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!

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.

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.

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 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 trafficcam 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

March, 2018
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.
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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<td>AARP Driver Safety Program</td>
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<td>Health &amp; Wellness</td>
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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