

South Austin AARP

Chapter 2426

Website: www.southaustinaarp.org

February 2021

Wednesday
February 17, 1:00 p.m.
Masters of the Heart



Douglas Barber

Douglas will emphasize the value of relationships (romantic and non). He will give us tips on keeping our relationships emotionally healthy, how to communicate effectively and he will touch on the popular relationship book, "Your Love Language." Douglas will also address how the pandemic has affected our relationships and offer hope to all of us

This program is perfect for national Heart Month as our heart health is physical and emotional.

How to join the zoom meeting:

If you have an email address, you will receive a link to the meeting in an email the week before the meeting.

Click on the link to JOIN THE ZOOM MEETING a few minutes prior to the meeting.

If you do not have computer or smartphone access, you may join using a phone call. Participants in the Zoom meeting will hear the dial-in participants in exactly the same way as participants who join via a computer or mobile device app

To join a Zoom meeting via telephone:

On a telephone, dial 1 346 248 7799

At the prompt, enter the Zoom Meeting ID: 943 5609 6340 and press #. Note: this is a long-distance call.

This will allow you audible attendance only (no faces/pictures).



Chapter 2426 Salutes February Black History Month

Black History Month was first proposed by black educators and the Black United Students at Kent State University in February 1969. The first celebration of Black History Month took place at Kent State one year later, from January 2 to February 28, 1970.

Six years later, Black History Month was being celebrated all across the country in educational institutions, centers of Black culture and community centers, both great and small, when President Gerald Ford recognized Black History Month, during the celebration of the United States Bicentennial. He urged Americans to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history".

In the black community, Black History Month was met with enthusiastic response; it prompted the creation of Black history clubs, an increase in interest among teachers, and interest from progressive whites.

On February 21, 2016, 106-year Washington D.C. resident and school volunteer Virginia McLaurin visited the White House as part of Black History Month. When asked by the president why she was there, McLaurin said, "A Black president. A Black wife. And I'm here to celebrate Black history. That's what I'm here for."

~~Wikipedia

CHAPTER 2426 MEMBERSHIP DUES FOR YEAR 2021 ARE DUE

The annual dues remain at \$10.00 for the year 2021. Payment before March 31 helps the Board of Directors and Chairs of the Committees plan the financial needs during these coronavirus times and after. As of now, 55 of the 161 members, who are dues paying members listed on the Chapter Roster have paid their 2021 dues. Also, there are 16 members who are exempt from dues because of being 85 years or older. So, the Roster lists a total of 177 members.

In January, Monte Jane Buaas, joined us as a new member. A welcome on behalf of all members was extended to Monte Jane.

The Treasurer's Report in this Newsletter has the mailing address to where the dues are to be sent along with a Membership Renewal form.

person meetings used to be like. **To do this we need to do some "new and different thinking and brainstorming" that starts with the Chapter Leadership.**

However, as always if you have any **"creative ideas on member engagement"** please share them with your leadership group.

Enjoy what appears to be a New Beginning for 2021; stay safe.

We were saddened to hear of the death of Doris Holdcroft, a long-time member of South Austin AARP chapter 2426. Many will remember Doris for her lovely Faberge-style painted eggs. She also made beautiful thread-painted cards and donated sets of them to our fund-raising raffles. Doris was 94.

From Where I sit

Nancy Crowther, AARP Chapter 2426 Vice-President

Message from the President

Crespin Guzman

WOW! As soon as vaccines showed up in town, it seemed like things began to change all around us and for the better at that. The anxiety level came down and the anticipation level of getting the vaccines went up. Now it is a matter of sustaining a steady flow of getting them to all in the community so as to create a path towards normality. Stay the course by following local health official instructions and trust that the system will work in our favor as it is intended to do.

As for our Chapter, we will continue to provide our General Membership Meetings via Zoom so expect guidance information on connecting to the meeting. Along with that will be Program information as to our speaker and topic for February. **Our Program Committee has a wonderful program planned for you.**

I will be having the Chapter Board meetings on the Thursday mornings the week before the membership meetings. To that end, I will communicate the agenda and Zoom meeting information directly with the Board members and Committee Chairs. **It is very important that the Chairpersons participate** because we want to plan some activities that may get us back to having a program component and possibly an additional activity that does not require food sharing. In essence, we would be replicating a similar aspect of what our in-

Hearts to all our 2426 members! This time of year always brings me hope that Spring is coming, and flowers are ready to bloom! Our Board has been busy on your behalf to keep programs running and getting members engaged. As I spoke to the Regional AARP chapters last week, I found just how lucky we are to have such a robust group of volunteers! Our monthly program meetings are planned in advance and we do seek input from our members. The one thing I hope everyone does by March 31st is to pay their dues to remain members of the chapter and continue in the fold of educational, informational, and fun programs. Please join us by phone or computer as we keep together while we are apart!

Valentine's Day which is the most awaited day by the lovers all over the world is here to come. All the lovers are eagerly waiting for this day as this day gives them an official opportunity to express their love to their crush. Valentine's day which is on 14th of February every year is preceded by a valentine's week. Valentine's week starts from 7th Feb. to the 14th. It is also called **love week** or **romance week**.

Rose day— Sunday, Feb. 7th. On this day you can give red, yellow, pink roses to different people depending on your feelings for them. Flowers are the most beloved things among them roses are one of the favorites. So,

this day is for the exchange of roses with romantic messages.

Propose day– Monday, Feb. 8th. On this day you can approach your crush and tell them what you feel for them directly. You propose to your loved one. Proposal should be made special by keeping in mind the venue surrounding and gifts. This is important if you want to make a marriage proposal.

Chocolate day–Tuesday, Feb.9th. On this day you can spread happiness giving chocolate to your near and dear ones. And to your loved one’s girlfriend or wives, boyfriend, or husband, you can give the special heart shaped chocolates and gifts of course.

Teddy day– Wednesday, Feb. 10th. Teddies are the cutest gift to be given to your beloved person. They can be cuddled when we miss someone. They can be hit and punched upon when we are angry and also, we can cry our hearts out on them. On this day lovers give small and big teddy to their loved ones.

Promise day– Thursday, Feb. 11th. Promises are easy to make but hard to keep. It is good to make promise, but we should be good at expressing our love and affection to our loved one rather than just making promises. Make promises this Promise Day but **DO** fulfill the previous ones to make your relation strong.

Hug day (Virtual)– Friday, Feb. 12. On this you share the happiness by hugging your near and dear ones as it is only hugs which can brighten up someone’s day. It is warm and charming feeling and makes others happy. Hug is an important feeling of expressing love and affection.

Kiss day–Saturday, Feb. 13th. Kiss is the sweetest form expression to show love. It is the sixth day. You can express love in hundreds of ways, but the best form of expression is kiss. There are different types of kiss such as French kiss, lip to lip kiss, kiss on forehead. Kiss on forehead is a sign of caring and being responsible. Blowing kisses is also a sign of affection.

Valentine’s day– SUNDAY, Feb. 14th. Spend this whole day with your loved one to make them feel special. Express your love with gifts chocolates roses etc. send them romantic messages, Hallmark cards, images and wishes.

“If I had a flower for every time, I thought of you... I could walk through my garden forever.” – Alfred Tennyson, Poet

Legislative *Mary Ragland*

From the AARP national website

<https://www.aarp.org/politics-society/advocacy/info-2020/jenkins-letter-coronavirus-lobbying-virtually-05-01.html>

Taking Your Coronavirus Concerns to City Hall, State Capitals and Washington

by Jo Ann Jenkins, CEO, AARP

From the beginning of the coronavirus crisis, AARP has been working around the clock to make sure policymakers hear your voices and your concerns in city halls, state capitals and Congress. Our advocates have been communicating regularly with governors, mayors and state legislators, as well as senators, representatives and government officials in Washington, D.C.

This is the work AARP does on your behalf day in, day out — even in normal times. But things are different now. Instead of in-person events, we’re using technology to connect with you. We’re holding more than 140 [tele-town halls](#) with health experts and federal, state and local government officials across the country, so that you can speak to them directly about the pandemic. Hundreds of thousands of you have called in, asking about how to keep your loved ones safe, about when stimulus payments go out and whether you’re eligible, about how to [avoid coronavirus scams](#), and more.

When it comes to our outreach to national leaders, your input is vital. This week, staff and volunteers from our offices in all 50 states — plus Puerto Rico, the District of Columbia and the U.S. Virgin Islands — were scheduled to travel to Capitol Hill for an annual event we call AARP Lobby Day. We walk the halls and meet with congressional representatives to shine a spotlight on the problems most important to older Americans. Because of the coronavirus, we changed course and embarked on AARP Virtual Lobby Week.

This week, from our kitchens and living rooms, we’re meeting with congressional representatives via videoconferencing, social media and phone. We’re urging them to focus on the pandemic response, [especially the tragedy unfolding in nursing homes](#). We’re demanding that Congress ensure that all long-term care facilities have enough personal protective equipment to keep staff and your loved ones safe. We’re demanding testing in these facilities, and

that when tests come back positive, that data be quickly communicated to families and made public. And we're demanding [virtual visitation](#), allowing you to check in on your loved ones in the same way so many of us are keeping in touch with each other these days. You have a right to know what is happening inside these facilities — and you want to know. [Our new poll finds](#) that 9 in 10 Americans age 50 and older would support additional federal action to assist nursing homes and other care facilities.

We're also urging Congress to take action to help the millions of seniors struggling to get by even before this pandemic. Supplemental Nutrition Assistance Program (SNAP) benefits should be increased and Americans should be able to use them when [ordering groceries online](#). And we need Congress to pay attention to the growing problem of budgets for state and local governments, which provide essential services for older Americans.

We've heard from so many of you about how hard it is to make ends meet right now. That's why Congress should continue providing extra help for those who are struggling and for those who have lost their jobs through no fault of their own. In the meantime, we've compiled [lists of resources for each state](#) that can help you find nearby food and health care assistance, as well as public health updates and other real-time information. Especially in times like these, we're looking out for our families and neighbors who are most in need.

Travel

Mario Macaluso

As the vaccine comes our way, we also look forward to the day when we will be able to get together and travel again.

I miss organizing day-trips for you and enjoying your company and friendship. And you, too, must miss traveling. I know that we will do it again once the pandemic gets under control and you will be first in line when we resume.

Traveling is good for all of us: we learn, we socialize and share. An old friend of mine by the name of Sirach encourages us to travel, though he was never a travel agent. He proclaims:

“A much-travel person knows many things; and one with much experience speaks sense. An inexperienced person knows little whereas with travel one adds to

resourcefulness. I have seen much in my travels and learned more than I could ever say. Often I was in danger of death, but by these experiences I was saved.”
Sirach 35: 9-12

Volunteer Hours

Ed Gonzales

January 2021: 75 hours

Total for 2020 : 3,520 Hours

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

Please turn in your volunteer hours. The form is at the end of the newsletter and may be emailed or mailed.

Roll and Stroll and Community Service Committee

Pat Thomas

COMMUNITY SERVICE

INFO ON PERScription DRUGS

Personal commentary from Pat Thomas

As we grow older it is common for doctors to recommend prescription drugs. These drugs may or may not help what ails you. My recent experience gave me a tension headache. I share this information with you because you may experience a similar situation. There is a medication I take to calm down my gut. For two years the prescription has cost me \$10.00 when I get it renewed. This year the doctor gave me a renewal prescription but when I went in to CVS they said Medicare (part D) no longer covered it. The cost to purchase it without insurance is now listed at over \$1000.00. I walked out of CVS angry and decided to research why this happened. What I found was that the original manufacturer stopped making the drug and that it was now offered only as a generic (I thought generics were always cheaper...not so) Without insurance the drug varied in price from \$273.00 - \$1982.00. I filed a complaint with Medicare and got a letter saying it is now covered. I went back to CVS and was told yes it was covered but only at a higher dosage. So I again left angry without my medication but the story has a somewhat happy ending. If the medication

you need is not covered by insurance, go online to one of the links listed below. These companies have agreements with the manufacturer and offer a free discount card. You need to print the coupon for your medication and take it to your local CVS or other local pharmacy. They will usually honor it. I did get my medication at a price of \$134.00 but am writing another letter to Medicare. If your prescription sounds too expensive, take time to try one of the listed links.

<https://www.goodrx.com/prescription/coupons>

<https://www.americaspharmacy.com>

<https://save.health/pharmacy-discount-card>

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Brain Teasers Answers from the January newsletter
What word is spelled incorrectly in every dictionary? - incorrectly

What never asks a question but gets answered all the time? - the telephone

What goes up but never comes down? - you age

What starts with an e and ends with an e but has only one letter in it? - envelope

How do you make the number one disappear? - put g in front one.

LAUGHTER IS GOOD FOR YOUR HEALTH - A FEW PUNS TO MAKE YOU SMILE

1. If you have to wear both mask and glasses, you may be entitled to condensation.

2. Monsters don't like to eat ghosts because they taste like sheet.

3. Be careful when you eat at Sam & Ella's Diner.

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ATTENTION CAREGIVERS - INFORMATION YOU CAN USE

MARCH 30 - APRIL 2, 2021 - Zoom Virtually from 1:00 p.m. to 2:30 p.m.

AGE of Central Texas will bring back the new caregiver support conference "Caregiver Training Camp" on March 30th through April 2nd. Designed to help first-time, unpaid family members effectively care for an older adult, the free conference will include virtual sessions each day at 1:00 pm. to 2:30 p.m. The conference is a joint effort between AGE of Central Texas and the Williamson County EMS Community Health Paramedic program, who have partnered to help reduce repeat calls and prevents falls with older adults in the rural areas of Williamson County. The new conference will assist first-time caregivers – and in particular, those living in rural areas of Central Texas –

to better manage the dynamics of their new caregiving role has been an outgrowth of the partnership.

Free Registration Is Now Open!

If you need assistance with registration, please call Natalie Alcorta at (512) 600-9275.

– SCHEDULE –

Tuesday, March 30th – 1:00 pm – 2:30 pm:

"I'm a Caregiver, Now What?!" with Lori Hill, CaregiverU Program Associate

Wednesday, March 31st – 1:00 pm – 2:30 pm:

"Tackling Medical Issues" with Lina Supnet-Zapata, Executive Director/Managing Partner for MIR Care Consultants, Inc

Thursday, April 1st – 1:00 pm – 2:30 pm:

"Preventing Falls and Caregiver Safety" with Dr. Amy Walters, Assistant Professor and Doctor of Physical Therapy Program at the St. Augustine University

Friday, April 2nd – 1:00 pm – 2:30 pm:

"The Caregiver Playbook" with AGE of Central Texas caregiving experts

Austin hires city's first-ever Civil Rights Officer as part of visionary plan

By [Katie Friel](#) City Culture

Feb 1, 2021



Carol Johnson is Austin's first Civil Rights Officer. *Photo courtesy of City of Austin*

Local leaders continue to make social equity a key priority for the city's future. On January 30, the City of Austin announced the hiring of its first-ever Civil Rights Officer.

Carol Johnson, who has spent her career fighting for civil rights and fair housing, is the newly minted CRO. With more than 20 years of experience, including as the State of Oregon Civil Rights Director and the Executive Director of the Arkansas Fair Housing Commission, Johnson will have a key role in creating a more equitable Austin.

Johnson officially begins her tenure on February 16, and chief among her tasks will be:

developing and monitoring a clear vision for the Civil Rights Office

advancing Austin's non-discrimination efforts promoting outreach, education, and awareness events for both businesses and community stakeholders

"I am very happy to have Carol Johnson join our team as the City's first Civil Rights Officer. Her extensive experience in civil rights matters will be instrumental in driving the department's programs for establishing goals, policies, and best practices that address racial equity, social equity, and inclusion for City of Austin residents," said deputy city manager Nuria Rivera-Vandermyde in a release.

The new role was created as part of [Strategic Direction 2023](#), a visionary six-point agenda for the next three to five years. Those six points — equity, affordability, innovation, sustainability and resiliency, proactive prevention, and community trust and relationships — will help guide Johnson in her new role.

"I look forward to the challenges and opportunities ahead in leading the City's Civil Rights Office toward providing racial and social equity and inclusion for Austin residents," Johnson said.

Austin's CRO is just the latest in a series of measures undertaken by local government to create a more equitable city. In December, Austin City Council announced a groundbreaking project for the city manager, Spencer Cronk, to write a social contract. That contract, the first draft of which is due this summer, seeks to create a universal standard by which the community's core values will help inform the government's decision.

Legislative:	Mary Ragland	512-280-2661
Membership:	Joann Cepero	773-710-2053
Newsletter Editor and Web Manager:	Diane McGowan	512-923-3218
Program:	Randy Hsi	512-663-8196
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

BALANCE SHEET
as of January 31, 2021

<u>Assets</u>	
Chapter Checking Account	\$ 3,363.12
Travel Checking Account	376.83
<u>Savings Account</u>	<u>25.00</u>
Total Assets	3,794.95
<u>Liabilities</u>	<u>0.00</u>
Net Worth	\$ 3,764.95

DUES FOR THE CALENDAR YEAR 2021

A member's dues for 2021 is \$10. Payment is to be mailed with a Member Renewal form to the Treasurer during this pandemic time. A payment of dues will be acknowledged by either email or postal mail.

Even though the Chapter is not having member meetings in person, payment of dues pays for ongoing expenses such as fees for ZOOM virtual meetings for members and the board of directors; insurance premiums; web site fees; monthly Newsletter costs and administrative supplies.

MEMERSHIP ROSTER CHANGES

Changes in your mailing address or telephone number or email address or changing to dues exempt status upon attaining 85 years old are to be submitted on the Membership Renewal form.

MAILING ADDRESS TO PAY DUES AND PROVIDE MEMBER ROSTER CHANGES

The Membership Renewal form can be found on the last page of this newsletter. Mail it with your dues payment for the Chapter records to:
South Austin AARP Chapter 2426 , Bill Nicholson, Treasurer
12512 Gun Metal Dr. , Austin, TX 78739

2021 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 512-280-9276and 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

**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	
Advocacy/Legislation/Information/Referral Services		Independent Living: Transportation Services	
Education/Scholarships or other		All Other Volunteer Areas	
Subtotal		Subtotal	
Total Volunteer Hours			

**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 | |