



Seniors in Action

September—November 2023



Sponsored by: Concho Valley Council of Governments

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New Volunteers!!

RSVP

Bel Hebert
 Jun Hebert
 Joseph Jarrett
 Tina Ritter
 Sally Scott
 Sally Shirley

FGP

Esperanza Hilario
 Juanita Lira
 Mary Lou Moreno
 Maria Rodriguez

Stop by and visit RSVP Volunteer, Liz Curtis, living history guide at the Railway Museum of San Angelo.

703 S. Chadbourne
 Fridays 1-5pm
 Volunteering is fun!!



I must say that this is the first August in a long time where things are starting to feel "normal". Our RSVP volunteers have returned to service in large numbers and we are seeing an increase in new volunteers joining the program. Our Foster Grandparent volunteers are returning to the classrooms with no restrictions and are looking forward to a productive year. And our Senior Companions are serving elderly homebound clients and providing a much-needed level of care and attention for their clients. I want to thank each of you for your continued level of care and commitment to serving others in your community. These programs survived unprecedented challenges with COVID-19 by virtue of your willingness to serve. Some programs across the country did not survive and were forced to cease operations. I am proud to be associated with the caliber of people we have serving here in the Concho Valley and Big Country.

As we move forward, we are looking for more volunteers in each of our programs and our current volunteers are the best ambassadors we have for recruiting new volunteers. Share the joy and feeling of pride you have in serving others. Invite them to check out one of the programs and see which one might best fit their interests and availability. The year ahead is going to be a great one!

Nolen Mears

In service,
 Nolen Mears, Director
 Senior Volunteer Programs

SENIOR FIESTA

Thursday, September 14th, 10am-2pm

Station 618 Senior Center
 618 S. Chadbourne St.

10am-Resource Fair/Organization Spotlight

11:30am-FREE Lunch provided by Atmos Energy

PLUS Entertainment by The Lake View Mariachi!

1pm-2pm BINGO Games

Station 618 Tours provided by

AmeriCorps Seniors-RSVP



Foster Grandparent and Senior Companion Programs



Congratulations!

To our (4) new **Foster Grandparents** that completed their Pre-Service Training on August 17.



Maria Rodriguez, Mary Lou Moreno, Juanita Lara, Esperanza Hilarario, and instructor Clementine Urista.

Service Opportunities Available!

It is never too late to join one of our programs – Foster Grandparent or Senior Companion. Call me – Clementine Urista at (325)944-9666, ext. 225 and let's talk about what you are being called to do.

Foster Grandparents – Seniors 55+ are placed in a school environment to assist a teacher in schools and Early HS/Head Start as mentors and positive role models. Some children need extra help with math, reading, numbers, and letters. Children can always use a little extra (TLC) tender loving care.

Senior Companions – Seniors 55+ are placed in a home environment to assist another senior. With a Senior Companion at home a caretaker can run errands, do things for themselves with more ease knowing their love one is not alone.

Senior Companions can remind the client to take their medication, prepare a light meal, wash bedding, and very light housekeeping.

Senior Companions can play games such as dominoes, cards, read to client, light exercises, walk with them, and most important listen to the client. Seniors do not need to be lonely.

Benefits

FOR BOTH PROGRAMS

Stipend is paid on hours worked

Mileage

Paid Holidays

Monthly training

Long lasting friendships

Volunteer Opportunities

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

ACU Theatre - If you enjoy volunteering at the theatre, here's your chance!

- (6) Ushers for Matilda- October 12th-14th at 6:30pm, October 15th at 12:30pm
- (4) Ushers for The Spitfire Grill- November 16th-18th from 6pm
- (2) Ushers for One Night Only- November 30th from 6pm

Meals on Wheels, Plus - As the price of gas continues to increase, volunteers are beginning to back off from the number of routes or days they deliver. There are 52 northside routes and 40 southside routes that do not have drivers. The recipients on these routes and every route need the meals delivered to them to be able to stay in their homes and to stay healthy. If you can spare an hour to deliver 1 route a week please call the RSVP office.

Abilene Zoo - Boo at the Zoo presented by Abilene Teacher's Credit Union, is scheduled to take place on five different days: October 14, 21, 22, 28 & 29. The volunteer shifts are outlined as follows: 8:00 AM-10:00 AM for set up, 10:00 AM-1:00 PM, 1:00 PM-3:00 PM, and 3:00 PM-5:00 PM. Boo at the Zoo promises to be an outstanding event featuring ample space to explore and engaging activities.

To join in on the fun, sign-ups for volunteering will be sent via email to those who have been approved as event volunteers. If you wish to be added to the approved email list, you can apply online at www.abienezoo.org or reach out to Elizabeth Parsons at elizabeth.parsons@abilenetx.gov Your participation will contribute to the success of this exciting event!

Beehive Home of Abilene-Looking for volunteers to call bingo, play games, paint nails, sing karaoke and exercise with residents!

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

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.

TX SW Council, Boy Scouts of America - (located at 104 Veterans Memorial Dr., just around the corner from the YMCA downtown.) Seeking volunteers who are interested in answering the phone and helping out with the store occasionally, 1-4 hours total per week...Ideally this could be split between a few volunteers.

San Angelo Volunteer Opportunities (continued)

For more information on these and other volunteer opportunities contact Teresa at 325-944-9669 x:214 or teresa.covey@cvcog.org

Hospice of San Angelo Volunteer Team - The value of a hospice volunteer cannot be overstated. Before beginning volunteer services, hospice volunteers are provided training. The training prepares volunteers for the administrative services they may perform for the hospice, or in the ways they will directly assist patients, caregivers and families. Hospice volunteer training includes:

- The hospice philosophy of care
- Professional boundaries as a volunteer when interacting with patients and families
- The spiritual, emotional, and physical needs of patients and caregivers during the end-of-life journey
- Communications with patients, families and friends. How to assist patients and families with grief, loss and bereavement
- Regulations pertaining to patient's personal health information and documentation

Whether opting to be directly or indirectly involved with patient and family care, hospice volunteers are able to use their unique talents and skill sets to support the hospice organization and provide patients and families with a more comfortable end-of-life experience. Training Dates:

10/30 - 1/16/2023, 6 Sessions/Mondays and Thursdays, 5:30-7:30 pm, Hospice of San Angelo Conference Room, 1933 University Avenue

Rust Street Ministries - Seeking volunteers in the following positions:

Interviewers on Tuesday, Wednesday, and Friday 8:45am –1:00pm. This job requires the person to acquire basic information from the individual and determine what their needs are and pray with them. They will complete the paperwork and gather items needed.

Greeter on Wednesday 8:45am-1:00pm. This person will be at the front desk to greet people, enter their names in the computer, and pull files as needed.

Donation Gate Helper on Wednesday 11:00am-1:00pm to unload donations from cars and sort them into bins. If the volunteer chooses, they can work longer to sort items from the previous day.

Clothes/ Household Helper on Thursday 8:45am-1:00pm. This person will count and record the number of clothes that the neighbors get and bag them up. They are also available to assist anyone that needs help in the clothing area.

Pantry Helper on Tuesday 8:45am-1:00pm. This person will bag groceries following a list to give out to our neighbors. They will also gather food and hygiene items and weigh them. Many times, they will be asked to carry out the items given to the neighbors so they will need to be able to lift bags that are over 30 pounds.

TX SW Council, Boy Scouts of America - (located at 104 Veterans Memorial Dr., just around the corner from the YMCA downtown.) Seeking volunteers who are interested in answering the phone and helping out with the store occasionally, 1-4 hours once a week.. Ideally this could be split between a few volunteers.

West Texas Rehab - Where are you, RSVP Volunteers?!? We need your help! Setting up for the 31st Annual San Angelo Dinner Show on Tue. Oct.10 (2-5pm) and Wed. Oct.11 (9am-12pm); venue is the Spur Arena at 4720 Grape Creek Rd. Volunteers will place items on 700-900 tables. Must be able to move freely around tables.

Sonrisas Trails - Please grab your work boots, most comfortable blue jeans and T-shirts and come on out to help with our Fall riding semester.

City of San Angelo Nutrition Site at 702 S. Chadbourne (directly behind Station 618) - If you enjoy helping in a cafeteria setting, by serving trays to participants that are unable to carry trays themselves and cleaning off tables in the dining room, this might be just what you've been looking for! Volunteers needed Mon- Fri, 11am-12:30pm.

San Angelo Volunteer Opportunities (continued)

For more information on these and other volunteer opportunities contact Teresa at 325-944-9669 x:214 or teresa.covey@cvcog.org

Meals For the Elderly - Depending on over 2,000 different volunteers throughout the year to deliver over 700 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 ½ 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 MFTE.

Concho Valley Regional Food Bank - Seeking volunteers who could act as a receptionist Mon-Fri 8am/9am (whichever start time is best for the volunteer) -12pm, Duties will be to greet walk-ins, answer the phone, and general admin tasks. Hoping to interest several volunteers.

Sonrisas Trails (Sidewalker Training) - Please grab your work boots, most comfortable blue jeans and T-shirts and come on out to help with our Fall riding semester: Tue. Sep. 5th, 2023, 10am in the Sonrisas Office. **Leader Training:** Immediately following Sidewalker training, if interested, in the Mosaic Arena. Sonrisas Trails is located at 5185 S. Bryant. Training is not mandatory for past volunteers. Be dressed to work with horses, wear comfortable clothing and **!! Wear Closed-toe shoes!! Bring a friend! Change a life for the better!**



Angelo Civic Theatre - Ushers needed for the following plays: Cabaret: Running the weekends of Sept. 8-24; Misery: Running the weekends of Oct. 20-29.

United Way - Mark your calendars for the United We Read event! (955 Turner St.) - Wed. Sept. 13th: 2:00pm-4:00pm and Thu. Oct. 5th: 2:00pm-4:00pm. Volunteers will place stickers in books, and possibly stuff some craft items.

TeleCare (Telephone Reassurance) Program - If you enjoy visiting a neighbor or friend who cannot get out and truly enjoys your company, please let me know! This can be counted as volunteer time!

Special Limitations including Prohibited Activities When Volunteering

As a reminder, while “on duty” in any of the three programs (Foster Grandparents, RSVP or Senior Companions), volunteers are prohibited in engaging in the following activities:

- Any voter registration activity or any activity, directly or indirectly, to influence the outcome of any election to public office.
- Any action with respect to a partisan or nonpartisan political activity that would result in the identification or apparent identification of an AmeriCorps Seniors volunteer with the activity.
- Any activity whereby the volunteer gives religious instruction, conducts worship services, or engages in any form of proselytization as part of their duties.
- Any activity that would otherwise be performed by an employed worker.
- Any activity in which the volunteer would receive a fee for service from service recipients, their legal guardian, members of their family, or friends.
- Any activity connected with providing abortion services or referrals for receipt of service.



STATION SPOTLIGHT

Meals on Wheels Plus, Inc.

Home delivered meals in Abilene since 1975

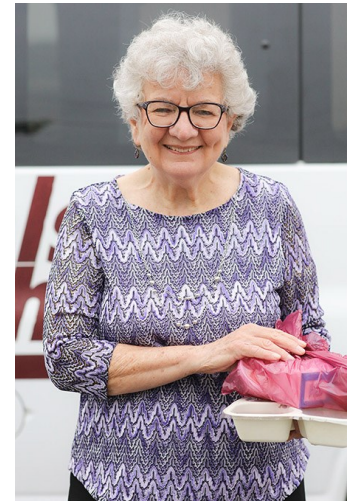


A hot lunch is served Monday through Friday 10:30am - 1:30pm. Lunch is diabetic friendly, as well as heart healthy. Low potassium, soft, and pureed diets are available. The program is closed on Thanksgiving Day, Christmas Day, and New Year's Day with a special holiday meal being served the day before each major holiday.

Currently a team of 900+ wonderful volunteers are involved in delivery of some 1,250 daily meals; however, **more volunteers are needed.** With just a little of your time, you can help provide a home-bound elderly person with a nutritious, hot meal and the joy of your company. Delivery usually takes 1 hour to deliver 12-18 meals on a route.

Meals are delivered in Abilene and these surrounding areas:

Ballinger, Eula, Hamby, Hamlin, Hawley, Hodges, Lawn, Ovalo, Potosi, Rowena, and Winters.



Executive Director since July 1, 1975

Vaccine Spotlight: Pneumococcal vaccine

According to the Centers for Disease Control and Prevention (CDC), pneumococcal diseases range from mild illness like a middle ear infection to severe illness like meningitis. Common symptoms are fever, cough, chest pain and trouble breathing. Germs spread quickly through a sneeze or cough in crowded settings. The pneumococcal vaccine prevents this spread and serious sickness.

Who is most at risk?¹



Infants



Young Children



Elderly People



Chronic Conditions

Children

Children are at risk, especially those younger than 2 years old and those with chronic diseases such as:

- Chronic heart, lung, or kidney disease
- Cerebrospinal fluid (CSF) leak
- Cochlear implant
- Diabetes
- HIV infection, cancer, solid organ transplant, or another condition or taking medicine that weakens the immune system
- Nephrotic syndrome
- Sickle cell disease, a damaged spleen, or no spleen

Adults

While adults 65 and older have an increased risk of getting pneumococcal illnesses, adults of all ages are at increased risk if they have:

- Alcoholism
- Chronic heart, lung, kidney, or liver disease
- Cochlear implant
- CSF leak
- Diabetes
- HIV infection, cancer, solid organ transplant, or another condition or taking medicine that weakens the immune system
- Nephrotic syndrome
- Sickle cell disease, a damaged spleen, or no spleen

The CDC recommends that children under 2 years old receive PCV15 or PCV20 in four doses: two, four, six and 12-15 months. Adults 65 years and older should get a single dose of PPSV23. People who are most at risk, such as children, the elderly and those with certain medical conditions, may need more vaccines or boosters. If they have not received the vaccine, it is not too late to get a catch-up dose.

To learn more about the pneumococcal vaccine, please visit the CDC website: <https://www.cdc.gov/pneumococcal/vaccination.html>



Happy Birthday to YOU!



September

Foster Grand Parents

Ann Levy
Consuelo Martinez
Elvira Perez
Maria Rodriguez

RSVP

Carol Atchley
Mary Bailey
Mary Dell Barron
Sara Bennett
Carol Ann Bonds
Nancy Book
Robert Broene
Nancy Chrismer
Sherman Clark
Gloria DeWitt
LaVelta Doolin
Angie Egbert
Carol Geiling
Linda Hale
Janel Howard
Bonnie Hoyle
Jan Jeffries
Betty Jones
Nancy Kieffer
Joan Kniffen
Philip Madeley
Mary McClure
Gail McIntyre
Ruby McLeod
Deb Michalewicz
Wanda Morrow
Andrew Nieland
Vi Norwood
Marci Pair
Dorinda Payne
Will Rawlins
Brownie Roberts
Pat Rudolph
Terry Shuffield
Joyce Sprott
D.K. Stiles
Terry Tacker
Janet Taylor
Barbara Tucker
Paulette Whitaker
Lauren Wright

Senior Companions

Margaret Barrington



October

Foster Grand Parents

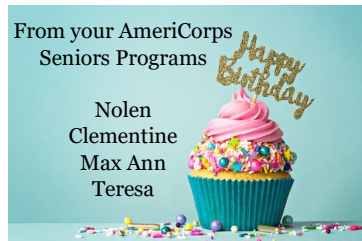
Raymundo Hernandez
Connie Lopez
Elodia Moya
Annie Ramirez
Rosa Ruiz

RSVP

Don Baber
Dorothy L Burnett
Amanda Cervantez
Teresa Covey
Larry Davis
Cande Erickson
Mary Fanning
Mary Floyd
Lynn Granzin
Marylene Harness
Sarah Holbert
Don Horner
Larry Howard
Terry Jeffries
Pat Jones
Carolyn Madeley
Pete Martin
Jolena Miller
Margaret Morrow
Gayle Moseley
Sharon Olson
Janet Page
Ernie Pena
Charles Perkins
Kay Reviere
Deborah Rinks
Warren Taylor
Edward Wait
Lisa White
Pat Wicker
Bobbie Wilson
Linda Wirth

Senior Companions

Rebecca Dunham
Sylvia Menchaca
Juanita Velazquez



November

Foster Grand Parents

Geral Cox
Anita Meza

RSVP

Arlene Bommarito
Lois Calvert
Kay Clay
Shirley Huntley Dobson
Carolyn Fetzner
Ann Horne
Ruth Jackson
Elaine Kalnbach
Donna Keele
Alice Kitchell
Rosemary Kitchen
Betty Kruger
Debbie Larkins
Jessie Lee
Donna Littlefield
Katherine Lucas
Bruce McLaren
Karlene McLaren
Sandy Meeks
Allene Menke
Deola Mitts
Sandra Nichols
Lydia A Perez
Gerri Petrella
Alice Piri
Melvin Rose
Darlene Smith
Stella Soto Lasswell
Judy Steen
Phyllis Stine
Carol Sturm
Michelle Taylor-Chinn
Marcia Walrath
Linda White

Senior Companions

Jane Batista
Elma Garcia
Charlotte Inge
Mona Ray
Wendy Schkade



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

Return Service Requested



Thank you **RSVP Volunteers** for giving
"264"
hours of your personal time towards the
2023 American Plains Artist Show at
Ft. Concho!

Kudos!!!



Contact Information for Senior Corps Programs:

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