

South Austin AARP Chapter 2426

Website: www.southaustinaarp.org

February 2019

Wednesday
Feb 20 1:00 p.m.
EMS

An EMS representative will present the program on general EMS topics. During the snack break, volunteers will give out Vial of Life packets. The Vial of L.I.F.E (Lifesaving Information for Emergencies) is a program that allows individuals to have their complete medical information ready in their home for emergency personnel to reference during an emergency. This program is used to provide the patient's medical information when a patient is not able to speak or remember this information.

Refreshments: Show your love for Valentine's day. Bring a favorite snack to share with fellow members. All your contributions are appreciated as we have been having large crowds.



Crispin Guzman, Pete Skalnik and Mayor Steve Adler at our January AARP Chapter 2426 meeting

Travel
Mario Macaluso

The First Trip of 2019

1. Heritage Craft Village in Waco, Texas (Self-guided tour)
2. Lunch on your own at Ninfa's Mexican Restaurant
3. Shopping at Spice Village
4. MYSTERY STOP before returning home.

Date: Tuesday, April 9, 2019

Departure at 8:00 A.M. from SASAC

Leaving Waco at 4:30 p.m.

Cost: \$45 (It includes charter bus, driver gratuities, treats, raffle prizes and a Mystery Stop)

Make check to AARP Chapter 2426

Sign up: At the AARP Meeting on Feb. 20, 2019 (Maximum 40 people)

This trip is open to members first. Members who are absent on sign-up date (Feb.20, 2019) must mail a check to Rosie Perez before the end of the following week. Non-members may sign up, but will be placed on a waiting list. After a week from the sign-up date, non-members will be given a seat and late members will be standing in line behind them.

*Non-members are not allowed to go on the trip as companion or friend of a fellow-member unless there is room for them. They must sign up on a stand-by basis and wait until the official registration period is over. (My recommendation: Encourage your non-members friends, who like to come with you, to become members of our chapter.)

Sign up with Rosie at the February AARP meeting at which time you must also fill out a Waver Form if you have not done so.

Rosie's address: Rosie Perez, 2504 Stoutwood Circle, Austin, Texas 78745

Email: rosie9708@gmail.com

Mario Macaluso,

Trip Coordinator EMAIL: mmdm1967@aol.com

If you have a surprise medical billing story to share, tell us more in this AARP Texas survey: http://action.aarp.org/site/Survey?ACTION_REQUIRED=URI_ACTION_USER_REQUESTS&SURVEY_ID=46697



- Affordability of Prescription Drugs
- Affordable Care Act
- Medical Expense Deduction
- Medicare/Medicaid
- Promote and Protect Retirement Savings
- Social Security
- Support Family Caregivers



Health

Barbara Kaiser

Health Committee Update

The Health Committee has changed focus.

Mission: Present a broad program of health related topics to the members of 2426.

Objective: Broaden emphasis from disease orientation to overall health for seniors.

Projects: Newsletter articles, Health fairs, Programs at AARP meetings Increase Committee size, and other projects to be determined by members.

At present, we have three permanent members. Two more volunteers have offered to help with a table at the next meeting. We will be giving out Vial of Life packets to each member to alert EMS. We welcome new members (no qualifications) who would like to bring new ideas and or just help. If you would like to help, please contact co-chairmen Gail Glick, 214-808-6622, and Barbara Kaiser, 512-282-0960 .

State AARP updates

STORIES NEEDED: Surprise Medical Bills

Earlier this week, AARP Texas Director Bob Jackson appealed to e-activists to share their stories of surprise medical billing. These real-life stories may compel the Legislature to take action to end the practice of surprise medical billing, which can arise amid billing disputes between insurers and medical providers.

Getting to know Chapter 2426 Members



Renee Lopez

I was born and raised right here in Austin, Texas! Though I am of Mexican heritage, my family has been in Texas for a few generations.

I am a graduate of the University of Texas where I earned my Masters degree in Education in 1986. My parents are both deceased. I am the oldest of 4 children. My parents were great believers in education and pushed all of us to excel in school. We all graduated from college and have professional careers.

I worked for 30 years with the Social Security Administration. I worked many levels of the administration until I retired in 2014. Although I truly enjoyed working, I was so ready to retire. I am enjoying the retired life very much.

So now in my 'Golden Years', I spend time advocating for the rights of people with disabilities. You see, I was born with a physical disability called Arthrogryposis that caused contractures of my arms and legs. As a child I had multiple corrective orthopedic surgeries. I use a motorized wheelchair. Don't feel sorry for me though! Despite my disability, I live a very productive, active and independent life. I own my own home, drive a modified van, travel and have many friends.

Besides being a member of AARP Chapter 2426, I am on the board of several nonprofit organizations... Accessible Housing Austin! that provides accessible, affordable and integrated housing for people with disabilities, Very Special Arts Texas that provides programs for artistic self-expression (such as art, music, writing, dance and self-advocacy through public speaking) for people with disabilities. I am also a member of ADAPT, a grassroots organization that fights for legislative rights for people with disabilities.

My latest project is being part of the Bold Beauty Project. **This project celebrates women with disabilities who define beauty to include their disabilities to boldly live life's challenges...**<http://texasboldbeauty.com>

When I was growing up as a child with a disability, the world did not accept us; there was no accessibility and no civil rights. We were segregated from mainstream society and most of us were placed in institutions. Through years of advocacy from the disabled community, a lot has changed.

Doing all this volunteer work for all these organizations, along with others I didn't mention, I feel I am finally living my true life's purpose. My philosophy is that one is morally obligated to leave the world a better place than the way one found it. I hope to do just that.

If you know a chapter member whom you would like to introduce to the chapter, please contact Pete Skalnik or Diane McGowan .

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| <p style="text-align: center;">Chapter 2426 Treasurer's Report <i>Barbara Fetonte</i></p> |
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|----------|-----------|
| Checking | \$1971.68 |
| Travel | \$ 754.75 |
| Savings | \$ 25.00 |

2019 AARP Chapter Dues

Yearly dues for the chapter are due now through March 31, 2019. Chapter dues are only \$10.00. With your dues we are fortunate to be able to donate to the Central Texas Food Bank, Family Elder Care, Drive a Senior, AARP Foundation, etc. Your dues also allow the Chapter to produce the monthly newsletter. If you are not sure if your dues are up to date, please email Barbara Fetonte at bfetonte@gmail.com or call her at 512-497-1432.

We currently have 218 members. 102 have already renewed their dues for 2019. If you are over 85 years old, you are exempt from paying the Chapter dues.

The meeting in February with the Mayor was outstanding. We had a total of 104 people attend. There were 83 members and 21 guests in attendance.

We would like to welcome our new members that joined in February.

- They are: Rosanne Rico
Annette Centorbi
Irene Lethonen

Upcoming AARP Events

Feb 12 Team Community Council Meeting
 Feb 20 Chapter 2426 meeting
 March 26 Chap 2426 Board Meeting

Chapter 2426

Charitable Contributions

Empty egg cartons - bring to next meeting so they can be distributed to area food banks
 Pull Tabs - Donated to local Ronald IMcDonald House

Drive a Senior Thank you



Santa and Mrs. Clause, Mary & Gary Bagby, delivered packages to Eunice & David Shanks.

We would like to express our appreciation and thanks on behalf of the fifty Drive A Senior South Austin clients who received the lovely and generous gift bags you collected during your annual holiday giving event. The gifts you offer, for some, are the only ones received. Heart felt thanks were expressed when delivered and many followed up with cards and phone calls. Thank you for offering this opportunity for our volunteer drivers to connect with our clients in such a joyful way. with gratitude,
 Stephanie Braddock, Regional Director, the Board and Clients of DASSA

Volunteer Hours

Ed Gonzales

January volunteer hours: 802

Year to date: 802

Total for 2018 : 8315

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): | | |
| | Nancy Crowther | 512-444-5726 |
| | Al Prewitt | 512 -287-9847 |

Committee Chairs

| | | |
|------------------------------------|-----------------|---------------|
| Community Service: | Pat Thomas | 512- 441-1485 |
| Greeters: | Marilyn Totten | 512-280-8030 |
| Health: | Barbara Kaiser | 512-282-0960 |
| | Gail Glick | 214-808-6622 |
| 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 |

February Birthdays

| | | | | |
|---------|------------|---------|-----------|----|
| Anita | Werbner | Helen | White | 1 |
| Rita | Painter | Annette | Centorbi | 4 |
| Salma | Tames | | | 10 |
| Iola | Canady | Dorothy | Green | 11 |
| Delaine | Brady | Rex | Pendleton | 11 |
| James | Sanchez | | | 11 |
| Connie | Flores | | | 16 |
| Brett | Cotham | | | 17 |
| Myrtle | Holmes | | | 19 |
| Bertha | Lighthourn | | | 20 |
| Anna | Saenz | Hector | Hinojosa | 21 |
| Sandra | Collier | Imogene | Mitcham | 23 |

Anniversaries

| | |
|-------------------------|----|
| Lloyd and Karin Matthys | 7 |
| Rex Pendleton | 24 |
| Miles Abernathy | 29 |

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 | | | |

South Austin Chapter 2426 Membership Renewal 2019

PLEASE PRINT

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____

E-mail Address (Print Clearly) _____

Signature: _____ Date: _____

Dues are \$10.00 by cash or check Dues are waived if over 85 years old. Check if you over 85 _____

Complete and bring this renewal with your payment to the next meeting (checks should be made payable to South Austin AARP Chapter 2426)

OR mail this renewal with your payment 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

- | | | | |
|--|---|--|--------------------------------------|
| <input type="checkbox"/> Program | <input type="checkbox"/> Membership | <input type="checkbox"/> Hospitality | <input type="checkbox"/> Telephone |
| <input type="checkbox"/> Sunshine | <input type="checkbox"/> Legislative | <input type="checkbox"/> Community Srv | <input type="checkbox"/> Health Care |
| <input type="checkbox"/> Travel (ad hoc) | <input type="checkbox"/> Public Relations | <input type="checkbox"/> Newsletter | |