

# South Austin AARP

## Chapter 2426

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

November 2020

Wednesday

November 18, 1:00 p.m.

Senior Housing During COVID-19 - An Update

Our November program meeting is scheduled for Wednesday, November 18 at 1 pm. Michael Gill of Texas Senior Living Locators will be presenting *Senior Housing During COVID-19 - An Update*. This material was presented at the Williamson County Caregiver Conference of AGE of Central Texas in September. **Refer to website, [www.southaustinaarp.org](http://www.southaustinaarp.org), under the program tab for more information on the presentation.**

A notice to attend the meeting via Zoom will be emailed by November 15.

Please join Zoom or call in by 12:45 pm to avoid any technical delays.

At our October chapter program meeting, Neurologist Dr John Bertleson of Ascension Seton Healthcare presented *Aging and Memory in 2020*. His presentation covered dementia and Alzheimer's, memory symptoms, and diagnosis and treatment. The presentation included a Q&A session. The chapter Zoom presentation had over 30 of our members attend, our largest online attendance yet.

### Volunteer Hours

*Ed Gonzales*

Volunteer Hours for October: **1,065**

Year to date: **4,585 hours**

A great month 📣 due to some folks sending in past months totals as well!!!

**Please send or email your number of volunteer hours.** Look on the last page of the newsletter for the form.



Chapter 2426 salutes and pays our profound gratitude to all veterans past and present.

**World War I** – known at the time as “The Great War” - officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.”

**An Act** (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day." Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of this legislation (Public Law 380) on June 1, 1954,

November 11th became a day to honor American veterans of all wars.

Later that same year, on October 8th, President Dwight D. Eisenhower issued the [first "Veterans Day Proclamation"](#) which stated: "In order to insure proper and widespread observance of this anniversary, all veterans, all veterans' organizations, and the entire citizenry will wish to join hands in the common purpose. Toward this end, I am designating the Administrator of Veterans' Affairs as Chairman of a Veterans Day National Committee, which shall include such other persons as the Chairman may select, and which will coordinate at the national level necessary planning for the observance. I am also requesting the heads of all departments and agencies of the Executive branch of the Government to assist the National Committee in every way possible."

Source: <https://www.va.gov/opa/vetsday/vetdayhistory.asp>

### Message from the President

*Crespin Guzman*

Hope this message finds you and yours doing well all around and also somewhat encouraged about the coming year even with all its uncertainty. **Hopefully we can begin FY 2021 with less anxiety and greater positive outlook!**

I for one will look forward to the continuing challenge of keeping our AARP Chapter 2426 moving forward with new and improved programming for the membership that maintains and helps grow your interests. I also will be working with our Board to provide a more solid foundation for our governance and fiscal planning and activities for our senior community.

Our programs and presentations continue to grow in attendance so I want to thank you for joining us on the third Wednesdays of the month. As such, we are all looking forward to November's program presentation.

**Randy Hsi and his committee are doing a great job!**

With respect to the governance and fiscal planning, we have already begun our budget work for next year on the basis of the expectation that we will continue under the COVID 19 pandemic guidance with its related restrictions and constraints. However, we are also looking at being able to return to an activity level that engages more of our committees and subsequently the general membership. **This would then become our "New Normal"** that would introduce changes in the execution of our programming and activities such as meetings and travel. **One thing that will not change is our dues amount of \$10 for FY 2021.**

We hope to make next year exciting enough to encourage you to consider joining one of our existing committees or possibly running for a Chapter officer or Board member.

**Please let anyone on our Board or any Committee Chair know if interested. Stay safe!**

Legislative

*Mary Ragland*

**AARP will hold a Teletown Hall phone call to debrief the election on November 18 at 1 PM central time. The call in number is 877-209-3531. No PIN is required.**

#### Become an AARP Activist

AARP is making a difference – whether it's **fighting to protect your hard-earned Medicare and Social Security benefits, save you money on your utility bills or ensure you can live independently as you age.**

**Sign up at the link below to become an AARP Activist,** and you'll receive the AARP Advocate, a free monthly e-newsletter; e-mail action alerts on the issues you care about; and the latest news on Congress and the White House.

[https://action.aarp.org/site/SPageServer/?jsessionid=0000000.app217a?NONCE\\_TOKEN=72C0157607A290E8614324DEB04FBF17&pagename=Get\\_Involved&intcmp=FTR-LINKS-ACT-ADVOCATE-EWHERE](https://action.aarp.org/site/SPageServer/?jsessionid=0000000.app217a?NONCE_TOKEN=72C0157607A290E8614324DEB04FBF17&pagename=Get_Involved&intcmp=FTR-LINKS-ACT-ADVOCATE-EWHERE)

#### Find a Virtual Program

There are many activities you can find on line, from taking care of your car to dealing with grief during the holidays. Go to <https://local.aarp.org/austin-tx/aarp-events/> to register for virtual events that interest you.

#### From where I sit.

By Nancy Crowther, Board vice-chair.

I am so excited to represent chapter 2426 in not only our monthly programs on Zoom but as a representative in AARP Regional meetings. Our Chapter is engaged in our monthly programs, our planning for future programs, volunteer activities, AARP movies for grownups, Fraud Fighters, and many more activities to keep us engaged as we stay safe from COVID-19 and now, flu season.

Starting with our November meeting, a small thank you gift will be mailed to randomly-selected attendees of the meeting. Just another way to Thank YOU for your continued support and volunteer work with AARP Chapter 2426.

Be well all. Apart-Together

**Roll and Stroll and Community  
Service Committee**  
*Pat Thomas*

**A little wisdom from the Roll & Stroll  
Committee.**

A note from Pat Thomas - At the October Board meeting we talked about the budget for 2021. We also acknowledged that because of the Pandemic we will not be able to prepare gift bags for Drive A Senior. We are considering giving a monetary donation to them. If you have recommendations on how we might help additional South Austin charitable organizations please let me know your suggestions so that we can discuss at the next Board meeting.

=====  
*The following information from the New York Times newspaper columnist Brian X. Chen has been edited and condensed.*

**Fact Check the Information You Receive**

There's a disease that has been spreading for years now. It's not in our bodies, but on the web.

It has different names: misinformation, disinformation or alternate facts. Whatever the label, it can be harmful, especially now when we are experiencing events like: the coronavirus pandemic, a presidential election and protests against law enforcement. In news articles you may see misinformation referred to as a "Meme" - **a meme is a group of ideas, beliefs, and behaviors that are reproduced from the internet.**

The swarm of bad information circulating on the web has been intense enough to overwhelm Alan Duke, the editor of **Leadstories.com**, a fact-checking website. For years, he said, false news mostly consisted of phony web articles that revolved around silly themes, like myths about putting onions in your socks to cure a cold. But misinformation has now crept into much darker, sinister corners spreading false information over the internet. It's getting harder and harder to determine what you read on the internet is factual

Intentional misinformation is also creeping into videos. With modern editing tools, it has become too easy for people with little technical know-how and minimal equipment to produce videos that appear to have high production value. Often, real video clips are stripped of context and spliced together to tell a different story.

**The rise of false news is bad news for all of us.** Misinformation can be a detriment to our well-being in a time when people are desperately seeking information such as health guidelines to share with their loved ones about the coronavirus. It can also stoke anger and cause us to commit violence or spread wrong information on candidates for office. Sometimes this information comes to us from trusted well-meaning friends via Facebook or Twitter.

How do we adapt to avoid being manipulated and spreading false information to the people we care about? Past methods of spotting untruthful news, like checking articles for typos and phony web addresses that resemble those of trusted publications, are now less relevant. We have to employ more sophisticated methods of consuming information, like doing our own fact-checking and choosing reliable news sources.

**Be a Fact Checker**

Ask yourself these questions:

- Who is behind the information?
- What is the evidence?
- What do other sources say?

You could do a search to see what other publications are saying about the same topic. If the claim isn't being repeated elsewhere, it may be false.

"The No. 1 rule is to slow down, pause and ask yourself, 'Am I sure enough about this that I should share it?'" said Peter Adams, a senior vice president of the News Literacy Project, a media education nonprofit. "If everybody did that, we'd see a dramatic reduction of misinformation online. While social media sites like Facebook and Twitter help us stay connected with the people we care about, there's a downside. Even the people we trust may be unknowingly spreading false information, so we can be caught off guard. With everything mashed together into a single social media feed, it gets tougher to distinguish good information from bad information, and fact from opinion.

What we can do is another exercise in mindfulness. Be deliberate about from where you get your information. Instead of relying solely on the information showing up in your social media feeds, choose a set of publications that you trust, like a newspaper, a magazine (like AARP Magazine) or a broadcast news program, and turn to those regularly. The most frightening part about misinformation is when it transcends digital media and finds its way into the real world. Like gossip it can do much harm.

Mr. Duke of Lead Stories said he and his wife had recently witnessed protesters holding signs with the

message “#SavetheChildren.” The signs alluded to a false rumor spread by supporters of the **QAnon conspiracy** allege a child-trafficking network led by Hillary Clinton and other top Democrats. This conspiracy group had effectively hijacked the child-trafficking issue, mixing facts with its own fictions to create a false story. View the web link [WWW.Leadstories.com](http://WWW.Leadstories.com) or [WWW.Newslit.org](http://WWW.Newslit.org) The News Literacy Project for additional information on preventing false memes.

## Chapter 2426 Treasurer’s Report *Bill Nicholson*

### BALANCE SHEET October 31, 2020

<u>Assets</u>	
Chapter Checking Account	\$ 2,480.78
Travel Checking Account	376.83
Savings Account	25.00
Receivable from Clark Travel	609.75
Total Assets	<u>3,462.34</u>
<u>Liabilities</u>	
	<u>0.00</u>
<u>Net Worth</u>	<u>\$ 3,492.36</u>

### MEMBERSHIP ROSTER

The chapter membership roster is current with all the changes in a member’s mailing address, telephone number or email address; or changes to dues exempt member status because of attaining 85 years old . If you have any updates please send to: Bill Nicholson, 12512 Gun Metal Dr., Austin, TX 78739 or emailed to [wr.nicholson@outlook.com](mailto:wr.nicholson@outlook.com).

**The Membership Renewal** form can be found on the last page of this newsletter. Please submit it with dues payments and any changes in personal information for the Membership Roster. The Roster is an important source of information for the board members and the chairs of the various committees.

*“One thing that will not change is our dues amount of \$10 for fiscal year 2021.”* Crespin Guzman.

## 2020 Officers *And Committee Chairs*

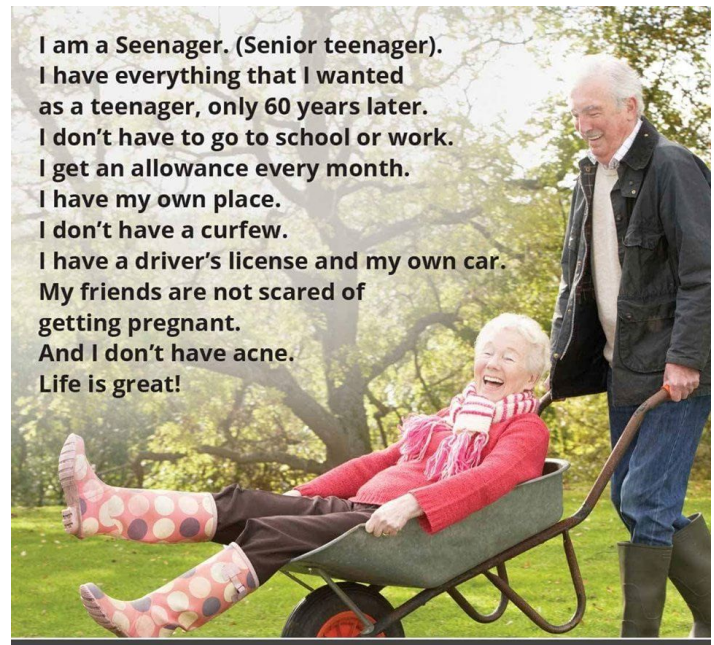
#### Officers

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:	Laura Dutton	512-740-9370
	Gail Glick	214-808-6622
Hospitality:	Connie Flores	512-536-0694
Legislative:	Mary Ragland	512-280-2661
Membership:	Joann Cepero	773-710-2053
Newsletter Editor and Web Manager:	Diane McGowan	512-923-3218
Program:	Randy His	512-663-8196
Phone Committee Chair:	Elaine Benton	512- 799-2224
Sunshine:	Kathryn Stone	512-441-6038
Travel	Mario Macaluso	512-432-5255

**Note: Even if you have not submitted your volunteer hours, you may count all the hours you have volunteered since January 1, 2020 and submit the form. Please turn in your volunteer hours. The form is at the end of the newsletter and may be emailed or mailed.**



I am a Seenager. (Senior teenager).  
 I have everything that I wanted  
 as a teenager, only 60 years later.  
 I don't have to go to school or work.  
 I get an allowance every month.  
 I have my own place.  
 I don't have a curfew.  
 I have a driver's license and my own car.  
 My friends are not scared of  
 getting pregnant.  
 And I don't have acne.  
 Life is great!

**CIVIC AND/OR COMMUNITY SERVICE BY  
SOUTH AUSTIN AARP CHAPTER 2426 VOLUNTEERS  
PLEASE EMAIL THIS INFORMATION TO ED GONZALES  
Edgonzales7@gmail.com. If you do not have email,**

**mail to: Ed Gonzales, 710 Kinney Avenue, Austin, TX 78704**

*Note: You do not have to email the form. You may list the category and the hours for that category and the total number of hours.*

**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	
<b>Total Volunteer Hours</b>			

**South Austin AARP Chapter 2426  
Annual Membership Renewal - 2021**

**PLEASE PRINT**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_ National AARP Member No. \_\_\_\_\_

Birthday (Month and Day) \_\_\_\_/\_\_\_\_/\_\_\_\_ Anniversary (Month and Day) \_\_\_\_/\_\_\_\_/\_\_\_\_

E-mail Address (Print Clearly) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Dues are \$10.00 by cash or check

Dues are waived if you are 85 or older: Yes \_\_\_\_\_

Complete and mail this renewal with your payment to (checks should be made payable to South Austin AARP Chapter 2426).

*South Austin AARP Chapter 2426, Bill Nicholson, 12512 Gun Metal Dr., Austin, TX 78739*

Please check any committee(s) on which you are interested in serving:

- |                                          |                                           |                                         |                                      |
|------------------------------------------|-------------------------------------------|-----------------------------------------|--------------------------------------|
| <input type="checkbox"/> Program         | <input type="checkbox"/> Membership       | <input type="checkbox"/> Hospitality    | <input type="checkbox"/> Telephone   |
| <input type="checkbox"/> Sunshine        | <input type="checkbox"/> Legislative      | <input type="checkbox"/> Community Serv | <input type="checkbox"/> Health Care |
| <input type="checkbox"/> Travel (ad hoc) | <input type="checkbox"/> Public Relations | <input type="checkbox"/> Newsletter     |                                      |