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.

**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

**Refreshments:** Please bring snacks or finger foods. Thanks to our members who faithfully provide refreshments each month.
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  512-892-4416
Consider becoming a volunteer for Drive a Senior Central Texas. For additional information: https://driveasenior.org/volunteer/

Roll and 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/](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

### 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

**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.
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

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

<table>
<thead>
<tr>
<th>Officers</th>
<th>Phone Numbers</th>
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</thead>
<tbody>
<tr>
<td>President: Pete Skalnik</td>
<td>214-704-9562</td>
</tr>
<tr>
<td>Vice President: Elaine Benton</td>
<td>512-799-2224</td>
</tr>
<tr>
<td>Secretary: Ed Gonzales</td>
<td>512-444-3335</td>
</tr>
<tr>
<td>Assistant Secretary: Marilyn Totten</td>
<td>512-280-8030</td>
</tr>
<tr>
<td>Treasurer: Barbara Fetonte</td>
<td>512-282-1944</td>
</tr>
<tr>
<td>Assistant Treasurer: Rosie Perez</td>
<td>512-440-7050</td>
</tr>
</tbody>
</table>

| Board of Directors (in addition to officers): |
| Nancy Crowther | 512-444-5726 |

<table>
<thead>
<tr>
<th>Committee Chairs</th>
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<tbody>
<tr>
<td>Community Service: Pat Thomas</td>
<td>512-441-1485</td>
</tr>
<tr>
<td>Deborah Fennell</td>
<td>512-282-9931</td>
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<tr>
<td>Greeters: Marilyn Totten</td>
<td>512-280-8030</td>
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<tr>
<td>Health: Barbara Kaiser</td>
<td>512-282-0960</td>
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<tr>
<td>Gail Glick</td>
<td>214-808-6622</td>
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<tr>
<td>Hospitality: Connie Flores</td>
<td>512-444-8636</td>
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<tr>
<td>Legislative: Debbie Galloway</td>
<td>512-217-1566</td>
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<tr>
<td>Membership: Margaret Hughes</td>
<td>512-956-3297</td>
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<tr>
<td>Newsletter Editor And Web Manager: Diane McGowan</td>
<td>512-892-4416</td>
</tr>
<tr>
<td>Program: Jose Saenz</td>
<td>512-554-1583</td>
</tr>
<tr>
<td>Crispin Guzman</td>
<td>737-222-8155</td>
</tr>
<tr>
<td>Phone Committee Chair: Elaine Benton</td>
<td>512-799-2224</td>
</tr>
<tr>
<td>Sunshine: Kathryn Stone</td>
<td>512-441-6038</td>
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<tr>
<td>Travel: Mario Macaluso</td>
<td>512-432-5255</td>
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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.

- 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]
- 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/hearding-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..
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 Roeb 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

November, 2019

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____________

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<th>Category</th>
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<td>AARP Annual Day of Service</td>
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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>Long-term Care/Nursing Home Support</td>
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<td>Independent Living/ In Home Care</td>
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<td>All Other Volunteer Areas</td>
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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