

VOLUNTEER VOICE

MOORE COUNTY **R**ETIRED AND **S**ENIOR **V**OLUNTEER **P**ROGRAM

A NEW LEASH ON LIFE.....



It's not every day one gets to follow one's dream, whatever stage of life one's in. But RSVP Director Tommy Deese did just that! He graduated from Sandhills Community College's basic law enforcement training and is now a part of the Hoke County Deputy Sheriff's Department. He is pictured above with his lovely wife, Jenny, as he received his diploma. Tommy's tenure with RSVP was impressive. He instituted programs and events to increase the number of volunteers. He engaged the Advisory Council in activities benefitting the stations such as cleaning up a park in Robbins, assisting the Convention & Visitor's Bureau preparing for golf tournaments, and working with Alzheimer patients at Elmcroft. Tommy's stamp on RSVP will long persevere. We wish him all the best in his new career but he will be sorely missed as an ambassador for volunteerism.

Hopefully soon our new director's name will be announced. Soon after that we will do a "meet and greet" in conjunction with one of our annual recognition events for you, our wonderful volunteers. Stay tuned for that all-important announcement and the date of the festivities!

HAPPY NEW YEAR!

RSVP

VOLUNTEER VOICE NEWSLETTER

Winter 2017



Winter doldrums got you down? Wake up your heart and mind to these new adventures:

Are you the host/hostess with mostest? Then the **Convention and Visitors Bureau**

needs you! Community ambassadors will learn about the area's newest restaurants, attractions, and events to share with visitors. You will be the face of the Sandhills.....and what a wonderful face that will be!



(get it?)

For more information, please call Lindsey Simmons (910) 692-3330 ext 242; or email: lsimmons@homeofgolf.com

Wouldn't you LOVE to tutor this winter? **Moore County Literacy Council** begins tutor orientation February 1 from 1-2 pm. Training sessions will be held Feb, 7, 9, 14, and 16. Please call Kathy at (910) 692-5954; or email: kathy@mcliteracy.org to register or for more information. You AND a pupil will be sooo glad you did!



The Emmanuel Thrift Shop begins 2017 on January 3. In 2016 the Thrift Shop donated \$50,000 to 35 Moore County charities....amazing! Won't you help in this year's goal to exceed last year's amount? Perhaps you or someone you know will volunteer to share the joy of working at the Thrift Shop. Please call Lucie Saylor at (910) 692-8962, to start the fun!

BackPack Pals packs weekend nutrition for **1100** Moore County children! Volunteers meet Thursday mornings to pack the bags and deliver to schools. Come help kids, make friends and have fun! Did you know that every \$ you donate to Sandhills Food Bank, buys \$10 worth of food! To donate online, go to www.foodbankcenc.org. then click on "donate" and then "donate today". Your zip code will insure that the food donation will go to our local BackPack Pals kids.



COMMUNITY PARTNERS

- ◆ American Red Cross
- ◆ Boys and Girls Club of the Sandhills
- ◆ Citizens' Pet Responsibility Comm.
- ◆ Coalition for Human Care
- ◆ Communities In Schools
- ◆ Convention & Visitors Bureau
- ◆ Dept. of Aging
- ◆ Disabled American Veterans of Moore Co.
- ◆ Elmcroft of So. Pines
- ◆ Emmanuel Episcopal Thrift Shop
- ◆ FirstHealth Hospice
- ◆ FirstHealth Moore Regional Hospital
- ◆ First Tee of the Sandhills
- ◆ Food Bank
- ◆ Friend to Friend
- ◆ Girl Scouts
- ◆ Habitat for Humanity
- ◆ Interfaith Food Pantry
- ◆ JobLink
- ◆ Keep Moore County Beautiful
- ◆ Linden Lodge
- ◆ Meals on Wheels
- ◆ Military Missions in Action
- ◆ MIRA
- ◆ M.C. Literacy Council
- ◆ Moore County Schools
- ◆ M.C. Sheriff's Office
- ◆ M.C. Veterans Service
- ◆ Moore Free & Charitable Clinic
- ◆ NC Cooperative Extension
- ◆ Northern Moore Family Resource Center
- ◆ Penick Village
- ◆ Prancing Horse
- ◆ Project Linus
- ◆ St. Joseph of the Pines
- ◆ Sandhills Children's Center
- ◆ SENC Radio Reading
- ◆ Spay/Neuter Clinic

RSVP Web Site!! <http://www.moorecountync.gov/index.php/>

Keep your New Year's resolve to be active by volunteering with **Moore Regional Hospital!** New ventures include: **Infusion**– assisting chemotherapy services; **Elder Life Program**- meet with an elder patient to provide patient care activities; **Recovery Room/OR/Outpatient**-assist with patient preparation, pre/post surgical services, errands; **Transportation Rover**– help locate wheelchairs and maintain inventory; also light clerical positions available and knitting/sewing/crocheting lap blankets. Further information available at (910) 715-1266 or email:



jclark@firsthealth.org

WINTER WONDERS IN THE SANDHILLS



Attention horse lovers and history buffs!! **“Hoofbeats of History”** is a free tour organized by the **Moore County Convention & Visitors Bureau**, January 12, from 9:30 am to 12:30 pm. Explore and learn about historic and present day equestrian attractions and events in the Sandhills. Transportation provided by Kirk Tours. Please reserve your seat by January 9 by calling (910)-692-3330 ext 242.

“Empty Bowls” is a fund-raising event to benefit **Sandhills/Moore Coalition**. It will be held February 19 from 12-2 pm. at the Elk's Lodge, 280 Country Club Circle, Southern Pines. Enjoy live music, pottery demo, and a simple meal of soup and desserts from area chefs. To purchase tickets or sponsorships, please call (910) 693-1600 ext 204.



NEWS FLASH: Another way to keep warm this winter, adopt a homeless pet.

HEALTH BENEFITS OF PETS FOR SENIORS

Did you know that pets can give so much more than companionship? Especially for seniors, the benefits of having a pet can help decrease blood pressure, cholesterol levels, triglycerides levels, and help to fight depression and loneliness by providing affection, company, entertainment and a sense of responsibility and purpose. Caring for a pet requires exercise which benefits the overall health of the senior owner. Relaxing with the pet, stroking their fur and talking with them has been known to calm owners and relieve stress. PLEASE consider adopting a pet from your local shelter. Moore County Animal Shelter has dogs and cats looking for their forever homes. It's a win-win situation in a sense, as you'd be saving each other. Trained personnel are there to answer any questions and match you up with the “purrfect” new family member. Call now. You will be so glad you did and so will the pet!



Please support our affiliates in their fund-raising and fun-raising events!

Reluctantly the RSVP Advisory Council says good-bye to member Brenda Burt. I'm sure you'll recognize her lovely face from many of the recognition events she helped orchestrate. Her term with RSVP began in 2013 shortly after she won the prestigious 2012 Governor's Medallion Award for her work and dedication to the homeless population. Brenda worked through GodSent Angels, a group she herself began. Her ideas, her work ethic and her sense of humor consistently aided the Council in its work. Now Brenda too has a new path to follow. She recently took on the pleasurable job of helping care for two twin grandbabies. Thank you Brenda for all you have done and continue to do to benefit humanity.



TIMESHEETS for October, November and December are due by January 10, 2017

Please check the tax voucher box on your timesheet if you would like to receive a mileage voucher for **2017** and be sure to include your miles. For those of you who requested tax vouchers for 2016, you should receive them by the middle of January. Please bear in mind, for volunteer hours to count, they need to be reported to the state soon after each quarter ends. Thank you!

Moore County RSVP... Your Invitation to Volunteer!

RSVP

Lead With Experience

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RSVP ADVISORY COUNCIL MEMBERS

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