

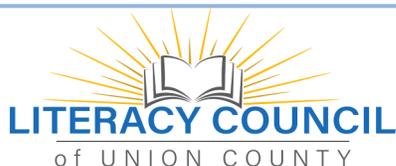
Picnic in the Park Celebrating "50" years of Service



El Dorado Connections hosted another event in celebration of "50" years of service in South Arkansas on May 4th, 2023.

It was a beautiful day to have a picnic and the South Arkansas Arboretum did not disappoint. The spring flowers were in full bloom and the smell of hamburgers on the grill was the icing on the cake. Bryan McDuffie (the Grill Master) from First Financial Bank grilled the burgers for us. We want to also thank Coleman Matthews (CEO of Newhaven) for his fantastic cookies!

Be on the lookout for more exciting events in the near future in celebration of "50" years of service!



What do you think tutoring an adult requires?

You might feel unqualified to be a tutor... You are not.

You might feel you need a teachers degree to tutor... You do not.

Surprisingly, the only requirement is a willing heart to assist a struggling adult learn to read.

Call 870.864.7081 for more information



Medicare Card Scams

In 2018, Medicare updated the Medicare card from containing a person's Social Security number to a random identifier that includes numbers and letters. That was the **last** time the card was updated and there is **NO** plan to update it again. Everyone on Medicare should have already received their new Medicare card. It is important to shred your old card, **don't** just throw it in the garbage.

The new card from Medicare is a paper card that has a blue banner on the top, a white middle, and a red banner on the bottom. (*see example*)



Examples of Medicare Card Scams-Don't fall for these...

- * You are getting a new, plastic Medicare card.
- * Medicare is switching to a card with a chip in it.
- * A chip card, the size of a debit or credit card, contains a microchip to encrypt transactions for greater data security. But protecting your data is the last thing these scammers want. Often they aim to defraud the taxpayer-financed Medicare program—or to steal your identity and rip you off.
- * It's a new year, so you need a new card.
- * You need a black and white card.
- * They (scammers) need your Medicare number to see if you have received your new one yet.
- * They (scammers) need to verify your Medicare number so they can confirm you have the correct Medicare card.

What Can You Do to Stop New Medicare Card Scams?

- * Do not answer calls from numbers you do not recognize.
- * Do not confirm your Medicare number or answer "Yes" to any questions.
- * Guard your Medicare card and number like a credit card! Don't share your number to strangers.

Contact your local AR Senior Medicare Patrol (AR SMP)
or call 1-866-726-2916



RSVP Volunteers



- 1- Gigi Gore
- 5- Barbara Nicklaus
Carolyn Norman
- 9- Vickie Deal
- 13- Peggy Lybarger
- 14- Mary Guthrie
William Hogg
Barbara Libengood
- 16- Sandra Anderson
Doris Ashcraft
Wylie George
- 17- Joan Perdue
Katherine Zylks
- 19- Teressa Cox
- 20- Nancy Murphy
- 25- Polly DeBruin
- 28- JoAnn Jones
Shari Terry
Larry Yarbrough
- 29- Mary Nelson
- 30- Derrill Smith



- 1- Amelia Gulick
- 2- Shirley Randle
- 3- Margaret Ross
- 4- Alice Carter
- 10- Rosie Burns
- 13- Dohnna Williams
- 14- Jo Lowery
- 16- Virginia Brown
- 16- Gina Mitchell
- 18- Mel Herr
- 20- Linda Kalcich
- 24- Bob Stephenson
Betty Washington



I want you to meet an amazing RSVP Volunteer, Joe Doyle. He was born in New Orleans to Mary Lou and Paul Doyle and was one of nine children. He grew up in El Dorado and married his high school sweetheart Jane Thomas. They have two sons, two daughters and four grandchildren. Joe retired from Great Lakes Chemical in engineering where he earned the nickname of "Boneyard Buzzard".

Joe volunteers at Interfaith Help Services as Chairman of the Board, weekly food pantry volunteer "breadman". He says IHS gives him a wonderful purpose helping others and enjoys being with kind, happy and caring volunteers". Joe also volunteers during Keep El Dorado Beautiful clean ups and routinely picks up trash on the Lions Club Trail.

Joe enjoys playing pickleball, exercise classes at HealthWorks and aquaponic gardening. He is a University of Arkansas fan and alumni who enjoys watching every Razorback sport. Thank YOU Joe!

**Aquaponics is a merge of aquaculture-fish farming and hydroponics-growing plants in a water medium.*

Stormwater Information

What is stormwater? Stormwater runoff is precipitation (rain or snowmelt) that flows across the land. Stormwater may infiltrate into the soil, discharge directly into streams, water bodies, or drain inlets, or evaporate back into the atmosphere.

Why would stormwater be harmful? When it rains, stormwater runoff carries potential pollutants such as, oil, pet feces, pesticides, and/or other sediment from the surrounding landscape and roadways into nearby streams and lakes. These pollutants can harm fish and wildlife populations, impact drinking water supplies, and make public recreation areas unsafe.

What can you do?

1. Dispose of any trash properly
2. Maintain your vehicle
3. Pick up after pets
4. Avoid blowing lawn clippings into the street

City of El Dorado-Public Works



August is popularly known as harvest month. The Earl of Sandwich invented the sandwich in 1762-August is now named as National Sandwich Month. August is referred to as the dog days of Summer. This is in reference to the hottest and most humid months and this is typically August.



Lawn Care in August: Why It's So Important

-Apply fertilizer. A little fertilization at the end of summer or the start of fall goes a long way for the next growing season.

-Aerate Your Lawn. No offense to your lawn, but it just lets you walk all over it.

-Stop Thatch Problems

-Start Overseeding



Ice Cream Sandwich Cake

Ingredients

- 10-1/2 ice cream sandwiches
- 1 Jar (12 oz) caramel ice cream topping
- 1 carton (12 oz) frozen whipped topping, thawed
- 1/4 c chocolate syrup
- 2 Symphony candy bars with almonds and toffee (4-1/4 oz each) chopped
- Maraschino cherries, optional



Directions

1. Arrange 9 ice cream sandwiches in a single layer in an ungreased 13 x 9 in dish. Cut 2 of the remaining sandwiches in half lengthwise and the last 1 widthwise; fill in the spaces in the dish. Spread with caramel and whipped toppings. Drizzle with chocolate syrup. Sprinkle with chopped candy bar. Cover and freeze for at least 45 minutes before serving. If desired, garnish with cherries.

Have we as a nation forgotten or do we even care about the meanings of our special holidays?



Memorial Day: Did you know that Memorial Day is a day to honor the heroic soldiers who died while serving our country? This day should be a day of reverence.

4th of July: Did you know that the 4th of July is a holiday Americans hold near and dear to their hearts? On this day, we remember the country's fight for freedom and independence from the tyranny of Great Britain. So, the fanfare of the fireworks, picnics, parades is a part of the celebration of our freedom.



Veterans Day: Veterans Day should not be confused with Memorial Day. Veterans Day pays tribute to all American veterans—living or dead—but especially giving thanks to living veterans who served their country honorably during war or peacetime.

"I saw your sons and your husbands, your brothers and your sweethearts. I saw how they worked, played, fought, and lived. I saw some of them die. I saw more courage, more good humor in the face of discomfort, more love in an era of hate, and more devotion to duty than could exist under tyranny." - Comedian [Bob Hope](#), 1944, in "I Never Left Home," his book about [going on tour to entertain the troops](#), which he did in every U.S. conflict from World War II to the [Persian Gulf War](#).

"Veterans know better than anyone else the price of freedom, for they've suffered the scars of war. We can offer them no better tribute than to protect what they have won for us." - President [Ronald Reagan](#), 1983, in a [radio address to the nation](#).

Long days in the summer sun can be dangerous for anyone if the necessary precautions aren't taken, and this is especially true for older adults.

According to the [Centers for Disease Control and Prevention](#), people who are ages 65 and older are more prone to heat-related health problems. As we age, our bodies don't adjust as quickly to sudden changes in temperatures, and various medical conditions and prescription medicines can contribute to heat-related illnesses.

Six Summer Safety Tips for Older Adults

- **Stay hydrated**—drink plenty of water and pack extras if you are going out. Watermelons, lettuce, peaches and strawberries are a great source for hydration.
- **Protect your skin and eyes**—use a sunscreen that is 30 SPF or better, wear a hat and sunglasses too
- **Know when to stay inside**—limit outdoor activities to mornings and evenings when it's cooler
- **Keep medications properly stored**—rising temperatures can effect medicines and some medicines warn you to stay out of the sun
- **Run the A/C**—keep A/C at 78' during the summer. Older adults can get too hot and not realize. Getting too hot can be fatal.
- **Stay connected**—check on older family members or neighbors often to see how they are doing.



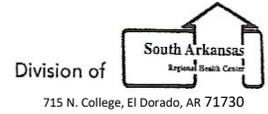
South AR Regional Health Center



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Lead With Experience



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MISSION STATEMENT

To provide a variety of opportunities for citizens to participate more fully in the life of their community through significant volunteer service and to advocate for the aging population in South Arkansas.

RSVP STAFF

Julia Amis, Director
Dara Stanfill, Literacy Dir./Admin Asst.
Cheryl Splawn, Volunteer Manager

Advisory Council 2023

Vince Dawson-Chair
Annette Pate-Vice Chair
Bonnie Miears
Bill Odom
Shirley Randle
Connie Short
Joan Tribble
Barbara Warrick
Larry Yarbrough

We LOVE our Advisory Council!

***EL DORADO
EXPRESS***

**Transportation for Senior Adults 60
years of age and older**

870-864-7082

Do you need a ride to the doctor? To the grocery store? Or to pay some bills? Give us a call we can make it happen.