



The Response

www.rsvpokc.org

Volume 31, Issue 1

April, May, June 2009



Kim and Paul Sanders
RSVP Volunteers

A Friendly Voice...

The RSVP staff is jumping for joy that RSVP volunteer member **Kim Sanders** has graciously agreed to help gather volunteer hours each month. If Kim calls you for your volunteer hours, please thank her for taking on this HUGE responsibility to support the RSVP staff. Kim is quickly learning the process, and passing on valuable information about your activities, as well as your questions, to the RSVP staff each month. She began calling in March and we've included a picture of her with her husband **Paul**, who may also be calling on you some day.

Your Time is Invaluable!

The time you spend volunteering at each of your activities is vital to RSVP. *"I only have a few hours a month, so I don't report them"* is a statement we hear quite often.

Please look at it from a different perspective...**if each of you had one hour per month you didn't think was "worth" reporting, that's 1,200 volunteer hours a month that go down the drain.** We are proud of any time you donate to your favorite volunteer activities! Whether you perform one hour of volunteer service per month, or 100, we rely on that information to tell the nation what seniors in central Oklahoma are doing to make a difference in the lives of others.

We encourage you to write "RSVP" on the last day of every month on your calendar. Then call, email, fax, or mail your time as soon as you can. When you report time, please remember to include every activity (don't forget recycling time, neighborhood watch activities, driving people to appointments, checking on neighbors and friends...those are often overlooked in reporting) and give us a break down of how many hours (even if it's one!) at each activity. As always, we encourage you to report for a friend if they would like you to do so.

A vital tip: If a representative where you volunteer reports your hours, they generally report only the time spent on that specific activity. If you have additional volunteer activities, those additional hours are lost if you do not report them. All volunteers who have reported hours by the 10th of each month will automatically be entered into the monthly Hours Drawing.

Kim made approximately 350 calls this month! Let's see if we can lighten her load by getting into the habit of reporting our own volunteer time. Information to report your volunteer time and the Hours Drawing winners appear on the back of this issue.

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Beth Patterson,
Executive Director

A Note from Beth...

The Silver Alert Program has been signed into Law! Attending Governor Brad Henry's public signing of the Silver Alert legislation in mid-April was an exciting and rewarding experience. Senior advocacy groups and our state legislators worked together to establish the program to help families locate elderly loved ones who are reported missing.

A Silver Alert will be issued when a citizen over the age of 60 is believed to be suffering from dementia or other cognitive impairment, whose whereabouts are unknown, and whose disappearance poses a credible threat to the safety and health of the missing person, as determined by a local law enforcement agency.

The Silver Alert, just as the Amber Alert that helps find missing children, will use television, radio and other forms of communication to alert the public of a missing senior and seek information to help locate the senior citizen. The new program will go into effect on November 1st.

"Standing Up for Seniors"... working together we are creating an elder-friendly community! To learn more about senior-related legislative issues visit www.aarp.org/ok.

Did you know...

A few important tips you should practice to keep us all more protected from spam and viruses in email:

- * Don't forward email messages, especially if it has been forwarded a few times. Instead, cut and paste the information you wish to share into a new message. If you don't know how to cut and paste, no worries...your grandchildren can show you. If you still can't cut and paste, there is another easy method. After you hit "forward", delete all the previous senders and recipients before you hit "send".
- * Don't send "urban legend" stories without checking a website such as snopes.com. These shocking stories compel us to share them, but what really happens...hidden encoding gathers email addresses of everyone who receives it, potentially wreaking havoc sooner or later. Creators of such stories are computer geniuses out to make our lives miserable for personal entertainment and/or wrongdoing. A good example is "DON'T BUY THE NEW GOLD DOLLAR COIN" which claims the coin omits "In God We Trust". This is a hoax (and a very old one), yet I received that email 50+ times in the past month!
- * MOST IMPORTANTLY: When sending or forwarding emails to more than one person, don't use the "To" area, use Blind Carbon Copy (BCC). It will show on your email message as going to "undisclosed recipients" and this simple step drastically reduces the chances of viral infection. Again, if you don't know how to do this, grab any kid and they can show you!

Putting these tips into practice can save a lot of heartache. It can stop you and those in your address book from obtaining a budding virus. It can also save a lot of money on computer repair or replacements due to virus infection. If you have questions about these tips, or have others to share, contact **Evelyn Harms, Assistant Director**, at **605-3110** or evelyn.harms@rsvpokc.org.



Wedding Bells...

Join us in congratulating RSVP's administrative assistant Natalie Frick, who is now and forevermore Mrs. Kevin DuBuc (pronounced "da-bew")! Natalie and Kevin married in a beautiful ceremony in the Crystal Bridge of the Myriad Gardens in March.

Imagine: The beauty of the gardens, the violin music, the glorious winding path, the attendants follow as they lead up to THE moment. Finally, here they come in elegant splendor. A breathtakingly beautiful bride on the arm of her handsome, proud father. Oh, the glory of the moment! They take a few steps and suddenly...Natalie's head pulls back, and she begins laughing that beautiful laugh of hers, saying, "Oh my gosh, I'm stuck on a tree!" Everyone present erupts into laughter, Natalie's veil is untangled, and the wedding goes on. Every wedding must include a "little glitch" story to be passed along. Congratulations, Natalie and Kevin!

Volunteer Opportunities...

Catholic Charities, 1501 N Classen, needs volunteers willing to donate any amount of time between 8:30am-3pm for homeless women and their children. Volunteer needs include: moving families into housing, grounds keeping, community garden, food pantry, and to teach life skills classes ranging from arts & crafts to personal finances.

Frances Tuttle Technology Center, 12777 N Rockwell, is in need of office assistance and tutoring volunteers for all three campuses, Reno, Rockwell and Portland.

Majestic Ministries, 12001 Ecker Dr, needs a volunteer who can do a financial audit, "QuickBooks" is the software program used in the office.

Mid-Del Food Pantry, 322 N Midwest Blvd, is seeking a Volunteer Director to perform intake interviews for clients, order items for the pantry, and work closely with a team of dedicated volunteers who operate this busy food pantry. This opportunity is perfect for a married couple who would like to work together and share duties.

Northeast Resource Center, 1415 NE 23rd, needs a volunteer to help with the phone, office organization, spread sheets and help with general office support.

Oklahoma League for the Blind, 501 N Douglas Ave, needs an office volunteer to assist "as needed" to proof-read documents designed by someone who is visually impaired. Volunteers are also needed to assist visually impaired clients with reading and organizing bills in their homes.

Southern Oaks Library, 6900 S Walker Ave, ongoing need for volunteers to help children ages 5-12 with homework and/or reading in small groups or individually. Time of need: 4-6pm on Thursdays.

Travelers Aid, ongoing need for volunteers to staff the information desk at Will Rogers World Airport, for a wide range of times, but especially the 4 hour shifts on Friday and Saturday afternoon and evening.

YWCA Oklahoma City, 2460 W I-44 Service Rd, needs receptionist volunteers from 7:30am-8:30pm, M-F.

Contact *Patty Corona, Volunteer Coordinator*, at 605-3110 or patty.corona@rsvpokc.org to get linked with the activities that keep you smiling. Be sure to keep your friends informed. If they are not RSVP members it's okay, we can still get them signed up to volunteer with you: it's never too late!

www.rsvpokc.org

As stated in the previous issue of "The Response", RSVP's new website is up and running. Please add it to your favorites and check it regularly. In addition to the new look and features, areas will be updated on a regular basis. These include current and past issues of "The Response", a list of current volunteer needs, the RSVP Board of Directors, RSVP events, and more!

Please check out our site, and feel free to share your insight, observations and suggestions for improvement. Again, many thanks to Joshua Jantz at Caveman Websites for helping us update our image. If you need web assistance, contact www.cavemanwebsites.com and tell Joshua that you like what he's done for us!

In Memory

of those who have touched our lives

Joe Bake
Annie Dummeyer
Bella Dye
James Ed Hutton
Wayne Mendes
Elliott Meyer
Mary Helen Miller
Leon Panick
Vi Pennington
Shirley Siemens
John Stevens



Financial Challenge...

In 2008, 105 RSVP Provide-A-Ride volunteers provided 8,196 rides to 430 at-risk senior citizens in our community, driving a total of 164,000+ miles.

Approximately 50% of the drivers request mileage reimbursement, totaling \$38,500 annually.

Expense:	\$38,500
Income:	<u>33,500</u>
Net Income (loss):	-\$5,000 (loss)

Please consider a tax deductible donation by June 30th to help with this shortfall. We anticipate an increasing need for this vital service to our growing, vulnerable senior population. If you believe in RSVP Provide-A-Ride, please consider a yearly donation.



RSVP of Central Oklahoma, Inc.
"A Bridge Between Those Who Need
And Those Who Give"

500 N. Broadway, Suite 50
Oklahoma City, OK 73102-6200

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FOR NATIONAL
SERVICE



RSVP
Provide-A-Ride
For service contact Faye:
605-3106

Congratulations ...

John Suchak and Bill Veazey.
They are the Hours Drawing winners for February and March. We hope you enjoyed your little prize in the mail. *Thank you for realizing the importance of reporting your volunteer hours!*

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Mail: 500 N. Broadway, Suite 50
Oklahoma City, OK 73102

Welcome to RSVP...

- Prins E. Anderson
- Milton Bates
- Willa M. Bell
- Linda Boyd
- Cecile Brison
- Faye Cooper
- Steve Curran
- Loveta Hammond
- Gladys B. Jarvis
- Louise Linholm
- Lorrie McCray
- Rollie Mohler
- Wanda Patrick
- Sherry Penney
- Donna Peters
- Carol Reagan
- LeRoy Savage
- Lorna Smith
- Julia Terrell
- Robbie Vursels
- Ellen Worden
- J. P. Wiley
- Martha Wright

Alarm System...

Keep your car keys by your bedside at night. If you hear a noise outside your home, press the panic button; a burglar in fear of unwanted attention will quickly depart the scene.

This is also useful for outside emergencies where you need to get attention, like if someone is following you as you are walking to your car, if you have a heart attack, fall off a ladder, or if you are hurt and are not near a phone, but you need help.



The Response is published quarterly by RSVP of Central Oklahoma, Inc.
Beth Patterson.....Executive Director
Evelyn Harms.....Assistant Director
Patty Corona.....Volunteer Coordinator
Faye Beam.....Provide-A-Ride Coordinator
Mary Lou Cozzens.....PAR Assistant
Natalie DuBuc.....Administrative Assistant