



# West Texas RSVP

connecting - volunteering - impacting

February - March 2016

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

## Check out:

- Exercising and Volunteering
- Volunteer Spotlights
- Birthdays
- New Volunteers
- Abilene Opportunities
- San Angelo Opportunities
- Thanks to Royal Estates
- Are you a Seenager??
- Thanks and Appreciation

“THE HEART OF A  
**VOLUNTEER**  
IS NOT MEASURED IN SIZE,  
BUT BY DEPTH OF THE  
COMMITMENT TO MAKE  
**A DIFFERENCE**  
IN THE LIVES OF OTHERS.”  
-DEANN HOLLIS

Like 'West Texas RSVP' on  
Facebook, follow us on  
Twitter @westtexasrsvp  
and visit the website at  
[www.westtexasrsvp.org](http://www.westtexasrsvp.org)!



## Exercising and Volunteering ...Good for the Heart!

Have you given up on exercise? A lot of older people do - just one out of four people between the ages of 65 and 74 exercise regularly. Many people

assume that they're too out-of-shape, or sick, or tired, or just plain old to exercise. They're wrong.

"Exercise is almost always good for people of any age," says Chhanda Dutta, PhD, chief of the Clinical Gerontology Branch at the National Institute on Aging. Exercise can help make you stronger, prevent bone loss, improve balance and coordination, lift your mood, boost your memory, and ease the symptoms of many chronic conditions.

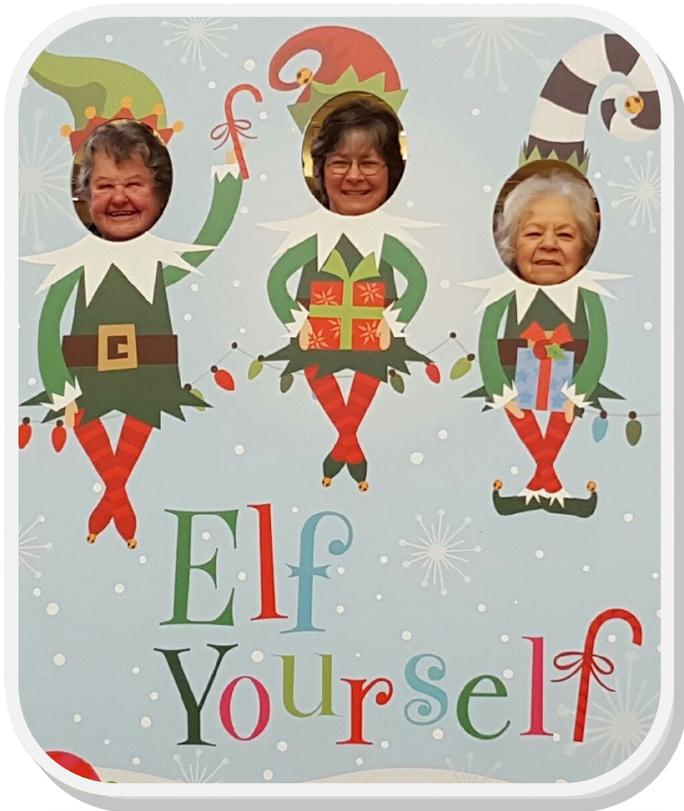
In addition to physical exercise, which serves as a great way to improve your health, many people report a "high" from volunteering, similar to the good feelings that come from exercise. Others have found that volunteering can help fight depression. Serving others can help take your mind off your own problems and enable you to see the bigger picture. Once you see the difference you can make in another person's life, your own problems can seem smaller and more manageable.

So support your "heart health" through exercise and volunteering starting in February, which is American Heart Month, and continue throughout 2016. If you do, there is good chance you will be much healthier when 2017 rolls around.

**"There is no exercise better for the heart than reaching down and lifting people up."**

- John Holms

## West Texas RSVP Volunteer “SPOT-LIGHT”



Appearing (l-r) are Aleta Dwyer, Gena Parks and Mary Thompson. Other elves who helped with the Angel Tree remained invisible to the camera and are not pictured but are mentioned in this article!

**ELVES** are those dwarf-like creatures who are youthful but immortal and have magical powers that can control what you see and experience. Elves can be mysterious pranksters who make special appearances during the lead up to Christmas. But do you know who “these” elves are? Are they real creatures or just a myth? What is the story behind their origin? Well, the elves pictured to the left are examples of elves who appear throughout the year, everyday and everywhere, and we know them as West Texas RSVP volunteers.

Aleta Dwyer, Sue Drozt, Mary Thompson, Gena Parks, Terry Pouch, Jean Bundrant, Nancy Kieffer, Noni Sparks, Geneva Nelson, Jane Stracener, Carol Sturm, Carole Johnson, Bonnie Hooker, Tina Garces, Gloria Henderson, Teddy Turcotte, Mary Everson, John Ulrich, Ann Billington, Ray Favre and Judy McCarthy all responded to a request to help at the

Salvation Army Angel Tree inside Sunset Mall...some volunteering for up to five shifts during December.

Through the Angel Tree Program the Salvation Army offers holiday shoppers the opportunity to adopt a child, 0-15 years of age, who otherwise would not have much of a Christmas. An Angel tag with the requested/needed gifts are chosen from the Angel Tree and then purchased by shoppers. Once purchased, both the Angel tag and gift(s) are returned to the volunteers at the Angel Tree location. The gifts are then distributed to the children during a designated time.

According to Major Grider with the Salvation Army, the RSVP volunteers were “lifesavers” through their service. They were part of an effort that helped 1,258 kids receive gifts. Estimates given are that each child received 8 gifts, which means that about 10,000 gifts were donated through the Angel Tree Program.

**Volunteer! Start where you are. Use what you have. Do what you can.**

*-Arthur Ash*

## West Texas RSVP Volunteer “SPOT-LIGHT”



RSVP volunteer Maudie Reeves with the quilt she made for the 2016 WTRC Telethon Auction.

If quilting is your passion, walking into the home of Maudie Reeves, RSVP volunteer, during the Christmas holidays is like a child walking into a candy store. Your eyes simply cannot take in all the Christmas “Quilter’s Candy” that Maudie has designed and created...from quilts to wall hangings to embroidered pictures to tree ornaments...her talent is unending. Her story does not end there however. She shares her special talents with the West Texas Rehab, West Texas RSVP and others.

For over 30 years Maudie has chaired the quilt and afghan division of the West Texas Rehab Telethon. ***There is no denying Maudie has played a key role in the \$974,518 that has been raised through this division since 1982.*** As most everyone from West Texas knows, WTRC’s philosophy of providing quality care regardless of the patient’s financial status, distinguishes it from other providers of outpatient rehabilitation care.

Proudly, the WTRC staff works together as an integrated team to provide a wide array of outpatient physical, communication, and hearing services to the thousands of children and adults across West Texas who are challenged by disabilities and/or disorders. The funds raised through the WTRC telethon, with assistance from many volunteers including Maudie, helps make this philosophy a reality.

In 2008, Maudie was nominated for the National Jefferson Award, an award through which outstanding volunteers are recognized. The nomination letter began with the following quote, “Maudie Reeves is every non-profit’s dream volunteer chairman. She is emotionally, physically and financially involved in the West Texas Rehab.” Not only has she undertaken the job of chairing this huge part of the telethon auction, but she has created quilted masterpieces to donate to the auction, at least one every year and many times more than one. In addition she inspires others to get involved, including quilting groups from Abilene and San Angelo, and other surrounding areas all the way to Weatherford, Austin, and even out-of-

state! She is pictured above with the quilt she created for the 2016 Telethon Auction, which sold for \$1,560.

The West Texas RSVP program has also been the beneficiary of Maudie’s talents. When program funding was reduced she helped make a quilt each year from 2005-2011, from which the **proceeds benefitted RSVP to the tune of at least \$1000 per year!**



*I may be only one person, but I can be one person who makes a difference.*



- |                     |                     |                        |                      |
|---------------------|---------------------|------------------------|----------------------|
| 01 Bonnie Chappell  | 15 Larry Sullivan   | 01 Pat Brewer          | 17 John Barton       |
| Marti McKee         | 16 Sistie Wallace   | Mollye Swirsky         | Alice Konze          |
| Norma Saunders      | 17 Laura Blong      | 02 Marcy Bosequett     | 18 Bill Ashton       |
| 02 Ann Billington   | Glenda Mathews      | Paul Seals             | Diane Burnett        |
| Oleta Branum        | 18 William Gatlin   | 03 Minda Cleveland     | Bill Robbins         |
| Rennie Hardie       | Deryl Ann Hall      | Joyce Landon           | 19 Raye Conaway      |
| Phyllis Kisner      | 19 Suzanne Utt      | Bette Smith            | Mary Lohse           |
| Carol Parrott       | 20 Glenn Egbert     | 04 Fred Williams       | 20 John Andrade      |
| 03 Kay Billings     | Shirley Morrow      | 06 Karan Breeden       | Ruth Cornell         |
| Nancy Duncan        | 21 Jimmie Campbell  | Claudia Cravens        | 21 Billy Richards    |
| Wayne Merrill       | 22 Donna Bell       | Shannon Jones          | Clinton Rogers       |
| 04 Doris Johnson    | Ethel Binyon        | Betty Muncy            | 23 Peggy Barry       |
| 06 Linda Churchwell | Yogi Christesson    | 07 Jim King            | Nancy Conlan         |
| Christine Scott     | 23 Rena Gaines      | Nancy McClung          | 24 Charlene Corfield |
| 07 Jeanette Phariss | Becky Pyburn        | 08 Marvin Hall         | Mary Smith           |
| 08 Pat Malloy       | Bill Villers        | Lana Lynch             | Dorothy St. Germain  |
| Jenny Sakellariou   | 24 Faye Armstrong   | Buck Vogt              | 25 Margaret Davis    |
| 09 Don Bradshaw     | Joan Goodpasture    | 09 James Crawford      | 26 James Earnest     |
| 10 Nancy McCray     | 25 Shirley Oliphant | 10 Eddie Agatep        | Lillie Escobedo      |
| June McSpadden      | Victor Popatco      | Marie Dunn             | Lynda Harris         |
| 11 Kent Barnett     | John Pormann        | 11 Judy Davis          | Charles Kitchell     |
| Karen Brewer        | LaNelle Sherrod     | 12 Carolee Bordofske   | Shirley Stephenson   |
| 13 Linda Cheatham   | 26 Harold Goeble    | Robert Lepp            | Lee Wommack          |
| Ralph Mathews       | Twila Nowell        | Charlie Zani           | 27 Ray Martin        |
| 14 Susie Bell       | 27 Larry Lewis      | 13 Don Bierwagen       | 28 Jo Hoover         |
| Coral Jean Warren   |                     | Mabel Trotter          | Mary Roden           |
|                     |                     | 14 Melvin Jeschke      | 29 Helen Kennedy     |
|                     |                     | Bobbie Waites          | Dianne Phillips      |
|                     |                     | 15 Tommy Hiebert       | August Roden         |
|                     |                     | Eddie Lee              | Dean Shirley         |
|                     |                     | Ann Simmons            | 30 Sherry Belk       |
|                     |                     | Bettie Wiegand         | 30 Velma Finn        |
|                     |                     | 16 Priscilla Alldredge | 30 Emiliana Popatco  |
|                     |                     | Honey Wilson           |                      |



### New Volunteers

- Kay Billings  
 Shirley Fletcher  
 Gail Flood  
 Irene Hernandez  
 Virginia Holder  
 Anita McDonald  
 Betty Muncy  
 Sofia Solis

### In Sympathy...

- Charles Bryan  
 Burch Dille  
 Mary Hazelton  
 Mary Hearne  
 Fran Morales, Jr.

- Correne Pinkston  
 Lila Sprawls  
 Ives Swain  
 Betty Trammell  
 Izona Winters



# Volunteer Opportunities

**ABILENE** - For more information on these and other volunteer opportunities contact Max Ann at 325-793-3520 in **Abilene**, or [mabowlin@wtrc.com](mailto:mabowlin@wtrc.com)

## **ABILENE REGIONAL MEDICAL CENTER**

Help family and friends find the perfect gift for their loved ones by volunteering at the Abilene Regional Medical Center Gift Shop. You'll even be able to treat yourself with a 20% discount on merchandise! No experience necessary...on the job training available.

## **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!

## **ACU THEATER**

Volunteers are needed to usher on February 5th & 6th, 12th & 13<sup>th</sup>, 19th & 20<sup>th</sup> at 6:45 each evening for the play, *Laughter on the 23<sup>rd</sup> Floor*. Also, for another play, *Nickel and Dime*, to be held on March 3rd-5<sup>th</sup> at 6:45 each evening, and for a matinee performance on Saturday, March 5<sup>th</sup> at 1:15.

## **AARP DRIVERS SAFETY INSTRUCTOR**

If you have a keen sense of driving safety and would enjoy teaching seniors how aging affects their driving, how to improve their driving abilities, and possibly reduce their insurance rates, this might be the volunteer opportunity for you! MUST TEACH AT LEAST THREE FOUR HOUR CLASSES A YEAR.

**San Angelo** - For more information on these and other volunteer opportunities contact Teresa at 325-223-6387 in **San Angelo**, or [tcovey@wtrc.com](mailto:tcovey@wtrc.com)

## **MEALS FOR THE ELDERLY**

How does a drive through historic San Angelo sound? Rt. 3 near Ft. Concho is waiting. Are there any Fanin 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 español? Rt. 21 is perfect for you. Is southwest San Angelo your thing? Volunteers wanted!

## **SONRISAS TRAILS**

Volunteers at Sonrisas Trails play a huge part in the emotional bond and are imperative for this program, to be sidewalkers or horse leaders. Are you wondering what Sonrisas is all about?...for starters, they offer therapeutic horseback riding to children and adults with physical, mental, and emotional challenges. They also serve over 100 riders each semester with emotional, physical, and/or mental challenges. These riders have a myriad of challenges, including sight and/or hearing impairments, ADD, ADHD, Spina Bifida, speech-language delay, MS, Lou Gherig's Disease, MD, Cerebral Palsy, Down Syndrome, emotional and behavioral disorders, and intellectual disabilities. Horses are used to build confidence, strength, and an emotional bond. A horse's movement mimics us walking so if there is a wheelchair bound client they are able to work the same muscles and more by riding a horse. This type of therapy also builds the core muscles and balance...other activities also work the riders mentally and physically. Volunteer opportunities starting February 15th M-F various times available Tue/Wed/Thu 9-2; additional times with the adult classes are Mon/Wed 5-6, Tue 2:30-3:30, and Fri 9-10. Volunteer training is February 9th at 10:00am. Contact the San Angelo RSVP if this interests you!

# Thank you Royal Estates!

## San Angelo & Abilene

### Senior Lifestyle Communities!

Matt Sage, Director of Sales and Marketing for Royal Estates San Angelo, recently posted the statement below along with the picture of the San Angelo RSVP Advisory Council on the Royal Estates facebook page. ...which he took following the meeting on January 14. Royal Estates in San Angelo and Abilene graciously host the RSVP bi-monthly advisory council meetings, providing both space and a wonderful lunch. Special thanks to Matt from San Angelo and Leland Harden from Abilene who provide great support to the West Texas RSVP program. Find more information about Royal Estates by checking out Royal Estates facebook pages .

San Angelo at <https://www.facebook.com/RoyalEstatesofSanAngelo/posts/10153180698522096>

Or Abilene at <https://www.facebook.com/Royal-Estates-of-Abilene-107311011002/>

We want to thank the folks from West Texas RSVP for allowing us to host their Advisory Council luncheons every other month. (WTX RSVP is a Senior volunteer group that is the bridge between older adults, their experiences and community needs.)

To learn more about joining - check out their page

@ <https://www.facebook.com/WestTexasRSVP> or <http://westtxasrsvp.org>



San Angelo RSVP Advisory Council and Staff smiling after a wonderful lunch and productive meeting!

#### West Central Texas Council of Governments - Area Agency on Aging/Aging & Disability Resource Center

#### Medicare Savings Program

The Medicare Savings Program (MSP) assists people with limited incomes and resources to pay some or all of Medicare's premiums and may pay Medicare deductibles and coinsurance. There are four MSPs. If you qualify for one, you automatically qualify for EXTRA HELP paying for the costs of Medicare Part D prescription drug coverage. Contact the Area Agency on Aging at 800-928-2262 for more information.

*"Don't let your age control your life. Let your life control your age."*

~Anthony Williams

### **I am a Seenager -- a Senior Teenager**

I have everything that I wanted as a teenager, only 60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad. I don't have a curfew.

I have a driver's license and my own car.

I have an ID that gets me into bars and the wine store.

And I don't have acne. Life is good!

Also, you will feel much more intelligent after reading this:

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear. Much like a computer struggles as the hard drive gets full, so too, do humans take longer to access information when their brains are full. Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more. Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise. SO THERE!!

*(Thanks to RSVP volunteer Gena Parks for sharing this with us.)*



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

#### **Departing from Abilene & San Angelo:**

**New Orleans and Mississippi Gulf Coast—Mar. 7-13, 2016**

**Big Bend National Park-Mar. 21-24, 2016**

**Best of Florida! Includes Key West-Apr. 5-18, 2016**

**Branson Music Fest-Apr. 25-30, 2016**

#### **Departing Abilene:**

**Danube River Cruise/Prague to Budapest-Apr. 12-22, 2016**

Visit Bilbrey Tours on their website for more details:

<http://www.bilbreytours.com/2016/16tripsINDEX.html>

In San Angelo, call RSVP at (325) 223-6387 or email [tcovey@wtrc.com](mailto:tcovey@wtrc.com).

In Abilene, call RSVP at (325) 793-3520 or email [mabowlin@wtrc.com](mailto:mabowlin@wtrc.com).

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



GRATITUDE  
THANKFULNESS  
APPRECIATION

The RSVP staff is most appreciative of the RSVP volunteers who filled out the Volunteer Application Update and returned it to the RSVP office. We know additional paperwork is not a favorite activity for any of us but sometimes it is a necessary evil...so thank you again!

If you are one of the few RSVP volunteers who have not completed the update, or simply cannot find yours, it is never too late. Call either Max Ann or Teresa and they will help you complete this process!

## 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](http://www.westtexasrsvp.org)

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

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

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

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