



West Texas RSVP

connecting - volunteering - impacting

August–September 2016

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

Check out:

- Busy Bees
- Volunteer Spotlights
- Birthdays
- San Angelo Opportunities
- Abilene Opportunities
- New Volunteers
- Resources
- RSVP Office Closed



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



How We Can Create A Strong Community

A hive of bees is a perfect example of a community working together in harmony and for the common good of all its members. After all, a bee living alone can barely survive, let alone prosper. But in a hive made up of hundreds of other bees, each taking responsibility for the various jobs necessary for the survival of the community, the lone bee not only survives, it contributes mightily to the success of the hive.

The secret of the bee's success in living together in a close-knit community is that each bee not only understands the interrelationships that exist between it and the rest of the members of its community, but is willing to accept some of the responsibility for the hive's prosperity by expanding their role in the community whenever necessary.

Volunteers work together and support communities just like bees. Key findings in a study by the Points of Light were that volunteering enhances the social connection between different sectors including helping to build a more cohesive, safer, and stronger community. In addition volunteering can help increase the social network between communities and neighborhoods.

So, let's all work at recognizing what roles we can choose to accept in our community and, like the bee, work together at making our community the best place to live that it can be.



I can BEE OPTIMISTIC

by showing a
positive attitude.

West Texas RSVP “SPOT-LIGHT” on Faith in Action

San Angelo



“The Faith in Action transportation enables me to continue receiving my dialysis treatments three times a week, simply because I have no mode of personal transportation and no family members living nearby. The RSVP Faith in Action volunteers are wonderful; I always get a good response from drivers. Many times they will ask me if I need to go anywhere else before I go home, which normally I only need to go to the bank. I have about four RSVP volunteers I have a close bond with, but I’m on a first name basis with all the volunteer drivers...sort of like a family deal; and I can be home in 15 minutes. If I had to rate the program on a scale of 0-10, it would have to be a 10; no complaints at all. The Faith in Action volunteers impact my life...it enables me to obtain the medical treatment I need, three times a week.” - *Kenneth Smith*



Have you wondered to yourself, “If I do not have family nearby and I can’t drive myself, how will I get to my doctor’s appointments?” You may think of acquaintances in your church, neighbors, close friends who could transport you...but truthfully, you cannot always depend on these individuals...they have lives of their own. Kenneth, pictured above, is an example of this very scenario. He relies on the RSVP Faith in Action Volunteer drivers to transport him home from his medical appointments. West Texas RSVP is always looking for more adults, 55+, to step up and say, “I want to be a part of this great project!” Required training is conducted in the RSVP office, and normally takes less than an hour to complete. Do you have an extra couple of hours a week to help someone in need? See your San Angelo RSVP Staff for details...

West Texas RSVP “SPOT-LIGHT” - Abilene

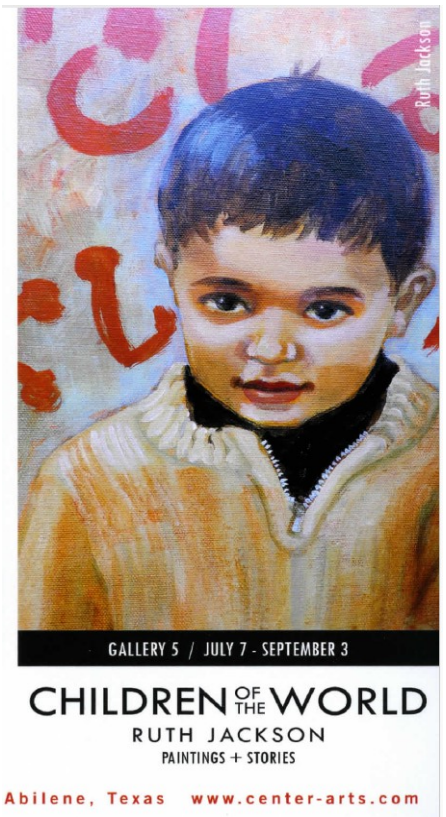
ARTIST STATEMENT

RUTH JACKSON - Children of the World

“I love to take photographs and take my camera with me everywhere I go, which includes foreign destinations. I also love to do paintings of children.

For this exhibit, I have made paintings from photographs I took during my travels through Haiti, Jamaica, Jordan and Bethlehem, as well as from photographs borrowed from missionaries and other friends. In these paintings we can see the God-given beauty that children possess. This exhibit differs from my previous shows in that I have included stories about each child. All trips were made so that I could use my God-given painting talent for His Glory. Painting is my hobby, my profession, and my ministry.”

RSVP Volunteer, Ruth Jackson, also shares her talent by taking pictures at all RSVP events. You can see her wonderful paintings and associated stories at The Center for Contemporary Arts, Gallery 5, 220 Cypress Street through September 3.



GALLERY 5 / JULY 7 - SEPTEMBER 3

CHILDREN OF THE WORLD

RUTH JACKSON
PAINTINGS + STORIES

Abilene, Texas www.center-arts.com



| | | | |
|----------------------|------------------------|----------------------|---------------------|
| 01 Bill Bloodworth | 14 Joyce Heller | 01 Andrew Nieland | 17 Cleta Gregg |
| Tina Garces | Linda Holmes | Jack Staples | Mona Landrum |
| Betty King | Betty Otis | 02 Bruce Gregg | Bobby Roger |
| 02 Alene Gibson | 17 Norma Jean Caldwell | John Lineweaver | Lee Ann Smith |
| 03 John Bride | 18 Janette Browder | Glenella Scarborough | Marvin Stoner |
| Lew Burnett | 18 Ina Lorene O'Dell | 03 D.K. Stiles | 18 Kenn Hehn |
| Sandra Dunn | Joan Salem | 04 Agene Eblen | Brownie Roberts |
| Dot Harrod | Peggy Sebolt | 05 Roma Howard | 19 Pat Rudolph |
| 05 Toni Gonzales | Shirley Strakos | Glen Shahan | Mary Anne Sides |
| Mary Lowe | 19 Vickie Edmondson | Dorothy Williams | 20 Pauline Grubbs |
| 06 Bert Hudson | Maxine Williams | 07 Carolyn Davis | Ruby McLeod |
| 07 Sue Ely | 20 Marie Zani | Angie Egbert | Vesta Toney |
| Tom Jones | 22 Jo Ann Dennis | Nancy Fontenot | 21 Raymond Oden |
| 07 Bill Murphy | Bill Henderson | Nancy Kieffer | 22 Mary Bailey |
| 08 Pat Phillips | Nancy Jones | 09 Helen Akens | Betty Jones |
| John Ulrich | John Jordan | 10 Margaret Chengson | Jim McCutchen |
| 09 Twila Smith | 23 Tina Huebener | 11 Sara Bennett | Carla Phillips |
| 10 Tricia Sims-Pate | 24 Edith Bailey | Dene Gray | Paulette Whitaker |
| 11 Trinidad Martinez | 25 JoAnn Babbitt | Imogene Kniffen | 23 Carol Atchley |
| Susie Rios | Grace Buckbee | 12 Stanley Brosig | Janelle Shockley |
| Marshall Wharton | Barbara Nichols | Jo Isbell | Marianne Upchurch |
| 12 Cynthia Green | Sandra Schkade | Terry Tacker | 24 Mary Dell Barron |
| Jean Nix | 26 Anita McDonald | 13 Ovala Chapman | Deb Michalewicz |
| Harriet Samad | Fran Sentell | 14 Morris Chancey | 25 Cynthia Loya |
| 13 Annette Ancinec | 27 Jose Franco | Erie Folkner | Philip Madeley |
| Donna Coleman | Jane Scott | Janel Howard | George Woodfin |
| Cherry Gleason | 29 Joan Moore | 15 Vi Norwood | 26 Mary Jane Spain |
| Ronald Piri | Dolores Roe | Marci Pair | 27 Anna Middleton |
| Peggy Tooker | 29 Liz Walette | Janet Taylor | 29 Robert Broene |
| 14 Mary Bradshaw | 31 Margaret Chancey | Sharon Ann Young | Michael Wilkins |
| Betty Drennan | Doris Gates | 16 Diana Ashton | 30 LaVelta Doolin |
| JoAnn Gauntt | La Freda Holman | Bettie Brazil | Suzanne C Dorris |
| Patricia Glover | | Trudy Darling-Bobo | Melba Hale |
| | | Donna Gregg | Carol McBride |
| | | | Gwen Unger |

In Sympathy...



Priscilla Alldredge
Irene Andrews
Betty Baity
Loyd Bell
Dottie Evans
Vernon Jones
Louis Hargraves
LaVerne Knight
Mavis Hughes

Jean Longoria
Floyd Mills
Margaret Norman
Ramelle Parsons
Joanna Pierce
Rose Ramirez
Veronica Silence
Alene Treadwell

We make a living
by what we get
*we make a life
by what we give.*



~Winston Churchill

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 - The Presbyterian Medical Care Mission is happy to celebrate 33 years serving uninsured, low income adults in Abilene and the surrounding 17 counties! Volunteers with a heart of compassion are needed! Current openings include:

**Answer telephones and record messages on Thursday morning from 9 am to 11 am.

**Answer telephones and record messages on Friday morning from 9 am to 11 am.

**Patient check-in and sending faxes on Wednesday morning from 8 am to noon. (No experience necessary! On the job training available.)

Abilene Regional Medical Center - Help family and friends find the perfect gift for their love ones by volunteering at the Abilene Regional Medical Center Gift Shop. You'll even be able to treat yourself with a 20% discount on merchandise! No experience necessary, on the job training available.

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.

Meals on Wheels Plus - Official Greeter Wanted! Meals on Wheels Plus is looking for volunteer(s) to fill the position of Official Greeter. The Official Greeter assists the Volunteer Coordinator while meals are being picked up by the volunteer meal deliverers. The Greeter works from 9:30-12:30 Monday through Friday. Temporary opening on Tuesday, but could turn into a permanent position. The Greeter is responsible for organizing and handing out the route sheets to the volunteers, making sure the volunteer lounge has coffee and snacks, provided by Meals on Wheels. Also, marking the route sheets with any extras to be delivered, and remove any clients that have called to cancel their meal. The Greeter also helps assure a smooth and pleasant experience for the volunteer drivers.

West Central Texas Area Agency on Aging is looking for individuals to become volunteer ombudsman. Volunteer ombudsman visit nursing and assisted living facility residents and advocate for resi-



QuotesIdeas.com

Volunteer Opportunities

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

TGC Sheriff's Crisis Intervention Unit - Accepting applications for fall training class now through September 30, 2016. Looking for 12 compassionate, caring people who want to help others. This is a civilian first responder unit who responds to calls from law enforcement to assist victims of crime or crisis. (36 hour training class that will start in October.)

Christian Women's Job Corps is in need of Mentors. Training required: must have recommendation from Pastor; must commit to two days a week when class starts.

Concho Valley Area Agency on Aging is looking for individuals to become volunteer ombudsman. Volunteer ombudsman visit nursing and assisted living facility residents and advocate for resident rights. Free training is provided to those wishing to participate.

Meals for the Elderly - Could it be a problem hiding right in front of us, possibly in our own neighborhood? Senior hunger is a growing problem, but have you considered how volunteering for Meals for the Elderly can help decrease this problem? One day a week...one route...can you spare a couple of hours to deliver meals to a homebound senior? Good nutrition helps improve the health and well-being of the elderly and improves their quality of life. The goal of Meals for the Elderly is to enable the elderly to live independently, in their own homes, for as long as possible. Recipients are over 60 years of age, live alone, and are unable to prepare their own meals...volunteer for a route once a week, or as a sub on an "as needed basis"...a great program for seniors, looking for some great volunteers...got time?



Rust Street Ministries - Volunteers needed to help sort through donations, tag clothing, join the Quilting Queens and quilt items for clients, organize/bag food-donations, bundle linen sets, conduct client interviews and many other needs. The new director, Bryan Jarvis, is energetic, motivated, and can't wait to tell you what Rust Street Ministries is all about, but more so, who they are! Most volunteer positions can be done sitting down, so don't let that hold you back from checking into this volunteer opportunity. A great ministry giving back to the community, in a great way...you can schedule a tour and see where exactly you can utilize your life skills.



It's right around the corner...



If you're interested in volunteering with Concho Christmas, please e-mail, call, or stop by the RSVP office and let the staff know. What would I be doing, you ask? Concho Christmas Volunteers pick up meals at the designated restaurant locations throughout San Angelo, and deliver the meals to the Ft. Concho Commissary. These meals are for the inmates who set up/take down the Christmas lights along the river and throughout the downtown area to include the light display along the Concho. Ho-Ho-Ho!

Look Who's New!



New RSVP Volunteers

| | |
|-----------------------|----------------------|
| Helen Bacon | Tom Jones |
| Mary Dell Barron | Trudy Ann Klutts |
| Jan Cummings | Rose Mary Martinez |
| Georgia Alice Edwards | Dee Dee Reed |
| Charlene George | Glenella Scarborough |
| Patricia Glover | Dede Schmitt |
| Elizabeth Harris | Rosanne Solewin |
| Sarah Howell | Shirley Turner |

Quotes to Live By

- Positive thinking leads to positive outcomes
- Failure is a stepping stone to success
- Help yourself by helping others
- Determination, initiative and persistence are the foundation of success

Share the love!
Tell your friends
to volunteer, too.



Cherry Gleason, RSVP volunteer for the Abilene Police Department who served in records for many years, turns 100 August 13. She has been a volunteer at APD since November 30, 1993.

RSVP Volunteer Ombudsmen, Jim Brisbin, Brigitte Rogers and Mary Roden were recognized for their years of service and commended on the volunteer service in this capacity at the June meeting of the Area Agency on Aging of the Concho Valley Regional Advisory Council Meeting.

Tidbits of Info for YOU!

We know there are times and situations that arise that are beyond your control. If you have made a commitment to volunteer, if you are unable to carry thru with that commitment, please call our office or email us as soon as possible, . The place where you are volunteering is counting on each volunteer to be present to ensure the activity is completed. Also in some volunteer service activities we are not receiving your volunteer hours so you might want to call the RSVP staff to make sure they have been reported.

Reminders:

1. Volunteers who worked the Friends of the Library book sale might want to send in their hours...RSVP Staff have noticed several volunteers did not sign in.
2. Volunteers who deploy for State and sometimes even National disasters need to be sure and inform the RSVP Staff, as this information is requested by the Corporation for National and Community Service in Austin.
3. A big shout-out of thanks to Marilyn Flage and John Bosequett, two RSVP Volunteers who stepped up and participated in a recent FREE training class, Managing Spontaneous Volunteers in Disasters, presented by our local City of San Angelo Office of Emergency Management. If you are interested in volunteering in disaster planning and preparedness training, please call the RSVP office...a list of scheduled classes is available to you.

RSVP offices will be closed:

September 5, 2016



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

Departing from Abilene:
State Fair of Texas - October 6, 2016
Louisville Christmas - November 15-21, 2016
Christmas Mystery Tour - December 1-3, 2016

Departing from Abilene, Big Spring, Midland and San Angelo:
Philadelphia and Annapolis - October 13-24, 2016

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

Departing from Abilene & San Angelo:
Branson Christmas - November 9-14, 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
In Abilene, call RSVP at (325) 793-3520 or email mabowlin@wtrc.com



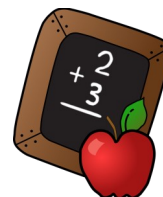
EXERCISE

Seniors can benefit tremendously from regular exercise. The Centers for Disease Control reports that seniors have even more to gain than younger people by becoming more active because they are at higher risk for the health problems that physical activity can prevent. Even moderate physical activity can help seniors to: Increase mental capacity, prevent disease, improve healing, improve quality of life, increase balance and increase life expectancy. A little goes a long way, and it's never too late to get started. The key is to find something geared to your fitness level that you enjoy doing, starting at a level you can manage and work your way up slowly. See your doctor before beginning any exercise program.

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

Return Service Requested

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ORGANIZATION
US POSTAGE
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76903
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Fax: 325-793-5445

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Program Assistant Teresa Covey
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Administrative Coordinator Carol Rigby-Hiebert
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