

South Austin AARP

Chapter 2426

Website: www.southaustinaarp.org

January 2022

Programs

Randy Hsi

The program committee is hard at work planning our calendar for 2022. Presentations planned include an update on ABIA Airport Expansion, Cap Metro Project Connect, Austin Public Health COVID, City of Austin Affordable Housing and more! We're meeting to present programs to our board at their next meeting. We will be meeting on Zoom or in person as allowed by the City of Austin. Check your email box for updates for our January meeting and this newsletter for upcoming presentations. Have a great New Year!

Message from the President

Crespin Guzman

Greetings and Happy New Year! We will begin 2022 with a good deal of anxiety **but with a greater measure of HOPE for it.** We have come this far for the last two years, so what is one more year? I will tell you what it is... because **I truly believe that all fronts of adversity will lessen; therefore, leaving only the positive fronts of opportunity!** Our Chapter was good and getting better but now we have the bigger opportunity to make it greater and even better **because you are still with us and you deserve it for yourself and our community!**

Our Board is committed to create a New Normal that welcomes our members without them feeling compromised. Whatever restrictions and constraints are put in front of us, we will make them fit our Chapter goals and objectives. As for yourselves, **you just have to decide that we can do it together.** We have a great Leadership Team in the

Board and Committee Chairs. They have already started and continue to pursue our various projects and programs to enhance your experience as a member in a safe manner. So, if you have an idea of what you would like to see happen. please share it with us.

In the meantime, be patient and let us work out the details as they become apparent. We will continue working with AARP national and our local partners to make you aware of the many opportunities for you to enjoy your virtual experiences along with any limited local group activities, like our Roll and Stroll. So, pay your dues and get your money's worth and then some. **In short, engage with us every chance you and you will not regret it.**

Stay safe and hopefully we'll see you later in the year!

Legislative

Mary Ragland

Are you an E-Advocate? If not, AARP needs you to help let congress know what you think they should do. To sign up to be an E-Advocate, go to <https://action.aarp.org/sign?intcmp=FTR-LINKS-ACT-ADVOCATE-EWHERE&intcmp=FTR-LINKS-ACT-ADVOCATE-EWHERE> When AARP needs you to know what is happening in Washington, and how to let your congressperson know your opinion, they will send an email. They don't send lots of notices, and your response will make a difference.

If you are an E-Advocate, you should have received this email update:

"UPDATE ON BUILD BACK BETTER: Senate negotiations over the Build Back Better bill hit a temporary wall, and the Senate has adjourned for the holidays.

That leaves the bill's proposal to lower Rx prices stalled as well.

The Senate planned to vote on a bill THIS YEAR, so this is a setback, but our work MUST continue — and it will. **And we know when the AARP community speaks out together, we make a tremendous impact:** This year, we've sent over 900,000 emails and made over 100,000 calls to lawmakers. Your voice is part of the reason why the need for drug reform has been central to so many of these negotiations.

We'll need you to speak up again, Negotiations will continue, and Senate leadership has pledged that there will be votes early next year — and we need to know that you'll be with us as the fight to allow Medicare to negotiate for lower drug prices continues."

Plan to Vote in 2022

Do you plan to vote by mail in 2022? Remember that in Texas you must request a mail-in ballot every year. It is time to request a ballot for 2022. If you check the box that says "Annual Application". This will direct the secretary of state to send you a mail-in ballot for every election in the year.

Request for mail in ballot

<https://www.sos.texas.gov/elections/voter/reqabblm.shtml>

Helpful hints on voting early by mail <https://www.votetexas.gov/voting/when.html#helpful-hints-on-voting-early-by-mail>

Roll and Stroll and Community Service Committee
Pat Thomas

Roll and Stroll December Activities

Roll and Stroll participants enjoyed four ambitious activities in December. We explored Music Lane with brunch at Summer House restaurant and included shopping and viewing decorations in SOCO. We had an early dinner with country music at the historic Broken Spoke. We did an amazing twilight tour of downtown lights, including a tour of the city hall People's Art Gallery. We concluded the evening by singing "Silent Night" on top of the public

library and looking with awe at the beauty of Austin. We gathered on December 30th at the Satellite Bistro for an early dinner and to say goodbye to 2021 with hopes for a healthy, happy, peaceful, productive 2022.

The gathering was limited to 25 individuals. They played a simple fun game of chance prior to dinner. When they rolled the dice with the fabulous group of seniors, they all become winners. Winner of Left-Right-Center game was Debbie Galloway. Second winner was Ignacio.



Roll&Stroll participants enjoyed a tour of People's Art Gallery at city hall. The tour was led by District 5 city councilmember, Ann Kitchen



With the help of CapMetro we are planning to celebrate Chinese New Year on Feb 16th at the AISD Performing Arts Center located in the Mueller district. More information will be coming in the weeks ahead.

From Where I sit

Nancy Crowther, AARP Chapter 2426
Vice-President

This is a new year and I hope all are doing well. I had the good fortune to SEE in-person Chapter 2426's other Board members as we met in December at Solstice. Laura Dutton was so kind to allow us to hold our meeting there. Such a nice ending to an otherwise frustrating year of COVID. And just as we got our hopes up, the virus struck again. We are very proud of our members who have stuck it out and had the opportunity to join us on zoom. I am also glad that folks were able to Roll and Stroll out in the community as we had warm days in December. All the committees are doing their part to keep programs going, events going, collecting memberships, documenting our work, and re-writing the Chapter By-Laws. Unfortunately, the hard copy we had has faded away. Now we have a subcommittee of the Board to re-write and update the Chapter By-Laws. Meanwhile, the beat goes on as we are up to Stage 4 and encouraged to stay home, wear masks and continue to avoid large crowds. We are strong and we can do it!

For the New Year I wanted to share some tips on donating foods to the food pantries as we go about to fight hunger in our city. The following are a few tips provided by local volunteers.

"In all the years I have donated food at the Holidays, I bought what I *thought they wanted*, but have never asked. I am glad I did. If you are helping a Family, maybe this can help you tailor it more. It does for me! Here are some examples:"

Good items to donate:

There are many food pantries in our Austin. They have different needs based on the clients that they serve. Some have freezer and refrigerator capacity. Check with the pantry to which you are donating for their specific needs.

Many donate Kraft Mac and Cheese in the box. Clients may not be able to use it because it needs milk and butter (perishables) which some food pantries may not be able to provide. Many pantries are able to store fresh milk and butter when available from the Central Texas Food Bank.

Boxed milk is a treasure, as kids need it for cereal which they also get a lot of.

Canned vegetables, beans, fruit, peanut butter, pasta sauce and spaghetti noodles are good to donate. Pop-top cans are good for pantries that serve many homeless people. They may have can openers for homeless if requested by the client.

Tea bags and coffee make them feel like you care.

Sugar and flour are treats.

Fresh meat is perishable and may not be donated to any pantry. Pantries may get frozen meat from the Central Texas Food Bank or pickups from local stores. However, canned tuna, salmon, Spam, or any canned meat will help with needed protein.

Most pantries get bread, buns, and desserts by pickup from local stores such as HEB, Randalls, Costco, Whole Foods and Walmart. Check with your pantry to see what they need.

Other good donations are granola bars, peanut butter crackers and protein bars.

Dishwashing detergent is very expensive and is always appreciated.

Feminine hygiene products are a luxury and women will cry over that.

Baby diapers and wipes are a much-needed items.

Baby food and cereal (glass jars accepted), and formula are much appreciated.

What NOT to donate to a food pantry:

The number one rule to remember is this: if your donation is perishable, i.e., it's something that has a limited shelf life if not refrigerated, food pantries may not accept it. But there are other categories of food that you cannot donate.

We've broken it all down into this handy list:

NO Items needing refrigeration: Food like produce, dairy, and meat can spoil easily and your local food pantry may not have the refrigerator or freezer space needed to keep these items fresh. While an

individual can't donate a bunch of bananas or a frozen turkey, many food banks do work directly with farmers, retailers, restaurants, and other companies to source these perishable foods for donation. Through the Central Texas Food Bank Feeding America helps ensure its network has access to these healthy foods year-round.

NO Expired food: When considering what to donate, think about what you'd be comfortable serving your family. Chances are, you don't eat food that's past its "use-by" or "sell-by" date, so **do not** donate anything past those dates to food pantries as it could be unsafe to eat.

NO Leftovers: While it may be tempting to want to share the bountiful food from big meals like Thanksgiving, it's best to keep leftovers for the family. To ensure the people they serve are safe, food pantries can't accept leftovers, or anything made in personal kitchens because they aren't individually sealed, and the food bank can't verify the ingredients or preparation process.

NO Food with packaging concerns: This includes food with damaged packaging such as dented or bloated cans, packaging that is already open, or even items in glass containers, which can shatter and cause food safety concerns for any other food they're stored. A good rule of thumb is if you wouldn't consider buying it new, don't donate it.

NO Baked goods: Like leftovers, since food pantries can't confirm how your baked goods were made or their ingredients, they can't be donated. But food pantries often have relationships with local restaurants or bakeries which will donate extra food that is properly labeled and handled to nearby pantries, soup kitchens or shelters.

Thank you for continuing the Mission of AARP!

Travel

Mario Macaluso

Dear Friends,
We are still waiting for the green light that will allow us to resume our delightful day-trips. As we continue to wait patiently for them, I like to share the Seven Wonders of the World listed by a

student in response to the class assignment. She listed:

1. To touch
2. To taste
3. To see
4. To hear
5. To feel
6. To laugh
7. To love

These wonders are close to us in our everyday life. So let us fly to our inner self to appreciate their beauty during these difficult times.

From the Treasurer's Retreat Room...

Bill Nicholson

The year 2021 included many accomplishments by the Chapter. The Board held virtual monthly meetings. There were virtual monthly membership meetings. The Membership Roster as of the end of year listed 175 folks including 17 being exempt from dues because of being 85 years or older. Five new members were added to the Roster. They are Evelyn Averill, Monte Jane Buaas, George and John DeMarines and Diana Stewart. I look forward to meeting them when in-person meetings resume. It is not bad for a year of temporary conditions.

The 2021 expenses included 2020-2021 Zoom Video Conference fees of \$110; donations totaling \$350 (\$150 to Drive a Senior, \$100 to American Cancer Society and \$100 to Meals on Wheels); AARP required liability insurance of \$78; web site fee of \$132; newsletter printing, postage and supplies of \$362 for those without email addresses; and administration postage of \$22.

The Board approved continuing \$10 dues for 2022 and that the dues to be paid in the first quarter of the year. **When you pay your 2022 dues, please also submit an Annual Membership Renewal – 2022 form** which is the last page of the monthly chapter newsletter. When membership meetings resume the form will also be available at the meeting

registration desk. The form provides the means to update information required on the Membership Roster, e.g., mailing and email addresses, telephone number and current **National AARP Membership Number** which is found on your red national membership card and the mailing label on the AARP Bulletin and other AARP mailings you receive.

Also, at the bottom of the renewal form is a way you can inform the Board of any committee on which you are interested in serving.

Gosh, won't it be wonderful when we can get together in person. Until then, I wish you the absolute best in 2022.

**2022 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 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 December 31, 2021

<u>Assets</u>	
Chapter Checking Account	\$ 3,056.42
Travel Checking Account	25.00
Savings Account	25.00
Total Assets	3,106.42
<u>Liabilities</u>	
	0.00
Net Worth	\$ 3,106.42

DUES FOR THE CALENDAR YEAR 2022

A member's dues is \$10 and is payable to South Austin AARP Chapter 2426. Please mail with the payment a Member Renewal – 2022 form to the Treasurer during this pandemic time. A payment will be acknowledged by either email or postal mail.

MEMBERSHIP ROSTER CHANGES

Changes of your mailing or email address, telephone number or **changing to dues exempt status upon attaining 85 years old** plus providing your National Membership Number are submitted on the *Membership Renewal* form found on the last page of the 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

Volunteer Hours
Ed Gonzales

December: 513 hours
Total for 2022: 6,099 hours
Please turn in your volunteer hours. The form is at the end of the newsletter and may be emailed or mailed.

**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 - 2022**

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 | |

