



It's easy to overindulge during the holiday season, but don't let this time of year derail your [healthy eating](#) goals! You can celebrate and stay on track with these tips:

- Be mindful of your [portion sizes](#). Take smaller portions of higher-calorie foods and larger portions of foods like fresh fruits and vegetables.
- Ask for baked, broiled, braised, grilled steamed, or sautéed foods when eating out. Avoid fried foods.
- Drink water, fat-free or low-fat milk, or other drinks without added sugars.
- And don't forget to get up and moving during the holiday season. Try an [exercise video](#) on the *Go4Life* website today!

Get more tips on [choosing healthy meals as you get older](#) on the National Institute on Aging website.



The New Medicare Advantage (MA) Open Enrollment and Disenrollment Period

Beginning in 2019, the Medicare Advantage Disenrollment Period (MADP) will be replaced with a MA Open Enrollment and Disenrollment period that lasts from **January 1 through March 31** each year.

During this time, people with MA may make the following changes one time:

- Switch between MA plans; Or
- Switch to Original Medicare with or without Part D

A change made during the MA Open Enrollment and Disenrollment Period is effective on the first of the following month.

“REVIEW YOUR OPTIONS”

Health Benefits of Dates

Dates are a very healthy fruit to include in your diet. They are high in several nutrients, fiber and antioxidants, all of which may provide health benefits ranging from improved digestion to a reduced risk of disease. There are several ways to add dates to your diet. One popular way to eat them is as a natural sweetener in various dishes. They also make a great snack. It's easiest to find dates in their dried form, though these are higher in calories than fresh fruits, so it is important to eat them in moderation. Dates are definitely worth adding to your diet, as they are both nutritious and delicious.



~www.healthline.com/nutrition/benefits-of-dates

DID YOU KNOW

141 million Valentine's Day cards are exchanged annually, making Valentine's Day the second most popular greeting card giving occasion. The top five greeting card giving occasions:

1. Christmas
2. Valentine's Day
3. Mother's Day
4. Father's Day
5. Easter

(Source: Hallmark research)



Please turn in your volunteer hours (monthly)
 Your time is important and invaluable to us and our organization.

“Phone Pals” Connecting Volunteers with Isolated Elders in our Community



For an elderly homebound, just someone else's voice can make a difference in an otherwise long and lonely day. The Phone Pal Program operated through Tri-County RSVP Program gives both senior volunteers and older homebound adults a chance to communicate and cultivate friendships.

For more information call 870-864-7080.

Why do seagulls fly over the sea?
 Because if they flew over a bay, they would be bagels



Birthdays of the Month

January

- 4 Clifton Humphries
- 6 Janis Camp
- Carolyn Hay
- Betty Shutes
- 7 Jeanette Simmons
- 8 Joe Hershberger
- 10 Joan Hershberger
- 16 Pat Peel
- 18 Connie Short
- 23 Cynthia Allgood
- 27 Edna McCullars
- Marcell Carter
- 29 Pat Smith
- 31 Richard Trinca



February

- 2 Merle Simmons
- Juanita Faye Wynn
- 3 Pearl Elmore
- Steve Splawn
- Colleen Martin
- 4 Trisha Nash
- 6 Rosie Hicks
- Robert Mayhan
- 7 Wendy Walton
- 9 Betty Chatham
- 12 Elvie Carey
- 15 Bobbie Jones
- 15 Linda Bates
- 17 Virginia Mulligan
- Mary Scott Post
- 18 James Willis
- 20 Mary Sue Peterman
- 22 Jimmie Luster
- 26 Maureen DeBruin
- 28 Katie Butler
- 29 Janice Bush
- William CleVester



czy możesz to przeczytać

If you have low literacy skills, simple words look like a foreign language.



Call your local Literacy Council to volunteer.

Union County
870-864-7081

Columbia County
870-234-6064

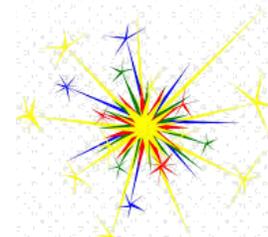
In Polish this reads: "Can you read this?"

In present day, with most countries now using the Gregorian calendar as their de facto calendar, **New Year's Day is probably the most celebrated public holiday**, often observed with fireworks at the stroke of midnight as the new year starts in each time zone.



A **New Year's resolution** is a tradition, most common in the Western Hemisphere but also found in the Eastern Hemisphere, in which a person resolves to change an undesired trait or behavior, or start a healthier way of life. The ten most common resolutions are:

1. Diet or eat healthier
2. Exercise more
3. Lose weight
4. Save more and spend less
5. Learn a new skill or hobby
6. Quit smoking
7. Read more
8. Find another job
9. Drink less alcohol
10. Spend more time with family and friends



Medicare Open Enrollment is over for another year. We want to thank all of our volunteers who helped: Doris Ashcraft, Shirley Gardner, Linda Kalcich, Lynn Muckelrath, Virginia Mulligan, Nancy Webb, and Gretchen West.

We counseled and assisted 331 beneficiaries. We appreciate your help during Medicare Open Enrollment!

You are AMAZING!!!



"I have a dream"

Martin Luther King Day of Service is set for January 21, 2019. This year El Dorado Connections/Tri County RSVP volunteers will be collecting and distributing canned goods to homebound elders.

MLK Day of Service is a federal holiday dedicated to the Reverend Dr. Martin Luther King, Jr. in honor of his legacy and passion for serving others. Legislation signed in 1983 marked the birthday of the Rev. Dr. Martin Luther King, Jr. as a federal holiday. In 1994, Congress designated the Martin Luther King Jr. Federal Holiday as a national day of service and charged the Corporation for National and Community Service with leading this effort. Each year, on the third Monday in January, the MLK Day of Service is observed as a **"day on, not a day off."** MLK Day of Service is intended to empower individuals, strengthen communities, bridge barriers, create solutions to social problems, and move us closer to Dr. King's vision of a "Beloved Community."

The winter months tend to encourage lethargy as most of the nation deals with colder temperatures accompanied by shorter days. However, we like to consider MLK Day to be part of the season of giving thanks and reflection that starts around Thanksgiving and rolls on through the New Year.

Call it an extension of the holiday season -- a way to keep that warm feeling for a few more weeks and kick off the New Year with a new commitment to service.

Bring your canned goods, soups and crackers to El Dorado Connections/RSVP-824 Camp Street, El Dorado.

January

National Oatmeal Month

- 1- New Year's Day
 - Ellis Island opened NY Harbor (1892)
- 3- Alaska admitted as the 49th state (1959)
- 4- Pres. George Washington delivered first State of the Union address (1790)
 - RSVP Dance
- 8- National Bubble Bath Day
- 11-National Arkansas Day
- 17-The ship *Resolution* became first vessel to cross the Antarctic Circle (1773)
- 18-RSVP Dance
 - National Winnie the Pooh Day
- 19-National Popcorn Day
- 21-Martin Luther King Day
- 24-(1895) Hawaii's monarchy ended as Queen Liliuokalani was forced to abdicate. Hawaii became the 50th state in 1959.

***Please turn in your timesheets**

February

American Heart Month

- 1-RSVP Dance
- 2-Ground Hog Day (6 more wks. of winter?)
- 4-Apache War began (1861) lasted 25 years
- 6-"Babe" Ruth born in Baltimore in 1895
- 14-Valentine's Day
- 15-RSVP Dance
 - (1870) 15th Amendment to U.S. Constitution was ratified guaranteeing right of citizens to vote
 - (1933) Assassination attempt on U.S. Pres. Franklin D. Roosevelt, in Miami, FL
- 18-President's Day
- 26-"Buffalo Bill" Cody born (1846)
- 27-(1991) In Desert Storm, the 100-hr ground war ended as Allied troops entered Kuwait

***Please turn in your timesheets**



10 Little Things That Mean A Lot To Someone Who Has Depression

Depression can manifest itself in a number of ways: prolonged and pervasive sadness; feelings of worthlessness or self-loathing; changes in appetite; sleep issues; irritability or lack of energy. All of these issues can take a toll on a person and make everyday life hard to manage.

~National Suicide Prevention

One in six people will experience this mental health condition at some point in their life, which means that you or someone close to you is likely to be affected by depression. Below are ideas from people who have suffered from depression:

1. **Listen without trying to 'fix' anything.** Being empathetic might be the best you can do, and it's no small favor to the depressed person — they will remember it and appreciate it." *~Christie Matherne*
2. **Help with household chores that they haven't been able to tackle.** Wash the pile of dishes in the sink or clean the house.
3. **Offer to help in specific ways instead of just asking generally if there is anything you can do.** Don't say, "Is there anything I can do?" This is such a nice thing to say, but 100 percent hate it. It puts the ball in their court—and they will just say "No I'm fine", because they don't have the willpower to express their needs or make choices.
4. **Be extra patient with us, we're going through a rough patch.** It's important for you to know that I am trying my best and I need a little time. I may need some space to recharge. I may get frustrated but I just need reassurance that you love me. *~Maria Fraschilla*
5. **Send them a quick text or a funny card to let them know that you are thinking of them.** "I love receiving little texts or silly memes from friends. It sometimes saves my day when I'm in the dark and I really wish they could understand that." *~Sow Ay*
6. **Try not to take it personally if we don't respond when you reach out.** "People with depression convince ourselves we have nothing of value to add to the world, we shut ourselves off from those who might really want to be in our lives. If you'd just give me another shot while understanding how depression fits into all this, that could be the lifeline I need to pull me out of this pit I've dug myself into." *~Craig Tomashoff*
7. **Remind us how strong and capable we are when we're feeling worthless.** "I need you to remind me of all of the things I have overcome and have accomplished. I need you to remind me that there are people in the world who benefit from my positive work ethic and impact." *~Culbertson*
8. **Tell us it's ok to not be ok all of the time.** "Having depression makes me feel guilty all the time: for not going out, for not working enough, for not eating healthy enough, for everything. Being reminded that it's OK to feel like that, that it's not my fault because depression is an illness, is also a huge help. And I need to be reminded of that a lot because depression keeps telling me I'm not good enough to do anything." *~Sow Ay*
9. **Hold our hand or give us a hug when we don't feel like talking.** It's just the littlest thing that makes me feel like I'm surrounded by love and that the darkness of depression can't engulf me." *~Crystal N.*
10. **Bring us a little gift like our favorite sweet treat, a thoughtful card or some flowers.** "Small gifts like flowers or candy are always a plus when you're feeling low. Flowers are beautiful to look at and will often bring a smile to my face. Candy or chocolates are also a plus because they taste delicious, and who can resist chocolate?" *~Culbertson*

The other day, my wife asked me to pass her lipstick but I accidentally passed her a glue stick. She still isn't talking to me.

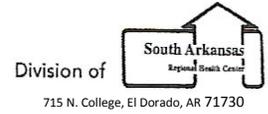
South AR Regional Health Center



824 Camp Street
El Dorado, Arkansas 71730

RETURNED SERVICE REQUESTED

Non-Profit Org
U. S. Postage
P.A.I.D.
Permit No. 204
El Dorado, AR 71730



CORPORATION
FOR NATIONAL
★ SERVICE



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.

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.
• 24 hour notice for local
• 48 hour notice for long distance

RSVP STAFF
Julia Amis, Director
Dara Stanfill, Literacy Dir./Admin Asst.
Cheryl Splawn, Volunteer Manager
EL DORADO CONNECTIONS/RSVP
ADVISORY COUNCIL 2019
Bill Odom-chair
Leroy Shelton-Vice Chair
Lucy Bawel
Vince Dawson
Vicki de Yampert
Bonnie Miers
Annette Pate
Connie Short
Barbara Warrick
Our Advisory Council Volunteers are
the best!