference in their community. Even if you don't start in Parks & Recreation intentionally, you may discover a passion for it along the way. This field allows you to positively impact people's lives every day by creating spaces and programs that foster connection, health, and belonging. It is incredibly fulfilling work.

*Do you have a suggestion for a Rising Star or someone we should consider featuring?  
Email your suggestions to the Director of Public Relations, Frankie Nelson, at [fnelson@folsom.ca.us](mailto:fnelson@folsom.ca.us)*