



710 Grove Street
El Dorado, Arkansas 71730
870-864-7080



RSVP

EL DORADO EXPRESS

Sept/Oct 2023

www.eldoradoconnections.com

Volume XXXII No. 5

just a quick note...



We are moving to a new location:

710 West Grove Street

(across the street from Hanger Prosthetics Clinic on West Grove Street)

We are excited about this new adventure and hope to be completely moved in before the Medicare Drug Open Enrollment Period (October 15th).

Within our new space, we are going to host our Grand Finale "Celebrating 50 years of service" with an Open House Celebration.

You will be receiving an invitation to our "50 Years" Celebration scheduled for December.

El Dorado Connections will still carry on business as before, just in a different location.

Thanks for all of the wonderful things you do to help in Union, Ouachita, and Columbia Counties.

OPEN ENROLLMENT 2023



Are you new to Medicare or a seasoned Medicare aficionado? Now is the time to check on your drug plan for next year. See an overview of what Medicare drug plans cover. Learn about formularies, tiers of coverage, name brand and generic drug coverage. Learn about the types of costs you'll pay in a Medicare drug plan and which pharmacy will work for your plan. Call 870.864.7080 after Oct 1st to make an appoint.

It has been 22 years since the September 11 attacks, commonly known as 9/11, where four coordinated suicide attacks against the United States were carried out by al-Qaeda.

To commemorate September 11, 2023, El Dorado Connections Tri-County RSVP is asking our volunteers to come by our office and sign a thank-you card that will be sent to our active military personnel.

With the unrest that still prevails in our country, taking time to say a special thank-you to those who are still willing to die for our freedom, should be recognized and greatly appreciated.

Thank-you!

In Remembrance of September 11, 2001



"Important Dates to Remember"

September is Childhood Cancer Awareness Month

- 11: National Hug Your Hound Day
- 12: National Grandparents Day
- 13: Kids Take Over the Kitchen Day
- 19: International Talk Like a Pirate Day
- 24: National Punctuation Day

September's birth flowers are the **aster** and the **morning glory**. The aster signifies powerful love, the morning glory signifies affection.

October is National Dyslexia Awareness Month

- Oct. 4: International Ships-in-Bottles Day
- Oct. 6: National Noodle Day
- Oct. 12: National Fossil Day
- Oct: 24–Nov. 11: World Origami Days
- Oct. 28: Frankenstein Friday

October's birth flowers are the **cosmos** and the **marigold**. The cosmos are a symbol of joy in life, love and peace. The marigold represents winning grace.

RSVP Volunteers

September

2- Arthur Johnson
 4- Jeanette Bridges
 5- Cheryl Splawn
 6- Lynn Muckelrath
 9- Mary Furlow-Lovett
 Debbie Watts
 10-Lou Gantz
 Dorothy Powell
 Lisa Weaver
 11-Dana Aclin
 Ruth Hall
 13-Mildred Jacobs
 18-Janice Zeigler
 22-Jean Eckert
 24-Charlotte Steinman
 28-Yvonne Padilia
 30-Julia Amis



October

1- Susan Spicher
 Wayne Tribble
 Janice Fornier
 3- Cindy Mitcham-Bush
 4- Troy Henson
 6- Sandra Mason
 7- Edwina Cumpton
 Enelda Cary
 Dara Stanfill
 8- Matthew Coleman
 12-Mary Evans
 14-Janice Tucker
 16-Ricky Elmore
 17-Donna Henson
 19-Laverne Gordon
 22-Rick Ritchie
 Carol Shutes
 Terry Sturgis
 Betsy Welch
 23-Vince Dawson
 28-Suzie Wetherington

Fun Fact for Fall

Those people born during the Fall months (Sept., Oct., Nov) are more likely to live to 100 than those born in any other months



Facts about Falls

Each year, millions of older people—fall. In fact, more than one out of four people fall each year, but less than half tell their doctor. Falling once doubles your chances of falling again.

Falls are serious and costly:

- One out of five falls causes a serious injury such as broken bones: head injuries, broken wrists, ankle, or arm fractures.
- Each year, 3 million older people are treated in the hospital for fall injuries such as: hip fractures (usually falling sideways).

What Can Happen After a Fall?

Many falls do not cause injuries but when they do, it makes it much harder for a person to get around, do everyday activities or even live alone.

What Conditions Make you More Likely to Fall?

Research has identified many conditions that contribute to falling. These are called risk factors.

- Lower body weakness
- Vitamin D deficiency
- Difficulties with walking and balance
- Use of medicines, such as sedatives or antidepressants. Even some over the counter medicines can affect balance.
- Vision problems
- Foot pain or poor footwear

What Can You Do to Prevent Falls?

Falls can be prevented.

- Ask your doctor to evaluate your risk for falling.
- Review your medicine to see if any might make you dizzy.
- Ask your doctor about taking Vitamin D supplements.
- Do exercises that make your legs stronger and improve balance. Tai Chi is a good example of this exercise.
- Get regular eye exams.
- Get rid of things that you can trip over (rugs).
- Add grab bars inside and outside of your tub or shower and next to the toilet.
- Put railings on both side of stairs.
- Make sure your home has lots of light by adding more or brighter light bulbs.

With these simple improvements you can help prevent falls to you or a family member.

Warning of Possible Scams Related to MOVEit Breach

What You Should Know: In July CMS sent out a press release notifying Medicare recipients of a possible breach of MOVEit Transfer software affecting 612,000 Medicare beneficiaries, and provided information for free credit monitoring (a sample letter can be found on cmcs.gov under MOVEit Breach).

TIPS: You should be aware that a scam is also going around—the *NEW Medicare Card Scam*.

How it works: the scammer calls stating you will be receiving a new Medicare card OR asks if you have received your new Medicare card yet, and then asks you to verify your Medicare number to receive your new card.

The reason this is **important** is because if you are one of the Medicare recipients who received this letter in the mail about the MOVEit Breach stating you will be receiving a new card, you **MAY** fall victim to this scam call thinking it is in reference to this breach.

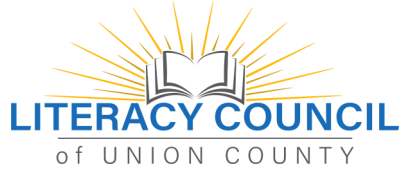
HOWEVER, it is a scam! Remember:

- Medicare will not call you about a new Medicare card.
- Medicare will not ask you for personal information.
- All correspondence from Medicare will come in the mail, not by phone.
- If a scammer has tricked you into giving your Medicare number, report it to ARSMP 866.726.2916
- If you are suspicious of any calls you receive, **before you respond**, hang up and call ARSMP.





Fall may mark the end of lazy afternoons at the beach and summer days, but it also brings stunning scenery, cozy sweaters, outdoor adventures, and the start of the holiday season .



DID YOU KNOW?

September is National Literacy Month?

- ⇒ Pick up a book, visit a library, and explore places you could only see in literature's grandeur. How cool is that?
- ⇒ But to an illiterate adult this doesn't bring excitement. It might reinforce their feelings of failure, defeat and even shame.

Have you ever thought of bringing excitement back into a struggling adult's life. You can for as little as one hour a week.

**Call Dara or Carolyn to get started
870.864.7081**

Chunky Bean and Chicken Chili

Ingredients:

- 3 cups tortilla chips
- 1 pound skinless, boneless chicken breasts, Thighs, cut in bite-size pieces
- 2 tsp cooking oil
- 2 19 oz cans cannellini beans, rinsed and drained
- 6 oz shredded Monterey Jack cheese with jalapeno peppers (1 1/2 c)
- 1 4.5 oz can diced green chilies
- 1 14 oz can reduced sodium chicken broth
- Fresh cilantro (optional)

Directions:

Preheat broiler. Coarsely crush 2 cups of the chips. In 4-5 qt Dutch oven brown chicken over medium high heat. Add beans, 1 c of cheese, the chilies, broth, 1/2 c water, and crushed chips. Bring to boil, reduce heat. Simmer uncovered 5 min. stirring occasionally. Place remaining chips on baking sheet, lined with non-stick foil. Sprinkle with remaining 1/2 c cheese. Broil 1-2 minutes, until cheese is melted and begins to brown. Serve chili with tortilla crisps. Sprinkle cilantro. Makes 4 servings



PUMPKINS WERE ONCE RECOMMENDED FOR REMOVING FRECKLES AND CURING SNAKE BITES.



THE LARGEST PUMPKIN EVER GROWN WEIGHED 2624 POUNDS. GUINNESS BOOK OF WORLD RECORDS



Pumpkins are 90% water.

Pumpkins contain potassium & Vitamin A.

IN EARLY COLONIAL TIMES, PUMPKINS WERE USED AS AN INGREDIENT FOR THE CRUST OF PIES, NOT THE FILLING.



PUMPKIN FLOWERS ARE EDIBLE.

IS A PUMPKIN REALLY A SQUASH? IT IS! IT'S A MEMBER OF THE CUCURBITA FAMILY WHICH INCLUDES SQUASH AND CUCUMBERS.

Remember!

If you have an email address, please let me know. Then when I send out volunteer opportunities and other important information, you can receive them.

And, if you have given me your email address and it has changed, please let me know so I can make sure that I have the correct one so you won't miss out on any **exciting volunteer opportunities**.

Thank you!

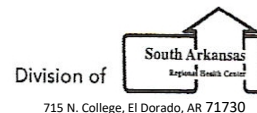
South AR Regional Health Center



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El Dorado, Arkansas 71730

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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

Advisory Council 2023

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.