



Heroes of COMPASSION

Seniors Living, Loving, and Giving for a Better Community



Tanna Is Giving Back in Honor of Her Mother

When Tanna's mother was alive, she received transportation services regularly from RSVP Provide-A-Ride. Being able to see her doctors as much as needed, without having to burden her family, gave her great peace of mind. For Tanna, knowing that her mom was taken care of also removed a burden of concern for her.

Tanna shares how much it means for her to volunteer now in honor of her mother: "These past six years have been a wonderful experience for me as a volunteer Provide-A-Ride driver. I know first-hand what it means not to have to worry about a parent being able to keep medical appointments. It is difficult

for family members to take time off work. It is a stressful burden because you know how much their quality of life depends on receiving ongoing medical attention."

"I now get to help other families not carry this burden. I love our Provide-A-Ride clients. They are so sweet and always so thankful for the help they receive. I would encourage everyone to consider getting involved. Volunteering keeps our bodies and minds active, and best of all, it is a lot of fun."

We encourage you to consider Tanna's words and join our volunteer driver team. Give us a call today!

Your Service Brings Stability

I don't know if you have noticed, but there has been a lot of news about how uncertain times have become. There are always so many reasons why we should pull back in the face of uncertainty.

Volunteers, however, see the world from a different point of view. Instead of looking for shelter from uncertainty, volunteers weave a safety net, through a thousand acts of kindness, that supports the weakest of us all.

I've seen first-hand your courage at work. Your love makes shadows of sorrow disappear. You take action to improve the lives of those you can reach. Those looking in from the outside will wonder, why? What difference can I make?

You only have to volunteer a couple of times to realize the question is not "Why," but "How." How can I help someone else? Volunteers act when others hide or look away.

Your acts of kindness bring stability in times of uncertainty. Our community is a better place to live because of you. Thank you!



A Loving Memory

BRINGS NEW LIFE

When Shirley's husband passed away, a grief counselor encouraged her to reach out to RSVP of Central Oklahoma. Shirley knew she needed to find a way to get out of the house, and to stay active and connected to others. Volunteering has helped her reach these goals and has also become a way to honor her loving memory of her husband.

Shirley shares how much volunteering has meant for her: "The Bible says to serve one another in love. I love that verse. I can't think of a more rewarding way to live than by serving others."

"There are so many ways you can give your life new meaning by caring for others. I know it has for me. It has given me a feeling of happiness which has helped me to counteract feelings of anxiety and grieving."

"I want to encourage other older adults to get involved in their local community by volunteering. It will

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I can't think of a more rewarding way to live than by serving others.

-Shirley

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increase your sense of self-worth and purpose. I know it has for me.“

For the past several years, Shirley has volunteered with Mobile Meals to provide meals for the elderly who are homebound and need help with meals. Through her church, Shirley joins a group of volunteers who help bake and prepare the food. Seniors, who are at high risk of missing meals, receive prepared meals by volunteers who deliver the food.

We encourage you to get involved and to support area nonprofits such as Mobile Meals. For more information on how to volunteer, please contact our office at 405-605-3110.

Volunteer WITH MOBILE MEALS



Help provide homebound seniors nutritious hot meals.

Mobile Meals of Oklahoma County is supported by over 250 volunteers who deliver over 8,000 meals each month to homebound seniors. Area churches provide the facilities to prepare the hot meals that are delivered to seniors who are no longer able to drive and are threatened by food insecurities.

Allen Johnson is the Project Director and shares what this service means for the clients who are served each week: "So many seniors depend on this service as their primary source of nutritious hot meals during the week. This is a service in constant need of volunteer help. We need your help. This is a very rewarding experience for our volunteers. They tell us over and over that it is truly a blessing to be able to serve the elderly."

If you would like to volunteer with Mobile Meals of Oklahoma County or other organizations who serve at-risk seniors, contact us today. 405-605-3110

RSVP NEWS & EVENTS

Mark your calendars for **Senior Day** at Crossings Community Church on Friday, **May 10**. This is a day of senior-focused education that includes twenty different breakout sessions on caregiving, veteran benefits, downsizing, elder fraud, adult day care and much more. Oklahoman Sports Editor, Berry Tramel, will be the keynote speaker. Registration is \$12 and includes lunch. Call Well Preserved Advisory Group at **405-848-5790** for more information.

RSVP OF CENTRAL OKLAHOMA PROGRAM SURVEY RESULTS

Our annual survey results are in! We asked RSVP Volunteer Recruitment and Placement Program volunteers and RSVP Provide-A-Ride clients to let us know if they agreed with the following statements:

- 1) RSVP Provide-A-Ride has allowed me to live independently.
- 2) Consistently helps me keep my medical appointments.
- 3) I feel safe with the drivers.

- 2) The RSVP Volunteer Recruitment program has increased my sense of self worth and purpose as I give back to the community.



Participants in both programs agreed 99% of the time to these survey statements. Thank you for your feedback. We look forward to serving you in 2019!

VOLUNTEER OPPORTUNITIES WITH AGENCIES SUPPORTING THE ELDERLY

DHS AGING SERVICES
Clerical/admin assistance, State Fair assistance, Senior Day at the state capitol, mystery shopper, and special projects.

AARP
Tax assistance, 55 Alive, clerical, PVS government education, PVS job placement assistance, and special projects.

SUNBEAM FAMILY SERVICES
Backpack/Christmas special projects for seasonal events, receptionist/clerical.

D-DENT
Office and administrative assistance.

Contact us to get started! | www.rsvpokc.org | 405-605-3110



NEW *beginnings*

Spring is just around the corner! With this season bursting with new life comes a vivid reminder of new beginnings. What was dormant around us will soon come to life. Browns and greys will quickly turn to vibrant shades of green. Spring is all about new beginnings.

So many volunteers share with us how the RSVP Volunteer Recruitment and Placement Program has given them a new beginning. While others around them are slowing down, settling in, and letting the sun set in their lives, our volunteers are embarking on new chapters filled with wonder and adventure.

Active volunteers know that the secret to staying young is *feeling young*. I encourage you to share with other older adults the benefits of volunteering. Sometimes a simple nudge by a friendly neighbor is all we need to get us going in the right direction. Enjoy this spring!

Beth Patterson

Beth Patterson
Executive Director

In Fond Remembrance

In loving memory of our volunteers whose generosity in service touched all our lives.

Shirley Cloud
Eva May Harper
Tamara Paulson

A proud partner of:



Congratulations to
TOM HARKINS
winner of the hours drawing.
Enjoy your gift card!

You're Invited!

WEDNESDAY
APRIL
17

RSVP of Central Oklahoma Invites You To Join Us!

BLUE RIBBON

VOLUNTEER RECOGNITION LUNCHEON

The Bennett Event Center, OK State Fairgrounds
3101 Gordon Cooper Blvd, OKC 73107

Wednesday, April 17, 11am - 1pm

RSVP to april.lucas@rsvpokc.org to reserve your seat!

FOOD!

FRIENDS!

DOOR PRIZES!

ENTERTAINMENT
PROVIDED BY
OKLAHOMA
SENIOR FOLLIES

MUSIC!

FUN!