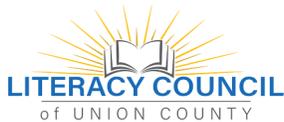




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El Dorado, Arkansas 71730
870-864-7080



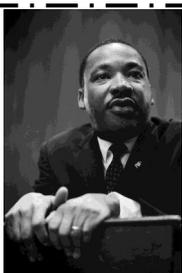
RSVP

EL DORADO EXPRESS

Jan/Feb 2024

www.eldoradoconnections.com

Volume XXXIII No.1



MARTIN LUTHER KING, JR. DAY OF SERVICE

Dr. Martin Luther King, Jr. holiday is an official day of service that celebrates the civil rights leader's life and legacy.

MLK Day is the only federal holiday designated as a National Day of Service to encourage all Americans to volunteer to improve their communities. During the last quarter-century, the MLK Day of Service has grown, and its impact increased as more Americans embraced the idea that citizenship involves taking an active role in improving communities.



This year El Dorado Connections Tri-County/RSVP will be joining with Chemo Angels. Chemo Angels is a volunteer program located at CARTI on North West Ave in El Dorado. Chemo Angels volunteers offer support to those who find themselves in the most challenging situation of their lives—battling a cancer diagnosis and undergoing IV chemotherapy or intensive immunotherapy treatment.

Our goal is to collect much needed items for patients undergoing treatment such as: small cans of grape juice, peanut butter crackers, chili cheese Fritos, plain Cheetos, and chap stick, etc. El Dorado Connections will be the drop off site for these items and they will be delivered to CARTI Wednesday, January 17, 2024 at 9:30 We would love to have anyone interested in Chemo Angels to make sure they will be available for the presentation photo.

Thank you advance for all that you do to help Chemo Angels and their patients. Cindy Bush is the Volunteer Coordinator for the Chemo Angels Program and you can contact her: via text (318.478.0689) or email: cindymitcham@gmail.com. Leave your name and phone number and she will get back with you as soon as possible. CARTI is open Tuesday, Wednesday and Thursday and they need volunteers.

There's no better way to start off the new year than helping others.



"Socks for Seniors"

If you know of anyone in a nursing home, you understand the healthy importance of warm feet. There isn't any better way to combat cold tootsies, than receiving a pair of new, comfy, colorful socks. El Dorado Connections volunteers will be delivering socks to residents at local nursing homes, Monday, February 12th. If you want to help, let me know (870.864.7084).

*These socks were made available through a grant from the United Way of Union County.

Medicare

Part D



The Medicare Drug Open Enrollment period is over for another year. El Dorado Connections and their **awesome** volunteers have helped 277 individuals on

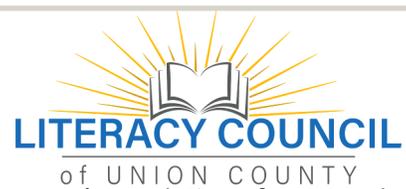
Medicare find affordable drug plans that work with their pharmacies and cover all of their medicines for 2024. We couldn't have accomplished this without the following volunteers: Doris Ashcraft, Linda Kalcich, Bonnie Miears, Lynn Muckelrath, Shirley Randle, Fayrene Rash, Gretchen West, and Janice Zeigler.

We are so grateful for all of your help!



- 1- Joe Woods
- 6- Carolyn Hay
- 7- Betty Shutes Christopher
- 7- Jeanette Simmons
- 8- Joe Hershberger
- 10- Joan Hershberger
- 13- Pam Reed
- 14- Julia Couch
- 15- Sharon Thompson
- 15- Hope Bean
- 16- Nita Mc Donald
- 16- Pat Peel
- 19- Connie Short
- 27- Edna McCullars
- 29- Pat Smith
- 31- Richard Trinca

- 2- Juanita Faye Wynn
- 3- Pearl Elmore
- 3- Colleen Martin
- 4- Steve Splawn
- 4- Trisha Nash
- 7- Pauline Easter
- 9- Betty Chatham
- 13- Dorothy Kidd
- 16- Linda Bates
- 17- Virginia Mulligan
- 17- Mary Scott-Post
- 18- James Willis
- 20- Gloria Brantley
- 23- Taryn Colvin
- 26- Maureen DeBruin
- 28- Katie Butler
- 29- Janice Bush



Many New Year's resolutions focus on developing healthy habits. Here's one that can change the life of an adult in the year 2024...Volunteer with the Literacy Council of Union County.

Nationwide, on average, 79% of U.S. adults are literate in 2022. 21% of adults in the U.S. are illiterate in 2022. 54% of adults have a literacy below sixth grade level. 21% of Americans 18 and older are illiterate in 2022.

Help us change these numbers. Call the Literacy Council
870.864.7081



Do you feel like preparing your taxes is an uphill climb? Don't feel bad, most people do. El Dorado Connections Tri-County/RSVP is here to save the day with trained volunteers. But **we need** help from you! If you love working with numbers and helping low-income individuals and families, the VITA Tax Service is just the perfect fit for you to volunteer.

*You will be trained

Call Dara 870.864.7083 to get started.



The first postage stamp

The very first postage stamp ever released was in Great Britain on May 1, 1840. It was called the Penny Black stamp because it was black and white and cost just one penny. The stamp featured the profile of Queen Victoria, Great Britain's monarch at the time. Before the intervention of the adhesive postage stamp, the person receiving the mail paid the postage, not the person sending it. In 1837, Sir Rowland Hill introduced the concept of the sender pre-paying postage using an adhesive postage stamp. Starting in January 1840, anyone could mail a letter weighing up to one-half ounce anywhere in the UK for just a penny. The change was so popular that the U.S. decided to adopt the same principle, and the first postage stamps were released in the U.S. in 1847.

Keeping in Touch

Remember...back in the day...pre computers, email, texts, cell phones and Facebook, when you actually wrote a letter and were thrilled when you received one?

In nursing homes all over the world, many residents can't receive visitors right now—not even family for whatever reason.

But you can "visit" them with a card. You don't even have to know them. Just address your envelope to "Any resident in need, Attn: Activities Director", and add the name and address of your local nursing home.

You never know how much your kind words and thoughtfulness will mean to a nursing home resident.

Remember the thrill you felt



Scammers never take a vacation. Their enjoyment comes when they have duped someone out of their life's savings and/or gotten their Medicare and/or bank account numbers. The sad truth of the matter is... **that they do not care about you.**

Let's make 2024 the year of **total frustration** for scammers. Tell everyone about protecting, detecting, and reporting against fraud, waste, and abuse.

Like Arkansas Senior Medicare Patrol on Facebook for the latest scams.

Mark your calendars for Fraud Fact Friday every Friday at 10:00 a.m. by going to this link on your computer.

<https://us02web.zoom.us/j/85433691702?pwd=aTJkTkwyVBLcOZub2NXV1dWTmluQT09>

El Dorado Connections celebrated a Christmas Open House observing 50 years of volunteer service in Columbia, Ouachita and Union Counties in south Arkansas, December 14th. Good food, great friends, and a wonderful time of reflecting on the past fifty years of service to our community.

The verb "volunteer" first originated in 1755. Volunteerism in the United States stems all the way back to the Revolutionary War when civilians chipped in to support the war effort. The American Red Cross, one of the most influential humanitarian organizations in the world, was founded in 1881 by Clara Barton. bloomerang.com

We love our volunteers and look forward with great anticipation to the next 50 years!



RSVP volunteers are the BEST!!

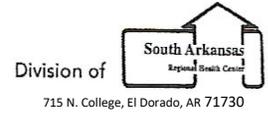




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AmeriCorps
Seniors

RSVP

Lead With Experience



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Facebook

RSVP STAFF

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

Advisory Council 2024

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!

***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.*