



YOU MATTER!

Most people reach an age or time in their lives when they feel they aren't important anymore. The world seems to be spinning so fast with new technologies being born everyday that you can't seem to keep up.

The younger generations don't seem to slow down long enough to "smell the roses". Go, go, go, is all they know.

There is a lot to be said about sitting down with a parent or grandparent and just talking, without cell phones, IPADS, laptops, or other techno devices that are in such grand demand these days.

It's an extremely hard lesson to learn, when those special people are gone and you can't ask, "how much oregano did you put in your mouth-watering spaghetti sauce, or where did we come from? Or, I am ready now for you to teach me to crochet".

You, as RSVP Volunteers, are priceless to us. Not just because you volunteer and turn in your hours, but because you are our peers and we look up to you. We value your opinions and suggestions. Without you, this organization couldn't exist.

So always remember, YOU MATTER!

FREE TAX PREP

The federal income tax filing due date for individuals for the 2020 tax year was **extended from April 15 to May 17, 2021**. Call 870.639.3782 to set up an appointment with one of our trained VITA tax volunteers.

Don't miss the May 17th deadline.

Do you know why we celebrate Memorial Day or is it just an extra long weekend for you to cook burgers and hot dogs with the family?



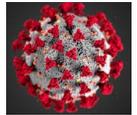
Well...Memorial Day is a federal holiday in the United States for honoring and mourning the men and women who died in the performance of their military duties while serving in the United States Armed Forces.

Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Memorial Day is observed on the last Monday of May.

Things you shouldn't do....

- **Don't** wish anyone a Happy Memorial Day. This is **not** Christmas with the promise of bringing glee each year.
- **Don't** thank the current troops.
- **Don't** disregard its importance.
- **Don't** forget it exists.
- **Don't** let politics keep you from rendering respect.

Coronavirus Vaccines



Coronavirus vaccines are the light at the end of a very dark tunnel, a pandemic that has resulted in 2.78 million fatalities around the world and almost 550,000 in the U.S. alone.

A U.S. Centers for Disease Control and Prevention study provided some hope. After the second dose of vaccines from Moderna or Pfizer and BioNTech, a person's risk of infection fell 90% at least two weeks afterward.

After the first dose, the risk of infection fell 80%, according to the study, which looked at almost 4,000 healthcare workers, first responders and essential workers.

Both vaccines gained emergency use authorization from the FDA for their effectiveness preventing disease from COVID-19. This study reviewed "vaccine effectiveness against infection, including infections that did not result in symptoms."

Even if you've been fully vaccinated, it's important to continue to wear a face mask and practice social distancing in public settings.





RSVP Volunteers

2- Melva May 3- Elsie Johnson Joseph Nixon 7- Jan Hughes 10-Elizabeth Young 12-Judith Johnson 22-Verna Clark 23-Donald Smith 25-Rosie Corwin 27-Annette Pate Inez Stith 28-Elaine Butler 31-Annette Butler 3- Joe Doyle	Debbie Langford 6- George Gordon 8- Mary Ann Molsbee 16-Annette Sturgis 18-Carla Horne 19-Carolyn Mc Curry 22-Elease Hill Betty Morgan 23-Bonnie Mears 24-Lisa Murray Rebecca Peachey 26-Marguerite Rodgers 26-Leroy Shelton

How Pandemic Fatigue Made Us Antisocial

COVID-19 took a toll on our relationships. Understanding why might help us come back together.

Something happened early last year-after the distraction of the holidays-where many of us withdrew into ourselves, cutting down on social interactions. According to psychologist Gillian Sanstrom, the lockdown got harder as it went along, even for people who coped well last year. People have lost their energy and social activities go up and down in waves, depending on how hopeful they feel at any given moment.

Why would we withdraw, even though we desperately need each other?

Loneliness, rather than prompting us to connect, actually makes us withdraw. We start to feel unworthy of our relationships, worried that people are judging us or don't enjoy being around us. Depression saps our energy and motivation, and affects our sense of self-esteem. It makes it hard to do the things that would help alleviate the depression, including engaging with other people.

This is probably true for many of us during the pandemic, stuck at home and unable to eat out at restaurants, enjoy many of our hobbies, or take much needed vacations.

Pandemic fatigue hit us as well. We are simply lacking in time and energy. We are overwhelmed.

When all of this is over, our relationships--digital or distanced--won't be the same right away. But our relationships will bounce back better and stronger because we realize how important face to face contact with others is and it is vital to our emotional state of mind. If we're lucky, all the Zoom fatigue and loneliness and *aloneliness* will remind us of what it was like to lose each other--and what it was like to find each other again. Kira Newman Editor of Greater Good



SCAM ALERT

COVID-19 Vaccine Survey Scam

Scammers know people have started receiving vaccines and are capitalizing on it. Surrounding states are reporting a new COVID-19 vaccine **email** scam where people are asked to *complete a survey* and then offered a free reward, but then they are asked to pay a fee "to cover shipping". The fake email was discovered because they used a Pfizer logo that was not the official logo. There also was a typo, which is always a red flag. Survey scams like this are a creative way to steal your identity or money, collect data about you to commit identity theft, or install malware on your computer when you click on a link in your email.

Scam surveys usually offer a reward and give you a limited time to take the survey. A legitimate survey would not assign a time limit, nor would they ask for your credit card or bank account information to pay to receive a reward.

TIPS:

- DO NOT CLICK ON ANY LINKS
- Do not click on 'unsubscribe' -"Diabetes Life Manager" (SCAM!)
- Look for Red Flags (typos: make sure there is an "S" (https) in the URL; double check the logo; go to a website yourself to verify, don't click on the link provided.

REPORT all scams to the Arkansas SMP at 1-866-726-2916

Like Arkansas SMP on [Facebook](#)

"If you're not barefoot, then you are overdressed".



Celebrate the Power of Volunteers to Tackle Society's Greatest Challenges. Doing good comes in many forms, and we recognize & celebrate them. Volunteer someplace locally.

Ambrosia Salad

Ingredients:

- 8 oz. cream cheese room temp
- 8 oz. container whipped topping
- 1-15 oz. can mandarin oranges, drained
- 1-20 oz. can crushed pineapple, drained
- 1-12 oz jar maraschino cherries drained cut in half (plus more for garnish)
- 1 cup mini marshmallows
- 1cup shredded coconut
- Chopped walnuts for garnish

Instructions:

1. In a large bowl, cream the cream cheese until smooth.
2. Add the whipped topping, a third at a time, mixing on low speed.
3. Stir in oranges, pineapple, cherries, coconut and marshmallows.
4. Spoon into serving bowl, garnish with chopped walnuts and cherries if desired.

Extra-Help pays for prescription drugs (Part D)

If you qualify for **Extra Help** and enroll in a Medicare drug plan, you will get help paying your Medicare drug plan's monthly premium, yearly deductible, coinsurance, and copayments.



With **Extra Help**, there will be no coverage gap (donut hole) and no late enrollment penalty. You can also switch drug plans one time in a quarter except for the last quarter.

You will qualify for **Extra Help** if you have Medicare and meet any of these conditions:

- ~You have full Medicaid coverage
- ~You get help from a Medicare Savings Program
- ~You get Supplemental Security Income (SSI) benefits.

Full Extra Help: Monthly income-Individual=not more than \$1,435.50
Couple=not more than \$1,939.50
Asset Limit: Individual=not more than \$9,360
Couple=not more than \$14,800

Call SHIP for Medicare help-1-800-224-6330 or
El Dorado Connections-870-864-7080 to see if you qualify.

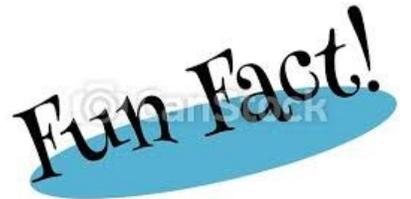


With the many changes that have been made because of the pandemic, the VITA tax program created safe ways to help low income individuals and families prepare their taxes.

Many thanks to our RSVP tax volunteers! Austin Bollen, Jeanette Bridges, Doris Ashcraft, Lucy Bawel, Larry Cave, Melva May, Bonnie Miears, Fayrene Rash, and Gretchen West.

Fun Fact:

In the 1930's, a bank robber named Charles Arthur "Pretty Boy" Floyd not only stole cash but also burned and destroyed mortgage documents in the bank vaults, wiping out homeowners' debts. He was lauded as a real life Robin Hood until he died in a shootout with police in October 23, 1934.



Literacy Council News

Adult literacy programs assist adults:

- ◆ to become literate and obtain the knowledge and skills necessary for employment and self-sufficiency
- ◆ who are parents/guardians to obtain the educational skills necessary to become full partners in the educational development of their children.
- ◆ to obtain a secondary school credential `Adult Career and Continuing Services

Volunteer with the Literacy Council of Union County

To learn if this position is right for you
call - 870.864.7081



Dara or Carolyn



Welcome to our newest RSVP AmeriCorps Senior Volunteers (Jan 2020-April 2021)

Lisa Bradley
Jeanette Bridges
Malinda Butler
Janet Caldwell
Virginia Engelman
Tim Fetterly
Deborah Fort
Francis Kuykendall
William Lowery
Connie Marsh
Lisa Murray
Dennis Peachey
Rebecca Peachy
Suzie Wetherington

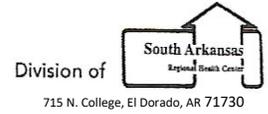
South AR Regional Health Center



824 Camp Street
El Dorado, Arkansas 71730

RETURNED SERVICE REQUESTED

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El Dorado, AR 71730




RSVP STAFF

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

El Dorado Connections/RSVP Advisory Council 2021

Bill Odom-Chair
Vince Dawson-Vice Chair
Lucy Bawel
Bonnie Miears
Annette Pate
Connie Short
Barbara Warrick

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.