



# West Texas RSVP

*connecting - volunteering - impacting*

December 2016 - January 2017

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

**Check out:**

- Christmas Blessings
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Remembering our past Christmas blessings can go a long way in putting us in the true “spirit of Christmas.” Yes, many families, including our very own, have suffered

hardships during this time, but we have also been the recipients of many special blessings.

One of the highlights of the holidays for many of us is our family coming together for a special activity ...decorating the tree, a meal shared, services attended, children singing and so much more.



As you sit in your favorite chair all warm and cozy, think about special Christmas memories for you, and it will warm your heart.

**We do not remember days;  
we remember moments.**

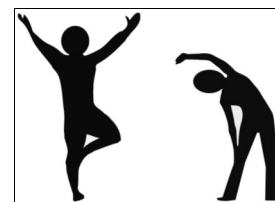
~Cesare Pavese

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





1 Jo Valliant	17 Mike Martin	2 David McCaghren	16 Marilyn Gladson
Nell Wester	19 Rene' Avants	Ralph Teague	17 Mary Cedillo
2 Linda Dixon	Sue Drozt	4 Dolores Schwertner	Mary Hankins
Dave Yorkowitz	20 Edna Pursley	5 Nancy Wadsworth	18 Ken McComas
Lorraine Nance	22 Sharon Giddens	Doris Clark	Connie Hutchens
Janelle Slough	Ann Howle	Rosalie Hehn	19 Jake Isaac
James Warren	Delores Flood	6 Susanne Barta	22 Ernest Caslani
3 Pat Nennich	23 Gordon Atkinson	Vicki Bledsoe	David Verner
5 Jim Calvert	Charles Brewer	Sondra Lay	Beverly Henderson
6 Linda Aten	Erma Martin	Evonne Teague	Ruby Moore
Bob Johnson	Edith Zimmerman	7 Pat Howard	23 Pauline Ringgold
Joe Lynch	24 Ann Light	Sue Newcombe	24 Martha Vinson
Sue Mansfield	Barbara Sohn	Coletta Lively	Terri Hamer
Jeannie Williams	25 Dottie Beamer	Colleen Tisdale	25 Loyce Stephens
7 Mildred Liles	26 Jack Carpenter	8 Dale Hamblen	Sofia Solis
Suzann Eby-Martinez	Barbara Drumm	Nancy Keister	26 Ola McCorkle
Tommie Joyce Elkins	27 Johnny Whisenhunt	9 Nadine Williams	27 Marie Davis
Sally Wilson	28 Jan Lineweaver	10 Myrle Raley	Melba Gray
8 Joy Petty	Sonya Quinn	Lillian Hendricks	28 Sue Bradford
Sharon Urbantke	David Dewar	Dave Srader	James Eaton, Jr.
9 Rosemarie Flores	29 Claude Burton	Janet Vogt	29 Lorie Knight
Maria Gonzales	Joanne Bell	11 Ronald Aten	Gail Flood
10 Helen Walker	Terry Pouch	Fran Bordofske	30 Douglas Avants
Pat Potter	30 Elena Hernandez	Ray Cortez	Wanda Hudson
12 Nyla Rosenstrom	Suzanne Slate	Jean Sullivan	Fay Steward
13 Brenda Bredemeyer	King Walker	15 Helen Parker	
Janice Hargrove	31 Floradean Cockerell	Pat Carwile	
14 Wanda Joyce Rives	Irma Garrett	Wanda Cotter	
17 Betty McLoughlin	Elizabeth Harris	Ray Favre	
Tommy Beauchamp	Gladys Hicks	Don Ruckelshausen	



### Finding and following your formula for staying healthy as you age (from healthguide.org)

Coping with change is difficult, no matter how old you are. The particular challenge for older adults is the sheer number of changes and transitions that start to occur—including children moving away, the loss of parents, friends, and other loved ones, changes to or the end of your career, declining health, and even loss of independence. It's natural to feel those losses. But if that sense of loss is balanced with positive ingredients, you have a formula for staying healthy as you age.

Healthy aging means continually reinventing yourself as you pass through landmark ages such as 60, 70, 80 and beyond. It means finding new things you enjoy, learning to adapt to change, staying physically and socially active, and feeling connected to your community and loved ones. Unfortunately, for many, aging brings anxiety and fear instead. How will I take care of myself late in life? What if I lose my spouse? What is going to happen to my mind? However, many of these fears stem from myths about aging that are exaggerated by the media or simply untrue. The truth is that you are stronger and more resilient than you may think!

# 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** is seeking volunteers to sew cot sheets and coverlets for children to use during nap time.

**Presbyterian Medical Care Mission** wishes all of you a Happy Thanksgiving and Merry Christmas. They are looking for a volunteer to answer the telephone on Friday mornings. If you are interested in helping serve adults without medical insurance, Medicare or Medicaid by answering phones and relaying messages, please call the RSVP office at 793-3520.

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

**Adult Literacy Council** - Are you retired from the Army, Navy, Air Force, Marines, or Coast Guard? You have invaluable experience and training that would benefit many people seeking assistance with their reading comprehension and vocabulary skills. Contact the RSVP office to find out how you can meet these needs.

**Rust Street Ministries** - Immediate needs for volunteers in the following areas: Pantry - help make grocery bags; Office - file pullers, front desk greeter; Clothes Area - help tag clothes for the shopping area. Come help meet the needs of local *friends* and *neighbors*.

**Meals for the Elderly** - Regular, substitute and emergency drivers needed. This is the place to connect with, if you want to make a BIG impact on our community, because YOUR assistance in delivering meals is PRICELESS to someone confined to their home or physically unable to cook a meal. 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. Sessions are beginning Mon. Feb. 13, and end Thur. Apr. 27. Venue will be the Mosaic Arena at 5185 S. Bryant. Call RSVP office to sign up.

*This article is from the Nonprofit Quarterly's fall 2016 edition, "The Nonprofit Workforce: Overcoming Obstacles."*

Every year, millions of Americans—on college campuses, through religious congregations, at schools, and in social service organizations—are participating in a wide range of volunteer activities. Whether teaching and mentoring children, helping seniors to live independently, or aiding families and individuals to recover from hurricanes and other disasters, volunteering is a way for people to help their neighbors and enhance their communities; it also provides opportunities for youth to develop valuable skills, adults to share their professional expertise, and older individuals to remain healthy by staying active and connected to their community.

But how has volunteering changed over the last forty years in the United States? Our research shows that volunteering has increased dramatically for certain age groups, particularly the oldest (sixty-five and over) and the youngest (sixteen to nineteen).

*A warm  
welcome...  
to new  
RSVP Volunteers*

Rita Busenlehner  
Dale Hamblen  
Cherry Kasberg  
Katherine Lucas  
LaVerne Redman  
Skip Rudolph  
Tonya Taylor  
Carmen Timmons



**In Sympathy...**

Helen Adams  
John Barnett  
Connie Carter  
Pearl Creel  
Paul Davis

Shirley Davis  
Nell Gossett  
Betty King  
Marvin Smith  
Martha Williams

**Fresh New Year**

Another fresh new year is here...  
Another year to live!  
To banish worry, doubt, and fear,  
To love and laugh and give!

This bright new year is given me  
To live each day with zest...  
To daily grow and try to be  
My highest and my best!

I have the opportunity  
Once more to right some wrongs,  
To pray for peace, to plant a tree,  
And sing more joyful songs!

**-William Arthur Wars**

**Holiday Quotes**

"Christmas gift suggestions:  
To your enemy, forgiveness.  
To an opponent, tolerance.  
To a friend, your heart. To a  
customer, service. To all,  
charity. To every child, a  
good example. To yourself,  
respect."  
--Oren Arnold



"Christmas! The very word  
brings joy to our hearts. No  
matter how we may dread  
the rush, the long Christmas  
lists for gifts and cards to be  
bought and given-when  
Christmas Day comes there  
is still the same warm feeling  
we had as children, the same  
warmth that enfolds our  
hearts and our homes."

-- Joan Winmill Brown



"Christmas is not a time nor  
a season, but a state of mind.  
To cherish peace and good-  
will, to be plenteous in mer-  
cy, is to have the real spirit  
of Christmas."

-- Calvin Coolidge



# BILBREY TOURS

## 2017 Travel Showcases



The staff from Bilbrey Tours will be sharing information on their 2017 Escorted Tours during Travel Showcases in San Angelo and Abilene in January. Come and find out more on the wonderful destinations they have chosen to visit. Escorted Bilbrey Tours depart from San Angelo, Big Spring, Lubbock, Midland and San Angelo.

### Abilene Travel Show

**Saturday, January 7**

**1:00 PM**

\*\*At the time of printing the RSVP Newsletter-  
LOCATION was still to be determined\*\*

Call Max Ann at 325-793-3520 for more details  
Abilene, Texas

### Concho Valley Travel Show

**Wednesday, January 11**

**2:00 PM**

Station 618  
618 South Chadbourne

Call Teresa at 325-223-6387 for more details  
San Angelo, Texas

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)

For more details on 2017 Trips  
<http://www.bilbreytours.com/2016%20brochure%20SEP.pdf>

### Christmas Puzzle Fun

How many of the words listed below can you find in the puzzle to the left??

REINDEER  
CANDYCANE  
ELVES  
STOCKINGS  
MISTLETOE  
SNOWMAN  
TREE  
STAR  
WREATH  
GINGERBREAD

SNOWFLAKE  
PRESENTS  
ANGEL  
JINGLEBELLS  
NOEL  
CAROLING  
SANTA  
SLED  
CANDLE  
ICICLES

Thank you to Kenzie Gonzales, granddaughter of RSVP Volunteer Toni Gonzales, for assisting with words for this puzzle.

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



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

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San Angelo Office will be closed:

**December 23 & 26, 2016**

**January 2, 2017**

Abilene Office will be closed:

**December 23, 2016 - January 2, 2017**

## West Texas RSVP

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San Angelo, Texas 76903  
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Abilene, Texas 79605  
Fax: 325-793-5445

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

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Abilene - 325-793-3522  
[dschwertner@wtrc.com](mailto:dschwertner@wtrc.com)

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Abilene [mabowlin@wtrc.com](mailto:mabowlin@wtrc.com)

**Program Assistant** Teresa Covey  
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