

# Heroes of COMPASSION

*Seniors Living, Loving, and Giving for a Better Community*



Retired  
Senior  
Volunteer  
Program



**“It makes your heart feel good to help,” Mary Sue said. “It’s one of the most satisfying things I do and the people we take are so appreciative.”**

1990s, she moved to Oklahoma City where two of her grown children already lived. She went to work for the Oklahoman and managed the Newspapers in Education program, retiring after 15 years of service. She and one of her sons also bought and ran a Jani-King franchise and she has been very involved in her church and as a volunteer driver.

## **“BEING A VOLUNTEER DRIVER IS A BLESSING TO ME”**

**Mary Sue Ziba became a Provide-A-Ride (PAR) volunteer driver after she learned that a friend from church used the free service to take her to medical appointments.**

“I thought that was so interesting and like something I’d like to do,” Mary Sue said. “I mean, eventually, we are all going to need help.”

Like a lot of volunteers, COVID-19 put the brakes on Mary Sue’s volunteering temporarily, and she was eager

to get back to driving when the program opened back up.

“Being a volunteer driver is a blessing to me and it’s such a pleasure to take people to their doctor’s appointments. I really look forward to it each week, and I have met some of the best people as a volunteer driver.”

Mary Sue and her husband owned a farm and started their family in Medford. Sadly, she lost her husband early and had to raise their children on her own. After the youngest graduated from high school in the early

“I know that PAR is such an important resource for some of the PAR clients who don’t have another transportation alternative. It makes your heart feel good to help,” Mary Sue said. “It’s one of the most satisfying things I do and the people we take are so appreciative.”

**To learn more about becoming a volunteer driver or if you need a ride to a medical appointment, call April Lucas at 405-605-3106 for more information.**



# CONNECT

## Give A Friend the Gift of Connection

We have enjoyed hearing about how getting back to volunteering has made you feel connected again to your community as well as to your physical and mental well-being.

Research over the last few months has pointed to how decreased social participation during COVID-19 negatively impacted older Americans. Some of us have experienced it personally and we've certainly seen how it has touched our loved ones, neighbors, and friends.

Studies also show that people who volunteer feel more confident, capable, useful, and connected. We believe that's why we are hearing so many stories of how you've felt energized and connected again as you have gotten back to doing the things you love to help others.

**Do you have a friend who would positively benefit from more connection? Reach out and share with them how to get involved with RSVP of Central Oklahoma!**

---

If you have any questions, please call Laura McPheeters at 405-605-3110 or email [laura.mcpheeters@rsvpokc.org](mailto:laura.mcpheeters@rsvpokc.org).

## “FAITH GOT ME THROUGH”

*Treva was happy to get back to helping with the food program at the Choctaw Senior Center.*

**When life presented challenges over the past year for RSVP volunteer Treva Ragland, she decided faith would get her through it.**

While on a trip to California near the end of the year to help settle her late sister's estate, Treva experienced a serious fall and sprain. Allowing time for healing and nationwide COVID restrictions that had been put into place, Treva's California trip turned into a 92-day stay. Although the trip was much longer than she had planned for, Treva said it helped her to grow in her faith and she took advantage of the time to be with her daughter and other family as well as celebrating her birthday there.

“I did a lot of talking to the Lord,” she said. “I wanted to be home but learned that I can't always have things when I want them. I got stronger in my relationship with the Lord because of it.”

When Treva did return home, Oklahoma had experienced the big winter freeze and the pipes had burst in her home, leaving her without water for an extended length of time. She faced that with the same attitude. Despite the struggles, Treva says she was ready to get back to volunteering at the Choctaw Senior Center.

**“I love working with seniors. It makes me happy on the inside when I can help others.”**

“Sometimes the manager at the senior center will say ‘Thank you for helping’. I say, ‘Thank you! This is helping me,’” Treva said. “Money can't buy that feeling you have on the inside when you are helping someone.”

**To learn more about volunteering, contact Laura McPheeters at [laura.mcpheeters@rsvpokc.org](mailto:laura.mcpheeters@rsvpokc.org) or call 405-605-3110.**

# VOLUNTEER OPPORTUNITIES

## SCIENCE MUSEUM OKLAHOMA

Exciting things are afoot at Science Museum Oklahoma! They are beginning to welcome back volunteers with their new traveling exhibit, Sherlock Holmes – The Exhibition.

This highly immersive and very interactive large exhibition has many opportunities for volunteers to encourage questioning, help deduce evidence, and guide our guests to solving a mysterious crime.

This exhibit will be hosted at SMO from May 1 – September 6, 2021. Shifts are available every day of the week, in four and eight hour blocks.

## REGIONAL FOOD BANK

On June 1st, the Regional Food Bank will be welcoming back volunteers for the first time in 14 months!

The Regional Food Bank not only distributes food but is also a leader in educating the public on hunger, advocating for those living with hunger, and providing access to additional resources. Their mission is to “Lead a network that provides nutritious food and pathways to self-sufficiency for people facing hunger.”

Through this on-site volunteer experience, volunteers like you sort, pack and prepare food for a variety of Regional Food Bank Programs.

### *Activities may include:*

- Assembling sacks of nutritious food for the Food for Kids Backpack Program.
- Packing Commodity Supplemental Food Program boxes full of food for seniors living on fixed incomes.
- Sorting and packing bread, produce, package meals and/or cans.
- Tagging bags.

QUESTIONS?  
I’M HERE TO HELP!



**We have seen lives changed because of volunteering--seniors feel fulfilled, needed, and know that they are making a difference. That’s what we offer at RSVP of Central Oklahoma.**

**If you would like to learn more, contact:**

**Laura McPheeters**  
Volunteer Coordinator  
405-605-3110 or email  
[laura.mcpheeters@rsvpokc.org](mailto:laura.mcpheeters@rsvpokc.org)

## PARTNER AGENCY HIGHLIGHT



**ReMerge is proud to partner with RSVP for volunteer opportunities.** RSVP volunteers bring a wealth of experience, are seasoned in life, and provide important mentoring and support to ReMerge mothers. The organization has two types of volunteer needs: GED tutor and front desk greeter.



**Call Laura McPheeters for more information, 405-605-3110.**



## OPPORTUNITIES TO CONNECT

Summer is upon us, and as the heat bears down, I'm missing the recent beautiful Spring. However, I'm overjoyed at what these past few months have brought.

Connections are flourishing again.

With the shut-down of 2020, in-person relationships paused, leaving many of us feeling isolated. However, our volunteers are returning, with an energy that's both exciting and promising as we look to the future. A future you'll want to be a part of.

Volunteering doesn't just benefit those you serve, it also will touch you. The list of amazing organizations and how they're affecting our community goes on and on. Each possesses a different goal that you can help achieve. All of us play a part in making the world a better place, but only you can play yours. We've lost count of the times our volunteers have told us they planned to give and were impacted in the process.

Call our offices for questions or to find the best volunteering opportunity for you or visit our website and explore dozens of organizations.

Beth Patterson  
Executive Director



## *In Fond Remembrance*

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

*Tommy Rankin*

A proud partner of:



Congratulations to  
**LINDA HATHCOCK**  
winner of the hours drawing.  
Enjoy your gift card!

**FOLLOW US AND LIKE US!**



## INTERESTED IN BEING A VOLUNTEER DRIVER?

- Set your own schedule.
- Select the geographic areas you want to serve.
- Receive free supplemental accident and liability insurance.
- Receive milage reimbursement, if desired.

*Join our compassionate team of volunteer drivers!*

Call April Lucas at 405-605-3106 for more information.