Wednesday
April 18  1:00 p.m.
Texercise
Fitness Fun
Rusty Cribbs
Be active! Be happy! Be well!

Join Rusty Cribbs, a fitness expert from Texercise, will present tools to be active and enjoy a healthy lifestyle. Rusty will lead participants in simple chair and standing exercises to increase strength and to improve balance and flexibility. Wear comfortable shoes and be ready to participate Texercise, a statewide health promotion program, educates and involves older Texans in physical activity and good nutrition. Through the Texas network of agencies on aging and other public and private sector partners, Texercise shares information and sponsors health and fitness activities.

Refreshments will be provided by members whose last names begin O-Z. Anyone is welcome to bring goodies to share. All contributions are appreciated as we have been having large crowds attend our meetings. Thank you for your participation.

The City of Austin is planning for new transportation choices. Help shape the future of Austin by taking an online survey as indicated in this message.

City of Austin is developing a new city-wide transportation plan, the Austin Strategic Mobility Plan (ASMP). The plan will expand the vision of the Imagine Austin Comprehensive Plan into actionable mobility-related goals and objectives to guide Austin’s. near- and long-term transportation investments. The ASMP will include prioritized policies, programs and projects throughout the City of Austin. It will include of all modes of transportation (driving, walking, bicycling, taking public transit, etc.), and will guide Austin’s transportation investments for the next 10+ years. Please complete the online survey to help shape Austin future. Your input is important.

https://asmp.metroquest.com/

Volunteer Hours
Ed Gonzales
February : 858
Year to Date : 1866
The volunteer form is on the last page of the newsletter. Please bring your completed form to the meeting!!

Please see the story that was posted to the AARP Texas state website on Pat Thomas and the Roll and Stroll program.
https://states.aarp.org/fun-with-purpose-all-aboard-austin-transit/
Chronic Dry Eyes

Chronic dry eyes do not mean you stop making tears. It means that you may not be making the right quantity or quality of tears. The tear film consists of three layers: Mucous, Lipids and Aqueous substances. They come from different parts of the exterior eye structure. Different signs and symptoms of dry eyes are dryness, grittiness, scratchy eyes, tiredness, and less clear vision. The complications are eye infections, damage to the surface of the eye, and decreased quality of life.

Recommendations for dry eyes:
1. Eye doctor visit to determine exact cause.
2. Over the counter eye drops for dry eyes.
3. Blink exercises to increase tear production.
4. Eye procedures.

Blink Exercises:
1. Close your eyes - pause - pause-open and relax eyes.
2. Close both eyes - pause - pause SQUEEZE tight - open and relax.
This will create some immediate tears.

Information
Shared by Al Prewitt

Austin shred day is April 28 at Highland mall. Check www.austinarma.com for instructions.

There will be a drug take back day in April. See www.takebackday.dea.gov for locations and time.

Call 311 if you need further information.

Volunteer Opportunity
Contact person Christine Casebeer clcasebeer@alz.org

The Alzheimer’s Association offers AARP members volunteer hours. They are desperately in need of some volunteers to help us at the front desk.
At our Chapter 2426 March meeting members enjoyed rhythm and blues line dancing led by L. M. Rivers.

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: Rosie Perez (512) 440 7050

Board of Directors (in addition to officers):
Mary Ragland 512-280-8661
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
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

Program: José Saenz
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____________

<table>
<thead>
<tr>
<th>Category</th>
<th>Hours</th>
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<tbody>
<tr>
<td>AARP Annual Day of Service</td>
<td></td>
<td>Fundraising for Community Service</td>
<td></td>
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<tr>
<td>AARP Driver Safety Program</td>
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<td>Health &amp; Wellness</td>
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<tr>
<td>AARP Tax Aide</td>
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<td>Long-term Care/Nursing Home Support</td>
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<td>Hunger</td>
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<td>Independent Living/ In Home Care Giving/Home Repairs</td>
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<td>Advocacy/Legislation/Information/Referral Services</td>
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<td>Independent Living: Transportation Services</td>
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<tr>
<td>Education/Scholarships or other</td>
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<td>All Other Volunteer Areas</td>
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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

April, 2018 4