



Volunteering

During the 19th century, America experienced the Great Awakening. People became aware of the disadvantaged and realized they could help. In 1851, the first YMCA in the United States was started, followed seven years later by the first YWCA.

During the American Civil War, women volunteered their time to sew supplies for the soldiers and the “Angel of the Battlefield” Clara Barton and a team of volunteers began providing aid to servicemen. Barton founded the American Red Cross and began mobilizing volunteers for disaster relief operations, including relief for victims of the Johnstown Flood in 1889.

Did you know that 60.7 million Americans volunteered in 2021, AmeriCorps Reports. Washington DC-AmeriCorps, the federal agency for national service and volunteerism, released its Volunteering and Civic Life in America research, the most comprehensive data on American volunteering and civic engagement.

In total, these volunteers served an estimated 4.1 billion hours with an economic value of \$122.9 billion.



The Origins of Volunteering

Today volunteering is considered an altruistic activity, the social glue that holds communities together and makes the world a better place. In modern society, the advances of information technology have opened endless opportunities that people can access easily. However, volunteering has not always been like this as it has changed over the centuries. In order to really understand the value of community service, it is important to explore its history that dates back to medieval times.

The origins of volunteering can be traced back to the 12th century when almost 500 voluntary hospitals were established in Britain. However, not until the 18th century was the term “volunteering” used which was more closely related to military service than community service. Young people chose to join the military because they felt drawn to serve their country. As big battles and wars emerged starting from the 19th century, it became common-especially for women to provide support to the wounded soldiers. For example, during the American Civil War (1861-65) Clara Barton traveled with the army to aid casualties and respond to inquires from families of missing soldiers.

This was also the time when organized volunteering started to emerge with the foundation of the Red Cross in 1863 which was the first well-established army nursing system. The aim was to create national relief societies to provide impartial help and relieve the sufferings from the war.

The most important milestone in the history of international volunteering was the foundation of the United Nations in 1945. They established a volunteering program that organized volunteers worldwide.

Today, the opportunities offered for volunteers are endless. Everyone can find a role they are interested in. It is also becoming more and more popular for large companies to motivate their employees to take up volunteering.

It cannot be precisely predicted what the future holds for volunteering, but everyone can agree on the importance of humanitarian services. Every day, thousands of people around the world commit their time to do something meaningful and give back to their communities. ¹HourBlogTeam

Join us and many others to make this community a much better place in which to live.



June 5th is **World Environment Day?** This day is celebrated in over 100 countries. World Environment Day is the United Nations day for encouraging worldwide awareness and action to protect our environment. Plant a tree, make a commitment to recycle, organize a city wide clean-up program, volunteer for the National Park Service or at your local Farmer’s Market.

un.org/en/observances/environment-day

RSVP Volunteers



4- Dawn Petz
 7- Jan Hughes
 12-Judith Johnson
 21-Lydia Smith
 22-Mary Crosby
 Carla Grange
 23-Ronnie Bluford
 24-Josephine Wyrick
 25-Rosie Corwin
 27-Annette Pate
 28-Dora Stevens
 31-Annette Davis



3- Joe Doyle
 Debbie Langford
 6- George Gordon
 8- Mary Ann Molsbee
 12-Tim Fetterly
 Dianne Hammond
 17- Susan Heilman
 18-Carla Horne
 19-Carolyn Mc Curry
 20-Duane Amis
 23-Bonnie Mears
 24-Lisa Murray
 26-Marguerite Rodgers
 Leroy Shelton



I want you to meet Dana Aclin. She was born in Searcy, Arkansas, has four grown daughters and ten grandchildren who make her so proud. Dana loves people and has a heart to help. She is a retired math teacher (specializing in Algebra) from Westside Christian School and the El Dorado School District. When asked what are some of your hobbies, she said that volunteering is her hobby. Dana is very active in her church attending ladies bible classes, reading, and playing the piano. She loves to walk and hike.

Dana has been an RSVP volunteer since 2014. She volunteered at the Medical Center and Interfaith Help. Dana is one of Union County's trained literacy volunteers. She loves her students and wants to help them achieve their lifelong goals.

We love you Dana!

Advice from an Alzheimer's Patient

Jeanne Capp

- Don't hurry me. Hurrying me tends to make me forget and I tend to get confused.
- If I forget something, remind me gently. If I seem to forget that company is coming or that we are due to be somewhere, help me realize that it is okay if we are a little late.
- Do not keep asking questions. This frustrates me and makes me feel like I am being tested.
- When I forget, either laugh with me or hug me, but please do not try to make excuses for me. When you do that, it makes me angry and I feel you do not understand what I am feeling inside.
- When I say, "I don't know how to turn the oven on", etc., just come and help me. No words are needed and chances are, tomorrow I will be able to do it on my own.
- When I tell you something "dumb" that I did, please listen and try to understand that what I am really trying to tell you is that I am scared and hurting. I need to be loved and given time to talk about what is happening to me.
- When I am silent and unable to sleep, chances are that I am struggling with my own fears about how this is going to hurt you as time goes on. I am asking myself what is going to happen to me and how we as a family are going to cope and survive.
- Try to understand that some days I almost convince myself that there is nothing wrong with me...and then there are days when I have no doubt that my head is not working normally. These latter days are the ones when you're most apt to find me down in spirit. Try to understand that I am really finding it difficult to believe that this is really happening to me. The big questions "why" and "how long?" keep going in my head.

~The above story was written by Jeanne Capp. Jeanne is an early stage Alzheimer's patient and member of the Early Stage Alzheimer's Support Group in Marlborough, NH.



Anywhere you look you find another scam or hear of someone who has been a victim.



Victims lost over \$3.5 billion to cybercriminals in the first half of 2022 alone—an alarming jump of 53% from the year before.

But what's even more surprising is that Gen Xers, Millennials, and Gen Z's were more likely than seniors to report losing money to fraud. Seniors are afraid to say anything about being scammed for fear of someone thinking they are too old to stay by themselves thus losing their independence.

Suffering financial loss from fraud, scams, and identity theft is devastating. The ugly truth is that fraudsters are always looking for new ways to scam you. To stay safe, you need to keep up to date with the latest scams going around-and learn how to avoid them.

Medicare Fraud, Waste and Abuse is the #1 crime against senior adults. Scammers prey on the elderly because they are so trusting. If you know of anyone who has been a victim of a Medicare scam; call 1.866.726.2916 to report it.





Sunday, May 14th, 2023-MOTHER'S DAY

Mother's Day in the United States is always celebrated on the second Sunday in May-but it wasn't born out of a desire to simply treat mothers to a day off or to buy them gifts. It essentially began as a women's movement to better the lives of other Americans. President Woodrow Wilson proclaimed May, 9, 1914 the first Mother's Day.

The real history of Mother's Day in the United States might surprise you. Three women-who championed efforts toward better health, welfare, peace, and love-contributed to this day: Ann Reeves Jarvis, Julia Ward Howe, and Ann's daughter, Anna M. Jarvis.

- ◇ Ann Reeves Jarvis was a young Appalachian homemaker who taught Sunday school lessons. She also was a lifelong activist who, in the mid-1800's, had organized "Mother's Day Work Club" in West Virginia to combat unsanitary living conditions.
- ◇ Julia Ward Howe was a famous poet and reformer. During the Civil War, she volunteered for the U.S. Sanitary Commission, helping them to provide hygienic environments for hospitals and ensure sanitary conditions during the care of sick and wounded soldiers.
- ◇ Ann M. Jarvis' ideas were less about public service and more about simply honoring the role of motherhood and the sacrifices made in the home. She bombarded public figures and various civic organizations with telegrams, letters, and in-person discussions.



Sunday-June 18th, 2023-FATHER'S DAY

The celebration of moms paved the way for Father's Day. The history of Father's Day goes back to 1908 when a church in West Virginia held a sermon to honor 362 men who had been killed the previous year in a coal mining explosion. This was the country's first ever event to strictly honor fathers, but it was just a one-and-done thing, at least in that community.

The following year, however, a woman named Sonora Smart Dodd started her quest to establish Father's Day as a national holiday. Dodd was one of six children raised by their single father, and she thought fathers should be honored in the same way as mothers.

After she'd petitioned her local community and government for a year, Dodd's home state of Washington celebrated its first official Father's Day on June 19, 1910. Over the years, the celebration of Father's Day spread from state to state, and after a long fight, it was finally declared a national holiday in 1972 when President Richard Nixon signed it into law. Now, we celebrate with funny Father's Day quotes, dad quotes, father-son quotes and even step-dad quotes. rd.com/article/history-of-father-s-day



Taxes are done for another year. We want to thank our awesome volunteers **again** for all of their hard work in making this another successful tax year.

(Pictured: b: Larry Cave, Janice Ziegler, Bonnie Miears, Doris Ashcraft. f: Gretchen West, Shirley Randle, and Lynn Muckelrath. Not pictured: Fayrene Rash and Linda Kalcich).

El Dorado Connections with our Magnolia site completed a total of 381 tax claims and a total of \$326,170 in refunds. We couldn't have accomplished this without your help. Each of you are priceless to the VITA Tax Program and RSVP.

Memorial Day conjures images of hamburgers, hot dogs, swimming pools, and summertime for many Americans. But the last Monday in May serves, most importantly, as a time to honor those who died while fighting in the U.S. Armed Forces. It's a holiday steeped in somber American history and tradition. The day actually began as "Decoration Day," following the Civil War, when mourners placed flowers on the graves of Union and Confederate soldiers. Yes, Memorial Day has also come to signify the "unofficial" start of summer, but let's remember the heroes who made it all possible. nationaltoday.com/memorial-day



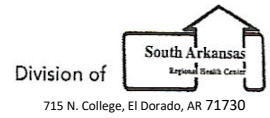
South AR Regional Health Center



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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.

RSVP STAFF

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

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Connie Short
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We love our Advisory Council!

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EXPRESS***

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years of age and older**

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the grocery store? Or to pay some bills.
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