



# Seniors in Action

March - May 2023



Sponsored by: Concho Valley Council of Governments

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**New  
Volunteers!!**

**RSVP**

Mary Floyd  
Terry Johnson  
Terry Moynihan  
Linda White

**Welcome Back!**  
Bob Feller



You are never too old  
to set another goal  
or to dream a new  
dream.  
Dream outside the box!

Our volunteers throughout the Concho Valley and Big Country continue to inspire and amaze. The scope and breadth of your service impacts thousands of your fellow citizens either directly or indirectly. We have over 300 RSVP volunteers serving in over 60 volunteer stations and contribute thousands of hours of service each year.



While these volunteers serve in a wide array of important and meaningful community activities, our primary focus areas involve Food Distribution and Food Security. RSVP volunteers recognize the nutritional needs of persons in a post-COVID society and have remained strong in their commitment to helping during very difficult times.

Our Foster Grandparents are helping disadvantaged children in Early Head Start Centers, Head Start Centers and K-12 classrooms. For many of these children, the Foster Grandparent becomes the primary adult role model in their lives. Our Senior Companions are helping senior citizens in the latter stages of life by providing the emotional support and assistance to help persons to stay living independently in their residences for as long as possible. They also provide respite services for caregivers to give them the opportunity to have a break from the stresses of caring for a loved one. Foster Grandparents and Senior Companions receive a monetary stipend for each hour of volunteer service and they will be getting an increase to \$4.00 per hour starting on April 1.

In May, we will be honoring all of our volunteers with Recognition luncheons. The Abilene luncheon will be on Thursday, May 11 at Pioneer Drive Baptist Church. The San Angelo RSVP luncheon will be on Tuesday May 16 and the FGP and SCP luncheon will be on Wednesday May 17. Both of these luncheons will be at the Concho Valley Council of Governments facility. More details on all of these activities will be coming out soon.

I also want to announce we will be relocating the San Angelo RSVP office to the CVCOG facilities on July 1. We feel that this is the best move for the long-term stability and growth of this important program.

Thank you again for your spirited and dedicated service.

In service,  
Nolen Mears  
Director

# Foster Grandparents & Senior Companions News

**RECRUITING NOW!!!**

## Candidates for **Foster Grandparent Program** and **Senior Companion Program Volunteers**

All candidates must be 55 and over. Servant hearts are a blessing to our programs.

### **Foster Grandparent Program**



**Foster Grandparents** are placed in a school environment to mentor children that need extra help in reading, math, social skills, and TLC (Tender loving care). Time spent with children is a beautiful time well spent.



### **Senior Companion Program**



**Senior Companions** are placed in a home environment to assist a Senior with companionship. Prepare light meals, play games, go walking with the senior when possible, and remind them to take medication. In our community we have many seniors who are lonely and just need companionship. Caretakers in the home also need a break to take care of errands, self needs, and know that their love ones are not alone. (Schedules for Senior Companions are flexible).

\*\*\*\*\* **Many benefits: All are paid a stipend of \$3.15 per hour, starting April 1 – it will be \$4.00**  
Mileage is paid at .47 cents per mile. Paid holidays...great meals and fellowship.

For more information, please call **Clementine Urista** – FGP/SCP Manager at 944-9666, extension  
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**Abilene** - For more information on these and other volunteer opportunities contact Max Ann at 325-793-8472 or [maxann.bowlin@cvcog.org](mailto:maxann.bowlin@cvcog.org)

**Frontier Texas** - looking for volunteers to assist with their visitors' center as greeters & travel counselors, docents for group tours or help with special events. Volunteers may select one, two or all three positions based on their interest and time available.

**Hendrick Medical Center** - If any of you volunteer at Hendrick Medical Center you are able to turn those hours in again. If you volunteer on the North campus, please let Sabra Knox know you are with RSVP and she will submit those hours monthly. If you volunteer on the South campus, please send your hours in monthly (by hour sheet, phone or email). Please call the RSVP office if you have any questions.

**San Angelo** - For more information on these and other volunteer opportunities contact Teresa at 325-944-9669 or [teresa.covey@cvcog.org](mailto:teresa.covey@cvcog.org)

**Meals For the Elderly** - Depending on over 2,000 different volunteers throughout the year to deliver over 600 hot, nutritious meals to homebound seniors, volunteers are the heartbeat of this awesome organization. With over 50 routes to deliver every Monday through Friday, volunteers can pick up meals between 10am—11:15am. The average route delivery times range from 1 - 1/2 hours. Driving opportunities:

1. Regular - Deliver on a regularly scheduled basis
2. Substitute - Willing to deliver any route on days that drivers are needed
3. Emergency - Willing to deliver any route LAST MINUTE in an emergency.

Interested in making a big impact toward your community? If you have time on your hands, please consider volunteering at MFE.

**TGC Stephens Central Library** (33 W. Beauregard Ave.) - Various volunteer opportunities here, so take a look! You might see several that will interest you...

- ♦ **FRIENDS OF THE LIBRARY** - Monday, Wednesday, and Friday mornings, 9am—12pm; (12) Volunteers needed to help carry, sort, and place donated books and materials.
- ♦ **FRIENDS OF THE LIBRARY BASEMENT BOOK SALE--SPECIAL** - First Saturdays in March, June, August; 9am -1pm; (15) Volunteers needed as cashier and carry out.
- ♦ **PALS HOMEBOUND DELIVERY SERVICE** - Volunteers needed one day a month; as available on the 2nd Thursday, 4 hours/month; (2-3) Volunteers needed to: pick up pre-bagged books at downtown library & deliver to various senior living sites within the San Angelo area; Long-term volunteer opportunity; no patron contact is required, just pickup and delivery.

**Adult Literacy Council** - Seeking volunteer tutors for English, computer skills, citizenship or other skills you are willing to share. A minimum of one hour per week is requested, and volunteers will set their own hours and schedule.

**Weekly Hands-On Independent Tutoring (WHIT)** - The WHIT Program provides free tutoring to kids in foster care. Foster kids have the lowest high school graduation rate of any group tracked by the Texas Education Agency (62%). Lower than immigrant children, and lower than poverty-stricken children. Foster kids graduate at a lower rate even than homeless children. We want to give these kids, who already have to deal with so much, the best chance to overcome their circumstances. A high-school diploma is a start. We match foster children, mainly referred by Child Protective Services, with volunteer tutors. The tutors provide each foster child an hour of tutoring each week. Our goal is to bring the foster kids up to grade level. That's why our motto is, "Foster kids start out behind. We catch them up."

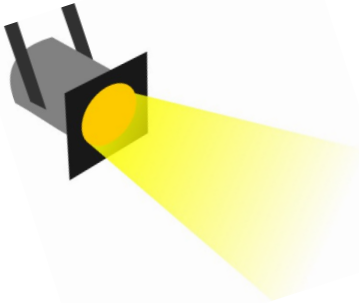
**San Angelo - Volunteer Opportunities (cont'd)**  
contact Teresa at 325-944-9669 or [teresa.covey@cvcog.org](mailto:teresa.covey@cvcog.org)

**Keep San Angelo Beautiful** - Looking for volunteers who are willing to get a little “dirty” in order to keep San Angelo beautiful. Areas you can help with include: check-in, refreshments, picking up trash, handing out t-shirts, and more areas!

- ♦ 2023 Trash Off - Saturday April 1st at 8:30am/check-in at Santa Fe Golf Course. All supplies provided. Family/Pet Friendly.
- ♦ Hazardous Waste - Saturday May 6th at 8:00am/Check-in at Foster Communications Coliseum. All supplies provided. Family friendly.



## STATION SPOTLIGHT



Kelly Usry  
Volunteer Director

**Meals For The Elderly** is a private, non-profit charitable organization devoted to serving the homebound elderly of San Angelo, Texas and surrounding areas with one hot, nutritious, home-delivered meal each weekday, while also ensuring their individual well-being through personal contact.

In addition to the normal weekday meal, a frozen breakfast sack is provided on Monday with a few breakfast items for the week. A sack lunch is provided on Friday of each week to assist the recipients in getting through the weekend. Frozen meals are also provided to recipients who rely solely on Meals For The Elderly for their meals.

Good nutrition helps improve the health and well-being of the elderly and improves their quality of life. Our goal is to enable the elderly to live independently, in their own homes, for as long as possible. Recipients are over sixty-five years of age who are homebound, are physically or mentally unable to prepare nutritious meals for themselves, and have no one to help them on a regular basis.



Meals For The Elderly was a dream of Mary Alice Rodgers, who saw the need for a program to help homebound elderly with their meals so that they could delay or avoid going to nursing homes.

Today, Meals For The Elderly continues the mission that began in 1974. The program operates solely on contributions and receives no ongoing U.S. government funding. Meals For The Elderly is not a United Way Agency. With the help of more than **two thousand eight hundred** volunteers, it is able to deliver meals to over 700 local homebound seniors each weekday at the remarkably low cost of \$3.75 per meal. Over the years, more than **two million** meals have been delivered and more than 12,000 different individuals have received these meals.

\*NOTE: Look in our Volunteer Opportunities for San Angelo to see how you can volunteer with Meals for the Elderly



## March

### Foster Grand Parents

Diana Baker  
 San Juana Coronado  
 Guawanna Langenfeld  
 Sergio Lozano  
 Rosario Morales  
 Edna Robledo  
 Linda Simental

### RSVP

Sherry Belk  
 Marcy Bosequett  
 Pat Brewer  
 Minda Cleveland  
 Marcy Dunham  
 Lillie Escobedo  
 Sharon Felts  
 Velma Finn  
 Sandra Freeman  
 Tommy Hiebert  
 Jim King  
 Charles Kitchell  
 Eddie Lee  
 Mary Lohse  
 Lana Lynch  
 Betty Muncy  
 Beverly Nevins  
 Estell Norris  
 Betsy Sadler  
 Laurel Scott  
 Vicki Sedden  
 Ann Simmons  
 Bette Smith  
 Ruth Smith  
 Elaine Sperberg  
 Shirley Stephenson  
 Mollye Swirsky  
 Shirley Turner  
 Kathy Ward  
 Fred Williams

### Senior Companions

Margaret Fosco  
 Mary Martinez

## April

### Foster Grand Parents

Dian Heffington  
 Judy Macy  
 Francisca Pena

### RSVP

Wanda Brothers  
 Betty Burton  
 Liz Curtis  
 Susie English  
 Frances Evans  
 Nancy Haddox  
 Olivia Haliburton  
 Margaret Hall  
 Juan Hernandez  
 Judy Hight  
 Norvell Holveck  
 Karen Horner  
 Judy Kelley  
 Stan Kisner  
 Marie Kretschmer  
 Darlene Lupton  
 LuAnn Lupton  
 Ermanell Penney  
 Barbara Pinkston  
 Leola Prince  
 DeDe Schmitt  
 Marjie Seibert  
 Rosalinda Sims  
 Sandra Sims  
 Ulta Taylor  
 Carolyn Utt  
 Gary Whitaker



## May

### Foster Grand Parents

Rosalinda Pena

### RSVP

Emelda Arredondo  
 Linda Ashton  
 Denise Barnett  
 Barbara Block  
 Arlette Brininstool  
 Terence Brown  
 Jenny Cates  
 Neal Chavez  
 Shirley Cole  
 Skip Doepp  
 Robert Doolin  
 Ed Huston  
 Ruth Jordan  
 Mildred King  
 Doyle Lemond  
 Wanda Lloyd  
 Arlen Lohse  
 Debbie Louder  
 Phyllis Martinez  
 Juan Maysonet  
 Melanie McMinn  
 John Muhleman  
 Maudie Reeves  
 Carol Rigby-Hiebert  
 Pat Slavens  
 Marion Smith

### Senior Companions

Asencion Fernandez  
 Marcia Garrett  
 Javier Leal





Office of Senior Volunteer Programs  
2801 W. Loop 306, Suite A  
San Angelo, Texas 76904

**Return Service Requested**



**MAY**



**12 THINGS TO ALWAYS REMEMBER:**



1. The past cannot be changed.
2. Opinions don't define your reality.
3. Everyone's journey is different.
4. Things always get better with time.
5. Judgments are a confession of character.
6. Overthinking will lead to sadness.
7. Happiness is found within.
8. Positive thoughts create positive things.
9. Smiles are contagious.
10. Kindness is free.
11. You only fail if you quit.
12. What goes around, comes around.



**Contact Information for Senior Corps Programs:**

Nolen Mears, Director  
5430 Link Rd.  
San Angelo, TX 76904  
(325) 944-9666  
[Nolen.mears@cvcog.org](mailto:Nolen.mears@cvcog.org)

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