

# South Austin AARP

## Chapter 2426

Website: [www.southaustinaarp.org](http://www.southaustinaarp.org)

April, 2018

Wednesday

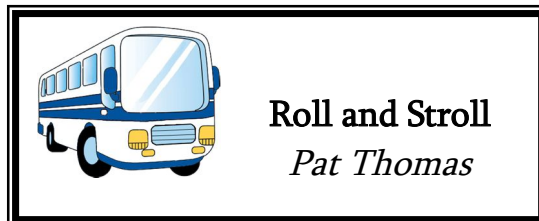
April 18 1:00 p.m.

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.

### 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!!**

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/>

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/>

## Health Update

Barbara Kaiser

### 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  
SQUEESE 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](http://www.austinarma.com) for instructions.

There will be a drug take back day in April. See [www.takebackday.dea.gov](http://www.takebackday.dea.gov) for locations and time.

Call 311 if you need further information.

## Volunteer Opportunity

Contact person Christine Casebeer [clcasebeer@alz.org](mailto:clcasebeer@alz.org)

The Alzheimer's Association offers AARP members volunteer hours. They are desperately in need of some volunteers to help us at their front desk.

## April Celebrations

### Birthdays

Omar	Tiwana	3
Bonnie	Zeugin	12
Barbara	Kaiser	14
Diane	Wright	16
Joyce	Evans	22
John	Weber	24

### Anniversaries

Deborah Fennell	1
Teri Snipes	2
Helena Hefrick	22
Omar Tiwan	27

## Programs

Jose Saenz

Future Programs:

May Adult Protective Services Sam Cortina

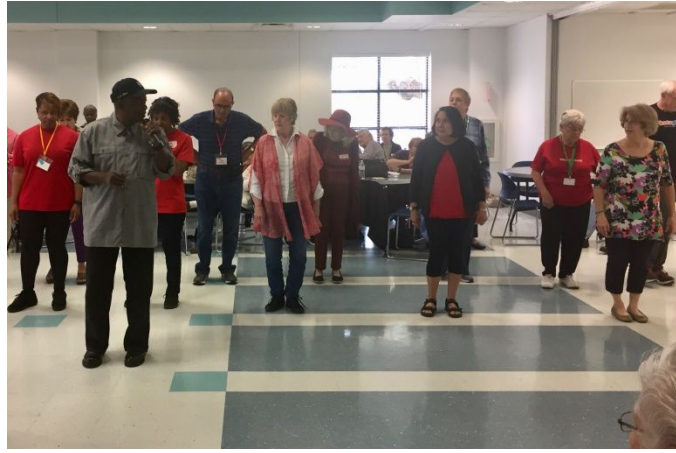
### Chapter 2426 Treasurer's Report:

Savings	\$25.00
Checking	\$2476.60
Travel	\$2275.24



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."

At our Chapter 2426 March meeting members enjoyed rhythm and blues line dancing led by L. M. Rivers



## 2018 Officers And Committee Chairs

### Officers

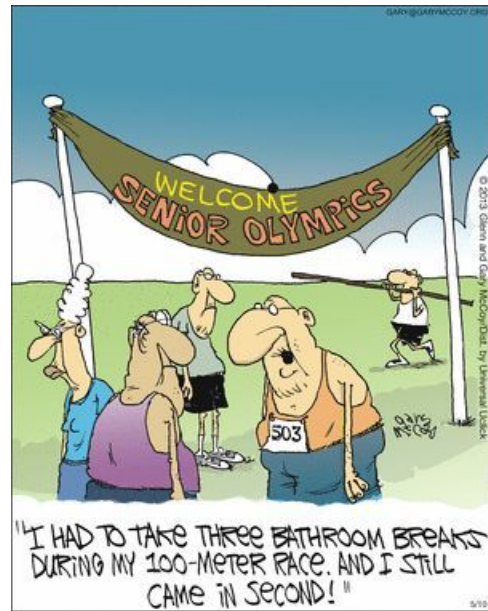
President: Pete Skalnik 214-704-9562  
 Vice President: Elaine Benton 512- 799-2224  
 Secretary: Ed Gonzales 512-444-3335  
 Assistant Secretary: Marilyn Totten 512-280-8030  
 Treasurer: Barbara Fetonte 512-282-1944  
 Assistant Treasurer: Rosie Perez (512) 440 7050  
 Board of Directors (in addition 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  
 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

Program: zJose 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** \_\_\_\_\_

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	
<b>Advocacy/Legislation/Information/Referral Services</b>		Independent Living: Transportation Services	
<b>Education/Scholarships or other</b>		All Other Volunteer Areas	
Subtotal		Subtotal	
<b>Total Volunteer Hours</b>			

**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