South Austin AARP
Chapter 2426

Website: **southaustinaarp.org**

February 2023

Wednesday
February 15, 1:30 p.m.

The program for this meeting will be announced via email.

We would be pleased to have members help with the refreshments. If you help bring refreshments for the meeting, it is required that they be commercially prepared and individually wrapped.

Message from the President
Crespin Guzman

February is the month with your heart in mind, whether it is via Valentine's Day or Healthy Heart Month activities. I will focus on the positive aspects of each because they sort of complement each other. You know, **Happy Heart, Happy Life!**

I would venture to say that the more you participate in our chapter's activities, the more satisfaction and gratification that is in store for you. For example, **Roll & Stroll trips along with Day Trips continue to be the talk of the day,** even long after they have taken place! The reason is relatively simple, they make you feel good and happy all over. Just by being a member of the Chapter, and being **acknowledged and celebrated by our Sunshine Committee for two Special Happy Days in your life,** well you can't beat that because it should make feel good!

So where am I going with all this? **Member recognition is one of our most important chapter goals that we want to be able to highlight as the year progresses.** This goal is particularly important *as it is a big part of our Grant Award.* We intend to maximize opportunities available to you in all the fun activities that are provided by the Chapter. **Not only those mentioned above but also with our two major celebrations, our "Summer Fest" in July and "Christmas Event" in December!**

And don't forget, we also have monthly Programs that will present topics which are both interesting and valuable to your knowledge base. I bet you probably never thought your dues could do that much for you, **the Member.**

We appreciate You! Stay Well, Be Safe!

DUES OF $10 FOR CALENDAR YEAR 2023

A reminder that dues can be paid in person at the membership meetings on February 15 and March 15. Checks are payable to *South Austin AARP Chapter 2426.* And of course, currency is accepted.

MAILING ADDRESS for DUES PAYMENTS and THE RENEWAL OR CHANGE IN INFORMATION FORM
South Austin AARP Chapter 2426
c/o Bill Nicholson, Treasurer
12512 Gun Metal Dr.
Austin, TX 78739

Travel
Mario Macaluso

The next day trip is set for April 25, 2023.

Why in April? Because there is no coach available in February and March. Luckily I was able to move the Castle's visit to April.

The schedule for this day trip will be as follows:

Check-in with Rosie: 7:30 am

Departure: South Austin Senior Citizens Center at 8 am

Returning to Austin from Blue Bell Creamery at 4pm

Activities:

-Newman Castle's visit with luncheon included

-Newman Bakery for your favorite drink and sweets

-Blue Bell Creamery for a scoop of your favorite ice cream which is also included in the price.
In addition the cost of $75.00 per person includes chartered coach, driver's gratuities, admission to castle, luncheon, water, treats and raffle.
We need a group of 35-40
participants to make the trip go. Your participation is essential to maintain prices affordable and to keep day trips alive.
Sign up: At monthly meeting Feb. 15, 2023 in person. You may also sign up from home if you are unable to attend the meeting. However you must either send your check with someone who is attending the meeting or you must mail it as soon as possible to Rosie Perez to her address:
2504 Stoutwood Circle
Austin, Texas 78745 to make sure she gets it before the meeting because we will be counting heads. Write check to AARP CHAPTER 2426.
The future of day trips depends on your participation.
DO NOT MISS COMING TO THE CASTLE!
Thank you so much for your cooperation!
Mario Macaluso Chair
Rosie Perez Co-Chair

New Day Trip Requirements

Since June 2022 our bus company requires that we do the Coach and Itinerary Booking within a 14-day window period from the day we get the Quote for the trip.
This regulation requires that we all do the Sign up and Booking at our monthly meeting to avoid forfeiting the Quote rate, the date, and the coach. By doing this we also make sure that we have the right number of participants to avoid a 25% penalty of the cost of the trip if we cancel after Booking.
So, from now on, you may enroll for day trips in person during the designated monthly meeting and if you know that you will not be able to make the meeting, you can send your check to Rosie Perez 2504 Stoutwood Circle Austin, Texas 78745. The check must be in Rosie's hands by the time she comes to the meeting.
Details of the trip such as destination, date, cost, etc. will be emailed to everyone ahead of time before the designed monthly meeting when the sign up will take place.
By doing so, we will be able to count heads and know whether or not the trip is going or it is canceled for insufficient enrollment. In this case, please, take back your check at the end of the meeting.
Thank you all for your cooperation !

AARP and Texas Legislature

Our February program featured representatives from the Texas AARP.
Tim Morstad and Andrea Earl discussed the legislative priorities including Nursing Home Reforms, Interagency Council on Aging, Utilities to protect the most vulnerable, full practice authority for advanced practice nurses, and greater flexibility in advanced care documents.
You may go to https://states.aarp.org/texas/aarp-texas-2023-legislative-priorities for an explanation of the items discussed in the program

To keep informed on the state activities **, you may go to https://states.aarp.org/texas/**
Scroll Down to Sign Up and Stay Connected
Click on Emails, complete information and then click AARP Events and fill in information

From Where I sit

Nancy Crowther, AARP Chapter 2426
Vice-President

TECH TIP Via Consumer Cellular

Volunteers need to be in the GRANT SHOPPING GROUP.
For the AARP grant, I am taking on the lead and I am asking for 3-4 volunteers to work with me on ideas and orders and the use of our grant. Please contact me at ncrowther21@gmail.com or (512) 808-7486 and let me know if you are available to help.

HOW TO AVOID ROBOCALLS WITH EASE

If you've ever answered a phone call seemingly from the number of a family member or close friend, only to find an annoying—and probably fraudulent—robocall on the other end, you're not alone. According to recent statistics, Americans will receive more than 4 billion robocalls this year! Make sure to use the following tips next time you get a call from an unknown number; it may save you a lot of trouble.
Sadly, not every robocall will be caught in this net since most scammers worth their salt is clever and relentless, always seeking new ways to get through to potential victims. Thankfully, a system aptly named STIR/SHAKEN is implemented as a filtration failsafe system to help phone networks identify scams. STIR/SHAKEN calls traveling through phone networks will have their caller ID "signed" as legitimate by originating carriers and

validated by other carriers before reaching consumers. This means that providers will now block a significant number of robocalls before they can get through or, in many cases, will reach your phone tagged as "Scam Likely" on your caller ID.

As always, the best defense against robocalls is to be diligent. The FCC provides these tips to help keep you one step ahead of scammers and spammers:

Don't answer calls from unknown numbers. Let them go to voicemail instead.

If the caller claims to be from a legitimate company or organization, hang up and call them back using a valid number found on their website or on your latest bill if you do business with them.

If you answer and the caller (often a recording) asks you to press a button to stop receiving calls or asks you to say "yes" in response to a question**, just hang up.** Scammers often use these tricks to identify their victims.

If you answer and the caller asks for payment using a gift card, it's likely a scam. Legitimate organizations like law enforcement will not ask for payment with a gift card.

Consider registering your telephone numbers in the National Do Not Call Registry. Lawful telemarketers use this list to avoid calling consumers on the list.

It is with high hopes that this information and subsequent tips and tricks will help keep you vigilant and protected against robocalls.

Roll and Stroll and Community Service Committee

Pat Thomas

Twenty AARP members and friends are looking forward to enjoying the Godspell musical on February 26th. An additional email will be mailed with instructions on parking. Currently our plan is to meet at SASAC to carpool to St. Edwards. If you have friends or family that would like to see this play tickets may be available for evening performances. Additional information available at Mary Moody Northern https://www.stedwards.edu/mary-moody-northen-theatre

AGE of Central Texas - Providing a variety of services for older adults. The new facility located at 9400 Alice Mae Lane, Austin, TX 78748 is expected to be complete by late summer 2023. Donations made to the Thrive Campaign will be used to complete construction and will be matched dollar-for-dollar by the St. David's Foundation!

To view additional information on the new facility under construction visit: https://agethrivecampaign.org/south-austin-facility

The AGE Thrive Social & Wellness Centers provide exceptional **daytime care** for older adults with physical needs or memory loss. Your loved one can enjoy an active, social day while receiving the care and support he or she needs in a vibrant community setting. Centers in Austin and Round Rock are the longest-operating, licensed adult day care programs in Central Texas. In secure facilities, your loved one will receive expert care from compassionate staff that are equipped to handle your loved one's challenging health and memory loss-related needs. Personal and medical care, activities, meals and snacks, and transportation options Affordable, quality care at $70 per day; covered by Medicaid and Veteran's benefits.

Age well with exercise: View several videos providing information on beneficial exercise and activities for older adults:

https://videos.aarp.org/category/videos/fitness

2023 Officers And Committee Chairs

Officers

President:	Crespin Guzman	737-222-8155
Vice President	Nancy Crowther	512-808-7486
Secretary:	Ed Gonzales	512-444-3335
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

Marie Martinez 512-276-4771

Committee Chairs

Community Service:	Pat Thomas	512- 441-1485
	Deborah Fennell	512-282-9931
Health:	Laura Dutton	512-740-9370
	Gail Glick	214-808-6622
Hospitality:	Connie Flores	512-536-0694
Legislative:	Vacant	
Membership:	Shirley Paz	512-689-7123
	Isabel Moreno-Orta	512-554-5338

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

Volunteers are needed to be in the GRANT SHOPPING GROUP.
For the AARP grant, Nancy Crowther is taking on the lead and asking for 3-4 volunteers to work with her on ideas and orders and the use of our grant. Please contact her at ncrowther21@gmail.com or (512) 808-7486 and let her know if you are available to help.

Chapter 2426 Treasurer's Report
Bill Nicholson

MEMBERSHIP INFORMATION
The membership as of January 26 totals 161 of which 23 are exempt from paying dues.
The following are new members joining in January: Bill Benitez, Barbara Frances, Margaret Krueger, Susan Pilson and Joe Requejo, Jr. And a welcome back to Patricia Martin and James and Nell Sanchez. Look for them at the next meeting and welcome them.
Please bring your AARP membership card to the next couple meetings so those attending the meeting sign-in table can compare it with the number and thru date on our chapter Membership Roster. The chapter is required by AARP to have on file the AARP Membership ID Number and current Valid Thru date for each chapter member.

2022 FEDERAL INCOME TAX CONSIDERATIONS
We all are receiving by postal mail and email many requests to pay not only our AARP dues, but also contribute for AARP advocacy support and contribute to the AARP Foundation.
So, I remind you that AARP and chapters such our Chapter 2426 are nonprofit social welfare organizations tax exempt under Federal Internal Revenue Code Section 501(c)(4). The dues and contributions to AARP and our chapter are not tax deductible for federal tax purposes because of the IRS Code section.
But if you contribute to the AARP Foundation, which is a nonprofit charitable organization tax exempt under IRS Code 501(c)(3), your contribution may be deductible for federal income tax purposes.
You have probably seen this information on the forms and mailing envelopes of AARP and its Foundation.

DUES OF $10 FOR CALENDAR YEAR 2023
A reminder that dues can be paid in person at the membership meetings on February 15 and March 15. Checks are payable to *South Austin AARP Chapter 2426.* And of course, currency is accepted.
Dues pay for meeting expenses, donations, committee expenses, monthly newsletter, web site fee, postage, insurance required by AARP and State filing fees. We are fortunate, there is no fee paid for our meetings held in the South Austin Senior Activity Center.

MEMERSHIP ROSTER CHANGES
Changes of your postal or email address, telephone number or changing to dues exempt status upon attaining 85 years can be provided on the *Membership Renewal or Updating Information* form found on the last page of the newsletter or available at a meeting sign-in or treasurer tables.
MAILING ADDRESS for DUES PAYMENTS and THE RENEWAL OR CHANGE IN INFORMATION FORM
South Austin AARP Chapter 2426
c/o Bill Nicholson, Treasurer
12512 Gun Metal Dr.
Austin, TX 78739

Volunteer Hours
Ed Gonzales
Total for January: 509 Hours
Total for 2023: 509 Hours
Please turn in your volunteer hours. The form is at the end of the newsletter and may be emailed or mailed.

This Could Be Us Someday
An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.
The two gentlemen were talking, and one said, ' Last night we went out to a new restaurant and it was really great I would recommend it very highly.'
The other man said, 'What is the name of the restaurant?'
The first man thought and thought and finally said, 'What's the name of that flower you give to someone you love? You know, the one that's red and has thorns.'
'Do you mean a rose?'
'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'

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

Check one: __ New Member Application __ Renewal of Membership __ Update/change Information

PLEASE PRINT

Name _____

Address _____

City _____State _____ Zip _____

Phone Number (_____) _____

E-mail Address (Print Clearly) _____

*AARP Member No. _____ Valid Thru (Month & Year) _____ /_____

**(Found on your red membership card)*

Birthday (Month and Day) _____ /_____ Anniversary (Month and Day) _____ /_____

Signature _____ Date _____

Dues are $10.00 paid by cash or check. Dues are waived if you are 85 or older: Yes, I am _____.

Complete and give this form with your payment to the Treasurer (checks payable to South Austin AARP Chapter 2426).

OR mail this form with your payment to:

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

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

____ Program ____ Membership ____ Hospitality ____ Telephone
____ Sunshine ____ Legislative ____ Community Serv ____ Health Care
____ Travel (ad hoc) ____ Public Relations ____ Newsletter