

January 21, 2015



Scams & Fraud Alerts with Lori Fullbright

Do you know the difference from an internet scam, identity theft or urban legend? Are you at risk? Would you know how to spot if you were being targeted by a scammer and what to do to protect yourself?

Local crime reporter Lori Fullbright will discuss the latest scams and frauds being targeted at senior citizens. In an entertaining, yet informative style, Lori will teach seniors how to recognize and protect themselves from this type of growing exploitation of senior citizens.

RSVP Volunteer Coordinator Karen Dills states, "While we want to believe the best in people, there are some bad characters out there that prey on older people. We encourage all seniors, as well as their family and caregivers, to attend this important workshop so that they may be empowered to protect themselves, a friend or loved one."

The seminar is FREE and open to all ages, but seating is limited. Call the RSVP office at 918-280-8656 to make reservations.

Thursday, January 29

11:00 AM - 12:00 PM

Woodlake Assembly of God

7100 E. 31st St (Please enter on the east side
of the building-facing S. 73rd E. Ave.)

*****See flyer at the end of this email or attached form Senior Day at
the Capitol – February 23, 2015**

**(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

LONG TERM OPPORTUNITIES

CONTINUED

Email me at karen@rsvptulsa.org or

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

call 918-280-8656 for more information about these exciting opportunities!

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.

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

Tulsa Symphony has opportunities for

curve, and the 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,

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! OASIS Adult Day Services, 5525 E. 51st St. would like a men's group volunteer to assist a member of our OASIS Care Team in leading activities for our weekly men's group, any day during the week is good but would prefer either Tuesday and/or Thursday. Activities include a variety of table and video games. Participants come to OASIS to engage in a variety of activities designed to improve/maintain function and promote positive self-esteem in a safe home-like environment. OASIS participants attend our program because the individual can no longer stay at home alone due to a physical, mental, social or cognitive

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

SHORT TERM OPPORTUNITIES

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

**NURTURE
MENTOR
GROW**

New! Starbase is looking for mentors for Union 2.0 clubs that will be focusing on solar energy. Mentor Training: Thursday January 29, 4:00-6:00 PM at the Union 6th & 7th Grade Center, 10100 E. 61st St. There will be one training for both clubs' mentors. There are only 6 club meetings this spring (Club Meetings: 6th Grade will meet from 2:45-4:45 PM and 7th Grade will meet from 4:00-6:00 PM on the following Thursdays February 12th, 26th, March 12th, 26th, April 9th and the final day will be Graduation on April 23rd.) STARBASE Mentoring combines STEM (Science, Technology, Engineering, and Mathematics) activities with a relationship-rich, school-based environment to provide the missing link for at-risk youth making the transition from elementary to middle school.



New! Camp Fire Green Country

impairment. This is an opportunity to make a positive difference in the lives of our male participants and their families. OASIS provides lunch and any other snacks when indicated for parties and special events. Free Parking and access to other Center sponsored activities or special events i.e. Tia Chi, game show day, and other special musical presentations and other social events.

New! Good Shepherd Hospice, Tuck In Call Volunteer, You can Help from HOME! Volunteers will call a list of hospice patients each Wednesday of the week at any time that is convenient to check with them and see if they have any needs. The time commitment could be anywhere from 1-2 hours depending on the list. Volunteers will document and then communicate with designated team member of hospice patient needs. Tuck in call volunteers impact community resources by minimizing 911 calls and emergency room visits. The Tuck In Call Volunteer is an advocate for the hospice patient to the hospice care team so that needs are communicated and met. Orientation will take place at Good Shepherd Hospice- 6218 S Lewis Ave., Suite 110, Tulsa.

New! Oklahoma Blood Institute, 4601 E 81st Street Tulsa. Drivers needed to travel to Oklahoma City and back. Two shifts are available, Tuesdays and Thursdays from 11am-5pm. OBI will provide the Vehicle and Gas during the volunteered hours. Volunteer Courier Position: you will become the first-point-of-contact as a representative of the Oklahoma Blood Institute when delivering products and materials! As a representative of the Oklahoma Blood Institute you will be enhancing the customer service experience for our customers, donors and employees. As the Volunteer Courier your skills should include:

* The ability to provide WOW customer

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.

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

SPECIAL EVENT OPPORTUNITIES

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



New! Tulsa Indian Art Festival, Glenpool Conference Center Hwy 75 & 121st, needs friendly volunteers who like working with artists to help with silent and live auctions. Volunteers will act as greeters, also assist with the hospitality cart, serve food, give breaks to artists, act as cashiers for kitchen orders. The festival features juried art competing for top honors, American Indian food, music and exhibition dancing. Student's art work will also be judged. **Dates are: Feb. 13, Feb. 14 and Feb. 15, 2015.** Feb. 13th: 10:30-1:30 1:00-4:40 4:45-7:00 7:00-10:00PM Feb 14th: 9:30-11:00 10:30-1:00 12:30-3:30 3:00-5:00 Feb 15th: 9:30-12:30 12:00-3:30 3:00-5:00

*****Meet interesting people from all over the world and have a part in helping to fund scholarships for**

service by delivering our service promise, both internally and externally

- * Maintain a good driving record and schedule delivery times for product safety
- * Responsible for meeting required training

Urgent Need! American Red Cross, 10151 East 11th. Front Desk Administrative Volunteer

Monday, Tuesday, Wednesday, Thursday, Friday (4 hour shifts between 8:30 – 4:30) Greeting guests and vendors, signing in CPR class participants, answering phones, and checking vehicles in and out. Occasional light office work (stuffing envelopes, filing, assembling binders, etc.).

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.

New! After School Homework Help Club

Volunteers are needed to provide support and assistance to children in grades 4 - 8 who need a little extra help with their homework assignments and to assist students with study skills at the library, orientation and training is provided. Work with the library branch manager or supervising staff member to determine which children need homework help and what kind of help is needed. Help designated student(s) with homework questions, in a patient, positive and welcoming manner. Volunteers will assist children individually or in small groups, providing clarity, direction and understanding of homework assignments while promoting use of library resources by referring children to library staff whenever appropriate. Work requires light physical

Native American art students to help further their education.



Tulsa, Oklahoma
WOMEN'S LIVING EXPO
Feb 13-16, 2015 - Expo Square/Upper Level at River Spirit Expo
www.womenslivingexpo.com

New! Grace Hospice of Oklahoma needs volunteers to help at the Grace Hospice booth at the Tulsa Women's Living Expo River Spirit Expo Square, lower level 4145 E. 21st St. Volunteers will greet people, hand out Grace Hospice information material, answer easy questions and educate the community about what hospice is and does. You receive free entry to the Women's Living Expo and Info/training material will be provided. Parking is at the fairgrounds parking lot. A light meal may be available for volunteers.

Schedule:

Feb. 13. - 15. 2015

Friday, Feb. 13: 10:00 am - 6:00pm

Saturday, Feb.14: 10:00 am - 6:00pm

Sunday, Feb 15: 11:00am - 5:00pm

3 hour shifts or as available



New! Tulsa Sports Commission is looking for volunteers to help with registration for Glazier Football clinics which will be held at the Tulsa Marriott Southern Hills (71st & Lewis).

Glazier would need volunteers for Friday, February 20th from 12-2PM and Saturday, February 21st from 7-9AM.



Like us on Facebook

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

effort in the handling of moderately light materials up to 25 pounds. Job may require sitting and standing for long periods of time with occasional stooping and bending. Volunteer must be able to retrieve and replace items from floor level to up to 5 ½ feet in height. **After-School Homework Clubs are located at the following area libraries:** Martin Regional, Maxwell Park, Nathan Hale, South Broken Arrow, and Suburban Acres Libraries each offer traditional One-to-One homework assistance programs four days a week. On Fridays, ASHC is offered at Martin Regional Library. Brookside, Rudisill Regional and Zarrow Regional Libraries each offer after-school education activity center programs two days a week.

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is also a good way to share the wonderful things you do with friends and family.

<https://www.facebook.com/RSVPTulsa>

RSVP NEWS AND OTHER ANNOUNCEMENTS!

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



New! Gatesway New or gently used trinkets and prizes such as books, stuffed animals, coloring books, markers, jewelry, purses, knick knacks, etc... are needed to supply a community "store". Gatesway provides opportunities for individuals with intellectual disabilities their goal is to assure all people served acquire the living, vocational, and social skills necessary to become a vital part of their community. Residents are encouraged to become more involved in activities and are rewarded with Gatesway "currency" for participation and given the opportunity to buy something from the store. Items can be dropped off at the RSVP office, 5756 E. 31st St.



Senior Day at the Capitol – February 23, 2015

INCOG Area Agency on Aging is sponsoring Senior Day at the Capitol. This is an opportunity for seniors to meet their legislators and make their voices heard on issues affecting the aging population. A bus will be leaving from the Sears parking lot at 21st and Yale. Another bus will be leaving from the Target in Broken Arrow. You need to be there by 6:45am to make sure you get on the bus in time. The bus will leave the Capitol at 12:30 and should be back in Tulsa by 3:00. A FREE light breakfast will be served on the bus and lunch will be provided also on the bus.

Due to a decrease in funding the cost is **\$15.00 per person** (for transportation) and reservations are taken on a first come/first serve basis. **Seating is limited.** To guarantee your spot **we must receive the registration form and payment by Monday, February 9nd.** (Checks and Money Orders should be made out to “Friends of Older Americans”)

INGOG Area Agency on Aging

Attn: Charissa Tottress

Two W. 2nd St., Ste. 800

Tulsa, Ok 74103

RSVP Member _____ Tulsa Bus _____ BA Bus _____

Please fill out **ALL** the requested information below (**PLEASE PRINT**) Note: Each person must sign an individual registration form.

Name: _____ **DOB:** _____

Address: _____ **Phone:** _____

City _____ **Zip Code:** _____

Email Address (if available) _____

I understand that Senior Day at the Capitol is a statewide advocacy event for all senior citizens in Oklahoma. I also understand INCOG Area Agency on Aging and Tri-County Council on Aging is coordinating group transportation to assist senior citizens age 60 and over in order to attend this event. I release INCOG Area Agency on Aging, Friends of Older Americans or my transportation provider of all liability either direct or implied.

Signed: _____ **Date:** _____

(Signature)

- I have enclosed check or Money Order made out to the “Friends of Older Americans” to guarantee registration. (Limited scholarships are available.)
- I will be providing my own transportation.

For additional information or to obtain a scholarship application please contact
Charissa Tottress at 918-579-9486.