

South Austin AARP

Chapter 2426

Website: www.southaustinaarp.org

July 2021

Message from the President

Crespin Guzman

It is Summertime and the living is easy...what a great description for our current status, hopefully headed towards post Pandemic and the temperatures are rising! So, Chapter 2426 is inhaling long and deep by taking a "day off" from our programming in July. As for August, the Board of Directors will meet in July to discuss what we do for August. I am hoping to have another face-to-face Board of Directors meeting just like last time, but not necessarily at the same location.

Unfortunately, the anticipated Annual Ice Cream Social Event that we had hoped to have will not materialize and instead we propose to work on making significant progress in getting our membership back to face-to-face meetings, all together!

In order to make this happen, we have to coordinate with SASAC on the latest COVID protocols for what used to be our normal membership meetings which involved food sharing and close quarters for our numbers attending. We hope that everyone on the membership roster has been vaccinated by now and if not, we expect that specific guidelines will be developed so everyone can be safe and feel it. These next two months will give us time to work on your behalf to clarify these matters.

In the meantime, enjoy the Fourth of July holiday, stay cool and be safe.

Volunteer Hours

Ed Gonzales

June; 600 hours Year to Date: 2525 hours
Please send or email your number of volunteer hours.
Look on the last page of the newsletter for the form.

Legislative

Mary Ragland

What Does AARP Stand For?

Many of us wonder why AARP doesn't address our favorite local issues. Both state and national AARP staff do support our interests, but their support must fall within the policies developed through an extensive process of listening to volunteers. This statement is on the AARP website.

"AARP represents the needs of nearly 38 million members with lifestyles and political views as diverse as any group in the United States. Developing public policy recommendations that serve such diversity is a formidable task. We concentrate on the issues most important to those in the 50+ community as they age: economic security; health care; access to affordable, quality long-term care; creating and maintaining livable communities; consumer protections; caregiving; and ensuring that our democracy works better for all."

If you want to learn more about AARP policies and the process of developing them, go to <https://www.aarp.org/about-aarp/policies/fundamentals/>

REMINDER – DUES FOR THE CALENDAR YEAR - 2021

Half of the year 2021 is behind us. And half of the Charter 2426 members have paid their calendar year 2021 dues. The Membership Roster lists 173 consisting of 17 members exempt from paying dues because of being 85 years old or older. **Of the 156 dues paying members, 75 had yet to pay.** It is not too late to be current. The last page of his newsletter is a blank Membership Renewal Form for 2021 for you to provide information about yourself and where to send it and your \$10.00 to bring your dues obligation up to date.

Travel

Mario Macaluso

Fellow-Travelers,

As we begin to live our new-life routines once again, let us resolve to fill our days by "loving and being loved." That's the key to our personal happiness.

Once I asked a wise person: "What is more important in life: To love or to be loved? She responded: "What is more important for a bird to fly: The right wing or just the left one?"

Community Service

Pat Thomas

Why should you renew your membership in AARP #2426 ? Because it makes your brain smarter!

A few weeks ago I received a message from member Bonnie Griesemer suggesting that I read an article entitled how to keep your brain young.

<https://www.npr.org/sections/health-shots/2021/06/18/1006245255/to-keep-your-brain-young-take-some-tips-from-our-earliest-ancestors>. It is a long article from NPR relating to a new book published by Bret Stetka entitled "A History of the Human Brain" The book recounts the evolutionary tale of how our brain got here. It states that so many of the same influences that shaped our brain evolution in the first place reflect the very measures we use to preserve our cognitive function today. **"Being social, and highly communicative. Exploring creative pursuits. Eating a varied, omnivorous diet low in processed foods. Being physically active."** (I think this describes our AARP chapter)

"Challenging ourselves to new pursuits and mastering new skills can not only impress peers and ingratiate us to our group but literally help preserve our brain. New hobbies. New conversations can keep our brain function high." So I remind you of our monthly educational programs, our exploration of Austin via bus, our ventures on day trips to new adventures, our

supportive friendship and shared laughter. Keep your brain healthy...pay your \$10.00 dues for 2021.

HEALTH - COMMENTARY BY PAT THOMAS

Well, I didn't get to take my long-anticipated trip to the East coast. Instead, I unexpectedly spent four days in the hospital with a case of Diverticulitis. I am recovering but it was a scary few days because I lost a lot of blood in a short period of time which required CPR and a blood transfusion. I am going to mention a few educational links that explain diverticulitis because it is a medical problem that can occur as we age.

<https://www.mayoclinic.org/diseases-conditions/diverticulitis/symptoms-causes/syc-20371758> The treatment for this condition has

changed drastically over the past 15 years so ask your doctor for the appropriate diet.

<https://my.clevelandclinic.org/health/diseases/10352-diverticular-disease#management-and-treatment>

Eat more fiber. A high-fiber diet decreases the risk of diverticulitis. Fiber-rich foods, such as fresh fruits and vegetables and whole grains, soften waste material and help it pass more quickly through your colon. **Eating seeds and nuts isn't associated with developing diverticulitis.**

"If you've been told you have diverticulosis, this is usually not cause for concern. This condition is very common and increases with age. It is present in about 50% of people over age 60 and in almost everyone over age 80. You likely won't even have symptoms if you have diverticulosis. If you have a mild case of diverticulosis, it may go away on its own without treatment."

From Where I Sit

*Nancy Crowther, AARP Chapter 2426
Vice-President*

I do not know about you, but I find that time flies and there are always so many events going on. I want to share two important events that have taken place that have changed lives forever.

June 22nd is the 22nd Anniversary of the Supreme Court's 1999 landmark Olmstead decision.

ADAPT of Texas, a statewide disability rights organization, is celebrating this anniversary which we fought so hard to see. "Freedom, Liberation, Integration and Independence" are how ADAPT of Texas members describe the Olmstead decision.

Based on the integration requirement in the Americans with Disabilities Act (ADA), the Olmstead decision said that people with disabilities have the right to live in "the most integrated setting." Just because a person needs support services does not mean the state can closet them away in nursing homes, state developmental disability (known in Texas as State Supported Living Centers) or other institutions.

Lois Clark and Elaine Wilson were two Georgia women who had sat in institutions for years waiting on wait-lists for community services. They sued saying the state was paying for them to be stuck in institutions and could therefore afford to provide them services in the community. Though they were from Georgia, they could well have been from Texas as thousands of Texans were, and many still are, in this same situation.

In Texas, ADAPT fought for and in part using the Olmstead decision, won a policy called **Money Follows the Person** which has led to thousands of Texans getting out of nursing homes, and some state supported living centers and moving back into the communities they came from.

President George W Bush, with a push from ADAPT, took the experience in Texas and carried it forward to the national level. Though Medicaid still has an "institutional bias," people with disabilities of all ages now have a choice to live in the community with the supports and services they need.

We still have more work ahead as there are over 100,000 Texans waiting in the community for services and supports; however, we should celebrate the victories along the way.

For more background on Olmstead and a link to related resources you can go to: <https://www.tulsaohistory.org> [ADA and Olmstead Resources | ADA Anniversary Tool Kit](#)

The Attack on Greenwood

The 1921 Attack on Greenwood was one of the most significant events in Tulsa's history. Following World War I, Tulsa was recognized nationally for its affluent African American community known as the Greenwood District. This thriving business district and surrounding residential area was referred to as "Black Wall Street." In June 1921, a series of events nearly destroyed the entire Greenwood area.

On the morning of **May 30, 1921**, a young black man named Dick Rowland was riding in the elevator in the Drexel Building at Third and Main with a white woman named Sarah Page. The details of what followed vary from person to person. Accounts of an incident circulated among the city's white community during the day and became more exaggerated with each telling.

Tulsa police arrested Rowland the following day and began an investigation. An inflammatory report in the May 31 edition of the Tulsa Tribune spurred a confrontation between black and white armed mobs around the courthouse where the sheriff and his men had barricaded the top floor to protect Rowland. Shots were fired and the outnumbered African Americans began retreating to the Greenwood District.

In the early morning hours of **June 1, 1921**, Greenwood was looted and burned by white rioters. Governor Robertson declared martial law, and National Guard troops arrived in Tulsa. Guardsmen assisted firemen in putting out fires, took African Americans out of the hands of vigilantes and imprisoned all black Tulsans not already interned. Over 6,000 people were held at the Convention Hall and the Fairgrounds, some for as long as eight days. Twenty-four hours after the violence erupted, it ceased. In the wake of the violence, 35 city blocks lay in charred ruins, more than 800 people were treated for injuries and contemporary reports of deaths began at 36. Historians now believe as many as 300 people may have died.

In order to understand the **Tulsa Race Massacre**, it is important to understand the complexities of the times. Dick Rowland, Sarah Page and an unknown

gunman were the sparks that ignited a long smoldering fire. Jim Crow, jealousy, white supremacy, and land lust, all played roles in leading up to the destruction and loss of life on May 31 and June 1, 1921.

By examining historical resources, members of the Race Riot Commission determined a number of details to be undeniable. “These are not myths, not rumors, not speculations, not questioned. They are the historical record.”

At the eruption of violence, civil officials selected many men, all of them white and some of them participants in that violence and made those men their agents as deputies. In that capacity, deputies did not stem the violence but added to it, often through overt acts that were themselves illegal. Public officials provided firearms and ammunition to individuals, again all of them white. Units of the Oklahoma National Guard participated in the mass arrests of all or nearly all of Greenwood’s residents. They removed them to other parts of the city and detained them in holding centers. Entering the Greenwood district, people stole, damaged, or destroyed personal property left behind in homes and businesses. People, some of them agents of government, also deliberately burned or otherwise destroyed homes credibly estimated to have numbered 1,256, along with virtually every other structure — including churches, schools, businesses, even a hospital and library — in the Greenwood district. Despite duties to preserve order and to protect property, no government at any level offered adequate resistance, if any at all, to what amounted to the destruction of the Greenwood neighborhood. Although the exact total can never be determined, credible evidence makes it probable that many people, likely numbering between 100-300, were killed during the massacre.

Not one of these criminal acts was then or ever has been prosecuted or punished by government at any level: municipal, county, state, or federal. Even after the restoration of order it was official policy to release a black detainee only upon the application of a white person, and then only if that white person agreed to accept responsibility for that detainee’s

subsequent behavior. As private citizens, many whites in Tulsa and neighboring communities did extend invaluable assistance to the massacre’s victims, and the relief efforts of the **American Red Cross** in particular provided a model of human behavior at its best. Although the city and county government bore much of the cost for Red Cross relief, neither contributed substantially to Greenwood’s rebuilding, in fact, municipal authorities acted initially to impede rebuilding.

Despite being numerically at a disadvantage, black Tulsans fought valiantly to protect their homes, their businesses, and their community. But in the end, the city’s African American population was simply outnumbered by the white invaders. In the end, the restoration of Greenwood after its systematic destruction was left to the victims of that destruction. While Tulsa officials turned away some offers of outside aid, a number of individual white Tulsans provided assistance to the city’s now virtually homeless black population. But it was the American Red Cross, which remained in Tulsa for months following the massacre, that provided the most sustained relief effort. Maurice Willows, the compassionate director of the Red Cross relief, kept a history of the event.

Tulsa Mayor G.T. Bynum launched an investigation into longstanding oral history accounts of mass graves at various sites in Tulsa, alleged burial sites for scores of mostly-black victims of the 1921 Tulsa Race Massacre. Mayor Bynum continues to emphasize that this process, which may be long and tedious, is an *investigation*.

There is no certainty that one or more mass graves will be located. The investigation is geared toward answering, as best we can, the lingering historical question, originating through oral histories, about the existence of one or more mass graves linked to the massacre.

– Hannibal B. Johnson, www.hannibalbjohnson.com
Learn more about the on-going investigation on the City of Tulsa website here: www.cityoftulsa.org/1921graves
<https://www.tulsaohistory.org>

And so it goes, another lesson in life from where I sit.

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 512-280-9276 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

A Little humor shared by Bill Nicholson

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys, and other things, thus doing more walking. And God looked down and saw that it was good. Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things, requiring them to bend, reach, and stretch. And God looked down and saw that it was good. Then God considered the function of bladders and decided seniors would have additional calls of nature, requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good. So if you find, as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath.

Chapter 2426 Treasurer's Report *Bill Nicholson*

BALANCE SHEET as of June 30, 2021

Assets
 Chapter Checking Account \$ 3,452.39
 Travel Checking Account 25.00
 Savings Account 25.00
 Total Assets 3,502.39
 Liabilities 0.00
 Net Worth \$ 3,502.39

REMINDER - DUES FOR THE CALENDAR YEAR 2021

The dues is \$10.00 and is payable to South Austin AARP Chapter 2426. Payment is to be mailed with a *Member Renewal* form to the Treasurer during this pandemic time. Be sure to put your National AARP membership number on the form. A payment will be acknowledged by either email or postal mail.

MEMBERSHIP LIST CHANGES

Changes in your mailing address, telephone number and email address **or** changing to dues exempt status upon attaining 85 years old are to be submitted to the Treasurer on the *Membership Renewal* form. The *Membership Renewal* form can be found on the last page of this newsletter.

MAILING ADDRESS TO PAY DUES AND SUBMIT THE MEMBERSHIP RENEWAL FORM

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

Well Med Center, located at 706 W Ben White Blvd, Suite 1125A, re-opened June 21st on a limited basis. Their use of exercise equipment and hours of operation, use of space and protocols to stay safe may change. They are opening slowly and dates and time of classes may be subject to change. If seniors are interested, call 512-383-9626 for more details of their activity calendar.

**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 | |