

SENIORS IN ACTION

Foster Grandparents Program

RSVP

Senior Companions Program

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RSVP

Joyce Epp
Steven Goligowski
Suzanne Hummel
Cheryl Keys
Sherrie Klein
RoseEL Martinez
Gary McCray
Joy McCray
Sharon Plagens

This will be my last letter to you as Director of Senior Volunteer Programs and I want to take this opportunity to express to you what a joy and an honor it has been to serve with each of you for these past eleven years as I will be retiring at the end of September. I came to my position knowing almost nothing about the Foster Grandparent, Senior Companion, and RSVP programs, but I have come to understand and appreciate the valuable impact you have on our communities through the services you provide. I see it in the eyes of those you serve and I hear it through the words of appreciation your clients express.

Of course, we endured COVID and the months of uncertainty about our individual well-being and the future of our volunteer service opportunities. Those were scary times for all of us and we all know of friends that we lost during those months. While our Senior Companions and Foster Grandparents were prohibited from serving due to restrictions put in place, I was proud to see many of our RSVP volunteers continue to serve, particularly in meal delivery programs and food bank operations. You recognized that many in our communities were depending on that source of food for their daily existence and you stepped forward to continue to provide the service, albeit through different methods at times.

I want to also thank the members of our staff, Clementine Urista (FGP and SCP), Teresa Covey (RSVP - San Angelo), and Max Ann Bowlin (RSVP - Abilene). They do the behind-the-scenes work to keep these programs going and they work tirelessly on your behalf. It is great to have them as part of our team.

My biggest joy in serving with you is the opportunity I had to get to know many of you on a personal level. You became friends and I hope that those friendships continue in the days ahead. Our communities cherish your service and I might become a volunteer right alongside you! Thank you again for the tremendous service that you provided in the past and that you will continue providing in the months and years ahead. Michael Meek will be taking over as Director and he will provide excellent leadership and support for these three programs. You will enjoy working with him and getting to know him.

In service,



Foster Grandparent Program News!!



Welcome to our new Foster Grandparents

Leonor Banda
Rachael Garcia
Ruth Mar
Dora Romo

Rosa Drake
Dionicia Hernandez
Juan Mar
Gloria Torres

Congratulations! They have made a great commitment to serve and assist special needs children in our Day EHS/HS and Rio Vista Head Start programs. Volunteers are needed to assist the teachers throughout the school year. Volunteers are paid a stipend and mileage. It's never too late to join us. For more information call Clementine Urista, Manager at 944-9666, ext. 225. We provide several benefits to our volunteers but the greatest one is the **LOVE** of the children. (priceless)

We say, “AmeriCorps” - We respond, “We show up”



Senior Companion Program

Things are moving in the right direction for the (8) new Senior Companions!

We are happy to have: LouAnn Berry, (in Eden) Gloria Garcia, Gerald Gist, Cynthia “Ell” Jackson, (in Brady), Rosario Morales, Mary Prieto, Irma Romero, and Jeanette Woolever.

We have many seniors who need a little assistance to continue living in their homes such as Respite Care for the caretakers to have some time to go and pay bills and do grocery shopping, knowing a Senior Companion is at home with their loved one.

Our Senior Companions have servant hearts and enjoy getting out to help other seniors.

For more information call Clementine Urista, Manager at 944-9666, ext. 225

RSVP Station Spotlight

Abilene Baptist Social Ministry
Abilene, Tx



**Ruth Mahaffey &
Janice Serrault**



618 S Pioneer Dr, Abilene, TX



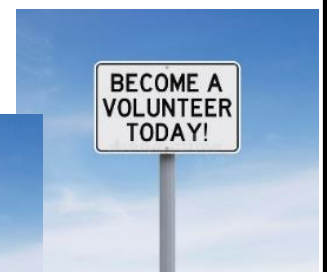
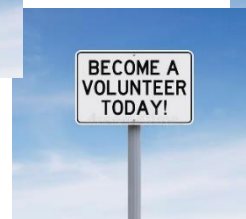
**Yogi Christesson &
Ruth Mahaffey**

Over thirty years ago the Abilene Baptist Social Ministry was started to help people in the community with food, children's clothing, and household goods. It began on Sycamore & S. 11th Street, then moved to the current location at 618 Pioneer Drive. They are open weekly on Tuesday & Thursday. Approximately (16) volunteers help out each of these days, with several being RSVP volunteers. A unique program within the ministry named "Gift of Grace" is where volunteers deliver food and other items twice a month to approximately twenty seniors who are unable to get out. On average, they serve around 310 clients a month. RSVP volunteer, Yogi Christesson, has been in charge of running the pantry for several years now!

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.



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

September 7th – Tires-to-Go

Tire Collection at the Coliseum
(50 E. 43rd St.)
Duties: Event Check-in 7:30am
Event is from 8:00am – 10:30am
Distribution of Materials



Keep San Angelo Beautiful
Executive Director/Charlotte Anderson

October 12th – Fall Sweep

Girl Scout House (304 W. Ave. A)
Event Check-in 8:00am
Duties: Event Check-in & set-up
Distribution of Cleanup
Materials/Shirts
Lunch Preparation

Hospice of San Angelo - Volunteer training, September 9th, 12th, 16th, 19th, 23rd, and 26th, 5:00pm - 7:00pm; Hospice of San Angelo, 1933 W. University

Concho Valley Area Agency on Aging, Long-Term Care Ombudsman Program is seeking volunteers in Tom Green County and surrounding counties to advocate for people living in nursing homes and assisted living facilities.

Volunteer ombudsmen educate residents, families, and facility staff to protect the health, safety, welfare, and rights of long-term care residents. They visit residents at their assigned facility at least once a month and help residents solve problems.

Volunteers must be at least 18 years old and complete a free, 36-hour training course that includes virtual, self-study, and in-facility training. No experience is required. After training, hours are flexible and determined by each volunteer. Training starts in September 2024. Registration is required. If you have two hours per month to make a difference in someone's life, contact Teresa Covey at 325-944-9666 x:214.

Correction to the Previous Newsletter – Last month I incorrectly reported Sandy Sims as the new manager of the Baptist Memorial Thrift Shop after Karlene McLaren retired from this position. Estell Norris took over this position effective June 1st. Estell has much managerial experience that will benefit both the managerial position and the thrift shop as a whole. Her experience hails from the Methodist Hospital, Travelers Insurance Company, A-1 Sentry Alarm Company, Insurance/Investment Company, and McDonnell Douglas Systems Integration/Hewlett Packard. Estell retired for the first time in March of 2010. She went back to work and retired for the second time in March 2019. After moving to San Angelo in June 2019, Estell started volunteering at the Baptist Retirement Thrift Shop in the fall of that year. She has been happily married for almost 60 years! Estell and hubby were blessed with two children and have blessed them both with six wonderful grandchildren. Between family and the thrift shop, Estell stays busy!



Life isn't about waiting for the storm to pass. It's about learning to dance in the rain. And when rain is scarce like it is here in San Angelo, when it does rain, you've got to dance your little heart out!



Getting to Know Our Seniors - a Volunteer's Reply

In our last newsletter, questions were directed at you, the AmeriCorps Seniors, as a way to learn more about you...we received one reply. The answers were so interesting, that posting them here was never a second thought. So, enjoy reading these; maybe you will feel like sharing those distant memories with us here. These answers are numbered and correlate with those listed in the last newsletter.

3. My childhood best friends were my cousins, David & Donald. I visited their farm during the summers and helped my aunt with house chores and twice daily gathering of eggs while she sewed some of my school clothing.
4. My favorite place to hang out as a teenager was with my boyfriend, Allan, at his parent's house.
6. My favorite teacher was Ruth Draper. She was my third-grade teacher at Ash Elementary in Plainview, Texas.
9. I was fifteen on my first date. My boyfriend, Allan, picked me up and we went for a coke at a local drive-in.
11. Never forget the commitment and passion of your youth. There may be times when making a marriage seems difficult, but revisiting the early days of love helps. I found wisdom in I Corinthians 13:5: "Love does not keep an account of a wrong suffered". In other words, forget the offenses and remember the kindnesses.
13. My most cherished memory of both grandfathers is seeing them reading the Bible. Today I have two huge trees in my yard. These trees are named after my grandfathers.
21. My dad and uncles served in WWII. My husband served in Vietnam.

New Senior Volunteer Programs Director's Intro

I have lived in West Texas my entire life. I went to college in San Angelo back in the late 80's and knew one day I would return. I spent 33 years in education working 2 years in San Angelo, 3 years in Snyder, 8 years in Garden City, and 20 years in Iraan. I started as a math teacher and a coach. By the time I retired, I had served as a technology director, PEIMS coordinator, CFO, campus principal, and superintendent. After retiring from public education, I was hired here at the Concho Valley Council of Governments as the Assistant Director of Finance where I have served for the last 2 ½ years. I was fortunate to be considered and hired as the new Director of Senior Volunteer Programs to replace Nolen as he retires. I officially began my new role on August 1st. I look forward to learning and working with all our programs and all the wonderful volunteers who serve through our programs. I am excited to serve with Teresa, Clementine and Max Ann as we work with each of you to help our communities. Thank you for all you do and know that I am here to serve WITH you.

Michael Meek/Director of Senior Volunteer Programs

New San Angelo Senior Volunteer Staff



New San Angelo Senior Volunteer Programs Staff: (L-R) Teresa Covey (RSVP), Michael Meek (Director SVP), and Clementine Urista (Manager, FGP/SCP)



National Convening Info - Clementine and Teresa were happy to meet at the National Convening in Baltimore, Maryland, Shaury A. Miranda Hernandez, an SCP Director, who is from Puerto Rico. AmeriCorps Seniors staff from around the U.S. (Foster Grandparents Programs, RSVP, and Senior Companions Programs) converged to hear guest speakers and share new ideas. We enjoyed spending time with the new SVP Director, Michael Meek, and some much-needed time to simply relax, away from our office duties. Attending these National Convenings offers our staff much encouragement and are a refreshing time for us.

RSVP Station Spotlight

Tom Green County
Friends of the Library
San Angelo, TX



History

Organized in 1979, TGC Friends of the Library (FOL) was established to promote the use of the library and its many services through donations and various projects. They began on the parade grounds, outside, at Ft. Concho; later moved to the Lee Junior High's cafeteria; next to the Ed B. Keys building; and finally established in the basement of the TGC Central Library. The FOL is a motivating force behind the construction of the Angelo West Branch Library and has donated substantially to the North Branch Library expansion. Working with County Commissioners and Library Administration, the FOL provides strong leadership in bringing Tom Green County residents exceptional library services.

Bi-monthly Book Sale

One of our most popular projects is the bimonthly, first Saturday book sale at Stephens Central. These sales raise thousands of dollars for the library each year. Additionally, "volunteers" manage and operate a bookstore in Stephens Central Library. (Volunteers needed!)



Just a small glimpse at the FOL's sorted book categories...all books are donated.

Purchase Books Online

Books are also sold online through AbeBooks . People from around the world purchase books online from the FOL. Recently, a purchase was made from Australia for a \$425 book! Proceeds are used to strengthen the library collection and sponsor programs and activities that enhance the use of the library and encourage reading.

Membership Dues

The cost is little; the rewards are immense. Fees are as follows:

- Individual: \$10.00 a year
- Family: \$25.00 a year
- Individual Lifetime: \$150.00
- Family Lifetime: \$300.00

Apply for Membership

Becoming a Friend is easy. Just fill out the application (also available at all libraries) and mail it with payment to:

Friends of the Library
P.O. Box 60421
San Angelo, TX 76906

Support the Friends

For more information on membership or volunteer opportunities, contact the FOL at tgcfol@yahoo.com or stop by the bookstore at Stephens Central to talk with a "friend".



Over-flow books

Interesting “Tid-Bits” of Information about the Friends of the Library

1. The FOL receives 60,000 – 70,000 books annually. 40% - 50% of these books are thrown away due to some sort of damage on the books...many are simply not useable.
2. Ask about their “Red Cart”, which has free books and magazines.
3. Books with large print and books on CD are donated to senior living facilities, churches, and charities.
4. Recently published, newer books are located upstairs in the bookstore.
5. As the main library eliminates books on CD they are donated to the FOL, which are sold for .10 cents!
6. Outside of paying for their regular expenses, every penny made through the FOL book sales goes back into the library.
7. The FOL applied for a grant worth \$110,000 to provide for furnishings for the Tom Green County Library North Angelo Branch renovation. The FOL also donated an additional \$250,000 towards this project.

Everyone's a friend of the library, but why not formalize the relationship? If you value books and reading, you're invited to join them.

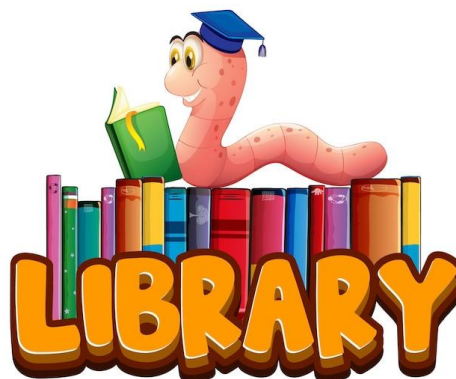
Basement Book Sales:

- Dates: September 7, November 2, 2024
- Times: 8:45 AM - 1:15 PM
- Location: Stephens Central Library

Sorting Donations:

- Dates: Mondays, Wednesdays, and Fridays
- Times: 9:00 AM - 12:00 PM

Location: Stephens Central Library



Pictured here is Faye Armstrong with Joe and Lana Lynch. With three available computers, posting online sales is a continuous job!



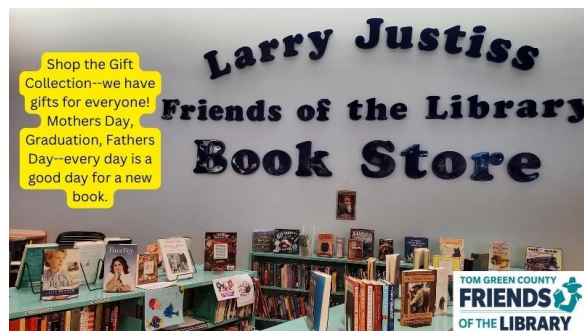
Listing books for online sales is not all that difficult. Are you up for the challenge? If you have two able hands with a positive outlook on learning new things, can you see yourself sitting in this chair as a FOL volunteer?

Larry Justiss Friends of the Library Bookstore @ Stephens Central

In addition to bi-monthly sales, volunteers of the Friends of the Library operate the Larry Justiss Book Store in the Stephens Central Library. You will find every genre you can imagine, a Texana and local-authors section, plus, a specially curated Gift Collection which was created almost three years ago by Marcy Bosequett, RSVP Volunteer. The Gift Collection prices are marked $\frac{1}{4}$ - $\frac{1}{2}$ of their market value. Most adult hardback books are priced at \$3.00, and soft-bound are marked at \$1.50. Children's hardback books are marked at \$1.00, and soft-bound books are marked at .50 cents!

Prices:

Hardbacks	\$3.00
Paperbacks	\$1.50
Music CDs/DVD Movies	\$0.10
Children's and YA Books-Hardbacks	\$1.00
Children's and YA Books-Paperbacks	\$0.50



Bookstore volunteers are needed to serve in one of three-hour timeframe options!!!

Monday – Saturday

10 am-1 pm 1 pm-4 pm 4 pm-7 pm

New Bookstore service starting in October! Library patrons can submit a special request for a book, based on subjects or authors, and a volunteer will research the availability.



Why would you want to volunteer at the FOL Bookstore? “It gives purpose. I used to work here at the library; I love books and it’s nice to talk to customers. It’s a fun place to volunteer.” (Marcy Bosequett)

Who wouldn’t enjoy volunteering in a nice building with a/c during San Angelo summers? Marcy says running the cash register is really easy. If you’re sitting at home with the remote control in your hand all day, you have spare time! Stop sitting home in your jammies all day and reclaim your purpose! Get out and enjoy meeting people while you volunteer!

Benefits of Volunteering - The world has many urgent issues — food insecurity, wars and conflicts, infectious diseases, water shortages, and extreme poverty. And in the age of COVID-19, the number of people who have needed a helping hand has only increased. Clearly, volunteering matters. But the benefits go far beyond altruism. A growing body of research shows that it provides many benefits, some of which are surprising. Here are 11 of them:

1. **The power to change lives.**
2. **The ability to involve more people.**
3. **A physical feeling of satisfaction.**
4. **New friends and stronger friendships.**
5. **Connection and confidence.**
6. **Social and networking skills.**
7. **A readiness to take on the world.**
8. **Value to schools and employers.**
9. **A chance to pay it forward.**
10. **A sense that you have more time.**
11. **Feelings of gratitude.**



Tell your family and friends about RSVP. If you know someone who is 55+, staying home all day, with time on their hands, ask them what is holding them back from volunteering!!!

Veteran Memories from an RSVP Volunteer (Cindy Middleton)

When I enlisted in the Air Force, I had no idea I would make a career of it. I was just a broke college kid in 1982 working at an auto tire & glass shop where an Air Force recruiter bought his tires from and his recruiting spiel sounded pretty good to me. After surviving Basic Training, I went on to the Defense Language Institute in Monterey CA to become a German linguist. Then it was off to Berlin, Germany to serve during the Cold War. It was my first time from home and in a foreign country. It was hard at first, dealing with homesickness and learning the military way of life. But I overcame those struggles to discover that I would be fine and developed the confidence to be an Airman in the U.S. Armed Forces. When the Berlin Wall came down around 1991, I retrained to be a Paralegal here at Goodfellow AFB. I finished my military career in the Air Force Reserves, doing my duty at Goodfellow. When I first enlisted, I never really thought about what that meant. Taking the oath to support and defend the Constitution at that time were just words. Even serving during the Cold War in Berlin, the routine gas mask training we had to do and the job of reporting what we heard as linguists, never struck me as really "service". I was just doing my job. I never deployed or served like the servicemen and women have had to these last 20 years. It wasn't until after I retired in 2003 and started working as a civilian paralegal at the Goodfellow Legal Office did I really feel like I was "serving". Assisting the young troops going through Goodfellow with civil legal matters and drafting wills and powers of attorney so they didn't have to worry about matters back home when they deployed, that is where I felt I was actually serving. I certainly don't regret making a career in the military. It was quite the experience; some were tough but most were good. Looking back, I can now say it was an honor and a privilege to serve my country and those words about supporting and defending our Constitution mean a whole lot more!

Do you have military memories that you would like to share with others? Please email or call your respective Senior Volunteer Program and talk to us...we'd love to hear from you!

San Angelo RSVP Volunteers!



San Angelo RSVP
Volunteers!



You're Invited

End of Summer Ice Cream Social
"Come-n-Go"

Tuesday, September 10th, 2:00pm-4:00pm

Concho Valley Council of Governments - Training Room/5430 Link Rd.

Bring your sweet tooth and we'll provide the ice cream & toppings!

RSVP to Teresa Covey at 325-944-0666 x:214 or email at: teresa.covey@cvcog.org

NO LATER THAN Tuesday, September 3rd

Recruiting Drive: For every NEW RSVP Volunteer application that you bring with your name noted as a referral on the application, ("From whom did you hear about RSVP?") you will receive a \$10 Chick-fil-A gift card. Applications can be picked up at the RSVP office or downloaded at the website: <https://www.westtexasrsvp.org/copy-of-san-angelo>

Deadline to drop-off applications is Tuesday September 10th at 5pm



San Angelo RSVP
Volunteers!



San Angelo RSVP
Volunteers!

San Angelo RSVP
Volunteers!

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



Sponsored by Concho Valley Council of Governments

The Concho Valley Council of Governments is an equal opportunity agency. Enrollment 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.

Contact Information for Senior Corps Programs:

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