

# South Austin AARP

## Chapter 2426

Website: [www.southaustinaarp.org](http://www.southaustinaarp.org)

October , 2014

**Program**  
**October 15 , 1:00 PM**

Please join us on October 15th! Clark Buxton of CapTel will be leading a presentation of the captioned telephone, products and services. The CapTel is a phone specifically designed for those with hearing loss, allowing the user to read what the caller says word for word. This presentation will cover not only the features of the four different CapTel models but also the different technologies that allow a potential user to get connected. He will also discuss some of the recent FCC changes and what it means to the captioned telephone user. A brief discussion on how to acquire a captioned phone as well as other devices will also be on the agenda. Of course, Clark will make time for Q&A.

**Contact Tom Bauer, 512-743-6364 if you need a ride to the AARP meeting**

### 2015 Officer Nominations

The nominating committee (Al Prewitt, Mary Ragland, and Ray Vaughn) presents the following slate of officers for 2015 to be voted on in November and sworn in at the December meeting:

President: Pete Skalnik

Vice President: Elaine Benton

Secretary: Ed Gonzales

Assistant Secretary: Marilyn Totten

Treasurer: Caryn Gulas

Assistant Treasurer: Cathy Crossland

At large board of directors: Mary Ragland, Barbara Kaiser, Al Prewitt, Jim Murinchack, Marilyn Totten

Nominating committee chair: Tom Bauer

### Lunch and Go

*Nancy Martin*

Let's enjoy some good old fashioned comfort food at Luby's Cafeteria at 5200 Brodie Lane, in Sunset Valley. Meet at the cafeteria at 11:00 am

Go through the serving line and find table seating at large table or cluster of tables suitable for conversation. Don't worry about carrying your loaded food tray from cashier station to table. Luby's will have staff persons to carry your tray or others in the group will help you.

Luby's Cafeteria has several economically priced plates, including the popular LuAnn plate.

If you have questions, call Nancy Martin at [512 297 7740](tel:5122977740). See you on Wednesday, Oct 15 at Luby's.

### Drive A Senior Christmas Gift Bags

Drive A Senior is one of our affiliate organizations. Several of our members provide transportation for seniors who no longer drive. We take them to doctor appointments and other places.

Last year our chapter members filled over 50 small gift bags which were delivered to Drive A Senior. They deliver these to their clients, and some have remarked this was the only gift they received during the holidays.

Gift bags will be available for a \$1 contribution at our October & November meetings. Inside the bag will be a suggested list of items (man or woman) to be placed inside the bags. Filled bags may be brought to the November & December meetings.

Please help us make the holiday special for someone. Thanks for your help in this worthwhile project.

**If you have a computer, please visit  
the Facebook page**

**Drive a Senior South Austin**

Like the page and you will help more people know about this wonderful service provided to seniors.

## September Speaker



Lindsey Drake, attorney spoke at our September meeting. Members had many questions that were answered about how to prepare for their future. Ms. Drake helped members understand how they can give your loved ones clear instructions about what we want them to do, should we need them to act for us. Important documents such as power of attorney, guardianship and wills were discussed.

## Legislative Update

*Mary Ragland*

### Chapter Advisory Team Meeting

On September 24 and 25 and Chapter Advisory Team (CAT) met at AARP Headquarters in Washington, DC. We reported on the CAT conference calls that have been held across the United States with officers of local AARP chapters.

The purpose of the conference calls is to provide support to chapter officers and to get feedback from them about what successes and difficulties they are experiencing. Texas is part of the Mountain Region, and we have had monthly calls. Subjects of our recent calls were Chapter Liability Insurance presented by a representative of AARP, a history of AARP presented by Lilly Liu, Historian with AARP, and information about Medicare, especially open enrollment, presented by Amanda Fredricksen of the Texas AARP office. We are planning to have a presentation on Open Enrollment for the Affordable Care Act on our next call that will be on October 28. The calls are held the 4<sup>th</sup> Tuesday of every month at 3 PM. If you would like to participate, email me at [mary.ragland.ragland404@gmail.com](mailto:mary.ragland.ragland404@gmail.com) and I will give you instructions for calling in.

At the meeting I provided the CAT information about the 4 training videos the Austin Area Community Team made to help new chapter officers. If you participated in trainings we held in 2013, or attended Chapter Leadership Orientation in February 2014, you may see yourself on one of the videos. These videos and the accompanying materials packets have been placed on the South Austin AARP chapter website. If you would like to view them, go to <http://www.southaustinaarp.org> Scroll down the left side of the page to "Austin Area Community Team" These videos will later be placed on the Volunteer Portal, a web site of the Office of Volunteer Services of AARP.

After the meeting, I stayed over a couple of days at my own expense. A colleague from Los Angeles and I took a cruise on the Potomac River to Mount Vernon, where we did a tour of the mansion and grounds. It was a beautiful, cool day and a lovely way to get to Mount Vernon. They have made lots of improvements to the grounds since I was last there over 35 years ago. It was an enjoyable venture back to the time of George and Martha Washington.

## Health Update

*Gail Glick*

Now that Fall is almost here and it's time to prepare for your annual flu shot. Even if you got a flu shot last year, you will need one again for this year's season. That's because the protection wears off. There are other recommended immunizations you should check with your doctor about getting also. You may want to consider whether you need any others. One option is the pneumococcal vaccine for pneumonia. This is recommended just once for adults ages 65 and older (twice if you received the first dose before 65). A shingles vaccine is recommended to protect against the virus which causes shingles as well as chickenpox. If you don't remember the last time you received a tetanus shot you're probably due for a booster. Don't get any shot without first talking to your doctor. The vaccines aren't right for everyone. And if you're not feeling well, hold off on all vaccines until you're better. The ability to respond to a vaccine is reduced while you are ill.

## Community Service

*Pat Thomas*

### ROLL AND STROLL

**Wed. Oct. 8<sup>th</sup>** - 2:00 – 7:00 – Ride the #801 to the Triangle for early dinner at Maudie's Cafe and then explore the farmers market, listen to music and enjoy the ambiance. Easy stroll, not much walking. Call Pat Thomas at [512-441-1485](tel:512-441-1485) to join the group.

**PENDING** - Fri. Nov. 7<sup>th</sup> – 3:00 – 7:00 early dinner at a central restaurant followed by a visit to the Old Bakery for Art Gallery reception. The Gallery at Old Bakery & Emporium is a Juried Art Gallery with monthly exhibits. The First Friday of each month will contain a new exhibit with artists on hand. The Reception is free and will be open from 5 - 7pm. All artwork is for sale. Beverages and light snacks are provided.

### EXPLORE AUSTIN BY PUBLIC TRANSPORTATION

Get a group of friends together to explore these upcoming Austin events:

Oct 25th-26th – **Texas Book Festival on Capital** grounds. Take the bus, walk 1/2 block to the event (Large free event, books, live music, cooking exhibit)

Nov. 8th – Saturday at Burger Center - **23rd Annual Austin Indian Powwow and Heritage Festival** (this is an amazing free event, plenty of free parking).

Nov. – date to be determined – Visit the **Gone With the Wind** Exhibit at the Harry Ransom Center

### Sunshine Committee

**Doris Thorne 512-382-9130**

Please call Doris and give her the names of members who are ill, in the hospital or have had a death in the family.

### Volunteer Hours

*Ed Gonzales*

**September : 176**

**YearToDate: 3,331**

Remember to bring your volunteer forms to the October meeting.

## Meet Chapter 2426 Member



### Getting acquainted with Nancy Martin

Greetings, AARP friends

Here are some things you may not know about me. I was born in a small town in West Texas-- Lamesa, Texas. Occasionally I run into someone who has heard of Lamesa, or maybe even lived

there. Lamesa was a great town to grow up in. The town's people knew all the kids and we felt safe walking and riding our bikes everywhere--to school, to the movies, to our friends' homes for frequent "slumber parties" where we listened to Elvis Presley recordings and danced with each other. There was no dancing in our little conservative town, another thing that we had to complain about but we seemed to find plenty of other things to enjoy. Thanks to my mother's thrift, enough money was saved for me to attend Baylor University in Waco, Texas for two years. It was my parents' dream that I have a better life and more education than they had.

At Baylor I had a roommate who became the best friend I ever had. After 2 years at Baylor, we decided we wanted to transfer to The University of Texas in Austin. So we packed up our Elvis Presley records, popcorn popper etc. and rode a Greyhound bus to Austin. I am amazed now to think about how easy that seemed. We found a room in a boarding house near campus and enrolled in Gregory Gym in classes for the fall semester.

I fell in love and left UT before graduating and entered life as a young military wife. My daughter was born at Fort Hood base hospital and we went to live on military posts in Germany for 3 years. That was the beginning of an odyssey that took me back to Texas with my baby daughter where we lived in Lamesa for a few years, then onto Houston for another few years, then to the San Francisco Bay Area (which is where I left my heart) and also finished a degree in Communication disorders at San Francisco State University. That degree enabled me to have a wonderful career as a speech-language pathologist in public schools, rehab hospitals, state schools for multiple handicapped persons (much more rewarding than I ever thought it could be. I returned to Lubbock, Texas in 1978, worked at Lubbock State School and retired in 1995.

I continued to live in Lubbock until 2007 when I moved to Austin to live near my daughter who had been displaced from her home and job in New Orleans by Hurricane Katrina.

I joined the South Austin AARP chapter because of friends in the chapter who invited me to join. I enjoy the social contacts and trips that I get as a member of Chapter 2426.

I believe that AARP does work for benefits for seniors and keeps us informed of important health news and opportunities to do meaningful volunteer work.

**If your last name begins with the letters **N-R**, please bring refreshments to share at the October meeting.**

## **2014 Officers And Committee Chairs**

### **Officers**

President: Tom Bauer - 512-743-6364  
Vice-President: Petr Skalnik-512-280-1987  
Secretary: Marilyn Totten -512-280-8030  
Treasurer: Catherine Crossland -512-282-8320  
Assistant Treasurer:

Janice Ootsey 512-445-4862

Board of Directors (in addition to officers): Mary Ragland - 512-280-8661 Barbara Kaiser- 282-0960 Al Prewitt -512-444-0636 Jim Murinchack, 940-6351

Nominating Committee Chairperson:

Ray Vaughn

### **Committee Chairs**

Community Service:

Pat Thomas 512- 441-1485

Greeters: Marilyn Totten-512-280-8030

Health: Barbara Kaiser -512-282-0960

Hospitality: Al Prewitt -512-444-0636

Legislative: Mary Ragland-512-280-8661

Membership: Bill Hock, 368-3460

Newsletter Editor And Web Manager:

Diane McGowan-512-892-4416

Newsletter Distribution: Ray Vaughn 512-292-0982

Nominating: Ray Vaughn

Program: Omar Tiwana, [512-800-4791](tel:512-800-4791)

Phone Committee Chair Elaine Benton 512- 799-2224

Sunshine: Doris Thorne-512- 382-9130

**Treasurer's Report**  
*Cathy Crossland*

**October 5, 2014**

Chapter Savings: \$25.00  
Chapter Checking balance: \$331.91

**Membership:**

121 members

**Welcome New Members**

Lynn Hubertus  
Ronald Fox

**October Celebrations**

**Birthdays**

1 Lupe Ruiz  
5 Virginia Valdez  
6 Caroline Compton  
8 Claudette Daywood  
14 Evelyn Fort  
19 Eugene Garza  
21 Barbara Newman  
23 George Dankworth  
25 Danni Dankworth  
27 Kaye Mitchell  
28 Helen Murinchack

**Anniversaries**

10 George Wonderlick & Anita  
Werbner  
14 Doris & Robert Thorne  
17 Mary & Bill Hock  
27 Helen & James Murinchack

**Programs**  
*Omar Tiwana*

**November 19**

EMS briefing: Vial of Life Sharon Cook

**December 14**

Holiday party and election of officers



**My Living Will**

*Last night, my kids and I were sitting in the living room and I said to them, "I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug." They got up, unplugged the computer and threw out my wine!!*

**CIVIC AND/OR COMMUNITY SERVICE BY SOUTH AUSTIN AARP CHAPTER 2426 VOLUNTEERS**

**PLEASE BRING THIS INFORMATION TO THE CHAPTER MEETING**

**AND TURN IN TO : ED GONZALES**

**Name** \_\_\_\_\_ **Address** \_\_\_\_\_ **Phone** \_\_\_\_\_

Category	Hours	Category	Hours
AARP Annual Day of Service		Fundraising for Community Service	
AARP Driver Safety Program		Health & Wellness	
AARP Tax Aide		Long-term Care/Nursing Home Support	
Hunger		Independent Living/ In Home Care Giving/Home Repairs	
<b>Advocacy/Legislation/Information/Referral Services</b>		Independent Living: Transportation Services	
<b>Education/Scholarships or other</b>		All Other Volunteer Areas	
Subtotal		Subtotal	
			Total Volunteer Hours

From: South Austin AARP Chapter 2426

[Http://www.southaustinaarp.org](http://www.southaustinaarp.org)

Diane McGowan , Editor

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