



The Response

www.rsvpokc.org

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July, August, Sept 2010

United Way Campaign

RSVP would like to send a big thank you to those of you who made contributions to United Way and designated those funds to RSVP of Central Oklahoma. We appreciate you very much! RSVP is proud to be a United Way agency and our staff is anxiously awaiting the start of next year's campaign, which will be in full swing by the time you receive this.

If you've never made it to the Bricktown Ballpark for a United Way Campaign Kick-Off, come have pancakes with us and other United Way supporters on Friday, September 10th at 7:30 a.m.. We love the opportunities that United Way affords us to inform the public about our programs and services. Remember...if you support United Way, you are supporting a community safety net of organizations that work together to meet many needs in the community, including RSVP of Central Oklahoma.

Mark Your Calendars!



**RSVP's 2010 Annual Volunteer Recognition Event
will be held
October 29th from 11:30 a.m.—1:30 p.m.**



Volunteering is a Healthy Habit!

You won't want to miss this opportunity to celebrate your healthy volunteer habits, so mark the date on your calendar now and watch the mail for your invitation as the time grows nearer.



RSVP In Print...

Have you seen articles featuring RSVP of Central Oklahoma in your local newspaper? Whenever you do see an article that includes RSVP, our staff, or someone you know is a RSVP member, **please clip it out and mail it to us.** (If you're a techie, scan it in and email it to us!)

RSVP submits potential articles to local media on a regular basis, but we don't always know when they are published in print, or even on media websites as our budget does not include newspaper subscriptions. Why do we need to rely on you to help us with this? At the end of each fiscal year, we submit articles about our program and it's members to our funders. We also attach articles to grant proposals to help show the impact your services have in our communities, which strengthens our proposals tremendously. Thank you for being our eyes on the media...we know we can depend on you to help, as always!



Beth Patterson
Executive Director

A Note from Beth...

You may be wondering if RSVP has experienced budget cuts, so let me give an update. Yes, RSVP has lost funding, and it's very possible we'll experience more cuts over the next year.

The RSVP Board of Directors and staff remain pro-active, monitoring our funding streams and program accomplishments. We are busy raising dollars, revising strategic plans, and exploring options to enhance our services. As a team, we have chosen to keep our heads up, be proud of our accomplishments, and tackle the stumbling blocks without losing sight of our mission.

Can you help us through these tough times? Absolutely! RSVP's annual operating budget is \$340,000. . .that shows how we can stretch a dollar! RSVP has 1,250 members on average. This is what your gift would do for RSVP if every member made an annual donation:

\$10 per year (.83 per month)	= \$12,500
\$25 per year (2.08 per month)	= \$31,250
\$50 per year (4.16 per month)	= \$62,500
\$100 per year (8.33 per month)	= \$125,000

I hope you'll contemplate these figures and decide if you can help us soften or eliminate the consequences of continued funding cuts over the next year. Either way you decide, let's ride this roller coaster arm-in-arm and keep smiles on our faces with each high and low. Life is full of adventures and challenges. RSVP has an adventuresome spirit and a proven track record of facing challenges head-on.

Reporting Accidents

When you become a member of RSVP of Central Oklahoma, you are automatically enrolled in an excess accident and liability insurance policy that covers you while on RSVP assignments. In the initial new member welcome packet you receive after joining, there is a flyer included that details the benefits of the insurance coverage, and instructions on reporting accidents to the RSVP office are included in the RSVP Volunteer Handbook.

We hope you never suffer an injury while you are volunteering, but if the unfortunate happens, please notify the RSVP office immediately by calling 605-3110. There is an important piece of paperwork that must be completed and submitted to the insurance company in a timely manner to start your claim, even if you have not received bills, statements or Medicare Explanation of Benefits. We can submit those items later, but the incident report is time sensitive. Just give us a call as soon as possible after any accident and we'll get the process in motion. Thank you!

Beauty Tips

For attractive lips,
speak words of kindness.

For lovely eyes,
seek out the good in people.

For a slim figure,
share your food with the hungry.

For beautiful hair,
let a child run his/her fingers through it once a day.

For poise,
walk with the knowledge that you never walk alone.

People, even more than things,
have to be restored, renewed, revived, reclaimed,
and redeemed;
never throw out anyone.

Remember, if you ever need a helping hand,
you will find one at the end of each of your arms.

As you grow older,
you will discover that you have two hands;
one for helping yourself,
and the other for helping others.



Written by Audrey Hepburn

Volunteer Opportunities...

America Reads program has schools throughout OKC in need of tutors and mentors in reading, math and after school programs.

American Red Cross, 601 NE 6th, volunteers get together every Thursday AM to sew or knit pillows, blankets, stuffed animals, and Christmas stockings to be donated to DHS children and our veterans.

The Arthritis Foundation, 1200 NW 63rd, needs volunteers to man health fair booths and to do light clerical work in the office.

Bone and Joint Hospital, 1111 N Dewey, needs afternoon cheer cart people, or greeters to welcome and interact with guests and families.

Camp Fire USA, 3309 E Hefner, needs volunteers beginning mid August or September throughout the fall to supervise and help children in all aspects of learning to fish.

Catholic Charities, 1501 N Classen Blvd, needs volunteers with good organizational skills to phone disaster victims who have applied for assistance.

Daily Living Centers, 3000 N Rockwell, needs volunteers in all aspects of adult day care, health services, and respite for caregivers.

Eagle Ridge Institute, 601 NE 63rd, needs general office assistants to help with light office tasks, and a public relations assistant willing to contact media outlets and write press releases.

The Gospel Station Network, 820 N MacArthur, (101.5 fm, 93.9 fm), needs volunteers to organize and plan their annual awards banquet.

Mercy Hospital, 4300 W Memorial Rd, is in need of volunteers for a wide variety of activities and positions.

Oklahoma Heritage Association/Gaylord-Pickens Museum, 1400 N Classen Dr, needs hosts, story tellers, storekeepers, planners, helpers, and docents for the academic year beginning August 28.

OSU-OKC, 900 N Portland, one-on-one tutors for college students are needed in Math, Chemistry, and English in the Learning Center.

OU Medical Center, 700 NE 13th St, needs volunteers for their information desk, coffee cart, and popcorn machine.

VA Medical Center, 921 NE 13th St, is in need of program support assistants to help with their information booth and a variety of clerical and supportive duties.

RSVP, Provide-A-Ride, volunteers in all areas of central OKC are needed to drive low-income seniors to medical appointments.

Village At Oakwood, 817 SW 59th, needs volunteers to assist with arts & crafts, bingo, exercise, board games, and Wii® Tournaments.

To expand, make changes to your volunteer activities, or to refer a friend, contact Patty Corona, Volunteer Coordinator, at 605-3110 or patty.corona@rsvpokc.org to get linked with the activities that keep you smiling.

Women & Strokes ...

A recent survey indicated that many women do not recognize the signs of stroke. The most common signs are:

- ◆ Sudden difficulty speaking, understanding speech or confusion
- ◆ Sudden weakness or numbness on one side of the face or in the limbs
- ◆ Sudden dizziness or trouble walking
- ◆ Sudden difficulty seeing
- ◆ Sudden severe headache

If you recognize any of these symptoms in yourself, friends or family, seek medical attention immediately.

Glaucoma...

According to Mercy Health Center and the US National Library of Medicine, glaucoma may have the following symptoms:

- ◆ Development of tunnel vision, which is characterized by the loss of peripheral (or side) vision
- ◆ Sudden and extreme pain that affects only one eye.
- ◆ Vision that clouds up or otherwise worsens
- ◆ Vomiting and nausea
- ◆ Seeing a rainbow colored halo around lights or a sensitivity to light
- ◆ A feeling of swelling or redness of the eye

In Loving Memory

of those who have touched our lives

**Sharon Doak
Veta Minderman
Barbara Robinson
Sue Stuart**





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

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Return Service Requested

Mission Statement: RSVP links volunteers age 55 and older with essential community needs throughout Central Oklahoma



Welcome to RSVP...

Lucy Armstrong	Charley Nelson
Sally Blakley	Mary Nicholson
Janice Burton	Joleen Pittman
Jan Clark	Martha Ross
Curt Cloud	Susie Stone
Merle Davis	Gloria Tate
Sidney Dawson	Ben Troutman
Nelson Eley	Kay Troutman
Cheryl Foshee	David Wallace
Thelma Huntsman	Eileen Wallace
Ann Knutson	Richard Wells
Dorothy Mason	Tom Winters
Mary Minor	Tony Wangler
Catherine Nelson	

Congratulations...

**Mitylene Becker, Reba Gibson,
Charlene and Bill Veazey!**

They are the Hours Drawing winners for April, May and June, we hope they enjoyed their little prize in the mail. **Thank you for realizing the importance of reporting your volunteer hours!** To report hours, phone, address, or email changes, contact **Natalie** at:

Phone: **605-3110**

Fax: 605-3108

E-mail: natalie.dubuc@rsvpokc.org

Mail: 500 N Broadway, Suite 50

The Response is published quarterly by RSVP of Central Oklahoma, Inc. To conserve paper and postage, receive your publication online by contacting Natalie (above).

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

Contact Faye at 605-3106 for rides, cancellations, or information on RSVP Provide-A-Ride