South Austin AARP
Chapter 2426

Website:  www.southaustinaarp.org

May 2019

Wednesday
May 15  1:00 p.m.
Long Term Care

Ms. Tami Martin, MBA comes to us via a recommendation from the AARP State office as a highly respected and credible resource on Long Term Care and related services available to the Senior Community. She has spent over 30 years in the Healthcare Industry and she will gladly share her knowledge and experiences in that field during that period.”

Refreshments: Please bring snacks or finger foods. Thanks to our members who faithfully provide refreshments each month.

Travel
Mario Macaluso

Toyota Motor Plant, San Antonio, Texas
Our 20th day-trip brings us to San Antonio, Texas
Date: June 25, 2019
Cost: $45.00 pp based on 35 participants
Sign-up date: May 15th at the monthly meeting
Available: 36 seats only
Program
-First stop will be at the Visitors Center to view exhibits, use restrooms, and get ready for our scheduled tour.
-Visit Toyota Motor Plant on a guided tour in the morning (Please read the guidelines below).
-Free afternoon at the River Walk for lunch, shopping, browsing or taking a river cruise (All on your own).
The trip is open to members first. Members who are absent on the sign-up date (May 15, 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.)

Travelers on the day-trip to Waco on April 9, 2019
Sign up with Rosie at the May 15th AARP meeting at which time you must also fill out a Waiver Form if you have not previously done so.
Rosie’s address: Rosie Perez, 2504 Stoutwood Circle, Austin, Texas 78745
Email: rosie9708@gmail.com

Tour Guidelines
Before you come on the tour, here are a few things to keep in mind:

- No weapons in plant
- Safety Dress Code: Long pants must be worn (no skirts or shorts), shirts must have sleeves (short sleeves acceptable), midriffs/torsos must be covered, shoes must be closed toe/heel/side and flat (no sandals or heels).
- A valid photo ID will be required for each adult scheduled for the tour.
- No bags, purses, backpacks, briefcases, and no cameras/cell phones are allowed in the plant.

**Roll and Stroll**

Pat Thomas

**MAY ACTIVITIES**

Roll and Stroll is a community service program created by AARP Chapter 2426 to teach seniors how to use public transportation for fun and convenience. Each month we take group trips around town to enjoy the beauty of living in Austin.

The May 6th tour to the Encompass Rebah center will be rescheduled for a later date.

**May 13TH Monday** - Women of Heartsong Concert at St. Paul Lutheran Church 7:00 p.m.
PLEASE LET ME KNOW IF YOU ARE INTERESTED IN ATTENDING THIS FREE CONCERT.

pthomas1@austin.rr.com or 512-4411485
DONATIONS ARE APPRECIATED. This beautiful choir of talented women provide music to rehab centers and senior facilities such as Drive A Senior. If I hear that you are interested, I will offer a Roll & Stroll departing from the WellMed lobby at 4:00. We will have an early dinner along the #10 route and return back to WellMed at 8:30 p.m.

“Women of Heartsong is an Austin based non-profit women’s choir dedicated to providing uplifting music to those who need the hope, comfort, and infectious joy that music provides. Our core mission is to serve the elderly, ill, confined, and those in our community-at-large by reaching out with regular monthly performances and additional concerts. We are a family of eclectic women who sing from our hearts to lift the hearts of others.”

**May 17th Friday** A ride to the Central Public Library to view an exhibit in the events center which features art from the West Austin Studio Tour. The West Austin Studio Tour takes place during two weekends in May. The exhibit at the library gives individuals a preview of art work which can be viewed at participating galleries. We will depart Wheatsville patio at 2:00 pm. We will disembark at the Seaholm stop and visit Trader Joe’s before eating an early dinner in the area. At 4:45 we will head back towards the library to see the art exhibit. At 6:00 we plan to have dessert at the Library Cafe. Please contact Pat Thomas for reservations and suggestions.

pthomas1@austin.rr.com or 512-4411485

May 20th Wednesday - A twilight tour to Mueller Farmers market with early dinner at BD Riley's Irish Pub at Mueller. We will start our trip by departing Wheatsville South at 2:30 pm. We will enjoy dinner prior to exploring the Farmers Market which opens at 5:00. We expect to get back to Wheatsville at approximately 7:30 p.m.

PLEASE REMEMBER THAT TRIPS MAY HAVE TO BE RESCHEDULED IF HEAVY RAIN IS PREDICTED SO WATCH FOR ADDITIONAL EMAILS.

**A message from our May meeting speaker:**

Julia Davies, MPH, CHES
Community Education Specialist
Mature Driver Program

Thank you again for inviting me to speak at the AARP Chapter meeting yesterday. Your group is fantastic and I thoroughly enjoyed my time there. I hope they found the presentation useful. I did some research about the changes in driver’s licenses that everyone was asking about. I talked to
the Waco Public Information Officer at DPS and this is what he told me.

All licenses and ID cards issued after October 10, 2016 (you can tell by the issue date printed on the front) comply with the REAL ID rules. REAL ID licenses have a gold circle with a star printed on the front. These licenses are valid for domestic air travel after October 1, 2020.

If the license was issued before October 10, 2016 (and doesn’t have the gold star) it is not compliant. After October 1, 2020 anyone without a REAL ID compliant license (or ID card) will need to have a valid passport for domestic air travel or admittance to a federal building.

As we talked about, the standard license renewal period is 6 years. Therefore, there is a part of the population that have licenses from before the REAL IDs were issued that won’t expire until after the rules take effect. DPS recommends that if you don’t have a gold star, go ahead and renew before October 1, 2020 to ensure no problems. Also of note, even without the gold star it is still a valid driver’s license until the expiration date. It will only be an issue if trying to use it for air travel. I had someone come up to me after the meeting to say she received a letter reminding her to renew her license but that she checked and her license does not expire until December 2020. Now that I have learned more about the REAL ID rules, I suspect that letter was informing her of this rule.

More information can be found here: https://www.dps.texas.gov/DriverLicense/federalRealIdAct.htm

Hopefully this answers everyone’s questions. I can tell they were very worried about this but most people should not have to take any extra steps to ensure they are REAL ID compliant.

1. Drive a Senior

Drive a Senior South Austin (DASSA) and Drive a Senior Southwest (DAS SW) have combined two organizations into one entity called Drive a Senior Central Texas (DAS CTX). Combining these two organizations will enable them to take advantage of synergies and operational efficiencies to increase the number of non-driving seniors served and expand the service areas. AARP Chapter 2426 has traditionally donated Christmas bags to DAS clients who have no family, limited means or are just in need of a Christmas gift. Representatives from DAS are going to visit the next AARP Board meeting to explain their future plans. We will post an update in the June newsletter.

2. Senior Health Fair

There will be a senior health fair at which Chapter 2426 will have a booth. It will in June at WelMed. We will share the date and times in the June newsletter. I hope you can attend.

3. Thoughts on giving up driving.

After going through the five stages of grief and feared loneliness, ideas will hopefully come about alternatives for our personal car. Some possible ways to find a ride: Drive a Senior, Friends, Neighbors, Relatives, Church members on Sunday, Taxi, Uber, Ride Austin or neighbor who needs a little money, trade a service like your sewing in exchange for a ride. Other services that are available:

- Food delivery from HEB, Walmart, Randle’s;
- WelMed helps with service to their doctors;
- Medicare Advantage plans, such as AARP Medicare United, that arranges rides to the doctors;
- take a group trip with AARP and ride buses with senior discount pass such as Capital Metro and Metro Access.

Health

Barbara Kaiser

Diane McGowan, Chapter 2426 newsletter editor and web manager, was recognized by the national AARP office with a Community Service Award and commemorative pin in appreciation for her service to AARP and the community. She was nominated by the Chapter 2426 Executive Board.
Mary Ragland

I grew up on a farm in Colorado. I moved to Texas in 1954. I moved to Austin in 1986.
I started first grade in a small country school, then graduated from Fort Collins High School and
started to Colorado A&M College, but dropped out to get married at age 18. I went back to school
when my children were in their teens, and finally got my BS in education from Texas A&M University
when I was 38 years old.
I have 3 children who live in or near Austin with their spouses. I have 8 adult grandchildren and 7
great-grandchildren.
Even though I didn’t start my career until I was 38, I worked for 30 years. First I was a kindergarten
teacher, then as a program director at the Texas Education Agency, then the University of Texas. All
of my work was with low-income students or schools that served low-income students.
When I retired in 2001, I joined the South Austin AARP Chapter. I was elected to the board in 2003,
and served until 2018. I was president of the chapter four years, starting in 2007. I then served as Chair of the Austin Area AARP Community Team for four years. I helped initiate the national AARP Chapter Advisory Team in 2013, and served on the team for five years, serving as Team Chair for two years. I have also volunteered with AARP Texas for about 15 years.
I drove for South Austin Drive-a-Senior for many years, and served on their board.

I am an active member of Wildflower Unitarian Universalist Church.
My hobbies are quilting and reading. I happily travel with a group of seven women, and we do at
least one big trip a year, most of them to Europe. Almost 20 years after I retired from work, I have
retired from retirement! I was an active volunteer, but am now learning to enjoy leisure time at home
or with friends and family.
Chapter 2426 Treasurer’s Report

Barbara Fetonte

Regular Checking $2,462.33
Travel Checking $ 731.47
Savings $ 25.00

Please welcome new members
Letha Bradley
Kathleen Tack-Orr and
Joseph Vasquez

This brings our total membership to 202.

Condolances to the family of Ursula Fonseca who passed away on April 13; funeral services were on April 27.

Chapter 2426 Charitable Contributions

Please save your HEB large plastic bags and bring them to AARP meetings to be recycled at the Food Pantry. Aluminum pull tabs are being collected for the Ronald McDonald. Rita reports that she took 30 pounds of pulltabs in April.

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____________

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<th>Category</th>
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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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<td>Independent Living/ In Home Care Giving/Home Repairs</td>
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<td>Independent Living: Transportation Services</td>
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Total Volunteer Hours

May Birthdays

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<td>Randy Hsi</td>
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<td>Terry Kosobud</td>
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<td>Kathy Grimmett</td>
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<td>Rita Coyne</td>
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<td>Nena Stearns</td>
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<td>Karen Gillespie</td>
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<td>Wanda Hasley</td>
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<td>Shirley Washington</td>
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<td>Theresa Martinez</td>
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<td>Leoda Wiggins</td>
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<td>Petr Skalnik</td>
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<td>Ignacio Espinoza</td>
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<td>Frances Parker</td>
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<td>Laurel Burnett</td>
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<td>Maria Martinez</td>
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<td>Kim Nguyen</td>
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<td>Vangie Ramos</td>
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Anniversaries

Marlene Rogers 30

Volunteer Hours

Ed Gonzales

April volunteer hours: 434
Year to date: 2023

Please print the form on the last page, fill it in and bring it to the April meeting.

May, 2019