

RSVP Newsletter

Lead With Experience



Winter 2020



The RSVP Timpson Quilters— holding the sign are Jeannie Rhodes and Molly Campbell, (and not pictured, Judy Samford) presenting \$500 checks to the local charities, which include Timpson Volunteer Fire Dept., First Baptist Church Food For Thought Pantry, Garrison Food Pantry, and the Timpson Volunteer Ambulance Service. All of these stations receiving donations are RSVP volunteers as are all of the people pictured. The Timpson RSVP Quilters have been fundraising since 1972.

They raise money by hand stitching these beautiful quilts. They raise \$2,000 every year for these very important charities,. Each charity receiving \$500. Thank You Timpson RSVP Quilters!



Thank You
To Our Volunteers

The AmeriCorp Seniors RSVP program can be contacted at the following address and phone number:

Deep East Texas Council of Governments - RSVP
1405 Kurth Drive
Lufkin, TX
75904-1929
www.detcog.gov/rsvp
936-634-2247 , ext. 5354 or
1-800-256-6848

Sheila Nowlin
RSVP Program Manager
snowlin@detcog.gov
Cell: 409-594-3621

Erin Hollis
RSVP Area Coordinator
ehollis@detcog.gov
Cell: 936-201-0354

Mary Lowe
RSVP Area Coordinator

Serving Angelina, Houston, Jasper, Nacogdoches, Newton, Polk, Sabine, San Augustine, San Jacinto, Shelby, Trinity, and Tyler Counties

DETCOG
Deep East Texas Council of Governments

Lonnie Hunt
Executive Director

Our RSVP Newsletter is on
www.detcog.org/rsvp

Retired and Senior Volunteer Program

Can you believe another year is almost over and a new one to start in less than two months? I hope this newsletter finds you all well and out safely enjoying the beautiful Texas weather!

A special welcome goes out to all the new volunteers who joined the Senior Corps—RSVP this year. It has been a year of change, adaptation, and a test of resiliency for us all. Hopefully soon, the coronavirus pandemic will be in the past and only a memory in history.

In our first newsletter in a long time, we want to give you some news of what some of our RSVP volunteers have been doing in a few of our counties this year.

Welcome! New AmeriCorps Seniors RSVP Members

Tania Bartha
Vivian Blakely
Helen Blaylock
Elke Brashear
Richard Brashear
Laura Burton
Theresa Bushnell
Judy Chatham
Sherrell Cone
Glenda Cox
Patricia Creek
Laura Culpepper
Ken Daniel
Kay Daniel
Margaret Day
Bill Dodson
Jannis Duncan

Constance Engelking
Kristie Fraga
Lauren Gaudete
Nancy George
Dave Goetz
Robert Gooch
Jim Harrison
Cliff Hatcher
Darlene Haywood
Larry Haywood
Randy Hendry
Charmaine Holland
Howard Holland
Diane Humann
Greg Humann
Glenda Johnston
Jerry Jones
David Kester

Alma Laird
Jerry Laird
Cathy LeBlanc
Mike LeBlanc
Vicki Magruder
Aloma Marquis
Leslye McGrath
Anita Nelson
Jackie Nickerson
Don Novarro
Terry Pipp
Mary Porter
Kathie Prestera
Felicia Pulaski
Robert Rogers
Margo Russell
Marie Savacino
Dawn Schmidt

Kay Seago
Dana Sexton
Rose Shrader
Janice Simpson
Kevin Steuart
Nancy Steuart
Robert Swift
Sheran Swift
Alan Taylor
Carl Thomas
Linda Thomas
Lauretta Townsend
Sheryl Watson
Patricia Wells
Linda Winkleman
Lynn Wright

A NEW LOOK!

The Corporation for National and Community Service (CNCS) on Sept. 29, 2020, announced a new brand name for the future. CNCS will now operate under the name “AmeriCorps” and “AmeriCorps Seniors” as part of a larger effort to grow awareness of service opportunities for all Americans.

For 50 plus years Senior Corps volunteers have brought about the best of America. Although we have a new name, our legacy will continue. Instead of Senior Corps RSVP, we have a new name “AmeriCorps Seniors volunteers, serving under the RSVP Program.”



**AmeriCorps
Seniors**



CHARLES LEE, Director of Groveton Senior Citizens Center

Charles Lee has been volunteering at the Senior Citizens Center for 10 years. Charles is a member of the AmeriCorps Seniors, RSVP program. Charles cooks, prepares, and packages all the meals by himself. "It's not just unlocking the door, it is a lot of work," says Charles. "I get here at 5 each morning to begin the ritual of preparing food for our community." The Senior Citizen's Meal On Wheels Program has been feeding the shut-ins and the elderly, and those that need a hot meal. "This also gives us a way to check on our shut ins, as our deliverers may be the only folks they see all day," stated Charles. This also may be the only hot meal they get that day. Currently, Charles is the only person delivering the food to clients. Since Charles is the only one in the kitchen and delivering, he is in need of volunteers to help with cooking, preparing, packaging, and delivering the food. If you or you know someone living in the Groveton area that would be interested in volunteering, please contact Sheila Nowlin, at Detcog RSVP, cell #409-594-3621.



2021 DETCOG RSVP Food Drive

In Honor of MLK Day of Service

We are excited to announce a DETCOG region wide can food drive in honor of Martin Luther King Day of Service, and his belief in volunteer service and giving back to your community. With this in mind, we are looking forward to working with Elementary Schools and High Schools in all of DETCOG's twelve counties in the hope that they will sponsor donation boxes in their classrooms for the students to collect and give these donations to their local food pantries to help restock their much depleted inventories due to the Covid-19 Pandemic. Due to Covid-19 and the recent rise in cases within our regions and the schools' strict protocols for safety, this will not be a community driven event, but rather an opportunity for the kids to be able to participate in this lesson of volunteerism and giving back.

AmeriCorps Seniors Pledge

I will get things done for America—to make our people safer, smarter, and healthier.

When faced with a pressing challenge, I will bring Americans of all generations together to strengthen our communities.

When faced with children at risk, I will help them stay in school and on track for a brighter future.

When faced with older adults in need, I will provide support and compassion so they may age with grace and dignity.

Working for the greatest good, I will use my lifetime of experiences to improve my country, my community, and myself through service.

I am an AmeriCorps Seniors RSVP volunteer and I will get things done.

Life's most
persistent and
urgent question is,
'What are you
doing for others?'

Martin Luther King, Jr.



What is RSVP?

Retired and Senior Volunteers Program (RSVP) is America's largest volunteer network for people age 55 and over. Join RSVP and you join nearly 400,000 volunteers across the country who are tackling tough issues in their communities.

RSVP offers a full range of volunteer opportunities with local and national organizations. With RSVP, you choose how and where you want to serve. You choose the amount of time you want to give. And you choose whether you want to draw on your skills or develop new ones. In short, you find the opportunity that's right for you..

With RSVP, you'll receive pre-service orientation, training from the organization where you serve, and supplemental insurance while on duty.

And remember: When you volunteer, you're not just helping others— you're helping yourself. Volunteering helps you live longer and promotes a positive outlook on life.

So lets get involved, and join RSVP today!



Giving Back Is Good For You, Too

Volunteers are more likely than those who do not volunteer to experience positive health benefits. In fact, serving others may increase longevity, lead to greater functional ability later in life, and strengthen one's resilience when dealing with health problems. Older Americans who volunteer frequently, live longer and report better health; in addition to providing valuable services to individuals and their communities.

Volunteering may be particularly helpful for older Americans undergoing a life stress or for those who are at risk for being isolated. One study found that bereaved individuals who engaged in volunteering activities to help others experienced a shorter course of depression than those who did not volunteer. (Brown, Brown, House, and Smith, 2008) Volunteering can also lead to more friendships and a more positive attitude.



VOLUNTEER OPPORTUNITIES

Groveton Senior Citizens Center

The Senior Citizens Center's Meals On Wheels Program feeds the shut-ins, the elderly, and those that need a good hot meal. Monday through Friday. Charles delivers 40 meals a day.

Volunteers are needed to help pickup donated food; cook; prepare food; package food; deliver food to individuals and/or families, and to hand out packaged food to individuals who come to the Center. For volunteering please contact DETCOG RSVP Program Manager, **Sheila Nowlin** at (409) 594-3621 or **Erin Hollis**, DETCOG RSVP Area Coordinator at (936) 201-0354.

Martin Senior Service Center

A brief overview of what Martin Senior Service Center does: a) Provides Congregate lunches Monday through Friday; prayer at 11:55 a.m. and lunch is served immediately afterwards; kitchen closes at 12:30 p.m.; b) Provides Home Delivered Meals through Department of Agriculture and Home Health Services; currently have 60 HDM clients; c) Hosts the Lions Club the first Wednesday of the month; d) Gaming twice weekly; Bingo on Mondays and Dominoes on Fridays; looking to expand these days to include other activities; a work in progress.

Volunteers are needed for Delivery Drivers to deliver meals to homebound and qualified recipients. Volunteers are needed for Outside and Inside Maintenance to include plumbing, grounds maintenance, and structural repairs. Seeking Volunteers in any category to meet their needs. For information on volunteering please contact DETCOG RSVP Program Manager, **Sheila Nowlin** at (409) 594-3621 or **Erin Hollis**, DETCOG RSVP Area Coordinator at (936) 201-0354.

The Salvation Army, Lufkin, Texas



The Salvation Army is committed to "Doing the Most Good" supported by donors and partners who share a desire to help our neighbors in need. When hard times hit, we're here to help meet all of the basic needs, whether it's a box of groceries, a hot meal, emergency shelter or assistance paying rent or utilities. Providing care and aid for those living on the fringes of society is at the heart of The Salvation Army's mission. We are always looking for volunteers to assist us in these endeavors, be it mentoring, packaging food boxes, or working in the kitchen, as we serve over 300 hot meals a day. If you are interested with volunteering at the Salvation Army in Lufkin, Texas, please contact DETCOG RSVP Program Manager, **Sheila Nowlin** at (409) 594-3621 or **Erin Hollis**, Area Coordinator at (936) 201-0354.

American Red Cross



Help your neighbor in their greatest time of need. Home fires account for 90% of disaster responses. Compassionate and committed Disaster Action Team (DAT) volunteers respond day and night to meet the immediate needs of their neighbors. Assistance given may include financial assistance for food, clothing and lodging, emotional support, prescription medication, and other critically needed items. If you are looking for an opportunity to turn your compassion into action, JOIN the American Red Cross. For information on volunteering please contact DETCOG RSVP Program Manager, **Sheila Nowlin** at (409) 594-3621 or **Erin Hollis**, DETCOG RSVP Area Coordinator at (936) 201-0354.

VOLUNTEER OPPORTUNITIES CONTINUED

The Deep East Area Agency on Aging Long-Term Care Ombudsman Program

The Long-term Care Ombudsman Program needs Volunteers in Nacogdoches, Shelby, San Augustine, and Sabine counties to serve as advocates for residents living in nursing homes and assisted living facilities. Volunteer hours are flexible and no prior experience is required.

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 virtual classroom, self-study, and in-facility training. 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 DETCOG RSVP Program Manager, **Sheila Nowlin** at (409) 594-3621 or **Erin Hollis**, DETCOG RSVP Area Coordinator at (936) 201-0354

- Any volunteer stations that wants to be included in our next RSVP Newsletter, please call Sheila Nowlin at (409) 594-3621 or Erin Hollis at (936) 201-0354. •

Our RSVP Newsletter will also be on our Deep East Texas Council of Governments (DETCOG) website at www.detcog.org/rsvp



Thank you!
Merry Christmas
And
Happy New Year