

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 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.

"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."

You can read more about this campaign and the survey results at
<https://press.aarp.org/aarp-invests-60-million-dollars-in-the-dementia-discovery-fund-to-kickstart-its-disrupt-dementia-campaign>

Travel
Mario Macaluso

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

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)

Afternoon “mystery stop” before returning to Austin

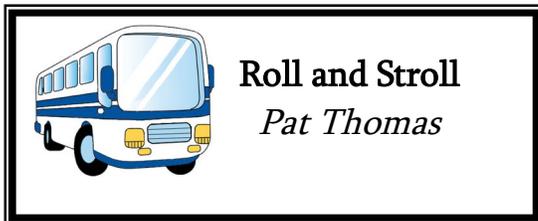
Reminders:

1) Be on time 2) Bring your name tag 3) Park away from the main entrance. Call Rosie Perez at [512-440-7050](tel:512-440-7050) or email rosie9708@gmail.com to see if there are any seats left.

Mario Macaluso mmdm1967@aol.com

Members who went on the trip to “Christmas in Clifton” in 2017

Please collect from Rosie Perez \$10 each from a refund that I got back from Clark Travel Bus Company because of lack of contractual service.



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.

The area was originally part of a 365-acre tract of land belonging to Texas Governor Elisha Pease, and in 1871 was sold to Charles Clark, a freedman who would start the community that now bears his name. Clark built a house on what is now West Tenth Street and subdivided the remainder of the land to other freedmen.. The Sweet Home Baptist Church, a cornerstone of the community to this day, was founded prior to 1882, and a school existed as early as the 1890s. Early in the twentieth century developers began to realize the land value of Clarksville, which lay near growing downtown Austin. Austin city policy aimed to concentrate the local black population in the east, and pressured this black neighborhood to move. In 1918 the Austin school board closed the Clarksville school. Clarksville residents were later forced to use city services in east Austin or none at all. Most Clarksville residents endured the lack of services and refused to move. In 1968 Clarksville residents unsuccessfully protested a plan to build a highway along the Missouri Pacific Railroad (MOPAC), which extended along the western boundary of Clarksville. The completed Mopac Expressway sliced through the community, forcing 33 families to leave. Despite pressure to move to segregated east Austin, Clarksville retained its African-American identity throughout the 20th century.

Please contact Pat Thomas pthomas1@austin.rr.com or 512-441-1485 to register for this Roll and Stroll Dates and times are subject to change because of weather conditions.



More 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

July Celebrations

Birthdays

Bobbie	Erb	1
Joanne	Cepero	5
Miluse	Nepustil	6
Ronald	Fox	13
Peggy	Hamilton	13
Dolores	Macaluso	14
Barbara	Remmert	21
Pat	Thomas	22
Debbie	Galloway	25
Jeanne	Streckfuss	25
Laura	Shell	27
Charlene	Cuthbert	28
Shirley	Fox	29
Ursula	Fonseca	30
Phyllis	Gossett	31
Frances	Puga	31

Anniversaries

John and Althea Conrado 14

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

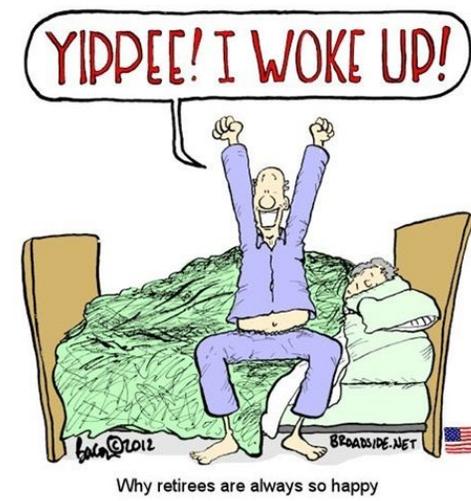
Committee Chairs

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



www.yesemails.com

Roll and Stroll group at Matts El Rancho



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!!

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	