



In 1775, people in New England began fighting the British for their independence. Independence Day is annually celebrated on July 4th. It is the anniversary of the publication of the declaration of independence from Great Britain in 1776. The first description of how Independence Day would be celebrated was in a letter from John Adams to his wife Abigail on July 3, 1776. He described “pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations” throughout the United States. Interestingly, Thomas Jefferson and John Adams, both signers of the Declaration of Independence and presidents of the United States, died on July 4, 1826—exactly 50 years after the adoption of the declaration. It is also important to note that Native Americans lived in the country and each tribe had its own nation and government prior to the European settlers.



Can aspirin reduce the risk of cancer?



In a report recently published in Nature Reviews Clinical Oncology, American Cancer Society researchers are suggesting that low-dose aspirin may one day be recommended to play a part in reducing the risk of death from cancer. However, doctors treating individual patients must factor in any higher risk for bleeding disorders, stomach ulcers or stroke.

Previous studies have suggested that taking a daily low-dose aspirin could reduce the risk of colorectal cancer, but according to the new study, that dosage may reduce risk for all types of cancer.

The analyses found that for people with average risk over the three to five years of the study, there was a 20 to 30 percent reduction in overall cancer. The number of cancer deaths after five years also was reduced.

The U.S. Food and Drug Administration would have to approve any change in present clinical guidelines, but the new study does bring us closer to the day when physicians would regularly prescribe this preventative treatment.

Taxes, taxes, taxes

Since the coronavirus hit the United States in March, CADC issued a full closure of all Vita Tax Centers as per the Governor’s orders.



El Dorado Connections-Tri County RSVP stopped preparing taxes for low income individuals and families in Union and Columbia Counties.

However, we would still like to say a BIG THANK-YOU to all of the volunteers who helped during this tax season:



Doris Ashcraft, Austin Bollen, Larry Cave, Virginia Engelman, Shirley Gardner, Carmen Greer, Linda Kalcich, Melva May, Lynn Mucklerath, Virginia Mulligan, Annette Pate, Fayrene Rash, Dara Stanfill and Gretchen West.



RSVP Volunteers



- 1- Gigi Gore
- 2- Sonnie Bell
- 3- Steve Terry
- 5- Barbara Nicklaus
- 6- Carolyn Norman
- 8- Renee' Crawford
- 9- Vickie Deal
- 13- Peggy Lybarger
- 14- Mary Guthrie
- Barbara Libengood
- 16- Sandra Anderson
- Doris Ashcraft
- Wylie George
- 17- Joan Perdue
- 19- Teresa Cox
- 25- Polly DeBruin
- 28- Joann Jones
- 31- Kathy Walter



- 1- Arnelia Gulick
- 3- Margaret Ross
- 13- Dohnna Williams
- 14- Jean Coleman "100"
- Jo Lowery
- Judy Kyle
- 15- Virginia Brown
- 16- Carmen Greer
- Gina Mitchell
- 18- Mel Herr
- 20- Linda Kalcich
- 24- Bob Stephenson
- Betty Washington
- 27- William Jamerson
- Cherry Smith
- Nancy Webb
- 28- Annette Culppepper
- 29- Janell Decossas
- 30- Barbara Dickson
- Wanda Moreland
- 31- Bobby Williams

Volunteer Spotlight



Jean Coleman has been a valued RSVP volunteer for over 28 years with a total of 10,002 volunteer hours reported. She has always loved to work outside the home so volunteering for the hospital auxiliary was a good fit for her.

Before retiring Jean worked at Sears, Montgomery Ward, the El Dorado School District (as Administrative Assistance) and at SunBar Estates.

Jean has been described as an amazing southern lady with a winning smile. She is very close to her family and loves the Lord.

Jean will be reaching a milestone this August. She will be turning 100 years old! We want to wish her a Happy Birthday! We love you Jean!

Fun Fact:

Kleenex tissues were originally intended for gas masks

When there was a cotton shortage during World War I, Kimberly-Clark developed a thin, flat cotton substitute that the army tried to use as a filter in gas masks. The war ended before scientists perfected the material for gas masks, so the company redeveloped it to be smoother and softer, then marketed Kleenex as facial tissue instead.

10 Reasons Why Aging is Awesome

1. **Age doesn't determine success**-The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders), started at the age of 65!
2. **We lose a few bones along the way.** We are born with 350 bones in our skeleton. Over the course of time and during our aging process, our bones fuse together leaving us with 206 bones as adults.
3. **Seniors hold the most voting power.** When it comes to voting in the U.S., those 60 and over cast more ballots than any other age group.
4. **Creativity doesn't decrease with age.** Laura Ingalls Wilder didn't publish Little House in the Big Woods until 65. Millard Kaufman didn't publish his first novel, "Bad Day at Black Rock", until 90!
5. **Seniors are living longer!** Due to advancements in healthcare and technology, people are living longer. By the year 2040 the population of seniors over 85 is expected to triple from 5.7 million to 14.1 million.
6. **...and growing faster.** According to the US Census Bureau, older adults make up the fastest growing age group within the U.S.
7. **You mostly have control over aging.** Studies argue that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen life-style factors.
8. **There's less stress after 65.** Despite citing other health and money concerns, those 65 and older experience less stress.
9. **Learning can save your brain.** In response to learning, senior citizens can grow new neurons over time which can help fight off dementia.
10. **Sleeping habits alter over time.** Our sleeping patterns change as we age, we get tired earlier and wake up earlier. `seniorly.com

Cran-Raspberry Iced Tea

The fruity flavor of this refreshing ruby-red beverage is sure to brighten up any summer get-together.

Ingredients:

- 4 cups water
- 1 cup frozen unsweetened raspberries
- 4 tsp sugar
- 8 individual raspberry-flavored tea bags
- 4 cups reduced-calorie reduced-sugar cranberry-raspberry juice

Directions:

In a large saucepan, bring the water, raspberries and sugar to a boil. Reduce heat; cover and simmer for 10 minutes. Remove from the heat; strain and discard raspberry seeds. Add tea bags. Let stand for 4 minutes. Discard tea bags. Stir in cranberry-raspberry juice. Serve over ice.

Yum! Yum!





Driver Safety

Cancellations due to the COVID-19

Coronavirus.

While states across the country are in the process of re-opening, AARP has made the difficult decision to cancel all sponsored-in-person events and activities through the end of 2020, which include AARP Driver Safety events. This will minimize COVID-19 exposure among our AARP family and our communities.

You can still access the AARP Smart Driver online course as an alternative, especially if you need to renew your car insurance discount. AARP are extending their special 25% off discount through the end of the year. Website: www.aarpdriversafety.org Promo code for 25% discount: DRIVINGSKILLS Good through: December 31, 2020

Q: Who says sticks and stones may break my bones, but words will never hurt me?



A: A guy who has never been hit with a dictionary.

The funnier side of getting older



I think more about running away now than I did as a kid.. but by the time I put my teeth in, my glasses on and find my keys I forget why I'm going..

Please update your contact information

Your updated information is needed so we can make sure you are invited to our recognition events, send you your timesheets, the newsletters and update you on new and exciting volunteer opportunities. If there are any changes to your mailing address or phone number, call Cheryl 870-864-7084.

CORONAVIRUS SCAMS



We know that scamsters use tragic world events to snare their victims, and the coronavirus pandemic is no exception. As the Massachusetts SMP Director said, "Sadly, the scams around Coronavirus testing are spreading almost as fast as the virus itself." Seniors are receiving calls from scamsters stating they are with the Centers for Disease Control (CDC) the *Chinese* CDC, or your local health department offering coronavirus testing, vaccinations, and treatments in exchange for a Medicare number or credit card payment. A coronavirus test should be prescribed for you by your personal doctor.

- There is NO VACCINE for Covid-19
- You do not have to do anything to receive the expected stimulus check or economic impact payment from the Treasury Department
- SOCIAL SECURITY **is not suspending** your SS benefits due to office closures or due to the Coronavirus pandemic.

Arkansas SMP April-June 2020 Newsletter

Literacy Council News

If you had to stay at home during the COVID-19 pandemic, you might have gotten caught up on some long overdue R & R. You could pick up a book and lose yourself in the pages of a timeless novel or even break out your Martha Stewart side and bake up a storm. But if you were one of the thousands of adults who are illiterate, you did not have those options.

You can make a difference!

Volunteer with the Literacy Councils of Union and Columbia Counties.



Union County
870.864.8071

Columbia County
870.234.6064

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



RSVP STAFF

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

**EL DORADO CONNECTIONS/RSVP
ADVISORY COUNCIL 2020**

Bill Odom-Chair
Vince Dawson-Vice Chair
Lucy Bawel
Vicki de Yampert
Bonnie Miears
Annette Pate
Leroy Shelton
Connie Short
Barbara Warrick



Our Advisory Council Volunteers are
the best!

***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

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.*