Volunteering has long been a common ethic in the United States, with people each year giving their time without any expectation of compensation. While these volunteer activities may be performed with core intention of helping others, there is also a common wisdom that those who give of themselves also receive. Researchers have attempted to measure the benefits that volunteers receive, including the positive feeling referred to as “helper’s high”, increased trust in others, and increased social connections and political participation. Over the past two decades we have seen a growing body of research that indicates volunteering provides individual health benefits in addition to social benefits. This research has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.

These findings are particularly relevant today as Baby Boomers—the generation of 77 million Americans born between 1946 and 1964—reach the age typically associated with retirement. Based on U.S. Census data, the numbers of volunteers age 65 and older could increase 50% over the next 13 years.

Why might we see a connection between volunteer activities and longer and healthier lives? Evidence suggests that volunteering has a positive effect on social psychological factors, such as one’s sense of purpose and life satisfaction. Volunteering may enhance a person’s social network to buffer stress and reduce risk of disease. The majority of studies have focused on older individuals.

A study of longitudinal data from the Americans’ Changing Lives survey found a positive relationship between volunteering activities and better health outcomes among adults over the age of 60, including higher levels of self-reported health and physical functioning, and lower levels of depression. These findings held even when controlling for other factors, such as informal social integration, race and gender. (Morrow-Howell et al., 2003)

(continued on page 5)
Dear Friends:

Welcome to the Tulsa Retired and Senior Volunteer (RSVP) Program. RSVP is one of the most vital and flexible volunteer programs in the nation. RSVP encourages seniors to volunteer their time even if it is only for an hour or two per week. Studies prove that caring, kindness and compassion are traits that improve health, overall wellbeing, and increase longevity. Some doctors are even giving out volunteerism “prescriptions” to fight depression, so get out of the house, make new friends, and learn new skills! Volunteering provides a service not only to those in need; but also gives you the good feeling of having made a significant difference. It gives us a sense of belonging to the community and it is your gift of something really wonderful - a little bit of you.

With over 75 million Baby Boomers beginning to enter the volunteer picture, we are ready to provide meaningful volunteer opportunities to meet everyone’s talents, desires and schedules, whether retired or still active in the work force. RSVP is here to assist you in finding a volunteer position that really inspires you to share your lifetime of experience to support those who need our help.

Wishing you a Merry Christmas and a joyous Holiday Season!
Karen Dills
Executive Director

---

**Mission —**

*RSVP enhances our communities by engaging volunteers age 55 and over, matching their experience, talents and interests to meaningful service.*

---

**You can be a champion for RSVP’s mission & programs in many ways:**

- **Donate** to RSVP… consider a tribute to a volunteer you know
- **Refer** a senior to RSVP to get active through volunteering
- **Visit** the RSVP office on 31st Street in Tulsa
- **Tell** people about RSVP and the work we do
- **Sign up** for our newsletter and pass it on to someone after you have read it

We encourage you to continue being a champion of RSVP and senior volunteerism. Community support of our cause is vital to our organization and the important work we do. Thank you for recognizing the work of our RSVP volunteers!
All of these names represent RSVP volunteers who have been giving back to their communities for ten years or longer. The volunteer service they provide and the agencies they serve vary widely but the impact these volunteers make is unmistakable.

Sue Abbe  Patricia Alexander  Mabel Allen  Dona Andersen
Carmela Andriani  Jean E Bailie  James Baker  Julia Baker
Mary Barnett  Narvelle Beard  Alice Bennett  Lois Bergstad
D'Ann Berson  Pam Bishop  Gaye Blakemore  Joyce Boltz
Doris Bookout  Marie Box  Jeanette “Jan” Boyd  Terry Brentlinger
Deana “Dee” Brewster  Dennis Brewster  Nina Briggs  Sean Brong
Faye Brown  Nancy Brown  Dale Bullard  Lee Butcher
Oleta Clavert  Nell Camp  Suzanne Campbell  Jerry Casey
Iris Chandler  Pam Chronister  Paul Clark  Sherry Clark
Lillian Clemons  Jane Cochran  Carol Ann Cone  Don Cone
Marke Crouch  Dewey Dean  William DeShazo  Marian Kay Dewitt
Missy Dickerson  Wanda Dobbs  Douglas R. Powell  Captola Dunn
Carol Dunning  David Dunning  Roy Duren  Joe Efird
Mary Lou Eldridge  Theresa Fosburg  Melvina Frank  Anita Freeman
Art Frerichs  Paula Frerichs  Doris Gallagher  Willie Garvin
Virginia Harris  Hugh Henderson  Iris Hershberger  Ron Hershberger
Dolores Hoffman  Tom Holbert  June Holmes  Louise Hoover
Annamarie Hurt  Barbara Jamieson  Ray Johnson  Harley Jones
Doretta Karns  Nick Kerpon  William Lee Kidd  Jerry Kirkpatrick
Bill Kerwin  Jane Knowles  Barbara Kroll  Beverly Kunze
Freddie Lacy  Gene Lawrence  Maxwell Lewis  Nancy Lewis
Betty Lilly  Raymond List  Janice Lovelace  Margaret Lubas
Frances Luckhart  Nancy Maddin  Judy Martfield  Sharon Maust
Jacque Maxwell  Joseph McDonald  Nancy McDonald  Mary McGahan
Robert McKim  Darcie Mitchell  Kathy Morgan  Ralph Morgan
Nancy Muirhead  Dorothy Mullowney  Bill Murchison  Jim Naufel
Jerry Neas  Sue Neil  Pauline Neville  George Newman
Donna Nolen  Diane O’Brien  Gerald O'Brien  Eric Olson
Dorothy Padgett  Carolyn Parmeter  Fern Patterson  Wennaette Pegues
Hassie teen Peoples  Goldie Phillips  Melvin Rippetoe  Dolores Ritter
Pat Russell  Patsy Sandman  Mary Schaum  Arlo Sellers
Gloria Sellers  Dorothy Setser  Martha Shaffer  Dewey Sherbon
Oralenic Sherbon  Frank Slane  Gary Slater  Catherine Smith
George Smith  Jean Smith  Pearlene Smith  Suzanne Smith
Maze Snittel  Anne Spitzmiller  Charles Stanford  Mark Steeves
Peggy Steeves  Bob Stice  Raye Stice  Karlena Stoeber
Marilyn Stone  Warren Stone  Kathleen Stouffer  Stephen Stouffer
June Stremme  Richard Teubner  Neil Thruston  Sharon Tolbert
Betty Trammell  Earl Tuers  Jean Upgren  Doug Vincent
Loretta Vives  Van Vives  Donna Wagon  Jean Watkins
Earl Wessel  Pauline White  Donna Williams  Jeff Williams
Jo Williams  Linda Williams  Shirley Williams  Geneva Wilson
June Wolfe  Jean Young
**Wagoner County —**

The RSVP Wagoner County Appreciation Luncheon was held October 19, 2015 at the Wagoner Civic Center. The theme was "Fall In". Wonderful blue grass music was provided by the Presley Family. Klein's Catering provided a delicious buffet lunch. All 69 volunteers present received a door prize thanks to OHCE Intowners Home Extension. Three special "gift certificate" baskets were drawn for volunteers who brought a donation to Wagoner Area Neighbors. The baskets were from local businesses who donated gift cards for our event. Candy Tompkins organized and collected these gift cards. Lifetime Achievement Awards were given to Donna Cox and posthumously to Phyllis Young (received by Ellen Potter).

RSVP volunteers organized the Thanksgiving and Angel Tree signup for Wagoner Area Neighbors and Salvation Army. Applicants signed up for a Thanksgiving Basket and the Angel Tree for children twelve and under and seniors 55 and over. There were 113 senior angels signed up. Letters were sent to local businesses who will adopt the seniors. Senior angels will also be placed on the Angel Tree at Walmart.

Thursday, November 12, RSVP volunteers handed out stocking caps to all kindergarten students at Ellington Elementary. Volunteers crochet, knit or loom stocking caps all year so all 180 students can receive a cap.

**Creek County —**

RSVP Creek County volunteers celebrated on October 22nd. Freddie’s in Sapulpa provided the food. Door prizes were given and awards presented.

The Happy Hands sewing group has just given 120 gifts to the Head Start program in Sapulpa. Each child receives three items: some combination of a knitted hat, scarf, blanket and a crochet stitched teddy bear. All the items have been made during this year by the members of the group which meets every Tuesday at the RSVP office in Sapulpa. This is the third year RSVP has given knitted items to Sapulpa Head Start. In addition, items are given all through the year. Chemotherapy patients receive fingerless gloves and knitted hats. Lap robes, shawls, cowls, scarves and hats are made for senior citizens throughout Creek county. Even tote bags made from recycled dungarees are delivered to those in need. All of this is accomplished with donations of yarn and fabric from the community and is put back in the community by these volunteers giving of their time and talent to help their neighbors in Creek county.

**Tech Tuesdays** begin Tuesday, January 12th. Frank Agostini will be our go-to tech ed volunteer. RSVP volunteers are encouraged to call with questions about using their computers or other electronic devices. They can leave their name and phone number to receive a return call from Frank. He will call them to assess their need and either assist them via phone, or schedule a time to meet here at the RSVP office.

**Frank will be here at RSVP from 10:00-4:00 on Tuesday, January 12th** to provide tech support to members who call in to schedule a time to meet with him. For this on-site support day, they must have hardware – phone, iPad, laptop – they can bring with them. They should call here ahead of time to make an appointment for that day.
Seniors To Cook Up Science Enthusiasm!

Wednesday, January 6th, from 10:00 a.m. to 12:00 p.m.

RSVP of Tulsa and Tulsa Regional STEM Alliance (TRSA) have teamed up to provide a fun, interactive workshop geared for seniors that demonstrates how simple, everyday tasks, considered second-nature to most people, are really no different than the typical science experiments taught in school classrooms. This two-hour workshop will go over a number of fun, hands-on activities and the science behind each activity. ‘Kitchen Science’ was designed by associate professor Christi Luks to help older adults overcome any potential fear they may have about math and to make science fun. It’s just a new way of looking at common, everyday activities from playing golf to card games to baking in the kitchen and the teachable opportunities that are all around in math and science. ‘Kitchen Science’ teaches volunteers how to impart that knowledge to spark a young person’s desire to learn more.

The seminar is FREE and open to anyone 55 and over, but seating is limited. Light refreshments will be served. Call the RSVP office at 918-280-8656 to make reservations.

The best gift of all is the one you give

Large or small; inexpensive or priceless; gifts come in all shapes and sizes. Their value may be measured in pennies or pounds. But there is one thing all gifts have in common — the thought and caring that goes with the giving of the gift.

We hope you will consider a gift to support RSVP of Tulsa as we head into 2016 with great plans and projects for senior volunteers. Your gift opens the door for our volunteers to find meaningful and rewarding opportunities as they touch every corner of our community with their gifts of love, service and compassion. Thank you for giving!

—The Benefits of Giving to Others  (Continued from page 1)

There appears to be a “volunteering threshold”. One study found that the volunteering threshold is 100 hours per year, or about two hours a week. Typically, no positive health benefit was found when volunteering less than 100 hours per year. A separate survey found a more moderate level was necessary for health benefits. Those individuals who volunteered at least 40 hours per year, as well as those who volunteered with just one organization, or group, had the lowest risk of mortality.

Studies may differ in terms of their specific findings, but they consistently demonstrate that there is a significant relationship between volunteering and good health; when individuals volunteer, they not only help their community, but also experience better health in later years.

If we engage the population in substantial volunteer experiences, we may not only help solve community problems, but simultaneously enhance the health of the growing number of older adults.

— excerpted from The Health Benefits of Volunteering; A Review of Recent Research

Distributed by the Corporation for National & Community Service
Save the Date for our next event: Saturday, June 25, 2016

Planning is underway for a trip to a **Chicago speakeasy during the Roaring 20s**. Stay tuned for more details on our website: [www.rsvptulsa.org](http://www.rsvptulsa.org).

For advance sponsorship or ticket information: lbrimer@rsvptulsa.org or 918-280-8656. We hope you'll join us!