



National Volunteer Week-April 16-22, 2023

National Volunteer Week is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society’s greatest challenges, to build stronger communities, and be a force that transforms the world.

National Volunteer Week was established in 1974 by the United States government. Today, the holiday is organized by Points of Light, the world’s largest organization dedicated to volunteer service.

According to the Urban Institute’s most recent data, Americans volunteer 8.8 billion hours annually.

Today, as people strive to lead lives that reflect their values, the expression of civic life has evolved. Whether online, at the office, or the local food banks; whether with a vote, a voice, or a wallet-doing good comes in many forms. We recognize and celebrate them all.



Easter Sunday, April 9th, 2023

Easter, also called Pascha or Resurrection Sunday, is a Christian celebration and cultural holiday commemorating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of His burial following His crucifixion by the Romans at Calvary c. 30 AD.



Volunteer Opportunity



Turning Point of South Arkansas is needing volunteers for the domestic violence shelter on Tuesdays from 10 a.m. – 12 p.m. Volunteers are also needed to help with prevention education in local schools on Tuesdays and Thursdays between the hours of 8 a.m. – 10 a.m. or 1 p.m.— 3 p.m. Volunteers must pass a background check. Anyone who is interested call Alexis Waldon at 870.862.3672 or email awaldon@endallviolence.org.



El Dorado Connections is a VITA (Volunteers Income Tax Assistance) site.

If you make less than \$70,000, our trained VITA tax volunteers are trained and able to assist you in preparing your taxes.

Call 870.639.3782 to make an appointment



AmeriCorps Seniors

Every March, we celebrate AmeriCorps Week. This year we’re celebrating March 12-18. Stop to recognize and give thanks to those members and volunteers who raise their hands to help when the need arises. They are often the first on the ground and the last to leave—making sure to leave their community better than when they found it. Thank you AmeriCorps Seniors!!

RSVP Volunteers

MARCH

- 1- Laura Doyle
- Carolyn Hasling
- 4- Teresa Collings
- 5- Neva Cheng
- 7- Richard Bates
- 8- Mary Talley
- 10-Carolyn Wilson
- 14-Mary Ann Mellinger
- 17-Pat Crumpler
- 19-Vicki de Yampert
- 23-Joyce Miller
- 24-Virginia Engelman
- 25-Leanna Yutzy
- 27-Charles Shutes
- 28-Janet Finch

April

- 1- Betty White
- 2- Don Harrell
- 4- Joan Tribble
- 5- Marsha Martindale
- 8- David Hill
- 12-Janice Blount
Jane Hill
- 13-Debbie Stinson
- 14-Robert Reynolds
- 17-Lydonna Primm
Winfred Tubbs
- 21-Wanda Bryant
- 23-Dovie Jones
- 26-Barbara Warrick
- 27-Frances Erwin
- 28-Connie Marsh
- 29-Kay Plunkett



I want you to meet Shirley Randle. She retired from the El Dorado School District after fourteen years as school nurse. She has also worked for the Union County Home Health Department for sixteen years. She has been an active RSVP volunteer for three years.

Shirley loves her family and cherishes her grandson that she says is the "apple of her eye". When asked what she does in her spare time, with a smile on her face, she said, "I love to watch Westerns". Gunsmoke is her favorite because of James Arness. Shirley is talented in making jewelry, rock painting and doing crossword puzzles, anything crafty. She attends Douglas Chapel Baptist Church and loves her Lord Jesus Christ.

When asked why do you volunteer, she said: "My mom always did things for people and it became a part of my life". She was encouraged by her mom to **Take It To The Streets** and she was able to start a neighborhood clean-up involving kids. Shirley has a giving, friendly, loving heart that radiates from her smile. We love you Shirley!



Scams Targeting Senior Adults

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." It's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces, nephews, and others.

Here are a few scams which target our senior adults:

1. Heath Care Insurance/Medicare Fraud
2. Counterfeit Prescription Drugs
3. Funeral & Cemetery Scams
4. Fraudulent Anti-Aging Drugs
5. Telemarketing: examples (The Pigeon Drop, The Fake Accident Ploy, Charity Scams)
6. Internet Fraud
7. Homeowner/Reverse Mortgage Scams
8. Sweepstakes
9. Lottery Scams
10. Grandparent Scam

www.ncoa.org

If you, or you know of someone who has been affected by a scam, report it to Arkansas Senior Medicare Patrol (SMP) 1-866-726-2916



What is a flower's favorite kind of pickle?



!!!off!!!

Literacy Council News



Challenges of Low Literacy

Low literacy in individuals stems from different, generally inter-related causes which, together, created a series of often insurmountable barriers for those concerned. Some of the causes of low literacy are:

- ◇ Undiagnosed learning disabilities
- ◇ Hearing or vision loss
- ◇ Lack of a role model, ie: no one in the family or household stresses reading or education
- ◇ Poverty or a focus on survival needs rather than education
- ◇ Violence in the community or fear of violence, causing a student to miss large amounts of school
- ◇ Moving from one school to another throughout childhood, so that education didn't make sense and didn't fit together
- ◇ Leaving school at a young age to care for a sick or dying family member
- ◇ Leaving school at a young age to provide income for the family
- ◇ Living in a refugee camp where education was minimal or not available
- ◇ Being a foreigner and needing to learn English as a second language

Want to help? Call Dara at 870.864.7081 and get started on making a difference in someone's life

Are You a Hoarder or a Minimalist?

Have a pile full of clothes in your wardrobe? Or a pile full of old furniture kept in your house, which you just can't seem to get rid of? And many other insignificant possessions which should have been donated or thrown out a long time ago but instead they are just cluttering your place? If this is the case with you and your home then you're probably a hoarder.



A hoarder-is defined as someone who has a difficulty of discarding or parting with one's possessions because of a perceived need to save them. Someone who can be termed as a hoarder is someone who experiences distress even at the mere thought of getting rid of the possessions. Hoarding frequently creates cramped living conditions in the homes, which may be filled to capacity, with only narrow pathways winding through their stacks of clutter. Hoarding can also become a type of obsessive-compulsive disorder if the habit is persistent and interferes with normal life.

Hoarding is often confused with collecting. Collectors have some kind of agenda behind their collection and you would often find them to be organized. They show pride in their collectibles. Whereas hoarders just don't get rid of random possessions and keep them haphazardly. Hoarders do not collect for any specific use and they often get anxious and panic when getting rid of something.

A minimalist- is defined as someone who wants to live a simple life with only those things that are necessary for life. Someone who wants to have less material things. They do not run and buy every new item that's available. They are mostly content with what material stuff they have in their life.



Minimalists do not believe in more is better, rather they believe that to be genuinely happy you need to be free from consuming more items and focus on finding meaning from other experiences of life. A minimalistic lifestyle has many benefits. When you are a minimalist you are free from financial worry as you do not go on buying things that you think you need just for a few minutes of happiness. You spend money on things you actually want and have some use. The life of minimalists is clutter-free and they can spend more on life experiences than stuff. It also helps the environment if you are not increasing demand for products and in all helps you live a stress-free life.

thesocialcomment.com

The big question in your life is: are you a hoarder, a minimalist, or somewhere in between?



El Dorado Connections AmeriCorps Seniors sponsored the Magdalene House in honor of Martin Luther King Day of Service. RSVP volunteers gathered much needed items for the ladies in the program.

The ladies are grateful and so are we that you helped in such a big way for this wonderful program.



Pictured: Margaret Ross, Shirley Randle, Betty Miller, Ronnie Bluford, Bonnie Miers, and Julia Amis

Act fast if you have COVID symptoms



Feeling sick? If you have any COVID-19 symptoms, **act fast!** COVID-19 antiviral treatments can help reduce your symptoms and keep you out of the hospital, but **you must take them as soon as possible.**

Follow these steps to reduce your chances of severe illness:

- 1. Get tested as soon as possible.**
 - Medicare covers up to 8 over-the-counter COVID-19 tests each calendar month, at no cost to you until May 11, 2023.
 - You can also search for no-cost **COVID-19 testing locations** near you.
- 2. If you test positive, and are more likely to get very sick, talk to your doctor or healthcare provider right away** to find out if treatment is right for you.



If you have an email address, please let me know. Then when I send out volunteer opportunities and other important information, you can receive them.

And, if you have given me your email address and it has changed, please let me know so I can make sure that I have the correct one so you won't miss out on any exciting volunteer opportunities.

Thank you!
Cheryl
870.864.7084

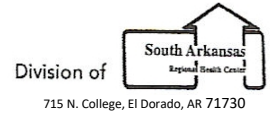
South AR Regional Health Center



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



AmeriCorps
Seniors

RSVP

Lead With Experience



“Like” us on
Facebook

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

El Dorado Connections/RSVP 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!

**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