



West Texas RSVP

Aug-Sept 2015

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

PEOPLE WHO VOLUNTEER

ARE



42%

more likely than people
who don't to say they are

"VERY HAPPY"

Check out:

- RSVP Application Update
- Birthdays
- Abilene Opportunities
- San Angelo Opportunities
- New Volunteers
- West Texas Rehab
Audiology Department
- Don't Forget
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www.westtexasrsvp.org!



RSVP Volunteer Application Update

A ***Special Thanks*** to all the RSVP Volunteers who took the time to complete the Volunteer Application Update that was mailed to you the week of July 6. Returning your update allows RSVP staff to bring your records up-to-date and identify new areas where you might like to volunteer. We were delighted that many of you chose to hand deliver your updates to the RSVP staff, thus giving staff the chance to visit with you personally. Teresa has already used the updated information to engage some of you in new service areas.

If you have not returned your update please take time and do so as soon as possible. If you have any questions please call the RSVP staff for assistance.





Birthdays of the Month



01	Bill Bloodworth	17	Norma Jean Caldwell				
	Tina Garces	18	Janette Browder	1	Jake Mullins	16	Diana Ashton
	Betty King		Ina Lorene O'Dell		Jack W. Staples		Bettie Brazil
02	Alene Gibson		Ramelle Parsons	02	Bruce Gregg		Donna Gregg
03	John Bride		Joan Salem		John Lineweaver	17	Bobbie N. Collard
	Lew Burnett	18	Peggy Sebolt	03	Alex Guevara		Cleta Gregg
	Sandra Dunn		Shirley Strakos		D.K. Stiles		Mona Landrum
	Dot Harrod	19	Vickie Edmondson	04	Agene Eblen		Lee Ann Smith
04	Helen Collier		John Livingston	05	Roma Howard		Marvin Stoner
05	Toni Gonzales		Maxine Williams		Glen Shahan	18	Barbara Daniel
06	Bert Hudson	20	Sue Mims		Dorothy Williams		Kenneth D. Hehn
	Hubert L. Jackson		Marie Zani	07	Carolyn Davis		Brownell Roberts
07	Sue Ely	21	Elizabeth Hiller		Angie Egbert	19	Patricia Rudolph
	Grace King		Nancy L. Krasny		Nancy Fontenot	20	Pauline Grubbs
	William A. Murphy Sr	22	JoAnn Dennis		Nancy Kieffer		Ruby McLeod
08	Pat Phillips		Bill Henderson	08	Bobbie Neiter		Vesta Toney
	John Ulrich		Nancy Jones	09	Helen Akens	21	Raymond Oden
09	Twila Smith		John F. Jordan		Mitzi McAndrew	22	Mary A. Bailey
10	Tricia Pate	23	Tina Huebener	10	Margaret A. Chengson		Betty Jones
11	Trinidad Martinez	24	Edith L. Bailey	11	Sara Bennett		Carla Phillips
	Susie Rios	25	JoAnn Babbitt		Dene Gray		Paulette Whitaker
	Marshall Wharton		Grace Buckbee		Imogene Kniffen	23	Carol Atchley
12	Cynthia Green		Barbara Nichols		Catherine Marsh		Janelle Shockley
	Jean Nix		Sandra B. Schkade	12	Stanley Brosig		Marianne Upchurch
	Harriet Samad	26	Frances B. Sentell		Joann Isbell	25	Philip Madeley
13	Annette Ancinec	27	Jose Franco	13	Ovala Chapman		Marilyn Wankowski
	Cherry Gleason		Jane Scott		Donald Peters		George Woodfin
	Ron Piri	29	Dolores Roe	14	Morris Chancey	26	Ruth Aldridge
	Peggy Tooker		Liz Walette		Erie Folkner	6	Mary Jane Donnell
14	Mary Bradshaw	30	La Freda Holman		Janel Howard	27	Anna Middleton
	Betty J. Drennan	31	Margaret Chancey	15	Vi Norwood	28	Bill Reese
	JoAnn Gauntt		Doris Gates		Marci Pair	29	Bob Broene
	Joyce Heller				Janet Taylor		Michael B. Wilkins
	Linda Holmes				Sharon Ann Young	30	LaVelta Doolin
	Betty Otis						Suzanne Dorris
							Melba Hale
							Carol McBride



Volunteer Opportunities - Abilene Area

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

Open your eyes every morning and smile, because you know that you have another day to make a difference in the life of another.

- John Di Lemme

West Texas Rehab

- Do you play the piano? Do you love to entertain people? If so, the West Texas Rehabilitation Center is looking for you! Would you like to play the piano in the halls next to the Therapy Department! There is no set time or day, probably 45 minutes to an hour each time and at your convenience! The music can be heard throughout the Rehab Center and would provide such a fun, soothing atmosphere for everyone!

Abilene-Taylor County Health Department

- The Abilene-Taylor County Public Health District is currently in search of a volunteer(s) for their Dental Clinic. Dr. Margaret Cowling, DDS, manages all clinical operations of the clinic with the assistance of Erika Bowen, RDA. The Dental Clinic serves children, youth, and adults who have Medicaid (DentaQuest & MCNA Dental), CHIP, Ameritas, private pay/individuals without insurance, and additional clients under specific grant funded programs. The clinic is open Monday through Friday, from 8:00 a.m.-5:00 p.m., with patients scheduled every Tuesday, Wednesday, and Friday. The volunteer(s) would assist the Registered Dental Assistant with answering phones and scheduling appointments, light paperwork and filing, and maintenance of the dental operatories and dental equipment. The Dental Clinic staff welcomes volunteers who would be available to donate any amount of time to assist with the aforementioned tasks. Dr. Cowling and Erika Bowen are a great team to work with and welcome any volunteers with a passion for dentistry and public health!

Meals on Wheels Plus

- Home delivered meals for homebound older adults helps the recipients maintain proper nutrition, health and independent living. However, the actual value of the program extends far beyond just the delivery of a nutritious meal including a social connection to the volunteers and a daily check. Please consider taking a route or being a substitute driver for Meals on Wheels.

Chisholm Place – Abilene

- New Volunteer Station in Abilene with volunteer opportunities: Assist in playing games, coloring, art, playing music or talking with men's or women's group. A piano player would be a welcomed addition. Weekends are always great. During the week-Mondays, Tuesdays, Thursdays and Fridays anytime after 12:00 until 3:00 pm or on Wednesdays after noon.

Big Brothers Big Sisters

- Big Brothers Big Sisters is currently enrolling Lunch Buddy volunteers for the 2015/2016 school year. Spend just 30 minutes per week eating lunch with your *Little Brother* or *Little Sister* at their school.



RSVP staff would like to share and promote the benefits of volunteering through RSVP, and offer others 55+ the opportunity to become an RSVP volunteer. If you belong to a service or special interest club, business or church group, or any other association where RSVP staff could present please let us know.

Volunteer Opportunities - San Angelo Area

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

To make a difference in someone's life, you don't have to be brilliant, beautiful or perfect. You just have to care.

- Mandy Hale

West Texas RSVP - Faith in Action

- *Faith in Action* means people keep their independence, by receiving help through volunteers. Learn how you can assist someone who has no one else to depend on for transportation to medical appointments. If you desire to help, but are limited on time, you can still help someone who requires dialysis...one hour to drop-off or pick-up a client will make a world of difference in someone's life. At RSVP, we recognize your need to have flexibility in volunteering opportunities. We invite you to inquire about how volunteering with *Faith in Action* can help you answer the call to serve in your faith tradition, within San Angelo.

Alzheimer's Association Volunteer Opportunities

- As a volunteer with the Alzheimer's Association you can choose to educate others within our community as to how this disease affects individuals and families. Or, you may choose to play a crucial role as an Alzheimer's Congressional Team (ACT) Member who works directly with Association staff to implement federal advocacy activities directed toward members of Congress. You may also elect to be a part of the Speaker's Bureau who makes presentations to local organizations, businesses, and interested groups. You do not have to be an expert in Alzheimer's to present.

Meals for the Elderly

- Have you ever thought about delivering hot, nutritious lunches to homebound seniors in the San Angelo area? Regular drivers drive the same route on the same weekday as often as once per week or as little as one time per month. Substitute and emergency drivers fill in when one of the regular drivers can't deliver. A noon meal helps keep clients of Meals for the Elderly living independently. Can you help?

Service thru Story-Time

- If you enjoy reading to children, please consider Service thru Story-Time. A Goodfellow AFB door of opportunity has opened to RSVP. The Child Development Center has welcomed RSVP volunteers with open arms! Imagine yourself reading a book to a four-year-old, their eyes wide open with excitement as the colorful picture you're creating unfolds in their creative mind...imagine assisting these little hands through an activity which relates to the book they've just encountered... Our goal is to take a book and activity to these children as often as possible, possibly every other month or at minimum once a quarter. Help open the imagination of a child's mind... The benefits of reading to a child: 1) helps build a strong relationship with you, 2) promotes academic excellence, 3) improves basic speech skills, 4) demonstrates the basics of how to read a book, 5) allows them to grasp the fundamentals of language, 6) use of logical thinking skills, 7) enables an easier transition for life experiences, 8) better communication skills, 9) enhanced concentration and discipline, and finally 10) knowledge that reading is FUN!

Christian Women's Job Corps

- Help equip women for life and employment at their new location - 1100 Martin Luther King Dr. As women prepare for the job market volunteers can serve as curriculum teachers, mentors, or even help with and teach food preparation.

Sonrisas

- Sonrisas is changing names and locations and their new name is Sonrisas TRAILS. They will be moving to the new Mosaic Arena on S 87. They start new sessions in September so if you would like to volunteer to lead horses or sidewalk with riders contact RSVP.

Stephens Central Library

- If you love libraries – this is for you. Looking for Library Greeters to help patrons as they enter the library. Complete orientation will be given. Choose the hours you would like to work each week (or as your schedule allows).

Concho Christmas

- Christmas in July...maybe not in July but the inmates will begin putting up lights for Concho Christmas on September 8, 2015, and RSVP staff will start calling on volunteers to pick up lunches at a designated restaurant and deliver them to the Fort Concho area where the lights are stored. So, oh no, we are already making plans!!!!!! If you would like to help with this again or even for the first time give the RSVP staff a call. It takes less than 1 hour per day.



The SA-MPO is a federally funded and mandated transportation agency that's responsible for coordinating transportation planning activities within the City of San Angelo and MPO boundary. They work with Federal, State, and local agencies to make sure transportation projects and programs are cooperative, continuing, and comprehensive (3-C). Because their primary focus is on short- and long-range transportation planning, they work closely with public transportation providers, transit, airport, rail, and regional entities to assure every mode of transportation is represented.

Transportation affects us all, and for that reason, the SA-MPO works to ensure everyone has a voice in the transportation planning process. West Texas RSVP signed a Memorandum of Understanding with the San Angelo Metropolitan Planning Organization on July 16, 2015 to engage volunteers in this process. Below is the position description and training will be provided.

- Volunteers will be given a survey and a street/road to evaluate. The survey questions related to the walkability of the street/road. Surveys must be completed in the mornings and volunteers will be given designated routes which they must be able to walk....and many may be outside your residential area so volunteers must drive to the area to survey.
- Bus Evaluations - Volunteers evaluate a bus route, make recommendations, evaluate bus stops and wait/pick-up times. Evaluations are done on an as needed basis and free bus passes are provided to volunteers who are doing the evaluations.

If you would like to be involved in this survey process please call the RSVP staff. Staff can then contact you at the specific times of the year when the surveys must be completed. Think of it this way....you can provide input for the process and get some exercise at the same time.

Howard College

- Proctor - help administer exams; prepping the work area; checking in the students (ID verification); monitoring testing areas; Tutor - available for particular subject domains (i.e. business, math, etc.) to assist students with difficulties in these areas; Times: Anytime from 8am to 5 pm M-F during fall and spring semesters, 8am - 5 pm M-Th during the summer

In Sympathy...

*Maggie Elizondo
Margaret Mallard
Adela Perez
Pat Rector
Rose E. Russell
Phyllis M. Stevens
Gladys Sturgill
Amanda V. Teague
Mary Valles*



New Volunteers!!

Denise Barnett
Kent Barnett
Stan Brosig
Beverly Gill
Becky Knox
Charlene Lewis
Jan Lineweaver
John Lineweaver

"We are constituted so that simple acts of kindness, such as giving to charity or expressing gratitude, have a positive effect on our long-term moods. The key to the happy life, it seems, is the good life: a life with sustained relationships, challenging work, and connections to community." -Paul Bloom



Don't Forget - If you have not returned your RSVP Volunteer Application Update do so as soon as possible. If we do not receive your updated form RSVP staff in Abilene and San Angelo will be calling you to update your information. Of course we always enjoy our conversations with you, but as you know RSVP staff are limited on time and by returning your updated form we can work on other tasks. As always we appreciate all you do in your service to others!!

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

- Ruidoso and Cloudcroft - Aug. 12-15, 2015
- Wisconsin/Minnesota - Sept. 11-20, 2015
- Niagara Falls Foliage Tour - Oct. 7-19, 2015
- Chattanooga in the Fall - Oct. 21-29, 2015
- Branson Christmas - Nov. 9-14, 2015

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.



"Volunteers are the only human beings on the face of this earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another." Erma Bombeck

The Audiology Team of West Texas Rehab thanks you for giving of yourselves to so many others. If you are an active volunteer with RSVP, we would like you to have 20% off on any of our hearing devices. We will treat your hearing with the same diligence and devotion with which you volunteer.

"My experience with the West Texas Rehab's Audiology Department could not have been more positive."

Here is the process:

- Call your doctor and request that a referral be faxed to West Texas Rehab Audiology for a hearing evaluation. San Angelo fax #: 325/223-6374 Abilene fax #: 325/793-3581
- The hearing evaluation and device consultation appointment will take approximately 1 ½ hours.
- If you already have hearing aids but are having problems with them we will be happy to trouble shoot them for you.
- If you would like more information about our services, please go to our webpage: www.rehabhearing.org or you may call the Audiology Department: Abilene - 325.793.3490 or San Angelo - 325.223.6360

"My experience with West Texas Rehab's Audiology Team could not have been more positive. From the initial appointment through testing, fitting, sound adjustments, and follow-up appointments, the administrative staff and the doctor of audiology were courteous, professional, thorough, and knowledgeable – giving me all the information I needed to make decisions. I know that with the periodic check-ups and maintenance of my new hearing aids that is included, West Texas Rehab will continue to meet my hearing needs well into the future." -Carol Rigby-Hiebert, West Texas RSVP volunteer



L-R, Mary Thompson, Bill Murphy and Becky Barnes braved the heat and wind volunteering during the KRAZY 4 K-9z fundraiser. Mary took a couple of minutes to enjoy a quick hotdog!!

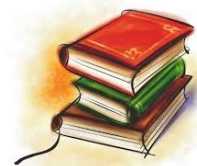
Krazy 4 K-9z Fundraiser

Kudos to the three RSVP Volunteers who braved the wind and heat on June 13, 2015. Their volunteer contribution of service for the Krazy 4 K-9z fundraiser helped raise almost \$2,500. Monies raised will go to help with training and equipment for the San Angelo Police Department's K-9 Division.

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

Return Service Requested

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76903
PERMIT NO. 97



SAVE THESE DATES: The dates have been set for the RSVP recognition luncheons in Abilene and San Angelo. If you are an active volunteer serving hours this past year, you should be receiving your formal invitation approximately three weeks prior to the event.

Abilene - August 26, 2015

San Angelo - September 25, 2015

West Texas RSVP

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