



# West Texas RSVP

**connecting - volunteering - impacting**

October - November 2016

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

## Check out:

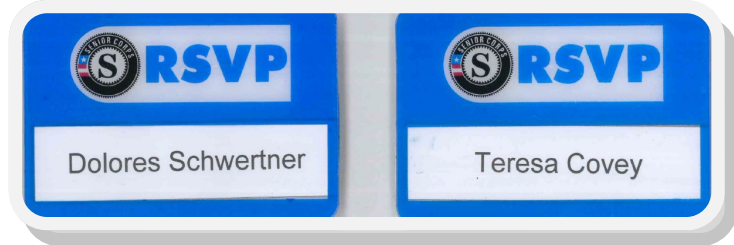
- Spot-Light
- Birthdays
- Abilene Recognition
- San Angelo Recognition
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- Senior Activities
- Abilene Volunteer Opportunities
- San Angelo Opportunities
- New Volunteers
- Travel
- Offices Closed

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



## RSVP Volunteer Name Tags Available

*...see sample below!*



At the West Texas RSVP Recognition Luncheon on August 25 in Abilene, and on September 29 in San Angelo, we provided name-tags to all the volunteers in attendance. We are encouraging all RSVP volunteers to wear their nametags during their volunteer service, unless of course you are provided with a name tag at the agency where you volunteer. If you were not able to attend the luncheon please stop by the RSVP office in your area and pick yours up. Please call Max Ann at 325-793-3520 in Abilene or Teresa at 325-223-6387 in San Angelo and they will have it ready when you stop by.

**So why wear a nametag??** A nametag isn't just a sticker. It is a statement. About friendliness. About identity. A nametag is a simple act of self-confidence and comfort. It's also like walking around saying, "Alright world. Here's who I am. This is ME. I'm proud of my name and my service through RSVP. I gladly wear it over my heart!!"

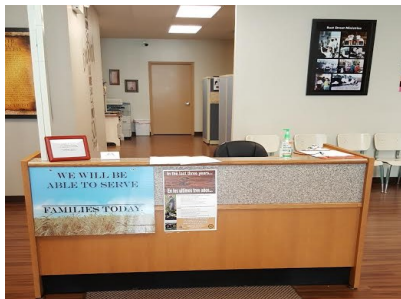
Wearing your RSVP nametag is also a conversation starter. It will give you the chance to tell someone else about RSVP....you then can encourage them to join and make a difference in their life too!



May your stuffing be tasty, may your turkey be plump, may your potatoes and gravy have nary a lump. May your yams be delicious and your pies take the prize, and may your Thanksgiving dinner stay off of your thighs!

## West Texas RSVP “SPOT-LIGHT” on Rust Street Ministries

### San Angelo



Have you ever thought of volunteering at Rust Street Ministries? Every task involved with this volunteer site “screams” for your help...if you’re interested and available, they will connect you with the area where your special talents and skills will shine through, making a major contribution to their success. “What can I do here?” you may be asking yourself... ANYTHING! EVERYTHING! Areas you may consider helping with are:

1. Interviewing “friends/neighbors”
2. Greeting “friends/neighbors” at the front desk
3. Sewing with the “*Quilting Queens*”
4. Helping out with the Food Pantry
5. Tagging clothes
6. Creating bundles of like-bedding with the “*Linen Ladies*”
7. Assisting “friends/neighbors” while “shopping” for clothing
8. Utilizing your maintenance skills by recycling bicycles
9. Sorting through donations

As you can see, there are MANY areas of needs, with most being accomplished from a **sitting position**.

Rust Street Ministries provides help with basic needs and life skills, at no charge, to those living in the San Angelo area. Are you searching for a place to give back to the community? Call (325) 223-6387 to learn more.

### West Texas RSVP “SPOT-LIGHT” - Abilene



Becky Pyburn comes faithfully once a week to fill the halls with piano tunes at the West Texas Rehabilitation Center. In August, Vince Gill came to the Rehab to tour the facility before appearing in concert for the annual Rehab Dinner Show that evening. He walked the halls and visited each department. Becky was playing the piano that day and Mr. Gill stood and listened as she played. He stated it took him back to memories of his grandmother playing the piano when he was a child. That evening in his performance he mentioned Becky’s playing again. The children and adults at the Rehab enjoy the music and sometimes sit or stand close by while she is playing.

Becky also volunteers at numerous other sites throughout Abilene. She makes crafts relating to different holidays and hands them out at the nursing facilities. Becky also plays the piano at these facilities.

What a bright spot she is for the employees as well as patients! Thank you Becky for your willingness to share your musical talents with others.



01 Kay Derrick Marylene Harness	22 Sarah Holbert 22 Nancy Jobes Pat Wicker	01 Joyce Dorsey Mary Lou Moore Stella Soto Lasswell Karen Vavricka	18 James Broyles 18 Georgia Alice Edwards Margaret Fay Staples
02 Jackie Jennings Mary Williams	23 Betty Ford Jack Gillit Mary Herbert	02 Ruth Jackson Harold Wicker	19 Diana Jewell Gretta Warren
03 Millie Ates Jeannine Rundell Louise Young	24 Sandra Cooley 24 Jean Eaton Mary Everson Ruth Livezey	04 Helen Bolin Kay Clay Louis Putzel Marilyne Thompson	20 Carl Haverland Cheryl Key Betty Kruger Karlene McLaren Deola Mitts
04 Teresa Covey Linda Wirth	25 Dee Hall Kathy House Eunice Jowers	05 Linda Ross 06 Elma Salas Carol Sturm Margie Tacker	21 Allene Menke Helen Newman Sally Villers
05 G. Morgan Phillips	26 Vernell Lester J.R. Parks Charlene Schmidt Doris Stockard	08 Patsy Longest Connie Rodriquez Jerry Townsend	22 Jim Brisbin Mary Kay Henson Irene Hernandez Chris Koors
06 Carolyn Madeley Pat O'Brien Patsy Trevino	29 Bobbie Gallagher Doyle Howell Pete Martin Petra Pena	10 Rosemary Kitchen 11 Ann Horne Teddie Turcotte	23 Betty Gregory Alice Kitchell Hulene Magness Darlene Smith
07 Marjorie Green	30 Don Horner Joann Vestal	13 Marjorie Cloud Linda Grace Nelta Kiser George Samuels	24 Janette Bradshaw 25 Phyllis Stine Kathie Whitworth
10 Larry Howard Warren Taylor	31 Margaret Morrow Karen Peiser	14 Walter Chalcraft Gerri Fischer Dottie Hixson	27 Art Elkins Susan Woods
13 Leroy Stockard		15 Carolyn Sunderman	28 Beth Deegan Gloria Henderson Wanda Malone Alice Piri
14 Don Baber Lynn Granzin Dorothy Romans Pat Wedel		16 Lois Calvert Bettie Moore Margaret Rucker	29 Janet Wommack
15 Bette Ashworth		17 Velda Howard Arba Kruger Bruce McLaren	30 Betty Garner Judy Thompson Marcia Walrath
16 Edward Wait			
17 Cande Erickson			
18 Carlton Villers			
19 Linda Eckert Beverly Gill			
19 Kay Reviere			
20 Frank Barbella Loys Little Geneva Nelson			
21 Jean McFerrin Patty Riddle Betty Teston			





## Abilene 2016 Volunteer Recognition Luncheon

The Abilene Christian University Hunter Welcome Center was the new venue for the Abilene RSVP Annual Recognition Luncheon on August 25. Many positive comments were received from RSVP volunteers related to the location including how much better the sound was in the new location, to how delicious the food was. They also said the program was entertaining and fun!



For more pictures go to:  
<http://www.westtexasrsvp.org/events>





# San Angelo 2016 Volunteer Recognition Luncheon

For more pictures go to:  
<http://www.westtexasrspv.org/events>



The baseball theme for this year's recognition was fun, but what was even more fun was recognizing those who serve. There were 22 RSVP volunteers who are veterans recognized with a RSVP Veteran lapel pin. In addition the RSVP volunteers who provide medical transportation for the frail elderly were recognized for their service with a Texas Department of Aging and Disability Vision Award in Austin, September 21. Each of these RSVP volunteers received an individual certificate for their service at the luncheon...*look at the bottom picture and you can see how happy their service makes them!!!*







Cecilia Abbott, First Lady of Texas; Dolores Schwertner; Pat O'Brien; Gena Parks; and Jon Weizenbaum

## West Texas RSVP Volunteers serving in the Faith in Action project 2015 - 2016



L to R: Toni Gonzales, Pat O'Brien, Mary Thompson, Gena Parks, Carol Sturm, Fran Sentell



L to R: back row- Don Ruckelshausen, Novell Holveck, Pat Malloy, John Ulrich, Ray Favre, Bill Murphy; front row - Dorothy St. Germain, Jenny Eubank, Beverly Henderson, Barbara Block

## DADS Honors West Texas RSVP Volunteers with Annual 'Vision' Award

The Department of Aging and Disability Services (DADS) announced the recipients of their annual 'Vision Award' during a ceremony at DADS offices at 701 West 51st Street in Austin on September 21. Each year DADS recognizes volunteers and partners who give their time and talents to enrich the lives of older Texans and people with developmental disabilities.

The West Texas RSVP Volunteers Faith in Action is a group of dedicated people who help meet the medical transportation service needs in San Angelo. In a one-year period, 38 RSVP volunteers provided transportation to 41 frail older clients for more than 500 medical appointments. In recognition of this impactful contribution West Texas RSVP volunteers received a Vision Award in the Wellness Category.

"There are truly some amazing individuals and organizations who are working to make life better for Texans who are aging or who have disabilities. They deserve to be honored for the many ways they are making a difference," says DADS Commissioner Jon Weizenbaum.

RSVP volunteers Gena Parks and Pat O'Brien accepted the award on behalf of all RSVP volunteers providing medical transportation.

Volunteers not pictured: Frank Barbella, Chester Bobo, Stanley Brosig, Judy Cmerek, Frances Evans, Toni Flores, Molly Guevara, Joyce Heller, Don Horner, Karen Horner, Connie Hutchens, Jim King, Kathy McBurnie, Carla Phillips, Carol Rigby-Hiebert, and Christine Scott.

## Fall Activities for Seniors

With the summer weather going away, the fall season is perhaps the most favorite time of year for seniors. As we grow older it is important for seniors to stay active and there is nothing better than finding fall activities for seniors that are fun and help maintain their physical fitness. Here is a list of some favorite fall activities for senior citizens to enjoy in the fall season.

<https://seniortv.com/the-best-fall-activities-for-seniors/>

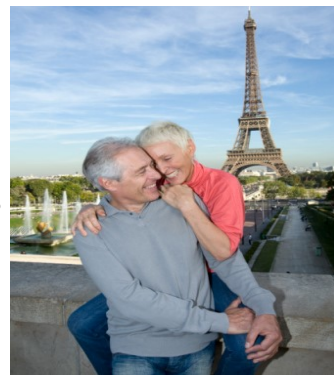
**Hikes:** For seniors that can still walk and enjoy the outside weather, hiking is one of the most popular activities to enjoy in the fall season. It is very important to know your terrain and know the weather conditions when preparing for fall hiking. We recommend avoiding days when it rains or days after a huge rain as slippery conditions can turn a fun hike to disaster in no time. For the brisk, sunny days there is nothing better than a fall hike to keep the heart rate up while enjoying the beautiful weather outside.



**Football Games:** Perhaps the most beloved sport in America is football and it is played almost everywhere in the United States. While some people love the NFL, many seniors enjoy going to almost any competitive football game no matter what age group. We recommend checking out the local high schools or colleges in your area and make sure to ask them about senior discounts and any special seating that they may have for senior citizens. If you can't make it to a game you can enjoy most games from the comfort of your own living room.



**Traveling:** Don't like the beach so much, but love seeing new places? If so, we recommend the fall for the best time to plan your traveling. More and more seniors are finding deep discounts to travel places in the fall because it is the off-season to when many working adults travel with their children throughout the summer. Check out [www.hotwire.com](http://www.hotwire.com) for a list of some of the best places to travel this time of the year. With the Internet, seniors can plan their whole trip without leaving the comforts of their living room and get some of the best deals around. Also give a call to the AARP to see if they know of any deals that are currently running for seniors looking to travel.



"Gratitude unlocks the fullness of life.

It turns what we have into enough,  
and more. It turns denial into acceptance,  
chaos to order, confusion to clarity.

It can turn a meal into a feast,  
a house into a home, a stranger into a friend.  
Gratitude makes sense of our past,  
brings peace for today, and creates a vision  
for tomorrow."

-Melanie Beattie





# Volunteer Opportunities

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

**Medical Care Mission** - Happy Fall Y'all! The Presbyterian Medical Care Mission needs YOU! They have multiple openings working in their front office - answering phones and checking patients in for their medical appointments.

**Frontier Texas** - Love to learn more about Texas History? ...Frontier Texas is needing volunteers to be trained as docents to guide tour groups through the museum. No experience necessary!

**The National Center for Children's Illustrated Literature (NCCIL)** exhibits original art from children's picture book illustrators and those same artists come to Abilene for events. They are in need of friendly faces at the front to greet visitors to this one of a kind art museum.

**Abilene Regional Medical Center** needs helping hands throughout the hospital to greet visitors, provide directions, check in patients, assist departments, and to staff the Gift Shop. Volunteers play a critical role in hospitals, adding a special dimension of personal service and care. They hope you choose to become an important part of their team.

**Meals on Wheels Plus** is in need of volunteer drivers to deliver meals to Abilene, Hawley, Hamby, Potosi and Eula. They are also looking for a substitute greeter at Meals on Wheels. The greeter is there to help the Volunteer Coordinators with meal delivery. They are responsible for organizing the route sheets for the day, making any changes to the route sheets or marking any special deliveries on the route sheets, ie: groceries, books or pet food. The greeter is also responsible for greeting the volunteers and giving them the correct route sheet. They are also the one to make sure the volunteer lounge has cookies, coffee, tea and water, provided by Meals on Wheels.

## WORD SEARCH

V	T	W	E	R	A	C	T	I	V	E	T	Y	U	C
X	R	S	D	L	L	A	C	N	O	D	F	S	G	H
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ACTIVE  
CHEERFUL  
CHERISHED  
COMMITTED  
COMPASSION  
DELIVER MEALS  
HELPFUL  
LOVING  
MAILINGS  
MENTORING  
NEWSLETTER

ON CALL  
RECOGNITION  
SENIORS  
SERVING  
TEACHING  
TRANSPORTATION  
UNPAID  
VALUABLE  
VOLUNTEER  
WEST TEXAS RSVP

*"Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessings."*

- William Arthur Ward



# Volunteer Opportunities

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

**Girl Scouts of Central Texas** - Seeking volunteer in office, possibly every other Tuesday, 9am-12pm, for basic office tasks and to input simple data into the computer. Come be a part of a great organization that aims to empower girls by teaching values such as honesty, fairness, courage, compassion, sisterhood, confidence, entrepreneurship, and citizenship.



**Meals for the Elderly** - If you've ever wondered what (1) place you could volunteer that would ***WITHOUT-A-DOUBT*** impact someone, please consider helping this organization. Meals for the Elderly is a private, non-profit charitable organization devoted to serving the homebound elderly of San Angelo and surrounding areas with one hot, nutritious, home-delivered meal each weekday, while also ensuring their individual well-being through personal contact. You can help in the following areas: Drivers - regular (one time per week, 1-3 times per month, etc.), substitute, emergency (subs willing to fill in on a last minute basis); Office Subs - answer phones, greet drivers, schedule substitute drivers, etc. (must be able to hear well and multi task, laid back temperament is helpful - otherwise, it can be stressful) - substitute basis; Kitchen Assistants - plate meals, load meals into warmer (must be able-bodied, able to stand for 1-2 hours) 8:30am - 10:00am (1) day per week, openings M - F (1 opening per day).



**Sonrisas Trails Therapeutic Riding** - Always in need of volunteers to be side-walkers for clients and horses. The side-walker assists the rider in all activities that day. Each rider requires 1-2 side-walkers depending on the need of the client. Clients range in age from 3-80 something! The only qualification is to be able to lift a small child and walk on slightly uneven ground for at least 45 min. Volunteers needed Mon - Thu throughout the day.



**Rust Street Ministries** - Volunteers needed to help in the Food Pantry. This position does require mostly standing, walking and moving around. Several volunteers needed to fill 2 hour time periods, Mon - Fri, working 10am - 12pm or 12pm - 2pm. Do you have 2 hours once or twice a week to spare? Want to meet other volunteers who are also giving of their time? YOU are needed there!



**Salvation Army Angel Tree** - If you helped with this event last year at the mall, you already know the joy of volunteering for this program. The Salvation Army's Angel Tree program provides new clothing and toys for children of families in need...volunteers needed at the Sunset Mall from Nov 11 - Dec 11, Mon-Sat (10am-8pm) and Sun (12pm-5pm). Scheduling will be 2 volunteers for each 2 hour timeframe. There will also be a need for volunteers to help sort the gifts at the warehouse around the middle of December; date/time is TBD.



**Boy Scouts of America** - If you have experience with office filing, this agency would appreciate your assistance. Hours are flexible, open from 10am-5pm, Mon - Fri.



**Wesley Trinity Daily Bread Program (Soup Kitchen)** - If you have the skills to cook and serve a delicious meal to a hungry group of individuals, your volunteer service is needed! The Daily Bread Soup Lunch Program is among the most successful community outreach programs in the San Angelo District, and is in need of a couple of helpers in the kitchen on Wednesdays.



# WELCOME

## New RSVP Volunteers!

Sue Bradford	Gladys Gomez	Debbie McCullough	Bob Schmeltekopf
Arlle Brininstool	Rosa Gonzales	Bobby Peiser	Sue Sorrell
Sharan Bush	Jacqueline Herkert	Karen Peiser	Brenda Tucker
Shirley Cash	Janet Hudgins	Elta Pierson	Mike Wheeler
Kelly Driver	Nancy Jobes	Nan Reeves	Ruth Wheeler
Barbara Drumm	Laura Jones	Debra Riley	Sherri Wilcox
Susan Fincher	Janie Lara	Barbara Salvato	Cecelia Williamson
Mary Garvin	Judy McCorquodale	Bettye Schmeltekopf	Louise Young



### In Sympathy...

Mary Barker  
Dick Burnett  
Rachel Clark  
Dorothy Cook  
Charlene Corfield

Anthony Dosiek  
Amelia Franco  
Joy Gallion  
Clara Hamlin  
Eva Henley  
Frances Keyes  
M.F. "Pete" Leggett  
John Livingston

Al McLoughlin  
June McSpadden  
William Richard Osteen  
Bud Rector  
Inez Smith  
Betty White  
Aline Williams  
Dorothy Williams

### Correction to RSVP Recognition Program:

The following RSVP volunteers were left off as having served 2000-2999 hours in the RSVP program, which was handed out at the luncheon in San Angelo on September 29, 2016. We sincerely apologize for the mistake.

**James Warren**  
**Nell Wester**  
**Jeannie Williams**  
**Sally Wilson**  
**Edith Zimmerman**







**Lena Bilbrey** passed away Monday, Aug. 15, 2016. In 1990, she and her husband, Cleve, launched Bilbrey Tours, which perfectly combined her love of people with her love of travel. Over the past 26 years Lena lead tours to all 50 states, 54 countries and four continents. Showing people the beauty of God's creations was one of Lena's greatest joys, and it will remain the focus of Bilbrey Tours, Inc. as they continue to lead tours throughout the world.

Many RSVP volunteers have traveled with Bilbrey Tours over the past decade. Those who traveled will remember that once Lena met you she seldom, if ever, forgot your name. The quote on the right is a true reflection of Lena's life!



**Departing from Abilene, Big Spring and Midland:**  
**Branson Christmas - November 1 - 6, 2016**

**Departing from Abilene & San Angelo:**  
**Branson Christmas - November 9-14, 2016**

**Departing Abilene:**  
**Louisville Christmas - November 15 - 21, 2016**  
**Christmas Mystery Tour - December 1 - 3, 2016**

**Call the numbers below to receive more information on the following tours benefitting the West Texas RSVP program through Bilbrey Tours.**

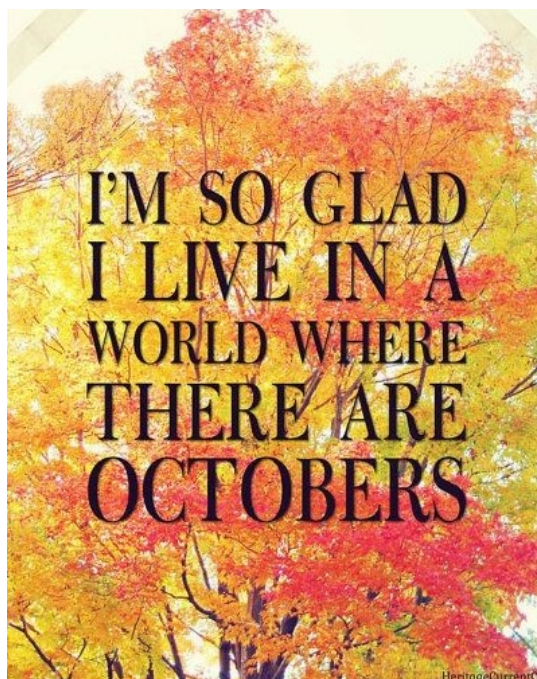
In San Angelo, call RSVP at (325) 223-6387 or email [tcovey@wtrc.com](mailto:tcovey@wtrc.com)  
In Abilene, call RSVP at (325) 793-3520 or email [mabowlin@wtrc.com](mailto:mabowlin@wtrc.com)

Visit Bilbrey Tours on their website for more details:  
<http://www.bilbreytours.com/2016/16tripsINDEX.html>

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



**RSVP offices will be closed:**  
November 24-25, 2016

## **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  
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Abilene - 325-793-3522  
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**Volunteer Coordinator** Max Ann Bowlin  
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Abilene mabowlin@wtrc.com

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

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crigby@wtrc.com