



Retired
Senior
Volunteer
Program

Heroes of COMPASSION

Seniors Living, Loving, and Giving for a Better Community



“I enjoy doing something people appreciate. It never feels like a chore.”

-Fred

“We get to know each other, and you do form a special friendship with the RSVP Provide-A-Ride clients. I know this special program is fulfilling a need in the clients that I drive to their medical appointments. RSVP Provide-A-Ride helps low-income seniors who can't drive anymore by not having to burden their families or having to pay for a taxi to keep medical appointments. It is really fulfilling for me, too, and I enjoy doing something people appreciate. It never feels like a chore to volunteer.”

If you, or someone you know would like to be a part of RSVP Provide-A-Ride, please contact our office to learn how you can get involved. We provide mileage reimbursement and supplemental driver insurance so you can serve without financial concern. You also have the flexibility to drive on the days and distances that work best for you. Call us today at 405-605-3110.

Fred Enjoys Staying Active and Helping Others in Need

Provide-A-Ride gives Fred the opportunity to make new friendships.

In his retirement, Fred Selensky says he enjoys cars and is “kind of an old car freak.” He is a member of the Oklahoma City Early Ford V-8 Club and has built many friendships with other car enthusiasts over the years. His weekly volunteer role with RSVP’s Provide-A-Ride program has also brought new friendships into his life.

“When I retired, I was looking for a way to give back for the blessings I have received,” Fred said. “I saw an article in the newspaper about

RSVP. They needed volunteer drivers and I thought that sounded like something I would like to do.” Fred signed up to be a volunteer driver for the Provide-A-Ride program, which provides low-income seniors transportation to doctor’s appointments. Last year, 66 RSVP Provide-A-Ride volunteers drove more than 400 clients to 6,065 medical appointments.

Fred drives clients to medical appointments about three times a week—many who are repeat clients.

OU Medical Center, Edmond



Leslie Buford, Assistant Vice President of Operations, OU Med Center, Edmond with Thunder's Rumble.

“Volunteers are a critical piece of our program at OU Medical Center, Edmond,” states Assistant Vice President of Operations Leslie Buford.

“Our volunteers help courier lab samples and paperwork. They help with patient discharges, greet patients and visitors, help them get to the right location, and also help in the gift shop,” she said.

Today, Buford has 32 volunteers, 15 who are RSVP of Central Oklahoma volunteers. “Our RSVP volunteers are so helpful to our program. They are very committed to the job because of the training they get. They are great ambassadors for the RSVP program and the benefits of volunteering through RSVP, including the

liability insurance the organization provides its volunteers.”

Buford said that she would like to grow her bank of volunteers to 45. Volunteers have a flexible schedule, and can choose from a four-hour shift, either in the morning, 9 am to 1 pm, or afternoon, 1 pm to 5 pm.

“Every volunteer is offered a free meal in the cafeteria. Many of our volunteers stay after their shift or come in early so they can eat as a group. There is a lot of comradery among the volunteers,” Buford says. “We’ve had two volunteers who’ve been here for 30 years.”

To learn more about volunteering through OU Medical Center, Edmond, call 405-605-3110 or email mcpheeters@rsvpokc.org.

VOLUNTEER OPPORTUNITIES

OU MED CENTER - OKC

- Crochet/knit baby caps
- Medical Student Mentors
- OK Center for Poison & Drug information

OU MED CENTER - EDMOND

- Information desk
- Delivering flowers
- Gift shop

SALVATION ARMY

- Answering/transferring phone calls
- Clerical projects

COMMUNITY HEALTH CENTERS

- Mobile Meal volunteers in Spencer, Harrah, Nicoma Park, and Jones areas.

CASA OF OK COUNTY

- Advocate for children. You will be trained in making recommendations to judges for custody rights while looking out for the child’s best interest.

HOMELESS ALLIANCE

- Donation organization and closet cleanout.
- Reception assistant.
- Computer literacy tutor.



DELOIS WEBB
RSVP VOLUNTEER

She spreads a little joy WHEREVER SHE GOES

When 80-year-old Delois Webb was in the seventh grade, she knew that one day after working and retiring, she wanted to volunteer in a hospital.

Webb has done just that through her volunteering with the Retired and Senior Volunteer Program of Central Oklahoma.

For years she has volunteered at OU Medical Center at the information desk, which for a “people person” fits her perfectly, she said.

“I like being around people and I don’t meet a stranger. I like making people happy and to make them laugh. Sometimes, in my role I can make people angry too because part of my job is making sure they comply with rules and regulations of the hospital. But that doesn’t happen too often” Delois said.

In addition, she volunteers with AARP and TRIAD, an

organization that educates seniors in crime prevention. She also helps to plan an annual prom for senior adults through the organization Seniors on the Move, which hosts an annual formal dance and sit-down dinner for the community’s seniors. Delois has been named “ticket sales queen” for stellar ticket sales success, she said.

“If you are not good at what you do, you don’t want to stick with it,” said Delois.

That’s why she encourages people who are considering volunteering to always look for something they are good at and like doing.

“Volunteering has always been a part of my life and always will be as long as I can do something I enjoy,” she said. “When I go to bed knowing that I will get up the next day and do something that I really like and that makes people happy, it makes me feel good about being a volunteer.”

RSVP NEWS & EVENTS

Don’t Be Your Grandchild’s Dealer!

RSVP of Central Oklahoma has Deterra Drug Deactivation System pouches to help you dispose of unused medications. The deactivation system neutralizes pills, liquids, and patches.

Here’s how it works:

1. Tear open the pouch and place unused medication inside.
2. Fill pouch half way with warm water and wait 30 seconds.
3. Seal the pouch tightly, gently shake, and dispose of in trash.

That’s fewer drugs available for misuse or to inappropriately flush into the water supply. If you would like to pick up a bag for yourself, call 405-605-3110.

Be Ready Bags Help Seniors to be Prepared

RSVP proudly partnered with the Lions International to provide seniors in the community with the Be Ready Bags that are filled by volunteers with information and necessities—from emergency blankets and whistles to preparedness booklets and flashlights—to ensure the safety of older adults in the community.

If you are interested in getting a bag for yourself or an older adult, please contact RSVP of Central Oklahoma at 405-605-3110.

IT’S a better LIFE when you keep on GIVING

Your financial gifts reach every corner of our community.

As a charitable organization, we depend on the generosity and gifts from our donors to fund our programs.

Your gift today of \$25 makes all the difference to help us serve and care for older adults. We hope you’ll make RSVP of Central Oklahoma one of your favorite charities to support in our community. Thank you for your financial support.





Appreciating You!

On April 17th, RSVP of Central Oklahoma honored its volunteers with the Blue Ribbon Volunteer Appreciation Luncheon. More than 200 attendees gathered at the Oklahoma State Fairgrounds Bennett Event Center and were entertained by Tom Nix and members of the Oklahoma Senior Follies.

“Research tells us that people who volunteer later in life live one to three years longer, are more active, and complain less. Volunteering touches the heart, soul, and mind,” said RSVP Executive Director Beth Patterson to the group. “You all help change our community and change others’ lives. While doing so, you change your life, too.”

RSVP of Central Oklahoma celebrates its 46th anniversary this year. In more than four decades, volunteers have contributed 5.5 million working hours to the community. Last year more than 600 volunteers served 117,000 hours helping nonprofits in the community. “That is a \$2.6 million value to our community,” said Board President Kathleen O’Toole.



Volunteers Maryanne Chronister and Kim Sanders (top photo) recognized for helping with collection of volunteer hours. Jerri Jeter (bottom photo) recognized for 25 years of service as RSVP volunteer.

Beth Patterson
Executive Director



In Fond Remembrance

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

Richard Poole
Bob Schreiner

A proud partner of:



Congratulations to **DALE MCWATERS** winner of the hours drawing. Enjoy your gift card!

FOLLOW US AND LIKE US!



Thank You

FOR YOUR GENEROSITY

We want to thank the following businesses for sponsoring the RSVP of Central Oklahoma volunteer appreciation luncheon.

PATRIOT LEVEL - \$1,000

Mercer-Adams Funeral Service
OG&E
Well Preserved with Eunice Khoury

BLUE LEVEL - \$750

Love’s Travel Stops & Country Stores
Yukon Alzheimer’s Support Group

RED LEVEL - \$500

Catholic Daughter’s Christ the King
Cox Homelife Care
Crafty Communications

INTEGRIS Hospice

OnCue Express
S.C.O.R.E.
Senior News & Living Oklahoma
Tinker Federal Credit Union
WHATABURGER

WHITE LEVEL - \$100

Autumn House
Dispatch Health
INTEGRIS Southwest Medical Center
Oklahoma Blood Institute
Upward Transitions