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RSVP workers provide a "Be Ready" bag to a Lincoln Park Senior Center participant

RSVP celebrate ML King Day with Lincoln Park seniors

Celebrating the life and work of Martin Luther King Jr., RSVP of Central Oklahoma staff and volunteers visited with the older adults who attend the Lincoln Park Senior Center in Oklahoma City while serving them coffee and donuts. Helpful information was given to those in attendance along with a "Be Ready" disaster preparedness bag.

Beth Patterson, Executive Director, discussed the Senior Corps which is comprised of the Retired Senior Volunteer Program, Senior Companion Program and Foster Grandparent Program. Each program connects older adults with rewarding and meaningful community volunteer opportunities.

Lisa Davenport, Outreach Coordinator, spoke about the Provide-A-Ride program which provides free medical transportation for seniors, age 60 and older, living on limited incomes. She explained the program offers not only transportation, but also conversation and companionship which are very important to the clients living in isolation with a limited support system. Lisa invit-

ed the group to join RSVP in their mission to help seniors within our communities remain as independent as possible, and in their own homes for as long as possible, by volunteering to take them to their much needed medical appointments.

The "Be Ready" bags included a flashlight and blanket, two items needed in the event of an emergency or disaster. The insulated bags are big enough to also hold other essential items, such as water, medications, a change of clothes, copies of important documents, a first aid kit, etc. The bags are great to have "ready" to use at home, or grab and take in case of the need to evacuate.

The event concluded with a question and answer period and each of the 40 participants pondering the question presented by Dr. King years ago, "What are you doing for others?"

For more information about RSVP of Central Oklahoma, call 605-3110, or visit www.rsvpokc.org. To become a volunteer driver or register as a Provide-A-Ride client, call 605-3106.