Wednesday
June 21, 2017, 1:00 p.m.
Legislative Update
A member of the advocacy staff from Texas AARP will provide a legislative update at our June 21 meeting.

The advocacy staff has worked very hard this legislative session. They have built relationships with legislators, and coordinated visits with legislators and AARP volunteers for a successful session. As Bob Jackson, State Director, recently said, “Spending proposals and policy changes supported by AARP have been respectfully addressed, and we’ve seen many successes related to our legislative agenda, which included efforts to ease stress for family caregivers, protect seniors from financial exploitation, help patients combat surprise medical bills, strengthen nursing home quality, and more.” The speaker will explain how these bills will affect our lives.

JUNE refreshments are to be provided by members whose last names begin Q-Z. Everyone else is welcome to bring something to share.

At our May meeting Kris Raab, Communication Workers of America, spoke on income inequality.

Message from Bob Jackson
AARP Texas
It’s thanks to you – and your emails, letters, phone calls, and visits to legislative offices – that I can proudly declare the just-ended legislative session a big success for older Texans.

AARP-backed bills and budget items are being sent to the governor’s desk, and some have already reached him and been signed into law. This is great news that I hope you’ll share with a friend. Once more, we’re seeing that AARP is an effective, nonpartisan and powerful voice for Texans age 50 and older.

We helped convince the Legislature to pass:

- Major reforms to improve the quality of care in Texas nursing homes;
- New rights for unpaid family caregivers, so they can properly care for loved ones when they return home from the hospital;
- Bills to fight elder financial exploitation by making it easier to stop fraudulent bank transactions;
- Legislation clarifying powers of attorney and guardianships;
- Measures bolstering consumers’ power to prevent and challenge surprise medical bills; and
- Telehealth legislation to allow patients to meet with physicians via smartphone, tablet or computer.

Please accept my gratitude for your efforts. And I hope you’ll take the time now to share with a friend the news of our success on behalf of older Texans.

We are sad to report the passing of our member, Robert Thorne, husband of our Sunshine lady, Doris Thorne.
COMMUNITY SERVICE - CLEAN OUT YOUR CLOSET
At our June 21st meeting there will be a collection box for gently used men and Women’s clothing. Collected items will be distributed to the Fig Leaf at University United Methodist Church and to St. Ignatious Catholic Church clothing pantry for use by low income families. Greatly needed are jeans, shirts and athletic shoes. For additional info contact Pat Thomas 512-441-1485 or Connie Flores at 512-444-8636.

Roll and Stroll - Put these dates on your calendar for June fun.
Saturday June 17th Meet at Wheatsville South at 10:00 a.m. for Brunch and Stroll. We will catch the #803 to Lamar Union Plaza, eat brunch at Delicious Restaurant (menu: www.deliciousATX.com) Stroll the area around Lamar Union before returning to Wheatsville by 2:00. It is about a one block walk from bus stop to Lamar Union

Friday - June 23rd - Twilight Stroll departing from Wheatsville South at 3:00.
We will travel to the Triangle for early stroll and dinner at Maudie’s Cafe. But, we will head back South to arrive at Central Market North to enjoy a music performance starting at 6:30. “Lady Be Good” is an Austin based music collaboration combining Jazz and Western Swing. They will be performing Western swing classics in the spirit of Bob Wills and Asleep at the Wheel. This music is for dancing. We will head back to Wheatsville at 8:00. Or if you want to party late...I’ll make sure you know how to get back home. Lady Be Good features some of Austin’s finest, including pianist Peggy Stern, vocalist Danielle Reich, violinist Mark Seale, and you may also hear Rick McRae, guitar, Glenn Schuetz, bass, and Steve Schwelling, drums, among other excellent musicians!
For additional info contact Pat Thomas at 512-441-1485 or pthomas1@austin.rr.com Watch for additional info via email.

Volunteer Hours

Ed Gonzales

May: 280 hours
Year to date: 1,611 hours
Total for 2016: 5,995 hours

Please remember to bring your volunteer forms to the meeting. In 2016 we had 2106 hours recorded at this time of year. We are far behind that total this year. If you forgot your form last month, you can still turn in your hours in June. These hours are reported to the national office and represent our chapter members’ volunteerism.

Health Update

Gail Glick

There are times when the risks of medication outweigh the benefits. Many older adults are not aware of some of the potential problems medication can sometimes cause. There can be long-term health risks even with over the counter meds. Some examples are:

ACETAMINOPHEN (Tylenol): It helps reduce fever and pain, but large doses over a period of time can cause liver damage. Drinking alcohol while taking this medication can also cause liver damage. The FDA sets the maximum daily dose for the average healthy adult at not more than 4,000mg for short-term use. Long-term use should be limited to 2,000mg or less.

NSAIDS: Nonsteroidal anti-inflammatory drugs. Some examples are Ibuprofen (Advil), Naproxen (Aleve), or aspirin but long-term use has been linked to ulcers, stomach bleeding, kidney problems, and high blood pressure. The FDA states the NSAIDS raise the risk for heart attacks and strokes even with short-term use.

So, it is important to weigh the benefits and risks. Some doctors suggest combining acetaminophen with pill free treatments for pain. This can include Physical Therapy, canes or walkers if necessary, Acupuncture and Therapeutic Massage.
My theory (one I try to live up to) is that you take control of the pain – not that it takes control of you.
It takes many people to make the operation of our chapter work well. Please consider helping with one of these South Austin AARP Chapter 2426 volunteer opportunities: (contact President Petr Skalnik 214-704-9562)

At this time we are especially in need of a program chair. All programs for 2017 have already been arranged. We need a coordinator.

PROGRAM COMMITTEE: Duties—Plan programs; notify participants before meetings and thank them afterward. Be alert for programs that will enrich the lifestyle of members and are in line with AARP goals.

MEMBERSHIP COMMITTEE: Duties—Recruit new members. Bring them into contact with the chapter. Cooperate with the committee members on Hospitality, Telephone, and Sunshine to keep in touch with members. Keep an informal attendance count and roll check. Maintain the name badges of members.

HOSPITALITY/WELCOMING COMMITTEE: Duties—Work closely with the Program, Membership, and Nominating Committees, meeting guest speakers, introducing new members to others, assisting visitors and watching for missing members who may have illness or problems. Welcome All!

TELEPHONE COMMITTEE: Duties—Call members monthly to remind them of meetings, and for special events as requested. As the telephone is still our most important means of communication with members, and finding out any personal needs or problems, this is a very responsible job for the chapter.

SUNSHINE COMMITTEE: Duties—Send cards to members who are ill at home or hospitalized. Work with the Telephone and Membership Committees to keep track of the welfare of members.

NOMINATING COMMITTEE: Duties—This committee is elected annually. If you wish to serve, make an effort to recognize abilities and interests of the members.

LEGISLATIVE COMMITTEE: Duties—Work toward improvement through legislation at federal, state, and local levels. Aim at “quality of life” for retired persons and for the community in general. Work not for candidates or political parties, but to support or oppose issues—to “educate” public officials and the AARP members on measures that affect lives.

COMMUNITY SERVICE COMMITTEE: Duties—to explore all possible avenues for community service, recruit members to volunteer for these services, and keep in touch with local agencies who need volunteers.

HEALTH CARE COMMITTEE: Duties—to offer programs for the chapter, be alert for community health needs and programs, network with other health groups, and provide health literature from AARP and other sources.

TRAVEL: Duties—Plan enrichment activities, such as day trips, overnight trips, etc., as the Chapter indicates its interests.

AD HOC COMMITTEES: Duties—the committees may serve special needs of the chapter.

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Travel
Mario Macaluso

Summer Day-Trip
Tuesday, August 29, 2017
Destination: Schulenberg, Texas
Guided Tour of the "Painted Churches"

We have seats left for the Painted Churches on August 29, 2017. Trip is still open to members and also to non-members.

Program
Report to the South Austin Senior Center at 8:30 a.m. and check in with Caryn.
Departure promptly at 9 a.m.
Arrival at Chamber of Commerce in Schulenberg to pick up Guide.
First Part of the guided tour
Lunch Buffet-style at Oak Ridge Smokehouse Restaurant
Second part of guided tour
Departure for Austin around 4:30 p.m.
Cost: $56 based on 35-38 people. (It includes: chartered bus, gratuities for bus driver, admission to the churches to support their continuous restoration, guide’s fee, buffet-style lunch, treats, water and raffles prizes)

For information:
Caryn Gulas 512-897-8106 (cell)
Mario Macaluso 512-432-5255 (landline phone)

**AARP Legislative Update**
**On American Health Care Act**

The American Health Care Act would make health care unaffordable and inaccessible for millions of Americans. The impacts of the bill on Texans are listed below.

**The bill reduces funding for Medicare, which will negatively affect beneficiaries.**
The bill repeals a 0.9 percent payroll tax on higher-income workers, which would remove over $100 billion over ten years from the Hospital Insurance trust fund. This would hasten the insolvency of Medicare and diminish Medicare’s ability to pay for services in the future. The bill also removes nearly $25 billion in required payments from pharmaceutical companies over ten years from the Part B trust fund, which would increase premiums for people on Medicare.

- In 2016, Medicare provided coverage for 3,495,432 Texans of all ages, or about 13 percent of the state’s population.
- About 85 percent of Texans with Medicare are over age 65 and 15 percent are younger people with disabilities under the age of 65.

The bill unfairly penalizes older Americans with an Age Tax.
The bill discriminates against 6.1 million Americans ages 50-64 in the individual (non-group) health insurance market by allowing insurance companies to charge older people five times or more what others pay for the same coverage. At the same time, it significantly reduces tax credits now available to lower and middle-income older persons to help pay premium costs.

- About 472,585 (or 10 percent of) Texans between the ages of 50 and 64 are enrolled in the individual market and would be impacted by the AHCA’s age tax.
- 50- to 64-year-olds comprise 38 percent of all adults receiving premium tax credit assistance in Texas.

**The Age Tax would significantly increase premiums.**

- A 55-year-old Texan earning $25,000 annually could see her premium increase by as much as $9,307.
- A 64-year-old Texan earning $25,000 annually could see his premium increase by as much as $15,151.

**June Celebrations**

**Birthdays**

2  Eleanor Joyce  Carr  
2  Eslsie-Lois  Mullins  
3  Danny  Fetonte  
5  Doris V.  Holdcroft  
7  Bruce  Uszal  
10  Deborah  Fennell  
15  Jim  Farmer  
23  James  Eckel  
18  Tim  O’Brien  
21  Joanne  Meziere  
21  Judith  Warren  
23  James  Eckel  
27  Frances  Yuan  
28  Anna  Cabot  
28  Dorothy  Bos  

**Anniversaries**

1  Patricia Erhardt  
3  Dolores and Mario Macaluso  
5  Petr and Ann Skalnik  
8  Tom and Lilac Bauer  
23  Sally and Ray Vaughn  
24  Ursula Fonseca  
30  Chinell Williams  

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June, 2017
2017 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:          Debbie Galloway   512-217-1566
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

Primary savings $25
Chapter Checking $2472.43
Travel Checking $1348.83

2017 Dues may be brought to the May meeting or mailed to:
South Austin Chapter 2426
Barbara Fetonte
8301 Washita Dr
Austin, TX 78749

Married 50 years
After being married for 50 years this month, I took a careful look at my wife one day and said, "Fifty years ago we had a cheap house, a junky car, slept on a sofa-bed and watched a 10-inch black and white TV. But hey I got to sleep every night with a hot 23-year-old girl. Now ... I have a $750,000 home, a $45,000 car, a nice king-sized bed and a large screen TV, but I'm sleeping with a 73-year-old woman. So I said to my wife "it seems to me that you're not holding up your side of things." My wife is a very reasonable woman. She told me to go out and find a hot 23-year-old girl and she would make sure that I would once again be living in a cheap house, driving a junky car, sleeping on a sofa-bed and watching a 10-inch black and white TV.

Aren't older women great?
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____________

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