

South Austin AARP

Chapter 2426

Website: www.southaustinaarp.org

March, 2017

Wednesday

March 15, 2017, 1:00 p.m.

Cathy Collins is the Crime Victim Advocate for the Christi Center. She has been a staff member with the Center for 12 years and volunteered with us for over a decade before that. She facilitates our mixed loss, kid's caregiver, crime victim, and Veteran's groups in addition to groups at Austin Recovery. She has a vast knowledge about both grief and the Christi Center.

The story of Christi Center:

When 20-year old Christi Lanahan was tragically killed by a drunk driver in 1985, life was permanently altered in an instant for her mom and stepdad, Susan and Don Cox. In a state of shock and consumed with grief, they found few community resources to support grieving families. Drowning in grief and facing great personal and marital challenges, the Coxes (along with Christi's brother, Sean) decided to reach out to others instead of retreating.

On the two-year anniversary of Christi's death, they founded nonprofit "For the Love of Christi", with a mission to provide free, ongoing grief support to Central Texans who have experienced a loss of a loved one, regardless of circumstances. Recently re-branded as The Christi Center, the organization provides peer-based support groups information/referral, outreach and education on grief issues, and limited individual counseling. For more information on the center:

<http://christicenter.org/about-us/slider1/>

March refreshments are to be provided by members whose last names begin H-K.

Legislative

Mary Ragland

Do you ever wonder what our representatives in Washington are doing for us? Call in to the Teletown Halls twice a month to find out.

With heightened activity in DC matched by interest from volunteers, the Office of Volunteer Engagement at AARP headquarters is now hosting twice-a-month Volunteer Teletown Halls. In addition to the long-standing call at 7pm Eastern Time on the last Thursday of the month, another call will be held on the 2nd Thursday of the month at 2pm Eastern Time. The dial-in number for both calls is always 1-877-209-3531. The next call will be on March 9 at 2 PM Eastern Time.

That is 1 PM Texas time!

Just dial the number and listen. They also give directions if you want to ask questions.

Travel

Mario Macaluso

FREDERICKSBURG DAY-TRIP

Seats still available to members and non-members

Destination: Fredericksburg, Texas

Date: March 21, 2017

Departure: 9 A. M. from Seniors Center, Manchaca Rd., Austin

Itinerary:

Stop at Wild Seed Farm, then Shopping time, and lunch on your own at a restaurant of your choice on Main Street in Fredericksburg. Later we will take a self-guided Tour of the National Museum of the Pacific at 2:30 p.m.

Leaving Fredericksburg at 4:30 p.m.

Cost: \$48 per person. (It includes: Bus, Admission to Museum, water and treats, raffle, prizes and tips to bus driver.)

Write check for \$48 to AARP2426 and mail it to:
Caryn Gulas, 1504 Canoe Brook Drive, Austin, Texas 78746

Tel. 512-897- 8106 caryngulas@gmail.com

Summer day-trip: June 7, 2017

Sign-up date: March 15, 2017 (at the monthly meeting). Bring a check or cash.

Two-hour cruise on Lake Buchanan and lunch on our own at Mama's Home Cooking in Burnet. Departure at 8:45 a.m. from South Austin Seniors Activities Center

Cost: \$55 per person (It covers, bus cost, cruise, tips for driver, water, treats and raffle. Trip will be opened to non-members on March 22, 2017

No checks accepted until March 15th , 2015

Texas Nursing Facilities Found To Be Shamefully Poor in Quality

Nursing homes in Texas are escaping accountability for hurting residents and jeopardizing their health, according to a new report by AARP Texas.

The report, "*Intolerable Care: A snapshot of the Texas nursing home quality crisis,*" finds that the quality of roughly 1,200 nursing facilities where 93,000 Texans reside, is shamefully poor and worse than what exists in most other states. It identifies numerous, long-standing, and severe problems that can be rectified with stronger state enforcement powers.

AARP Texas Director Bob Jackson said the *Intolerable Care report* presents a solid case for legislative action this year to improve Texas nursing home quality.

"When making the difficult decision to place a loved one in a nursing home, family members deserve to know that the facility is adequately regulated to ensure their loved one is safe and well cared for," said Jackson. "In Texas today, those assurances do not exist."

Jackson said the Legislature can significantly improve Texas' currently shabby standing among states in terms of nursing home quality by approving a few important reforms, several of which have been recommended by the bipartisan Texas Sunset Advisory Commission.

Specifically, Jackson said the Legislature should repeal the state's so-called "right to correct" law that allows

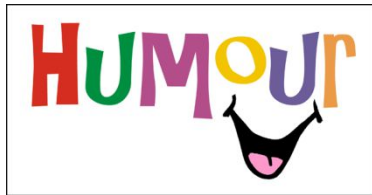
many nursing facility violations to go unpunished and allows severe problems to fester. Also, he said Texas should stop deferring to the federal government when it comes to penalizing bad-performing nursing facilities. And, he added, the state should develop, as the Sunset Advisory Commission recommended, a full range of sanctions to more accurately match the nature and severity of the violations.

The *Intolerable Care* report can be found here: <http://bit.ly/IntolerableCare>

Health Update

Gail Glick

As someone who is involved with Capital City Village I want to add to our program that was presented last month. We are presently working on building up the group in South Austin and as of March 1st the office is being moved south of the river. (North Austin has been active with over 100 members for several years.) This began in Boston around 10 years ago and has many groups around the country. In our area (South) we now have several events on a monthly basis. There is a coffee one morning at Wheatsville, a discussion group in the home of one of the members, and we meet for lunch on another day. I have attended a talk by a physician in someone's home, and we periodically have house concerts and more. These events are a great way to socialize and meet new people and you can come to any of these to see what it is all about. If you do decide to join there are many services that can be performed in your home by volunteers. (An example is I have someone coming to change my AC filter which is in the ceiling and too high for me.) There is help with other household tasks and possible transportation if needed. Actual membership fees are based on a sliding-scale fee and for more information you can call the director, Tommi Ferguson. She can be reached at 512-524-2709. The web site is www.capitalcityvillage.org. The main goal is to help seniors stay successfully in their homes and communities longer. Check it out!



Contributed by Ed Gonzales

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

OLD IS WHEN...

- ...your sweetie says, "Lets go upstairs and make love," and you answer, "Honey, I can't do both!"
- ...your friends compliment you on your new alligator shoes and you're barefoot.
- ...a sexy babe catches your fancy and your pacemaker opens the garage door nearest your car.
- ...you remember when the Dead Sea was only sick.
- ...going bra-less pulls all the wrinkles out of your face.
- ...you don't care where your spouse goes, just as long as you don't have to go along.
- ...when it takes longer to rest than to get tired.
- ...when you are cautioned to slow down by the doctor instead of by the police.

March Celebrations

Birthdays

- 9 Genevieve Dsouza
- 21 Jose Saenz
- 25 Marcie Parker
- 25 Laura Blaschke
- 27 Sally E. Vaughn

Anniversaries

- 5 Kay and Bill Nicholson
- 22 Barbara and Danny Fetonte

Volunteer Hours
Ed Gonzales

February Volunteer Hours: 234
Year to date: 650
Total for 2016=5,995

Please bring your volunteer forms to the meeting!!

**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: Barbara Fetonte 512-282-1944
- Assistant Treasurer: Caryn Gulas 512-897-8106
- Board of Directors (in addition to officers):
- Mary Ragland 512-280-8661
- Barbara Kaiser 512-282-0960
- Al Prewitt 512 -287-9847

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 -512-287-9847
- 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: Open
- Phone Committee Chair: Elaine Benton 512- 799-2224
- Sunshine: Doris Thorne 512- 382-9130
- Travel: Mario Macaluso 512-432-5255

**Treasurer's Report
Barbara Fetonte**

AARP Regular account	\$2101.21
Travel Account	\$1795.11
Savings Account	\$25.00

2017 Dues were due by the end of February. If your dues are not paid this month, you will be dropped from the membership list. We do not want to lose you so please bring your dues to the March meeting or mail them to:

South Austin Chapter 2426
Barbara Fetonte
8301 Washita Dr
Austin, TX 78749

**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.

February Meeting



Ed Gonzales works as secretary and keeping track of volunteer hours.



Charles and Nena

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			