

SENIORS IN ACTION

Foster Grandparents Program

RSVP

Senior Companions Program

Check out:

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New Volunteers

Lee Pipkin
 Cheryl Willard
 Judy Williams

In this edition of our newsletter, I want to share a few thoughts about pride. First, I am proud to be associated with each one of our volunteers who are serving in your respective programs: the 25 Senior Companions helping elderly homebound persons to stay living independently in their homes for as long as possible and helping to reduce the stresses of full-time caregivers, the 45 Foster Grandparents working with children to overcome learning and developmental obstacles so that they can progress academically and socially, and the over 325 RSVP volunteers who are serving at over 60 service sites to help our partner organizations fulfill their missions of improving our communities and who could not survive without your work. I feel a sense of pride when I visit with fellow citizens who share how they were impacted by service provided by one of our volunteers. I also see the pride in your eyes when I see how you selflessly fulfill your responsibilities throughout the year. You know you are making a difference. And I hope that you are also proud to be part of a nationwide cohort of over 150,000 persons engaged in similar work around the country.

It is a familiar greeting (and rightly so) to say to an active-duty military person or a veteran, "thank you for your service to our nation." I certainly would not intend to lessen the feelings we all should have for those in uniform, but I would say to our volunteers today, "thank you for your service to our communities."

Serving with you with pride,



Nolen Mears, Director
 Senior Volunteer Programs

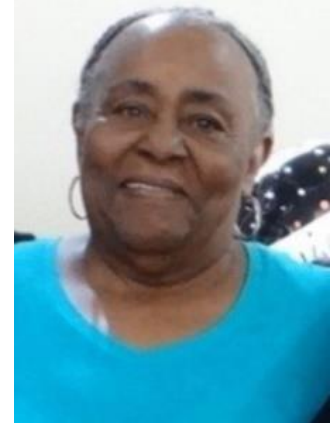


Sponsored by Concho Valley Council of Governments



It is with great sadness that we announce the loss of Emily Lomax, a member of the *Abilene RSVP Advisory Committee*. Emily always brought such joy and happiness to those around her, always willing to help in any way. She will be greatly missed.

Foster Grandparent, Bobbie Scaggs, went to be with the Lord on February 10, 2024. Bobbie joined Foster Grandparents on November 6, 2017, serving with the Day Head Start. She enjoyed working with children and the children loved *Ms. Bobbie*. Her heart touched many young lives.



Enrollment in the AmeriCorps Seniors Programs is done without regard to race, color, national origin, gender, age, religion, sexual orientation, disability, gender identity or expression, or political affiliation, marital or parental status, genetic information or military service.

Foster Grandparent and Senior Companion Programs



Who's calling me? Why me? What's in it for me?

Our Foster Grandparent or Senior Companion Programs are calling you to assist as mentors for young children as mentors for children who require more one-on-one help, or as a companion to another senior, respectively.

Foster Grandparents can step into any age group and serve within the: Early Head Start or Head Start Programs; Public Schools K-12; Boys and Girls Club Centers. Your experience can make a positive difference in the lives of children as an AmeriCorps Seniors Foster Grandparent. Assisting children with math, reading and writing numbers and letters, and improving educational outcomes.

Senior Companions are serving older seniors as a friendly companion in areas such as: conversing with those who are lonely and need someone to talk to; preparing light meals; encouraging exercise for the client; reminding their clients to take their daily medications, or simply by playing games, watching TV, or just by being a good listener. Many times, this enables the client's caretakers to run errands while the Senior Companion provides companionship to their loved ones.

Foster Grandparents and Senior Companions receive: Paid Stipend for each hour of service; Paid Mileage Reimbursement; Paid Holidays & Monthly Training; and long-lasting friendships.

Why not you? If you have extra time on your hands to mentor a child, or to be a companion to someone, you will see the picture differently when you sign up. You can earn extra money and friends for life.

"Whatever you did for the least of these brothers or sisters of mine, you did for me." Matt.25:40

Call today and ask for Clementine Urista, 944-9666, ext. 225. Be ready to see and live a life-changing experience and "be in the big picture".



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

Abilene Meals on Wheels Plus - Needing volunteers to deliver much-needed meals to Abilene, Ballinger, Hawley, Hamlin, Aspermont, and around Ft. Phantom Lake. Drivers are needed Monday-Friday! Please consider helping someone get a hot meal!

Clyde Public Library – (Located at 125 Oak St. in Clyde) Seeking volunteers to assist at the library with the circulation desk. Also, the volunteer could be a vital part of the Toddler Time programs on Wednesday and Thursday. On Tuesdays, volunteers get together as a group for a coffee break and homemade goodies.

Upcoming Events in Abilene



CIRQUE ITALIA WATER CIRCUS

EVENTS FOR CHILDREN

Mall Of Abilene
4310 Buffalo Gap Rd
Abilene, TX 79606
(941) 704-8572



SPEEDWAY SPRING BREAK CAMP 2024

EVENTS FOR CHILDREN

Cesar Chavez Recreation Center
2250 Ambler Ave
Abilene, TX 79603
(325) 676-6217



SPRING DOG TRAINING

FESTIVALS AND EVENTS

Cobb Park Recreation Center
2302 State St
Abilene, TX 79603
(325) 725-9618

*** DETAILS



FREE EASTER EGG HUNT

EVENTS FOR CHILDREN

Stafford Sports Complex
1042 Loop 322
Abilene, TX 79602
(325) 676-6217



WE THE KINGDOM

FESTIVALS AND EVENTS

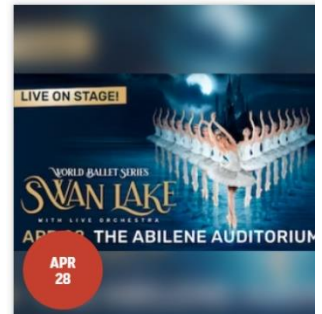
Abilene Convention Center
1100 North 6th St
Abilene, TX 79601
(325) 676-6444



THE BELLAMY BROTHERS

LIVE MUSIC

Paramount Theatre
352 Cypress St
Abilene, TX 79601



WORLD BALLET SERIES SWAN LAKE WITH LIVE ORCHESTRA

FESTIVALS AND EVENTS

Abilene Convention Center
1100 N 6th St
Abilene, TX 79601

San Angelo - For more information on these and other volunteer opportunities please contact Teresa at 325-944-9666 x:214, or teresa.covey@cvcog.org

West Texas RSVP - Birthday Cards! – If you enjoy writing birthday cards, you can help RSVP meet the need for more volunteer birthday card writers. Our volunteers enjoy writing birthday cards to seniors at (9) different senior living facilities here in San Angelo. Just contact Teresa and your name will be added to the contact list. If you're not interested but you have some birthday cards that you wouldn't mind parting with, please contact Teresa...she'll take them off your hands! If it's after hours, you can always drop them off at Station 618 (in the hallway just outside the prior RSVP office) or here at the CVCOG (to the left of the front entrance)...we have a drop box at both locations. Writing birthday cards, a lost art, is a great way to put a smile on someone's face on their special day!

San Angelo Chamber of Commerce – Seeking RSVP Volunteers who can “commit” to one day a week to help out at the Visitor's Center. Open needs are Mondays (1 pm-5 pm), and Fridays (11 am-3 pm or 1 pm-5 pm). Some of your duties would be: 1) Assisting visitors by answering questions and handling requests for information, on the phone or by e-mail; 2) Answering the phone as a backup for the receptionist when needed; and 3) Restocking brochures in brochure racks. Being a long-time resident of San Angelo is not required, but being knowledgeable of the area is needed for assisting out-of-town visitors.

Area Agency on Aging (AAA) Ombudsman Program – Seeking volunteers interested in serving as an advocate for residents in nursing homes and assisted living facilities; to identify, investigate, and resolve complaints made by, or on behalf of, residents. Volunteers receive a free 36-hour certification course (conducted at the Concho Valley Council of Governments), ongoing support, on-site experience during a three-month internship, and continuing education. Volunteer hours are flexible, and no experience is required.

WTRC's Hospice of San Angelo (HOSA) - Looking for volunteers! HOSA will hold its San Angelo spring volunteer training on March 25th, 28th, April 1st, 4th, 8th, and 11th, 5:30 pm-7:30 pm, at 1033 W. University. Areas of service for volunteering include direct patient care, family and bereavement support, community outreach, We Honor Veterans Program, and various special events.

Angelo Civic Theatre - Volunteers needed to work as ushers for the production of *The Importance of Being Earnest!* Performances will be on the weekends of April 12 - April 21. In addition to helping the longest-running community theatre in Texas, you will also be able to watch the performance for free when the curtain goes up! Openings for ushers will become available starting March 29.

Looking for computer classes to help you maneuver through various types of computer software? Can you say “FREE”?? The Tom Green County Library (Stephens Central Library, downtown San Angelo) is offering classes from March 7th – 23rd. Call 325- 655-7321 or email www.tgclibrary.com for more information. Classes being offered are as follows:

Mouse & Keyboard Basics, Organizing Computer Files, Microsoft Word, Microsoft PowerPoint, Microsoft Excel Basics, Computer & Windows Basics, Internet, PC Security, & Privacy

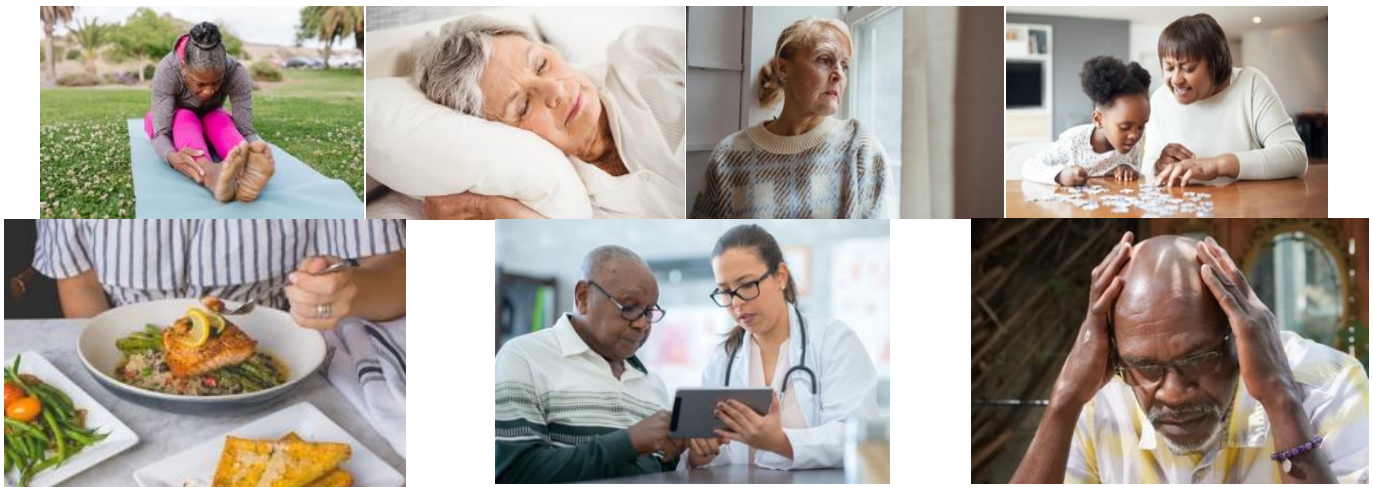


What Do We Know About Healthy Aging?

<https://www.nia.nih.gov/health/healthy-aging/what-do-we-know-about-healthy-aging>

Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others - like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are within our reach. Research supported by the National Institute on Aging (NIA) and others has identified actions you can take to help manage your health, live as independently as possible, and maintain your quality of life as you age.

1. Taking care of your physical health
2. Get moving: Exercise and physical activity
3. Healthy eating: Make smart food choices
4. Getting a good night's sleep
5. Quit smoking
6. Alcohol and other substances
7. Go to the doctor regularly
8. Taking care of your mental health: Social isolation and loneliness; Stress; Depression and overall mood
9. Leisure activities and hobbies
10. Taking care of your cognitive health



¿Que sabemos sobre el envejecimiento saludable?

Muchos factores influyen en un envejecimiento saludable. Algunas de ellas, como la genética, no están bajo nuestro control. Otros, como el ejercicio, una dieta saludable, ir al médico con regularidad y cuidar nuestra salud mental, están a nuestro alcance. Una investigación respaldada por el Instituto Nacional sobre el Envejecimiento (NIA) y otros ha identificado acciones que puede tomar para ayudar a controlar su salud, vivir de la manera más independiente posible y mantener su calidad de vida a medida que envejece.

1. Cuidar tu salud física
2. Ponte en movimiento: Ejercicio y actividad física
3. Alimentación saludable: elija alimentos de forma inteligente
4. Dormir bien por la noche
5. Dejar de fumar
6. Alcohol y otras sustancias
7. Acude al médico con regularidad
8. Cuidar tu salud mental: Aislamiento social y soledad; Estrés; Depresión y estado de ánimo general
9. Ocio y aficiones
10. Cuidando tu salud cognitiva

IMPORTANT INFORMATION to All Volunteers & Volunteer Site

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 Senior Corps Programs.



Get informed!

Be informed!



Stay informed!

Ask questions!



FREE SERVICE!

BE SMART! IMPOSTER SCAMS...

What to know about them and how to avoid them

WHAT IS IT?

You receive a call or email from someone claiming to be a friend or family member, or from a medical, professional, or government agency.

SEE THE RED FLAG!

They want you to send money or share your personal information, and they pressure you to act fast.

WHAT TO KNOW

Legitimate entities and government agencies will not call you to request money.

BE SMART!

- **DO NOT send any money!**
- Guard your personal and financial information very closely. Share only with trusted persons.
- Maintain updated information for family, friends, and frequent business contacts.
- If contacted by email, mark them as SPAM.
- If contacted by phone, hang up and BLOCK the number.

WHERE TO GET HELP

Tell a friend or family member.
File a report at uspis.gov or call 1-877-876-2455



¡SE INTELIGENTE! ¡Estafas de impostores! Que saber sobre ellos y como evitarlos.

¿QUÉ ES?

Recibes una llamada o un correo electrónico de alguien afirmando ser un amigo o familiar, o de un médico, profesional o agencia del gobierno.

¡MIRA LA BANDERA ROJA!

Quieren que envíes dinero o compartas tu información personal, y te presionan actuar rápido.

QUÉ SABER

Entidades legítimas y agencias gubernamentales. No te llamará para pedir dinero.

¡SE INTELIGENTE!

- **¡NO envíe dinero!**
- Proteja su información personal y financiera muy cercano. Compartir sólo con personas de confianza.
- Mantener información actualizada para familiares, amigos y contactos comerciales frecuentes.
- Si lo contactan por correo electrónico, márkelo como SPAM.
- Si te contactan por teléfono, cuelga y BLOQUEA el número.

DÓNDE OBTENER AYUDA

Dígaselo a un amigo o familiar.
Presente un informe en uspis.gov o llame al 1-877-876-2455.

Office of Senior Volunteer Programs
5430 Link Rd.
San Angelo, Texas 76904

Return Service Requested



If you are currently receiving the newsletter in hard copy format and would like to receive it via digital format on your computer, please call your RSVP office and discuss this with the Staff.



*Wherever you go, no matter the weather,
always bring your own sunshine.*

Anthony J. D'Angelo



Contact Information for Senior Corps Programs:

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

Max Ann Bowlin, RSVP Program Coordinator
3702 Loop 322, Bldg. B
Abilene, TX 79602
(325) 793-8472
Maxann.bowlin@cvcog.org

Clementine Urista, FGP/SCP Manager
5430 Link Rd.
San Angelo, TX 76904
(325) 944-9666
Clementine.urista@cvcog.org

Teresa Covey, RSVP Program Coordinator
5430 Link Rd.
San Angelo, TX 76904
(325) 944-9666
Teresa.covey@cvcog.org