

Heroes of COMPASSION

Seniors Living, Loving, and Giving for a Better Community



Retired
Senior
Volunteer
Program

FRIDAY OCTOBER 22

Volunteer Recognition

DRIVE - THRU EVENT

Mark your calendars for Friday, October 22 to come by the RSVP office to see us between 10-2 p.m. for our Drive Through Volunteer Recognition Event. We look forward to recognizing each and every one of our volunteers and saying “thank you” for sticking

with us through the ups and downs of a pandemic! We are located at 7401 NE 23rd Street in Oklahoma City, where the drive through event will be held in the parking lot. The day will include door prizes, music, and hot apple cider. We hope to see you there!

GIFT BAGS - DOOR PRIZES - MUSIC - HOT APPLE CIDER

SPECIAL THANKS TO OUR

CARE AND CONNECT

ASSEMBLY VOLUNTEERS

Because of a generous Accessibility and Disability Resource Center (ADRC) COVID-19 Community Partner grant, we were able to provide 150 packages full of small health-care items, puzzle books, and a “love note to our Provide-A-Ride clients.

“We wanted to convey to our PAR clients that they stay well and stay connected, and to remind them that they are special and loved,” said Volunteer Coordinator Laura McPheeters.

The packages have been lovingly delivered by RSVP volunteers and appreciated so much by the recipients.





*active &
connected*

Richard and Linda Wells have volunteered through RSVP for more than 11 years. The Oklahoma City couple, who have been married for 65 years, believe volunteering is important to seniors.

“Volunteering keeps us active and connected,” Linda said. “We are very lucky that we are healthy and able to volunteer, and I think volunteering helps to keep us healthy. But the main reason to volunteer is because it’s the right thing to do.”

Linda and Richard, both in their 80s, volunteer with the MAPS Senior Wellness Center, Paseo Arts Festival, and the Oklahoma State Fair. Richard also volunteers at the National Cowboy and Western Heritage Museum and the Upward Transitions Travelers Aid Airport Program, assisting travelers at Will Rogers World Airport.

Volunteering became important to Richard after he retired from 30 years of service with the State of Oklahoma.

“I had nothing to do and sitting around the house wasn’t working,” he said. “Volunteering gives me the chance to give something back to my community.”

“It’s a pleasure and just fun knowing that you are helping someone.”

During the early days of COVID the Wells couldn’t volunteer. “I think we were both relieved once we were able to get back out and volunteer and to have contact with people,” Richard said.

The Wells are also looking forward to starting back on another passion, traveling. They enjoy visits to see their four grown children, 10 grandchildren, and 10 great grandchildren who live all over the United States.

To learn more about volunteering, contact Laura McPheeters at 405-605-3110 or email laura.mcpheeters@rsvpokc.org

PERRY MARRS IS THANKFUL PROVIDE-A-RIDE IS THERE FOR HIM



Perry Marris learned of the Provide-A-Ride program when his mother used the senior transportation service years ago. He even rode along with her to her doctor’s appointments a few times during the last years of her life. When he became a senior himself, he felt comfortable enough to call and begin using Provide-A-Ride.

“Going to the doctor can be tiresome. And maybe you get some bad news when you’re in the doctor’s office, but then you come out and you have a volunteer driver waiting for you and it just makes things a little bit easier,” Perry, who attended Yale University and is a retired English composition and computer teacher, said.

“I’ve met a lot of nice, dependable people through Provide-A-Ride and it really makes a difference when you don’t have a car to have someone dependable. It almost makes going to the doctor fun. It’s a pleasure not just a necessity.”

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.

VOLUNTEER OPPORTUNITIES



NANA'S CLOSET!

A warm welcome to our newest partner agency!



Nana's Closet is a new local non-profit that serves grandparents raising grandchildren by helping with sudden needs such as diapers, clothes, car seats, toys, etc. Nana's Closet is solely run by donations and is free of charge to grandparents. Nana's Closet is looking for someone with either grant writing or fundraising skills/experience to help them grow! Their vision is to obtain a building for kids (and their grandparents) to be able to "shop" for themselves for clothes, shoes, and other essential items.

INFANT CRISIS SERVICES

4224 N Lincoln Blvd,
Oklahoma City, OK 73105

Infant Crisis Services has opened its doors again to begin serving clients. As you can imagine, this is very exciting news and they are now looking to recruit new Client Intake Volunteers, specifically for the 9am-12 pm shift on either Tuesdays or Thursdays.



These volunteers directly assist families in getting the food, formula, and diapers for their babies and toddlers.



LEARN MORE

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.

**To learn more, contact
Volunteer Coordinator
Laura McPheeters
405-605-3110 or email
laura.mcpheeters@rsvpokc.org**



PARTNER AGENCY SPOTLIGHT

If you have an interest in spending quality time with a senior who for health reasons or age is experiencing loneliness or isolation, the Sunbeam Family Services Senior Engagement Volunteer Program may be a good fit for you.

You will be matched with a senior 60+ based on need,

interest, and location throughout the Oklahoma City metro area and spend 1 ½ hours per week for at least a six month commitment. The time each week is determined by whatever the senior and volunteer agree to and could include anything from conversation, games, and listening to music to light

cleaning, meal prep, and walks. Volunteers are often matched with one or more seniors based on time and availability.

If you would like to know more about becoming a volunteer with our partner agency, contact Laura McPheeters at 405-605-3110 or email laura.mcpheeters@rsvpokc.org.



WE ALL NEED CONNECTION

There has been a profound effect on isolated seniors during the pandemic. Let me share with you some information from RSVP Board Member Marla Mercer-Cole, a licensed professional counselor.

“For those who long for connection, the isolation has been depression-producing,” she said. The feelings of isolation and depression can be powerful, but there are ways to help alter the feelings.

- 1. Pick up the phone and call family and friends.** Be proactive. Instead of waiting for someone else to call, reach out. She says this is helpful for the caller as well as the recipient of the call.
- 2. Limit the intake of news.** By limiting exposure, you lessen the feelings of being overwhelmed. Too much television can get us stirred up, she says.
- 3. Focus on Other People.** Volunteering helps us to look outside of our frustrations and worries. If you are not comfortable with volunteering just yet, things you can do from home include writing notes and cards to clergy, friends, neighbors, teachers, and family. “People cherish handwritten notes, and they have a double benefit—we feel good about doing it and the recipient feels good when receiving,” she said. In fact, during the pandemic, our partner agencies, Centenarians of Oklahoma and Family Builders, started note writing opportunities that our volunteers participate in, encouraging families going through tough, emotional times, and celebrating seniors who turn 100 years old.
- 4. Get appropriate sleep, nutrition, and exercise.** Exercise is often underused as a stress reliever and food is often overused, she said. Movement, music, and dance are powerful stress relievers.

Let’s keep connecting as much as possible, whether in-person, over the phone, or on Zoom calls. We are better when we are connected. We will get through this together!

Beth Patterson
Executive Director



In Fond Remembrance

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

*Lucille A.
Bennett-Irwin
Donald Kelly*

A proud partner of:



Congratulations to
DORIS MUKES
winner of the hours drawing.
Enjoy your gift card!

FOLLOW US AND LIKE US!



The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention.... A loving silence often has far more power to heal and to connect than the most well-intentioned words.



RACHEL NAOMI REMEN