



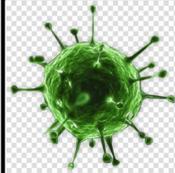
Eating Healthy Doesn't Have to Be Expensive

Eating a well-balanced diet is a key component of living a long, healthy life. Many Americans think that eating healthy means they have to empty their wallets, which isn't necessarily the truth. Keep the following money-saving tips in mind next time you're grocery shopping:

- **Make a weekly meal plan.** Before you go to the store, think about what meals and snacks you want for the week.
- **Create a list—and stick to it.** Make a detailed list of what you need to buy before you go to the store, don't buy anything besides what's on the list.
- **Plan where you're going to shop.** Many grocery stores run sales or offer coupons for various healthy foods. Check out the ads and plan your grocery list around what's on sale.
- **Don't go grocery shopping when you're hungry.** According to the Journal of the American Medical Association, going grocery shopping when you're hungry can cause you to spend more money than what you initially planned to and can increase the odds that you'll buy unhealthy options.
- **Cook at home as often as possible.** Many foods prepared at home are cheaper and more nutritious than fast food. Go back to the basics and find a few simple, healthy recipes that your family enjoys.
- **Buy in bulk.** For healthy, nonperishable items, it might be more cost-effective to purchase them in bulk. While the initial cost may be more expensive, doing so could help you save money in the long-run.
- **Shop seasonally.** Fresh fruits and vegetables are usually easier to find and may be a lot less expensive when purchased in season.

*McGriff Insurance Services

Fun Fact...What does May Day have to do with the international distress call, "Mayday, Mayday, Mayday"? Nothing, as it turns out. The code was invented in 1923 by an airport radio officer in London. Challenged to come up with a word that would be easily understood by pilots and ground staff in case of an emergency, Frederick Mockford coined the word "mayday" because it sounded like "m'aider," a shortened version of the French term for "come and help me."



CORONAVIRUS (COVID-19) TIPS-

Because older adults are at greater risk for serious illness from COVID-19, fraudsters and scam artists may target older populations.

What you should know:

- ◆ There is currently no FDA-approved vaccine for COVID-19 and although there may be treatments for symptoms, there is no "cure".
- ◆ Scammers often use fear-based tactics to convince people that a vaccine or cure is now being offered.
- ◆ Scammers may ask for personal information like SS#, Medicare #, or bank account information.
- ◆ Although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will not need to ask you for insurance or financial information.

HANG UP!

*Arkansas SMP

Summer Bucket List Ideas For Adults

- * Head to the beach and go snorkeling
- * Plan an epic hiking trip
- * Take your dogs to a dog park
- * Go fishing
- * Sleep outside in a hammock and count the stars

HAVE A FUN AND SAFE SUMMER



RSVP Volunteers



- 2- Melva May
- 3- Elsie Johnson
- Joseph Nixon
- 7- Jan Hughes
- 8- Nancy Ward
- 10-Elizabeth Young
- 12-Judith Johnson
- 14-Jerry Lorenz
- 20-Grace Case
- 22-Verna Clark
- 23-Donald Smith
- 25-Rosie Corwin
- 27-Annette Pate
- Inez Stith
- 28-Dora Stevens
- 31-Annette Davis



- 3- Joe Doyle
- Debbie Langford
- 6- George Gordon
- 7- Richard McClendon
- 8- Mary Ann Molsbee
- 12-Tim Fetterly
- 16-Annette Sturgis
- 18-Carla Horne
- 19-Carolyn McCurry
- 20-Duane Amis
- 21-Johnny Carey
- 22-Elise Hill
- Betty Morgan
- 23-Bonnie Mears
- 24-Brenda Robertson
- 26-Marguerite Rodgers

HOW DID FATHER'S DAY COME TO BE?

The first known Father's Day service occurred at the



Williams Memorial Methodist Episcopal Church South in Fairmont, West Virginia, on July 5, 1908, thanks to the efforts of Grace Golden Clayton. Mrs. Clayton had asked her pastor, Dr. R. Thomas Webb, if a Sunday service could be held to honor fathers. While missing her own dad, who had died in 1896, Mrs. Clayton especially wanted to have a service in remembrance of the over 200 fathers who had died in the Monongah mining explosion that had occurred a few miles south of Fairmont on December 6 of the previous year. (It was the worst mining disaster in U.S. history, killing more than 360 men and boys, and leaving about 1,000 children fatherless.) The first Father's Day in Spokane, Washington, was observed on June 19, 1910 (the third Sunday in June), and became an annual event there. Soon, other towns had their own celebrations. We love our fathers.

Happy Father's Day!

<https://www.almanac.com/content/when-fathers-day>



What do you call a sheep covered in chocolate?

A: Candy Baa

HOW DID MOTHER'S DAY COME TO BE?



The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children.

After gaining financial backing from a Philadelphia department store owner named John Wanamaker, in May 1908 she organized the first official Mother's Day celebration at a Methodist church in Grafton, West Virginia.

Arguing that American holidays were biased toward male achievements, she started a massive letter writing campaign to newspapers and prominent politicians urging the adoption of a special day honoring motherhood.

By 1912 many states, towns and churches had adopted Mother's Day as an annual holiday, and Jarvis had established the Mother's Day International Association to help promote her cause. Her persistence paid off in 1914 when President Woodrow Wilson signed a measure officially establishing the second Sunday in May as Mother's Day. We love our mothers.

Happy Mother's Day!

<https://www.history.com/topics/holidays/mothers-day>

Make each day your masterpiece ` John Wooden

Volunteer Spotlight

While doctors, nurses, and health-care professionals at large are rightfully being lauded as heroes during the COVID-19 pandemic, there's another set of less likely heroes facing the coronavirus frontlines every day. RSVP volunteers who work tirelessly in local food pantries, making facemasks to protect those who have to be out in the public on a daily basis and much, much more.

There are not words big enough.
There is not a hug strong enough.
There is not a smile wide enough.
All we can offer is thank-you.
You are our heroes.
You are in our thoughts.
You are in our prayers.
For all you've done, thank you!

Who's Really Calling? Beware of Growing Government Impostor Phone and Email Scams



How the Impostor scams work: Have you received the fake call(s) “from the Social Security Administration?” Did you know that older adults and people with disabilities are often singled-out and targeted, oftentimes receiving multiples calls like these every day? Scammers are increasingly using phone calls, emails, and even text messages to impersonate government officials in an attempt to steal money and personal information. The plan is simple for these “impostor scams.”

They call, email, or text claiming to represent a government agency such as the Social Security Administration (SSA), Internal Revenue Service (IRS), or Department of Health and Human Services (HHS). Some even “spoo” their phone number or email address so that it looks like the call or email is coming from a legitimate government phone number or e-mail address. They lure victims by telling them they’ve “won the lottery” sponsored by the federal government or “owe a debt” to the IRS that must be paid back immediately. They may even claim that a person’s social security number has been linked to criminal activities and suspended, and all they have to do to reactivate it is to “just confirm” the social security number. They will often use threats of arrest or harsh legal action to create a sense of panic, and demand payment via wire transfer or gift card (so the payment cannot be traced).

What you should know: (1) The government will never call out of the blue and ask for a social security number (2) The government will never ask for you payment by gift card or wire transfer (3) Social Security cannot be suspended.

Be smart...don't answer the phone....or just hang up!

Covid-19 Take Everyday Precautions

- **Wash your hands often** with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- **To the extent possible, avoid touching high-touch surfaces in public places** – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.
- **Avoid touching your face**, nose, eyes, etc.
- **Clean and disinfect** your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
- **Avoid crowds**, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- **Avoid all non-essential travel** including plane trips, and especially avoid embarking on cruise ships.
- **Avoid close contact with people who are sick.**
- **Practice Social Distancing** (at least 6 feet apart, in groups no bigger than 10 people)



The Great American Read. Is your favorite book on the list?

Go to: pbs.org/greatamericanread to find out.



Literacy Council News

Why tutor? [As a tutor] you will give support to build a solid, successful learning environment. You will establish a base for improved self-confidence by helping an adult-learner define and reach his or her literacy goals. By helping another human being, you will provide an invaluable gift. Your time and talents will shape another's destiny!

<http://en.copian.ca/library/learning/demyst/chapter1.htm>

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 Miars
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.*