

South Austin AARP

Chapter 2426

Website: www.southaustinaarp.org

November 2021

Wednesday
November 17, 1:00 p.m.

November 11 is **Veteran's Day**. November we honor our veterans with Veterans Day on 11.11, We will be having audience participation for our November online program on Wednesday, November 17 at 1 pm. Our November program honors our veteran members who served in the military. They'll be sharing their stories of service. Contact Randy Hsi, our program chairman, at 512 663 8196 or rhsi@healthmarkets.com so that we can get you on our list.

Message from the President

Crespin Guzman

Well, Lo and Behold, National AARP has spoken and they say that we can resume our in person meeting now! **BUT under very strict conditions within the safety and health precautions in the community in which we do our thing. So what is our "New Normal" you ask?** Try to imagine our group meetings with limitations relative to size and restrictions relative to location, health and safety.

We will try to figure that out so I will begin by saying that it is about time as all of us have been wanting to get back to establish a new sense of normalcy. However, as is always the case, **it is easier said than done**. But, here again this is why we have a Board of Directors **to show us the way even if it means redefining the FIVE W's; namely, Who, What, Where, When and Why!**

The **Who** is mostly the Board but it will include you the Members providing feedback to the Board but most importantly, South Austin Senior Activity Center (SASAC) and the City of Austin as our partners in service.

The **What** has already begun with looking at our organizational structure and its basis for being via our

founding and operating documents and if they need tweaking/reworking, we can do it. Our Vice President has volunteered to begin that effort.

The **Where** is the Chapter's Community in South Austin as we know it.

The **When** is now and as we move into 2022 and beyond. The **Why** is because after the pandemic we have to establish a New Beginning for our New Normal.

So I ask you, the Members, to continue on this journey with us into 2022 and beyond! **It promises to be new, exciting and certainly challenging!**

Stay safe.

From Where I Sit

Nancy Crowther, AARP Chapter 2426
Vice-President

Here we go again! Flipping another page on the calendar toward the end of another year. I am so proud to be a part of an active board and membership. Chapter 2426 has been able to keep our members informed through the monthly newsletters and monthly program meetings with interesting topics. Zoom has been a difficult technology to master but sure has helped to keep us engaged and informed. All this would not have been possible without the dedicated volunteers who write the articles newsletter. All chairpersons contribute to the newsletter (applause for Diane McGowen who has been doing this for 11 years!). For the program committee, Randy Hsi, and Laura Dutton, who are really in the know, have brought us great speakers. Times, they are a changing and I am hoping to get together soon. Don't lose hope and keep engaged! Psst: Don't forget to pay your dues to our Chapter 2426 Treasurer Bill Nicholson *12512 Gun Metal Dr., Austin, TX 78739*. He has done a fantastic job of keeping our financial and membership records in ship shape.

Updates on Project Connect

Jackie Nirenberg Jackie.Nirenberg@atptx.org

Please join us **Wednesday, Nov. 10 from 5:30 - 7:30 p.m.** for a North Lamar Transit Center (NLTC) Community Design Workshop! This workshop is an opportunity to discuss preliminary station concepts for the new Orange Line light rail service near the NLTC with the Project Connect design team. [Register Here](#).

The new North Lamar Light Rail Transit Center Station will be positioned adjacent to the Bus Transit Center and nearby neighborhoods. The Project Connect design team would like to identify the best ways to connect residents of the surrounding neighborhoods to the bus and rail routes coming through the Transit Center and rail station platform. The Community Design Workshop will focus on these station connection options.

While the future design of the North Lamar Transit Center won't be the focus of this workshop, there will be opportunities to provide input on that soon. Capital Metro is working on an Equitable Transit Oriented Development (ETOD) study which includes the North Lamar Transit Center area. The kickoff for the corridor-wide ETOD study is scheduled for mid-November. Stay tuned for the meeting invitation in the coming weeks. Additional Community Design Workshops will be scheduled over the next few months. Zoom meeting links for these Community Design Workshops will be added to our [Get Involved](#) page soon.

Live Spanish translation will be available. For other language accommodations, please call 512-904-0180. Requests must be made at least three working days prior to the scheduled virtual meeting date.

We hope you will join us!

Legislative
Mary Ragland

Austin's Age-Friendly Action Plan looks at improving eight areas that can positively affect the health and life of individuals age 50 and older. The plan has been in place since 2016, and now, [a 2021 version of the report](#) has recently been released to highlight goals being met.

"It is a demonstration of what all the city has been working on these past few years," said Jessica Lemann, an associate state director of outreach and advocacy at AARP Texas.

2020 brought new challenges to the aging community in Austin, including the COVID-19 pandemic and Winter

storm Uri. The Austin Age-Friendly Action Plan lacked sufficient strategies to help people handle these events.

So, details have been added to the plan to address challenges like these.

"It requires not necessarily new action items but just a chance to look at those [events] and what they meant for the aging population and how we can move forward," Lemann said.

[The plan](#) has seen many of its initial goals in the eight areas of improvement achieved. Austin now funds multiple senior housing developments, the city's Parks and Recreation Department has programs and services for older adults at 23 of their locations, and the Austin Public Library now loans hotpots and laptops long-term for older adults.

Through the plan, the City of Austin was able to hire its first age-friendly program coordinator, Lemann said.

"To have the City of Austin dedicate staff resources to aging in Austin is so impactful," Lemann said. "Without that person in the city shining that spotlight, it would be so much harder to get things done."

Austinites can get involved in making the community more age-friendly by paying attention to the work of the Austin City Council and the city's Commission on Seniors. "See what they're working on and be willing to speak at those meetings and talk about their experiences when the city asks for input from the community," Lemann said.

Austin Mayor Steve Adler wrote a letter that accompanies the 2021 report in which he expresses hopefulness about the city's ongoing efforts to be even more age friendly. "Austin is a city known for its creativity, energy and vibrancy and now also has the nation's fastest-growing population of people 55 to 64 and the second-fastest-growing population of people 65 and over," Adler wrote. "This demographic shift poses unique challenges and opportunities, and I am confident that our city will continue to demonstrate age-inclusiveness."

The eight areas that receive focus in the report are:

- Outdoor spaces and buildings
- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services

Roll and Stroll and Community Service Committee

Pat Thomas

These Boots Are Made for Walkin’- Do you remember the song made popular by Nancy Sinatra in 1966

<https://www.youtube.com/watch?v=SbyAZQ45uww>

Try to visualize Pat Thomas singing this song to you.

Austin - One of these days these boots are going to walk all over you! I do believe that we are getting closer to the reality of a Roll and Stroll that will improve our physical and mental attitude. I just returned from a nine day trip to Boston. I wish you all could have been strolling along with me enjoying the discovery of what awaits around each corner. The good news is that while we have been dormant **Austin has not stood still** and around each corner a new adventure is waiting for us.

HEALTH AND WELLNESS

Wendy Suzuki, PhD, is a neuroscientist and professor at New York University. She is also the author of “Good Anxiety: Harnessing the Power of the Most Misunderstood Emotion.” The following information is an edited version of an article appearing in the New York Times newspaper stressing the importance of exercise. **Based on her advice I suggest we keep walkin’ with or without boots.**

A neuroscientist shares the 4 brain-changing benefits of exercise- when we think about the benefits of exercise, we usually think of better sleep, more energy, maintaining a healthy weight, stronger muscles or a healthier heart. These are all true. But let us consider the immediate effects that physical activity can have on the most important organ in our bodies: the brain. Exercising is one of the most transformative things you can do to improve cognitive abilities, such as learning, thinking, memory, focus and reasoning — all of which can help you become smarter and live longer.

How exercise boosts your brain health

1. It decreases feelings of anxiety

Studies have shown that every time you move your body, a number of beneficial neurotransmitters, including dopamine, norepinephrine, serotonin and acetylcholine, gets released into your brain. These substances can decrease feelings of anxiety and depression. (Think of them as a neurochemical “bubble bath” for your brain.)

It only takes between 10 and 30 minutes of daily physical activity to instantly lift your mood. Take a short walk, or use the stairs instead of the elevator.

2. It improves your focus and concentration

A single workout can help improve your ability to shift and focus attention.

This is an immediate benefit that can last for at least two hours after 30 minutes of exercise. Studies have shown that one workout session can improve your reaction times — which means, for example, that you’re going to be much faster at catching that cup of coffee before it falls off the table.

3. It promotes the growth of new brain cells

One of the most significant benefits of exercise, scientists have found, is that it promotes neurogenesis, or the birth of new brain cells. This is essential to improving cognitive function. Researchers have shown in rats and mice that running ramps up the creation of new brain cells in the hippocampus, a small seahorse-shaped part of the brain devoted to memory formation and storage. Exercise also can improve the health and function of the synapses between neurons in this region, allowing brain cells to better communicate.

4. It protects your brain from aging and neurodegenerative diseases

Imagine your brain as a muscle: the more workout you put into it, the stronger and bigger it gets.

Longitudinal studies in humans suggest that regular exercise can increase the size of the hippocampus and prefrontal cortex, both of which are susceptible to neurodegenerative diseases such as dementia. Exercising won’t completely prevent or cure normal cognitive decline in aging, doing it consistently can help reduce or delay the onset of it.

AUSTIN - ONE OF THESE DAYS THESE BOOTS ARE GOING TO WALK ALL OVER YOU!

Pat Thomas: rollandstroll@austin.rr.com or CALL (512) 441-1485

Volunteer Hours

Ed Gonzales

October 659 hours

Year to date 4,628 hours

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



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

Travel
Mario Macaluso

Chapter 2426 Treasurer's Report
Bill Nicholson

Fellow-Travelers

We are slowly beginning to go out and to mingle. This is a good sign that we are going to meet for regular meetings and restart our day-trips in 2022. I have plenty of destinations in mind and great fun in store for everyone. Though we have endured challenging times, we are still willing to continue our journey towards the light at the end of the tunnel.

Let us always remember that

“There are only two days in the year in which we can do nothing: one day is called yesterday and the other is called tomorrow. Therefore, today is the right day to love, to believe, to act, and most of all to live.” (Dalai Lama)

BALANCE SHEET as of October 31, 2021

Assets

Chapter Checking Account	\$ 3,372.41
Travel Checking Account	25.00
Savings Account	25.00
<u>Total Assets</u>	<u>3,422.41</u>
<u>Liabilities</u>	<u>0.00</u>
<u>Net Worth</u>	<u>\$ 3,422.41</u>

MEMBERSHIP ROSTER 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 SUBMIT THE MEMBERSHIP RENEWAL FORM

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 512-280-9276 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



**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	