

# South Austin AARP

## Chapter 2426

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

November 2019

Wednesday  
Age-Friendly Austin  
November 20 1:00 p.m.



The speaker will be Tabitha Taylor, Age-Friendly Action Plan Program Coordinator for the City of Austin. She had been scheduled to speak in June but her baby arrived early. We are pleased she can join us for our November meeting.

Seniors and pre-seniors are the fastest-growing demographic in Austin according to the city demographer. Austin must better prepare for the growing population of seniors. The city took a crucial first step in declaring itself an Age-Friendly City, adopting the Age Friendly Action Plan, and amending Imagine Austin to include consideration of the needs of Austin's aging population. The Commission on Seniors recommended for the 2019 City budget a Project Coordinator focusing on senior issues to ensure success in meeting the needs of seniors. The Program Coordinator will be housed within Austin Public Health and will oversee, promote and encourage implementation of the Age-friendly Austin Action Plan (AFAP) in order to create a supportive, welcoming and vibrant environment for older adults. This position works collaboratively with the City of Austin departments, Imagine Austin team, Commission on Seniors, and the broader Austin community.

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

Community Service

Pat Thomas

### November Food Drive for South Austin Food Pantries

Please bring packaged food items to our November meeting. Items collected will be distributed to South Austin pantries st Ignatious and Bread for All. Suggested items:

Cereal, oatmeal, canned beans, canned meat, pasta, soup, canned meat, dry pinto beans, canned fruit

*Any help you can give will be much appreciated.*

### 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 House.

### December Holiday Gift Bags



Each year as a community service project we ask chapter members to bring a 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. Please also designate whether your bag if it is for a male or female.

#### Suggestions of items to be placed in the bags.

Pocket calendar	Oatmeal packets
Tea bags	Applesauce packs
Hot Chocolate packs	Hand towel
High Lighter pen	Small fleece blankets

Hand or body lotion	Handkerchiefs for men
Sugar free cough drops	Notepads/pen
Small mirror or comb	Puzzles
Chap Sticks	Perfumed Soap
Chocolate pretzels	Roasted peanuts
Socks or slipper socks with grippers on the bottom	

If you have questions, please contact Diane McGowan, [dianecg70@gmail.com](mailto:dianecg70@gmail.com) 512-892-4416 Consider becoming a volunteer for Drive a Senior Central Texas. For additional information: <https://driveasenior.org/volunteer/>

**Volunteer Hours**  
*Ed Gonzales*

**SEPTEMBER HOURS: 2,573 \***  
**YEAR TO DATE: 6,279**

**\*This number is larger than usual as one member had not submitted hours for many months and 8 new people submitted hours. You may submit hours from previous months. Please print the form on the last page, fill it in and bring it to the November meeting.**

## Chapter 2426 Volunteer

*Each month we will feature a member volunteer. If you would like to nominate someone, please contact Diane McGowan, [dianemcg70@gmail.com](mailto:dianemcg70@gmail.com)*

**Althea Conrado**



Althea has been a lifelong knitter (learning at the age of 5, and knitting for 82 years) Starting as a sub-teenager, she knitted gloves with a missing trigger finger for machine gunners throughout WWII. She knitted for herself and her large family through the years but later in life, she saw a

greater need and began her own personal charity knitting blankets and lap robes for groups caring for abused women and children, for Ronald MacDonald House, for nursing homes and for the last several years for hospice patients. During these latter years, she has been honored by Coming of Age for volunteering over 2000 hours per year. She reports her hours to Chapter 2426. Our volunteer numbers are high because of her contribution. Her help is much appreciated. She personally provides all the yarn used in these hundreds of blankets and lap robes.



**Roll and Stroll**  
*Pat Thomas*  
*Deborah Finnell*

ROLL & STROLL ACTIVITIES FOR NOVEMBER AND DECEMBER - IF THE WEATHER COOPERATES.

Deborah and Pat have been working on plans for several fun activities. Listed here is a brief description of what we are currently planning. Please put these dates on your calendar as the holiday season offers us many opportunities. A more detailed description will be emailed to you in about 10 days. Pat is back in action but the MD recommends that she slow down a bit. She is thinking about it.

1. **Saturday November 23rd** East Austin Studio Tour -View web page for additional information <https://www.austintexas.org/austin-insider-blog/post/east-austin-studio-tour/> We will announce departure time via email. We have previously done this tour but this year we will be visiting a new location. East Austin is becoming a major venue for artist studios.
2. **Friday December 6th** - Austin Christmas walk. Description will be sent to you via email. We will depart Westgate Transit Center at 3:00 am for shopping, laughter and dining. Trust me ...you will enjoy it.
3. **Tuesday, December 17th** - Austin Public Library - THE BIG HOLIDAY SING in the central public library event center. This trip is similar to the

Woodstock event we attended but this event features holiday songs with the leadership of Conspirare. Don't miss this beautiful event. We will meet at Westgate Transit Center at 3:00 am to eat before the event. After the music event we will walk along 3rd Street to view the Christmas shops and return back to Westgate by 8:30 pm.

THE FOLLOWING EVENT IS NOT A ROLL & STROLL BUT IS HIGHLY RECOMMENDED AS A WONDERFUL SERVICE OF THANKSGIVING

Each Thanksgiving service is hosted by a different religious congregation, and this year's event on **November 24th** will be hosted by the Austin Hindu Community. Since the Temples in Austin are not big enough to seat over 1,200 people, the service will be held at the beautiful Riverbend Church, details are as following:

35th Annual Interfaith Thanksgiving Service and Celebration

**Health**  
*Randy Hsi*

**October 2019 Meeting of the Health Committee**

Possible programs for 2020 were discussed:

- February - Seton Heart, transplants, medical staff and patient
- May - *The aging brain*, dementia and Alzheimers; Panel Discussion, AGE ( Rob Faubion) , Alzheimer Association (Carrie Steckl) , Liana of Austin (Laura Dutton)
- September - Nutritionist, Healthy Eating

Diane McGowan will coordinate the Christmas bags for Drive a Senior.

The Committee meets the last Friday of each month at Panera Bread on William Cannon. However, the next meeting falls on the day after Thanksgiving so the meeting date for November will announced at a later date

**Note: Roll and Stroll**  
**NO trip scheduled for November 8 nor**  
**November 14**

**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
	Deborah Fennell	512-282-9931
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:	Kathryn Stone	512-441-6038
Travel	Mario Macaluso	512-432-5255

**2020 Membership Dues**

It is time to pay your \$10 yearly chapter dues for the fiscal year 2020. Chapter 2426 fiscal year is January through December. I know this can be quite confusing because your AARP national dues may not be due yet. The chapter dues and the national dues are separate. Every year we ask for yearly dues. With your yearly dues, you get a copy of our monthly newsletter, access to the Roll and Stroll, the day trips, and our informative monthly meetings. To be considered an active member of Chapter 2426 your 2020 yearly dues must be paid by March 2020. Any dues paid in the months of October, November, and December are credited to the 2020 yearly Chapter dues. Please bring \$10.00 to the next meeting for your 2020 yearly dues. If unable to attend the meeting, you may mail the dues to Barbara Fetonte, 8301 Washita Dr, Austin, TX 78749. If paying by check, make the check out to AARP Chapter 2426. Remember if you are 85 or older, you are exempt from paying the yearly dues.

## Chapter 2426 Treasurer's Report

*Barbara Fetonte*

Account Balances are

Regular Checking \$2215.23

Travel \$1319.02

Savings \$ 25.00

Our total membership is at 227. Please welcome new member Mary Martinez.

## AARP Day October 14

Thank you to the Chapter 2426 members who participated in AARP day. The speakers for the event were State AARP Advocacy Staff who gave an update on AARP activities with the Texas Legislature and Lynn Shank who provided an update on the national Medicare coverage, Medicare Advantage program and the supplement parts D and beyond.

- American Diabetes Association's Houston - Jim Saunders <http://www.diabetes.org/in-my-community/localoffices/houston-texas/>
- Brookdale Horizon Bay Round Rock - Terri Martinez  
<https://www.brookdale.com/communities/horizon-bayround-rock/>
- Capital Area Council of Governments (CAPCOG) - Patty Bordie, Executive Director; Jessica Martone-staff; Rhonda Thompson-staff  
<http://www.capcog.org/>
- Capital City Village - Johanna Mandel, Volunteer Director; Bonnie Gilson  
<https://www.capitalcityvillage.org/>
- Capital Metropolitan Transportation Authority Lonny Stern, Community Involvement & Guillaume Vigier & Jordan Smith  
<http://www.capmetro.org/RFID/>

- Central Texas Austin Palliative Care - Dr Robert Freidman & Desiree Tyrpak  
<https://www.hospiceaustin.org/patient-familyservices/types-of-care/palliative-care-specialists/>
- ClearCaptions, LLC - James Carr, Title IV ADA Specialist / Austin Market  
<http://www.Clearcaptions.com>
- Cook Walden Dignity Memorial - Sarah Carney  
<http://www.dignitymemorial.com/cook-walden-funeralhome/en-us/index.page>
- Health Markets Insurance Agency - Randolph "Randy" Hsi <http://www.healthmarkets.com/>
- Hospice Austin - Virginia Rojo  
<https://www.hospiceaustin.org/>
- House of Friends - Alzheimer Care (Bethany UMC) - Susie Petersen  
<http://www.bethanyhof.org/>
- Mature Driver Program - Julia Davies (Baylor Scott and White Health)  
<https://www.bswhealth.com/>
- Pioneer Farms - Jon Durbin CFO-Treasurer; Mike Ward CEO; Claire Steffen Exeripence Director <https://www.pioneerfarms.org/>
- Sam's Club Hearing Check - Allen Avilla  
<https://www.samsclub.com/c/hearing-solutions/9155>
- Texas Assurance Care - Lynn Shank  
<http://txassurancecare.com/>
- Texas Senior Living Locators Personalized Assisted Living & Memory Care Location Services (Travis, Wmson & Hays Counties) - Michael Gill <http://www.TexasSLL.com>
- Joy, Peace and Love - Juanda and Les Bergquist  
<https://joypeaceandloveart.com/>

Please print the last page of the newsletter and bring your membership dues for 2020 and your volunteer form to the next meeting..

**Chapter 2426  
Draft Meeting Minutes  
October 16, 2019**

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

**AARP Chapter 2426**

**Minutes from the October 16th, 2019 Meeting**

Vice-President Elaine Benton called the meeting to order and lead the Pledge of Allegiance at 1:00 PM. Announcements: The next regular Chapter meeting will be on November 20th @1:00PM at the South Austin Senior Activity Center. The next Board meeting is to be announced at a later date, time and location to be determined.

**OLD BUSINESS**

AARP Day was held on October 14th, 2019 at the Bethany United Methodist Church, located at 10010 Anderson Mill Road. We are pleased that our Chapter was the best represented as we had 26 members attending.

**Minutes:** The minutes of the September 18th, 2019 meeting as published in the recent newsletter were corrected and approved.

**PROGRAM**

Fraud, Scams and Personal Safety was presented APD Senior Police Officer Shawn Rougeou and covered a wide range of potential frauds and scams being perpetrated on seniors.

**COMMITTEE REPORTS**

**Attendance and Membership Committee**

Margaret Hughes announced that today we have 10 guests, 8 new members since our last meeting and a total of 80 attendees present. We now have 250 members.

**Treasurer's Report**

Barbara Fetonte reported by email that the Account Balances were: Regular Checking \$2424.82 ;Travel; and Savings \$25.00

**Community Service Committee**

Chairman Deborah Fennell announced two upcoming Roll and Stroll trips. On October 30th we will be going to Texas State Museum and on November 8th, we will go to the LBJ Library to see the Motown Exhibit. Buses will leave at 10:30am from the CapMetro Bus Center located at 2027 East Ben White.

**Health Committee**

Randy Hsi, Chairman, identified his fellow committee members and thanked them for doing an excellent job. Next year there will be at least 3 health related programs to be offered, such as one on Alzheimers , one on Heart health and another yet to be determined.

**Sunshine Committee**

There were NO October Birthdays and NO Anniversaries.

**Travel Committee**

Mario Macaluso announced that the trip the Alice theater in Georgetown is full, but you can get on the waiting list. In early spring of next year, there is a planned trip to San Antonio to visit the Tower of the Americas and the Institute of Texas Cultures, along with lunch and shopping.

**Hospitality Committee** Members again were thanked for their generous food offerings and are encouraged to help themselves to any items left over.

**Program Committee**

Chairman Crispin Guzman reported that next month's program will be on Senior Programs and an upcoming Senior Conference. In December we will have our annual Christmas Social with food and entertainment. Remember: Bring your aluminum ring tabs to Rita Forbush for the Ronald McDonald House.

With no further business, the meeting was adjourned at 3:20pm

Ed Gonzales,  
Secretary

**November Birthdays**

Mimi	Tehrani	3	Kay	Roeber	18
Juanita	Miyasaki	4	Dorothy	Scrimgeour	18
John	Conrado	6	Carol	Ahlgren	22
Loretta	Dahmus	7	Billie	Fennell	23
Nell	Sanchez	7	Elaine	Loyd	26
Nelli	Aguirre	10	Elaine	Benton	28
Doris	Moore	13	Barbara	Fetonte	29
Carol	Mackey	13	Bernard	Natho	29
Esther	Bower	16			

**Anniversaries**

Ed and Harriet Gonzales	18
Lucy Estrada	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	
<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 2020**

**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