



# NEWSLETTER

AmeriCorps Seniors RSVP of Central Arkansas

April—June 2023

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## Welcome Back Volunteers!

What a mild winter we've had this year! Hallelujah! We are all coming out of hibernation. Right?

Here's another word for *hibernation...pandemic!*

Community Centers, Senior Centers, and other places where senior citizens gather are opening up and we are busier than ever! This is fantastic news!!

AmeriCorps Seniors RSVP (ACS RSVP) started the year off in January with participating in the AmeriCorps National Day of Service for Martin Luther King Day. The nationally recognized event was labeled *#Unity Through Community Service*—we brainstormed for ideas, put together a token of appreciation, and began making calls to promote our day of recognition. We wanted to recognize teachers in charter, christian, magnet, and private schools. We gave a brief speech about carrying on the legacy of MLK's dream of all children having the right to read. We took photo's at each location and posted our story with the National AmeriCorps Seniors RSVP. We gave a token of appreciation to over 150 elementary school teachers with a message of thanks for teaching their students how to read!

February, we went out to several senior living communities and senior centers in Pulaski county to give SMP Medicare Fraud presentations in the form of Fraud Bingo! We had fun, learned how to protect ourselves, and gave away prizes!! We turned one event into a *Loving Your Friends*, Valentines party and everyone brought a friend with them. We had punch and valentine cookies!

March, is just as busy! We had two events during AmeriCorps week for volunteer recognition and a Lunch-N-Learn. We hosted a multi-center event at the Lonoke Center on Aging in Lonoke Co and had a great turn out!

If you or anyone you know is wanting to live longer, the answer is definitely volunteering. We offer free training, free insurance while you volunteer, and fun recognition throughout the year!

If you are 55+ please call us to get started. We **NEED** you!!



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Facebook:

<https://www.facebook.com/futurebuildersincrspv/>

# Announcements

Join in the AmeriCorps Champions Recruitment Challenge April—June 2023

**Challenge:** Recruit **FIVE** or more volunteers April 1—June 15, 2023

**Training:** New volunteers **MUST** attend the volunteer training on June 22, 2023

**Reporting:** New volunteers **MUST** report at least **TWO** hours volunteer time during this period

**Prize:** Top **TWO** recruiters will be the winners in each county



The prize is a  
**Kindle Fire!!**



We're having a Lunch-N-Learn with CareLink!

Call 501-897-0793 to  
register for event  
coming up on April 6th.



We will learn about the many benefits of volunteering for this program. Seating is limited so please register for this event. Lunch is provided by RSVP!

## Roll Up Your Sleeves Workday—St Francis House

Calling all volunteers that can help us with serving a meal to the Veteran's on Thursday, April 20th from 4:30-5:30 pm. ACS RSVP is providing dinner for our Veteran's at St Francis House transitional housing, located in Little Rock.

We are also asking volunteers to join us for a *Roll Up Your Sleeves Workday* to assist with organizing the clothing drive room from 1:00-4:00 pm. We will be gathering around 1:00 pm and work until we're done. The more help we have, the quicker we can complete this workday. We will provide refreshments for those who volunteer. We are proud of our Veteran's!!



If you are interested in participating in this one time event please call us: 501-897-0793.



We're moving our annual volunteer appreciation event to October!



We are proudly announcing our annual event this year—

*'Celebrating Volunteers International'* honoring all of our wonderful AmeriCorps Seniors RSVP volunteers from every origin, culture, nation, language and ethnicity!

Mark your calendar for Thursday, October 12, from 12:00-2:00 pm.

There will be food, fun, and lots of prizes!

We are in the planning phase of this spectacular event! Details to follow in quarter three newsletter. This is an event you will not want to miss! Please stay tuned...

#### RSVP Station List

AARP 4982, AARP 3053, LRAFB Retirees, Alzheimer's Arkansas, Arkansas Kids Read, Baptist Springhill, Bryant Senior Ctr, Clinton Library, Community Historic Preservation Society, Dunbar Senior Ctr, East Little Rock Senior Ctr, Garvan Woodland Gardens, Hot Springs Pet Therapy, Jackson House, Jacksonville Senior Ctr, Jacksonville Towers, Johnson's Montessori School, Literacy Action of Central Arkansas, Literacy Council of Garland Co, Project Hope Food Bank, Recycle Bikes for Kids, Lonoke Senior Ctr, SMP, St Francis House, St Mary's of the Springs, The Center for Perpetual Change, The Hope Movement, VA Medical Center—Ft Roots, Vine and Village Food Bank, Worley's Place, and Future Builders Inc.

#### Future Builders Inc

All general volunteering:

Chit-Chat Club, Homebound Services, Educational Services, Happy Hearts Club, Community Services, and Environmental Services.

### What is a Station?

We've heard this term many times... "so what exactly does it mean?" A volunteer station is a public agency, secular or faith-based private non-profit organization that accepts the responsibility for assignment and supervision of AmeriCorps Seniors Volunteers. Such organizations each month receive a form to report your hours to RSVP collectively and are considered a **'Station'** (i.e. AARP, Baptist Springhill, Garvan Woodland Gardens, or LRAFB). If you volunteer outside of your station you will receive a monthly report form.

So the question is... what if I belong to an organization and I volunteer individually on my own. In this case you will report to your **'Station'** and you will also send in the individual report form. Most of our volunteers belong to a specific organization and will not receive an individual report form, unless they call RSVP to request a form.

Some volunteers may be part of an organization that has not yet joined the AmeriCorps Seniors RSVP team as a **'Station'**. We would love to come and give a brief presentation and handout promotional items to your group. The best part about being part of our national program is first, recognition on a job well done, and secondly, free insurance while you are volunteering. Call our office today to schedule your group presentation at **501-897-0793**. We NEED you!!



# 2023 Advisory Council

We had an amazing Advisory Council meeting on March 9th at the Bryant Senior Center! We started our year with a great planning session and we welcomed our newest council member Melvin Jones! We currently have three member positions open that we are seeking to fill. If you or someone you know would be interested in serving on our council please call our office for details **501-897-0793**.

2023-2024 AmeriCorps Seniors RSVP of Central Arkansas Advisory Council:

Judy Ramer, Kenyann Lucas, Edith & Columbus Brown, Dorothy & Walter Jones, Evelyn Tenpenny, Jack Perciful, and Melvin Jones.

Advisory Council Consultant: Linder Conley



## FAQ's

What experience is required?

*No experience necessary.*

What does the council member do?

*Attends quarterly meetings, actively engages in an on-going effort to assess changing community needs and help the project meet the identified needs, assist with promotion of community awareness of the project and its impact through speaking engagements, working with the news media, personal affiliations, etc. Help implement an annual strategic plan, and help set goals for resource development, volunteer recruitment, and recognition. Attend and assist with AmeriCorps Seniors RSVP events (i.e. recognition activities, national days of service, etc.). Visit stations, volunteers and those they serve, and meet with community supporters. Assist with annual assessments*

What are the qualifications?

*Eligible candidates for the Advisory Council must be at least 55 years of age.*



# Kisha's Kerner



We're looking for new and innovative ways to keep our volunteers in the loop with what we have going on at AmeriCorps Seniors RSVP! Currently, we have our Facebook page in full swing (<https://www.facebook.com/futurebuildersincrsvp>). If you haven't signed up to receive important emails from us then send us an email to [americorpssrsvp@futurebuildersinc.org](mailto:americorpssrsvp@futurebuildersinc.org) and we will get you added to the list! Also, soon you'll be able to report your volunteer hours through a link on our website and save the hassle of reporting through the mail. We're excited to bring you these new ways to stay connected and we appreciate all of the hard work our AmeriCorps Seniors RSVP volunteers put into our communities!



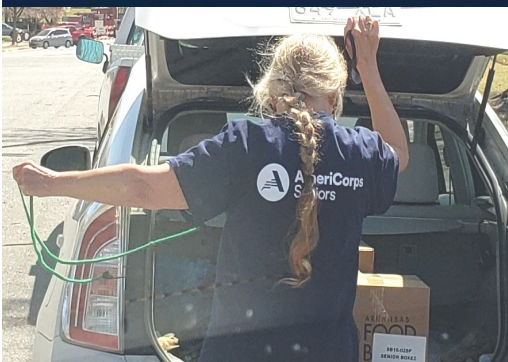
We were 'Rolling Up Our Sleeves' at the Vine & Village food bank for our annual workday event!!

We had around 22 volunteers assisting with packing boxes.

Everyone enjoyed a fried chicken dinner at the conclusion of the event!



## National Service in Arkansas 2022 YEAR IN REVIEW



### Arkansas by the Numbers

**2,564**  
Members & Volunteers

**304**  
Service Locations

**\$11.3m**  
Total Investment

**Make Giving Back  
Your Second Act...  
Volunteer Today!!**



# Lunch-N-Learn with RSVP&SMP



## Fraud & Scam Free In 2023

We were at the Fletcher Library with the Program Director Kathleen Pursell of the Senior Medicare Patrol (SMP). She taught us 3 preventative steps—protect, detect, and report. The president of AARP 4982, Margie Jones, and several of her group members joined our presentation! Thank you!!



## VOLUNTEERING WITH THE SENIOR MEDICARE PATROL



### Skills to Volunteer

SMP projects match a volunteer's skills and interests to the needs of the program. As a result, SMP volunteers may serve Medicare beneficiaries, their families, and caregivers in many creative ways.

### Benefits Reported from Volunteering!

felt good and happy

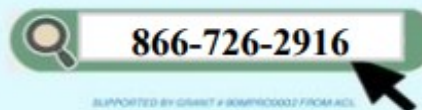
felt they had more time

felt healthier

felt physically better

felt a need to volunteer again

### How to Start Volunteering with SMP

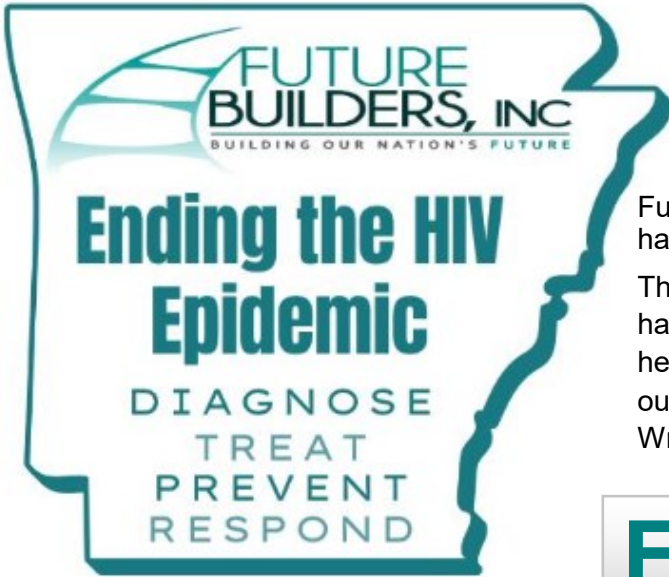


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# 866-726-2916





Future Builders Inc has 5 programs.

Their newest program has 3 locations and headquarters here in our main office in Wrightsville.



**SERVING ARKANSAS COMMUNITIES SINCE 1990**

**Headquarters -Pulaski County**  
16117 Highway 365 South  
Little Rock, AR 72206

**Mailing Address**  
PO Box 127  
Wrightsville, AR 72183

**Satellite Offices**  
Cross County - Wynne, AR  
Jefferson County - Pine Bluff, AR  
Ouachita County - Camden, AR

**Contact Us**  
Phone: 501-897-5566  
Fax: 501-897-5568  
www.futurebuildersinc.org

**Caitlyn Walker** - EHE Testing and Education Program Manager - Headquarters Office

**Deshonta Hare** - EHE Case Management Supervisor - Cross County Office

**Kwaeisi Golliday** - EHE Case Management Supervisor - Jefferson County Office

**Robin Thrower** - EHE Case Management Supervisor - Ouachita County Office

**OUR PROGRAMS**

**HEALTH ON THE STREET**



Health on the Street is an integral component of the Future Builders Community Health Initiative. It was created to improve the quality of health and human services in the community. Health on the Street includes general health education topics that impact the minority community at a disproportionate rate such as Sickle Cell Disease, Diabetes, High Cholesterol, and Heart Disease. It also includes our programs such as Tobacco Prevention and Cessation, HIV Prevention, and Hepatitis C Prevention.

**HEPATITIS C**



Hepatitis C is a liver infection caused by the hepatitis C virus (HCV). Hepatitis C is spread through contact with blood from an infected person. For some people, hepatitis C is a short-term illness, but for more than half of people who become infected with the hepatitis C virus, it becomes a long-term, chronic infection. Chronic hepatitis C can result in serious, even life-threatening health problems like cirrhosis and liver cancer.

Future Builders offers FREE HEP C Testing at an office location nearest you!

Getting tested for hepatitis C is important because treatments can cure most people with hepatitis C in 8 to 12 weeks.

**ENDING THE HIV EPIDEMIC**



Ending the HIV Epidemic: A Plan for America (EHE) is a bold plan that aims to end the HIV epidemic in the United States by 2030.

Future Builders, Inc. is in the fight to ensure a 75% reduction in NEW HIV infections by 2025 and at least 90% reduction by 2030 as a part of the EHE plan. The organization is working to End the HIV Epidemic by following the four pillars:

- **Diagnose** all people with HIV as quickly as possible through testing at all office locations.
- **Treat** people with HIV rapidly and effectively to reach and sustain viral suppression.
- **Prevent** HIV transmissions by using proven interventions such as condoms, PREP, etc.
- **Respond** quickly to potential HIV outbreaks.

For FREE testing, please contact the office nearest you!

**AMERICORPS SENIORS**

AmeriCorps Seniors is an initiative to utilize the experience and wisdom of senior volunteers to serve communities in need.

Future Builders has over 300 volunteers throughout Pulaski, Garland, Hot Springs, and Lonoke counties, serving individuals in hospitals, nursing homes, fire stations, non-profits, etc. If you know anyone 55 or older that would like to find out more about the AmeriCorps Seniors program or has an interest in learning about Senior Medicare fraud, please call 501-897-0793 or email [americorpsrsvp@futurebuilderinc.org](mailto:americorpsrsvp@futurebuilderinc.org).

**TOBACCO PREVENTION**



Cigarette smoking remains the leading cause of preventable disease and death in the United States killing more than 480,000 Americans each year. In addition, the United States spends more than \$300 billion a year on smoking-related illness, including more than \$225 billion in direct medical care for adults and \$156 billion in lost productivity.

Future Builders' tobacco prevention and cessation goals are to prevent the initiation of smoking and to promote quitting among youth and young adults, eliminate exposure to second-hand smoke, and to address disparities.

Disparate groups include, but are not limited to:

- women who are pregnant
- those who are HIV positive
- individuals who suffer from mental health challenges
- the aging population
- the LGBTQIA+ community

For support such as

- free quit coaching or quit plan
  - free educational materials, and referrals to local resources
- call 1-833-283-WELL (1-833-283-9355). You may also text at 501-588-8445.

The Be Well Call Center  
8:00 am - 4:00 pm  
Monday - Friday  
(Closed during state holidays)

**AMERICORP SENIORS—**  
**RSVP OF CENTRAL ARKANSAS**  
PO Box 127  
Wrightsville AR 72183

**RETURN SERVICE REQUESTED**



Program Sponsor:  
Future Builders Inc  
Dr. Ebony Conley,  
Executive Director  
Linder Conley, Founder

To electronically receive our newsletter via email please call: **501-897-0793** —or—  
Send an email request to: **[americorpsrevp@futurebuildersinc.org](mailto:americorpsrevp@futurebuildersinc.org)**