

RUNNINGWATER DRAW RSVP NEWSLETTER

January – March 2024

SERVING FLOYD, HALE, AND LAMB COUNTIES

RSVP STAFF

Charlotte Schumacher
Project Director

Irene Moreno
Volunteer Coordinator

ADVISORY COUNCIL

Gary Stennett - Chairman
Rodney Watson - Vice
Chairman
Tara Walker - Secretary
Francis Barrera
Elsa Cooper
Nancy Cox
Richard Dye
Norma Gutierrez
Emma Herring
Alice Lockeby
Nicki Logan
Nicole Russell
Velma Thompson
Teresa Young



It's always a good thing to see the trees blooming and the grass turning green. I love spring, it's a sign of new beginnings.

Lots of things have been going on in our office over the last couple of months.

We welcomed four new Advisory Council members at our January meeting.

We had to say goodbye to a few of our Advisory Council members and we certainly will miss them. We appreciate all their hard work and dedication they showed during their time on the Advisory Council.

We want to welcome four new members to the Council; Frances Barrera, Norma Gutierrez, Alice Lockeby and Velma Thompson. We are excited to have them on our Council.

This year our Volunteer Recognition event will be a Luncheon. The luncheon will be sponsored by Covenant Health of Plainview. Thank you Covenant! We will have it on Saturday, April 13 at 11:45 at Plainview Methodist Church, Crawford Hall. Leal's will be catering the event, Sante Fe Terrace will be providing dessert.

Last year we gained 38 new members. Welcome! We are so excited to have you as a new member of RSVP.

We held a contest from September – December for recruitment of new members. 15 of our new members were obtained during the contest. Thank you to everyone who recruited new members. Winners will be announced at the Luncheon.

AMERICORPS MLK DAY OF SERVICE

RSVP representatives joined with the Hale County Literacy Council on Friday, January 12th to present a Martin Luther King, Jr. celebration assembly for second graders at Plainview North Elementary. The event is a yearly program led by RSVP in which one of their volunteers reads a book to the children about King's leadership in the Civil Rights Movement. This year's volunteer reader was Emma Herring.

The Hale County Literacy Council partners with RSVP by providing free copies of the book to each student. This year's title was, "Happy Birthday, Martin Luther King." The two nonprofit organizations host the event and alternate elementary schools each year.

Prior to the reading, volunteers gave a brief bit of historical context about the Civil Rights Movement. In addition to receiving the book, each student received a copy of significant quotes made by King.

HCLC provided color pages for each student that contained picture of MLK on the page.

AmeriCorps host a MLK Day of Service each year for RSVP program across the nation. Runningwater Draw has done this particular program for at least the last 11 years.



EVENT SPONSOR

CovenantHealth

RUNNINGWATER DRAW RSVP

Planting Seeds of Hope

VOLUNTEER RECOGNITION LUNCHEON

APRIL

SATURDAY

13

11:45 AM

2024

PLAINVIEW METHODIST CHURCH
CRAWFORD HALL
1001 W. 7TH
PLAINVIEW

Please call the RSVP office at 806-291-1223 by
Friday, April 5th to reserve your seat. There is no
charge for RSVP members, sponsors and supporters.

Guest Price – \$15.00

See you there!

AmeriCorps Week March 10 – 16



*For your service. You bring out
the best of America.*

#AmeriCorpsWeek



Happy AmeriCorps Week! Thank you to the millions of AmeriCorps members, AmeriCorps Seniors volunteers, and alums who committed to making a difference in our communities for 30 years. Every day, these Americans choose to serve, demonstrating that AmeriCorps is not a moment, it's a movement.



We are sorry for your loss

*Deepest
Condolences*

TO THE FAMILIES OF
JUNE SMITH
DOVIE GILLELAND

FISH

FAITH IN SHARING HOUSE

FISH needs empty egg cartons.
Donated between 1-2
Monday-Friday at
504 Joliet

You can also bring your egg cartons to the
RSVP office - Basement of Library



What exactly is Meals on Wheels? For more than 35 years Hale County Meals on Wheels has been delivering meals to residents that struggle with food insecurity, nutrition challenges, mobility, loneliness and countless other difficulties with aging. The delivering of a nutritious meal creates the opportunity to build a relationship with an individual senior, improved social interaction and promotes independent living. These meals are all delivered by volunteers in the community. A large portion of these volunteers are RSVP members. RSVP has been partnered with MOW for at least 30 years.

RSVP is a federal and state grant program. Runningwater Draw RSVP's main focus is on food insecurity. We work closely with Ashley Mayberry, director of Meals on Wheels in Plainview. We help recruit and maintain RSVP members and members of the community to deliver food once a week to those who need help. In our three coverage counties, Floyd, Hale, and Lamb, sixteen percent of the populations is over 65. Sixteen percent of those over 65 live in poverty. Meals on Wheels strives to provide at least one nutritious meal five times a week. Each person that receives a meal receives a meat, vegetable, fruit and milk.

Monday-Friday of each week approximately 200 meals are delivered to Plainview residents. Divided into 13 routes, each route takes 30-40 minutes to deliver. The routes are divided into sections of the city. Notecards are made for each route with the address and picture of the home. It is very easy to navigate.

To receive a delivered meal, you must call this number, 1-877-723-9049. Qualification is based on need. Hale County Meals on Wheels is a program with Meals on Wheels of America. This is a nation wide program that operates in over 5,000 programs across the United States. Hale County Meals on Wheels has a 14 member board that helps Ashley.

If you or someone you know could benefit from MOW, please call 1-877-723-9049. There is usually no charge for meals, however, for those who are able to pay, it is \$4.25 pre meal.

If you would like to volunteer to deliver Meals on Wheels, please give our office a call at 806-291-1223. You can usually set your own schedule for what day you would like to deliver. It is a great opportunity to be a bright light in someone's day. Meals are prepared by Covenant Hospital and picked up at Covenant Hospital in the doctor's parking lot.

HALE COUNTY MEALS ON WHEELS

We're looking for Honorably discharged Veterans and Veteran's wives who need Meals on Wheels here in Plainview or Seth Ward. Texas Veterans Commission gives us a great grant and we still have funds available. Message us or call 292-9020.



Delivering Meals on Wheels is a great project to do with your grandchildren. The clients love to see kids.

HALE CENTER HOME DELIVERED MEALS

Hale Center Senior Citizens Center also deliver meals to those in need. Meals are delivered Monday-Friday by volunteers. Most of these volunteers are RSVP members.

Hale Center Senior Center delivers the meals like the MOW in Plainview. However, the Hale Center Senior Citizens Center receives funding from South Plains Association of Governments and through the State of Texas. They deliver approximately 60 meals a day. All the meals are prepared by the staff of the Senior Citizens Center. The Senior Center also have three fund raisers a year to supplement the grants and suggested donation.

Qualification is on need. A donation of \$3.50 for each meal is suggested. If you or someone you know lives in Hale Center, and are in need of the service, please give the center a call and request an application. 806-839-2428.

If you would like to participate in Home Delivered Meals in Hale Center, give our office a call. 806-291-1223. Volunteers are always needed.

WHAT WE DELIVER

2023 NATIONAL SNAPSHOT



Meals on Wheels is a solution that addresses the escalating issues of senior hunger and isolation.
The need is great, but Together, We Can Deliver.™

IT STARTS WITH THE MEAL...



251 MILLION MEALS
served annually



2.2 MILLION SENIORS
served annually



7 OUT OF 10 LOCAL PROGRAMS
are facing higher demand for home-delivered meals
than before the pandemic

AND DELIVERS ON SO MUCH MORE.

SERVICES PROVIDED:



100% provide socialization opportunities



97% train drivers to keep an eye out for senior wellbeing



88% train drivers to keep an eye out for safety issues around the clients' home



66% connect seniors to services in the community when needs are identified



55% offer home repair and modification services



44% provide pet assistance

THE IMPACT:



WE CAN SERVE A SENIOR FOR AN ENTIRE YEAR
for roughly the same cost as a day in the hospital
or 10 in a nursing home

Of home-delivered meal participants:



say the meals help
IMPROVE THEIR HEALTH



say the services help them
FEEL MORE SECURE



say the meals help them
LIVE INDEPENDENTLY

THE ESCALATING ISSUE OF SENIOR HUNGER



2023 NATIONAL SNAPSHOT

The Meals on Wheels network is comprised of 5,000 community-based programs across the country dedicated to addressing senior hunger and isolation. The need is great, but Together, We Can Deliver.™

OUR NATION'S SENIOR POPULATION IS GROWING AND CHANGING RAPIDLY.



1 IN 4 AMERICANS IS 60+
with 12,000 more turning
60 every day

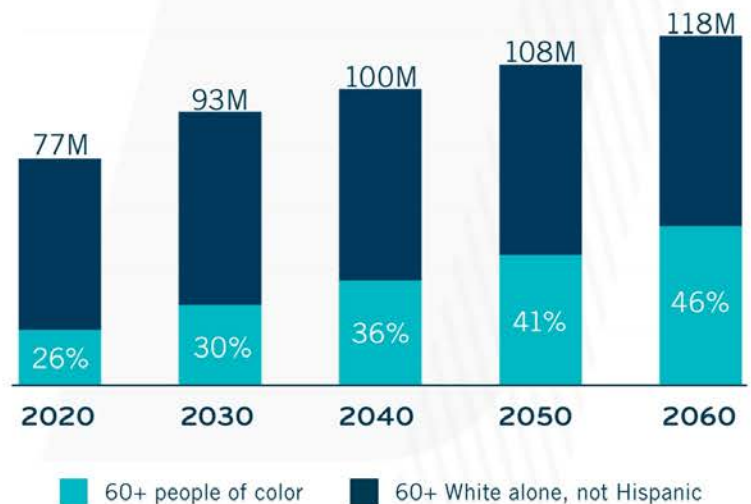


AMONG AMERICANS 60 AND OLDER:

- 29%** HAVE A DISABILITY
- 24%** LIVE ALONE
- 12%** ARE VETERANS

THIS POPULATION IS SET
TO **REACH 93M** IN THE NEXT
DECADE, with **118M EXPECTED BY
2060** – increasing the number of
seniors today by more than half.

OLDER AMERICANS OF COLOR
WILL CONTINUE TO MAKE UP AN
INCREASINGLY LARGER PORTION OF
THIS POPULATION.



OLDER AMERICANS ARE LIVING LONGER WITH LESS MONEY.



Seniors on fixed incomes are
ESPECIALLY VULNERABLE
to increases in inflation
and cost of living.



1 IN 2 SENIORS LIVING ALONE
lacks the income to pay for basic needs

JANUARY

1 Joe Camargo
5 Elizabeth Bizzell
5 Sally Eaves
5 Barbara Huffhines
8 Emma Herring
12 Barbara Mayberry
13 Jane Wilks
16 Kay Cloinger
19 Michael Fox
19 Toni Westbrook
23 Cindy Russell
23 Betty Thompson
25 Harry Heckard
26 Andrea Ingram
27 Jimmy Brooks
28 Olivia Torres
29 Tom Cheyne
30 Jill Golden
31 Sherri Cheyne
31 Jo Ann Stroope

FEBRUARY

1 Robbie Odom
3 Ofelia Lopez
4 Charlotte Thurman
5 Freda Provence
6 Elise Adamson
8 Sonja Culp
9 Agustin Rey
11 Betty Jones
13 Jan Lobeck
14 Penny Kelley
14 Brenda McDonough
15 Dixie Johnson
16 Richard Dye
16 Mary Lou Haygood
16 Nancy Martin
16 Alice Miller
19 Nancy Cox
21 Darrell Shadix
24 Danny Byers
26 Sheryl Back
26 Terry Wright
27 Hortensia Villanueva
27 Lisa Wright

March

1 Beverly Dunlap
3 Beverly Wall
5 Molly Fonseca
6 Janet Poole
8 Peggy Carson
9 Betty Jones
10 Daryl Dixon
14 Bobby McGehee
15 Rita Cronholm
15 Coralyn Dillard
16 Brad Callison
16 CJ Jacobs
18 Annette Saucedo
20 Mary James
20 Nicki Logan
22 Nancy Bowden
22 Rosa Camacho
23 Lori Durham
24 Jana Cannon
29 Phil Cox
29 Greg Patridge
29 Glenda Tipton
30 Jack Needham
30 Charlotte Schumacher



Plainview McDonald's
provides breakfast once a month
for RSVP members.

If your birthday is in April, join
us for breakfast at
McDonald's.
April 10th at 8:30



Rick and Ruth Robillard
RSVP Loves You!

JANUARY - FEBUARY BIRTHDAY BREAKFAST



**CONGRATULATIONS
TO
NANCY COX
SHE WON BINGO!**

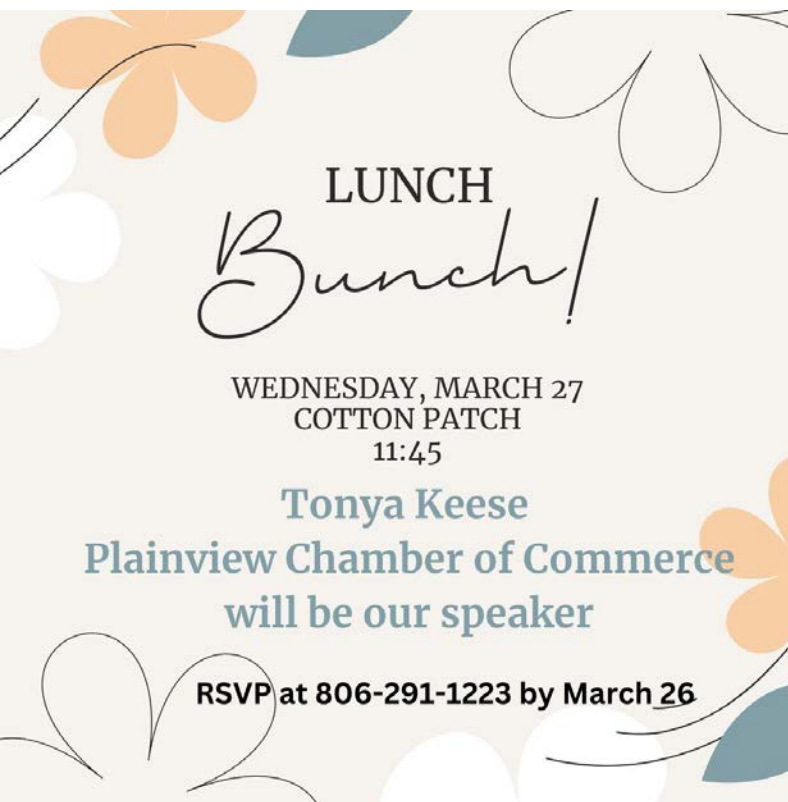
FEBRUARY LUNCH BUNCH

Kelly Dunbar from Legal Aid of NorthWest Texas gave our program on Title on Death Deed



For More Information

<https://texaslawhelp.org/article/transfer-on-death-deeds-todds>



March Lunch Bunch!
Anyone is invited to join
our monthly Lunch Bunch.
We meet at a local restaurant,
eat and have a program.
Open to anyone!
Program recommendations are
welcome. If you attend, you are
responsible for the cost of your
own meal. Call our office and
give us an idea!
806-291-1223

Friends of the Library at Unger Memorial in Plainview are looking for new members. Members sort and file books donated to the library. Twice a year they host a book sale of these items. Funds made are used to purchase items for the Library. Give us a call if you are interested.

Runningwater Draw RSVP received a certificate of official recognition for being in Plainview for 50 years from Governor Greg Abbott. We have it framed and hanging in our office. Stop by and take a look. Pictured are Advisory Council members, Alice Lockeby, Tara Walker, Emma Herring, Irene Moreno, Nancy Cox. Back Row, Norma Gutierrez, Gary Stennett, Charlotte Schumacher, Velma Thompson, and Frances Barrera.



When to Plant Vegetables in Our Area

On average, your frost-free growing season starts Apr 11 and ends Oct 19, totalling 191 days.

Cole crops like broccoli, cauliflower, and cabbage can be direct seeded into your garden around February 29, assuming the ground can be worked, but it's better to start them indoors around February 1 and then transplant them into the garden around March 22. Do the same with lettuce and spinach.

Plant onion starts and potatoes around February 11. Sow the seeds of peas (sugar snap and english) at the same time. If the ground is still frozen, then plant these as soon as the ground thaws.

Do you want to grow tomatoes, peppers, and eggplants? Start these indoors around February 1. Then, around April 7 you should start watching the weather forecast and, as soon as no frost is forecast, go ahead and transplant those into the ground.

Now, for all the summer vegetables like beans, cowpeas, corn, squashes, pumpkins, cucumbers, watermelons, gourds and sunflowers, you should plant those seeds directly into the ground around April 11, or if your soil is still very cold, once the soil is near 60° F in temperature.

Information from the National Gardening Association –
<https://garden.org/apps/calendar/?q=Plainview%2C+TX>



**We are always looking for new members. Tell you friends
and family about RSVP. Have them give us a call. We'll
find the right location for them to volunteer.
806-291-1223**