



# West Texas RSVP

*connecting - volunteering - impacting*

June–July 2018

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

## Senior Corps Program Staff from San Angelo Host State Conference

The 2018 Texas Senior Corps Association Conference was held May 21-23, in San Angelo hosted by the staff of West Texas RSVP sponsored locally by the West Texas Rehab, and the Senior Companion and Foster Grandparent Programs sponsored by the Concho Valley Council of Governments.

RSVP, Foster Grandparent and Senior Companion Programs collectively are referred to as Senior Corps Programs. Like RSVP, both FGP and SCP are programs of the Corporation for National and Community Service, a federal agency that helps millions of Americans improve the lives of their fellow citizens through service. The three day Texas Senior Corps Conference featured workshops on a variety of subjects including:

### Check out:

- Senior Corps Conference
- Abilene Opportunities
- San Angelo Opportunities
- Miscellaneous Opportunities
- Texas Silver Haired Legislature
- New Medicare Card Information
- Birthdays
- New Volunteers
- Travel
- Miscellaneous Notes

- **The 5 R's of Volunteer Management**
- **Breakout Sessions for FGP, RSVP, SCP on Program Resources**
- **Confronting the Opioid Epidemic and How Senior Corps Programs Can Help**
- **Breakout Sessions for FGP, RSVP, SCP on Budget Management and Policies**
- **In the Eye of the Storm: A Senior Corps View of Hurricane Harvey**
- **Breakout Sessions for FGP, RSVP, SCP on Working with Local Entities**
- **Report from CNCS State Program Director Katy Dooley-Baxter**
- **Preparing for the Future in Senior Services**
- **Spotting and Telling a Good Story**
- **Educating Legislators on the Impact of Senior Corps**

Like 'West Texas RSVP' on Facebook, follow us on Twitter @westtexasrsvp and visit the website at [www.westtexasrsvp.org](http://www.westtexasrsvp.org)!



After a full day of training Senior Corps Program Sponsors, Program Directors and the CNCS Texas Senior Corps State Program Director (Katy Dooley –Baxter) enjoy dinner and conversation. Following dinner Katy addressed the attendees.

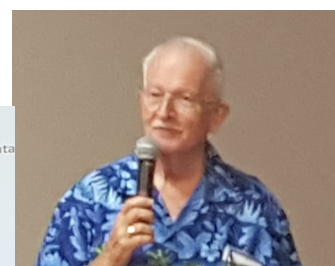


**Texas Senior Corps Association Conference  
San Angelo, TX May 2018**

Senior Corps taps the skills, talents, and experience of Americans age 55 and over to meet a wide range of community challenges. In 2017 more than 15,000 Texas seniors met critical community needs while contributing to longer, healthier lives through one of the three Senior Corps programs: Foster Grandparents serve one-on-one as tutors and mentors to young people with exceptional needs; Senior Companions help homebound seniors and other adults maintain independence primarily in their own homes; and as you already know, RSVP volunteers deliver meals on wheels, assist in soup kitchens and food pantries and provide many other services within local nonprofits and public agencies. Last year in Texas the Foster Grandparents tutored and mentored 21,240 young people, Senior Companions helped 1,060 seniors live independently, and RSVP volunteers strengthened the impact of 860 organizations across Texas.

Texas Senior Corps is the leading senior volunteer service partnership for solving community problems, strengthening communities, and building the capacity of nonprofit organizations in Texas. The goal of the conference was to provide information and to share experiences, best practices and innovations to help make a greater impact through service in local communities throughout Texas.

State Senior Corps conferences have always been held in more metropolitan areas of the state. The San Angelo Senior Corps staff is excited to have brought one of the largest Texas Senior Corps conferences ever held to San Angelo and rural West Texas.



# Volunteer Opportunities

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

**12th Armored Division Memorial Museum** - The 12th Armored Division Memorial Museum is in need of a volunteer who is able to retype a 47 page document that was typed on an old manual typewriter and had an old ribbon. Many pages are “dim” or hard to read, and some texts have been handwritten in. There could be more work of this type as they continue working through their archives.

**Medical Care Mission** - The Medical Care Mission is looking for a volunteer that has basic computer skills and can work Monday or Thursday mornings checking patients in for their appointments.

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

**Children's Advocacy Center (CAC)** - Love to read stories, have tea parties, play house, and just bring a smile to a child's face!? If so, you are needed! CAC needs volunteers to sit and play with a child/children while they wait for services from one of the many programs. With all the new services available, the CAC needs more volunteer help. If you are willing and able to volunteer your time to sit with families during Hope House interviews and therapy appointments, or filing and making appointment reminder calls for therapy appointments, your help would be very much appreciated! If you have a heart for children, come share your compassion with these children...their smiles will surely warm your heart.

**Adult Literacy Council of the Concho Valley** - Seeking volunteers interested in helping “learners” succeed. Be a volunteer tutor. Be a volunteer learner. Teach an adult...reach a child. A minimum of two hours a week makes a difference! Volunteer time flexible. All tutors are volunteers...reaching out to make a difference. Each one...teaches one!!

**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! **The need for medical transportation for frail elderly clients continues to increase as the population ages; therefore, the need for volunteer drivers continues to grow.**



## **Miscellaneous Volunteer Opportunities**

**Meals for the Elderly** - Good nutrition helps improve the health and well-being of the elderly and improves their quality of life. When it comes to enabling the elderly to live independently in their own home, your service and time are greatly needed! Recipients are over sixty years of age, live alone, and are unable to prepare their own meals.

**When can I volunteer?**

**(Abilene)** In the office: Mon-Fri 8am-4:30pm; In the kitchen: Mon-Fri 6am-2:30pm; Meal delivery is 11am-1pm daily.

**(San Angelo)** In the office: Mon-Thu 8am-4:30pm & Fri. 8am-12:30pm; In the kitchen: Mon-Fri 8:30am-11am. Meal delivery is 10am-12pm daily.

**What are the requirements to qualify as a volunteer?** Valid driver's license and insurance information.

**How often would I need to volunteer?** Most meal delivery volunteers drive once a week, but some drive twice a month, or even once a month, depending on their schedule. You can volunteer as often or as seldom as you'd like.

**Would I always have the same delivery route?** Not always. There are (3) types of delivery drivers - regular, substitute, and emergency. Most regular drivers do have the same route each time they deliver. Substitute and emergency drivers can choose specific routes they would like to help with or choose to help with any route that is available.

**If I'm new to the area and don't know my way around, can I still help?** Maps are provided for each route to help drivers find their way around town. And if you have GPS that is helpful too. All steps are taken to make delivering meals easier.

Now that you know a little more about this program, do you have a couple of hours once or twice a month that you can spare to help ensure someone who is homebound receives a healthy meal? You can make a positive difference in a life through not only the delivered meal, but through the social connection you make as well. If you are interested in delivering for the summer, remember you can bring your grandchildren to share the experience of giving to others.

### **(San Angelo)**

**Caregiver Program of the Concho Valley Area Agency on Aging (AAA)** - An informal caregiver is a person who is 18 years of age or older providing care to individuals 60 years of age and older or providing care to individuals of any age with Alzheimer's disease or related disorders. The AAA offers a variety of supportive services that are geared towards assisting the Caregiver with continuing to provide care for their loved one. Service offered: case management; possible one time assistance with: Rent or utility bill, purchase of medications, nutritional supplements, glasses, or medical equipment, minor repairs or modifications of dwellings that are essential for health and safety of the occupant(s); respite service - to provide a break for the Caregiver for periods of time.

**Stress Busting for Family Caregivers** - Are you interested in participating in a FREE program that is geared towards reducing stress related to Caregiver responsibilities? Participants meet for 1.5 hours a week for 9 weeks. Class sizes are between 6-8 individuals. This program is available throughout the Concho Valley region and if a group of 6-8 are interested, this program can be provided in your county at a church or other local community partner site.



## Would you consider serving as a Texas Silver-Haired Legislator?

*...the Concho Valley area has two open slots on the SHL to fill!*

Texas Silver-Haired Legislators are volunteers over the age of 60 who have been elected by their peers from 28 regions to serve two-year terms. Since there are currently two open positions in the Concho Valley anyone with an interest in serving may now apply and be appointed to fill the open positions, without going through the election process at this time. The SHL meets in Austin in the House of Representatives Chambers of the Texas Capitol and conducts a non-partisan legislative session in even-numbered years. There are some costs involved as no State funds have been appropriated for the operation of the Silver-Haired Legislature.

During their unicameral legislative session, the SHL represents their constituents by considering issues and passing resolutions addressing the needs of all Texans, but with a major focus on senior issues. They then provide this information to the Governor, Lt. Governor, and the members and state and local staff of the Texas Legislature. Additional copies are provided to candidates for State offices, State and community senior organizations, selected media and constituents who have special interest in senior issues.

During both odd and even-numbered years, the SHL represent the older citizens of Texas, provide non-partisan education on issues, and motivate citizens to participate in governmental affairs. Finally, the Silver-Haired Legislature provides a forum for persons over the age of 60 to discuss, study, and debate issues concerning not only their own welfare but also that of others.

Older Texans are the fastest growing segment of the population. The Texas Silver-Haired Legislature, which was established by Concurrent Resolution of the Texas Senate in April 1985 (Senate Resolution 37 of the 69<sup>th</sup> Texas Legislature), provides the opportunity for older Texans to solve problems unique to aging. In addition, the Silver-Haired Legislature can make Texas an even better place for all citizens through programs of education, discussion, and encouraging the involvement of older Texans in legislative and governmental affairs.

***Do you enjoy interacting with your peers?  
Have you ever thought it might be interesting***

**ADVOCATES**  
*for* Senior Issues

***to serve in the Legislature of Texas? Do you have an interest in being an advocate for senior issues? This is your chance. If you would like more information call Dolores in the RSVP office (223-6388) and she can put you in touch with a volunteer serving as a Silver Haired Legislator.***



# 10 things to know about your new Medicare card

Medicare is mailing new Medicare cards starting in April 2018. Here are 10 things to know about your new Medicare card:

- 1. Mailing takes time:** Your card may arrive at a different time than your friend's or neighbor's.
- 2. Destroy your old Medicare card:** Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
- 3. Guard your card:** Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
- 4. Your Medicare Number is unique:** Your card has a new number instead of your Social Security Number. This new number is unique to you.
- 5. Your new card is paper:** Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus, you can print your own replacement card if you need one!
- 6. Keep your new card with you:** Carry your new card and show it to your health care providers when you need care.
- 7. Your doctor knows it's coming:** Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.
- 8. You can find your number:** If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.
- 9. Keep your Medicare Advantage Card:** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare – you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.
- 10. Help is available:** If you don't get your new Medicare card by April 2019, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

You have the right to get Medicare Information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit [CMS.gov/about-cms/agency-information/aboutwebsite/cmsondiscriminationnotice.html](https://www.cms.gov/about-cms/agency-information/aboutwebsite/cmsondiscriminationnotice.html), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.





Ann Barker  
Ouida Jackson  
Ronnie Johnson  
Sari Martin  
Ann Steger  
Darlene Harrell  
Judy McCarthy  
Martha Vasquez  
Beccye Reece  
Venita Rogers  
Helen Cartee  
Norma Dickey  
James Eblen  
Dorothy Morrison  
Janet Cauthen  
Dee Dee Reed  
Ken Hutson  
Betty Martin  
Mary Ornelas  
Beverly Reeves  
Donald Westerman  
Gloria Holguin  
Barbara Merrill  
Charlotte Seitz  
Susan Barber  
Christine Benton  
Gil Gilstrap  
Brenda Balsano  
Millie Griffin  
Regina Hernandez  
Glenda Fuller  
Sammie Caldwell  
Margaret Grimes  
Carol Santry  
Mildred Thompson  
Jeanne Harendt

Brigitte Rogers  
Karla Smith  
Esta Wiginton  
Pat Steigerwalt  
Amelia Freedy  
Wanda Nesbit  
Tonya Taylor  
Lidia Hernandez  
Eloise Slater  
Larry Walrath  
Charlene Lewis  
MaryAnn Holster  
Shirley Kennedy  
Nancy Clemmer  
Mozelle Wharton  
June Heinze  
Randall Ross  
Dale Cartee  
Donald McKee  
Cindy Davis  
Virginia Holder  
Don Rannefeld  
Claire Simons  
Lynelle Williams  
Dorothy Brockmeyer  
Connie Vietor  
Roy Dixon  
Freida Slone  
Sue Sorrells

Juanita Brake  
Carole Johnson  
Orlyn McCarthy  
Claire Cranford  
Jan Cummings  
Betty Parsley  
Gene Rowden  
Chris Matthies  
Toni Flores  
Debbie Riley  
Margaret Henderson  
Robert Monk  
Al Rios  
Lucy Bradshaw  
Barbara Salvato  
Sheila Fisher  
Margie Garrett  
Jimmie Jay  
Jim Meier  
Angie Nelson  
Jamie Villegas  
Rosa Korpi  
Rick Norman  
Anamaria Reyes  
Pam Backlund  
Betty Landry  
Fay Lawler  
Joel Parks

Sandy Whitley  
Wanda Bradford  
Patricia Ditmore  
Jan Cauthen  
Aleta Dwyer  
Rose Guerra  
Flo McKinney  
Alberta Trubenstein  
Sandra Milholland  
Pauline Nelson  
Marcy Bernard  
Bonnie Cortez  
Barbara Epperson  
Rosalie Bounds  
Terry Coffman  
Liz Ruckel  
Ann Burmeister  
Leroy King  
Mary Thompson  
Georganne Cole  
Shirley Hergert  
Virginia Adams  
Christene de Menars  
Joe Emory  
Nan Tschudi  
Lynne Joynton  
Gerald Sorrells  
Deanna Hicks  
Chester Bobo  
Gwen Moses  
Cindy Craig  
Ruth Wheeler  
Ricky Puente  
Bill Sohn  
Gertie Teaff  
Pam Davis





**Welcome**

## New Volunteers

Carolyn Fetzner  
Donna Keele  
Linda Keeton  
Steve Lardinois

Cherry Beth Luedtke  
Jim Meier  
Alfonso Trevino

## In Sympathy...



John Dwyer  
Dardanella Franco  
Betty Garner  
Madie Huckabee  
Edith Stansell  
Ernestine Van Zandt  
Jesus Valenzuela

*Ceremonies are important.  
But our gratitude has to be  
more than visits to the  
troops and once a year  
Memorial Day ceremonies.  
We honor the dead best by  
treating the living well.*

*~Jennifer M. Granholm*



***There is incredible value in being of service to others.***

*-Elizabeth Berg*



Departing Abilene and San Angelo

**Palo Duro Canyon**

July 19 - 20, 2018



Departing Abilene, Big Spring, Lubbock and San Angelo

**Splendors of the Northwest**

Features California and Oregon Coastlines

July 23 - August 6, 2018

Departing Abilene, Big Spring, Midland and San Angelo

**Made in America**

September 17 - 21, 2018

Departing Abilene Heights

**You Can't Take it With You (Granbury Opera House)  
AND The Promise (Texas Amphitheater in Glenrose)**

Saturday, September 22, 2018

Departing Abilene, Brownwood and San Angelo

**From State Capital to Silos (Austin & Waco)**

September 25-27, 2018

**Visit Bilbrey Tours on their website for more details:**

<http://www.bilbreytours.com/>

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



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

**Return Service Requested**

NONPROFIT  
ORGANIZATION  
US POSTAGE  
SAN ANGELO, TX  
76903  
PERMIT NO. 97



## West Texas RSVP

618 South Chadbourne  
San Angelo, Texas 76903  
Fax: 325-655-6294

4601 Hartford  
Abilene, Texas 79605  
Fax: 325-793-5445

[www.westtexasrsvp.org](http://www.westtexasrsvp.org)

**Director** Dolores Schwertner  
San Angelo - 325-223-6388  
Abilene - 325-793-3522  
dschwertner@wtrc.com

**Volunteer Coordinator** Max Ann Bowlin  
325-793-3520  
Abilene mabowlin@wtrc.com

**Program Assistant** Teresa Covey  
San Angelo 325-223-6387  
tcovey@wtrc.com