



West Texas RSVP

connecting - volunteering - impacting

June - July 2016

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

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Forgiveness

Is not something we do for
OTHER PEOPLE.
It's something we do for
OURSELVES
to Move on.

Like 'West Texas RSVP' on
Facebook, follow us on
Twitter @westtexasrsvp
and visit the website at
www.westtexasrsvp.org!



Add Forgiveness to Exercise and Volunteering... your health depends on it!

In 1938 the *Harvard Study of Adult Development* began following the lives of 268 Harvard sophomores and 456 teenage boys from the poorest neighborhoods in Boston. Year after year — for 77 years and counting — they interviewed them about their work, their home lives and their health. And what do you suppose they learned? That hard work, fame or fortune makes us happy? Guess again.

“The clearest message we get from this study is this: Good relationships keep us happier and healthier. Period,” says Robert Waldinger, the study’s current director. “People who are more socially connected to family, to friends, to community, are happier, they’re physically healthier and live longer.” He adds that living in the midst of conflict is really bad for our health, and that family feuds take a terrible toll on the people who hold the grudges.

Of course, this simply confirms what most of us already know. Even Dr. Waldinger calls it, “wisdom that is as old as the hills.” But maintaining close relationships is hard, never-ending work, he reminds us.

“When you forgive, you in no way change the past - but you sure do change the future.

-Bernard Meltzer

West Texas RSVP Volunteer “SPOT-LIGHT”



RSVP Volunteers help Abilene Greet Re-routed Air Travelers with a Touch of Southern Hospitality

ABILENE, Texas (April 5, 2016) – For air travelers across the country, spring’s dramatic weather sometimes brings diversions.

Abilene, Texas and its regional airport are doing something to make the unscheduled layovers a little more pleasant with new, complimentary “Re-routed: Destination ABI” survival kits. Filled with items such as playing cards, coloring pages, crayons, water and locally made snacks, the kits will be distributed to deplaned passengers on all future flights diverted to Abilene Regional Airport.

“We want to make these unplanned stays – however brief – a little more enjoyable, and encourage travelers to return to Abilene someday by their own choice,” said Nanci Liles, Executive Director of the Abilene Convention & Visitors’ Bureau. The idea was conceived in an annual ACVB marketing meeting to ensure growth of tourism efforts in Abilene. The ACVB worked with a group of local marketing and tourism professionals to develop the survival kits in conjunction with the Abilene Regional Airport. “It’s a small gesture, but a big reflection of ABI hospitality – and that begins the moment visitors touch down here,” said Don Green, A.A.E., director of aviation for the Abilene Regional Airport.

The program also includes a social media initiative utilizing various hashtags like #destinationABI, #iflyABI, #reroutedtoABI and encourages diverted passengers to post a selfie with their kit to #PictureYourSelfieinAbilene. This is a fun way to track engagements on social media outlets and monitor the online conversation for the kits.

RSVP volunteers are pictured preparing the kits and to the right you see the finished product with a big thank you to RSVP!



West Texas RSVP Volunteer “SPOT-LIGHT”

RSVP Volunteer Receives Air Force Recognition



“A volunteer is a person who can see what others cannot see; who can feel what most do not feel. Often, such gifted persons do not think of themselves as volunteers, but as citizens – citizens in the fullest sense: partners in civilization.” – George W. Bush

On June 15, 2015, **Marylene Harness** received the Volunteer Excellence Award (VEA) for her time and dedication to the Goodfellow Air Force Base 17th Medical Group Pharmacy. To be eligible for this award, an individual’s service must be performed either in the local civilian community, or the military family community, and be of a sustained and direct nature. The volunteer service must be significant in character, produce tangible results and reflect favorably on the United States Air Force. Marylene was one of four individuals to receive this award in 2015 in a base-wide ceremony.

Marylene has been a RSVP Volunteer since September 2008. Her hours of service at Goodfellow Air Force Base Pharmacy total 3,661 to date. In addition, Marylene volunteers with the AARP Tax-Aide Program where she has served 946 hours providing free tax assistance as an IRS certified volunteer. She also enjoys One Day Assignments with stations such as the San Angelo Convention & Visitors Bureau, Boy Scouts of America, United Way, Tom Green County Library, and the San Angelo Museum of Fine Arts. Marylene has achieved 4,653 lifetime hours of service during her tenure as a RSVP volunteer.

Aside from her volunteer efforts, Marylene enjoys her family: one daughter, two sons, seven grandchildren and six great-grandchildren. She also has a great appreciation for travel...she has plans for a Central American cruise later this year. Retired from Ethicon, Marylene is a true example to everyone that life has purpose after retirement. She feels “comfortable” with the military community, and obviously, the United States Air Force is appreciative of her volunteer efforts for Goodfellow AFB. Her smiles have touched many military families within our community.



- | | | | |
|---------------------|-----------------------|--------------------------|------------------------|
| 01 Ann Barker | 15 Mildred Thompson | 01 Juanita Brake | 15 Flo McKinney |
| Ronnie Johnson | Ann Williams | Carole L Johnson | Alberta Trubenstein |
| Sari Martin | 16 Pete Guerra | Orlyn McCarthy | 16 Sandra Milholland |
| Ann Steger | Jeanne Harendt | Ony Taylor | Pauline Nelson |
| 02 Judy McCarthy | Ann Harlow | 02 Mason Green | 17 Marcy Bernard |
| Martha Vasquez | Ann Price | 03 Shirley Deitcher | Bonnie Cortez |
| 03 Jean Fancher | Brigitte Rogers | Betty Parsley | Ruth Perkins |
| 04 Verlene Bowlin | Karla Smith | Gene Rowden | 18 Rosalie Bounds |
| Beccye Reece | Esta Wiginton | 04 Chris Matthies | 19 Ann Burmeister |
| Venita Rogers | 17 Pat Steigerwalt | 05 Toni Flores | Leroy King |
| 05 Helen Cartee | 18 Amelia Freedy | 07 Margaret Henderson | Mary Thompson |
| Norma Dickey | Keith Garner | 07 Robert Monk | 20 Georganne Cole |
| James Eblen | Wanda Ray Nesbit | Ronald Pennington | Neta Jameson |
| Dorothy Morrison | 19 Alicia Andrade | Al Rios | Mary Nguyen |
| 06 Janet Cauthen | 20 Eloise Slater | 08 Lucy Bradshaw | 22 Dortha Fay Futch |
| Claudette Molina | Larry Walrath | 10 Margie Garrett | 23 Barbara Barnes |
| Christine Scott | 22 Charlene Lewis | Jimmie Jay | Earl Weeks |
| 07 Ken Hutson | 23 Linda Cook | Angie Nelson | 24 Christene de Menars |
| Betty Martin | MaryAnn Holster | Brenda Spruce | Joe Emory |
| 08 Mary Ornelas | Shirley Kennedy | Jamie Villegas | J. D. Pace |
| Beverly Reeves | 24 Nancy Clemmer | 11 Anamaria Reyes | Nan Tschudi |
| Donald Westerman | Mozelle Wharton | Theresa Szemcsak | 25 Lynne Joynton |
| 09 Gloria Holguin | 25 Felix Benavides | 12 Betty Landry | Geral Sorrells |
| Barbara Merrill | MaryRose Busch | Fay Lawler | 27 Harry Hall |
| Charlotte Seitz | June Heinze | Lenore Longnecker | Deanna Hicks |
| 10 Susan Barber | Naomi Kihn | Joel Parks | 28 Chester Bobo |
| 11 Christine Benton | 26 Walter Bailey | Sandy Whitley | LaVerne Knight |
| Gil Gilstrap | Dale Cartee | 13 Wanda Bradford | Gwen Moses |
| 12 Brenda Balsano | Donald McKee | Patricia Ditmore | 30 Maxine Ortiz |
| Dorothy Collins | 27 Cindy Davis | 14 Jan Cauthen | Bill Sohn |
| Millie Griffin | Virginia Holder | Aleta Dwyer | Gertie Teaff |
| Dorothy Hall | Claire Simons | Rose Guerra | 31 Connie Carter |
| 13 Glenda Fuller | 29 Dorothy Brockmeyer | 15 Julia Eunice Eversdyk | |
| Patsy Kellogg | Connie Vietor | | |
| 14 Willie Gallagher | 30 Betty Armstrong | | |
| Margaret Grimes | Roy Dixon | | |
| Carol Santry | Freida Slone | | |
| 15 Josie Jones | Sue Sorrells | | |



New Volunteers

- | | |
|-------------------------|-------------------------|
| <i>Dorothy Davidson</i> | <i>Elaine Sperberg</i> |
| <i>Cynthia Loya</i> | <i>Mary Ann Ramirez</i> |
| <i>Andrew Nieland</i> | <i>Mario Vasquez</i> |

In Sympathy...



- | | |
|-----------------------------|------------------------|
| <i>Gail Gartman</i> | <i>Eljean Potter</i> |
| <i>Howard Green</i> | <i>Lula Rogers</i> |
| <i>Laura Belle Jones</i> | <i>Ruth Stephenson</i> |
| <i>Louraine Livingston</i> | <i>Theda Thurman</i> |
| <i>William "Bill" Lloyd</i> | <i>Florence Wait</i> |
| <i>Metitia McCreery</i> | |

Volunteer Opportunities

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

Frontier Texas

Love to learn more about Texas History? ...*Frontier Texas* is needing volunteers to be trained as docents to guide tour groups through the museum. No experience necessary!



Abilene Regional Medical Center

Abilene Regional Medical Center needs helping hands throughout the hospital to greet visitors, provide directions, perform interdepartmental errands, and to staff the Gift Shop. Volunteers play a critical role in hospitals, adding a special dimension of personal service and care. They hope you choose to become an important part of their team.

The West Central Texas Area Agency on Aging

The West Central Texas Area Agency on Aging is looking for individuals to become volunteer ombudsmen. Volunteer ombudsmen visit nursing and assisted living facility residents and advocate for resident rights. Free training is provided to those wishing to participate. Another volunteer opportunity with the West Central Texas Area Agency on Aging (AAA), is for a volunteer to input data from a meals program survey. The data is very simple and actually can be done on a phone, computer, iPad, etc...Surveys will begin coming in from the sites in July and August. The time spent on the project can be extremely flexible. The volunteer(s) can do them from home if they have a computer and internet connection, or they can come and enter them at the West Central Texas AAA office, if preferred.

Medical Care Mission

The Presbyterian Medical Care Mission is a non-profit, charitable medical and dental clinic serving uninsured, low income adults. They are in need of a volunteer to answer clinic telephones on Thursday and/or Friday mornings.

“The Old Days”

Grandpa was telling his young grandson what life was like when he was a boy.



"In the winter we'd ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed, and sat silently for a minute. Finally he said, "Granddad, I wish I'd gotten to know you a lot sooner!"

Volunteer Opportunities

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

Stephens Central Library

If you have a heart for reading and want to ensure other seniors have this opportunity as well, please consider volunteering with the PALS program, (People Attaining Library Services). The Stephens Central Library is in need of a few people to deliver and pick up books (once a month) for people who live at the St Angelus Home. Books will be chosen by a librarian; the volunteer needs only to pick up the book bag from the library and deliver it to the patron while retrieving the previous month's books.



Faith in Action (FIA)

West Texas RSVP welcomes all volunteers interested in transporting frail elderly citizens to their medical appointments. This is a great way to give back to the community in a way that does not conflict with your schedule. The RSVP Staff know how valuable your time is; therefore, "YOU" decide which transportation needs you can volunteer for..."YOU" decide. So if you're looking for a way to fill a big need within our community, you love meeting new people, and your heart is full of compassion for others, your perfect volunteer opportunity is waiting for you through Faith in Action. Come join our volunteer drivers and see what it means to give of your time...RSVP FIA drivers are priceless!

Howard College

Do you enjoy the "college" environment? Howard College is in need of volunteers to serve as proctors and tutors. You may be asking what a proctor does: help administer exams; prepping the work area; checking in the test takers (ID verification, locker assignments); monitoring the testing area. A tutor is available for particular subject domains (math, English, etc.) to assist students in their understanding in the specific content areas. Volunteers needed anytime from 8am-4pm Monday-Thursday, and Fridays 8am—3pm during the Fall and Spring semesters.

Meals For the Elderly

How does a drive through historic San Angelo sound? Rt. 3 near Ft. Concho is waiting. Are there any Fannin Elementary Chargers out there? If so, Rt. 7 needs your support. Do you love reminiscing in Santa Rita? We have routes available there also. Need a route easily accessible to GAFB? Rt. 14 is perfect for a lunch hour driver. Out visiting friends at Baptist Memorial? Rt. 11 makes stopping in for a visit so much fun. Calling all Chiefs! Rt. 15 is in the heart of Lakeview. Want to drive to Houston, Dallas, Abilene, or Waco...street that is? Rt. 16 covers the state in an hour – now that's a GREAT commute! Habla espanol? Rt. 21 is perfect for you. Is southwest San Angelo your thing? Volunteers wanted!

Hospice of San Angelo (HOSA)

Volunteers provide important services to hospice organizations and the people they serve. Whether it's providing companionship to a person in the final months and weeks of life, offering support to family members and caregivers, or helping with community outreach and fundraising, the contributions of volunteers are essential to the important work provided by our nation's hospice programs. HOSA serves 15 counties in the Concho Valley including Tom Green, Concho, Sterling, Coke, Runnels, Brown, McCulloch, Mason, Kimble, Menard, Sutton, Schleicher, Crockett, Reagan, and Irion. Volunteers are needed in all counties.

Foster Grandparents

There are two other programs along with RSVP which make up "Senior Corps." One of these is the Foster Grandparent Program (FGP) and there is a FGP Program in both San Angelo and Abilene. Foster Grandparent Volunteers are 55+ just like RSVP volunteers, but they are different in that they serve in only one area. Foster Grandparents are role models, mentors, and friends to children with exceptional needs and are required to serve 15-40 hours per week. FGP Volunteers must meet an income guideline and receive a small stipend for their service. They receive mileage, holidays, vacation and sick leave. They work with children from birth to 21 years of age. Through FGP there are a variety of choices for volunteer service. FGP volunteers serve at over 40 locations in Abilene and San Angelo with a variety of opportunities, ranging from rocking babies to working with elementary and high school age children.

For more information on the FGP Program in San Angelo call:

325-944-9666 and ask for the Foster Grandparent Program

For more information on the FGP Program in Abilene call:

325-795-5704 and ask for the Foster Grandparent Program

ART ANYONE ?



Are you interested in learning some basics of sketching? Watercolors? Calligraphy? RSVP in San Angelo has a new volunteer, willing to schedule a class that just may bring out your artistic abilities! Call the RSVP staff (223-6387) and let them know if you're interested, and what type of "art" you're interested in. If there is enough interest more information about possible classes will be sent to you or included in the next newsletter!

WEST TEXAS RSVP IMPACT STATEMENTS

West Texas RSVP volunteers are an essential factor in the success of Christian Women's Job Corps (CWJC) a total volunteer initiative, whose purpose is to provide women in need with life and employment skills. 12 RSVP Volunteers have contributed over 7,149 hours of service as the site coordinator, mentors, and trainers since the CWJC started in the Fall of 2001. Since inception of CWJC 143 women have completed this job readiness program to become self-sufficient. RSVP Staff attended a "graduation ceremony" when Christian Women's Job Corps celebrated on May 12, with two students who recently completed requirements for Jobs for Life and CWJC Life Skills. Women who go through the program develop a vocational plan, a resume, and a "sixty second commercial" which communicates the skills, education, and experience they bring to the job. One of the graduates said, "This is an awesome program. I tell people everywhere I go about CWJC".

After a retiree from Exxon/Mobil volunteers 20 hours with an organization, ExxonMobil provides a volunteer grant of \$500 to that organization. West Texas RSVP has been the recipient of six \$500 Volunteer Grants from the ExxonMobil Volunteer Involvement Program over the past three years totaling \$3000, with the last donation being received this past week. Brenda Balsano, an ExxonMobil retiree began volunteering through West Texas RSVP in 2012, and has logged 1035 hours. 924 of those hours have been through the AARP tax assistance program helping to prepare income and tax returns for low income and elderly clients and these are the hours upon which the ExxonMobil grant were based. Brenda retired to Abilene to be near her parents, RSVP volunteers Betty and Al McLoughlin. Their positive RSVP volunteer experiences over the past 18 years and 6,599 combined service hours were major factors in her connecting with West Texas RSVP and also becoming a dedicated RSVP volunteer.

Activities Occurring in April 2016



On April 13, Terry Gunnell, Texas State Program Director with the Corporation for National & Community Service in Austin, TX, recognizes all three Senior Corps Programs as part of Mayor & County Recognition Day for National Service, in San Angelo. Local county judges and CVCOG Executive Director, John Austin Stokes were also present for this recognition.



On April 15, Abilene Police Department gives special recognition to the “Granny Squad” Volunteers.



On April 21, Christian Village recognized RSVP Volunteers with a “BEE-utiful” celebration. Volunteers enjoyed a wonderful catered meal, followed by a BEE-hive cake and certificates to honor their volunteer efforts. Thank you to Terri Wayham and Pat King for inviting RSVP Staff and for including them as an integral part of this special event! RSVP Volunteers definitely have a great





Visit Bilbrey Tours on their website for more details:
<http://www.bilbreytours.com/2016/16tripsINDEX.html>

Departing from Abilene & San Angelo:

Palo Duro Canyon - July 21-22, 2016

Ruidoso & Alamogordo- August 10-13, 2016

National Parks of the Southwest - September 19-28, 2016

Albuquerque Balloon Fiesta - October 3-9, 2016

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

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



RSVP offices will be closed:

July 4, 2016

September 5, 2016



Community Care Services

For individuals over the age of 65 or individuals with a functional disability.

Need help in your home with tasks such as cleaning, laundry, meal preparation or personal care?

DADS Community Services provides a comprehensive array of services based on individual needs that enables individuals to live dignified, independent, and productive lives in a safe environment.

Call toll free to apply - 1-866-535-9759

A case manager will contact you to complete an assessment.

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

Return Service Requested

NONPROFIT
ORGANIZATION
US POSTAGE
SAN ANGELO, TX
76903
PERMIT NO. 97



4TH OF JULY
INDEPENDENCE DAY
Stars & Stripes
LET FREEDOM RING
AMERICA
sweet land of liberty
RED ★ WHITE ★ BLUE
PROUD TO BE AN AMERICAN

West Texas RSVP

618 South Chadbourne
San Angelo, Texas 76903
Fax: 325-655-6294

4601 Hartford
Abilene, Texas 79605
Fax: 325-793-5445

www.westtexasrsvp.org

Director Dolores Schwertner
San Angelo - 325-223-6388
Abilene - 325-793-3522
dschwertner@wtrc.com

Volunteer Max Ann Bowlin
Coordinator 325-793-3520
Abilene mabowlin@wtrc.com

Program Assistant Teresa Covey
San Angelo 325-223-6387
tcovey@wtrc.com

Administrative Carol Rigby-Hiebert
Coordinator 325-223-6389
San Angelo crigby@wtrc.com

