



Seniors in Action

Foster Grandparents Program

RSVP

Senior Companions Program

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New RSVP Volunteers!!

Jean Adams
 Mamie Ephran
 Donna Greaves
 Ken Greaves
 Jane Harber
 Irene Hernandez
 John Hernandez
 Marsha Housley
 Barbara Justiss
 RoseEl Martinez
 Nolen Mears
 Dianna Spence

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Hello, everyone!



I am Daniel Martinez, and I am honored to introduce myself as the new Director of Senior Volunteer Programs. In this role, I will oversee the Retired Senior Volunteer Program (RSVP), Foster Grandparent Program, and Senior Companion Program. I am thrilled to be part of a mission that uplifts seniors, connects generations, and enriches our communities.

As I step into this role, I have been fortunate to receive incredible support from Mr. Michael Meek, the previous director. I am grateful for the time and effort he has dedicated to helping me understand the programs and their impact. Additionally, I am privileged to work with Ms. Teresa Covey, who oversees San Angelo RSVP; Ms. Max Ann Bowlin, who oversees Abilene RSVP; and Ms. Clementine Urista, who leads the Foster Grandparent and Senior Companion Programs. Each will be instrumental in introducing me to the intricacies of each program, and I deeply value their knowledge, experience, and commitment to our mission.

My professional background includes working with the Boys and Girls Clubs of San Angelo, Angelo State University as an Academic Advisor for the College of Education, and most recently, a Credential Trainer at Shannon Hospital. These experiences instilled a passion for fostering growth, building relationships, and supporting meaningful initiatives. As a lifelong resident of San Angelo, I take immense pride in serving the community that has shaped me, and I am honored to serve in this capacity.

As the holiday season approaches, I want to extend my warmest wishes to all of you. May your Thanksgiving and Christmas be filled with joy, gratitude, and cherished moments with loved ones. And as we look ahead, I wish everyone a happy and prosperous New Year.

I look forward to the meaningful work we will accomplish together. My family and I are excited to begin this new role with the support of such an amazing team and community. I look forward to meeting many of you, learning from your experiences, and working together to continue the incredible legacy of these programs.



Happy Holidays!

Daniel Orozco Martinez,
 Director Senior Volunteer Programs



Foster Grandparent and Senior Companion Programs

This is the last newsletter for our 2024 year! I want to thank our Volunteers for their commitment and service. It is a time to be thankful for the opportunity to serve under our sponsor, Concho Valley Council of Governments and AmeriCorps Seniors.

We can reflect on what we have learned and look ahead with optimism for new ways to improve in the new year.

Our seniors are vital in service to the children, who need one-on-one support, and to our seniors, who want to remain at home, especially during these holidays, to be with family. Our seniors have servant hearts and are unique in what they do with love.

We have much to look forward to in the new year, with the appointment of **Daniel O. Martinez as Senior Volunteer Programs (SVP) Director.**

We are excited and want to welcome him to the FGP, SCP, and RSVP teams.

From our volunteer family, the Foster Grandparent and Senior Companion Programs

Have a Blessed and Happy Thanksgiving!



Volunteer Opportunities

Abilene - For more information on these and other volunteer opportunities please contact Max Ann at 325-793-8472, or maxann.bowlin@cvcog.org

The West Central Texas Area Agency on Aging's, Long-Term Care Ombudsman Program is seeking volunteers in Callahan, Jones and Taylor counties to advocate for residents living in nursing homes and assisted living facilities.

Volunteer ombudsmen visit residents, identify and investigate complaints, and educate residents, families, and facility staff on protecting the health, safety, welfare, and rights of individuals living in long-term care settings. Ombudsman services are free and confidential.

Volunteers must be at least 18 years old and complete a free, 36-hour training course that includes classroom, self-study, and in-facility training. No experience is required. Hours are flexible and determined by each volunteer. If you have one hour per week to make a difference in someone's life, please contact Carrie Wood at 325-672-8544 option 2 or cwood@westcentraltexas.org to register for the course or to get more information.


San Angelo - For more information on these and other volunteer opportunities please contact Teresa at 325-944-9666 x:214, or teresa.covey@cvcog.org

Birthday Card Writers Needed! - Still seeking more volunteers to help write birthday cards. There are approximately (9) senior sites in San Angelo who send in their monthly list of birthdays. Cards are provided; no postage required. Do you have time to help with these lists?

Meals For the Elderly - Depending on over 2,000 different volunteers throughout the year to deliver over 700 hot, nutritious meals to homebound seniors. Volunteers are the heartbeat of this awesome organization! With over 50 routes to deliver every Monday through Friday, volunteers can pick up meals between 10am—11:15am. Making a difference since 1974. Please consider how you can be a part of this AWESOME program!

Faith in Action (FIA) - West Texas RSVP welcomes all volunteers interested in transporting elderly citizens to their local medical appointments. This is a great way to give back to the community in a way that does not conflict with your schedule. So if 1) you're looking for a way to fill a big need within our community, 2) you love meeting new people, and 3) your heart is full of compassion for others, come join the FIA volunteers! **This program is in HIGH demand of volunteer drivers. More and more, FIA clients are being notified that a volunteer driver could not be found to transport them to their medical appointment. With no family nearby to assist, if RSVP cannot transport them, these individuals are being forced to reschedule their appointments, or worse, they simply stop seeing their doctor. This program must remain a viable option of transportation to doctor's appointments for seniors 60+, and we need your help. Please consider this volunteer opportunity as an area that you can assist with, through your participation.**

 **NEW VOLUNTEER SITE - Christians in Action** - Seeking a volunteer who enjoys answering the phone. Flexible hours depending on your availability. Anytime, Monday - Saturday, 9am - 5pm.

 **NEW VOLUNTEER SITE - Catholic Outreach** - Many positions available to volunteers. (Mon. - Fri. 9am - 1pm): Front Desk, Shepherd's Closet, Morning/Afternoon Food Preparation, Fundraising, Marketing, Grant Writer. All prospective volunteers are required to complete a background check with the Roman Catholic Diocese of San Angelo, to include a 2-hour online Safe Environment training.

San Angelo - For more information on these and other volunteer opportunities please contact Teresa at 325-944-9666 x:214, or teresa.covey@cvcog.org

TGC Friends of the Library (FOL) - FOL has several different areas to volunteer at, such as sorting donations and discards, placing books on tables and shelves, and also lifting boxes of books. Volunteers are especially needed for lifting boxes and moving them to different areas. There are three hour shifts available, so pick one that works with your schedule. The FOL Bookstore is located in the basement of the Stephens Library. Working in the FOL bookstore does not require heavy lifting.

First Presbyterian Church of San Angelo - Looking for multiple volunteers to help catalog historical documents and records, anytime 9am - 4pm, Mon-Thu. Also need (1) volunteer to distribute snack bags, 2 - 4pm, Mon & Tue.

Goodfellow Air Force Base Pharmacy - Seeking a volunteer at the Pharmacy on Monday mornings. Volunteer must have access to the base. This is a "recurring" volunteer opportunity so they would depend on the volunteer's presence every Monday. Please contact Teresa at the RSVP office if interested; do not attempt to contact the Pharmacy directly with questions.

Tom Green County Library - Are you looking for a volunteer opportunity to start the new year? Our PALS program is a great way to give back to the community. People Attaining Library Services (PALS) is the outreach program for homebound patrons of the Tom Green County Library system. Library materials are delivered to county residents who are unable to come to the library due to an extended illness, physical disability, or limited mobility. PALS has a couple of positions opening up in January.

Rust Street Ministries - Seeking volunteers to interview their friends/neighbors who are seeking assistance, especially those volunteers who are bilingual.

West Texas RSVP/Faith in Action (FIA) Support - Seeking a volunteer with a big heart, to "shadow" a moderately autistic young man (age 23) while he volunteers (assembling brown bags and other tasks of this nature) at Meals For The Elderly, Monday thru Friday, 8am-12 noon. Optional flexible days during the week can be discussed.



San Angelo Volunteer Sites Needing Volunteers

Catholic Outreach
Christians in Action
Family Shelter

San Angelo Volunteer Site Needs

Rust Street Ministries is in need of used bicycles. If you have one that's not being used and you're willing to part with it, you can drop it off at their donation area:

Tuesday & Thursday - 9am-12pm
Wednesday - 11am-1pm



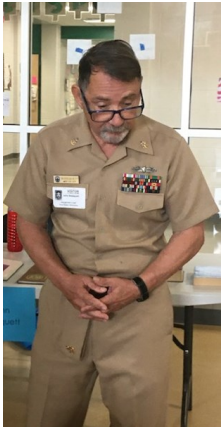
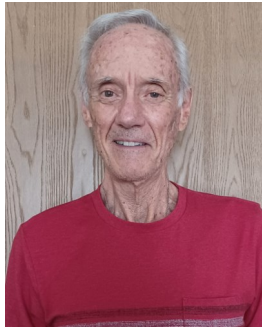
November 7th, 2024 Volunteer Recognition Luncheon



If you missed the luncheon, we missed you!



We thank you for your service, to our community and our country.



12 Engaging Holiday Activities in a Senior Living Community

- 1. Wrapping gifts and filling stockings.** For those who enjoy the art of gift wrapping, festive papers and bows make recipients even more excited to open the presents you give. Or you can always stuff stockings with candy canes, trinkets, and special tokens of your love.
- 2. Decorating wreaths, Christmas trees, and mantels.** Hanging sentimental ornaments, stringing holiday lights, and decorating to your taste is half the fun of the holiday season.
- 3. Knitting or crocheting cozy winter clothing.** There's something peaceful about working with your hands to create a handmade scarf or winter cap for friends and family.
- 4. Singing and dancing along to holiday tunes.** The nostalgic sounds of holiday songs with some caroling thrown in? There's no better way to evoke memories of holidays past.
- 5. Popping in a classic holiday movie.** You can't go wrong with "It's a Wonderful Life" or "Miracle on 34th Street." If you're more into the laughs, "Christmas Vacation" and "Home Alone" never fail to bring about a belly laugh or two.
- 6. Writing cards for loved ones.** Wish season's greetings to those closest to you with a special, handwritten card. You can even create the card yourself for an added personal touch.
- 7. Baking holiday treats.** Cookies, pies, cakes, casseroles, hot chocolate – baking and preparing any of these treats is a wonderful way to carry on tradition or put a new twist on a classic.
- 8. Sharing memories around the fireplace.** Sometimes, all it takes is a friendly fireside chat to feel the warmth of the season. Get to know a neighbor and share your favorite pastimes with them.
- 9. Hosting holiday-themed game nights.** For seniors who love friendly competition, organize a game night with neighbors. Try holiday bingo, cards, or a guess-the-number-of-holiday-candies game.
- 10. Organizing a "Secret Santa" gift exchange.** Gift-giving is all about the thought. For seniors who may not have loved ones close by, try organizing a small gift exchange with neighbors to brighten this time of the year.
- 11. Building gingerbread houses.** There's no right or wrong way to build a gingerbread house. And there are definitely no rules when it comes to too much candy or icing. It's always fun to see what residents come up with.
- 12. Writing in a gratitude journal.** As residents reflect on the past year and think ahead to the new

Activities that seniors can do during the holidays:

- Donate: Donate money or time to a charity.
- Help decorate: Offer to help set up a Christmas tree or add lights to windows.
- Holiday light tours: Take a tour to see festive holiday light displays.
- Play bingo: Bingo can help seniors maintain their cognitive abilities and mental stimulation.
- Build gingerbread houses: Get creative and bond with others while building a gingerbread house.
- Have a movie night: Watch a Christmas movie to lighten the mood and get involved in a family activity.
- Watch holiday movies: Select a movie that seniors will enjoy to help them forget their worries.
- Bake holiday treats: Baking can reduce stress, trigger positive emotions, stimulate the brain, and encourage creativity.



RSVP Station Spotlight

Friends of San Angelo State Park

3900-2 Mercedes
San Angelo, TX 76901



Mission:

- To ensure the future of the park by preserving and protecting its economic, aesthetic, and environmental worth for future generations;
- Enhance the quality of educational, interpretive, and recreational opportunities in San Angelo State Park;
- Recruit and organize volunteers, promote regional support, solicit finances, and other resources for the perpetuation of San Angelo State Park;
- Solicit, receive, and administer gifts, memorials, and endowments for the benefit of San Angelo State Park.

"We couldn't do this without you volunteers." Governor Rick Perry remarked to Ruth Jordan, past-president of the Friends of San Angelo State Park during his visit to the San Angelo facility.

Friends of San Angelo State Park (FoSASP) is a non-profit corporation of volunteers and supporters sanctioned by Texas Parks and Wildlife Department with the only purpose of providing volunteers and funds for the park. Organized in the late 1990s, today there are approximately 100 members with fifteen serving as Board of Directors.

Whether it's during the Christmas holidays, Silver Bluebonnet Day, the Monarch Trail Ride or other events, there's always something happening at the San Angelo State Park. Raised funds are used to plan events, purchase fish to stock the Javelina Pond, corn for deer hunting, hay for Bison and Longhorns, or many other needs. Funding for these events is acquired from membership fees, San Angelo Gives, donations and sponsorships, and sales from their gift shop and firewood. FoSASP volunteers/members strive to improve visitor experience on over 8,000 acres of rangeland with:

- Cabins and a bunkhouse
- Camping and picnic sites
- Wildlife viewing
- Playground
- Bison and Longhorn herds, deer, quail and turkey
- Fishing, boating

To become a member, visit the website FriendsOfSanAngeloStatePark.org. Annual Membership fees are \$20 for senior citizens, \$25 for individuals, and \$40 for family. Contact Linda Ashton (325-656-4322) or Cindy Middleton (325-234-5247) with questions on registration or for more information.

Why visit San Angelo State Park?

- Clean and safe picnic and camp sites, including restrooms and showers, RV hook-ups, and cabins.
- Fifty miles of hike, bike or horseback trails, where you will see native plants and trees, and all kinds of wildlife.
- Native American Petroglyphs
- Prehistoric reptile tracks, too!
- Equestrian campsites with pens; bring your horses and fishing pole!

Come Play outside!



Interested in volunteering at the San Angelo State Park? Get your family to volunteer with you! Volunteers of all ages are welcome!
Call 325-949-8935



5 Reasons Why Holidays are So Important to Seniors

- * **A Time to Remember** – One reason why holidays are so important to seniors is because it gives them time to reflect on their lives. Nothing makes this more possible than family holidays.
- * **They Can Volunteer** – Many seniors who are more independent still use holidays to
- * **They Have Closer Contact with Family** – It means a lot to seniors to be able to sit around and engage with family
- * **It Lets Seniors Realize How Blessed They Are** – Another reason why holidays are so important to seniors is because they realize that they have reached a milestone in their lives. It is quite an achievement to become a senior citizen.

Therefore, every holiday should be considered a time of happiness. Go out and celebrate the fact that you are a senior, and you are still enjoying life to the fullest.

Nothing is promised in this life. We are not guaranteed that life will be easy that it will be pleasant, or that we will live to a ripe old age. However, what we can do as human beings is to give our best each day. We can always help others, love our family and friends, and try to make this world a better place.

These were just five reasons why holidays are so important to seniors. Perhaps, you have other reasons why they are important to you. Get out and have fun during the holiday seasons!



Office of Senior Volunteer Programs
5430 Link Rd.
San Angelo, Texas 76904

Return Service Requested



HAPPY NEW YEAR
2025
JANUARY

Special Limitations including Prohibited Activities When Volunteering

As a reminder, while **“on duty”** in any of the three programs (Foster Grandparents, RSVP or Senior Companions), volunteers are prohibited in engaging in the following activities:

- Any voter registration activity or any activity, directly or indirectly, to influence the outcome of any election to public office.
- Any action with respect to a partisan or nonpartisan political activity that would result in the identification or apparent identification of an AmeriCorps Seniors volunteer with the activity.
- Any activity whereby the volunteer gives religious instruction, conducts worship services, or engages in any form of proselytization as part of their duties.
- Any activity that would otherwise be performed by an employed worker.
- Any activity in which the volunteer would receive a fee for service from service recipients, their legal guardian, members of their family, or friends.
- Any activity connected with providing abortion services or referrals for receipt of service.

Contact Information for Senior Corps Programs:

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