



Seniors in Action

December 2023 - February 2024



CONCHO VALLEY
COUNCIL OF GOVERNMENTS

Sponsored by: Concho Valley Council of Governments

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New Volunteer!!

RSVP

Maria Lowe

Lew Burnett served with the West Texas RSVP (WTRSVP) from 2004-2019, volunteering with: Meals for the Elderly, Rust Street Ministries, Story Time at the Goodfellow AFB Child Care Center, as a member of the WTRSVP Advisory Council, and an avid supporter when volunteering with Faith in Action (medical transportation); contributing over 2,400 life-time hours of volunteer service. Among Lew's awards through the WTRSVP were the Concho Valley Senior Hall of Fame in 2007 and the Senior Corps Community Impact Governor's Volunteer Award in 2013. Lew had a big heart for the WTRSVP and gave much of his time to it. He will be greatly missed.



Lew Burnett
(1931-2023)



As I write my article for this newsletter, we are entering the season of giving thanks for our many blessings. I want to take this opportunity to say "thank you" to each of you and to thank you for your service in our communities and the blessing you bring to others throughout the year. AmeriCorps Seniors requires us to report annually on the number of service hours performed by our program volunteers and I have just completed our reports for the October 1, 2022 – September 30, 2023 service year. I am pleased to report the following numbers: RSVP – 55,378 hours, Foster Grandparents – 52,714 hours, and Senior Companions – 26, 309 hours for a total of 134,309 hours. The official estimated value of a volunteer service hour in Texas is \$29.86. This means that the total value of your service to the agencies you served for the past year was \$4,013,214. Of course, the true value of your service cannot be measured in dollars because it lies in the impact you have on the lives of people you serve. For many of you, you are serving in areas where people are dependent on the service in order to maintain basic living and nutritional needs. For others of you, you are serving in areas that bring joy, education and entertainment to the recipients and serve to enhance their quality of life in other ways. All of this combines to enhance the quality of life for all you touch and to the larger community as well.

Please know that your willingness to serve is deeply appreciated throughout the year and does not go unnoticed. Later in the year we will be having special activities to thank you for your service, but I want to express my deep thanks to you now during this season of the year.

In service,
Nolen Mears, Director
Senior Volunteer Programs



"Grandparents are like magicians. They can create wonderful memories for their grandchildren out of thin air."

Foster Grandparent and Senior Companion Programs

Foster Grandparent Program Spotlight is on **“ Maria Lozano.”**



Maria Lozano has been with the program for 8 years and enjoys working at Reagan Elementary School. The children make her feel loved and she loves the children. Maria said, “The children are a little rowdy because they are anxious with the holidays coming.

Her husband Sergio Lozano is also in the program and she likes that because they both ride together to work.

Maria is a very kind and gentle lady. We are thankful we have Maria!

Random Acts of Kindness

Research shows that helping others can be good for our mental health. It reduces stress, improves our emotional well-being, and even benefits our physical health. In short, doing good does you good.

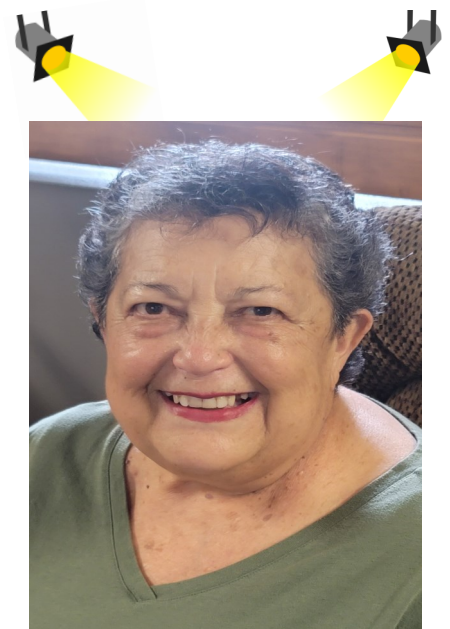
1. Call a friend/relative that you have not spoken to for a while.
2. Tell your family members how much you love and appreciate them.
3. Send a card to a family/friend member.
4. Make someone laugh today.
5. Say “Hi” or give a “smile” to someone you don’t know.
6. Spend time playing with your pet.
7. Give someone a compliment.
8. Donate to an organization money, clothing, or time.
9. Open the door for a stranger, male or female.
10. Invite your neighbor over for coffee/tea.

Senior Companion Program - Spotlight is on “Jane Batista”

Jane Batista has been with the Senior Companion Program since October 1, 2013 and has been a blessing to our program. She is the Senior Companion Program Lead and talks to all the Seniors each month to remind them of our meetings.

Jane is a lady of many talents and enjoys leading the ladies at Christian Village in making door wreaths, Christmas Angels, or summer fun door - arrangements. She also leads the ladies in staying fit with exercise classes.

Jane loves to spend time with her children and grandchildren. With such a servant’s heart, we are grateful to have her.



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

Hendrick Hospital Volunteer Services- is 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)

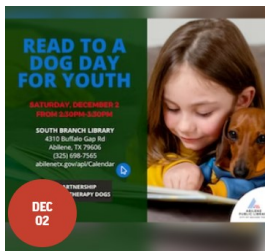
ACU Theatre - If you enjoy volunteering at the theatre, here's your chance! Two ushers are needed on December 2, 2023 at 6:00pm. As always, if there are any empty seats you may stay and watch the performance for free!!

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.

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

Looking for something to do with your grandkids this holiday season?

Check out the Abilene calendar at <https://www.abilenevisitors.com/>



READ TO A DOG DAY
EVENTS FOR CHILDREN

Abilene Public Library - South Branch
4310 Buffalo Gap Rd.
Abilene, TX 79606
(325) 698-7565



TOT SPOT: DECEMBER
EVENTS FOR CHILDREN

The Grace Museum
102 Cypress Street
Abilene, TX 79601
(325) 673-4587



ABILENE SOCIETY OF MODEL RAILROADERS
GRAND OPENING OPEN HOUSE
EVENTS FOR CHILDREN

Abilene Society of Model Railroaders
1802 Pecan Street
Abilene, TX 79602
(325) 725-0359



A GRINCH CHRISTMAS MARKET
EVENTS FOR CHILDREN

Christian Job Corps of Abilene
1350 N. 10th Street
Abilene, TX 79601
(325) 701-9250

Go ahead...make some holiday memories that will

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

San Angelo Lions Charities - always needing volunteers to help with cleaning glasses. It is a job where you can sit down and little walking to be done. Open Tuesdays and Wednesdays 9am-1pm and Thursdays Noon-3pm.

Family Shelter - (79 Gillis St.) Needs GIFT WRAPPERS to wrap all the gifts for the children and their mothers that are served! Grab your favorite scissors and help wrap some gifts! Anytime between 9am & 3pm. Date choices: December 19th, 20th or 21st - or all three to help Santa get this done. Just ring the door bell and tell us you're here for the "Christmas Room"! Also, if you want to adopt a mom for Christmas in advance, contact Hilarie at 655-5774.

Friends of the Library Volunteer Program: Located at Stephens Central Library Basement. Volunteers must be reliable, consistent, and able to move and sort boxes with books and donated materials.

- Basement Book Sales: 1st Saturday of each month, 9am-1pm
- Sorting donations: Mondays, Wednesdays, Fridays, 8:45 am-2:15pm
- PALS (People Attaining Library Services) Home Delivery Service: Pickup pre-bagged books at the downtown library and deliver them to the patron's residence. Volunteers are required to have their own transportation. This is a long-term opportunity. Volunteers are not required to have contact with patrons, just pickup items and deliver. Dates: 2nd Thursday of each month; times: As available for 4 hours per month; location - Stephens Central Library

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. Making a difference since 1974. Please consider how you can be a part of this AWESOME program!

SAVE THE DATE!!!
Volunteer Recognition 2024

Abilene

March 5th, 2024
11:30-1:00

West Central Tx Council-Governments
3702 Loop 322
Main Conference Room

San Angelo

March 7th, 2024
11:30-1:00

Concho Valley Council of Governments
5430 Link Rd.
Training Center

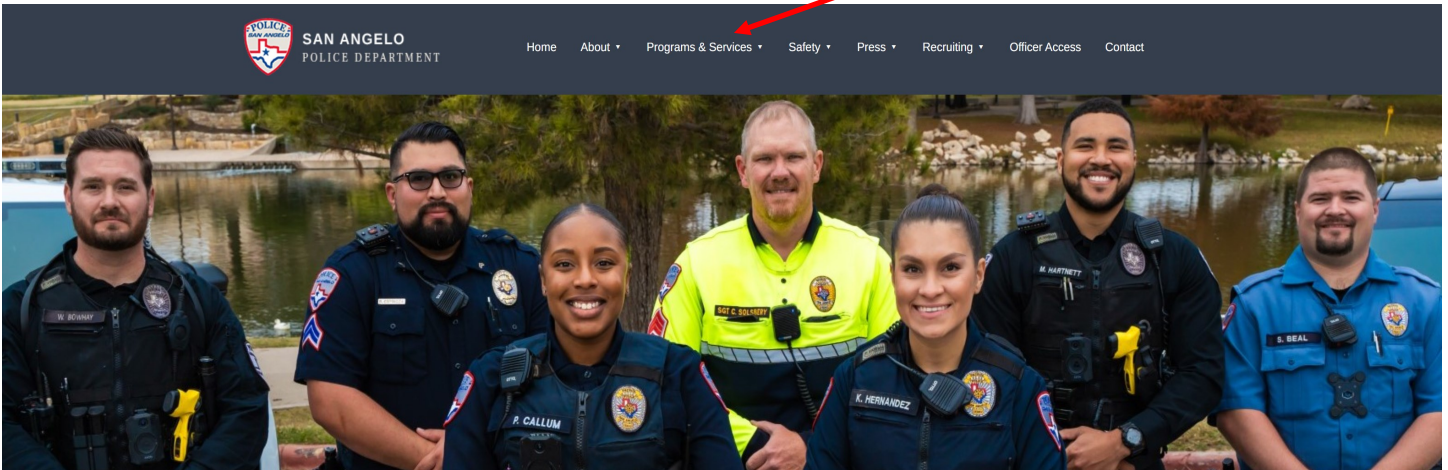
Mark Your Calendars!

More information will follow in February 2024

Holiday Home Safety Reminders

1. **HOUSE WATCH**: If you are traveling for the holidays and you wish you could feel a little more confident about your home security, go online to: sanangelopolice.org

Under **Programs and Services**, select **House Watch**. After reading the policy and clicking on “I Agree”, the form to request a house watch will appear for you to complete. Due to the number of house watches, the San Angelo Police Department is unable to watch any home longer than 30 consecutive days. After the 30-day watch period has expired, the watch will be automatically deleted.



While you are away for the holidays, make sure your home looks lived in. Hide empty garbage cans. Use automatic timers for some lights to make it appear that someone is home. Ask a neighbor to keep an eye on your home. Ask your neighbor to park a car in your driveway from time to time. Have mail and newspaper deliveries temporarily stopped or again, ask for the help of a neighbor to prevent items piling up at the front of your home. Lock all windows and doors. Test your smoke and burglar alarms.

2. **Holiday Package Deliveries:**

- Track deliveries online so that you know when to expect them. Try to have someone home to accept deliveries.
- If you can't be home consider switching the delivery address to a family member, neighbor, or even your place of work.
- Consider investing in one of the doorbell or home video technologies now available, and if you do invest in some smart technology, put out the signs that let passersby know your home is protected.

3. **Basic Home Safety Reminders:**

- Make sure your home is well lit, and keep doors and windows locked, even when you are home.
- Don't advertise new gifts or purchases – break boxes down and place them in your recycling container.
- Don't display gifts and packages where they can be seen from outside.
- It's not uncommon for people to try to take advantage of others' generosity over the holidays – if you are approached at your home and asked to make a charitable donation, ask to see proof of a Solicitation Permit from the City. If they can't provide proof, call the Police.



STATION SPOTLIGHT

Daily Bread Soup Lunch Program

301 West 18th Street
San Angelo, TX



Daily Bread Soup Lunch Program is designed to provide nourishing hot meals at noon Monday through Saturday from 11:00 a.m. to 1:00 p.m. Children, women, and men, who would not otherwise have a sustaining meal on a daily basis, are welcome to partake of this meal. The meals consist of a nourishing homemade soup or stew, and/or a main dish served with meat and vegetable, bread, dessert, drinks, and often other side dishes.

Adequate nutrition is a major health issue, particularly among children, the elderly and the mentally ill. There is no other program in San Angelo delivering this specific service to this constituency. Most persons eat two or more servings. Daily Bread Lunch Soup Program is helping to decrease hunger in San Angelo.

Daily Bread feeds 40,000+ meals annually. Program administration and operational costs indicate this is one of the most cost effective programs in San Angelo. A Board of Directors make policy, govern the program, and meet as needed, but at least quarterly.

The Daily Bread Lunch Program receives financial support, gifts, talent, individuals, time and labor through selfless donations from churches, merchants, military, non-profit organizations, and restaurants. This soup lunch program is one of the most successful community outreach programs in San Angelo. Our concern for the less fortunate and homeless is an excellent example of Christians putting God's Love into action.

The Program is officially under the legal authority of the Wesley Trinity United Methodist Church, a small congregation (but big in heart) in San Angelo. The successes of this ministry prove that God's Blessings are extended to those who follow His Word of Charity and Goodwill.

You can help in a many ways. Volunteer to serve in the kitchen, play music, cook, stock groceries and many other opportunities. If you have the talent we can find a place.

Monday – Saturday (11am—1pm)



Happy Birthday to YOU!



December 2023

Foster Grandparents

Fran Cox
Guadalupe Guajardo
Elizabeth Harris
Bobbie Scaggs

RSVP

Linda Aton
Rita Bradshaw
Brenda Bredemeyer
Charles Brewer
Claude Burton
Pat Clay
Sue Drozt
Irma Garrett
Sharon Giddens
Barbara Gilbreath
Deanna Henderson
Gladys Hicks
Ann Light
Joe Lynch
Ruth Mahaffey
Sue Mansfield
Cindy Middleton
Terry Pouch
Alison Satterfield
Royce Sprott
Sandy Stroman
Stephanie Tankersley
King Walker
Sharon Williams
Edith Zimmerman



Senior Companions

Felipa Diaz
Frank Rendon
Mary Frances Strickland

Happy Birthday

From your AmeriCorps
Seniors Programs

Nolen
Clementine
Max Ann
Teresa

January 2024

Foster Grandparents

Janet Morgan
John Morgan

RSVP

Ronald Aten
John Bosequett
Glenna Burrow
Ernest Caslani
Doris Clark
Ray Cortez
Marie Davis
James Eaton, Jr.
Carol Edmonds
Gail Flood
Ed Forehand
Sally Frederick
Charles Good
Beverly Henderson
Wanda Hudson
Brenda Hurst
Terrye Johnson
Nancy Keister
Coletta Lively
Glenda Matthews
David McCaghren
Ola McCorkle
Gail Metcalfe
Sandra Morrow
Charles Norris
Lynette Ott
William Ott
Nancy Patrick
Don Ruckelshausen
Nancy Ruzinsky
Dolores Schwertner
Sofia Solis
Fay Steward
Jean Sullivan
Evonne Teague
Martha Vinson
Nadine Williams
Sarah Wilson



Senior Companions

Delfina Leal

February

Foster Grandparents

Candelario Hernandez
Gloria Martinez
Debra Neader
Frank Ruiz

RSVP

Gina Alvarez
Faye Armstrong
Kent Barnett
Beverly Bell
Ann Billington
Laura Blong
Yogi Christesson
Linda Churchwell
Betty DuBoe
Glenn Egbert
Rena Gaines
Sarah Howell
Betty Johnson
Phyllis Kisner
Barbara Long
Pat Malloy
Glenda Mathews
Glenda Mathews
Wayne Merrill
Carolyn Mittel
Shirley Morrow
Becky Pyburn
Debbie Rosenbaum
Christine Scott
Sue Sorrell
Maria Staton
Jackie Swanson
Coral Jean Warren
Sherri Wilcox



Senior Companions

Debbie Cavanagh
Mary Hasty



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

Return Service Requested



HAPPY NEW YEAR
2024!
January

HAPPY
Holidays!

Contact Information for Senior Corps Programs:

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