South Austin AARP
Chapter 2426

Website:  www.southaustinaarp.org
July, 2018

Wednesday
July 18, 2018  1:00 p.m.

Drive a Senior South Austin and Capital City Village will be presenting transportation resources for seniors in South Austin, volunteer opportunities with their organizations and a brief update on Austin's Age-Friendly Initiative. A CapMetro representative will assist those interested in signing up for CapMetro's senior fare discount cards.

Thanks to everyone for the delicious snacks every month. This month Blue Belle will provide ice cream. Please bring picnic food to share and we'll have a summer picnic. Thank you. Al Prewitt, Hospitality Chairman

“AARP’s mission is to empower people to choose how they live as they age, but dementia takes that privilege away from millions of Americans and people around the world,” said AARP CEO Jo Ann Jenkins. “The statistics are staggering, and the numbers continue to climb each year. By 2030, there are projected to be 82 million people suffering from dementia². And despite decades of research costing billions of dollars, there is still no cure and few ways to treat symptoms of dementia. With today’s investment in the DDF, AARP and our partners have committed to helping find innovative solutions that can reverse the trend of this health crisis and champion brain health.”


AARP Invests $60M in the Dementia Discovery Fund to Kick-Start its ‘Disrupt Dementia’ Campaign

WASHINGTON, DC—With nearly 10 million new cases of dementia and Alzheimer’s disease occurring each year¹, and no cure, today AARP launched a new campaign, “Disrupt Dementia.” The campaign aims to help drive new diagnostics and treatments for dementias while providing education, support and hope for patients and family caregivers impacted by the physical, emotional and financial stress of dementia.

The centerpiece of the campaign is AARP’s new $60 million investment in the Dementia Discovery Fund (DDF), the first and largest venture fund focused on discovering and developing effective new drugs for treating dementia. AARP also helped secure the participation of UnitedHealth Group (NYSE: UNH) and Quest Diagnostics (NYSE: DGX), which have invested $10 million and $5 million respectively – totaling $75 million to the DDF’s fight against a condition that has not seen a new approved treatment in 15 years.

ANOTHER FABULOUS DAY-TRIP IS ON
(Thanks for making it possibile)

Destination
G.H. Bush Presidential Library and Museum in College Station
Date: Tuesday, September 11, 2018
Check-in: 7:45 a.m.
Departure from SASAC: 8:15 a.m. (promptly)
Arrival at College Station around 10:15a.m.
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)

Travel
Mario Macaluso

July, 2018
Roll and Stroll - Ride with Us for New Adventures

Friday July 20th – 10:30 departure from Wheatsville on bus #803 and transfer to new route #18. This adventure is a history lesson and the opportunity to explore an historic neighborhood named “Clarksville.” We will visit Nau’s Drug Store and eat lunch in the historic area.

Clarksville Historic District (Austin, Texas) - From Wikipedia, the free encyclopedia
The Clarksville Historic District is an area located west of downtown Austin. Many historic homes and structures are located within the Clarksville Historic District Founded by freedman Charles Clark in 1871, Clarksville is the oldest surviving freedomtown – the original post-Civil War settlements founded by former African-American slaves – west of the Mississippi River. The historic district was inducted into the National Register of Historic Places in 1976 in recognition of its unique and valuable history.

更多 MYTHS ABOUT HEARING LOSS

MYTH: As long as you can hear some sound, it is OK to wait to get hearing aids.

Truth: The longer you wait, the harder your hearing loss will be to treat. That's because the auditory system in your brain isn't stimulated and so the brain stops recognizing sound. That's why
people with hearing loss who want to get hearing aids sometimes find that they don't help as much. Fortunately, our brains can relearn to hear, thanks to neuroplasticity - the fairly recent finding that the brain can reprogram itself into very old age with proper stimulation. Practically speaking that means you have to teach your brain again by wearing the hearing aids regularly.

**MYTH:** Hearing loss is annoying but it doesn't really affect your health.

**Truth:** New research shows that hearing loss may increase your risk of developing Dementia. You might improve memory and mood by correcting the hearing loss. Another study linked hearing loss with balance problems. So, hearing aids may improve balance.

Information from the AARP Health Website

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**July Celebrations**

**Birthdays**

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<tr>
<td>Bobbie</td>
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<td>Joanne</td>
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<td>Phyllis</td>
<td>31</td>
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<tr>
<td>Frances</td>
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</table>

**Anniversaries**

John and Althea Conrad 14

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**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

**Chapter 2426 Treasurer’s Report:**

- Checking $2616.27
- Travel $2210.94
- Savings $25.00

**Yippee! I Woke Up!**

Why retirees are always so happy

www.yesemails.com

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**July, 2018**
Roll and Stroll group at Matts El Rancho

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>
<th>Category</th>
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<tbody>
<tr>
<td>AARP Annual Day of Service</td>
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<td>Fundraising for Community Service</td>
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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

Collection for Ronald McDonald House
Rita Furbish requested that our chapter collect pull tabs to donate to Ronald McDonald House in Austin. Sixteen pounds were turned in at the June meeting.
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.

Volunteer Hours
Ed Gonzales
June: 830
Year to Date: 3835

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

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