

South Austin AARP Chapter 2426

Website: www.southaustinaarp.org

October 2019

Fraud, Scams and Personal Safety

Wednesday, October 16 1:00 p.m



"Fraud, Scams and Personal Safety" a presentation by APD Senior Police Officer Shawn Rougeou assigned as Region 4 District Representative which includes our South Austin community. His presentation will cover what is a serious problem for our senior community and he will advise our members on how to be on guard and protect themselves from being a victim of Fraud and/or Scams."

Refreshments: . Thanks to our members who faithfully provide refreshments each meeting. Please bring finger food type snacks that are easy to serve. It may shorten the time going through the snack line.



Roll and Stroll

Deborah Fennell

Our next Roll and Stroll will take place on October 30, 2019. At this time we are planning to depart Westgate Transit Center (2027 W. Ben White Blvd.) at 11:00 a.m. You will be informed at the upcoming AARP meeting as to the precise time of departure and lunch arrangements. If you are planning to travel with us please **confirm by October 23rd** by contacting Deborah Fennell at (512) 915-8414 (mobile) or (512) 282-9931 (home). Please leave a message stating your name, call back number and your reservation request.

AUSTIN AREA AARP DAY CELEBRATION Oct. 14

All members and friends invited.

We hope to have our chapter well represented.
Bethany United Methodist Church, Fellowship Hall
10010 Anderson Mill Road Austin, TX 78750 -
Monday, October 14, 2019 1:00 – 3:00 pm

- Meet other Austin AARP Chapter members
- Visit over 30 Vendor booths including Costco, Sam's Club, Hospice Austin, Austin Palliative Care, Wellmed and many more.
- Speakers on upcoming AARP initiatives and on update on the national Medicare coverage, Medicare Advantage program and the supplemental parts D and beyond.

If you would like to carpool to AARP day, we will meet at SASAC at 11:30 am on October 14. We need drivers and riders. Contact Diane McGowan, 512-892-4416, dianemcg70@gmail.com, or Mary Ragland, 512-280-8661, mary.ragland.ragland404@gmail.com to sign up for the carpool.

Pat Thomas

Our Chapter 2426 Roll and Stroll Founder, Pat Thomas, is facing two surgeries in the next months. On October 18 she will have cervical fusion surgery in the neck and at least six weeks later she will have surgery of the lower spine. She will appreciate your prayers and kind thoughts. Pat Thomas, 11110 Tom Adams, Villa 9, Austin, TX , 78754

The Importance of Reporting Volunteer Hours

Each year, the president of each AARP Chapter must submit an Annual Chapter Census and Activity Report to the national AARP offices in Washington, D. C. An important section in this submittal is for CHAPTER SPONSORED COMMUNITY SERVICE ACTIVITY for the year. Featured within that section is a quantification of not only the number of members participating, but also which of the designated projects and activities they had volunteered for as well as total number of hours of participation. Therefore, it is important to indicate to the National AARP office that our chapter maintains an active and robust Community Service Outreach Program, which in turn clearly demonstrates that our chapter truly embodies the vision and mission of AARP, which is "To Serve, Not to Be Served". ***Please turn in your volunteer forms!***

Definitions of Individual Volunteer Hours Categories

AARP Annual Day of Service: Chapter participation in the AARP National Day of Service .

AARP Driver Safety Program: Participation in the AARP sponsored program as an instructor or as an assistant, not as a recipient.

AARP Tax Aide Program: Participation only as an instructor, not as a recipient.

Hunger: Participation in Chapter efforts to fight hunger, e.g. food drives, volunteering at the Capital Area Food Bank, working at church food pantries, delivering Meals on Wheels, and assisting organizations such as Mobile Loaves and Fishes.

Advocacy/Legislative/Information Referral Services: Non-partisan chapter activities supporting the goals and strategies of AARP, your AARP State Office or a local community need. Examples include get-out-the-vote campaigns, writing letters to Congress on issues of concern, or hosting a community issues forum. Also most importantly, programs in which the Chapter provides information and referrals to AARP and other programs and activities of importance to seniors. It also includes the administrative time of Chapter 2426 Officers & Committees and attendance at the AARP Community Council meetings.

Education/Scholarships: Chapter programs designed to identify and financially support the ongoing educational needs of deserving students in the community.

Education/Other: Any other school- or education-based community service activity, such as literacy projects, adopt-a-school programs, tutoring, building a school playground, collecting **school supplies for needy children or instructing seniors the use of computer technology.**

Fundraising for Community Service: Projects such as bake sales, silent auctions and any other activities that raise money for the chapter's community service programs.

Health & Wellness: This includes chapter support for events promoting physical or emotional health and other health benefits pertinent to senior citizens.

Long-Term Care/Nursing Home Support: Chapter programs in which members provide friendly visits, reading, letter writing, etc., for shut-ins, residents of nursing homes and veterans' facilities, as well as general support for such facilities.

Independent Living/In-home Care/Meals/Repair: Chapter programs in which members provide caregiving and respite-care services, in-home meals, home repairs and other projects designed to help individuals remain in their homes. This includes Elder Care & Caregivers.

Independent Living/Transportation: Chapter programs to provide transportation to individuals who lack the means of getting to and from medical appointments and other necessary activities outside their homes.

Other: This general category includes all other chapter community service projects, fan and clothing drives, Christmas gifts for the needy, and other support for members of the community, e.g. disaster relief or emergency preparedness, outreach to the disabled, etc.

Note: Any of the above activities or services provided to your own family do not count as volunteer hours.

Volunteer Hours

Ed Gonzales

September : 259

Year to date: 3965

Please print the form in this newsletter, fill it in and bring it to the September meeting.

The next Chapter 2426 board meeting is Tuesday, October 8 at 10 AM at the Manchaca Library. All members are welcome to attend.

Community Service



November 20, 2019 - Please bring canned goods for a Bread for All Food pantry which serves clients in in Southeast Austin on Monday evenings.



Holiday Gift Bags

We also ask our chapter members to donate individual Christmas bags to Drive a Senior-CTX clients. Some of their clients have no family in Austin or have a special need for the comfort of a gift bag. Chapter 2426 members have been doing this service for a number of years and it brings our members a special satisfaction to help someone else. Watch for more information in November and December newsletters.

Chapter 2426 Charitable Contributions

Please save your **HEB large plastic bags** and bring them to AARP meetings to be recycled at a Food Pantry. **Aluminum pull tabs** are being collected for the Ronald McDonald House.

Health Committee

Randy Hsi

Notes from the Community Health Committee meeting.

Attendees: Laura Dutton, Barbara Kaiser, Randy Hsi
Last year we had a table at Berkeley United Methodist fall vendor fair. We are reaching out to them to see if they are hosting a fair this year and if we can participate.

We are planning on heart specialist and patient for meeting in February and will reach out to Seton for participation.

Barbara Kaiser recommended an associate who works as Santa Claus and Mrs. Claus for possible work during the holidays at nursing homes.

Other suggested topics for 2020 AARP meetings were the Aging Brain, memory and dementia and a talk on diabetes, diet and exercise as two out of three people are prediabetic.

The next Community Health Committee meeting is Friday, October 25. Come join us.

Travel

The December 1, 2019 trip to Georgetown is full. However, we have a stand-by list. To get on the list contact:

Rosie Perez 512-440-7050

Chapter 2426

**Draft Meeting Minutes
September 18, 2019**

Corrections and a motion for approval will be requested at the next meeting.

Vice President Elaine Benton called the meeting to order and lead the flag salute at 1:00 PM.

Our Health Committee Chairman, Randy His, licensed insurance agent, presented the program. The subject of the program was how to prevent falls. Included in his presentation was the impact of falls and steps to prevent them. He also pointed out that some meds can affect balance.

The August Minutes were corrected to read that the December trip to the Alice Theater, in Georgetown still has seats available. Minutes read and approved as corrected.

Announcements:

The next Board meeting is October 8 at 10:00 am meets at the Manchaca Library.

The next General Chapter meeting is October 16 at 1:00 pm.

AARP Day is October 14, 2019 will be held at the United Bethany Methodist Church. We are encouraged to be there at 12:30, event starts at 1:00pm. There will be 30 vendors present to visit. They are donating door prizes. Car pool is available at SASAC by 11:00 am,

Margaret Hughes announced that we have in attendance 13 guests and 88 members, totaling 101 present.

Community Service Chairman, Deborah Fennell, announced two trips. October 30 going to LBJ Library and November 8, strolling the State Cemetery.

Health Committee meetings are held at Panera's Bread at 10:00 am on the last Friday of the month.

Hospitality Committee announced a change in requests for snacks. Please bring finger-food type snacks to share.

Legislative Chairman is looking for more members.

Sunshine Committee celebrated 6 birthdays and 1 anniversary.

Nomination Chairman, Marilyn Totten, announced that we need candidates for 2 to 3 Chapter 2426 Board positions.

Travel Committee Rosie Perez announced that there are 12 spaces available for the trip to Georgetown.

Meeting adjourned at 2:20 pm.

Submitted by Marilyn Totten, Assistant Secretary

Chapter 2426 Treasurer's Report
Barbara Fetonte

Account balances:

Savings	25.00
Regular Checking	2414.94
Travel	2577.02

Please welcome our newest members Ethel Anderson, Jacqueline Bunton, Jeannie Ferrier, Patricia Grelle, Michael Harton, Nancy Moore, Doris Myers, Patricia Rossett

2019 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

Committee Chairs

Community Service:	Pat Thomas	512-441-1485
Roll and Stroll	Deborah Fennell	512-282-9931
Greeters:	Marilyn Totten	512-280-8030
Health:	Randy His	512-663-8196
Hospitality:	Connie Flores	512-444-8636
Legislative:	Debbie Galloway	512-217-1566
Membership:	Margaret Hughes	512-956-3297
Newsletter Editor & Web Manager		512-923-3218
Program:	Jose Saenz	512-554-1583
	Crispin Guzman	737-222-8155
Phone Committee Chair		
	Elaine Benton	512-799-2224
Sunshine	Kathryn Stone	512-441-6038
Travel	Mario Macaluso	512-432-5255

Chapter 2426
October Birthdays

Lupe	Ruiz	1	Joanne	O'Neill	17
			Mary		
Barbary	Keith	4	Joyce	Wyatt	19
Mary Ann	Brown	4	Gilbert	Puga	20
Joseph	Vasquez	4	Pat	Hill	23
				Smythe-	
Caroline	Compton	6	Florence	Macaulay	23
Patricia	Rossett	6	Morris	Thompson	23
Claudette	Daywood	8	Donna	Burrough	24
Juanita	Gonzales	9	Chinell	Williams	26
Jacqueline	Gaylord	10	Cathy	Barnes	26
Aretha	Preston	11	Jane	Upchurch	27
Miles	Abernathy	12	Patricia	Grelle	27
Jim	Tourtelott	13	Bonnie	Broyles	28
Mary Loy	Tobar	14	Texanna	Turner	30
Barbara	Tiedt	16			

October Anniversaries

Rose Marie and Tomas Garza	15
Josie Garcia	29

**Chapter 2426 Trip
Houston Space Center
September 10, 2019**



**CIVIC AND/OR
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