

# South Austin AARP Chapter 2426

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

December , 2018

**Wednesday**

**December 19, 2018 1:00 p.m.**

**Holiday Party**

This month will be our holiday party. We will enjoy holiday music. Please bring party foods. Now is the chance to show off your party favorites. (finger foods) - sandwiches, chips & dips, nuts, cheese and crackers, relish trays, cookies and cakes.

Thank you for the wonderful response to our November pot luck luncheon.

**Save the Date:**

**The speaker at our January 16 will  
be Mavor Steve Adler.**



FAITH  
IN ACTION



Drive a Senior

**Holiday**

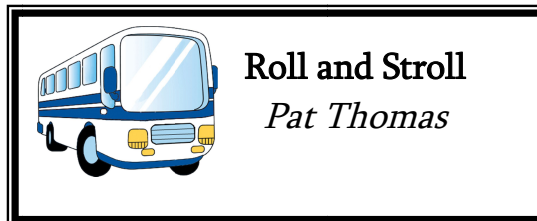
**Gift Bags**

Please bring your Christmas bags for Drive A Senior to our December meeting. Drive a Senior will deliver these bags to their clients. It is recommended that you add a Christmas note of holiday wishes. Also it is wise to designate your bag if it is for a male or female. Consider becoming a volunteer driver next year. For additional information:

<https://driveasenior.org/austin-south/>

Suggestions of items to be placed in the bags.

Pocket calendar	Oatmeal packets
Tea bags	Applesauce packs
Hot Chocolate packs	Hand towel
Socks or slipper socks	High Lighter pen
Hand or body lotion	Handkerchiefs for men
Sugar free cough drops	Notepads/pen
Small mirror or comb	Puzzles



**Roll and Stroll**

*Pat Thomas*

On **November 27th** we enjoyed an excursion to eat at the Eastside Cafe and to participate in a singalong program offered by Conspirare at Redeemer Presbyterian Church. One of the songs we sang was "Let There Be Peace on Earth" I was touched by the lyrics to that song. Let us not only sing that song but to live it every day. For history of this song view <http://www.jan-leemusic.com/Site/History.html>

Our annual December activities include a Christmas Crawl scheduled for **Friday December 14th**. A crawl is an activity where we travel from one location of interest to another location either by bus or foot, viewing items that delight our senses. I cannot tell you exactly the path we will follow but we will start our Crawl on the Wheatsville patio at 2:00 with the bus departing at 2:15. We are starting early because we will be making several stops for shopping. I am not going to tell you all the places we might visit. I will tell you that our first stop will be Breeds. Wear comfortable shoes and bring your credit card. We plan to eat at about 4:00 and begin crawling back to our starting location. We should get back to Wheatsville at around 8:00.

**Thursday, December 13** - We hope to take a stroll to enjoy the noontime concert at Central Presbyterian Church. The program will feature the Austin Handbell Ensemble. Lunch location has not yet been determined.

There are many activities to enjoy in December. Remember how easy it is get downtown when you ride CapMetro. How about listening to some live music at Central Market South or Central Market North. Check the schedule:

<https://mail.twc.com/do/mail/message/view?msgid=INBOXDELIM76543>

Weather may cause us to change dates so watch your email for Roll and Stroll Alerts. For additional information contact Pat Thomas 512-4412-1485 or [pthomas1@austin.rr.com](mailto:pthomas1@austin.rr.com)

## CAPMETRO - PROJECT CONNECT

Help shape the future of transportation in Austin. Austin is not going to get smaller and you are not going to get younger. Make Austin the type of city that you can enjoy at any age.

<https://capmetro.org/projectconnect-news/>

Share your thoughts and suggestions by attending a community conversation coming to your district.

### President's Message

*Pete Skalnik*

The end of 2018 is rapidly approaching. What a year it's been. The country is divided maybe more than ever and instead of a willingness to listen and search for some common ground voices are rising, mass killings are more frequent, hurricanes, floods, forest fires and other natural or man made disasters are becoming the staple of daily news.

Supposedly, the former governor of Texas, Rick Perry, once said that in Texas, Austin is a small blueberry in a sea of red. He probably meant something political, but that is not what I want to talk about.

The color red often signifies argument, war, disagreement, hostility etc. Where blue signifies tranquility, calm and peace. Here in Austin we have plenty of both; however. all in all I think Austin is still a good place to live. We have problems like transportation, diminishing housing affordability, lack of affordable or accessible health care and such, but we also have plenty of the good stuff and there is a spot in Austin, which is definitely blue, that I want to talk about.

You probably already guessed that I want to talk about South Austin Chapter 2426 of AARP. We are a friendly, all-inclusive and tolerant bunch and we are definitely more on the peaceful and calm side of the spectrum. We are growing and thanks to all of you we are an important part of our community. So many of our members volunteer in many ways and they definitely give much more than they receive. In our meetings, functions, trips I know I am among friends. Of course we do not have to agree on everything but after all civilized argument is the best way to communicate and learn.

I know that 2019 will be another good year for our chapter. We have many new members who are willing to help with the functioning of the chapter but we need more new faces to stand up and participate in leading our chapter. We have committee chairpersons who are looking for people to help and bring new ideas. Please, participate in our Board and Community Team meetings; stand up and tell us what we can do better, how we can improve. To begin with, we hope to see many of you to participate in our CLO (Chapter Leadership Orientation) meeting on January 22nd. There will be program to show how the different leadership function work (or should work). There is no commitment, but you just might find a perfect spot for your talent and/or unutilized experience. I just came across a very interesting article on how you might prolong and improve the quality of your life.

**Can your Community Help You to Live Longer? by Dan Buettner - published in Marketwatch Nov 24, 2018**

Happy Hollidays! Happy New Year!

#### Volunteer Hours

*Ed Gonzales*

**NOVEMBER VOLUNTEER HOURS: 658**

**YEAR TO DATE: 7516**

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

**Health**  
*Barbara Kaiser*

**URINARY TRACT INFECTIONS In WOMEN**

1. Types of Urinary Tract Infections:  
CYSTITIS. A bladder infection is most common. Symptoms -urgent or frequent urination, pain, burning or bloody urine.
2. URETHRITIS - inflames urethra. May have lower stomach or back pain, or frequent urination.
3. PYELONEPHRITIS This is a kidney infection. If not treated, it can be serious and damage your kidneys. In severe cases, you may need to stay in the hospital. You may have fever and lower back pain.

**Precautions:**

Empty your bladder. Always empty your bladder when you feel the urge and always urinate before going to sleep. Urine that stays in the bladder can lead to infection. Try to urinate before and after sex as well.

**Health Committee Notice**

The Health Committee is seeking 2 or 3 new members. A health background is not needed, just willingness to help us broaden our mission. We will welcome new ideas. Call Gail Glick - 214-808-6622 or

**Chapter 2426 Treasurer's Report**  
*Barbara Fetonte*

Regular Checking	\$1321.16
Travel Checking	\$1079.21
Savings	\$25.00

**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: Connie Flores 512 444-8636  
 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 512-554-1583  
 Crispin Guzman 737-222-8155

- Phone Committee Chair  
 Elaine Benton 512- 799-2224

- Sunshine: Doris Thorne 512- 382-9130  
 Kathryn Stone 512-441-6038

- Travel Mario Macaluso 512-432-5255



**Roll and Stroll members wearing new vests on and outing**

We are now accepting dues for the 2019 calendar year. All payments made in December will renew your dues for the 2019 year. The application is on the last page of the newsletter.

*Humor*  
*Shared by Al and Ed*

***December Celebrations***

**Birthdays**

Betty	Fickel	1
Charlotte	Clark	1
Mary	Ragland	2
Diane	McGowan	4
Ana-		
Maria	Dwiggins	4
Harriet	Gonzales	7
Pamela	Jordan	9
Colette	Girouard	11
Lloyd	Matthys	12
Kayoko	Frazer	13
Maria	Guzman	16
Margaret		
A	Hughes	18
Patricia	Erhardt	22
Charles		
A.	Houston	23
Marlene	Rogers	25
Barbara	Molloy	29
William	Rogers	29
Suzanne	Nagle	30
Helena	Hedrick	31

**Anniversaries**

Dorothy Green 7

- My Super power is holding onto junk for years and throwing it away a week before I need it.
- I hate it when I see an old person and then realize that we went to high school together.
- I think senility is going to be a fairly smooth transition for me
- I always knew I'd get old. How fast it happened was a bit of a surprise though.
- Apparently you have to eat healthy more than once to get in shape. This is cruel and unfair.

**105 year old woman's remedies to her health:**

"For better digestion-I drink beer. In the case of appetite loss, I drink white wine. In case of low blood pressure, I drink red wine. In the case of high blood pressure, I drink scotch. And when I have a cold, I drink Schnapps."  
 "When do you drink water?"  
 "I've never been that sick. "

Be sure to send this to your relatives also so they will know what happened to you.

To help save the economy, the Government will announce next month that the Immigration Department will start deporting seniors (instead of illegals) in order to lower Social Security and Medicare costs. Older people are easier to catch and will not remember how to get back home. I started to cry when I thought of you. Then it dawned on me...oh, shucks...I'll see you on the bus.

**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	
			Total Volunteer Hours

**South Austin Chapter 2426  
Membership Renewal 2019**

**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