



Seniors in Action

June - August 2023



Sponsored by: Concho Valley Council of Governments

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New Volunteers!!

RSVP

Arlene Bommarito
 Raymond Ditmore
 Paula Dowler
 Betty DuBoe
 Mary Fanning
 Mary Floyd
 Ed Forehand
 Pat Forehand
 Charles Good
 Terry Jeffries
 Stan Jones
 Barbara Long
 Ruth Mahaffey
 Gail Metcalfe
 Carolyn Mittel
 Wanda Morrow
 Jennifer Rule
 Judy Steen
 Terry Wallace

SCP

Margaret (Margo) Barrington
 Patricia Tatum
 Clara Johnson (Betsy)
 Margaret Minter



May is a time for celebrations! High school and college graduations are right around the corner, wedding season is about to begin, and students who are not graduating will be celebrating the end of the school year.

May is also the time when we celebrated the service of our volunteers in our Foster Grandparent, RSVP and Senior Companion programs with our annual Recognition Luncheons in Abilene and San Angelo. A total almost 400 volunteers served in one of our three programs and contributed over 115,000 hours of volunteer service. People who specialized in these kinds of things have determined that the current value of a volunteer service hour is about \$28, thus making your efforts during the past year worth over \$3.2 million in economic impact in our communities. The agencies you serve would could not afford to hire people to do the work you do. Your service helps keep those agencies in business and creates a ripple effect of service and good will throughout the community. Never underestimate the impact of the work you do and the impact it has on the lives of those around you.

We are also starting to see more people come back into service after COVID and this is a very encouraging sign. If you know of people who might want to serve, please have them contact the appropriate office in your area.

I also want to remind you that the San Angelo RSVP Office at the Station 618 Senior Center will be closing at the end of June and relocating to the Concho Valley Council of Governments facility at 5430 Link Road. All operations will remain the same – just at a new location.

In service,
 Nolen Mears, Director
 Senior Volunteer Programs

Why be a Volunteer?

It's not for money, it's not for fame. It's not for any personal gain.
 It's just for love of fellowman. It's just to lend a helping hand.
 It's just to give a tithe of self. That's something you can't buy with wealth.
 It's not medals won with pride. It's for that feeling deep inside.
 It's that reward down in your heart. It's that feeling that you've been a part.
 Of helping others far and near, that makes you be a Volunteer!

Author Unknown



FOSTER GRANDPARENT PROGRAM

Children are the future of the world. They are going to be the leaders of tomorrow and are going to make choices that will directly affect our generation. Children are pliable, so it's up to us to mold them well and send them in the right direction.



Qualifications for seniors:

- Must be 55+
- Annual household income that does not exceed Federal limits
- Love for children

Benefits:

Stipend pay, paid Holidays, lunches paid, paid mileage and most important of all the children's love for you! You are a volunteer mentor and are a life example to our children.



Foster Grandparent Pre-Service Training

August 2-3, 2023

8:30 am – 4:30 pm

5430 Link Rd

If you are interested and are wanting to help as a mentor,
Please contact **Clementine Urista** – FGP/SCP Programs Manager
944-9666, ext. 225

I also have the **Senior Companion Program**. After training is completed, we are then able to do placements in a home environment. We have many seniors that are lonely and just want someone to talk with them.



Abilene - For more information on these and other volunteer opportunities contact Max Ann at 325-793-8472 or maxann.bowlin@cvcog.org

Highland Food Pantry---SAVE-THE-DATE: Texas Mission of Mercy Dental Clinic will be seeking volunteers for its 2-day Dental Clinic on Friday, July 14 and Saturday, July 15, 2023. We will be organizing the snacks and food portion of the event. Volunteers will be needed. More details to come.

Meals on Wheels Plus---As summer approaches, the college students will leave until the fall. Volunteers will go on vacation for a week or 2, some for the whole summer, Meals on Wheels will be needing substitute drivers. Please consider stepping up to be part of a ministry that delivers over 1300 meals a day Monday to Friday.

Hendrick Hospital Volunteer Services - seeking those volunteers who enjoy providing service and comfort to patients and their families, while serving as a valued asset to the hospital staff, in the following areas at both North and South locations:

- Gift Shop (assist customers, cash register)
- Assist with greeting at entrances (help screener as visitor/patients come into building)
- Escort patients in building (escort patients to the location of their test)
- Central Supply (pull supplies for different departments)
- Sterile Processing
- CCU waiting room (answer phones and assist with questions)

Frontier Texas - looking for volunteers to be docents for group tours or help with special events. Volunteers may select one or both positions based on their interest and time available.



San Angelo - For more information on these and other volunteer opportunities contact Teresa at 325-944-9669 or teresa.covey@cvcog.org

Housing Authority of San Angelo - 12th Annual Family Fun Day. June 10th, 10am - 1pm. (420 E. 28th St.) Seeking volunteers to help with registration or handing out flyers.

Downtown San Angelo - (located at 24 W. Concho Ave.) Looking for a few good volunteers who enjoy:

- taking a phone call or two a day,
- visiting with guests, and
- some light filing.

This volunteer opportunity will be August 21 - 31, Mon - Fri, 9am-5pm, so 2-3 hours shifts are all open considerations, depending on your availability. Volunteers will need to complete some training beforehand, maybe the week prior, to get familiar with the office.

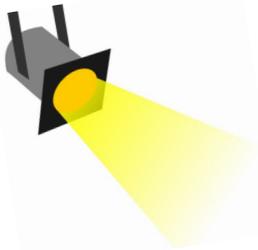
Special Limitations including Prohibited Activities When Volunteering

Please keep in mind that using federal funds or resources for political activities or other activities to influence the outcome of any local, state, or federal election is strictly prohibited, which includes (but are not limited to): 1) organizing or attending political events, demonstrations, protests, petitions, rallies, etc.; 2) participating in, endorsing, or advocating for or against political parties, platforms, groups, or candidates; or 3) conducting voter registration or other get-out-the-vote activity; or posting election-oriented messages on social media (using AmeriCorps resources or referencing AmeriCorps programs).

Individuals are always free to exercise their rights as private citizens to participate in political activities: 1) on their own initiative and personal time; 2) not affiliated with AmeriCorps programs or supported by AmeriCorps resources; and 3) not wearing any program insignia, logos, or uniforms.

AmeriCorps Senior Volunteers and project staff funded by AmeriCorps may not give religious instruction, conduct worship services, or engage in any form of proselytization as part of their duties.

A sponsor or volunteer station may retain its independence and may continue to carry out its mission, including the definition, development, practice, and expression of its religious beliefs, if it does not use AmeriCorps Seniors funds to support any inherently religious activities, such as worship, religious instruction, or proselytization, as part of the programs or services funded. If an organization conducts such activities, the activities must be offered separately, in time or location, from the programs or services funded under AmeriCorps Seniors SCP.



STATION SPOTLIGHT

Concho Valley Regional Food Bank



Lee Pipkin
Executive Director
Concho Valley Regional Food Bank



Rosemary Kitchen, RSVP Volunteer

Volunteer as a receptionist, or other various tasks within the warehouse.

In 1983, the Concho Valley Regional Food Bank started with one man, in one garage, in San Angelo, TX. He would travel to local grocery stores, daily, to gather donations and distribute from his garage to hunger relief organizations. To date, the Food Bank has 17 employees, 650 hours a month; and distributes 3 million pounds of food from 90 agencies in 13 counties. In the state of Texas, one volunteer hour is worth \$29.86; with every \$1 supporting 8 meals. One volunteer, 1 hour, 200 meals. The Concho Valley Food Bank has some volunteers that have been around a long time. One has been around over 25 years. Others may be through our doors for one volunteer event. Some may stay while others ask "what can I do to help you?" My response is to be our story tellers. Let others in your circle know about what we do and how we work with those who are food insecure in the Concho Valley. Our network of agencies are staffed primarily with volunteer, many of whom are seniors that continue to serve their communities in this fashion. If we were to figure in those volunteers, I'm sure the number would be staggering indeed. To say that we appreciate our volunteers is understated; and to say that we are just "carrying on tradition" is straight truth.

Foster Grandparents/Senior Companions Appreciation Luncheon May 17, 2023



A VERY
BIG
thank you!



You
Are
appreciated



You're AMAZING!

Muchas Gracias

West Texas RSVP Volunteer Recognition (Abilene)
May 11, 2023



THANK
you!

West Texas RSVP Volunteer Recognition (San Angelo)
May 16, 2023



A Heartfelt Thank You
TO ALL OF OUR AMAZING VOLUNTEERS!
 We couldn't do it without you!

Mildred King received special recognition from Atalaya Sergi (Director, AmeriCorps Seniors), for her volunteer work since 2004. Mildred will celebrate her "100th" birthday on May 23, 2023.

Thank You
Volunteers

"Thank you for all you do. I appreciate the luncheon this week. I was greatly inspired by the volunteers heart and passion for what they do and their perseverance even in the face of physical limitations." - Anita McDonald



Happy Birthday to YOU!



June

Foster Grand Parents

Maria Lozano

RSVP

Jesus Aguilar
Ann Barker
Christine Benton
Linda Butts
Sammie Caldwell
Dale Cartee
Janet Cauthen
D.Y. Cole
Marla Cummings
Sindee Davis
Norma Dickey
Roy Dixon
Margaret Grimes
Lidia Hernandez
Ken Hutson
Monty Johnson
Betty Martin
Judy McCarthy
Dorothy Morrison
Debbie Narrimore
Dee Phillips
Beccye Reece
Beverly Reeves
Carol Santry
Karla Smith
Sue Sorrells
Marty Stultz
Gary Sturgill
Mildred Thompson
Connie Vietor
Betty White

Senior Companions

Mary Benavides
Bessie Sampson

July

Foster Grand Parents

Blanca Melendez
Dora Sandoval

RSVP

Virginia Adams
Pam Backlund
Marcy Bernard
Phyllis Burroughs
Jan Cauthen
Margie Chaney
Terry Coffman
Bonnie Cortez
Claire Cranford
Christene DeMenars
Patricia Ditmore
Barbara Epperson
Sheila Fisher
Marilyn Flage
Toni Flores
Rose Guerra
Fran Hillis
Randal Johnson
Leroy King
Betty Landry
Fay Lawler
Cris Matthies
Flo McKinney
Angie Nelson
Al Newman
Linda Perkins
Debbie Riley
Al Rios
Jennifer Rule
Charlie Smith
Lindell Smith
Gerald Sorrells
Mary Thompson

Senior Companions

Rebecca Dunham
Sylvia Menchaca
Juanita Velazquez

August

Foster Grand Parents

Maria Castaneda
Nellie Gloria
Brenda Harral
Eusebia Martinez
Hector Martinez
Donna Nasworthy
Silvia Perez

RSVP

Annette Ancinec
Natalie Bryan
Mary Anne Casey
Jo Coats
Jo Ann Dennis
Vickie Edmondson
Eddie Flores
Billie Garro
Doris Gates
Mary Gates
JoAnn Gauntt
Ann Glover
Toni Gonzales
Linda Holmes
Lesley Johnson
Nancy Jones
Stan Jones
Anita McDonald
Susie Michel
Terry Moynihan
Bill Murphy
Deborah Neal
Ronald Piri
Cathy Rawlins
Susie Rios
Dolores Roe
Harriet Samad
Janice Serrault
Judy Smith
John Ulrich
Marshall Wharton
Maxine Williams

Senior Companions

Claude Fletcher
Rebecca Hernandez
Albert Wilson



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

Return Service Requested



Contact Information for Senior Corps Programs:

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