

RSVP

Lead With Experience

WestArk RSVP serving volunteers & the community in Benton, Carroll, Crawford, Madison and Sebastian counties.

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- Tax Counseling for the Elderly (TCE) services will be offered at the RSVP Center in Ft. Smith through April 16th.

Arkansas Volunteer Communities of the Year Awards

Three of the twelve communities selected to receive the 2010 Arkansas Volunteer Community of the Year Award were communities where WestArk RSVP members volunteer. Chosen to receive recognition for their volunteer efforts were: Bentonville, Fort Smith, and Van Buren.

Bentonville was a first-time recipient of the award.

The awards were presented at the Arkansas Municipal Leagues' Winter Confer-

ence, which was held January 12-14, 2011, in Little Rock. A panel of citizens from across the state served on the selection committee.

The Arkansas Volunteer Community of the

Year Awards is sponsored by the Governor's Office, the Arkansas Municipal League and the Arkansas Department of Human Services Division of Volunteerism.



New RSVP Members



Please welcome the newest members of WestArk RSVP. Many of these new members are from Northwest Arkansas. These new volunteers are greatly needed and their willingness to donate their time and talent is appreciated.

Vern Albright
Raymond Atkinson
Frank Barbieri
Louise Barnett
Charles Breitzke
JoAnn Brinkman
Grace Caldwell
Alice Carroll
Tom Carroll
Jack Collins
Marlene Doran

Verda Wilkinson
Evelyn Espe
Terri Fontenot
Milton Fronsoe
Leroy Fry
Paul Gaconnier
Sybil Goseland
Lynn Gould
Greg Grim
Margie Hagood
Lavonna Hardin
Fern Haskins
Pete Hieronimus
Rose Ann Hofer
Judith Holmes
Lorena Kilgore
Monica Kirby
Patricia Larimore
Betty Ledbetter
Beth Leibowitz
Jane Long
Charles Loucks

Marjorie Mars
Richard Maxson
Bob McPherson
Doris McPherson
Betty Mullenix
Lee McClanathan
Betsy Porter
James Prince
Mary Lee Schardt
Catherine Schraeder
Betsy Smith
Jane Spunaugle
Bettye Squyres
Charles Stearns
Mary Sutton
Marilyn Tharp
Suzanne Turtelot
James Van Tuyl
Mickie Victor
Jeanette Walker
Angie Willis
William Wright

Membership in WestArk RSVP is open to active adults who are 55 years of age or older. About a third of the current membership is employed.

Community Development Grant Funding

WestArk RSVP has applied for a City of Fort Smith Community Development Block Grant (CDBG). A Final Public Hearing will be held on Tuesday, April 5th.

Currently, RSVP receives an \$8,000 grant to provide tax

return assistance to low income families in Fort Smith. If approved by the City Directors on April 5th, another \$8,000 grant for the tax program and a new \$6,000 grant for the Medicare Assistance Program will be received next year.

The grants will support the volunteer

services offered through the RSVP Community Outreach program. RSVP members use the computer lab to provide free tax preparation of federal and state income tax returns, and help Medicare beneficiaries apply for Extra Help and choose Medicare



Preventive Services Under Medicare

Under the Affordable Care Act, if you have [Original Medicare](#) you may qualify for a yearly wellness exam and many preventive services for free.

What This Means for You

Starting January 1, 2011, you will pay nothing for many preventive services if you get the services from a doctor or other health care provider who accepts assignment. The services that qualify are listed below.

- **Yearly wellness exam.** If you are new to Medicare, your “Welcome to Medicare” physical exam is now covered without cost sharing during your first 12 months of Part B coverage. This exam is a one-time review of your health as well as education and counseling about preventive services and other care. If you’ve had Part B for longer than 12 months, you can get a yearly wellness visit to develop or update a personalized prevention plan based on your current health and risk fac-

tors.

- **Tobacco use cessation counseling.** This benefit is now considered a covered preventive service, whether or not you have been diagnosed with an illness caused or complicated by tobacco use. While still a covered service, the coinsurance and deductible will apply if you have already been diagnosed with a tobacco related illness.

- **No more Medicare Part B deductible or co-payment for these screenings if certain coverage criteria apply**

- ◆ Bone mass measurement
- ◆ Cervical cancer screening, including Pap smear tests and pelvic exams.
- ◆ Cholesterol and other cardiovascular screenings
- ◆ Colorectal cancer screening (except for barium enemas.)
- ◆ Diabetes screening
- ◆ Flu shot, pneumonia shot, and the hepatitis B shot
- ◆ HIV screening for peo-

ple at increased risk or who ask for the test

- ◆ Mammograms
- ◆ Medical nutrition therapy to help people manage diabetes or kidney disease.
- ◆ Prostate cancer screening (except digital rectal examinations.)

Some Important Details

- For some preventive services, you will pay nothing. You may have to pay co-insurance (a part of the cost) for the office visit when you get these services.
- Your first yearly wellness exam can’t take place within 12 months of your “Welcome to Medicare” physical exam.

If you’re in a [Medicare Advantage Plan](#), check with your plan to see if these benefits will also be free for you.



Rogers RSVP Office Volunteer Opportunity



When the Rogers RSVP office opened last November at the Center for Non-profits at St. Mary's the plan was to have a receptionist to assist Cyndi Najar, RSVP Volunteer Coordinator. Unfortunately,

funding for programs such as Experience Works have seen budget cuts.

To give Cyndi a helping hand, we are looking for RSVP members who would be willing to volunteer 4 or 5 hours on a weekday. This volunteer would answer the phone, greet guests and provide

information to potential volunteers while Cyndi was out of the office.

Foot traffic to our Rogers office is infrequent but expected to increase. This would be the type of job to bring a book or something to occupy your time.

If interested please call Cyndi Najar at 636-0578.

April Birthdays

1 Lillian Fougne	10 Jacqueline Ridling	18 Gary Wallace	25 Lorna M. Sperl
1 Terry Upchurch	10 Al Sass	19 Bettye Fields	26 JoAnn Bryan
2 Helen Easterwood	11 Linda Jetton	19 Jackie Garrett	26 Henry Varnadore
2 Martha Miller	11 Mary Lee Schardt	19 Madeline Marquette	27 Paul Harbick
2 Carol Moyer	12 Martha Bolling	19 Reginald Saucier	27 Lavonne Vearrier
3 Doris Garner	12 James Nusser	20 Jean Darden	28 Leroy Fry
4 Alice Buckley	12 Jennifer Oliver	20 Lola Lofts	28 Delores Kincade
4 Gay Loy	12 Charles Wingfield	21 Kadon Smith	29 Dianne Kitchen
4 Mildred Manuel	13 Gypsy Actkinson	21 Sylvia Timmons	30 Sue Rose
4 Marcia McDaniel	13 Virginia Burnett	22 Marianne Abshere	
4 Ann Ritter	15 Margaret Johnston	22 Terri Fontenot	
5 Robert Black	15 AndaLea Shepherd	22 Rose Smith	
5 Judy Radlein	16 Lewis Griffith	23 Rose Ann Hofer	
6 David Allen	16 Lee McClanathan	23 Nada Wilburn	
7 Betty McKinney	16 Elaine Watson	24 Louisa Duncan	
7 Joyce Simon	16 Danny Youngblood	25 Ruth Ditlevson	
8 Paul Gaconnier	17 Barbara Coleman	25 Betty Havens	
8 Pat Kuhl	17 Margaret Fimple	25 Earl Wayne Porter	
8 David Scherrey	17 Bonnie Gabriel		
10 Pat Kasner	18 Donna Pletka		



Children's Service League Parking Lot Sale

HUGE PARKING LOT SALE FOR CHARITY, Saturday, April 16th at the Fianna Hills Baptist Church in Fort Smith from 8:00 a.m. - 3:00 p.m.

All proceeds will go to the Children's Service League. CSL is an all-volunteer organization clothing school-age students.

Donations for the

parking lot sale will be accepted. For more information contact Becky Sanburg at 479-638-1221.

Children's Service League is an all volunteer group whose sole purpose is to clothe needy Fort Smith school children. Volunteers are called into action

when a principal, teacher or counselor sees a child whose clothing is inadequate and whose parents or guardians are unable to provide the needed clothes.

CSL is supported entirely through donations. Every dollar donated is spent on clothing or shoes for the children.



May Birthdays

1 Karen Metz	8 Clifford Peck	16 Jesse Lewis	24 Grace Brossman
1 Cecil Pierce	9 E. Lynne Hendon	16 Mary Wilson	24 Bill Cook
1 Cheryl Powell	9 Margaret Hill	17 Ann Childs	25 Bobbie Bento
2 Fred Hander	9 Lydia Wiechert	17 Charles Foley	25 Carol Boen
3 Barbara Biarner- sen	10 Clora Schriver	17 Ida Bess LeFevre	25 Charles Frey
3 Martha Mizell	11 Ruth Kaundart	17 Myrna Sue Lough	26 Pauline Cole
3 Harley Strang	11 Carolyn Mosby	17 Ron Wunschel	26 Barbara Ketchum
4 Grace Caldwell	11 Paula Resch	18 Johnie Roy Baggs	27 Carol Ferguson
4 Dorothy Kropp-Henke	11 Emmett Leo Smith	18 Jim Bryan	27 Don James
4 Mary Frances Willis	11 Charles Zuhlke	18 Paul Pruitt	28 Donald Ditlevson
5 Jerry Farrar	12 Marilyn Cornwell	19 Marga Jennen	28 Sister Elise Forst
5 Anna L. Wilson	12 Don Hart	19 Leo McKee	29 Etta Jensen
6 Arlene Price	13 Linda Butler	20 Dwight Mantooth	29 Jean Moore
6 Gene Wallis	13 Barbara Fitts	20 Nearine Ross	29 Rodney Peacock
6 Una Werntz	13 Nicholas Roster	20 Dorothy White	30 Sherry Clennon
7 Mary McCollough	13 Sally Smith	22 Mae O'Donnell	30 Mack Dyer
8 Marjorie Blake	15 Sue Lewis	23 Zelma Cox	30 Lee Mabry
8 Lorina Garner	15 Jeffie Lindsey	23 Marjorie Davis	30 Robert Marion
	16 Joe Knox	24 Monte Babitzke	31 Ruby Ball
			31 Elaine Roth

Volunteers Needed



Please let RSVP know your email address. If you are not currently receiving email messages monthly from RSVP, please contact us at bridgetrsvp@ipa.net. Thanks!

All of our partners are being asked to submit all their request for volunteers through our website: www.WestArkRSVP.org.

RSVP members wanting to check out available volunteer position should look on the website under the VOLUNTEER heading on the left side of the home page for "Volunteer Opportunities".

Barling Senior Activity Center needs volunteers from 9a.m. to 1p.m. any week day to help deliver meals to the homes and apartments of sen-

iors who can not reach the senior center. About 60 meals are delivered each day. If you are interested in volunteering one or more days per week contact the Site Director, Fred Borchet at 479-452-1187.

Literacy Council of Benton County needs tutors to teach basic reading and/or English as a Second Language. Tutors receive on-line and classroom training and observe experienced tutors. Once trained, volunteers will be matched with a student.

To sign up for these free tutor training

sessions or get additional information please call: Bentonville at 273-3486, Rogers at 936-5964. Additional info at www.goliteracy.org.

Washington Region Cancer Support Home is seeking volunteers to staff the Bentonville office. Typical volunteer duties include answering the phone, as well as assisting clients with their needs. Training will be provided. Weekday hours are 9 a.m. to 4 p.m. Volunteers are needed to fill shifts, typically 3-4 hours in length, on Monday, Tuesday, Thursday, and Friday. Call 479-271-2257 to volun-

Calling All Fishermen

Sutton Elementary School (our Partner in Education) is seeking volunteers to assist with the 6th grade Fishing Derby. The Fishing Derby will be held on Tuesday, May 17th at the

Arkansas Nature Center in Barling.

Beginning at 8:30 a.m. volunteers will help the kids with the basics of fishing at Wells Lake (which will be stocked immediately before the event.) For most of

the 6th graders this will be their first fishing trip.

Lunch and snacks will be provided. Sunscreen, a hat and comfortable clothing are suggested for the volunteers.

Interested RSVP members should contact Peggy Roy, School Counselor at 785-1778 or by her email proy@fortsmithschools.org.





News Reehl by Susan Peacock Reehl

Where does the money come from that funds WestArk RSVP? Bear with me as you read this editorial, I'm taking the long way around to explain because on February 19, 2011, the U.S. House of Representatives passed House Bill Number 1. The effect of HB1 will stop funding for the Corporation for National and Community Service (CNCS), our primary funding source. As I write this newsletter, HB1 has not been considered by the U.S. Senate. A provision to cease CNCS funding has not been included in a continuing resolution at this time.

WestArk RSVP, as you may already know, is a program of the Western Arkansas Counseling & Guidance Center, Inc. The annual budget for WestArk RSVP is \$264,452. Our money comes from several sources:

- ◆ Western Arkansas Counseling & Guidance Center, Inc. (WAC&GC)
- ◆ Corporation for National and Community Service (CNCS)
- ◆ Arkansas Department of Human Ser-

vices, Division of Aging and Adult Services (DHS/DAAS)

- ◆ Donors
- ◆ Grants
- ◆ Private foundations
- ◆ Newsletter sponsors

CNCS Funding – Since 1973, WestArk RSVP has been partially funded by a federal grant from the Corporation for National and Community Service. As long as we comply with this grant's requirements, these federal monies continue from year to year. CNCS funding for WestArk RSVP for 2011 is \$132,370 and was awarded to manage an RSVP program in 5 counties. We are required to match 30% of this award.

DHS/DAAS Funding – WestArk RSVP also receives an annual grant of \$12,125 from the Division of Aging and Adult Services in the Arkansas Department of Human Services. Funding from Arkansas DHS/DAAS has been unchanged for over 20 years.

The CNCS funds and the DHS/DAAS funds

are the only funds that WestArk RSVP is assured of year to year.

Grant Funding – We receive one-time grants from three sources.

◆ \$5000 from the Arkansas Insurance Department's Senior Health Insurance Information Program (SHIIP)

◆ \$8000 from the Community Development Block Grant (CDBG), City of Fort Smith

◆ \$15,000 from the IRS Tax Counseling for the Elderly grant program.

These grants support our WestArk RSVP Community Outreach program.

WAC&GC Funding – The Guidance Center has sponsored WestArk RSVP since 1976. I am an employee of the Guidance Center as are the other three RSVP staff members. The Guidance Center financially supports WestArk RSVP by paying administrative expenses (such as insurance, annual audit, IT support, etc.) and by providing us the use of



the RSVP Center in Fort Smith.

I've enclosed two fact sheets in this newsletter that explain the CNCS programs and Senior Corps. The cost of each of these types of services to seniors will be evident. Nationally, each RSVP member is supported by \$157 federal tax dollars each year. In Arkansas, less than \$150 on average is received from federal funding for each RSVP member. The cost for each WestArk RSVP member is less than the national and state average. WestArk RSVP member cost just under \$133 in federal dollars each year.

Where does the money come from that funds WestArk RSVP? Now you know.



**Bella Vista
 Library RSVP
 Registration
 Event**

WestArk RSVP

Staff

Susan Reehl
 Program Director
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Trish Walker
 Volunteer Manager
trishrsvp@ipa.net

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Web site:

www.WestArkRSVP.org

WestArk RSVP is sponsored by
 Western Arkansas Counseling
 & Guidance Center, Inc.

RSVP
Getting Things Done.

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 Fort Smith, AR 72901

Phone: **783-4155**

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Hours of Operation

Monday—Friday
 8:30 am—4:00 pm

Rogers Office:

1200 West Walnut, Suite 2301

Rogers AR 72756

Phone: **636-0578**

Fax: 636-4218

Hours of Operation

Monday—Thursday
 8:30 am—3:00 pm