

South Austin AARP

Chapter 2426

Website: www.southaustinaarp.org

June, 2018

Wednesday

June 20, 2018 1:00 p.m.

Immigration

Lilliana Mendoza

Lilliana, a mother of three children, came to the US as an undocumented child, with her mother. She is now a citizen and very active in her community. She is with JOLT, an immigrant rights organization. She has spoken to many civic groups around Austin explaining the process and problems facing immigrants trying to become documented and citizens. She has been especially active with DACA recipients.

June refreshments will be provided by members whose last names begin **E - H**.

Anyone else may bring refreshments also. Lately we have been having large crowds at our meetings and your participation in providing snacks is appreciated. Thank you. Al Prewitt, Hospitality Chairman



Roll and Stroll

Pat Thomas

We have recently enjoyed two adventures. On May 25th, we explored some Asian culture at a large supermarket and ate at Japanese restaurant named Kula which featured a revolving sushi counter. We selected our food as it floated past us on a conveyer belt. We didn't know what we were eating but we enjoyed it. On June 1st we did a twilight stroll with dinner at Gloria's. The group of

16 energetic seniors have declared this is one of their favorite spots in downtown Austin. We explored the historic building near the Capitol known as the "Old Bakery and Emporium. This city of Austin project features senior craft items on consignment.

June 3rd is the date CapMetro is introducing new bus routes. Between June 3rd and June 9th all bus rides are free so that residents can become familiar with new routes. I have tried to research some new adventures but until the route changes are implemented I can't give you locations and dates. We will try to do two Rolls in June. One adventure will be to the Ransom Center exhibit on "Vaudeville". This exhibit closes on July 15. It features documents of Harry Houdini, Tony Pastor and Flo Ziegfeld. I'm also researching an adventure that will take us to an early dinner at the Scholz Beer Garden, one of Austin's most historic buildings. They serve great German food. I will send out an email as soon as I have confirmed dates and routes. I always welcome your suggestions on upcoming events.

For additional information contact Pat Thomas 512-441-1485 or pthomas1@austin.rr.com

Travel

Mario Macaluso

Day Trip

Destination

G.H. Bush Presidential Library and Museum in College Station

Date: Tuesday, September 11, 2018

Check-in: 7:45 am

Departure from SASAC: 8:15 a.m. (promptly)

Arrival at College Station about 10:15am

Self-guided tour at leisure of the Library and Museum

Lunch

On your own at Abuelo Mexican Restaurant in College Station (The best Mexican restaurant in the nation for the past 10 years)

Afternoon: “Mystery stop” before returning to Austin

Price:

\$45 per person based on 35-38 people (It includes bus ride, bus driver tips, admission to the Library and Museum, water, treats, raffle gifts and a “mystery stop.”)

Sign-up:

At the June 20th Chapter Meeting. First members. First-come, first serve.

Non-members can sign up, but will be placed on a waiting list. Encourage your friend who is not a member to become one. If not, he/she will not be allowed to take the place of a member who is signing up on time either by being at the chapter's meeting or by sending a check to Rosie Perez within a week from the chapter meeting.

Mario Macaluso

Trip Coordinator

mmdm1967@aol.com

Below is a link to the Age Friendly Austin video that was played at City Council on May 10th for the certificate presentation.

<https://youtube.com/watch?v=N47SptLvjYo>

Chapter 2700 Trips

SAN ANTONIO, PADRE ISLAND AND THE GULF OF MEXICO

Monday, October 15, 2018 to Wednesday, October 17, 2018

COST \$295 pp/Double Occupancy; 3 Days – 2 Nights

For more information contact Group Tour Leaders Dixie Saxon 512-944-6011 and Dot Clark 512-460-9946 Email: dixiedot42@gmail.com

To ensure your seat, mail your deposit check of \$75 per person made payable the AARP Chapter 2700 to AARP Chapter 2700, PO Box 201898, Austin TX, 78270.

VIRGINIA BEACH, COLONIAL WILLIAMSBURG & HISTORIC NORFOLK

There are still slots available for this trip.

Friday, September 14, 2018 to Monday, September 24, 2018

COST \$1140 pp/Double Occupancy; 11 Days – 10 Nights

Group Tour Leaders Dixie Saxon 512-944-6011 and Shirley Paz 512-689-7123

Our Chapter

Pete Skalnik

To say that our chapter is the most vibrant and successful chapter in the Austin area is not bragging or boasting. We have great meetings, programs and fellowship that I can feel and see at our every meeting; we have great trips, we are active in making Austin more livable and accommodating for our senior citizens. So we have to ask: Why? What sets us apart? Well there are several reasons that I can see: We are inclusive and friendly bunch. We are a true representation of our area of South Austin; we come from different backgrounds, family circumstances, professions and interests. We have a tremendous team, a solid core of members that give their time and efforts to make our chapter to function and prosper. When an officer or a member is not available for any reason (health, family, travel etc) the other members pick up the slack and help when and where needed. Of course we have our hiccups and problems but that is nothing unexpected or unusual and our members are understanding and appreciative and willing to make our chapter strong. What can you do to keep our chapter going and improving: speak up, participate in our meetings and programs, volunteer to help or for office, or a committee etc. Obviously I am tempted to mention names, but I will not do that because I do not want to miss anybody deserving.

Collection for Ronald McDonald House

Rita Furbish requested that our chapter collect pull tabs to donate to Ronald McDonald House in Austin.

Here is information from the website: <https://rmhc-ctx.org/get-involved/other-ways-to-help/>

Over the years supporters have collected millions of aluminum pull tabs (also known as pop tabs) to support their programs. They simply recycle them for the cost of the aluminum.

Bring your pull tabs to the June and July meetings

Barbara Newman

Barbara Newman, our chapter president in 2006, died May 18, 2018. Her obituary is at:

<http://www.harrellfuneralhomes.com/obituaries/Barbara-Newman-5/#!/Obituary>

Health Update

Barbara Kaiser

MYTHS ABOUT HEARING LOSS

MYTH: Your hearing loss was caused by all those rock concerts years ago.

TRUTH: They did not help, but there are many contributors.

- Normal aging process (45% of seniors 60 to 69 have some hearing loss, and 75% over 70 do).
- Genetics
- Medications
- Smoking
- Poor diet
- Diabetes

The above cause destruction of hair cells in the inner ear. These cells relay auditory signals to the brain. They become permanently damaged.

MYTH: If other people would just talk louder, you would hear just fine.

TRUTH: Hearing is like the body's biological

microphone. You can ask other people to talk much louder but there can be a level of distortion, just like a poor microphone. Today's hearing aids can make sounds louder while reducing background noises.

From the AARP Health Website

Volunteer Hours

Ed Gonzales

April : 748

Year to Date : 3005

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

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: Jose Saenz
Phone Committee Chair
Elaine Benton 512- 799-2224
Sunshine: Doris Thorne 512- 382-9130
Travel Mario Macaluso 512-432-5255

June Celebrations

Birthdays

Eleanor Joyce	Carr	2
Danny	Fetonte	3
Apollonia	Loni	4
Bruce	Uszal	7
Deborah	Fennell	10
Joanne	Meziere	21

Anniversaries

Crespin and Maria Guzman	1
Pete and Maria Skalnik	5
Lilac and Tom Bauer	8
Ursula Fonseca	24
Shirley Fox	24
Chinell Williams	30

Chapter 2426 Treasurer's Report:

Checking	\$2557.27
Travel	\$1058.02
Savings	\$25

The last page of the newsletter is information on dangers from summer heat shared with us by our May speakers from the Adult Protective Services.

May 25 Roll and Stroll



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			



Danger from Summer Heat is Everyone's Business

Adult Protective Services (APS)
Texas Department of Family and Protective Services (DFPS)

www.everyonesbusiness.org

According to the Centers for Disease Control, hundreds of people across the United States die and millions are at risk of getting sick every year from heat-related illnesses. Most of these occurrences are preventable if only people understood more about the dangers of heat and dehydration, especially in vulnerable populations.

Protecting adults who are elderly or have disabilities from summer heat is everybody's business. If you know a vulnerable adult who is in danger due to the heat, contact the Texas Abuse Hotline at 1-800-252-5400 or report the incident online at <https://www.txabusehotline.org>. If you believe it is a life-threatening emergency, dial 911.

Heat Related Illness

Heat related medical conditions include heat stroke, heat exhaustion, heat cramps, sunburn, and heat rash.

Heat exhaustion occurs when a body has lost a lot of its fluids through sweating, and, as a result, the body overheats. Signs include heavy sweating, pale complexion, muscle cramps, tiredness, weakness, dizziness, headache, nausea, vomiting, fainting, skin may be cool and moist, fast and weak pulse, fast and shallow breathing.

If untreated, heat exhaustion may progress to heat stroke, which is a life threatening medical condition that can result in damage to the brain and other organs.

Of all people who die of heat stroke, about 80 percent are age 50 or older. Deaths attributed to diabetes, lung disease, and hypertension increase more than 50 percent during heat waves. Heat stroke occurs 12 to 13 times more frequently in people age 65 and older than in younger persons.

Elderly people are more susceptible to heat exhaustion and heat stroke because they:

- ◆ begin to sweat at higher body temperatures and less effectively than younger people – their sweat glands do not function as well;
- ◆ are more likely to have medical conditions that upset normal body responses to heat. These include any thyroid diseases, high blood pressure, heart/circulatory problems, and chronic illnesses such as lupus;

- ◆ are more likely to take medications that cause mouth dryness, increase sensitivity to the sun, change ability to reason, or impair the body's ability to regulate temperature or perspire. These include diuretics, antibiotics, antidepressants, anti-psychotics, non-steroidal anti-inflammatory drugs, sedatives, and antihistamines;
- ◆ and are more susceptible to other risk factors such as mental illness, alcoholism, impaired self-care ability, and unavailability of air conditioning.

What You Can Do If You Are An Adult Who Is Elderly Or Has Disabilities:

- ◆ If possible, stay in an air-conditioned area, either at home or in a public place such as a mall, library, or recreation center. If air conditioning is not available, pull shades over the windows and use cross-ventilation and fans to cool rooms.
- ◆ Drink plenty of fluids, but avoid drinks with alcohol, caffeine, or a lot of sugar. Don't wait until you are thirsty.
- ◆ Start drinking fluids at least 30 minutes before going out.
- ◆ Plan strenuous outdoor activity for early morning or evening when the temperature is lower.
- ◆ Take frequent breaks when working outside.
- ◆ Wear sunscreen SPF 15 or higher, wide-brimmed hats, and light-colored, loose-fitting clothes.
- ◆ Eat more frequently, but be sure meals are well balanced, cool, and light.

What You Can Do to Help Protect Adults Who Are Elderly or Have Disabilities:

- ◆ Visit them at least twice a day and watch them for signs of heat exhaustion or heat stroke.
- ◆ Take them to air-conditioned locations if they have transportation problems.
- ◆ Make sure they have access to an electric fan whenever possible.
- ◆ Many APS offices have organized resource rooms to distribute items to the elderly such as donated fans. To find out how you can help, contact the DFPS Volunteer Services Coordinator nearest you – a list is available at www.volunteerdfps.org