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.

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

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 use of a spoon to serve.

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.
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 dianemcg70@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 Crespin Guzman 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

Crespin 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.

Crespin 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: President: Crespin Guzman, 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
Martinez.

PROGRAM

Tabitha Taylor, Age-Friendly Action Plan Program
Coordinator for the City of Austin, assisted by Janee
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 docent 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:
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 (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.

Without 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____________

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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 commitment(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