

December 16, 2014



*Wishing you a very Merry Christmas and
Happy Holiday Season!*

**The RSVP offices will be closed
Wednesday, December 4th – Thursday, January 1st**

Thank you so very much for the contributions you have made throughout this year! Your work in our community is staggering - you all have accomplished so much for so many and I am grateful to have the opportunity to be a small part of your year. RSVP has a lot of wonderful seminars and more planned for the 2015 year and we are looking forward to working with each one of you. Come by and say "hi" we love seeing your faces and hearing from you.

Best wishes,

*Tonnie
RSVP Executive Director*



OKLAHOMA CITY – Officials are warning Oklahomans of a jury duty scam.

Attorney General Scott Pruitt issued a scam warning after several Oklahomans say they received phone calls from someone claiming to be from a sheriff's office.

According to officials, the caller told citizens that they failed to appear for jury duty and now must pay a fine or be arrested.

"Neither the court nor law enforcement will ever call you regarding jury duty," Attorney General Pruitt said. "Jury duty notices are sent by the court clerk, and these notices will always be sent to perspective jurors by mail. We encourage Oklahomans to contact our office if they feel they have been a victim of a scam or if they have been contacted through a suspicious phone call, e-mail or letter."

The Attorney General's Office listed the following tips on how to avoid becoming a victim of a telephone scam:

- Try to verify the caller's identity as well as the company they represent;
- Don't provide personal or financial information unless you have initiated the call to a verified reputable person, business or government entity;
- Never send money through a wire transfer or other means unless you are sending to a close friend or family member;
- Don't feel pressured to give information or send money quickly.
- Please contact local law enforcement if you have been a victim of a scam.

**(Don't forget to look all the way through this
Email for short term opportunities!)**

(I have attached a PDF version for anyone having difficulty accessing this version)

LONG TERM OPPORTUNITIES

Email me at karen@rsvptulsa.org or call 918-280-8656 for more information about these exciting opportunities!



RSVP AIRPORT AMBASSADORS, A fun and rewarding opportunity! Ambassadors work four-hour shifts one day per week, and provide hospitality and information services to airline passengers at three locations at the airport. The Ambassadors are invaluable in the assistance they provide to people both arriving and departing the Tulsa area and have been recognized numerous times for their willingness to go above and beyond in assisting the public. Free convenient parking and a uniform are provided. RSVP Airport Ambassadors provide goodwill and are the first welcome visitors receive when arriving at our airport. Early morning, late afternoon and weekend shifts are available. Uniforms, parking and other perks provided.

Your life experience and interest in systems and processes, social services, counseling, or family advocacy and your interest in the judicial system can lead to increased safety for victims of rape and domestic violence and their children and to accountability for abusers. **RSVP/Family Safety Center Court Watch** volunteers document the court process to identify trends, changes in procedures, and in case response by the courts, law enforcement, district attorney, advocates, healthcare, and other process participants charged with public safety and protection. Shifts are available M-Th from 9-noon at Tulsa County Courthouse. On-the-job education and mentors are provided every step of the way, as well as at-home reading education, for this 4 hrs/wk volunteer position that offers a hands-on look into the Tulsa County judicial system and public safety, a challenging learning curve, and the

**LONG TERM OPPORTUNITIES
CONTINUED**

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Tulsa Historical Society, 2445 South Peoria Historical Society volunteers are known officially as the Guardians. Guardian volunteers support the mission of THS to collect, preserve and present Tulsa's history by providing assistance to staff in daily operations and special projects. Service as a Guardian gives individuals an opportunity to broaden their knowledge of Tulsa's history, an opportunity to work in a beautiful environment and an opportunity to join with a friendly committed group of people who share a passion for Tulsa's history. Guardians must be at least 18 and be available to work at least one three hour shift a month. Ongoing training and educational opportunities are provided.



N.E.A.T.'s, North East Active Timers at 3119 S. Jamestown Ave is looking for a volunteer to help in the office on **Wednesday** from noon-3pm **N.E.A.T.'s** mission is to provide programs and services for the "chronologically gifted" (55+) with a focus on centenarians through fellowship for education and enrichment, participation in excursions, trips, and local and area events. Also to encourage retirees to become volunteers in the community to assist the young and the old in ways that will add to their quality of life.

Hospitality House of Tulsa, 1135 S Victor Ave.

opportunity to contribute expertise, innovation, and leadership. Contact sherry@rsvptulsa.org

Your experiences with processes, medical or social services, or as a personal advocate for a friend or loved one of your own who received medical care and services in a residential care facility, can help assure that they receive safe, gentle, and appropriate care. **INCOG AAA (Area Agency on Aging) Long Term Care (LTC) Ombudsman** program experts will teach you to observe and advocate for two hours each month with your eyes, ears, and heart. Though we want to trust that all is well in the centers, data tells us that all is not always well, and there is a startling documented shortage of oversight throughout the industry. For complete volunteer position info, contact sherry@rsvptulsa.org. About INCOG AAA: http://www.incog.org/agency_on_aging/aaa_main.html

RSVP Power Up+ volunteers teach job skills to people who need and want to find employment. If you can use a computer to search the Internet, you can help as a teacher, coach, or mentor in several employment and job-seeking projects supported by Tulsa non-profits. Contact sherry@rsvptulsa.org.

New! Living Arts of Tulsa, Inc. 307 East M. B. Brady Street, needs help with distributing Posters, Friday, December 19th, 2014 would be best. In the future, Living Arts will contact you further in advance for future shows. Please, let us know what is available. The posters are to publicize Speaking Volumes/Transforming Hate, a traveling showcase featuring the diverse work of 39 artists who have transformed thousands of anti-Semitic and racist books into an uplifting and dynamic exhibition. The exhibition is visually powerful, thought provoking, sometimes humorous, always challenging, and ultimately deeply moving. Speaking Volumes/Transforming Hate opens January 2nd from 6:00pm-9:00pm and the show will remain in the Living Arts Galleries through February 26th. There will be a curator's talk at 5:30pm event. The distribution would involve traveling the Tulsa area, taping or stapling around 50 posters in various locations. Any and all help would be appreciated! Volunteers should have the ability to walk distances up to 1/2 mile or more and be fairly familiar with the Tulsa area.

offers a variety of volunteer positions:

Welcome Center Host, Hospitality House offers a 'Home Away From Home' for families caring for loved ones in medical crisis. The Welcome Host will provide assistance with checking families in and out, acting as host to families, answering phone, light office duties, light housekeeping, assisting staff with daily activities such as delivering meals, routine apartment checks, baking cookies, folding laundry, etc. Need to be physically able to climb stairs.

Training provided. Various shifts are available. **Meal Preparation**, Nothing says "home" better than a home-cooked meal prepared by people who truly care. Help ease the stress and financial burden for families in medical crisis and give them a "home away from home" by preparing meals. Meals may be either dropped off at the Welcome Center and delivered to the families' apartments, or served family-style in the Welcome Center where guests are invited down to share in fellowship time. You can help by joining with your family, friends, co-workers or church group to provide meals for Hospitality House families, monthly, quarterly, or whenever works with your schedule!

Gardner, a volunteer with a "Green Thumb" is needed to maintain small landscaped beds for this local non-profit that provides a 'home away from home' for families caring for loved ones in medical crisis. Here's your chance to get some exercise, be outside in the fresh air and help others!

Cancer Treatment Centers of America, Has a variety of volunteer positions available. 10109 E. 79th St, (81st and HWY 169 or 81st and Mingo area). Volunteers can park in the visitor parking on the south side of the bldg. There is also free valet parking if it is dark and you don't want to walk to your car

Concierge Assistant, Assist the Concierge with duties as needed such as deliver flowers, deliver a wheelchair to a guest room, deliver mail to a guest room, visit with guests in the lobby or water flowers in the lobby area, shifts are 4 hours. It is a visible position because the Concierges get a lot of questions, so a fast paced area.

Clinic Host/Hostess, You will serve in our busy Clinic by assisting the check-in desk with needed activities by making copies or fixing the

New! N.E.A.T.'s, North East Active Timers at 3119 S. Jamestown Ave is in need of someone to help with accounting/finances and computer. They would hopefully be open to serving as treasurer or assistant treasurer and serve on NEATs Board of Directors. Terms run annually from July-June of each fiscal year. However, they operate financially on the calendar year.

Oklahoma Life Skills Association: Special Kids, 6311 East Tecumseh, is in need of a Front Office Assistant. Anytime, M-F one to two times per week, hours are flexible. Are you organized? Is there a place for everything and everything in its place? Then they need you in this fun, fast paced and friendly environment with charming children. Special Kids staff spends most of their time in the classrooms with the children. They need someone to help keep the office neat, papers filed away, copies made for teachers and daily sheets. Free parking, lunches and snacks

Community Health Connection, 2321 East 3rd Street, needs volunteers for reception and intake assistance. Shifts are Monday-Friday 9:00am to 12:30pm or 12:30pm to 4pm. Volunteers should enjoy visiting with people, courteously answering questions and bi-lingual would be a plus. The mission of Community Health Connection is to provide quality and accessible health care across all life cycles regardless of ability to pay and to respect the dignity and culture of our community now and in the future.



The Food Bank Senior Servings. The site is Gilcrease Hills Estates (near Gilcrease Museum). One in 16 Oklahoma seniors has to choose between purchasing food and medicine. Senior Servings provides nutritious food to seniors over 60 who are at risk of hunger. The seniors receive fresh produce, bakery items and a pre-packed bag of healthy, shelf-stable food (food with a long shelf life). The Food Bank partners with low-income senior housing complexes, senior centers and congregate meal sites to distribute the food to seniors twice a month. The program currently serves more than 1,350 seniors at 32 sites in 14

puzzle pads. You may also help make our patients comfortable while they wait for appointments by visiting with waiting patients or caregivers, getting them warm blankets if they are cold, getting them coffee or tea from the hospitality area in the clinic, get them magazines or puzzle books, etc... Tues and Thurs 9am to 1pm or 10am to 2pm....either shift. You will be on your feet most of the time so need to dress in comfortable, close-toed shoes.

Pianist on Wednesdays, 11am – 1pm (or you can play longer if you want!). 11am – Noon they play in the Gallery on our new Yamaha Digital piano and then from Noon – 1pm on the keyboard in our Dining Room.

CTCA volunteers receive access to the Fitness Center, every volunteer has to have a TB test and booster done to become a volunteer, annual TB & Flu shots are free, you receive a free meal for every 4 hours served, an invitation to the annual Volunteer Recognition event with a gift, and an invitation to the stakeholder Christmas party for all of CTCA, free parking and a free Volunteer jacket/smock to wear when serving there

Tulsa Walking Club Get your walk on with a regularly scheduled walk at Promenade Mall at 5:30 each Monday (meet in the Food Court), and at pre-planned and -scheduled monthly events held the 1st and 3rd Saturday of each month around Green Country. Walk event schedule is online at <http://avaclubs.org/tulsawalkingclub/> and Walk event and volunteer questions will be answered by Club President at arnoldtea@hotmail.com. Or, contact sherry@rsvptulsa.org

- Can't walk but would love to meet the walkers and be part of the pre- and post-walk camaraderie? You can volunteer – bring the entire family to volunteer! - with walker registration at on-site Walk events, or as a virtual volunteer to assist with walker documentation pick-up or data entry, or contribute your writing skills for monthly newsletter articles and flyers. All training and support is provided by seasoned TWC officers who serve because they believe in the TWC mission of Fitness, Fun, and Friendship.
- To meet the members, sign-up for events, order patches and member books, and

counties. **The Gilcrease site** is in need of 1-2 volunteers to help with the distribution of the food. Their distributions are on the 1st and 3rd Monday every month, from approximately 10:30am to noon. During this time frame, the volunteers will help a Food Bank staff member bring the food inside from the parking lot, set it out on tables inside, and get people to sign-in as they come to pick up the food. The volunteers can begin ASAP

Tulsa Day Center for the Homeless, Hudson Villas 727 S. Hudson Ave., needs a Kitchen Assistant at the Villas which is a supportive housing complex for individuals who have struggled with chronic homelessness. The reason Hudson Villas is different is the continued support from the staff including a case manager, eviction prevention specialist and a chef to prepare healthy meals in the cafeteria which is available for all of the residents at a very low cost. As you can imagine the budget is tight and the chef works very hard every day to provide meals for clients. Skills Required: Food Handlers Permit (no charge for volunteers), Basic cooking skills, a sunny disposition, friendly and willing to work with all types of people. Hours: Mon.-Fri. 10:00am-2:00pm (flexible)

Meals On Wheels, Broken Arrow Distribution Center, 400 W. New Orleans, is in desperate need of 3 volunteers who are in the BA area. It would be for M, W, TH (one person each day) to act as Coordinators. Times will be from 9am-noon (approximately). Coordinators make sure the food arrives for the day and the drivers Takes any calls from our office for last minute cancellations and relays the information to the drivers.

American Red Cross, 10151 East 11th. **Front Desk Administration Volunteer** Monday, Tuesday, Wednesday, Thursday, Friday, Four-hour shifts between 8:30-4:30. Greeting guests (board members, volunteer interviewees, new employees) and helping them sign-in; greeting vendors and calling the associated staff member; answering/transferring incoming phone calls; supervising the out-processing and in-processing of Red Cross car reservations; light office work (stuffing envelopes, making folders, making binders)

Transportation Office Volunteer Monday,

learn about TWC and its parent organization, The American Volkspport Association, plan to attend member meetings the 2nd Wed of each month at 6:30-7:30pm at Kaiser Library (east side of LaFortune Park). Everyone can walk with no costs – *it's free!*

SHORT TERM OPPORTUNITIES

Email me at karen@rsvptulsa.org or call 918-280-8656 for more information about these exciting opportunities!



New! The Visiting Nurse Association, a United Way Agency, is holding a holiday gift wrapping booth in December and is in need of volunteers. The booth will be open for limited hours between December, 5th and the 23rd as they will focus on the weekend shoppers. The booth will be located in a store at the Promenade Mall on the lower level near JC Penny's. Store directory should be listed as space #145.

They are generally looking for volunteers to serve between 3-4 hour shifts, but are flexible as they just appreciate any time they are willing to give. **A fun project for families, friends or groups!**

Volunteers can contact Hannah to sign up by emailing at hsharp@bokf.com or calling at 918-594-7769.

Date	Hours	
	Open	Close
Friday, December 19th	6:30 PM	10:00 PM
Saturday, December 20th	10:00 AM	10:00 PM
Sunday, December 21st	1:00 PM	6:00 PM
Monday, December 22nd	6:30 PM	9:00 PM
Tuesday, December 23rd	6:30 PM	9:00 PM

Wednesday, Friday, Four-hour shifts between 8:30-4:30 Data entry, using Excel, of Red Cross vehicle pre-inspection forms. Work is completed at the front desk. This form allows us to track mileage and vehicle concerns or discrepancies for the two-state region.

Financial Development Volunteer Wednesday
Four-hour shifts between 8:30-4:30 Assist with communication with major donors and Board members; preparing materials for meetings and special events; keeping staff (3) organized; donor record data entry (will train)

Rebuilding Together Tulsa, 701 S. Main St., is a local nonprofit that provides free home repairs for low-income, elderly and disabled homeowners. All repairs focus on safety, security, and weatherproofing. They are seeking an enthusiastic, motivated volunteer to aid the Program and Community Relations Departments in Office and Clerical work.

Flexible Hours Wednesday & Thursday between 8 a.m. and 4 p.m.

- Light filing
- Scanning documents
- Small mailings
- Answering phones and taking messages

Volunteers work year round to complete free home repairs for 150-200 homeowners in Tulsa each year, allowing them to remain living in their homes.

Tulsa Symphony has opportunities for Symphony Volunteers to participate year round according to their schedules and availability from single-event participation to full engagement in many different support activities and assignments. TSO is committed to a volunteer experience that is interesting, rewarding and enjoyable.

Get to know the musicians, staff and the entire TSO family through volunteering. For a list of opportunities contact Karen:

karen@rsvptulsa.org or 918-280-8656



THE OFFICIAL SPONSOR OF BIRTHDAYS®

American Cancer Society needs Volunteer Drivers. Every day cancer patients need a ride to treatment, but some may not have a way to get there. The American Cancer Society Road to Recovery program provides transportation to and from treatment for people who have cancer who



New! Camp Fire Green Country Seamstresses needed!!! You can work from home! They are using felt fabric this year and the pattern only requires the shoulders to be sewn. Campfire can drop off the fabric and patterns at your home or the RSVP office.

New! The Salvation Army Parking Lot

Directors: Come and be a Santa's helper on our distribution days- Dec. 19th, 20th or 22nd. Seeking 3 men (dressed for the weather) who would like to use their wonderful personalities to keep traffic moving so families can get their gifts and food boxes. You would be helping our warehouse manager. Parking lot traffic control 8-12:30 or 11:30-5. I hear that everyone's' heart grows as they see this process take place.

New! Oklahoma Life Skills Association:

Special Kids, 6311 East Tecumseh. Calling all gardeners! They have received daffodil and other assorted bulbs and would love to see them bloom this spring. Planting can be done any day and time that works for you, lunch, drinks, snacks, and parking provided. Create a beautiful atmosphere for these precious children.

The Parent Child Center of Tulsa, 1421 S. Boston Ave., (near the corner of 15th and Boston). Is occasionally in need of someone that can repair dry wall and paint single offices as needed, Use of short ladder will be required. Flexible schedule with volunteers Monday - Friday 8am-5pm



Tulsa Public Schools and Starbase A grant to Tulsa Public Schools has been awarded. They will be touching 2700 Jr. High students through this project. (you can request the Jr. High closest to your home) They desperately need RSVP volunteers (maybe with some kind of science/math/technology/engineering backgrounds - hobbies, careers, etc) to rotate across three or four 7th/8th grade classes assisting Instructional Coaches who will be

do not have a ride or are unable to drive themselves. They have 3 vehicles that the drivers use currently. Volunteer drivers donate their time so that patients can receive the life-saving treatments they need.

RSVP NEWS AND OTHER ANNOUNCEMENTS!

Email me at karen@rsvptulsa.org or call 918-280-8656 for more information

Older Oklahomans invited to share poetry

The 40th Annual Oklahoma Conference on Aging is accepting entries for the 2015 Senior Poetry Contest. The contest is a popular event held in conjunction with the conference, which is sponsored by the Oklahoma Department of Human Services (DHS) Aging Services.

“The poetry contest is always a highlight of the conference,” said Katherine McRae, DHS Aging Services Programs Assistant Administrator. “Each year we receive hundreds of entries from around the state and we really enjoy the talent and creativity of the writers.”

Contestants are encouraged to submit works which reflect the conference’s theme of “Celebrate. Discover. Embrace.” Winners will be invited to read their poems and be recognized at an awards luncheon on May 5, 2015 at the Embassy Suites Norman Hotel and Conference Center.

Each poem must be the original, individual work of the contestant and only one poem may be submitted. Contestants must be current residents of Oklahoma and must have been at least 60 years old when writing the poem. No previously published work can be submitted.

Entries should be typed, 12-point font minimum, and include a cover sheet with the poem’s title, contestant’s name, address, phone number, email address and category (men’s or women’s). Do not include the contestant’s name or other identifying information on the poem. Handwritten entries will be accepted, if legible.

The submission deadline is Jan. 15, 2015. email entries to asd.poetry@okdhs.org or mail to Senior

substituting in science/math classes. **You will not be in charge of the students the Instructional Coaches assume that responsibility.** Training will be provided on the activities for the Instructional Coaches and the volunteers. Activities will be hands on and fun for you and the students.

STEM (Science, Technology, Engineering and Math) Volunteer Tentative Schedule

Jan – May 2015 (6 STEM mentors/one mentor per junior high school – 7th, 8th graders; ; will rotate/assist Instructional Coach substitutes)

Jan 5, Training, 8 am – 3 pm

Jan 14, Rotate At-School Science #4 Activity/STEM Careers, 8 am – 3 pm

Jan 15, Rotate At-School Science #4 Activity/STEM Careers, 8 am – 3 pm

Jan 23, Rotate At-School Math #3 Activity/STEM Careers, 8 am – 3 pm

Feb 5, Rotate At-School Science #5 Activity/STEM Careers, 8 am – 3 pm

Feb 10-12, Rotate At-School Math #4 Activity/STEM Careers, one ½ day assignment during these dates TBD

Feb 26, Rotate At-School Math #5 Activity/STEM Careers, 8 am – 3 pm

April 13, Training, 8am – 3 pm

May 5, Rotate At-School Math #6 Activity/STEM Careers, 8 am – 3 pm

May 7, Rotate At-School Science #6 Activity/STEM Careers, 8 am – 3 pm

May 8, Rotate At-School Science #6 Activity/STEM Careers, 8 am – 3 pm

END OF SEMESTER



The Tulsa Area United Way, in partnership with the Internal Revenue Service and other local organizations, assists low income families with free preparation of their income tax returns through the Volunteer Income Tax Assistance Program. The VITA program utilizes IRS-trained community volunteers to provide this free service to local residents. VITA volunteers assisted more than 2,300 people in preparing and filing their 2013 income tax returns. The total dollar amount of the refunds brought back into the community this year was more than \$3.4 million. This valuable service needs volunteers now for the 2015 tax season. Volunteers will

Poetry Contest, DHS Aging Services, 2401 NW 23rd St., Ste. 40, Oklahoma City, OK, 73107. For complete contest information, phone the Senior Info-Line at 1-800-211-2116 or DHS Aging Services at (405) 521-2281.

To view this news release online please go to <http://www.okdhs.org/library/news/rel/2014/11/asd11242014.htm>

receive free training that will enable them to provide this free tax help for low to moderate income families. The training is offered both online and in the classroom. VITA sites are open days, nights and some Saturdays so you can choose the schedule that works best for you! For more information, call RSVP (918) 280-8656.



Remember to like us on Facebook and keep track of RSVP activities. Please send pictures of you and others at your volunteer sites I would love to post them to our page and make you a "STAR"!!! It is also a good way to share the wonderful things you do with friends and family. <https://www.facebook.com/RSVPTulsa>



RSVP Teams Up With Walgreens to Offer "Ask a Pharmacist" Seminar Series for Seniors

Thursday, January 8th, from 2:00 PM – 4:00 PM

RSVP of Tulsa office, Volunteer Conference Room, 5756 East 31st Street, Tulsa

As seniors age, they often find that they are taking more and more medications prescribed by their doctors for various conditions, but they may not fully understand their dosing schedule, possible side effects to be aware of from their medications, drug interactions especially with over-the-counter medications as well as the number of products being sold via infomercials and online today. Anyone 55+ will be able to attend the FREE "Ask a Pharmacist" seminar and ask questions in a group setting with a licensed Walgreens pharmacist about their medications or other healthcare concerns they may have. Seating is limited. For reservations: 918-280-8656