

South Austin AARP Chapter 2426

Website: www.southaustinaarp.org

March, 2018

Wednesday

March 21 1:00 p.m.

Rhythm and Blues Line Dancing

L. M. Rivers

The program will be presented by instructor L. M. Rivers and his Rhythm 'N Motion Dancers from Well Med and the Golden Aces from Conley Guerrero Senior Activity Center. Mr. Rivers also teaches dance classes at other locations in the Austin area. Line dancing is a type of dance where dancers line up in rows WITHOUT a partner and follow a choreographed pattern of steps to music. Dancing provides physical, psychological, and social benefits galore. Though other types of exercise have the same benefits as dance, dance is more appealing and more people are likely to stick with it.

It is hope that the audience members will get up from their seats and join in the fun. Get your feet moving! They will have an opportunity to learn a new line dance!

Members whose last names begin **I-N** are **responsible for snacks this month**. Anyone may contribute to snacks. We appreciate everyone bringing snacks each month as we have been having larger crowds. Thanks for your participation.

Note on the February program:

A follow-up for the talk Dr. Carlson gave at our last meeting: He puts out a newsletter quarterly on health topics for seniors. If you would like to receive it send your email to amaloley@stayhealthystayhome.com and he will put you on the list.

Go to page 3 for a summary of the program.

Travel

Mario Macaluso

**LBJ National Historical Park, Wild Seed Farms,
Fredericksburg**

Date: May 8, 2018

Check-in with Rosie Perez at 7:45 A.M. (SASAC)

Departure promptly: 8:15 A.M

SIGN –UP DAY: At March Meeting with Rosie Perez

Cost: \$40.00 (price based on 35 participants)

Make check payable to: AARP Chapter 2426

Enrollment closes at 40 participants.

Members, who usually bring a guest, must know that the 40 seats go first to all the members who sign up on time. (That is those members who sign up in person in March and those members mail a check to Rosie within a week from the date of the monthly meeting.)

Non-members may sign up on the waiting list.

To be clear: Non-members will NOT have a seat if 40 members sign up on time. Conclusion: If you do not want to be disappointed, tell your guest-friend to become a member of our chapter.

Rosie Perez' address: 2504 STOUTWOOD CIRCLE,
AUSTIN, TEXAS 78745 // Email: rosie9708@gmail.com

Mario Macaluso: email - mmdm1967@aol.com

I am looking forward to seeing your smiley faces.

Volunteer Hours

Ed Gonzales

February : 584

Year to Date : 1005

The volunteer form is on the last page of the newsletter. Please bring your completed form to the meeting!!

Health Update

Gail Glick

Back pain is one of the most common health problems in the U.S - 80% of adults have reported having back pain at some time. The most common types of back pain are mechanical and inflammatory. Inflammatory pain, for example, can be due to some form of arthritis. Mechanical includes strains and sprains, disc related issues, and bone fractures resulting from osteoporosis or injury. Many problems are due to strain, injury, or posture problems affecting the muscles or ligaments of the spine. This type of pain can take several days or weeks to heal. It can also occur after periods of inactivity such as lying in bed due to illness. Weakness of the muscles in the abdomen and back can lead to problems and some sort of daily exercise or activity will help keep your muscles strong. If back problems continue doctors usually recommend specific exercises, heat or cold therapy, rest, posture training, weight loss, stress management, medication, or in some cases surgery. Some alternative therapies recommended are Acupuncture, Yoga , message, and Physical Therapy.

Membership Dues

Barbara Fetonte

2018 dues are due now. Dues are \$10 a year. The membership year is from January 2018 to December 2018. **To be current in your dues, you must pay your dues sometime between October 2017 and March 1.** If your 2018 dues are not paid by the March 1 meeting you will be dropped from the current South Austin Chapter roles. If you are not sure if your dues are current, please send an email to bfetonte@gmail.com or call me at [512-497-1432](tel:512-497-1432) and I will check. The membership form is on the last page of the newsletter. You can pay your dues at the March meeting or mail the form and a check to Barbara Fetonte at 8301 Washita Drive, Austin, Texas 78749. The check should be made out to AARP Chapter 2426.



Roll and Stroll

Pat Thomas

MARCH ACTIVITIES

March 16th, Friday - lunch at Riley's Irish Pub. We will depart Wheatsville at 10:00 a.m. and go to the Mueller area to tour the AARP state office, walk the Aldrich district and eat lunch. Back home around 4:00.

March 28th, Wednesday. We will visit the library (I need at least 10 participants for a docent tour), We will attend a trafficam presentation, and enjoy an early dinner. We will depart Wheatsville at 2:00 and return home at 6:00. Watch for more information via email or contact pthomas1@austin.rr.com.

March Celebrations

Birthdays

Jose	Saenz	21
Sally E.	Vaughn	27
Wai Lan	Kuo	1
Nancy	Crowther	25
Martha G	Smith	29
Margaret	Levering	1
Genevieve	Dsouza	9
Laura	Blaschke	25

Anniversaries

Mary Joyce Wyatt	4
James and Nelli Sanchez	5
Danny and Barbara Fetonte	22
Karen Polasek	29
Andres Trimino	29

Programs

Jose Saenz

Future Programs:

April Texercise

May Adult Protective Services Sam Cortina

Chapter 2426 Treasurer's Report:

Checking - \$2523.22

Travel - \$1000.24

Savings - \$25.00

The Blue Zones

Information from the February program
For more information go to the Website:

<https://bluezones.com/live-longer-better/#section-3>

A group conducted a study of the world's longest-lived people, age 100 or more. They discovered that there were 5 regions, called blue zones, where a predominant number of 100-year olds lived. Residents live in very different parts of the world, but they have nine commonalities that lead to a longer, healthier lives.

1. Move Naturally

Create the right environment to move without having to think about it.

2. Purpose

Having a reason to wake up in the morning is worth up to 7 extra years of life.

3. Down Shift

Stress leads to chronic inflammation and the world's longest-lived people have routines that diminish stress.

4. 80% Rule

Stop eating before you feel full.

5. Plant Slant

Beans, including fava, black, soy and lentils, are the cornerstone of most centenarian diets. Basing one's diet on plants rather than animals is key.

6. Wine @ 5

Drinking in moderation, especially when shared with friends and family, leads to long life.

7. Belong

All but five of the 263 centenarians we interviewed belonged to some faith-based community. Denomination doesn't seem to matter. Research shows that attending faith-based services four times per month will add 4-14 years of life expectancy.

8. Loved Ones First

Successful centenarians in the Blue Zones put their families at the center of their lives.

9. Right Tribe

The world's longest lived people chose—or were born into—social circles that supported healthy behaviors.

To make it to age 100, you have to have won the genetic lottery. But most of us have the capacity to make it well into our early 90's and largely without chronic disease.

2018 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



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			

**South Austin Chapter 2426
Membership Renewal 2018**

PLEASE PRINT

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____

E-Mail Address: Please Print: _____

Signature: _____ Date: _____

Dues are \$10.00 per individual..

Complete and bring this application with payment to the next meeting (checks should be made payable to: South Austin AARP Chapter 2426) OR this application and payment can be mailed to :

South Austin AARP Chapter 2426 Barbara Fetonte 8301 Washita Drive, Austin, TX 78749

Please check any committee(s) on which you are interested in serving .

_____ Program _____ Membership _____ Hospitality/Welcoming _____ Telephone
 _____ Sunshine _____ Nominating _____ Legislative _____ Community Service
 _____ Health Care _____ Public Relations _____ Travel _____ Ad Hoc