

South Austin AARP

Chapter 2426

Website: www.southaustinaarp.org

August, 2017

Wednesday

August 16, 2017, 1:00 p.m.

Active Aging:

How to Make Getting Older Cool

Active aging includes intellectual engagement and continued social interaction along with an overall healthy lifestyle.

Amy Temperley, owner of Aging is Cool, will discuss the 3 domains of active aging: physical health, psychological well-being and social relationships and how to live your best life.

AUGUST refreshments are to be provided by members whose last names begin G-M. Everyone else is welcome to bring something to share.

AARP DAY

When: August 17, 2017 - 2:00 to 4:00PM (doors will open at 2:00, please do not arrive too early)

Where: BUMC - Fellowship Hall - 10010 Anderson Mill Rd. Austin, TX 78750

Program: Herb Zwernaman will MC

- Mary Ragland - Texas AARP Advocacy Staff Volunteer will present an update on Texas AARP legislative accomplishments; and an update on the National Chapter Advisory Team Activities
- About 15 vendors will set up tables with their offerings and information.
- 5 vendor provided prizes will be awarded

Roll and Stroll

Pat Thomas

Friday August 11th - Exploring Jefferson Square. We will meet at Wheatsville at 10:00 to depart on #803 bus. We will transfer on 38th street to catch bus #19 to Jefferson Square and enjoy lunch at Russell's Cafe. We will make a brief stop at Seton Cove (the spiritual learning center affiliated with Seton Hospital). We will view the shops around Jefferson Square and walk one block to "All Things Celtic", a small shop filled with Irish gifts. Depending on weather we may walk further but will return home by 4:00.

Saturday August 26th - Shopping on Burnet Road (an alternative form of exercise)

We will visit Recycled Reads and St.David's Next to New Thrift Shop. This is a very large thrift shop with everything including jewelry, clothes and all the wonderful things you don't need. (Christmas is only five months away) Lunch location to be announced.

For additional information contact Pat Thomas [512-441-1485](tel:512-441-1485) or pthomas1@austin.rr.com
NOTE: Additional info will be emailed to you as dates and weather may change .

Volunteer Hours

Ed Gonzales

July Hours: **762**

Year to Date **2,933**

Total for 2016: 5,995 hours

Please remember to bring your volunteer forms to the meeting.

AARP NEWS

Social Security Increase

A modest, tangible piece of good news emerged from Washington, D.C., this week when the **Social Security** and **Medicare** trustees projected that Social Security recipients would receive a 2.2 percent cost-of-living adjustment (COLA) in 2018. It would be the largest increase since 2012, when the COLA rose 3.6 percent. Social Security recipients received no cost-of-living adjustment in 2016 and just 0.3 percent in 2017.

If the trustees' projections are correct, on average, beneficiaries would receive an additional \$28 a month. The **Medicare Part B** standard monthly premium is expected to remain unchanged. The final COLA and Medicare Part B premiums will be announced this fall.

In their 2017 **annual report**, the trustees echoed last year's projection that the Social Security trust fund would be depleted in 2034 if no changes are made. They extended by five years, until 2028, the time at which the Disability Insurance (DI) program would run out of funds.

The trustees noted a recent decline in the number of DI beneficiaries and projected that future increases would be at a rate slower than that of the past 20 years.

For Medicare, the trustees moved the date at which the trust fund would be depleted, in the absence of changes, from 2028 to 2029.



We are still in need of a program chairperson who will coordinate the programs for our meetings.

Contact President Petr Skalnik 214-704-9562

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.

Thoughts as I Say Good-bye to Another Birthday

Pat Thomas

Forget the health food. I need all the preservatives I can get.

Age doesn't always bring wisdom. Sometimes age comes alone.

Age is an issue of Mind over matter. If you don't mind, it doesn't matter.

He who laughs, lasts.

I am sitting here thinking how nice it is that wrinkles don't hurt.

Old age is when you burn the midnight oil around 9:00 PM.

AN AGE RELATED PROBLEM

(a reprinted article from WebMd)

Recently, I was diagnosed with A.A.A.D.D. – Age Activated Attention Deficit Disorder. This is how it manifests: I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide it needs washing. As I start toward the garage, I notice mail on the porch table that I brought up from the mail box earlier. I decide to go through the mail before I wash the car. I lay my car keys on the table, put the junk mail in the garbage can under the table, and notice that the can is full. So, I decide to put the bills back on the table and take out the garbage first. But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first. I take my check book off the table, and see that there is only one check left. My extra checks are in my desk in the study, so I go inside the house to my desk where I find the can of coke I'd been drinking. I'm going to look for my checks, but first I need to push the coke aside so that I don't accidentally knock it over. The coke is getting warm, and I decide to put it in the refrigerator to keep it cold. As I head toward the kitchen with the coke, a vase of flowers on the counter catches my eye—they need water. I put the coke on the counter and discover my reading glasses that I've been searching for all morning. I decide I better put them back on my desk, but first I'm going to water

the flowers. I set the glasses back down on the counter, fill a container with water and suddenly spot the TV remote. Someone left it on the kitchen table. I realize that tonight when we go to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers. I pour some water in the flowers, but quite a bit of it spills on the floor. So, I set the remote back on the table, get some towels and wipe up the spill. Then, I head down the hall trying to remember what I was planning to do. At the end of the day: the car isn't washed the bills aren't paid there is a warm can of coke sitting on the counter the flowers don't have enough water, there is still only 1 check in my checkbook, I can't find the remote, I can't find my glasses, and I don't remember what I did with the car keys. Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day, and I'm really tired. I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail....

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

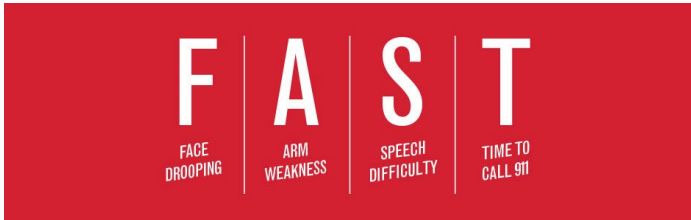
August Celebrations

Birthdays

4	MJ	Tobar	9	Rita	Furbish
11	Ed	Gonzales			
12	Iris	Bishop	12	Joan	Hadden
15	Jim	Harkin	18	Albert	Prewitt
19	Isabel	Moreno-Orta			
21	Renee	Lopez	21	Kathryn	Stone
23	Bernice	Bullock	24	Dorthy	Clark
27	James	Murinchack	28	Linda	Clark
29	Cynthia	Martin	31	Charles	Stearns

Anniversaries

25 Iris Bishop
 26 Debbie Galloway



Think Fast

FAST is an acronym used as a mnemonic to help detect and enhance responsiveness to stroke victim needs. The acronym stands for **F**acial drooping, **A**rm weakness, **S**peech difficulties and **T**ime to call emergency services.

- **Facial drooping:** A section of the face, usually only on one side, that is drooping and hard to move. This can be recognized by a crooked smile.
- **Arm weakness:** The inability to raise one's arm fully
- **Speech difficulties:** An inability or difficulty to understand or produce speech
- **Time:** If any of the symptoms above are showing, time is of the essence; call the emergency services or go to the hospital.

Treasurer's Report
Barbara Fetonte

Savings \$25.00
 Checking \$2448.20
 Travel \$1788.75

2017 Dues may be brought to the August meeting or mailed to:

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

Try Transit

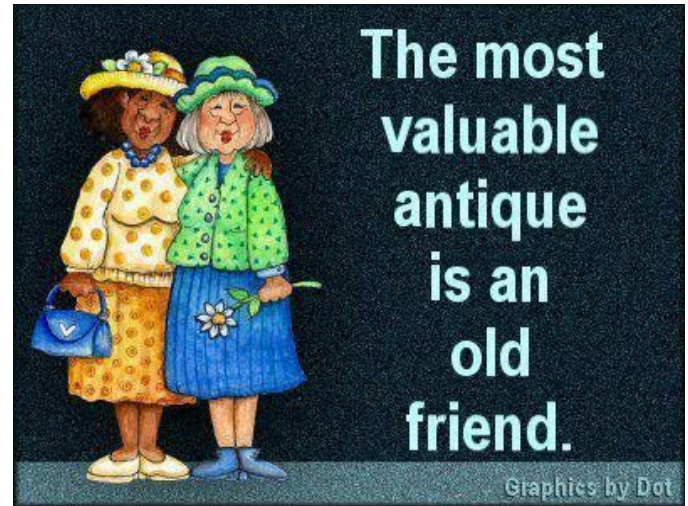
Capital Metro wants to show you how to add transit to your week!

The Austin area was largely built to facilitate automobile traffic. As a result, most of us have grown to rely on our cars to get around. But, with 150 new residents adding an extra 70 cars to our

roads every day, dealing with traffic has become a normal feature of life.

This new program offered by Capital Metro was inspired by our Roll and Stroll Program. It is a program for all ages.

Visit the website for more information:
<https://www.capmetro.org/trytransit/#!>



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			