

South Austin AARP Chapter 2426

Website: www.southaustinaarp.org

November, 2016

November 16 Meeting

1:00 pm

City of Austin Resource Recovery Center
Our program for November will be on the topic of recycling. Jennifer Denton will provide us with updated information on what items to place in our blue recycle bins. Do you know what actually happens to the items in the blue bin? This program is meant to be both educational and entertaining. Be prepared to laugh as you look at what's in your garbage. Recycling also provides each one of us with the opportunity to repurpose items. We will have a table displaying items that have been recycled or repurposed. *If you have an item that you have recreated into a new life please bring it to display.* Old Christmas cards and light bulbs can be turned into delightful ornaments. An Austin company (www.tredagain.com) is turning old tires into beautiful flipflops that last forever. For additional information please view this web link to learn how tires are reused for the benefit of humankind.

<http://www.bbc.com><https://tredagain.com/autos/story/20140802-discarded-tires-tread-again>

Your imagination and creativity can turn your garbage into a work of art



Pat Thomas was honored by representative Ann Kitchens at the October meeting for her work to create Roll and Stroll. She was presented with a proclamation of December 5, 2016 as Austin Roll and Stroll day!!

Community Service

Pat Thomas

PROJECTS FOR NOVEMBER AND DECEMBER

Thanksgiving is a time to focus on blessings that surround us. At our November meeting we will be collecting food items for the benefit of the food pantries at Abiding Love Lutheran Church and St Ign Catholic Church. Packaged rice, beans, macaroni and items such as pop-top soup, tuna, and peanut butter are always in high demand. It is time to start Christmas shopping for items to place in our gift bags for frail homebound seniors. We have participated in this service project to benefit Drive A Senior clients for 5 + years. You can purchase a gift bag from Barbara Kaiser for \$1.00 or use your own bag. Barbara has a list of items you might want to place in the gift bags. Bring your

Refreshments for the November meeting will be provided by members whose last names begin with N-R. Other members may also contribute if they desire.

filled bags to our December 21st meeting for delivery to Drive A Senior. Put a note on your New Year's Resolution list to consider becoming a volunteer driver. The friends you meet will make your heart smile.



Roll And Stroll

Enjoy the holiday season with a ride on CapMetro. Fun activities with friendly seniors exploring Austin via public bus. Roundtrip cost \$1.25 - \$1.75 plus lunch cost. During the winter season we are subject to weather changes so we may have to change a scheduled trip to a later date if weather is too rainy or too cold. Watch your email for last minute excursions to enjoy holiday sights in Austin

Thursday – November 17th. Meet at the South Austin Senior Center 3911 Manchaca Rd at 9:30 for an early Christmas shopping excursion. Visit three charitable thrift stores and eat lunch at the Frisco. This is a fun ride to explore the changing personality of North Burnet Road. We will visit three high quality stores that carry a variety of merchandise including, jewelry, clothing, books and glassware

1. Ten Thousand Villages - A store specializing in international fair trade items. Handcrafted items from many different countries.

2.

Assistance League of Austin - A lot of merchandise at very reasonable prices. \$1.00 hardcover books, clothing, jewelry. This nonprofit organization provides services to school children and to seniors. Staffed by friendly volunteers

3. *Next to New* - Large store operated by St. David's Episcopal Church. This consignment shop has been operated by volunteers from the central Texas community since 1959. Next-To-New is a tax-exempt corporation and operates exclusively for religious, charitable, and educational purposes. Clothing, jewelry, lamps, furniture, and kitchenware.

4. Frisco Restaurant A bit of Austin history. The Frisco opened its doors in 1953 as part of the Harry Akin Night Hawk chain, which began during the depression two decades earlier. He found an abandoned fruit stand at the corner of South Congress and Riverside and turned it into a little burger joint with two booths, a counter, and eight secondhand stools. He opened for business on Christmas Eve, 1932, selling hamburgers for 15 cents apiece. Night Hawk restaurants served the best steaks in town. Only the Frisco diner still survives serving home cooked food. For more history

view:

<http://www.austinchronicle.com/food/2001-01-26/80300>

Saturday December 3rd. – A surprise Christmas ride and walk to view Austin downtown decorations. More information will be emailed to you in late November. This Roll & Stroll will begin at approximately 4:00 p.m.

Thursday December 8th – 12:00 – 4:00 – Spend the afternoon exploring the shops and sights of SOCO South Congress Ave. Do some Christmas shopping and eat at Guero's Taco Bar. This delightful neighborhood is filled with eccentric shops and restaurants. A nice candy shop to explore We will catch the #803 at Wheatsville and travel downtown to transfer to the #801.



Chapter 2426 members traveled on 338 to Hancock Center. They did some shopping and ate lunch at Jason's Deli. On the way back South we stopped at 9th & Lamar to visit Book People. Reboarded the bus and went back to our starting point of Wheatsville. All buses were on time with courteous drivers. A great bargain for \$1.25 roundtrip!

Health
Barbara Kaiser

**Followup to October program
on medicine issues**

Brenda Lambert from the Austin Area on Aging gave me a shorter list of questions to ask the doctor and pharmacist before taking a new medicine.

1. What is the name of the medicine and what is it for?
2. When do I take it, and for how long?
3. What side effects should I expect, and what should I do about them?
4. Should I take this medicine on an empty stomach or with food?
5. Should I avoid any activities, foods, drinks, or other medicines while taking this medicine?
6. If it's a once-a-day dose, is it best to take it in the morning or at night?
7. Will this medicine work safely with my other medicines, including over the counter medicines, vitamins, and other supplements?
8. When should I expect the medicine to begin to work, and how will I know if it's working?

For those who would like to talk to Brenda Lambert at the Capital Area on Aging, her phone number is 512-630-6228.

**Chapter 2426
Officer Nominations for 2017**

The nominating committee presented the following slate of officers and board members at the October meeting. Nominations will be received from the floor and election held at the November meeting.

President: Pete Skalnik
Vice President: Elaine Benton
Secretary: Ed Gonzales
Assistant Secretary: Marilyn Totten
Treasurer: Barbara Fetonte
Assistant Treasurer: Caryn Gulas
Nominating Committee Chair: Ray Vaughn
Board of Directors (in addition to officers):
Mary Ragland, Al Prewitt, Barbara Kaiser



**AARP Texas Presents Ollie Besteiro With
2016 Andrus Award**

AARP Texas today announced that Olivia “Ollie” Besteiro has been selected as the recipient of the 2016 AARP Texas Andrus Award for Community Service. Named after AARP founder Ethel Percy Andrus, the award is given in recognition of those who embody the association’s goal of bringing lifetimes of experience and leadership to serve all generations.

Besteiro, an Austin resident and South Texas native, is a former long-time public school teacher and state education association leader who has worked tirelessly as a volunteer with AARP, including having served as the association’s Texas president from 2009 through 2015.

As state president, Besteiro fought to make health care more available and affordable, promoted financial security initiatives and efforts to tame the corrosive activities and proliferation of payday lenders. She also worked extensively to make communities throughout Texas more livable for people of all ages and abilities, particularly on issues pertaining to housing, transportation and support services for seniors.

“No one in Texas commands more admiration and respect than Ollie Besteiro,” said AARP Texas Director Bob Jackson. “Her lifelong commitment to working for the betterment of all people embodies the spirit of service that is at the core of the AARP mission. On behalf of AARP, I am proud to announce that my friend and mentor, Ollie Besteiro, is this year’s Andrus Award recipient.”

From October 13, 2016 AARP announcement

Chapter 2426 Day Trip October 11

Newman Castle and Bakery in Bellville, with guided tour and lunch included.



Blue Bell Creamery in Brenham



Volunteer Hours

Ed Gonzales

September 417 hours
Year to date 4,778 hours
Total for the Year 2015: 6,451 hours

Please bring your volunteer forms to the meeting!!

DECEMBER PROGRAM

December: Christmas Party, with Square Dance Demo provided by the Waterloos. Audience participation is strongly encouraged

Be sure to join us every month to learn a few things or just have some fun!

November Celebrations

Birthdays

1 John Conrado 18 Kay Roeber
22 Carol Ahlgren 26 Delores Gonzales
28 Elaine Benton 29 Barbara Fetonte

Anniversaries

11 Joanne Meziere 18 Harriet and Ed Gonzalez
24 Helen McBride 29 Barbara Fetonte



2016 Officers And Committee Chairs

Officers

President: Pete Skalnik 214-704-9562
Vice President: Elaine Benton 512- 799-2224
Secretary: Ed Gonzales 512-444-3335
Assistant Secretary: Marilyn Totten 512-280-8030
Treasurer: Caryn Gulas 512-897-8106
Assistant Treasurer:

Cathy Crossland 512-282-8320

Board of Directors (in addition to officers):

Mary Ragland -512-280-8661 Barbara Kaiser- 282-0960 Al Prewitt 512 -287-9847 Marilyn Totten, Gail Glick 512-547-4153

Nominating committee chair:

Tom Bauer 512-743-6364

Committee Chairs

Community Svc: Pat Thomas 512- 441-1485

Greeters: Marilyn Totten-512-280-8030

Health: Barbara Kaiser -512-282-0960 & Gail Glick 512-547-4153

Hospitality: Al Prewitt -512-444-0636

Legislative: Lilac and Tom Bauer 512-743-6364

Membership: Margaret Hughes 512-956-3297

Newsletter Editor And Web Manager:

Diane McGowan-512-892-4416

Newsletter Distribution: Ray Vaughn 512-292-0982

Program: Hollis Sheppard 512-636-2186

Phone Committee Chair

Elaine Benton 512- 799-2224

Sunshine: Doris Thorne 512- 382-9130

Travel Mario Macaluo 512-432-5255

Treasurer's Report

Caryn Gulas

Current	Balance	\$4022.32
Travel Money	(2392.45)	
Chapter Cash	\$1629.87	
Savings Act	\$ 25.00	

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.

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	
Advocacy/Legislation/Information/Referral Services		Independent Living: Transportation Services	
Education/Scholarships or other		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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