

RUNNINGWATER DRAW RSVP NEWSLETTER

May-June 2023

SERVING FLOYD, HALE, AND LAMB COUNTIES

RSVP STAFF

Charlotte Schumacher
Project Director

Irene Moreno
Volunteer Coordinator

ADVISORY COUNCIL

Gary Stennett - Chairman
Carol Schulz - Secretary
Elsa Cooper
Nancy Cox
Bobbie Dennis
Lori Durham
Richard Dye
Emma Herring
Nicki Logan
Nicole Russell
Dorothy Russell
Tara Walker
Rodney Watson
Teresa Young



Volunteering Helps You Belong



Dust everywhere as I rode into the small Texas town of Plainview – not on my horse but in my trusty little dodge caravan....plain view is right I thought. Other than family what in the world am I doing here and better yet what will I be doing here?

The newspaper I thought was a good place to start seeing what this small town offered. RSVP... respond?...respond to what I asked myself.

Reading a little further on I saw that Plainview offered quite a bit and all thru the Retired Senior Volunteer Program – ahhh...the RSVP sign.

I went to the office and registered...the Coordinator found a spot for me at Meals on Wheels...then I found I was folding the monthly newsletter...then I was sitting at the front desk of the hospital being a 'pink' lady... lunch and programs and the list goes on So, I found my niche as to what to do in the small Texas town of Plainview and all the while meeting new friendly and fun people throughout the community.

Do I wonder anymore what I will do and why am I here in Plainview....absolutely not...I have been blessed that there is such an organization as RSVP.

By: Donna Black



May

- 2 Jeannie Morris
- 3 Bobby Jones
- 4 Kathy Jahay
- 4 Joe Nance
- 4 Jodi Tone
- 5 Freda Savahl
- 6 Randell Reeves
- 7 Ann McDonald
- 8 Bettie Hardin
- 8 Tommy Louthan
- 9 Rosa Gonzales
- 9 John Ross
- 13 Eva Reyes
- 14 Shelia Johnson
- 14 Joyce Senter
- 15 Cathy Williams
- 17 Fran Ramage
- 17 Mary Ann Warrick
- 21 Linda McAnelly
- 21 Kathleen Sterner
- 24 John Walker
- 25 Delores Mulanax
- 25 Mary Parrish
- 26 Jimmy James
- 27 Felipe Gatica
- 30 Mark Schumacher



**June Birthday
Breakfast at
McDonald's
June 14
8:30 AM**

***May this year be another year
of sweet memories***



June

- 1 Lucy Dean Record
- 2 Anita Whitfill
- 5 Betty Stout
- 6 Lori Fudge
- 7 Dorothy Russell
- 10 Judy Gattis
- 10 W. B. Jones
- 11 Andrea Unwin
- 13 Judy FitzGerald
- 13 Deborah Gilmer
- 14 Genaro Garcia
- 15 Janet Conkin
- 15 Sue Lewellen
- 17 Tonya Keesee
- 18 Debra Lopez
- 18 Scott Roberson
- 18 Randy Trammell
- 19 Jacquenet Boyd
- 21 Susan Blackerby
- 23 Christine Cummins
- 24 Brenda Carthel
- 26 Donna Burnett
- 26 Janice Sokora
- 27 Ann Jones
- 29 Ron Warren
- 30 Ethel Chambers

8th Annual City-Wide Cleanup Day, along with Operation: Serve 2023 to be held on
Saturday, June 24th. ***Call our office for volunteer opportunities.***

The City of Plainview will provide large roll-off containers for dumping and encourage all citizens to take the opportunity to clean up their own property. Locations include Broadway Park (101 SE 1st Street) and First United Methodist Church (1001 W. 7th Street).

Would you be interested?

RSVP would like to start a group that would send monthly birthday cards to the nursing home residents. It would be really nice if we could have someone from every county.

Please call our office and let us know if this is something you could do.

YMCA Opportunities

Tuesday/Thursday 10 am Senior Strength. M/W/F Water Exercise at 8:30 am. Senior Discounts for members 65 and older.



Can you help?

One of our soon to be stations is looking for a few folks to help out. ***The Hope House***, will be working with folks that are down on their luck and close to being homeless. They will open an office officially in a couple of months. They are requesting help to transport some of their clients to job interviews. ***If you can help, possibly once or twice a month, please call our office. 806-291-1223***

Millennial Singers

Anyone who loves to sing, can meet with the Millennial Singers on Wednesdays from 10-11 at the Senior Center. They sing at nursing homes in the area. Come join the fun.

Littlefield Auxiliary New Officers:

Lori Durham, President

Linda Williams, Vice President

Janet Conkin, Treasurer

Kay Cloninger, Secretary

Barbara Colbert, Corresponding Secretary

President, Lori Durham, presents pins to new members, Doris Howell and Toni Westbrook





Join us for some
Social Interaction!

Welcome New Members

Virginia Barnard
Renee Crane
Jill Golden
Kay Harris
Doris Howell
Barbara Huffine
Sheila Johnson
Betty Sue Jones
Susie Starnes
Toni Westbrook

Our Sympathy

To the family
of Sally Fudge
of Hale
Center.



“As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.” — Audrey Hepburn

WELCOME OUR NEW STATION



Mark Wilkinson and his daughter Nancy, started The Well in the old First Methodist Church in Petersburg.

The Well in Petersburg, a 501 c3 non-profit, is one of our newest stations for volunteering. They are a community outreach program for Petersburg and surrounding areas. They offer a food pantry, clothing, books, household items and free washers and dryers one day a week.

They are open Tuesday-Thursday 1-4.

If you would like to volunteer.

806-291-1223



Ashley Mayberry, Executive Director
1402 Borger, Plainview TX 79072
Phone: 806-292-9020; Fax: 806-329-2130
ashley.plainviewmow@gmail.com

Hale County Meals on Wheels is the recipient of a grant from the Texas Veterans Commission. Meals are free to eligible veterans, their spouses, and surviving spouses who are over the age of 65. This also applies to any veteran under 65 with a service related disability. For more information or to apply, go to the website at www.mealsonwheelsplainview.org or call Ashley Mayberry at 806-292-9020



Meals on Wheels

Routes are available for you to deliver. It takes about 45 minutes once a week. Give Ashley a call. 806-292-9020



Grandkid and Family Scams

Here's how they work:



You get a call: "Grandma, I need money for bail." Or maybe an email from someone claiming to be your brother or a friend who says they're in trouble. They need money for a medical bill. Or some other kind of emergency. The caller says it's urgent — and tells you to keep it a secret.

But is the caller who you think it is? Scammers are good at pretending to be someone they're not. They can be convincing: sometimes using information from social networking sites, or hacking into your loved one's email account, all to make it seem more real. And they'll pressure you to send money before you have time to think.

Here's what to do:

1. **Stop. Check it out.** Look up your family member's phone number yourself and call another family member to check out the story.
2. **Pass this information on to a friend.** You may not have gotten one of these calls, but chances are, you know someone who will get one — if they haven't already.



"You've Won" Scams

Here's how they work:



You get a call, letter, email, or text saying that you won! Maybe it's a vacation or cruise, a lottery or a sweepstakes. The person calling about your prize is so excited. They can't wait for you to get your winnings.

But here's what happens next. They say there are fees, taxes, or customs duties to pay. Then they ask for your credit card number or bank account information. Or they ask you to pay with cash, gift cards, wire transfers, or cryptocurrency.

If you pay a scammer or share information, you lose. There is no prize. Instead, you get more requests for money, and more false promises that you won big.

Here's what to do:

1. **Keep your money — and your information — to yourself.** Never share your financial information with someone who contacts you and claims to need it. And never send anyone cash or pay with gift cards, wire transfers, or cryptocurrency.
2. **Pass this information on to a friend.** You probably ignore these kinds of scams when you see or hear them. But you probably know someone who could use a friendly reminder.

Avoiding a Scam

- Stop
- Don't Rush
- Talk With A Family Member
- Check It Out



Want to know more?
Sign up for Consumer Alerts
at ftc.gov/ConsumerAlerts.

...PassItON

Please Report Scams

If you spot a scam, please report it to the Federal Trade Commission.

- Go online: **ReportFraud.ftc.gov**
- Call the FTC at 1-877-FTC-HELP (1-877-382-4357) or TTY 1-866-653-4261

Your report can help protect other people. By reporting fraud, you can help the FTC's investigators identify the scammers and stop them before they can get someone's hard-earned money. It really makes a difference.



FEDERAL TRADE
COMMISSION




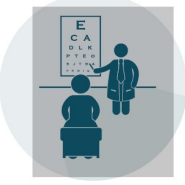


ftc.gov/PassItOn

According to the Federal Trade Commission, Americans lost
\$3,800,000,000
last year to fraudulent scams.

Take Control of Your Health:

6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**
Stay safe with these tips!

 <p>1 Find a good balance and exercise program</p> <p>Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p>	 <p>2 Talk to your health care provider</p> <p>Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
 <p>3 Regularly review your medications with your doctor or pharmacist</p> <p>Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>	 <p>4 Get your vision and hearing checked annually and update your eyeglasses</p> <p>Your eyes and ears are key to keeping you on your feet.</p>
 <p>5 Keep your home safe</p> <p>Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	 <p>6 Talk to your family members</p> <p>Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>

To learn more, visit ncoa.org/FallsPrevention.

www.facebook.com/NCOAging | www.twitter.com/NCOAging
ncoa.org | @NCOAging | ©2023 | All Rights Reserved.

ncoa
 national council on aging

Why We Need Your Volunteer Hours

Did you know that every volunteer hour you turn into us is used to measure changes in the community and the number of people served by RSVP members? Information gathered is used to help with further funding for seniors at the state and federal levels. If you volunteer for anything that you do not get paid for, please let us know. This can include Lion's Club, Rotary Club, and Soroptimist Club service activities. If you volunteer at your church or take a friend to the doctor, these hours will count. There are many more volunteer activities, these are just a few. Call our office and let us know how many hours you volunteer each month.

806-291-1223

**Our office will not be moving as previously stated.
We will remain in the same location for the time being.**



AmeriCorps

RSVP
825 AUSTIN
PLAINVIEW, TX 79072

They're Coming!!

Plants that repel **MOSQUITOES**



PRESORTED STANDARD
US POSTAGE PAID
PERMIT NO. 3
PLAINVIEW, TX 79072