



# The Response

www.rsvpokc.org

July, August & September 2011

## United Way Campaign...

RSVP of Central Oklahoma is proud to be a United Way partner agency! We are honored to once again be a pacesetter organization, joining other organizations and businesses to set the giving pace prior to the official campaign kick-off in September. Join all supporters of United Way for a free pancake breakfast at the Bricktown Ballpark on Friday, September 9th, from 7:30 to 9:00 a.m. Local celebrities will participate in United Way's traditional pancake flipping contest and the goal for the 2011 campaign will be announced. This event is tons of fun, and the RSVP staff will be there to enjoy it with you.

"One Gift" is the theme of the 2011 campaign. Your one gift will lend strength to the safety net that 62 collaborative United Way partner agencies offer in the community. To support this crucial safety net, log on to [www.unitedwayokc.org](http://www.unitedwayokc.org) or mail donations to 1444 NW 28th St., OKC, 73106.

***Thank you for your support of RSVP and United Way!***



*Chances are we all share these two wish list items!*



## Pictures of You...

RSVP is still seeking electronic photos of each member to add to our database. *These photos will not be shared or published at any time*; they will simply be inserted into your electronic file in the office to help staff put a face to your name. Please email your photos to [evelyn.harms@rsvpokc.org](mailto:evelyn.harms@rsvpokc.org). Please be sure to include your name.

If you don't use a computer, your children or grandchildren will undoubtedly do this for you...chances are, they love the computer and have pictures of you from a recent family gathering!

## Contest Winner...

Many thanks to those who participated in our birthday card design contest, announced in the last edition of "*The Response*". Each entry was absolutely delightful, making it very difficult to choose just one! After careful thought, we are happy to announce the winner:

**Camille Cooper**

Camille's new design will soon be circulating, so be sure to think of her when you see the lovely new card. Congratulations, Camille, and thank you for sharing your special talents with us.



Evelyn Harms  
Assistant Director

## A Note from Evelyn...

Many thanks to Beth for allowing me to use her space in this issue to share a personal story with you!

I recently had cataract surgery on both eyes. Now, I understand that everyone may be saying, "How can that be? You are way too young!". OK, maybe it was just me that thought that, but anyway...cataracts can happen at any age, and many of us are not fully aware of the symptoms.

The Mayo Clinic defines a cataract as a clouding of the normally clear lens of the eye. It is like looking through a frosted or foggy window, making it more difficult to read, drive (especially at night) or see expressions on faces. Signs and symptoms of cataracts include:

- Clouded, blurred or dim vision, and/or double vision in a single eye
- Fading or yellowing of colors, and/or increasing difficulty with night vision
- Sensitivity to light and glare, and/or seeing 'halos' around lights
- Frequent changes in eyeglass or contact lens prescriptions

***If you have these symptoms, please see your eye doctor.*** Since astigmatism always caused me problems, I mistakenly blamed it for my worsening vision over the past few years. My astigmatism was so severe that vision deteriorated significantly with each annual exam. Prescription lenses needed all the bells and whistles offered (of course at an additional cost) in order to see the best I possibly could, so I started stretching exams to every two years, and shopped around to find cheaper exams and lenses.

My personal advice includes: find an eye doctor you like and stick with that person, just as you would your medical doctor; have regular eye exams; don't assume vision challenges are related to another problem; and *invest in good sunglasses*. I could not see through regular sunglasses and I thought I couldn't afford prescription sunglasses. Now I know that sun damage significantly increases the risk of cataracts at a younger age.

Cataract surgery has truly changed my life and showed me things I didn't know I was missing. I found out that colors are really bright, small birds fly through the sky and I *really* need to dust! More than ever...I can't wait to see you all again! ~ Love & Hugs, Evelyn

## Congratulations...

Congratulations to RSVPer **Oren Lee Peters**, who was recently made Honorary Colonel of the Corps by Junior Reserve Officer Training Corps (JROTC) at Edmond North High School.

Colonel Peters received this high honor due to extensive community service in the Edmond area, as well as his unwavering support of the JROTC program.

The awards banquet was extra special for Col. Peters..., as it happened to fall on his 90th Birthday. Congratulations, Colonel!

*Two mature couples were having dinner together when one gentleman noticed his buddy preceded every comment to his wife with endearing terms, calling her Honey, My Love, Darling, Sweetheart, Pumpkin, etc.*

*The friend was very impressed since the couple had been married almost 70 years. While the wives were in the kitchen, the friend said to his buddy, "I think it is just wonderful that after all the years you've been married, you still call your wife by those pet names."*

*His buddy replied, "To tell you the truth, I have no choice...I forgot her name about ten years ago."*

## Volunteer Opportunities...

Stay linked with activities to keep you smiling! To expand or make changes to your volunteer activities, or to refer a friend, contact Patty Corona, Volunteer Coordinator, at [patty.corona@rsvpokc.org](mailto:patty.corona@rsvpokc.org) or 605-3110.

**Big Brothers Big Sisters**, 4101 Perimeter Center Dr - Mentor a child who needs your attention. Spend one hour per week talking, listening, playing board games and reading in Edmond, Putman City or OKC schools.

**Britton Christian Church**, 922 NW 91 St - Assist with Study Buddies for elementary school children on Tuesday or Thursday from 3-5 p.m. Also need assistance with middle and high school from 6-8 p.m. Join students for dinner at the beginning of each shift, then help with home work, test preparation or research papers.

**Coffee Creek Riding Center**, 17 E Coffee Creek Rd - Lead horses mounted with disabled students around arena for equine therapy. Constant instructor supervision is provided for this very rewarding activity.

**Dean McGee Eye Institute**, 608 Stanton Young Blvd - Direct patients to the proper clinic, retrieve wheelchairs, assist patients with phone calls for transportation and stock the coffee bar.

**Hayes Elementary**, 6900 S. Byers *or* **Kaiser Elementary**, 3101 N Lyon: Tutor two second graders for ½ hour each (1hr total) at this "needs based" OKC/United Way partner school. Books and materials will be provided.

**The Hugs Project**, support our troops by sewing neck pillows and cool collars to be included in care packages for service members overseas.

**OKC Public School District** has a new volunteer coordinator to assist in finding a school near you where you can help with office tasks, assist teachers, tutor students in math or read with children.

**Mental Health Association**, 2800 NW 36 St, Ste 104 - Join forces with volunteers from a variety of groups to sew, knit, crochet, or craft Christmas stockings for several thousand program participants. This project may be done at home. Patterns and materials can be provided.

**Parents Assistance Center**, 415 NW 5<sup>th</sup> St - Help prevent child abuse and neglect by rocking babies or playing with toddlers while parents attend parenting classes. Assist with filing, making workbooks and copying homework pages. Evening and weekend hours are available.

**Russell Babb Elementary School**, 20901 NE 10th St - Improve reading skills of 4<sup>th</sup> or 5<sup>th</sup> grade students. You read a page, they read a page, you read a page.... share a book during 40 minute classes each Friday.

**Safe Kids OK**, 940 NE 13th - Assemble packets for car seat safety program, help at events, answer phones, and do light correspondence.

**Star Spencer High School**, 3001 N Spencer Rd - Greet visitors with a warm smile, and help with minor paperwork or phones. Or come early to greet students and serve as a second set of eyes for the staff as the busy school day begins.

## In Loving Memory

*of those who have touched our lives*

Vickie Ackley	Joe Oldham
Janetta Boone	Julia Pope
Clara Luper	Ray Rash
Lorrie McCray	Vivian Royer
Ollie Myers	Nevin Starkey

## Legal Resource...

The Senior Law Resource Center is a non-profit organization committed to educating and supporting seniors and their caregivers in Oklahoma.

Free information on Medicare, wills, elder abuse or exploitation, end of life issues, guardianship, and more is available through their resource center, while individual legal services are offered at affordable rates.

To learn more, contact Senior Law Resource Center at (405)528-0858 or log on to [www.senior-law.org](http://www.senior-law.org).

## Did You Ever Wonder...

...why men's buttons are on the right, while women's are on the left?

When buttons were invented, they were very expensive and worn primarily by the very wealthy. Since most people are right-handed, it is easier to push buttons on the right through holes on the left.

Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right, and that is where women's buttons have remained since.

Please help the environment...forgo the print version and receive a notice to view new issues of "The Response" online by contacting us at 605-3110 or [natalie.dubuc@rsvpokc.org](mailto:natalie.dubuc@rsvpokc.org).



**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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**Mission Statement:** *Linking volunteers age 55 and older with essential community needs throughout Central Oklahoma*

CORPORATION  
FOR NATIONAL  
SERVICE



*Youth is a gift of nature, but age  
is a work of art. ~ Stanislaw Lec*

**Welcome to RSVP...**

Shirley Brand  
Virginia Cole  
John Estlinbaum  
Betty Fisher  
Karen Flesher  
Netta Harrington  
Judi Holshouser  
Terry Langston  
Sue Meister  
Pauletta Mosely

## Congratulations...

...to the latest winner of the Hours Drawing:

**Bob & Joan Quatro**

*Thank you for realizing the importance  
of reporting your volunteer hours.  
Enjoy your WalMart gift card!*

To report hours (or make changes to your phone,  
mailing address, or email) contact **Natalie** at:

Phone: **605-3110** ~ Fax: **605-3108**

E-mail: [natalie.dubuc@rsvpokc.org](mailto:natalie.dubuc@rsvpokc.org)

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