

South Austin AARP

Chapter 2426

Website: www.southaustinaarp.org

September, 2017

Wednesday
September 20, 2017, 1:00 p.m.

The September program will be a presentation by Cinde Weatherby, President of the Austin Area League of Women Voters. The League of Women Voters, a nonpartisan political organization, encourages the informed and active participation of citizens in government and influences public policy through education and advocacy. She will provide updated information on recent changes to the voter id law, current issues being researched by the LWV-AA, and an upcoming conference they are hosting that will address the Austin Mayor's Task Force on Systemic Racism.

Cinde Weatherby is the 2016-18 President of the Austin Area League of Women Voters (LWV-AA). Prior to May 2016, she was VP for Community Relations and coordinated the League's Capitol Corps. The Capitol Corps delivers position-driven LWV testimony and policy information to members of the Texas Legislature. Cinde also serves as the LWV-Texas Chair for Voting Rights and Elections Law issue. She began League service after retiring from a long public and private sector transportation career. Cinde moved to Austin in 2009 and is a native Texan.

September refreshments are to be provided by members whose last names begin N-S. Everyone else is welcome to bring something to share.

Volunteer Hours

Ed Gonzales

August Hours: **280**

Year to Date **3215**

Total for 2016: 5,995 hours

Travel

Mario Macaluso

1) The trip to the Painted Churches has been rescheduled for October 24, 2017. If you cannot make it, and you know now, please call Caryn Gulas immediately and try also to find a replacement to assure that we do not end up in debt.

2) The Clifton Norwegian Christmas is set for December 2, 2017. Sign-up will take place on September 20 at the monthly meeting. The cost is \$58 per person based on 35 people. It is a day-trip that you should not miss. Thank you.

Please remember to bring your volunteer forms to the meeting.

Health Update

Gail Glick

Most older adults have some symptoms of dry eye syndrome according to the American Optometric Association. The severity varies from people who only have dry eyes in the winter to those who experience it every day. Our eyes only have a few sources of moisture created from glands found in the upper outer quadrant of the eye and some embedded in the undersurface of the eyelid. Tear production slows as we age and dry eye syndrome can result from medications, underlying conditions (like thyroid problems or diabetes), your environment, eye surgery, contact lenses, and even looking at electronic gadgets too long. Don't let dry eyes go untreated as it can lead to infections. Artificial tears or medicines that increase tear

production such as Restasis can help. Warm compresses have also been recommended. Usually a fairly easy thing to remedy but can cause problems if not attended to. **Join us in October when we will have a speaker on eye health..**



These members packed Welcome Kits at the State AARP office for refugees from Hurricane Harvey.

Terry Snipes, Mary Ragland, Petr Skalnik, Gail Glick, Debbie Galloway. Not pictured, Pat Thomas.

RIDE WITH US FOR NEW ADVENTURES

THURSDAY SEPT. 7TH

- Twilight stroll departing Wheatsville at 3:00. Weatherman has promised us our first cool front. We will still be traveling to LO-BURN (lower Burnet Road) to explore book and thrift stores. We will eat dinner at the Blue Star Cafe and should return to Wheatsville at around 7:30. For additional info contact Pat Thomas at 512-441-1485 or pthomas1@austin.rr.com I currently have 8 individuals signed up for the Thursday Sept 7th Twilight Stroll.

Free Museum Day - Sunday Sept 17th -

Meet at 12:00 noon at Wheatsville to travel downtown on #803 and transfer at the Capitol to get us headed towards the LBJ Library. We will visit

the Briscoe Center for Southern History (45 minutes) and then go to the adjacent LBJ Library for a special exhibit.

At the LBJ Library we will view the current exhibit: [On the Air: 50 Years of Public Broadcasting](#) On the way back home we plan to eat at Hancock Center (Jason's Deli). We hope to catch bus #338 back to Wheatsville. We should return **between 6:30-7:00.**

AUSTIN MEDITERRANEAN FESTIVAL Sept 29th-30th

The Austin Mediterranean Festival is one of the oldest and most popular food festivals in Austin: An Austin tradition for more than 80 years! The 85th Mediterranean Festival (2017) will be held on Friday, September 29th, 6 pm to 11 pm and Saturday, September 30th, Noon 'till 11 pm. Greek and Arabic dancing and music. Small admission charge. St. Elias Orthodox Church 408 E. 11th st.

Thursday in October - Explore the new library and try out their restaurant. Walk around Seaholm to view exciting changes in the downtown landscape. The date depends on when the new library actually gets open.

The 2017 Texas Book Festival will be held November 4-5, 2017. The Festival runs from 10 a.m. – 5 p.m. on Saturday and 11 a.m. – 5 p.m. on Sunday. The Texas Book Festival Weekend is free and open to the public at the State Capitol and surrounding grounds. One of the largest and most prestigious literary festivals in the country, the annual Texas Book Festival features live music, local food trucks, family activities, and countless opportunities to meet authors and fellow book lovers. Founded in 1995 by First Lady Laura Bush, the Festival has hosted thousands of notable and award-winning authors over the year. Live music, cooking demonstrations and lots of fun. No admission charge.

For additional info contact Pat Thomas at 512-441-1485 or pthomas1@austin.rr.com I currently have 8 individuals signed up for the Thursday Sept 7th Twilight Stroll.

September Celebrations

Birthdays

Esther B.	Martinez	6
Virginia	Cole	11
Mario	Macaluso	13
Caryn	Gulas	16
Irene	Seaman	17
Marilyn	Totten	18
Gloria	Ayala	18
Bobbie	Boldne	19
Gail	Glick	20
Lilac	Bauer	23

Treasurer's Report

Barbara Fetonte

Savings \$25.00
Checking \$2199.86
Travel \$1228.89

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

South Austin Chapter 2426



A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication

you prescribed has to be taken for the rest of my life?"

'Yes, I'm afraid so,'" the doctor told her.

There was a moment of silence before the senior lady replied,

"I'm wondering, then, just how serious is my condition

because this prescription is marked

'NO REFILLS'."

Barbara Fetonte
8301 Washita Dr, Austin, TX 78749

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

**I hate it when I see an
old person and then
realize that we went to
high school together.**

Roll and Stroll

On Friday, August 11th members explored Jefferson Square area with lunch at Russell's Bistro. They visited also visited the shops at Kerby Village, Seton Cove and All Things Celtic. They cooled off by visiting a florist shop with a large refrigerated storage room full of flowers and warmed up with coffee at Anderson's coffee and tea shop.



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	