

South Austin AARP Chapter 2426

Website: www.southaustinaarp.org

February 2020

Wednesday
February 19 1:00 p.m.

Trends in Cardiology

Dr. Itamar Birnbaum. Cardio Texas

Please note: we ask you to wait until 12:30 pm to enter the meeting room to allow time and space for setting up the room.

Dr. Itamar Birnbaum is a Board Certified Cardiologist who specializes in Interventional Cardiology. His goal in caring for his patients is to arm them with the knowledge and understanding of their medical condition to help them fully participate in shared decision making. He has published in medical journals on topics including basic cardio-myopathy. He has conducted research to improve care for Cardiology patients. He has also been a featured speaker at large national meetings. Dr. Birnbaum is a former combat medic and during his service was a clinical instructor in military medicine research.

Refreshments: Thanks to our members who faithfully provide refreshments each month.

We are trying to reduce the amount of time spent going through the line. Remember this is for snacks not for a meal. Please bring snacks or finger foods. Please do not bring anything that requires the

Volunteer Hours

Ed Gonzales

Total for the Year 2019: **8,971**

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

Travel *Mario Macaluso*

The next day trip will be to the Institute of Texan Cultures in San Antonio with a guided tour April 14, 2020. Departure time is at 8:30 am from SASAC. Check in with Rosie starts at 8:00 am.

After the Institute of Texan Cultures there will be free time with lunch on your own at the Tower of America's or transfer to River Center to shop, eat at restaurants on the Riverwalk or the Food Court and take a boat ride if you plan your time. Coach leaves to return home at 4:30pm.

The cost of \$55 includes chartered coach, driver gratuities, admission to the Institute of Texan Cultures, guided tour, water, treats and raffles prizes.

Sign up in person at the Chapter AARP Meeting in February (Seats will go fast.)

Chapter 2426 Volunteers of the Month St. Ignatius Food Pantry Volunteers



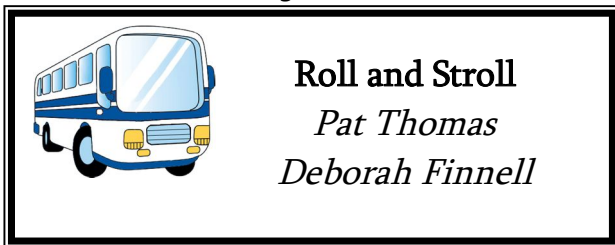
(Left to right) Connie Flores, Diane Wright, Rose Gonzales, Helena Hedrick, and MJ Tobar

Since 1978, St. Ignatius Food Pantry has been feeding the homeless as well as families and individuals who are needing food. The Food Pantry, that is partnered with the Central Texas Food Bank, is open Monday through Thursday from 9 am to 1 pm. In the last year, the Pantry provided assistance 18,807 times to households including 3,000 children and 1,600 senior citizens. In a typical month, 900 households with 2,500 individuals are provided assistance in the form of food, hygiene bags, prescription medications, and bus passes. Of these, more than 300 are homeless. Homeless may receive food / assistance twice a month; individuals and families may receive food / assistance once a calendar month.

Forty-five volunteers are the backbone of the program. Five AARP #2426 members are weekly volunteers: Helena Hedrick, Rose Gonzales, MJ Tobar, Connie Flores, and Diane Wright. Helena has worked in the food distribution area since 1980—40 years. As needed, she has assembled homeless hygiene bags, too. Rose Gonzales joined the Food Pantry 13 years ago when she retired. Thursday is her day to fill orders and bag food for clients. Connie Flores has volunteered in intake processing / counseling for 10 years. She also collects and organizes used clothing / items to share on Tuesdays. MJ Tobar has worked intake / counseling for 7 years. On Thursdays she assists clients, entering or updating their information so that they may receive our services. Diane Wright joined the Pantry food distribution area 6 years ago—filling orders and bagging food on Tuesdays.

The Food Pantry is always in need of the large plastic HEB bags with handles or the large green Instacart bags. Please save them and bring them to monthly meetings. Thank you for your support.

Each month we will feature a member volunteer. If you would like to nominate someone, please contact Diane McGowan, 512-923-3218 dianemcq70@gmail.com, or talk to her at the meeting.



Saturday Feb 1st - Oakwood Cemetery Tour

We will depart Westgate Transit Center at 11:00 a.m. and eat lunch prior to enjoying a unique tour

of the cemetery at 2 p.m. Oakwood Cemetery was originally established on 10 acres as the City Cemetery in 1839, the same year the City of Austin was established. Today, the oldest municipal cemetery in the city has more than 23,000 burials on 40 acres and hosts a beautifully rehabilitated 1914 Chapel that serves as the Visitor Center. Because of historical racial customs prevailing in the early days of the cemetery, Negroes, Mexicans and Jews were buried in areas separate from other people. Mexican burials generally occurred along the fence lines on the outer boundaries of the cemetery. Paupers were also buried along the fence lines. Two separate burial grounds for Jewish people have been set aside in section I and II. Our tour will include a walking history and cultural event to honor Tejanos buried in the cemetery. Weather for that date is projected to be a sunny 68 which is perfect for a stroll. Please register early so we can make adequate restaurant reservations.

Saturday Feb 15th -Lunar Chinese New Year Festival CANCELLED

Sorry to announce we have cancelled this Roll & Stroll because the location has been changed to far Northwest Austin at the West Wood high school. (out of bus range). If you have friends in that part of town, please encourage them to attend as it is a worthwhile event.

Coming in March a guided tour of the State Capitol with lunch in the delightful cafeteria. No date has yet been selected.

Learn about the history of this building. Impress your friends with your knowledge: Did you know that when it was first constructed, the Texas State Capitol was billed as the seventh largest building in the world.

CELEBRATING THE VISUAL ARTS & ARTISTS

Get a group of friends together to enjoy this art event. The art will be on display for all of 2020 but it is fun to participate in the opening reception with food, music and awesome art.

OPENING NIGHT: March 6, 2020, 6:00-9:00 p.m.

The Economic Development Department's Cultural Arts Division presents the People's Gallery.

Since 2005, Austin City Hall has been an annual showcase for works by Austin artists and arts

organizations. The People's Gallery reflects the artistic excellence and diversity of Austin. It also promotes the City of Austin's cultural and economic initiatives. This year over 3,000 submissions applied for consideration. Visit the People's Gallery at City Hall where over 140 artworks are displayed for the enjoyment of residents and visitors. RSVP is not required for Opening Night, as this is a "first come, first served" event. However, by registering you will be given the option to add it to your calendar, and also provide us with approximate counts for attendance. Thank you for your interest in Austin arts and artists!
<http://www.austintexas.gov/peoplesgallery>



We enjoyed a great stroll on Monday Jan. 20th to the Motown Exhibit. Weather was sunny and perfect for walking. I will try to post some pictures on Facebook. The exhibit brought back memories of life in the 60's. It also reminded us to be thankful for the accomplishments of President Johnson. Without his leadership we would not have medicare/medicaid. Also so thankful for his leadership on civil rights. His accomplishments make me proud to say I'm a Texan.

Our strolls are popular events so please ask questions or RSVP to Deborah Fennell via phone or Text at 512-915-8414

AN ANNOUNCEMENT FROM PAT THOMAS.

I will undergo my second spine surgery on Feb. 4th. This is not unexpected. This surgery is to correct age related scoliosis. It is a complex surgery with a long recovery period. You will likely not see me on

a Roll & Stroll until May. We have a Roll & Stroll committee led by Deborah Fennell so be assured we have many adventures ahead of us. We may take a rest between mid March and April as we await the return of Spring.

**2020 Officers
 And Committee Chairs**

- Officers**
- President: Crespin Guzman 737-222-8155
 Vice President Nancy Crowther 512-808-7486
 Secretary: Ed Gonzales 512-444-3335
 Assistant Secretary: Marilyn Totten 512-280-8030
 Treasurer: Bill Nicholson 512-481-8464
 Assistant Treasurer: Rosie Perez 512-440-7050
 Board of Directors (in addition to officers):
 Wanda Hasley 512-280-9276 and Marie Martinez 512-276-4771
- 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: Joann Cepero 773-710-2053
 Newsletter Editor And Web Manager:
 Diane McGowan 512-923-3218
- Program:
 Phone Committee Chair:
 Elaine Benton 512- 799-2224
 Sunshine: Kathryn Stone 512-441-6038
 Travel Mario Macaluso 512-432-5255

**Chapter 2426 Treasurer's Report
 Bill Nicholson**

Checking	\$3322.28
Travel	\$ 453.75
Savings	\$ 25.00

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. To be considered an active member of Chapter 2426 your 2020 yearly dues must be paid by March 2020. If you have not paid your 2020 dues, please bring \$10.00 to the next meeting. If

unable to attend the meeting, you may mail the dues to Bill Nicholson, 12512 Gun Metal Dr, Austin, TX 78739. 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
Draft Meeting Minutes
January 15th, 2020

President Crespín Guzmán called the meeting to order and lead the Pledge of Allegiance at 1:00 PM.
Announcements: The next regular Chapter meeting will be on February 19th, 2020 and the next Board meeting will be on January 21st, 2020, at 10:00am at the Menchaca Branch of the Austin Public Library.

OLD BUSINESS

Crespín reported that a meeting was held on January 14th, 2020 at the State Offices of the AARP to discuss the future of the Annual CLO Meeting and AARP Day. Due to a lack of a quorum present, the decision was tabled to be addressed at a future meeting to be held in February. One of the proposals up for consideration is that perhaps each local chapter would organize their own AARP day.

Minutes: Secretary Ed Gonzales asked if there were any revisions or corrections to the minutes as published in the recent newsletter. A motion was requested to approve the minutes as corrected. Diane McGowan so moved and it was seconded by Rita Furbish.

Crespín reported that at the next Board meeting, we will want to discuss potential changes to the various committees in order to be more effective and to possibly increase coordination and expertise sharing among the various committees in order to become more effective.

Chapter 2426 Officers and Board Members

The new Chapter officers and Board members gave a brief overview of their responsibilities. The new officers are: They are: President: Crespín Guzmán, Vice President: Nancy Crowther, Secretary: Ed Gonzales, Assistant Secretary: Marilyn Totten, Treasurer: Bill Nicholson, and Assistant Treasurer: Rosie Perez. The new Board Members are: Wanda Hensley and Maria Martínez.

PROGRAM

Tabitha Taylor, Age-Friendly Action Plan Program Coordinator for the City of Austin, assisted by Janeé Briesmeister, Peter Varteressian and Diana Spain gave a brief overview and follow-up to a recent presentation and then sought Chapter members input on senior issues in Austin. A survey was presented to the members asking for their thoughts regarding topics that impact their daily life. A subsequent presentation will be held in the future to discuss those issues.

COMMITTEE REPORTS

Attendance and Membership Committee

Joanne Cepero announced that today we have 2 guests, 7 new members since our last meeting and had a total of 91 attendees present. We now have well over 250 members. Joanne is the new chair of this committee, taking over from Margaret Hughes, who has held this position for years and is a long time chapter member. Margaret is moving to Llano and Chapter 2426 wishes her the all the very best and we thank her for her many years of service.

Community Service Committee

Deborah Fennell reported the following information regarding upcoming Roll and Stroll events:

Monday Jan. 20th LBJ Motown Exhibit. We will depart Westgate Transit center at 11:00 with lunch prior to our tour of the Motown Exhibit. I don't know if we will have a decent led tour but the exhibit is self explanatory. Try to remember where you were in 1965 and what was your favorite song. Weather may be cloudy but rain is unlikely. If weather is bad we will reschedule for the 24th. Want to listen to some Motown Music before we go on our Roll - Try Pandora at:

<https://www.pandora.com/playlist/PL:1125899919519155:1731281313>

We will eat at Einstein Bagels on the UT drag prior to continuing on our route to LBJ. Deborah and Pat have the route all planned out for an enjoyable stroll.

<https://www.einsteinbros.com/menu/> Saturday Feb 1st - Oakwood Cemetery Tour

We will depart Westgate Transit Center at 11:00 a.m. and eat lunch prior to enjoying a unique tour of the cemetery at 2 p.m. Oakwood Cemetery was originally established on 10 acres as the City Cemetery in 1839, the same year the City of Austin was established. Today, the oldest municipal cemetery in the city has more than 23,000 burials on 40 acres and hosts a beautifully

rehabilitated 1914 Chapel that serves as the Visitor Center. Because of historical racial customs prevailing in the early days of the cemetery, Negroes and Mexicans were buried in areas separate from the white people. Mexican burials generally occurred along the fence lines on the outer boundaries of the cemetery. Paupers were also buried along the fence lines. Two separate burial grounds for Jewish people have been set aside in section I and II. Our tour will include a walking history and cultural event to honor Tejanos buried in the cemetery.

Sunday Feb 16th -Lunar Chinese New Year Festival
 Austin Chinese Culture Festival will be held on February 16. The Festival is supported by the Austin Cultural Arts Division and will take place at the AISD Performing Arts Center. The Festival will be an all-day event consisting of a wide variety of cultural booths, diverse cultural showcases (put on by local community members), a food market offering 50+ crowd-favorite dishes. Because food is available at the event we will not make an additional lunch stop. We will depart Westgate Transit Center at 11:00 a.m. on bus #803 and transfer to #10 which takes us to the Mueller area. Last year we enjoyed this event very much. We should return home by 5:00 pm.

Coming in March: A guided tour of the State Capitol with lunch in the delightful cafeteria. No date has yet been selected.

Learn about the history of this building. Impress your friends with your knowledge: Did you know that when it was first constructed, the Texas State Capitol was billed as the seventh largest building in the world. RSVP to Deborah Fennell via Text at 512-915-8414. Text "Y" to confirm. or Email: djfenn5353@gmail.com

Sunshine Committee

The committee chair was not present so next month, we will honor both January and February Birthdays and Anniversaries

Health Committee

Randy Hsi reported that there are several health related programs planned for 2020, and that February is Heart Health month. He also reminded the members that there will be a resource table located at the back of the meeting room with various handouts and pertinent information covering many aspects of health.

Travel Committee

Mario Macaluso reported that next trip will be to visit the [University of Texas at San Antonio](http://www.utmsi.edu/) (UTSA) Institute

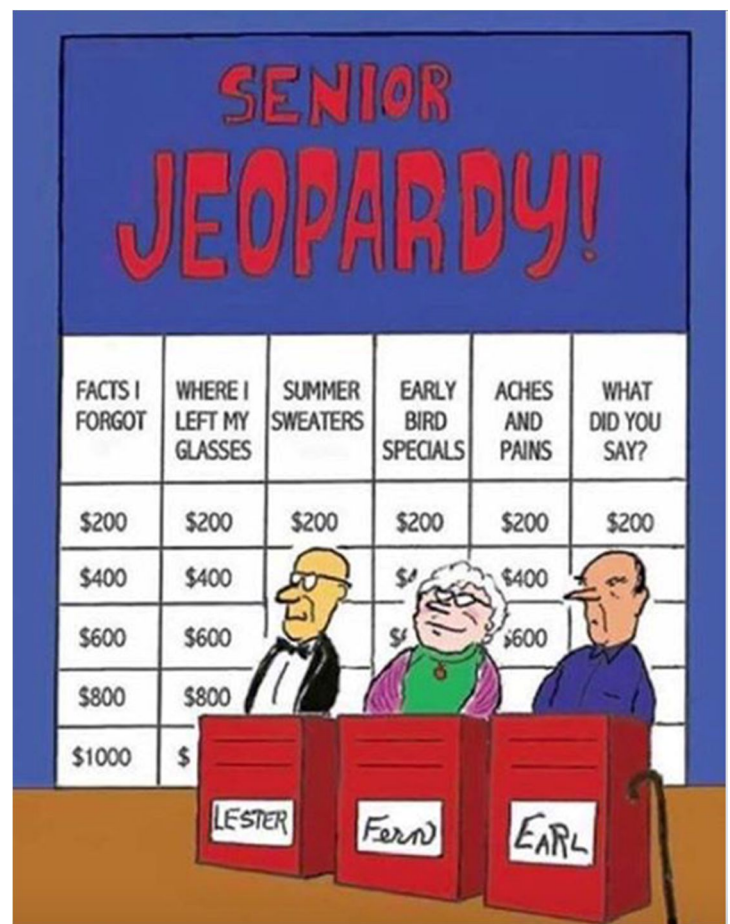
of Texan Cultures which is a [museum](#) and [library](#) located in [HemisFair Park](#) in [Downtown San Antonio, Texas](#). It serves as the state's primary center for multicultural education, with exhibits, programs, and events in celebration of the many [ethnicities](#) that make up the population of Texas. Also planned is a visit with the option to have lunch at the Tower of the Americas, a 750-foot observation tower-revolving restaurant that was built as the theme structure of the 1968 World's Fair. As before, there will be time for shopping and site seeing along the River Walk. Cost of trip: \$55, sign up at the February meeting.

Request: Elaine Benton, former acting Chapter President and a member of Phi Delta Kappa, an international organization of professional educators, asked for pledges from the chapter members to read at least one hour from any source on January 19th in honor of Dr. Martin Luther King.

Remember: Bring your aluminum ring tabs to Rita Furbish for the Ronald McDonald House.

With no further business, the meeting was adjourned at 3:25pm

Ed Gonzales, Recording Secretary



**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 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 Bill Nicholson 12512 Gun Metal Drive Austin, TX 78739

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

