



West Texas RSVP

connecting - volunteering - impacting

February 2017 - March 2017

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

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BEGIN SOMEWHERE!

“Begin somewhere; you cannot build a reputation on what you intend to do.”

This quote by Liz Smith caught my eye on some piece of mail I received in early January. How fitting I thought, as this was at a time when everyone was making their New Year's resolutions...a time when many of us are trying to put out good intentions for the year into actions. A time when we are all trying to give our lives more meaning and purpose. As a volunteer you have put good intentions into action! How about encouraging your friends and family to join you and share what you already know.

Volunteering is good for your mind and body providing benefits to both mental and physical health:

- Volunteering helps counteract the effects of stress, anger, and anxiety
- Volunteering combats depression
- Volunteering makes you happy
- Volunteering increases self-confidence
- Volunteering provides a sense of purpose
- Volunteering helps you stay physically healthy

Like 'West Texas RSVP' on Facebook, follow us on Twitter @westtexasrsvp and visit the website at www.westtexasrsvp.org!



Volunteer Opportunities

Abilene - For more information on these and other volunteer opportunities contact Max Ann at 325-793-3520 or mabowlin@wtrc.com

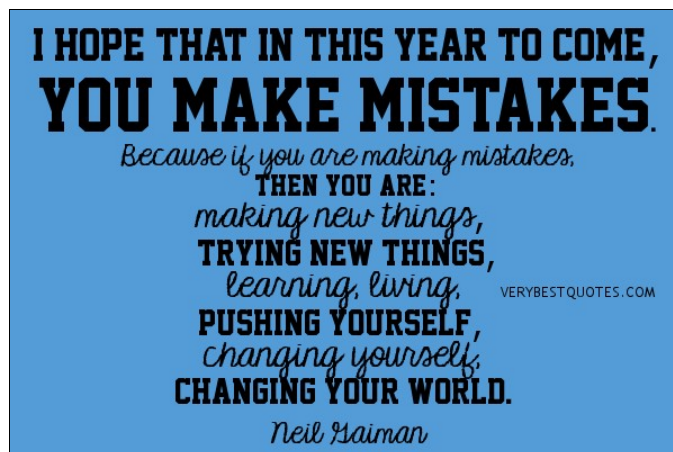
Day Nursery of Abilene

Volunteers are needed on Saturday, March 25th for the 24th Annual Mexican Dinner Fundraiser benefiting Day Nursery of Abilene at Abilene High School's West Cafeteria.

The Noah Project - needs volunteers to assist at the front desk and accept donations. This opportunity would consist of: buzzing in guests and visitors, greeting everyone with a smile and hello, offer them water, accept donations and complete the receipt for donated foods form & make a copy, keep pens and business cards and candy jar stocked at the front desk, & keep area clean and tidy.

Sears Mesa Springs - needs volunteers for the following:

- Read to Residents as a group or individually;
- Assist with exercise morning or afternoon;
- Call bingo on Monday, Wednesday, Friday or Saturday at either 10:00 am or 3:00 pm;
- Play table games like Bridge, Dominoes, 42, Skip-Bo and other games;
- Pet visits...of course dog must be certified pet therapy dog;
- Help host parties;
- Post monthly activities calendar in room at the first day of the month;
- Deliver mail/read mail;
- Make popcorn and show movies on Tuesdays and Thursday afternoons @ 2:00 pm;
- Help decorate for the holidays;
- Help start the patio garden in the spring with option to help keep up with it throughout the year;
- Do arts and crafts with the residents.



The **AARP Free Tax Help**, 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 2016 tax year beginning Feb 1, 2017. Last year, this program was responsible for attaining over one million dollars in refunds for the citizens of Abilene because of our well-trained volunteers. This year the service will be provided at several locations within the city of Abilene and some area towns. The Abilene Public Library downtown second floor, and the Abilene Public Library North Branch at 1214 North Mockingbird, 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.

Volunteer Opportunities

San Angelo - For more information on these and other volunteer opportunities contact Teresa at 325-223-6387 or tcovey@wtrc.com

Meals for the Elderly - YOUR TIME IS REQUESTED...Regular, substitute and emergency drivers needed!! Still pondering the thought of becoming involved with a program that benefits those confined to their home or physically unable to cook a meal? This is the place to connect with, if you want to make a BIG impact on our community. YOUR assistance in delivering meals is PRICE-LESS...Reach out and touch someone in need...today!

Sonrisas Trails - Spring 2017 - Volunteers needed to assist riders by walking along side of the horse, or holding on to the client to insure safety and to maintain rider's balance. Sidewalker training is scheduled for February 7th at 10am. Sessions begin Monday February 13, and end Thursday, April 27. Venue will be the Mosaic Arena at 5185 South Bryant. Don't miss out on this volunteer opportunity!

Adult Literacy - The Adult Literacy Council is a community based organization that helps adults in the Concho Valley get the basic skills they need. They work with volunteers who are willing to give of their time to help others achieve their goals. REACH ONE...TEACHES ONE!!! Is their motto. Volunteers are encouraged to help 2-3 times a week for an hour of instruction. The Learning Center is open Monday -Thursday, 8:00 am-8:30 pm. Tutor training will start on Saturday, Feb. 4, 9 am -1 pm. Lunch will be provided. Training is free.

Got "building/painting" skills?...Could you help with stocking book boxes? **Adult Literacy** is placing little libraries throughout the San Angelo community, but is in need of volunteers to build more boxes and assist with maintaining these little libraries.

STEM (Science, Technology, Electronics, Arts, Math) Central @ Stephens Central Library - What is YOUR passion?...quilting, soldering, crochet, photography...here's your opportunity to share your knowledge with others.

Volunteer Needed for RESPITE Care - Care provider seeking "male" volunteer, who is available in afternoons, twice a week, & can provide respite care for a couple of hours. Care provider is the daughter of client, & needs time to run errands.

West Texas RSVP - Faith in Action (FIA) - West Texas RSVP welcomes all volunteers interested in transporting frail elderly citizens to their medical appointments. This is a great way to give back to the community in a way that does not conflict with your schedule. The RSVP Staff know how valuable your time is; therefore, "YOU" decide which transportation needs you can volunteer for..."YOU" decide. So if you're looking for a way to fill a big need within our community, you love meeting new people, and your heart is full of compassion for others, *your perfect volunteer opportunity* is waiting for you through Faith in Action. Come join our volunteer drivers and see what it means to give of your time...RSVP FIA drivers are \$\$\$**PRICELESS**\$\$\$!



01	Marti McKee	Connie Julia	01	Pat Brewer	Eddie Lee
	Norma Saunders	19 Bobby Peiser		Bettye Schmeltekopf	15 Ann Simmons
	Rosanne Solewin	Suzanne Utt		Mollye Swirsky	Bettie Wiegand
02	Ann Billington	20 Glenn Egbert	02	Paul Seals	Cecelia Williamson
	Oleta Branum	Charlene George	03	Minda Cleveland	16 Honey Wilson
	Phyllis Kisner	Shirley Morrow		Joyce Landon	17 Alice Konze
	Carol Parrott	22 Donna Bell		Bette Smith	18 Bill Ashton
03	Kay Billings	Ethel Binyon		Elaine Sperberg	Diane Burnett
	Nancy Duncan	Yogi Christesson	04	Debbie McCullough	Bill Robbins
	Wayne Merrill	23 Rena Gaines		Fred Williams	19 Raye Conaway
04	Arlene Johnson	Becky Pyburn	05	Shirley Turner	Mary Lohse
06	Linda Churchwell	Bill Villers	06	Karan Breedon	20 John Andrade
	Sarah Howell	24 Faye Armstrong		Claudia Cravens	Ruth Cornell
07	Jeanette Phariss	Joan Goodpasture	06	Shannon Jones	23 Peggy Barry
08	Pat Malloy	25 Shirley Oliphant		Betty Muncy	Nancy Conlan
	Jenny Sakellariou	Victor Popatco	07	Jim King	24 Mary Smith
10	Nancy McCray	26 Sharan Bush		Nancy McClung	Dorothy St. Germain
	Sue Sorrell	Bud Goeble	08	Marvin Hall	25 Margaret Davis
	Sherri Wilcox	Twila Nowell		Lana Lynch	26 Kelly Driver
11	Kent Barnett	LaNelle Sherrod	09	James Crawford	Lillie Escobedo
	Karen Brewer	28 Larry Lewis	10	Eddie Agatep	Lynda Harris
13	Linda Cheatham			Dorothy Davidson	26 Charles Kitchell
	Ralph Mathews			Marie Dunn	Shirley Stephenson
	Mario Vasquez		11	Judy Davis	27 Ray Martin
14	Helen Bacon			Jacqueline Herkert	28 Jo Hoover
	Coral Jean Warren		12	Carolee Bordofsky	Mary Roden
15	Larry Sullivan			Robert Lepp	29 Helen Kennedy
16	Sistie Wallace			Charlie Zani	Dianne Phillips
17	Laura Blong		13	Don Bierwagen	August Roden
	Trudy Ann Klutts			Mabel Trotter	Dean Shirley
	Glenda Mathews		14	Melvin Jeschke	30 Sherry Belk
	Nan Reeves			Bobbie Waites	Velma Finn
18	William Gatlin		15	Rita Busenlehner	Mel Popatco
	Deryl Ann Hall		16	Tommy Hiebert	



Eating Healthfully and Enjoy It!

A healthy eating plan that helps you manage your weight includes a variety of foods you may not have considered. If "healthy eating" makes you think about the foods you **can't** have, try refocusing on all the new foods you **can** eat—

- **Fresh, Frozen, or Canned Fruits** — don't think just apples or bananas. All fresh, frozen, or canned fruits are great choices. Be sure to try some "exotic" fruits, too. How about a mango? Or a juicy pineapple or kiwi fruit! When your favorite fresh fruits aren't in season, try a frozen, canned, or dried variety of a fresh fruit you enjoy. One caution about canned fruits is that they may contain added sugars or syrups. Be sure and choose canned varieties of fruit packed in water or in their own juice.
- **Fresh, Frozen, or Canned Vegetables** — try something new. You may find that you love grilled vegetables or steamed vegetables with an herb you haven't tried like rosemary. You can sauté (panfry) vegetables in a non-stick pan with a small amount of cooking spray. Or try frozen or canned vegetables for a quick side dish — just microwave and serve. When trying canned vegetables, look for vegetables without added salt, butter, or cream sauces. Commit to going to the produce department and trying a new vegetable each week.
- **Calcium-rich foods** — you may automatically think of a glass of low-fat or fat-free milk when someone says "eat more dairy products." But what about low-fat and fat-free yogurts without added sugars? These come in a wide variety of flavors and can be a great dessert substitute for those with a sweet tooth.

A new twist on an old favorite — if your favorite recipe calls for frying fish or breaded chicken, try healthier variations using baking or grilling. Maybe even try a recipe that uses dry beans in place of higher-fat meats. Ask around or search the internet and magazines for recipes with fewer calories — you might be surprised to find you have a new favorite dish!

"Life has taught us that love does not consist in gazing at each other but in looking outward together in the same direction." -Saint-Exupery

A heart is not judged by how much you love, but by how much you are loved by others. -Frank Morgan

A warm
welcome...
to new
RSVP Volunteers

David Barrett
Rosa Korpi
Bob Knox

In Sympathy...



Joyce Berryman
Billie D. Bruce
Estella Chavez
Maudie Conley
Ben Flores
Vera Freeman

Janice Hargrove
Carole Quint
Ilse Radford
Norman Steinbach
Suzanne Steinbach
Lee Waller

Miscellaneous Notes

- Please be sure to report your volunteer hours if you helped with holiday events or serve on the board of any RSVP volunteer stations.
- Due to a recent computer "glitch" (and just maybe a little human error) a number of volunteer birthdays were omitted from the last two newsletters. We apologize for this error and want to wish the following volunteers a very Happy "Belated" Birthday...or we could have skipped their birthday and they would be a year younger!!

10/2 - Larry Davis
10/8 - Brenda Tucker
11/8 - Sherry Wilson
11/29 - Sandy Tow
11/29 - Mike Wheeler
12/22 - Josie Broene



DRIVING SCREENINGS

Because we know driving is an important function in our daily lives, West Texas Rehabilitation Center offers.....

Testing for persons who have experienced illnesses, accidents and are concerned if they will be able to drive again.

Types of Testing Include:

- Reaction Timing
- Safety/Judgment
- Visual Scanning/Awareness
- Problem Solving
- Functional Mobility
- Traffic Rules & Regulations

There are countless factors affecting an older person's safety behind the wheel. Driving is a complex task, and it involves many systems, both physical and mental, all of which need to be in top form in order to handle the quickly changing environment of the road. An occupational therapist at the West Texas Rehab can provide a comprehensive evaluation of the skills needed to drive and recommend car modifications or tools to keep someone driving as long as possible. This test can also help diffuse accusations from family by providing a neutral third party perspective on your skills.

Sometimes unsafe signs can come up gradually, or a recent change in health may make problems worse. Even if the individual warning signs seem minor, together they can add up to a substantial risk. If you are concerned about your own driving or are worried about a friend or loved one now may be the time to consider WTRC Driving Screenings. It does require a physician's relevant diagnosis and referral, and there is a \$150 out of pocket charge for the screenings which are held on Wednesdays from 1-3 pm.

For more information contact the West Texas Rehab Adult Therapy Department in San Angelo at 325-223-6304 or Abilene at 325-793-3441.

Visit Bilbrey Tours on their website for more details:

<http://www.bilbreytours.com/2016/16tripsINDEX.html>



Departing Abilene, Big Spring, Midland & San Angelo

Big Bend National Park

March 4 - 7, 2017

Natchez, MS - Spring Pilgrimage of Homes

March 29 - April 2, 2017

Departing Abilene & San Angelo

Azaleas and Dogwoods - Tyler and Palestine

March 23 - 25, 2017

Corpus Christi & Kingsville

April 10 - 13, 2017



In San Angelo, call RSVP at (325) 223-6387 or email tcovey@wtrc.com
In Abilene, call RSVP at (325) 793-3520 or email mabowlin@wtrc.com

Valentine's Day

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a popular Valentine's Day item.

P	I	H	S	D	N	E	I	R	F	D	I	P	U	C	A	L
V	D	H	S	U	R	C	A	C	F	B	A	L	E	N	D	O
N	Y	N	T	I	A	E	A	S	O	L	C	T	O	Y	M	V
S	R	N	E	N	S	N	L	Y	E	H	O	I	E	R	I	E
T	L	E	D	I	D	S	F	A	O	N	T	W	S	A	R	B
R	E	Y	S	L	R	R	E	C	T	C	T	L	E	U	E	I
A	W	S	E	R	I	F	O	N	A	I	A	I	C	R	R	R
E	E	S	E	E	E	L	L	R	D	S	O	O	M	B	S	D
H	J	C	N	S	A	V	T	R	O	N	U	N	T	E	D	S
T	G	D	N	T	O	T	O	P	I	P	O	A	S	F	N	A
E	N	Y	E	A	A	R	O	L	L	G	C	F	E	H	I	T
E	I	S	D	U	M	R	B	E	L	O	V	E	D	B	I	G
W	L	O	D	R	P	O	A	F	F	E	C	T	I	O	N	P
S	R	E	M	A	L	F	R	R	E	N	T	R	A	P	A	R
E	A	Y	C	N	A	F	O	R	E	V	E	R	L	I	K	E
R	D	R	O	T	I	U	S	D	N	O	I	T	O	V	E	D



ADMIRER
ADORE
AFFECTION
ATTRACTION
BEAU
BELOVED
BOYFRIEND
CANDLES
CANDY
CHOCOLATES
FLOWERS
FONDNESS
FOREVER
FRIENDSHIP
GIFT
GIRLFRIEND
HEARTS
JEWELRY
LIKE
LOVEBIRDS

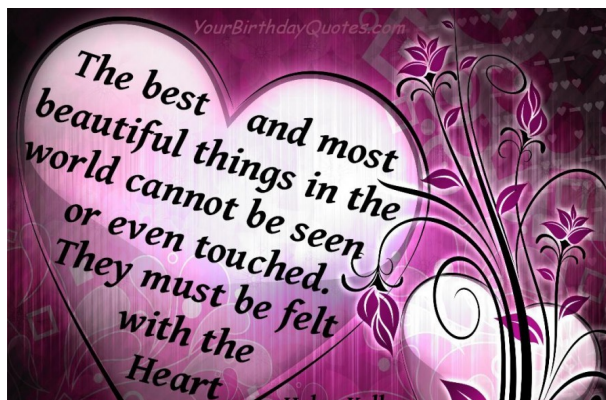
COUPLE
CRUSH
CUPID
DARLING
DATE
DEAR
DEVOTION
FANCY
FEBRUARY
FLAME
LOVERS
PARTNER
PROPOSAL
RELATIONSHIP
RESTAURANT
ROMANCE
ROSES
SENTIMENT
SUITOR
SWEETHEART

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San Angelo, Texas 76903

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Happy
Valentine's
Day



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