

# RSVP IS FOR VOLUNTEERS

## RSVP Volunteers Help Communities

Stay linked with activities to keep you smiling! To volunteer for any of the following events, or to expand or make changes to your volunteer activities, or to refer a friend to RSVP, contact Gary Ann

Tomkalski, at 918-280-8656/  
[garyann@rsvptulsa.org](mailto:garyann@rsvptulsa.org)



### SHORT TIME EVENTS

**The Salvation Army** needs volunteers leading up to Christmas during Nov and Dec: Red Kettle Campaign bell ringers, volunteers to sort & pack holiday food baskets, Angel Tree volunteers to assist families at local malls, and Angel Tree gift volunteers to sort gifts from toy drives.

Also, computer-savvy volunteers assist low-income families in registering for the Angel Tree at 924 S. Hudson from 9/14-10/14/2011 any hours each day from 9am-3pm. Bilingual volunteers are needed.

**Broken Arrow Neighbors, 322 W. Broadway,** seeks volunteers to occasionally serve as receptionist to answer phone and help with general office work; learn to

interview clients, and to pack client food bags from the pantry. With the holidays coming right up, volunteer support is necessary and appreciated!

**Broken Arrow Neighbors** needs volunteers to call in from time to time to assist in these areas: receptionist, client interviewer, and food pantry volunteer. If you would like to help, BAN is ready to talk to you! This Agency helps so many people in the Broken Arrow community.

**C.A.P. Tax Program, 4606 S. Garnett #100,** volunteer training begins in Oct. If you like the idea of helping low-income families complete their tax forms to maximize their returns, you'll like working in this program from Jan-Apr 2012. Computer skills are necessary and you'll be taught the rest of what you need to know. Call Pam Smith at Community Action Program to register at 918-382-3225.

**The Tulsa State Fair** will hold volunteer sign-up sessions on Sept 10 at 10am, & Sept 12 at 6pm at the Fairgrounds. The 2011 Fair is Sep 29- Oct 9.

### REGULAR SCHEDULE VOLUNTEER OPPORTUNITIES

Love children and the enchanting energy and enthusiasm of 3 & 4 year olds? You are needed as an **RSVP Grand-friend** in 14 Early Learning classrooms in Tulsa Metro locations. Come visit one time to see if this volunteer opportunity is right for you! A background check is required.

**American Red Cross** needs Donor Registration Receptionists and Post-donation Canteen Host/Hostesses at the Main Center 11<sup>th</sup> and HWY 169 or Southside Center at 71<sup>st</sup> and Memorial area. The shift hours on M-Th are 10:00-3:00pm and/or 3:00- 6:30pm. Fri & Sat shift hours are 8-3:00pm at both locations.

**Laureate Outpatient Clinic, 6655 S. Yale,** near St. Francis Hospital, needs volunteers for the AM and PM shifts at their front info desk. If you like putting people at ease, this is a spot for you. Full training is provided.

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Editor: Sherry Clark

**Rosa Parks Elementary School, 13702 E. 46<sup>th</sup> Place South,** Reading Buddies can make all the difference to youngsters learning to read. Volunteers go 1-2 times a week to listen and gently support children as they read to you. Call Gary Ann to choose a day and time to go to school to help kids!

**Neighbors Along the Line, 5000 Charles Page Blvd** wants volunteer healthcare providers to help uninsured patients. The medical clinic is open each Mon from 5:30-7pm. If you are a retired RN, physician or pharmacy tech, you are especially needed. Arrange to observe a medical shift prior to committing to help NAL one evening each month.

**Tulsa Air & Space Museum, near the Airport,** has program openings for volunteer rover hosts to assist visitors with hands-on exhibits and share Tulsa's history. The Museum's atmosphere is relaxed. Volunteers contribute \$25 for the shirt you are asked to wear when you volunteer. A background check is required; training provided.

New volunteer positions are also open at **Cancer Treatment Center of America, Oklahoma Blood Institute, American Heart Association.** For a full listing, see Volunteer Opportunities at [www.rsvptulsa.org](http://www.rsvptulsa.org), or contact Gary Ann for information.



## Tulsa Area Household Medication Disposal Sites



The *Oklahoma Bureau of Narcotics and Dangerous Drugs (OKNDD)* developed this state-wide plan, supplied the drop boxes, and collects the medications for disposal. In Tulsa, Covanta Energy, the company that incinerates Tulsa trash, is now set-up to destroy the collected medications through a partnership with the OKBNDD.

The medication disposal program is anonymous. Simply deposit the drug items into the designated container at the disposal site. It resembles an outdoor mail drop box.

Most disposal sites are open M–F from 8am-4:30pm. Call the disposal site number before going to assure it is open to receive your donation.

**Important:** *Do not take syringes or inhalers to the drop-off sites; the program is for households only and not for hospitals, doctor's offices, pharmacies or other businesses that handle these items.*

### Collection Sites

**Tulsa Police Gilcrease Division**  
3436 N Delaware Ave, Tulsa, OK  
74110 918-591-4100

**Tulsa Police Mingo Valley Division**  
10122 E 11th Street , Tulsa, OK 74128,  
918-669-6000

**Tulsa Police Riverside Division**  
7515 S Riverside Drive, Tulsa, Ok  
74136, 918-596-1100

**Broken Arrow Police Department**  
2302 1<sup>st</sup> Pl, Broken Arrow, OK 74012,  
918-451-8213

**Sand Springs Police Department**  
100 E Broadway, Sand Springs, OK  
74063, 918-245-8777

**Sapulpa Police Department**  
20 N Walnut, Sapulpa, OK 74066,  
918-227-5100

### Frequently Asked Questions

**How can I protect my identity?** Pour the medication into an unmarked plastic sealable bag, seal it tightly, and take it to a collection site. Throw your empty vials and bottles into your trash after using a wide felt tip permanent marker to black-out the letters and numbers.

**Why can't I donate my unneeded medicines?** Your medicines may have exceeded the expiration date printed on the label; thus, they are considered not useable by pharmacist experts. Additionally, medicines should be stored at certain temperatures, humidity, and light levels to prevent changes in the chemicals. Also, it is possible that the container may have been tampered with. These possible conditions suggest that the best option is to properly destroy them.

Before collection programs were

developed, evidence that medical chemicals disposed of by flushing or land fill in our eco-system was increasing to unhealthy levels causing The White House, Environmental Protection Agency (EPA) and the Food and the Food and Drug Agency (FDA) to publish national standards for collection and disposal of medications.

**Why should I take my unneeded medicines to a disposal site?** Unfortunately, legal medicines in household medicine cabinets have become poisons by choice or unintentionally by drug over-dosage, abuse, or improper use. *The rates of overdoses/deaths from the misuse of legal medications in Oklahoma continue to escalate.* Store your medications in a safe and secure location that makes the drug more difficult to obtain.

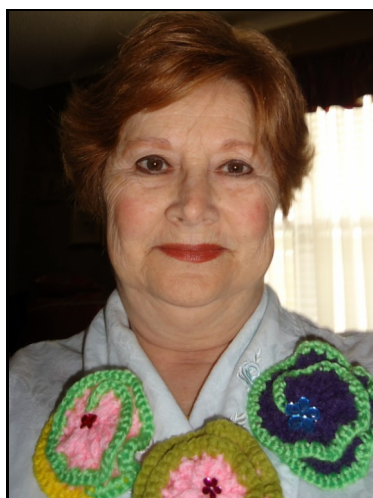
Current disposal programs are safe, legal, and are removing large quantities of medications from our streams, lakes, sewage systems, and land fills.

Visit this web page for more information and statistics. <http://www.cdc.gov/HomeandRecreationalSafety/Poisoning/poisoning-factsheet.htm>

*Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another.* — Erma Bombeck

## It's All About You

**Patsy Reid**, below, makes it her personal business to assure that people suffering trauma from violence and illness know that they are not alone. Patsy creates her special brand of **Hope Blossoms**, seen here pinned on her blouse, and recently taught her



granddaughter, above top, to make them, too. Way to go, Patsy!

A Beading Class is offered by member **Joyce Boltz** on Tuesday October 4 from 10-noon at RSVP. Students will learn basic stringing and design techniques. Bring a necklace you want to re-string or re-design, or purchase beads you like at Michael's or Hobby Lobby to make a pair of earrings. Joyce will provide jewelry wire and needles. Call RSVP to register.

**Technology Teacher Assistants, please contact RSVP to learn of the important need to teach basic job skills to reintegrating prisoners at Redemption Ministries.**



### Restaurant Discounts for Seniors!

1. Applebee's: 15% off with Golden Apple Card (60+)
2. **Arby's**: 10% off (55+)
3. Bennigan's: discount varies by location
4. Burger King: 10% off (60+)
5. Chick-Fil-A: 10% off or free small drink or coffee (55+)
6. Chili's: 10% off (55+)
7. CiCi's Pizza: 10% off (60+)
8. **Denny's**: 10% off, 20% off for AARP members (55+)
9. Dunkin' Donuts: 10% off or free coffee (55+)
10. Fuddrucker's: 10% off any senior platter (55+)
11. Golden Corral: 10% off (60+)
12. **Hardee's**: \$0.33 beverages everyday (65+)
13. IHOP: 10% off (55+)
14. **Jack in the Box**: up to 20% off (55+)
15. **KFC**: free small drink with any meal (55+)
16. **Krispy Kreme**: 10% off (50+)
17. **McDonald's**: discounts on coffee everyday (55+)
18. Sonic: 10% off or free beverage (60+)
19. Steak 'n Shake: 10% off every Monday & Tuesday (50+)
20. Subway: 10% off (60+)
21. Taco Bell: 5% off; free beverages for seniors (65+)
22. Village Inn: 10% off (60+)
23. Waffle House: 10% off every Monday (60+)
24. Wendy's: 10% off (55+)

More info regarding senior discounting at restaurants can be found at this link: [http://couponing.about.com/od/localcoupons/a/seniors\\_dining.htm](http://couponing.about.com/od/localcoupons/a/seniors_dining.htm)

**Colonel Robert W. Powell**, below, USAF Retired and RSVP member, for the past decade has worked toward his goal of securing a permanent home for the Museum of Military History he conceived of and created many years ago. The Colonel's objective is to promote patriotism through preservation of military history.

The Colonel's concerted effort, with the support of other volunteers over the years, is realized with a new and permanent address at 112 N. Main Street in Broken Arrow. The Broken Arrow Mayor notified Bob in a letter stating that on February 1, 2011, the City Council voted and passed a resolution to establish the museum. Congratulations to Col Powell, the Museum Volunteer Team, and the Broken Arrow community!



To volunteer at the Museum that showcases an impressive and important collection of military items representing all wars in which American's have fought, contact Gary Ann at RSVP. Learn more at <http://powellmomh.org/>.



Make new friends, but keep the old. One is silver and the other gold.

### *Welcome to New Members!*

Marlita Stevenson, Millie O'Dell, Annette Paliotta, Shirley Berry, Jenny Hammons, Barbara and Pete Resz, Judy Faulkenberry, Pat Polumbus, Pratip Bandyopadhyay, Robyn Wildey, Debra Carter, Mary Chappell, Patricia Jones, Bill Bailey, Jaqualyn Moss, Jeannette Barnett,

Michael Jackson, Dr. Marilyn Troupe, Teri Franklin, Marybelle Franklin, Linda Haley, Julie Atteberry, Sue Hill, Jewel Naufel, Barbara Becktel

### *In Loving Memory of Those Who Have Touched Our Lives:*

Deidre Ellis 6/20/2011  
Gerry Hinkle 6/21/2011

The **RSVP Member Referral Contest** only has about **6 weeks left until the prize drawings**. To date, it has resulted in **thirty-two** new volunteers referred to RSVP and connected to a volunteer position. That's thirty-two seniors helping our community and themselves stay healthier and happier! The drawing for \$40 gift cards for those members making the referrals will take place at the October 27<sup>th</sup>, Volunteer Recognition Event! The last date to make a volunteer referral is October 21<sup>st</sup>. RSVP volunteers rock!

## RSVP Group Project Volunteers



RSVP Group Project Volunteers shuffled a lot of materials for good purposes during the hot days of August.

Twenty-three RSVP volunteers served a combined 203 hours during four days to consolidate and package over 63,000 pieces of pa-

per. Approximately 4,200 parent packets were put together for seven *Union Elementary Schools* to give to families with children living in the school district. The packets contained enrollment forms and information for parents for the 2011-2012 school year. Volunteers who worked on this important project gave teachers extra time they need to prepare their classrooms for the coming year. The volunteers who worked on the project were:

**Virginia Bailey, Mary Barnett, Alice Bates, Mary Ann Bosley, Elenia Campbell, Erma Carroll, Shirley Crane, Ed Dunlap, Mary Lou Eldridge, Joan Gideon, Barbara Greenleaf, Doris & John Gregory, Cheryl Hinds, Bert Morphis, Betty Peterson, Mary Schaum, Anna Schlicting, Dorothy Tatom, Chuck Thomas, Delores Tyler, Odeyne Vandiver, and Mary Washburn.**



On August 16-17, 12 RSVP and AARP volunteers prepared awareness ribbons for the *Food Bank of Eastern Oklahoma* and Hunger Awareness Month, September 2011.

Volunteers cut bright orange ribbon into 6-inch strips, formed the ribbons, and attached safety pins to each to create approximately 4,000 awareness ribbons. The Food Bank had previously completed 3,000 ribbons with a deadline of August 18 to reach their goal of 7,000 ribbons. RSVP and AARP volunteers worked together to complete the remaining 4,000 ribbons.



# RSVP

## Retired Senior Volunteer Program, Inc.

5756 E 31st Street  
Tulsa, OK 74135

[www.rsvptulsa.org](http://www.rsvptulsa.org)

Non Profit  
Organization  
US POSTAGE  
PAID  
TULSA, OK  
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Member Agency



**SENIOR CORPS**

Component of  
NATIONAL &  
COMMUNITY  
SERVICE

**We're on the Web:**

[www.rsvptulsa.org](http://www.rsvptulsa.org)

**(918) 280-8656**

***RETURN SERVICE REQUESTED***

*Please share your newsletter!*

## More Volunteer Opportunities

**St. John Medical BA** needs you! Bring your warm smile and ability to comfort people to a position at the Guest Services Desk, either Sat or Sun from 10a-2p. You can apply now online at [www.sjmc.org](http://www.sjmc.org) and also check out volunteer benefits, or contact RSVP.

**American Cancer Society, 4110 S 100<sup>th</sup> E Ave**, has an urgent need for Tulsa drivers to transport cancer patients to their treatments. ACS will provide the vehicle; you provide kindness & safe driving. Staff will help you find times that work with your schedule 1/2 day per week or every other week—you are needed.



The **Family Safety Center**, 3010 S Harvard is seeking volunteers who will train to become victim-survivor advocates. Volunteers assist people with the completion of emergency protective order applications, help develop family safety

plans, and provide comfort and support to victims and their children who are seeking protection and safety in their lives.

**StreetCats, Inc, 6520 E 60<sup>th</sup> St**, seeks Kitty Boutique retail volunteers and also to help with kitty maintenance and socializing with the twelve cats who are housed at the location until homes are found for them. AM and PM shifts from Tu—Sat need volunteers.

**Hospitality House** is a home away from home for people suffering with the health crisis of a loved one locally hospitalized. Volunteers are wanted to help prepare meals, or serve as a Day Room Host. Day Room Host trainings will be provided to interested volunteers.

**Find a full listing of volunteer opportunities at [www.rsvptulsa.org](http://www.rsvptulsa.org), or contact Gary Ann at RSVP.**



**Senior Star  
Living**

***Burgundy Place***

8887 S. Lewis

**299-0953**

**and**

***Woodland  
Terrace***

9524 E. 71st

**250-3631**

***Retirement  
Communities  
Tulsa, OK***

**seniorstar.com**