



RSVP Is For Volunteers Volunteers

RSVP
Lead. Inspire. Change the World. Again.
"We Connect Volunteers to Community Needs"

Spring Fever!

Vol 9 Issue 3 May-June 2011
Editor: Sherry Clark

ONE TIME VOLUNTEER OPPORTUNITIES

MAYFEST 2011 is May 19-22. RSVP will host a coupon booth again this year to earning rewards for RSVP while serving Mayfest. To be one of a pair of volunteers to sell coupons from the booth, contact RSVP to register for a shift:

- Thurs-Sat 10:45-2:30, 2-5:30, 5-8:30, or 8-11, and . Sun 10:45-2:30, 2-6.

Full training is provided.

The **Family Safety Center** SANE Office Nurse needs volunteers to assist her in copying file records for an important study being undertaken in Tulsa. You, or you and a friend, are invited to spend a couple of hours when you are available to help with this short-term volunteer-assisted project. This is an urgent need. Contact RSVP.

Akdar Shrine Temple, 2808 S Sheridan, has a need for a volunteer to type grant letters on line on Tuesday from 10am to 3pm. You will be helping kids who have medical needs with your service. www.akdarshrine.org Call RSVP.

REGULAR SCHEDULE VOLUNTEER OPPORTUNITIES

The **Ronald McDonald House** at 61st/Hudson wants volunteers to help answer phones and check-in guests any day from 9-1 or 1-5 pm.

Cancer Treatment Centers of America has added a Sunday brunch from 11am-2 pm for patients, families, and caregivers and you, a volunteer. A volunteer musician to play the keyboard on the 1st and 3rd Sundays of each month will make the brunch a special occasion for those who need respite from the effects of the disease. Location is 81st & Hwy169.

Broken Arrow Senior Nutrition Program seeks volunteers to serve meals to seniors at the Center and to help package meals for delivery one or more mornings per week from 8:15am-12:15pm. Volunteers eat lunch, too, at no cost.

Helping Hooves is an Equine Therapy program that runs from May to Sept on Saturdays from 9am-noon at Farewell Farm's indoor arena at 14644 S. Lewis. Volunteers serve as side walkers or as a horse leader during therapy sessions. This is a unique summer

opportunity for volunteers who love horses and people with special needs. A volunteer registration and training is scheduled for May 14th at 9am at Farewell Farms.

Owasso Community Resources helps Owasso residents in crisis with a food pantry and clothes room at 109 N. Birch, Owasso. Volunteers are needed to greet clients and answer the phone or help in the food pantry Mon-Wed, 9am-2pm or Thurs 1-6pm.

Margaret Hudson Program locations in Tulsa and BA are offering tours of the facilities. RSVP Margaret Hudson volunteers are invited to become: baby huggers in child care, mentors for students, classroom assistants & test monitors, clerical/data entry support, Life Patterns class teachers, presenters/speakers, special events and career fair volunteers, special events, fundraiser, and planning assistants. Call Margaret Hudson to schedule a tour for your membership or faith or community group.

Lee Elem School students at 1920 S. Cincinnati Ave. need reading buddies or tutors for an hour a week. If you can help now, you are needed. A background check is done for all volunteers.

The Center for Individuals with Physical Challenges would like to offer a basic wood carving class for their participants and a wood carver teacher volunteer is needed. If you are the person with the expertise who can volunteer sometime in the summer between June and September, they want to talk to you! The Center will work with your schedule. Location: 815 S. Utica.

American Heart Association needs a volunteer to help at their reception desk on Fridays 8:30am-5pm all day, or 1/2 day at 2227 E. Skelly Drive. If you are friendly and like answering the phone, you'll like this opportunity to serve.

Animal Aid Thrift Store at 15th and Harvard needs a volunteer to help customers with store purchases each Tuesday from 1-4pm.

SOCIAL OPPORTUNITY

Line Dancing For Seniors, Friday May 6, 2011, 3:00-4:00 pm at Martin Regional Library, 2601 S. Garnett Road



Happy 40th Birthday, RSVP of Tulsa!



RSVP is celebrating 40 years of volunteer excellence in the Tulsa community. Please

join us throughout this year as we celebrate 40 years of engaging and connecting volunteers with meaningful service opportunities in our community.

In 1971, the White House Conference on Aging recommended the creation of a national volunteer organization for volunteers age 55 and better. Tulsa Metropolitan Ministries applied to sponsor a local Retired Senior Volunteer Programs and in 1971, Tulsa was chosen for one of eleven pilot projects across the country. Earl Tuers and his wife moved from Wisconsin to become the program director. Eight volunteer agencies requesting volunteers was just the beginning; today over 250 non-profit and public agencies are RSVP of Tulsa, Inc. partners.

By the summer of 1975, the RSVP 1000th volunteer was registered to volunteer. In 1983, the Bartlesville office was opened. An office opened in Creek County in 1985, and the Wagoner County Office was opened in 1990.

During 1990, RSVP Tulsa included more volunteers any of the other

300 programs in the country, except for New York City.

Several RSVP-owned volunteer opportunities were made available to volunteers through the creation of several RSVP-managed programs:



Above, RSVP Volunteer, Jim Barnes, serves with RSVP's Voices of Experience

- The **Airport Ambassadors** program began in 1985 in collaboration with the Tulsa Airport Authority.

- **Family Safety Court Watch** program followed in 1999 as the result of a grant to start a 'volunteer-powered domestic violence court observation program.

Below, RSVP volunteer Frances Martin creates comfort items for those in need through the RSVP Knittin' Kittens program. Thank you, Frances!



Power Up! followed in 2000 with computer classes taught by RSVP volunteers for RSVP volunteers.

- **Power Up+** was added in 2005 to offer technology job skills instruction for re-integrating ex-offenders.

- **Grandfriends** is a collaboration with Community Action Project started in 2005.

- **Knittin' Kittens** began in 2005 as RSVP volunteers used their knitting and crocheting, quilting, and sewing skills to create a wide variety of comfort items to gift to children, seniors, nursing homes, hospital patients and others with special needs.

During the past forty years, countless RSVP volunteers have provided countless hours of service at an enormous dollar savings to the City of Tulsa and community members.

Pat yourselves on the back for your honorable and valuable contributions to others over the past 40 years in Tulsa. And remember to pass it on—thank a volunteer!

It's Spring fever. That is what the name of it is. And when you have it, you want—oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so.—Mark Twain

Laughter Yoga - Really!

Okay, this is an interesting one... A lot has been written about ways for seniors to stay active and healthy. We've read about walking, swimming, Pilates, Yoga, and the list goes on. All of these activities help elderly men and women stay healthy to one degree or another. Here's another way. It's called "Laughter Yoga". No kidding. Read on:

Here is the deal. Laughter Yoga is almost a misnomer. There is no stretching, and there are no funny poses. You don't have to be flexible, and you are not allowed to be serene. The only Yoga-sequel characteristic here is some deep breathing here and there. Everything else is just, well, silliness.

Case in point: there is a Laughter Yoga studio in Portland, Oregon. A class of about twenty people come together and do "laughter exercises." They practice laughing in all different imaginary situations. They get in a big circle, and pretend they are opening up a mailbox and finding their credit card bill. The bill is so high, all you can do is laugh! So they laugh outrageously. They do many variations of these little scenarios, and even if people are pushing it in the beginning, they all end up legitimately cracking up after a bit.

The instructor at this studio took her unique strategy to an assisted living facility recently, and the residents really enjoyed it. So even though I find the whole thing to be a bit odd, I have to hand it to them: this could really help some senior citizens. After all, it's fun to be silly, and people have a

good time. But that isn't the main point. The point, as doctors have said many, many times, is that laughter is excellent medicine, and pretty good exercise, too.

The [Mayo Clinic website](#) even touts the benefits of laughter. Among other things, they say it:

- Stimulates organs like the heart and lungs by increasing your oxygen intake when you breath, and increases the release of endorphins that the brain releases.
- Relieves tension by stimulating better blood circulation
- Fosters relaxation
- Boosts your immune system
- Can help relieve pain
- Increases your personal sense of wellness


For seniors, who are already very often battling health challenges and emotional difficulties, laughter can go a long way. For some, laughter yoga might help that process.



Shown above is one of RSVP's "house" laughers. Dick Davito. He drives the American Cancer Society vehicles regularly to transport patients to medical appointments and back. He always has a smile and a joke or two, and when we see him enter the door at the office, we all know he won't leave without tossing some candy on each of our desks. Thanks, Dick, for sharing your good humor that always leaves a smile on our faces.

Laughter yoga is making its rounds not only in Oregon, but around the world. Just Google it on YouTube and see all the examples. It's...interesting. Is it silly? Yes. Would I be caught in a laughter yoga class? Maybe. But could it help our aging loved ones in senior care facilities? Yes, without doubt, it could help. Because even though it seems incredibly silly, laughter is good for you. And if it is good for seniors, then it is good for all of us!

To share your smile and laughter with others in our community who just might benefit by smiling and laughing along with you while you serve them through a volunteer job, contact Gary Ann at RSVP.



Congratulations to Diana Askins,
RSVP Office Manager,
for her election to the
board of directors of the
Oklahoma Recycling Association.

Article adapted from "Laughter: A New Trend in Senior Exercise" at www.icareforelders.com

RSVP Members Are Invited

Boston Avenue Methodist Church, 1301 South Boston Avenue, is presenting a lunch series of presentations for older members and other community seniors. RSVP volunteer members are invited to join the "Another Helping" lunch group. All of the featured monthly speakers except for the musical group members are volunteer members of RSVP of Tulsa.

The group meets from noon-1:30 at Boston Avenue. Cost of the hot lunch is \$5.00 per person, or you may bring your brown bag lunch. To reserve to attend any of the following listed presentations, call the office of

Rev. Paul Staat at 918-583-5181X129, or leave word with the church receptionist at the main number: 918-583-5181. Ask for specific directions when you call to reserve your place.

Wed 5/18/2011

Vintage Wildflowers: A Luncheon Concert, Irish Music Trio with Dana Maher Fitzgerald and her musical partners Abby and Melanie, who were all classically-trained musicians from the University of Tulsa

Wed 6/15/2011

Judge Deborah Shallcross, "How I Became a District Court Judge"

Wed 7/20/2011

Jim McGowan, "Doing Business in China: Sharing the Humor of Cultural Differences"

Wed, 8/24/2011

To be announced

March and April speakers were RSVP volunteers *Sherry Clark*, "Senior-Wise Safety", and *Dr. Norman Simon* presenting, "Life After Retirement."

PAID POSITION:

Cypress Springs Memory Care Center needs a receptionist on Saturdays and Sundays. The shift schedule is flexible. The position requires a drug test and background check, friendly attitude, good telephone etiquette, and working well with people. *This is a paid position, \$8/hour.* If interested, complete an employment application at 7210 S. Yale. Call 918-591-2525 for more information.

100 & Up!

Lynn Peters Adler, a former lawyer who founded and runs the National Centenarian Awareness Project didn't even know the word "centenarian" twenty-five years ago when she began to work with people 100 years old and older. With her experience working with as many as 25 centenarians a week, she has culled some similarities among them:

- A positive but realistic attitude.
- A love of life and sense of humor.
- Spirituality.
- Courage.
- And a remarkable ability to accept the losses that come with age but not be stopped by them.

"Centenarians are not quitters," she said. Between 1990-2000, the US Census Bureau reports a 34.7% increase of citizens over the age of 95. In 1990, about 15 in every 100,000 Americans had reached 100; in 2010, it was more than 23 per 100,000, according to census figures. The increase in the number of 100-year-olds is attributed to improved medical care since the 1900's and resulting lower infant mortality rates, good genes, and good overall health decisions like healthy eating and not smoking.

Excerpt from "Number of 100-year-olds is booming in US", Associated Press 2011

2011 D2D
Honorary Chair ,
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Chair, Edward Rogers
Celebrity Emcee,
Karen Keith

Live & Silent Auctions
Great Food
Amazing Desserts

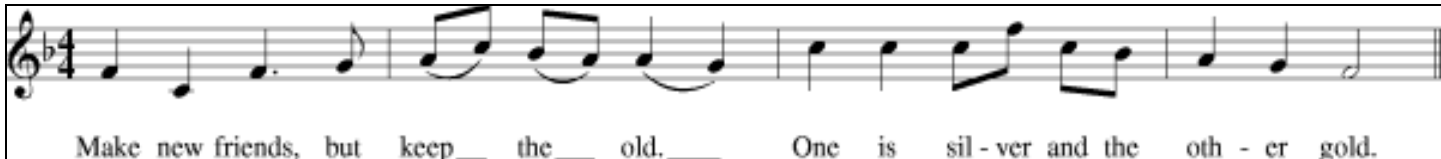
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RSVP
Lead. Inspire. Change the World. Again.
"We Connect Volunteers to Community Needs."

Presented by
GEORGE KAISER FAMILY FOUNDATION

Hosted by
Hard Rock Hotel & Casino

SAVE THE DATE
Saturday, July 30, 2011
6:00pm
Hard Rock Hotel & Casino
denim to diamonds



WELCOME!! Ayfer Cetinkaya, Judy L. May, Marshall D. Preston, Darcy Lemendez, Sandra Jamison, Bob Sawyer, Adairia Watts, Leo Schneider, Susan Fitzpatrick, Lynda Thornbury, Jim Jordan, Erma Lee McMinn, Camille Adkins, Leona Jordan, John T. Smith,

Irma Walthall, Robert E. Duffer, Suzanne Stephens

WE WILL MISS: James A. Anthamattan, Leah Ives, and Tommie Sparks

THANK YOU TO ALL RSVP VOLUNTEERS for your community service through RSVP!

You are appreciated—and enjoyed—by all of us who know and are fortunate enough to get to work with you!

Help Others With Your Volunteer Service

*May is
National Older Americans Month.
RSVP celebrates YOU!*

American Cancer Society has an immediate need for office volunteers to help once a week for 2 hours. This office has a positive and fun atmosphere and help is needed with mail prep, data entry, filing, copying, sorting fundraising supplies, etc. You can make your own schedule each week. Location is southwest corner of 41st and Mingo (4110 S. 100th East Ave #101.

Are you a patient, optimistic person? Here is your chance to shine.

Goodwill Industries at 2800 Southwest Blvd needs a Job Connection Assistant to assist clients in career planning, resume development, and job search activities on the computer. Volunteers are needed for 3 days of the week – choose your day.

Isn't receiving flowers one of the best ways to brighten anyone's day? Spend your volunteer time helping create lovely arrangements in the **Hillcrest Medical Center** floral dept. Volunteers are taught to create floral arrangements, or you can deliver flowers and mail to patients in their rooms.

American Cancer Society volunteers assist patients by driving them to their medical appointments. Volunteers drive the Cancer Society vehicle and are required to have a good driving record.

Please consider this request from **Tulsa & Creek County Senior Nutrition Program** that needs drivers to deliver meals to homebound seniors in these areas: 11th/Memorial, or 61st and 33rd West Ave. You will use your own car, pick the meals up at a designated site within the delivery area, and then deliver the meals to 10 individual homebound seniors who need this assistance. If you can help just one day of the week or everyday – you are needed by those who will not have access to healthy food without volunteer support and assistance.

American Red Cross has need for volunteers who will serve as donor registration receptionists and post-donation canteen host/hostesses at either of the centers at 11th/Hwy 169, or 71st/Memorial area. If you are able to help the American Red Cross fulfill their mission to save lives every day, please step up to help. Daylong shift time is 10:15am-6:30pm. Half-day shifts are 10:15am-2:00pm, and 2:00-6:30pm at both sites. Contact RSVP.



Mrs. Bunny, RSVP Volunteer **Diane Theys**, volunteered at the *Tulsa Garden Center* Springfest on April 9. "It was quite rewarding, but that bunny suit sure was hot," Diane reports. "t was a lot of fun with the kids, and a few adults wanted their picture taken with the Easter Bunny, too."

Contact RSVP for volunteers who serve where they are needed!

RSVP

Retired Senior Volunteer Program of Tulsa, Inc.

5756 E 31st Street
Tulsa, OK 74135



918 280-8656



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We're on the Web:
www.rsvptulsa.org
(918) 280-8656

facebook

Please share your newsletter with another 55+ person who may not know about the great benefits of free RSVP membership. Thank you!

Laughter is Good for the Soul



Laughing all the way to the eye doctor...

A Polish immigrant went to the DMV to apply for a driver's license. First, of course, he had to take an eye sight test. The optician showed him a card with the letters: 'C Z W I X N O S T A C Z.'

'Can you read this?' the optician asked.

'Read it?' the Polish guy replied, 'I know the guy.'

NOTICE, Please:



If you are an RSVP member and have changed your telephone number, or are using a cell phone only and have discontinued your land line service, please notify RSVP of your change of number. If in doubt about what telephone number you have on file with RSVP, please advise RSVP of the best number at which to reach you.

As well, if you have moved, please contact RSVP and give us your new address.

We don't want to lose you!



Senior Star Living

Burgundy Place

8887 S. Lewis
299-0953

and Woodland Terrace

9524 E. 71st
250-3631

Retirement Communities Tulsa, OK

seniorstar.com