



Retired Senior Volunteer Program

# Heroes of COMPASSION

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



*Kathryn volunteers at ReMerge, teaching soft skills like problem solving to program participants.*

## “Passing Along What I’ve learned”

**Kathryn Stehle and her husband, George, moved to Oklahoma two years ago from Michigan to be near family. She had retired and began to miss the interaction with a variety of people on a regular basis. That’s when she started researching volunteer opportunities in the community.**

She had read an article about RSVP’s partner agency ReMerge and became interested in volunteering with the organization. ReMerge is a diversion program that helps mothers who have faced cycles of trauma, poverty, and incarceration.

“I read that the recidivism rate is so much better for women who are a part of ReMerge than any other program in the state,” said Kathryn. “Once they graduate from the program, the agency helps them get a job, safe housing, and a new attitude toward their future.”

Kathryn teaches an essential skills class once a week to mothers who are nearing the end of their training with ReMerge.

“I teach some soft skills to get them ready for employment, goal setting, listening skills, problem solving.” Kathryn said.

*“I like it because it’s skills I’ve gleaned over the years that I’m able to pass on and it really feels like I’m doing something that is helpful.”*

Kathryn said that as a newcomer to the state, RSVP made it easy to find volunteer opportunities.

“Volunteering helps me to feel more connected to the community and to a variety of people,” she said.

**To learn about volunteering contact Laura McRaniels at 405-605-3110. Or visit [www.rsvpokc.org](http://www.rsvpokc.org).**



Join us for our 49th Annual

**VOLUNTEER RECOGNITION FAIR**

**SEPTEMBER 9, 2022**



The drive-through event will be held in the RSVP parking lot and is guaranteed to be a day of fun, celebration, and recognition of all of you who better the lives of others and support the mission of our organizations with your time, skills, and enthusiasm.

For more information, contact RSVP at 405-605-3110.

We hope to see you there!

P.S. In case of inclement weather, we have an alternative date set for Monday, September 12.





## LAUGHTER AND VOLUNTEERING ARE GOOD FOR THE SOUL

**Davis Berryman retired three years ago but knew that retirement for him also needed to include ways he could give back to the community.**

He has volunteered with Hospice, Meals on Wheels, Hope Center of Edmond, and tutors. He has really taken to his role as a volunteer driver with RSVP's Provide-A-Ride program.

"I started out wanting to be useful and thinking that I could help others," he said, "but after two years I see that they are helping me."

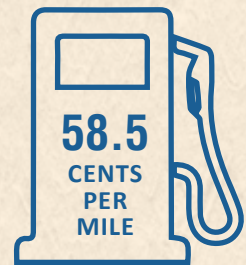
Clients enjoy Davis' sense of humor, said Provide-A-Ride Coordinator April Lucas. "Our clients think he is very funny, friendly, and patient," she said.

Humor goes together with volunteering, he said.

"I like to pass along old jokes and kid with people to lighten the mood," he said. "I've had one or two people I drive tell me that they haven't laughed so hard in years."

Davis said he likes volunteering with RSVP because of the variety of opportunities for volunteers. He currently volunteers as a PAR driver one day a week and with Meals on Wheels two times a week.

"The selection is wide," he said. "I get so much out of it. I meet so many people with great backgrounds and great stories."



### UPDATE MILEAGE REIMBURSEMENT FOR PROVIDE-A-RIDE VOLUNTEER DRIVERS

Due to the surge in gasoline prices the RSVP Board of Directors increased the Provide-A-Ride volunteer driver mileage reimbursement rate to 58.5 cents per mile.

As a RSVP Provide-A-Ride volunteer, you play a vital part in helping older adults remain healthy, independent, and living in their own homes as long as possible. Bless you! We are so grateful for your kind, compassionate, and giving heart!

To learn more about becoming a volunteer driver with Provide-A-Ride, contact PAR Coordinator April Lucas, 405-605-3106.

# Connecting Volunteers with Community Opportunities



## Agency Highlight: Harn Homestead & 1889ers Museum

Thousands of school students each year take field trips to learn about Oklahoma's territorial years at the Harn Homestead.

The organization has been a partner agency with RSVP since 1992 and over the years we've matched more than 48 volunteers with Harn Homestead. In fact, one of our RSVP volunteers, Sheridan Marquadt, 95, spent almost 20 years volunteering with Harn Homestead, until his recent retirement.

"Rarely do we get one like Sheridan. We miss him," said David Sapper, Harn Homestead and 1889ers Museum Education Director. "Volunteers help teach the children how people lived and worked on a farm 125 years

ago and help us give kids more comprehensive pictures of Oklahoma history."

## OU College of Dentistry

Welcome to our newest partner agency, the OU College of Dentistry. They are currently looking for caring individuals who have the ability to communicate courteously and effectively with patients, families, visitors, and employees as they help to greet, sign in, and assist them upon entering. These volunteers must demonstrate strict confidentiality of patient information. Patient Liaison Volunteers can serve either a morning (8:00-11:30am) or afternoon (11:30-3:00pm) shift and feel good that they have helped ease patient anxieties by creating a warm and welcoming environment.



## LEARN MORE

We have seen lives changed because of volunteering--older adults 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 Assistant Director Laura McRaniels at 405-605-3110 or email [laura.mcpheeters@rsvpokc.org](mailto:laura.mcpheeters@rsvpokc.org)**

## *Congratulations to this stunning couple!*

Our Assistant Director, Laura, married her love, Alex McRaniels, on April 22. Wishing them many years of happiness!





## May Is Older American's Month

**Marla Mercer Cole**  
**Board Vice President**

In our death-denying, youth-adoring society, ageism is alive and well. How often do we fail to take advantage of the wisdom and knowledge within the older adults in our midst? Have we asked them to tell their stories? Share their wisdom?

We are delighted to share with you some ways you can honor an older person in your community.

First, spend time and listen to them. Many adults have lost their social circles, particularly if they have health issues that limit their ability to leave their homes. A lost social circle can lead to isolation and a decline in health. Visiting with or calling an older adult makes a greater difference than most people realize. Listening to what they have to share can create a purpose for them with many benefits. Relationships are keys to healthy aging.

Showing courtesy and respect seem obvious, yet many say they feel invisible or worse, dismissed,

or disregarded. This generation grew up with manners and respect as second nature in everyday life. One way we show respect is to call them by their surname rather than first name. Using a first name can feel disrespectful and is a sign of familiarity that they may not feel. Only call them by their first name if they have given permission to do so.

Another helpful way to show honor is to ask them for advice. Our older adults have insight, experience, expertise, and a wealth of hard-learned wisdom. Seek out someone you want to get to know better, someone you want to learn from, and ask how they handled certain situations or experiences. Seniors have so much to contribute to these areas, and spending time with someone can be a mutually rewarding experience and well worth the time spent.

*Adapted from Silverstreambc.com and Visitingangels.com*



## *In Fond Remembrance*

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

*Sharon Alexander*

A proud partner of:



Congratulations to  
**LARRY SHERMAN**

winner of the hours drawing.  
Enjoy your gift card!

**FOLLOW US AND LIKE US!**



### **RSVP of Central Oklahoma Endowment Fund**

Endowment is like a savings account that only spends the interest. Our Endowment fund with the Oklahoma City Community Foundation grants us 5% to 12% of the fund each year. The remainder continues to grow in value. When you give to our endowment fund, you are giving a gift to our future! You can give to our future by visiting here:  
<https://bit.ly/3L9aiZg>

### **Honored for AmeriCorps Week**

We were honored in March when Midwest City Mayor Matthew Dukes helped us to recognize with a Proclamation our partnership with AmeriCorps Seniors during AmeriCorps Week, March 12-18th.

