

SENIORS IN ACTION

Foster Grandparents Program

RSVP

Senior Companions Program

Check out:

- * Director's Corner
- * FGP Spotlight
- * FGP/SCP News
- * Abilene Volunteer Opportunities
- * San Angelo Volunteer Opportunities
- * RSVP Station Spotlight
- * Severe Weather Info
- * FEMA Emergency Supply List
- * RSVP Station Spotlight
- * Getting to Know Our Seniors
- * Holiday Info
- * Senior Corps Programs Contact Information

There are significant benefits to volunteering for senior adults. First, volunteering provides you with a sense of purpose and meaning. Many seniors find themselves feeling isolated and lonely after retirement, but volunteering gives them a chance to connect with others and contribute to their communities. This social interaction can improve their mental and emotional well-being, leading to decreased feelings of depression and anxiety.

Moreover, volunteering can also help you stay physically active and mentally sharp. Many volunteer opportunities require seniors to be on their feet, moving around, and engaging in physical tasks. This can help you maintain your physical health and prevent age-related issues such as arthritis and cardiovascular disease. Additionally, volunteering often involves problem-solving, communication, and teamwork, which can help you keep your brain active and ward off cognitive decline.

Lastly, volunteering can help you build relationships and establish a sense of belonging within our communities. By volunteering, seniors have the opportunity to meet new people, make friends, and connect with others who share their interests and values. This sense of belonging can increase their overall sense of well-being and provide you with a support network that can help them navigate the challenges of aging.

Thank you for being this kind of volunteer!

In service,



RSVP

Inez Ferguson
Ray Maddox
Walter Parr
Bob Porter
Lyda Porter
Nicholas Settell
Olivia Villanueva
Carol Wilson



CONCHO VALLEY
COUNCIL OF GOVERNMENTS

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Foster Grandparents & Senior Companions News

Foster Grandparent Program – Spotlight

Elvira is one of our happy and beautiful smiling Foster Grandparents. She has been with the Foster Grandparent Program since August 2019 (5 years). She loves volunteering at Fort Concho Elementary because her teacher Ms. Rivera is very nice, and considerate. Elvira said that Ms. Rivera treats her with respect. The children also have a large place in her heart. She enjoys seeing the children's eyes light up when she has helped to learn and they say "I got it!".



Elvira is grateful to work at Ft. Concho Elementary because she sees firsthand how the principal and teachers get involved with the children in all the events.

“April Showers Bring May Flowers”

We have often heard this statement and it is true when we receive rain, as we have. Foster Grandparents and Senior Companions had some May showers that brought them to an Appreciation Luncheon at our COG office on May 15. A delicious potato bar with different kinds of trimmings was provided, and all received a beautiful journal, and a \$100.00 gift card to Wal-Mart.

We appreciate our Foster Grandparents and Senior Companions because they are seniors who think of others who need help. The two programs are win-win situations for those they serve in that it is a State and federal-funded program that brings no cost to anyone in the 14 counties we serve.



Jeff York, Director of our Concho Valley Transit provided a PowerPoint for the group to get a better understanding of the operations. We have Foster Grandparents and Senior Companions who ride

the CVT buses. The one takeaway is that Jeff is willing to collaborate with us and the public in providing the best service possible. We believe in working together with our Foster Grandparent and Senior Companion Programs to provide learning information that affects them and they can pass the information to others.

If you have any questions, please call Clementine Urista at (325) 944-9666.

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

Beehive Homes of Abilene - Seeking volunteers to come out twice during the week to call Bingo for our seniors. Volunteers can decide which Bingo Domino games they want to play!

Abilene Cultural Affairs Council--Volunteers are needed at the 12th Children's Art + Literacy Festival in downtown Abilene from June 13th to 15th! There are several venues to sign up for shifts. Possible duties include handing out buttons and assisting with crafts. Go to abilenecalf.com; scroll down to Volunteer; click on the tab that will take you to the SignUp Genius website.



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

Keep San Angelo Beautiful – The Hazardous Waste Event is on June 15, 2024. Event Check-in is 7:30 am, starts at 8:00 am and ends at 11:00 am with lunch. There are lots of different activities which YOU can volunteer for: **hand out flyers, assist with refreshments, assist vendors**...Please help to make this event a success with your participation!

Daily Bread Lunch Program – Seeking volunteers on the following days of each month: Times are 10:45 AM – 12:50 PM, 1st Thursday; 3rd Tuesday; 1st & 4th Wednesday; all Fridays; 4th Saturday. This is not cooking in the kitchen, but “prepping and bagging”. Pick one or more days that you can volunteer and join them! This may require about 2 hours of standing with some breaks, depending on how busy they are.

American Plains Artists It's that time of year!!! The art show will be setting up in the Quartermaster this year here at Fort Concho and they will need volunteers to help with visitors. Dates for this year's art show will be June 27th through August 4th. Just like in previous years, the show will be closed on Mondays. Weekday volunteer needs are Tuesday through Saturdays, 10 am - 1pm/1pm - 4 pm, and Sundays 1:30 pm - 4:30 pm. Volunteers will help the visitors with signing into their guest book and answer basic fort questions etc. This will mostly be sitting down for 3 hours per shift, so feel free to bring anything to help pass the time, i.e. puzzle books, knitting/crocheting, book to read. This is a great time to meet new people and RSVP Volunteers you've never met...great social time. 😊

Hospice of San Angelo - Brady Volunteer training - June 17th and June 20th, 9:00 a.m. to 4 p.m.
Vision Heights Church, 2300 Menard Highway, Brady, Texas

RSVP Station Spotlight

Baptist Memorial Thrift Shop
San Angelo
Monday/Wednesday/Friday
9am-4pm
[\(325\) 481-7549](tel:3254817549)



If you have never visited the Baptist Memorial Thrift Shop, **902 N. Main St**, you're truly missing out! The BRC Thrift Store aims to provide its customers with a wide range of items to meet their needs at a reasonable cost and in a clean, attractive, and operating condition.

Bruce McLaren retired from the New Mexico Military Institute (NMMI) (National Guard) in Roswell, New Mexico in 1999, after 27 years of service. Before retiring Bruce was promoted to the rank of Major General (2-Star General). To ensure Bruce would remember "who's in charge at home", the Adjutant General for the State of New Mexico made a call to Bruce's wife, Karlene, giving her "3-Stars". Karlene is a retired teacher of Early Childhood, Special Education.



Bruce & Karlene McLaren

Even though Bruce and Karlene moved to San Angelo in 2000, it wasn't until about 2013 that they both began their adventure with Baptist Memorial. Bruce tends to volunteer at the Baptist Memorial High Rise Reception desk and the Thrift Shop. Currently, you'll find him deeply surrounded by books in the "freezer room" at the thrift shop. Karlene is the "oil" in the management of the thrift shop and keeps everyone in check at all manned stations, but always with a smile. After 10 years of managing the thrift shop, Karlene has decided that she is ready to hand the management reins over to Sandy Sims. Karlene will serve as interim over the Estate Sales for six months, then she will move to more "behind-the-scenes" tasks of dressing wigs and laundry detail. Bruce has already staked his claim of one-day-a-week volunteer duty covering the book vault (freezer room). You'll have to visit the thrift shop and look up Bruce to get that story.



Sandy Sims is already busy at the computer, learning her new job responsibilities, as she prepares to step into her new role.



Daniel Jones (AmeriCorps Seniors, Senior Portfolio Manager) and Andrea Hurley (AmeriCorps Seniors, Portfolio Manager), along with Nolen Mears paid a visit to the Baptist Memorial Thrift Shop on March 7th, prior to attending the RSVP Volunteer Recognition Luncheon. They were amazed at the size of the thrift store, to include the overall management by Karlene McLaren.

RSVP Station Spotlight

Adult Literacy Council of the Concho Valley

59 East 6th Street, next to Transit Center
Marilynn Golightly, Executive Director
Email: marilynnalc@hotmail.com
(325) 657-0013



The Adult Literacy Council (ALC) is a nonprofit, community-based literacy program serving thirteen counties in the San Angelo area. The mission of the organization is to offer encouragement and practical assistance to anyone who wants to learn to read, write, and speak English, or obtain their citizenship. They provide free one-on-one or small group instruction for ESL, English conversation, U.S. citizenship, basic literacy, and/or literacy skills. Office hours are 8 am to 5 pm, Monday thru Thursday; however, tutors and students can meet anytime, day or night or weekends.



When you visit the Adult Literacy, you'll more than likely run into the director, Marilyn Golightly. This woman is an awesome source of information for our community. Having served the Adult Literacy Council for approximately 20 years, you'll always find Marilyn with a big grin...always ready to chat about any and all local happenings.

Marilyn's work experience includes: Statewide Recruiter/Trainer for Community Action Partnership for Prevention; Grant Reviewer for the U.S. Dept. of Education; Volunteer/Recruiter for America Reads; Regional Coordinator for Texans' War on Drugs – headed by H. Ross Perot; and Ector County/San Angelo I.S.D. – classroom teacher for 12 years. Her background of volunteer experience includes: Buyer/Manager of The Giving Store, Emmanuel Episcopal Church; Neighborhood Association Event Coordinator – Music in the Park, 4th of July Parade; President of St. Catherine's Guild – Emmanuel Episcopal Church; and Past President of San Angelo Schools Foundation.

I'm telling you...you need to know this woman! She has answers to questions you've not even thought of...no, but seriously...stop by the Adult Literacy Council sometime...check it out...you might be interested in volunteering there...hint hint!!



English Classroom Setting



This woman pursued her GED in order to keep her job in food services



Twin boys working on math skills

Getting to Know Our Seniors

We would like to find out more about “YOU”! Check out some of the questions below and send us your reply through an email or call your respective office representative. Who knows?... We may post your answer, anonymously of course.

1. What's the most interesting thing about your family?
2. What was your childhood like?
3. Describe your childhood best friend and what you did during summer vacation.
4. Where was your favorite place to hang out as a teenager?
5. What was your favorite place to go on summer vacation, and what would you do?
6. Describe your least favorite (or favorite) school teacher.
7. Describe your wedding dress (or your wife's wedding dress).
8. How did you propose?
9. How old were you on your first date, who was he/she, and what did you do?
10. What's the best advice you received?
11. What's the best advice for someone getting married?
12. What was the hardest life lesson you learned?
13. What do you remember about your grandparents?
14. What's the secret to a happy and healthy life?
15. Where were you born?
16. Did you serve in the military? Which service and how long?
17. Do you have a crazy family story to share?
18. How many siblings did you have?
19. What was your first job? At what age were you?
20. What was your first concert? Where? Year?
21. Do you have family members who fought in wars? What were they?
22. Did you have a nickname growing up?
23. When you were a kid, what did you imagine your life would be like?

Sharing family stories is a powerful way to strengthen and unite family members. Family stories that show examples of overcoming challenges can help younger generations find the strength to overcome their own struggles.



If you don't have nearby family, think about visiting a local library where you could join a children's story time...what a heritage to pass your stories along to other children!

Do You Have Plans to Celebrate?



San Angelo

Although the Emancipation Proclamation declared that all enslaved people should be free in 1863, there were still enslaved people in many states awaiting their freedom. On June 19, 1865, Texas became the last state to finally enforce the law. Since then, Juneteenth is a day to honor and celebrate liberation. Many use Juneteenth as a way to support the Black community, celebrate through food and festivals, and get immersed in the culture!

Why is the Fourth of July celebrated with fireworks?

The first commemorative Independence Day fireworks were set off on July 4, 1777. Our history teaches us how our Founding Fathers signed a Declaration of Independence explaining why the colonies wanted freedom from Great Britain. The day that the Declaration of Independence was agreed to is often referred to as America's birthday. These celebrations with fireworks signify national pride and patriotism. Fireworks...so, was 1777 the first time that fireworks were "considered", to celebrate our freedom as a nation?...Humm...(pause for effect here)...There is another story you may not be aware of. John Adams, the Boston-born Founding Father, was the one who spurred the idea to light up the skies each Independence Day. A day after the Continental Congress voted for independence on July 2, 1776, yes, July 2 - Adams wrote a letter from Philadelphia to his wife back home in Boston commemorating the day. His letter to Abigail Adams, dated July 3, 1776, read in part:

*But the Day is past. The Second Day of July 1776, will be the most memorable Epoch, in the History of America...I am apt to believe that it will be celebrated, by succeeding Generations, as the great anniversary Festival. It ought to be commemorated, as the Day of Deliverance by solemn Acts of Devotion to God Almighty. **It ought to be solemnized with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other from this Time forward forever more.***

Adams's wishes for pomp, parades, shows, games, sports, guns, bells, bonfires, and illuminations have been satisfied ever since.

Independence Day – Cultural Heritage Exhibition 2024 Abilene

Tuesday, July 2, 2024
10:00 AM -Wednesday,
July 31, 2024 5:00 PM

The Grace Museum
102 Cypress Street



San Angelo

JULY 3 - A Star-Spangled Banner Concert & Fireworks
Bill Aylor Sr. Memorial River Stage, 16 E. Ave. A

JULY 4 - Lake Nasworthy Firework Show
Lake Nasworthy

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

Return Service Requested



If you are currently receiving the newsletter in hard copy format and would like to receive it via digital format on your computer, please call your RSVP office and discuss this with the Staff.

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