



Overcoming Barriers to Senior Nutrition

People in the prime of life these days have more healthy eating options than ever. You can even make nutritious choices when you hit the drive thru.

That's not the case for many Arkansas' seniors, who face different sets of choices when it comes to eating and numerous roadblocks when it comes to good nutrition.

Isolation, medication, fixed income and the effects of aging are just some of the factors that can leave seniors lacking nutrients in their diets that they need to maintain their health.

The affordability of healthy food options impacts intake of daily fresh fruits and vegetables, and often leads to the decision to make alternate, less healthy choices.

People who don't have family support, often older adults, are in the rural areas often called "food deserts". There might be just a Dollar General [nearby] if there is that. But the nearest grocery store maybe miles away. All canned stuff. No fruits or vegetables.

Make a plan-it is important for you to know what foods are best for you as you age and make sure you have access to those foods. The USDA's MyPlate plan, found at ChooseMyPlate.gov, is a useful guide that seniors and caregivers can use to determine the right meal and nutrient schedule for one's age and activity level.

Fighting Hunger, Isolation-Make grocery shopping an occasion, which will have the extra benefit of fighting isolation that many seniors face. 'Cat Hamilton, director of member services with Arkansas Health Care Assoc.



9/11 National Day of Service & Remembrance

Help transform September 11 from a day of tragedy into a day of doing good. Become a Volunteer and make your community a better place to live. Neighbors helping neighbors. Be a smiling face at a local food pantry. Pick up trash on the streets. Call someone you haven't spoken to in a while. "If we learn nothing else from this tragedy, we learn that life is short and there is no time for hate." 'Sandy Dahl wife of Flight 93 pilot-Jason Dahl

Redefine What Being a "Volunteer" Means to You!

What comes to mind when you hear the word "volunteer?" According to Merriam Webster, a volunteer is "a person who expresses a willingness to undertake a service." What does it mean to be willing? Being a volunteer means that you are offering something – something that is not required nor an obligation.



You do not volunteer for the pursuit of a monetary prize or recognition. You volunteer because the optimist inside you, perhaps the idealist spies a glimmer of hope. You understand that you are helping. You see that your time is **worth it**. You believe that you are capable of inciting change and making progress. In some way, large or small, you are capable of doing good. Social responsibility is often a driving force when it comes to volunteerism. Empathy and awareness simply come along with the territory.

Most of the time, to volunteer means that you are working side by side with others. This connects you to other human beings as you are working toward a common goal. When you volunteer, you are making connections. You are connected with the community. You are connected with the problem as well as the solution. You are connected to a process – a process in which you believe. Through your actions and involvement, you are benefitting others as well as yourself. *Contributed by Michelle Hassler*

Just think about the things that you do for others in a months time. Be honest with yourself. Have you brought joy or helped someone? This is volunteering in the simplest form and you can be proud of yourself.

God is not unjust; He will not forget your work and the love you have shown Him as you have helped His people and continue to help them. Hebrews 6:10

Open Enrollment



El Dorado Connections will still be helping anyone who wants to check on their Medicare Drug plans for 2021, it just might look a little different because of the Coronavirus. So call in October to make an appointment.



RSVP Volunteers

September

October

- 2- Arthur Johnson
- 5- Cheryl Splawn
- 6- Lynn Muckelrath
- Virginia Pegues
- 9- Mary Furlow-Lovett
- Debbie Watts
- 10-Earlean Dunn
- Lou Gantz
- Dorothy Powell
- Lisa Weaver
- 11-Ruth Hall
- 13-Mildred Jacobs
- 15-Leta Bullard
- 18-Lisa Bradley
- 19-Wanda Bell
- Jeannie Nash
- 24-Charlotte Steinman
- 26-Karen McCall
- Bill Yutzzy
- 27-Teddi McGough
- 30-Julia Amis

- 1- Jeanette Farrar
- Wayne Tribble
- 2- Janice Fournier
- 3- Cindy Mitcham-Bush
- 4- Troy Henson
- 7- Edwina Cumpton
- 8- Enelda Cary
- 9- Dara Stanfill
- 14-Janis Tucker
- Ricky Elmore
- 17-Donna Henson
- 19-Laverne Gordon
- 22-Carol Shutes
- Terry Sturgis
- Betsy Welch
- 23-Vince Dawson
- 26-James Mullins
- 27-Vernie Meador
- 28-Sue Bowman
- Suzie Wetherington



September 13

Positive Thinking Day

Positive Thinking Day is a time set aside each year to concentrate on all things positive. An American entrepreneur started this day in 2003 so that people could commemorate the many rewards that can be found in thinking positively.

Positive Thinking Day is all about encouraging positive thoughts! On this date, no negative thoughts are allowed! There are a lot of people in life who tend to view the negative in every situation. If you have too much negativity in your life this can be bad for your soul, but you can prolong life with happiness and optimism.

There are a number of studies which show that the risk of heart disease can be lowered through positive thinking and that stress can be reduced as well. Studies have also shown that positive thinking can increase a person's life span and lower depression. Finally, the best thing you can do for yourself and others, is to simply **SMILE**.
www.daysoftheyear.com

"We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses." `Abraham Lincoln



Happy Grandparents Day!

September 13th, 2020



Volunteer Spotlight

Carla Horne has been an RSVP volunteer for 14 years in the Columbia County area. She said she volunteers because, "I love the elderly...and am fast becoming one." Her first volunteer assignment was as an advocate for nursing home residents back in the 1990's. They had a family member in a nursing home and noticed their care was less than acceptable. Carla began a Family

Counsel in that nursing home with the help of Deborah Hanson, the Arkansas State Ombudsman Program. With all that Carla learned from Deborah, she was able to help families understand their rights in order to keep their loved ones safe and well cared for in the nursing facility. The Family Counsel was so successful that the nurses and CNA's would call her for help when they saw a problem in the facility. Needless to say, she wasn't very well liked by the owners of the facilities and was told by employees that when she walked in the door, there was a "secret code" that went out over the intercom alerting everyone that she was in the building.

She has been married to her husband Bud, for 57 **wonderful** years. They have two sons and two grandsons. Bud and Carla have worked together as a team carrying flowers, food, making phone calls, visiting with senior adults/home bound or in the hospital. Even if the phone rings at 10:30 p.m. from a homebound friend stating that there is someone lurking in their carport...they go and check it out.

Carla was a beautician in her younger days and ended up her working career as Secretary for the Arkansas Board of Examiners in Counseling before she retired in 2013.

She is on the Board at Wentworth Greenhouse Cottages in Magnolia and is a 'Volunteer Ombudsman' there.

Carla works with the senior adults and the homebound at Central Baptist Church in Magnolia. "There is nothing more satisfying than seeing a sweet smile and hearing the words, I love you after a visit or a phone call with a homebound friend", she said.

Carla you are AMAZING!



The Northern Lights, one of several astronomical phenomena called polar lights (Aurora Polaris), are shafts or curtains of colored light visible on occasion in the night sky. The sound they make is described as crackles or muffled bangs.

The top 5 places in the world to experience the Northern Lights are: Alaska, Northern Canada, Iceland, Norway, and Finland.



If you don't report your volunteer hours, it's like they never happened. What you do deserves to be counted.

Turn your timesheets in monthly or go online.

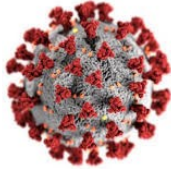
Thank you so much for all that you do in our community!



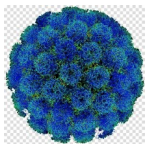
Health and Human Services (HHS) Secretary Kathleen Sebelius spoke to SMPs at the August 2011 national SMP conference and she had this to say about the role of SMP volunteers: "We know that one of the most effective and direct steps we can take to improve Medicare's long-term health is ridding the program of waste, fraud, and abuse. And for the last 14 years, the Senior Medicare Patrol has been on the front lines of that fight. No one feels more strongly about keeping criminals out of Medicare than seniors themselves.

When someone defrauds Medicare, it means higher premiums and co-pays for beneficiaries. It also threatens the program that they have worked so hard for – and that they want to make sure is there for their children and grandchildren." Call Cheryl 870.864.7084 to find out how you can help save Medicare.

Whether you hear the **Coronavirus** is on the rise or fall...it is our due diligence to be mindful of ourselves and others. Stay at home as much as possible. If you need to get out, wear a facemask, wash your hands often, and use hand sanitizers. Cough into your elbow and keep a 6 ft. distance from others. Not that hard right?



Well...sixty years ago, **polio** was one of the most feared diseases in the U.S. As the weather warmed up each year, panic over polio intensified. Late summer was dubbed "polio season". Public swimming pools were shut down. Movie theaters urged patrons not to sit too close together to avoid spreading the disease. Doesn't this sound kind of familiar? Dr. Jonas Salk an American medical researcher launched the polio vaccine March 26, 1953.



"We've seen what can happen when there's any break in the chain," Joel Breman at the National Institute of Health stated. "In 2003 and 2004, northern Nigeria stopped vaccinating, even though they had endemic transmission. And boom! Twenty-one other countries that claimed and had proven to have eliminated polio became re-infected all over." Boston Children's Hospital Archive 2012

What is a sweet potato?

The sweet potato is a starchy, sweet-tasting root vegetable. They have a thin, brown skin on the outside with colored flesh inside, most commonly orange in color, but other varieties are white, purple or yellow. You can eat sweet potatoes whole or peeled, and the leaves of the plant are edible, too.



Sweet potatoes are a rich source of fiber as well as containing an array of vitamins and minerals including iron, calcium, selenium, and they're a good source of most of our B vitamins and vitamin C. One of the key nutritional benefits of sweet potato is that they're high in an antioxidant known as beta-carotene, which converts to vitamin A once consumed. Add a drizzle of olive oil just before serving to increase your absorption of beneficial beta-carotene.

Literacy Council News

*Change a life
...and enrich your own!
Become a Volunteer Tutor*
All materials, curriculum, and tutor training are provided.
We are always looking for people who care about helping others.
You do not need a teaching degree.
You can make a difference!

Volunteer with the Literacy Council of Union County
870.864.8071




HAPPY FALL!

~Crispy Roasted Sweet Potatoes

- 2 lbs. sweet potatoes
- 3 tbsp. butter
- 1 tsp. garlic powder
- 2 springs rosemary, chopped
- 1 tsp. salt
- 1/2 tsp. ground black pepper
- Preheat oven to 400'
- Slice sweet potatoes into 1/8" rounds
- Melt butter and pour 1 tbsp. into baking dish coating all sides of the pan
- With remaining butter, stir in rosemary, salt, pepper, garlic powder and set aside.
- Layer sweet potatoes rounds, stacking them on top of each other to fill the pan. Pour or brush the butter herb mixture over the top making sure they are evenly coated.
- Cover with foil, place in preheated oven for 45-50 mins or until potatoes are cooked through.
- Once potatoes are cooked through, remove foil and place under the broiler for 5-7 min or until desired crispy top is reached.
- Let cool for 10 min before serving hot.

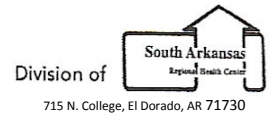
South AR Regional Health Center



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.*