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West Texas RSVP News

Sponsored by: West Texas Rehabilitation Center
A Program of Corporation for National and
Community Service
A National Senior Corps Program

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ways to boost your immune system

For older adults, having a strong immune system is especially vital, since illnesses and infections can last longer and be more debilitating than in younger years. By following a healthy lifestyle, you can help fortify your immune system. Follow these four steps to build up your resistance to infection and disease in 2014 and beyond:

- 1 Eat right.** Hit the produce aisle for a variety of antioxidant-rich fruits and vegetables such as broccoli, spinach, yams, blood oranges, grapefruit, and berries. Choose lean protein such as chicken and fish and avoid processed foods. Drink plenty of water. Even small nutrient deficiencies make it harder for the body to prevent and recover from disease, especially in older adults, so take a good multi-vitamin if you eat an unbalanced diet, or suffer from a chronic disease.
- 2 Exercise often.** To fend off colds, flu and infection, put on your walking shoes. A 20 to 30 minute walk five days a week helps maintain a healthy immune response and lowers your risk of heart disease, stroke, diabetes, osteoporosis, and cancer! Add more activity to your day any way you can!
- 3 Get some zzz's!** While your body rests, your immune system is recharged. Aim for seven to nine hours of sleep a night. Having trouble—cut out caffeine, especially after your morning coffee or tea, cut out late afternoon naps, sip on chamomile tea before bed and stay away from anything stimulating right before bed. And remember, breaking a good sweat during the day (see #2) will help.
- 4 Relax!** Depression, anxiety, and high levels of stress hormones zap your immune system function. To restore emotional balance, take a yoga or tai chi class, pray, meditate or perform simple healing breath exercises. Indulge in things you truly enjoy. Knit, dance, listen to music, take a long, soothing bath.





SENIOR MEDICARE PATROL TRAINING

Wed, April 2, 9:30AM-4:00PM

Thurs, April 3, 9:00AM-3:30PM

Location to be determined!

YOU can help PREVENT, DETECT and REPORT HEALTHCARE FRAUD right here at home!

Senior Medicare Patrol (SMP) of Texas is part of the national SMP network funded by the US Administration on Aging with programs in all 50 states. Trained SMP volunteers educate Medicare and Medicaid beneficiaries, family members, and caregivers about preventing, detecting and reporting health care fraud.

The SMP staff, along with dedicated volunteers, conduct presentations, distributes information and printed materials at community events such as health fairs, meet one-on-one with beneficiaries to review Medicare Summary Notices, answer questions and concerns, and investigate suspected cases of fraud, waste and abuse.

As a result, SMPs help preserve the integrity of the Medicare and Medicaid programs, as well as help individuals protect their personal identity and prevent them from becoming the victims of a scam.

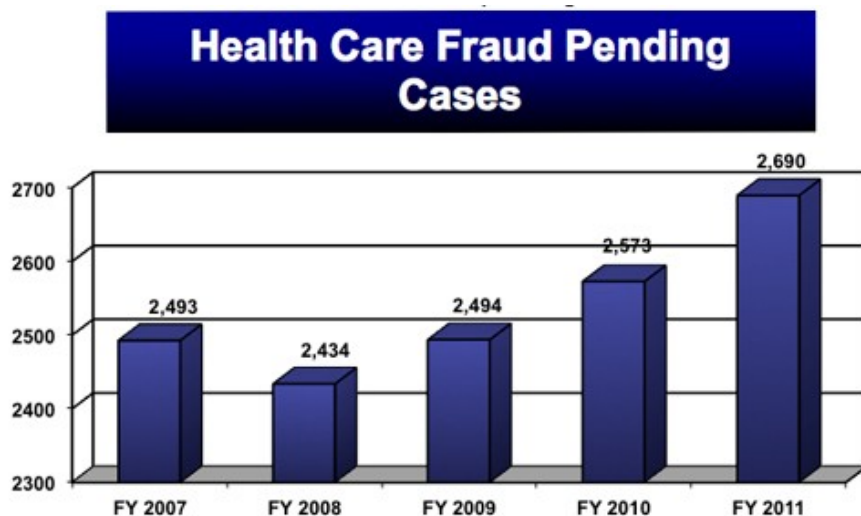
Now is your chance to become part of this great network of SMP volunteers!

Reservations for the San Angelo Senior Medicare Patrol training are being accepted now through Friday, March 28th. *There is paperwork to be completed prior to training so the sooner you can sign-up, the better.*

Be sure to pass this opportunity on to anyone who may be interested! **Remember however, that this training is for RSVP volunteers who are willing to conduct presentations, distribute information and printed materials at health fairs, and meet one-on-one with beneficiaries to review Medicare Summary Notices.**

To reserve your spot for the San Angelo April training call Angela Halfmann at 325.223.6387 or email ahalfmann@wtrc.com.

RSVP Volunteers from the Abilene/Big Country area may attend this training in San Angelo and be reimbursed for one night's accommodations and mileage!





Happy Birthday to you!



February

Concho Valley Area

- 1 Bonnie Chappell
Ruth Clingerman
- 2 Ann Billington
Gay Box
Ruth Edwards
Renate Hardie
- 3 Nancy Duncan
Wayne Merrill
- 5 J D Cook
- 6 Linda Churchwell
Christine Scott
- 7 Betty L Mikeska
- 8 Patrick J Malloy
Jenny Sakellariou
David Wood
- 10 Nancy McCray
Charlie Wilkins
- 11 Karen Brewer
John Griffin
- 13 Ralph D Mathews
- 14 Coral Jean Warren
- 15 Margaret Mallard
Betty L McMillan
Larry Sullivan
- 16 Nina Pormann
- 17 Glenda P Mathews
- 18 Bill Gatlin
Deryl Ann Hall
Faye B Sheldon
- 19 DaNaune Bloodworth
Margie Matheny
Suzanne Utt
- 20 Glenn Egbert
- 22 Ethel Binyon
Jimmie Wilson
Noel R Wilson
- 23 Rena Dee Gaines
- 24 Faye Armstrong
Joan Goodpasture
- 25 Shirley Oliphant
John Pormann
LaNelle Sherrod
- 26 Harold Goeble
Joseph Martinez
Susan Millegan
- 27 Nancy Knight
Charles H Lauffer

Big Country Area

- 1 Marti McKee
Norma Saunders
- 2 Oleta Branum
Phyllis Kisner
Carol Parrott
- 4 Arlene Johnson
Rose Mullins
- 5 Billie Wise
- 7 Jeanette Phariss
- 9 Don Bradshaw
- 10 Joe Howle
- 13 Linda Cheatham
- 18 Anna Poe
Paul Wimberley
- 20 Shirley Morrow
Emory C. Walton
- 21 Jimmie Campbell
- 22 Yogi Christesson
Cindy Dick
Chrystene Downs
- 24 Laurie Eubanks
- 25 Victor Popatco
- 26 Dorothy Falkner
Twila Nowell
- 27 Corrine Hill
- 28 Larry Lewis



March

Concho Valley Area

- 1 Mollye Swirsky
- 2 Marcy Bosequett
Jerry Sturman
- 3 Joyce Landon
Esther Wyman
- 4 Fred Williams
- 6 Claudia Cravens
- 7 Rama Huie
Nancy McClung
- 8 Elda Aldrete
Marvin Hall
Lana Lynch
Buck Vogt
- 10 Edison Agatep
Cheryl L Horton
Nancy E Taylor
- 14 Melvin Jeschke
Leamon Kile
Matilda Lowery
- 15 Tommy M Hiebert
- 17 Alice Konze
- 18 Nina Serbin
Charlene Sturman
- 19 Raye Conaway
Mary Harris Lohse
- 20 John Andrade
Ruth Cornell
- 21 Nadine Fischer
Doris D Norris
- 24 Charlene Corfield
Dorothy St Germain
- 25 Margaret Davis
Robert Eubank
- 26 Lillie Escobedo
Billie Nance
Judith Schneider
Lee Wommack
- 28 Lila Burre
Jo Hoover
Mary Roden
- 29 Joyce Hubbard
Helen Kennedy
Dianne Phillips
Janet Pierce
Frank Shouse

Big Country Area

- 1 Pat Brewer
Lawrence Gaston
- 2 Paul Seals
Dorothy Wimberley
- 3 Luzviminda Cleveland
Bette Smith
- 4 Gay Peters
- 6 Karan Breeden
- 7 Carolyn Monk
- 8 Earlene Yeary
- 9 Dianne Green
Wanda Macon
Phillip Price
- 10 Marie Dunn
- 11 Judy Davis
- 12 Carolee Bordofske
Robert Lepp
Charles P. Zani
- 13 Don Bierwagen
Mabel Trotter
- 14 Dorothy Wiseman
- 15 Helen Bruce
Ann Simmons
Bettie Wiegand
- 16 Priscilla Alldredge
Honey Wilson
- 18 Bill Ashton
Bill Robbins
- 21 Mozelle Chaney
Fern Hudson
Billy Richards
Clinton Rogers
- 22 Roger Beamer
Dorothy Woody
- 23 Peggy Barry
Nancy Conlan
- 24 Bera Sue Blassingame
Mary Smith
- 26 James Earnest
Leslie Ellis
Charles Kitchell
Shirley Stephenson
- 27 Ray Martin
Betty Phillips
- 30 Janet Douglas
Velma Finn
"Mel" Popatco
Carolyn Wiggins
- 31 Sandra Assenmacher

San Angelo Volunteer Opportunities



West Texas RSVP - Faith in Action

"A neighbor's independence depends on you!!"

Volunteer drivers are the support that allows many frail elderly to live independently as they often need rides to medical appointments. 223-6387 for more information.

Hospice of San Angelo

If you are seeking a way to make a difference in your community, volunteering for Hospice of San Angelo is a perfect place to do it. You can hold a hand, make a phone call, listen to cherished memories, touch a heart, change a life . . .including you own! For more information call Toni Goodwin at 325.658.6524 or go to www.hospiceofsanangelo.org



Meals for the Elderly

We need you! Our homebound, elderly clients need volunteers to deliver their meals. We have routes available Monday through Friday in many locations in San Angelo and some of the outlying rural communities. We need drivers to drive on a regular, substitute and last minute basis.



Regency House

- ◇ Book Club—Read to the residents
- ◇ Bingo Caller
- ◇ Ladder Ball helper
- ◇ Help with shopping trips to Wal-Mart
- ◇ Lead arts & crafts

Stephen's Central Library

Tom Green County Library System

Are you computer savvy and interested in teaching others? The library is in need of instructors for their basic computing classes. The classes will be held in the 12 station computer lab at the downtown Stephen's Central Library branch.

Tell Me a Story

This special RSVP program for military children and their families is in need of volunteers to help with quarterly storytelling events. Opportunities within the program varies. Call Angela at 223-6387 for the details!



Angelo Civic Theater

Volunteer ushers & house managers are needed for the various plays produced throughout the year.



Up and coming include:

Sabrina Fair
March 21—April 6

The Great American Trailer Park Musical
June 6—22

San Angelo's Convention and Visitors Bureau

Promote our city by volunteering at the beautiful CVB on the Concho River! No experience needed, just a great attitude and willingness to learn...and a little knowledge of the San Angelo area! For an application see us at West Texas RSVP!

If you would like to discuss any new opportunities or would like to be placed on the on-call list, please call or e-mail Angela Halfmann at 223-6387 or ahalfmann@wtrc.com.

Abilene Volunteer Opportunities

Big Brothers Big Sisters



In February, "Run or Dye" returns to Abilene for a colorful 5K race! Big Brothers Big Sisters needs volunteers Friday, February 21st 2014 to assist with packet pick-up 9:00 A.M. - 3:00 P.M. OR 2:45 P.M. - 9:00 P.M. We also need volunteers on Saturday, February 22nd, 2014 from 7:00 A.M. - 12:30 P.M. to help with the race!

If you choose to volunteer, register online using the code: RODBBBS10 (Each code entered = a donation for mentoring.) Also, volunteers run in the race for free!

Contact Mallory Ashford at malloryashford@gmail.com for more information!

PUBLIC SERVICE ANNOUNCEMENT

The AARP Free Tax Help, the Center for Economic Opportunity, and Dyess AFB, in cooperation with the Internal Revenue Service (IRS) will again, be providing free income tax preparation service for all middle and low income taxpayers for the 2013 tax year beginning Jan 31, 2014.

Last year, this program was responsible for attaining over one million dollars in refunds for the citizens of Abilene because of the well-trained volunteers. This year we will be providing this service at several locations within the city of Abilene and some area towns. The Center for Economic Opportunity downtown, the Abilene Public Library downtown second floor, the North Library at 1214 North Mockingbird, Dyess AFB Jag office will be the locations for the tax help.

Interested parties should check the Abilene Reporter News, page 2 columns daily for the locations and times. Questions about locations and times? Call 211.

Disability in Action

Disability in Action is looking for volunteers to work with people with low level reading and writing skills. There are several individuals who need assistance to learn how to read and/or write so as to improve their lives in many areas, such as getting a job, enjoying reading books and other printed matter and to increase their self-esteem. Anyone interested please call the RSVP office to get more information-793-3520.

Meals on Wheels Plus

DELIVERY DRIVERS WANTED!

Volunteers can help deliver 12 to 16 hot nutritious meals and brighten the day for someone who is unable to provide balanced meals for themselves. It takes less than a hour and a half, one day a week between 11am - 1:30 pm. Volunteers can sign up alone or with a friend. Training will be provided by the agency.



Frontier Texas

is needing volunteers to be trained as docents to guide tour groups through the museum. No experience is required. Call the Abilene RSVP office for more info and to learn about the Volunteer Rewards Program at Frontier Texas. 325.793.3520.

The Day Nursery of Abilene

Volunteers are needed to sew sheets for cots the children take naps on each day. The RSVP office has copies of the dimensions and instructions. These are very simple and can be made from slightly used sheets or new/used & clean material. If you are interested please call the RSVP office at 793-3520.

**For more information on these and other volunteer opportunities
contact Max Ann at 793-3520 or mabowlin@wtrc.com.**

MLK Day of Service—Tell Me a Story Event

Pictured to the right, West Texas Rehab CEO/President Col. Woody Gilliland, guest storyteller to military children and their families.



Pictured clockwise from top: RSVP volunteers Gladys Hicks, Sally Meyers, Bruce McLaren and Lew Burnett interacting with military families at the 'Tell Me a Story' event held in conjunction with MLK Day of Service.



January 16, 2014

Max Ann Bowlin
RSVP
4601 Hartford Street
Abilene, Texas 79605



Dear Max Ann,

Thank you to the many RSVP volunteers who donated their time and energies for the 2014 Dancing with the Abilene Stars to benefit the children at Hendrick Home.

Your generous donation helped make it possible for us to exceed our expectations and raise over \$300,000 to fund the day to day expenses of raising children. We appreciate your generosity.

Each year, Hendrick Home for Children continues to advance in it's mission to continue to make a difference in the lives of children. With the help of donations from supporters such as you, we can continue to do just that!

Again, thank you for helping us make our Annual Dancing with the Abilene Stars a huge success! The date of next year's event is January 8, 2015. We hope we can count on your support again next year! If I can assist you in any way, please do not hesitate to contact me.

Sincerely,

Barbara Dahl
Vice President
Community Relations

BILBREY TOURS

Natchez, Mississippi

Spring Pilgrimage of Homes

March 25–29, 2014

(5 Days, 4 nights)

Departing from Abilene, Big Spring and San Angelo

Highlights Include:

- * Tour Antebellum Homes:
 - Brandon Hall (1856)
 - Linden (1800)
 - Stanton Hall (1857)
 - Rosalie (1832)
- * *Natchez Historic Pageant* - tells history of Natchez
- * *Southern Exposure* - comedy
- * Lunch at the Carriage House
- * Dinner at Magnolia Hall
- * Frogmore Cotton Plantation - an 1800-acre working plantation
- * Delta Music Museum (Ferriday, LA)
- * Meals: 4 continental breakfasts, 3 lunches or dinners

\$959 per person (2 people per room)

\$1199 per person (1 person per room)



Sedona and Scottsdale, AZ

April 3–10, 2014

(8 days. 7 nights)

Departing Abilene, Big Spring and San Angelo



Highlights Include:

- * Old Scottsdale Western Town
 - * Artist Dale Chihuly's Lighted Glass Exhibition
 - * Desert Botanical Garden
 - * Sedona Tour with local guide
 - * Oak Creek Canyon's breathtaking chasm
 - * Verde Canyon Railroad (First Class), home to the majestic bald eagle.
 - * Musical Instrument Museum - over 5,000 displayed
 - * Mini Time Machine - collection of miniatures
 - * Montezuma Castle - cliff dwellings of the 13th century
 - * Saguaro National Park - giant cactus can grow to 50 feet
 - * Biosphere 2 - University of AZ Science Research Facility
 - * White Sands National Monument - Gypsum dunes
 - * Meteor Crater - world's best preserved meteorite impact site
 - * Meals: 7 continental breakfasts, 5 lunches or dinners
- \$ 1599 per person (2 per room)
\$ 1999 per person (1 per room)

A brochure with all Bilbrey trips currently planned may be picked up at the West Texas RSVP office.

Day trips departing Abilene include: "I Love Lucy" at Bass Performance Hall, Saturday March 15; Rangers vs. Astros, April 13; "Gaither Fest" at the Ft. Worth Convention Center, May 2 and many more. Other tours departing San Angelo and Abilene include Big Bend National Park, April 15-18; Charleston, Savannah & Jekyll Island, April 21–May 1 and many more.

In San Angelo, call RSVP at 325-223-6387 or e-mail ahalfmann@wtrc.com

In Abilene, call RSVP at 325-793-3520 or e-mail mabolin@wtrc.com

*** Needed: Baby yarn donations or any type of yarn. Drop off at San Angelo RSVP office at 618 S. Chadbourne.***

Welcome to West Texas RSVP!

Dorothea Bayer	Marilyn Flage
Lucille Franklin	Pat King
Jackie Jennings	Mary Ornelas
Robert Lepp	King Walker
Sheila Rose	Marlene Wickham
Charlene Corfield	

In Sympathy

Ellen Sodergreen
Genevieve Koschak
Margaret Featherston
Polly Stoner
Mary Wittmer
Edd Chappell

West Texas Rehab/RSVP
618 South Chadbourne
San Angelo, Texas 76903

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Return Service Requested



Dates to Remember

Sunday, February 2~ Ground Hog's Day



Friday, Feb14 - St. Valentine's Day

Monday, Feb 17 - President's Day

Tuesday, March 4 ~ Mardi Gras!



Wednesday, March 5 ~ Ash Wednesday

Sunday, March 9—Daylights Savings Time Begins

Monday, March 17 ~ St. Patrick's Day

Thursday, March 20—
First Day of Spring



West Texas RSVP

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Administrative Carol Rigby-Hiebert
Coordinator 325-223-6389
San Angelo crigby@wtrc.com