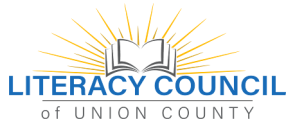




202 North Washington
El Dorado, Arkansas 71730
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RSVP

**EL DORADO
EXPRESS**

April - June 2026

www.eldoradoconnections.com

Volume 35 No. 2



America Gives

Be part of the largest volunteer effort in U.S. history! Help us make 2026 a **record setting year** of volunteer service. Join people and organizations across the country in giving back — from service projects to donations — to honor America's 250th. *America Gives* is an initiative that challenges businesses, non-profits, schools, youth groups, faith-based networks, and organizations of all kinds to **commit to increasing their level of volunteering and impact starting on January 1, 2026**. Build on America's legacy of giving back and inspire a renewed culture of service for years to come.

Log your volunteer hours for a chance to be one of 250 winners who will choose where the donations go. **NO PURCHASE NECESSARY.** Ends 11:59 pm ET on 12/1/26. Open to U.S. only, 13+. See Official Rules for full details including how to enter, eligibility requirements, and prize description/restrictions. Void where prohibited.

Visit <https://america250.org/america-gives/>
Add your volunteer hours to the count!

*Honor the Semiquincentennial by giving
back in your community.*



SMP 6/1-6/5
Senior Medicare Patrol

**MEDICARE FRAUD
PREVENTION WEEK!**

Supported by a \$150,000 grant with 100% funding from DOJ/OIG. Contents do not necessarily represent the official views of the U.S. Government.

It's Medicare Fraud Prevention Week!

It's the week everyone can learn about protecting yourself, your friends, and your loved ones from scammers. There are a lot of ways to participate, so stay tuned in all week to the [SMP Facebook page](#) for different ideas to prevent, detect, and report Medicare fraud.

FRAUD TIP: Stay alert — Medicare will never call you unless you've contacted them directly first. Never share your Medicare Number with anyone except your doctor or people you know should have it. Protect your info and protect yourself!

#MFPW #PreventDetectReport

HAPPY BIRTHDAY RSVP Volunteers!!!



4-Joan Tribble	2-Melva May	3-Debbie Langford
5-Marsha Patterson	4-Dawn Petz	8-MaryAnn Molsbee
10-Don Ashcraft	12-Judith Johnson	10-Cynthia Betters
13-Debbie Stinson	14-James Garrett	16-Annette Sturgis
14-Robert Reynolds	21-Lydia Smith	17-Susan Heilman
17-Lydonna Primm	22-Carla Grange	22-Betty Fuller-Morgan
Winfred Tubbs	23-Ronnie Bluford	23-Bonnie Mears
22-Paula Esch	24-Josie Wyrick	24-Lisa Murray
23-Dovie Jones	27-Annette Pate	Linda Rathbun
26-Barbara Warrick	29-Carolyn Cook	
28-Connie Marsh		
Laura Miller		
29-Kay Plunkett		



MLK DAY OF SERVICE



Margaret Ross, Heather Jennings, Julia Amis

Food items donated to Wildcat Food Pantry for students and families were delivered to Heather Jennings, ESD Homeless Liaison, at the Retta Brown campus. Thank you, volunteers, for your generosity!



Volunteers:

A timesheet is enclosed with this newsletter. At the end of April, please record your volunteer hours and return the timesheet to our office.

Thank you for your community service!

Celebrating Older
Americans Month:



Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

This year's theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health — advocating for themselves, accessing preventive care, and making informed decisions that support independence.

This Older Americans Month, communities and individuals alike can take steps to champion health and advance healthy aging.

Stay up to date on preventive care and screenings.

- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.
- Practice daily habits that support mental health and resilience.

For more information and downloadable materials, visit acl.gov/oam and join the conversation using #OlderAmericansMonth.





Volunteer Income Tax Assistance (VITA)

The Income Tax Assistance program is coming to an end for this tax season. We are so thankful for all of the RSVP volunteers who have made this year's program such a success. Your help has benefited many in our communities, including citizens from Columbia, Dallas, Ouachita and Union Counties. To date we have assisted 406 individuals!

The following volunteers served this year: Larry Cave, Linda Kalcich, Melva May, Bonnie Miears, Lynn Muckelrath, Annette Pate, Shirley Randle, and Connie Short.

Thank you, Volunteers!!

May 15-16, 2026

Historic Downtown Square

Magnolia, AR

- ◆ 5K Race and 1 Mile Run
- ◆ Blossom Market
- ◆ Fishing Tournament
- ◆ Magnolia Blossom Pageant
- ◆ Rods & Ribeyes



For more information, visit www.blossomfestival.org



Building Brain-Healthy Habits

Friday, May 1

10:00 a.m.—1:00 p.m.

Lelia Enrichment Center

600 Lelia, Magnolia, AR

To register, call 870-626-3089 & leave a message.

Presented by Alzheimer's Assn, UAMS South AR

**Center on Aging, Area Agency on Aging,
and The Caring Place**



It doesn't make any cents,
But volunteering is
rewarding!

- Vince the Sign Guy



April 19-25, 2026

Volunteering changes *everything*

BENEFITS of Volunteering for Older Adults

Physical Benefits: Volunteerism often leads to increased physical activity, which improves flexibility, strength, circulation and stamina. Older adults who volunteer 4 hours a week are 40% less likely to develop high blood pressure. Older adult volunteers are less likely to experience a hip fracture than non-volunteering peers. The motivation to stay active that volunteerism ignites is a benefit that lasts 3 years after service ends. 25% of senior volunteers say service helps them manage a chronic illness.

Cognitive Benefits: Volunteering improves verbal learning, memory, and executive function skills. A study of volunteers in Sweden discovered a 47% risk reduction of developing dementia. Volunteering encourages new learning, which keeps the brain active, keeps problem solving skills fresh and establishes new routines.

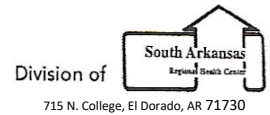
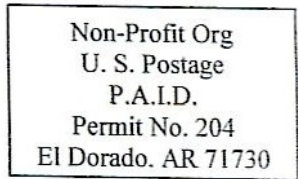
Mental Health Benefits: Older adult volunteerism reduces symptoms of depression, provides purpose and identify, improves self-esteem, alleviates boredom, boost happiness and reduces stress. Volunteering creates community and leads to meeting new people. Regular service prevents social isolation and the feeling of loneliness.

Summary: Volunteering for as little as 2 hours a week or 96 hours per year showed improved mental, emotional and physical health benefits. Overall, volunteering is associated with a 24% reduction in mortality risk compared to non-volunteering older adults.



202 North Washington, Suite 107
El Dorado, Arkansas 71730

RETURNED SERVICE REQUESTED



RSVP
Lead With Experience

RSVP STAFF

Julia Amis, Director
Dara Stanfill, Assistant Director

Literacy Council Staff

Linda Rathbun, Director
Carolyn Wilson, Literacy Facilitator

Advisory Council 2026

Annette Pate-Chair
Bonnie Miears-Vice Chair
Larry Cave
Bill Odom
Shirley Randle
Connie Short
Joan Tribble
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.

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.