AARP

South Austin Chapter 2426

Website: **southaustinaarp.org**

May, 2023

Wednesday, May 17, 1:30 p.m.
Program: City of Austin Water Department

City of Austin Water Department Director Shay Roalson and staff member Helen Gerlach are joining us at our next Chapter meeting on May 17, 2023. The presentation starts at 2:00 pm.

Water Forward is Austin's 100-year integrated water resource plan. Water Forward is an adaptive plan to be updated on a 5-year cycle and evaluates and plans for water supply and demand management strategies for the City of Austin in a regional water supply context. Through public outreach and coordination of efforts between City departments and the **Water Forward Task Force**, Water Forward is a holistic and inclusive approach to water resource planning.

The current Water Forward Plan was approved by the Austin City Council in November 2018 and is currently in the implementation stage. The 2018 plan embraced an innovative and integrated water management process with the goal of ensuring a diversified, sustainable and resilient water future with a strong emphasis on water conservation.

Austin Water has now started the process to complete the first 5-year update to the Water Forward plan and is targeting plan completion by 2024.

Travel

Mario Macaluso

We had a wonderful day trip to the Castle and wish to thank everyone whose participation keeps day trips alive and possible.

Our day trip to Gonzales has been postponed to July 20, 2023. It will depart SASACS at 8:30 am and leave Gonzales for Austin at 3:30 pm. Details of the trip will follow.

We are going to learn more about the town and the people who started the first skirmishes that led Texans to win their independence from Mexico. Sightseeing will be followed by lunch on our own at a local restaurant and shopping spree if time permits.

Please call Rosie at 512--7050 to see if there are still available seats on the 40-seat coach.

Message from the President
Crespin Guzman

It is said that April showers bring May flowers and lo and behold, here we are with the most rain since last year's drought and **you can already see the difference with all the beautiful wildflowers along the roadways and so many open spaces in our Community and in Central Texas!** Please get out and enjoy them.

Well, the landscape for AARP is also changing and this is where YOU the MEMBERS come in.
Without You, we would not have the many aspects of our Chapter that we do. So, I want to recognize YOU who serve on all the Committees that we have had along with the Board of Directors that continue to do a great job month after month and have been doing so for the last four years! **A tip of my hat to all of YOU!**

With that being said, then what are YOU going to do to improve on what has already been done? YOU can only find that out if You join in all of the activities that the Chapter sponsors and promotes. However**, *what would really be nice is a breath of fresh air through New Ideas that YOU may already have in your mind.***

Don't delay in bringing them out to your leadership as soon as You can! **We await for your contributions** (and I am NOT referring to your dues**) and participation with us in bringing them to fruition!** As a matter of fact, our motto/title for all the Chapter projects done with the AARP Grant is ***"Advocating thru Action for Real Possibilities".***
So what are YOU waiting for...?

April Chapter Meeting

We received updates on the light rail system from the Austin Transit Partnership (ATP)and learned what's next for Project Connect.

Alvin Livingstone and Jocelyn Vokes from Austin Transit Partnership and our Program Chair, Randy His show what the future of light rail in Austin could look like.

Hall of Fame

Chapter 2426 is pleased to report that our vice chair, **Nancy Crowther,** is being inducted in the Capital Metro Hall of Fame. Inductees are recognized for the work and passion for the community and the mission of Capital Metro in providing accessible, affordable city wide transportation for all. Her contributions has made Capital Metro the first wheelchair lift accessible in the State of Texas by 1993, a mere 3 years after the landmark Americans with Disabilities Act (ADA) was signed into law in 1990. "It is amazing to work at a company where access to services is a commitment and not lipservice. I take pride in having joined the Capital Metro family to help build such a wonderful organization and services. 25 years and still on a roll!"

Roll and Stroll and Community Service Committee

Pat Thomas and Deborah Fennell

What is happening at the Central Library?

Cooking Club - Tuesday May 9th - 5:30-6:30 - Come engage with Austin's foodie community with the APL Cooking Club! Beginners to experts are encouraged to learn new skills and share old ones, swap recipes and stories, and support each other's cooking adventures guided by monthly topics.

Saturday, May 13, 2023 - 1:00 PM to 2:00 PM SOCO Women's Chorus

https://socowomenschorus.org/

SOCO Women's Chorus presents a preview of their Spring performance: Wildflowers, a celebration of female composers through the ages. Central Library Concerts bring musicians and the community together for free live performances in the heart of downtown Austin.

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Sunday, May 14, 2023 - 1:00 PM to 2:30 PM Duo da Capo Mother's Day Concert

Central Library Mother's Day Concert - Oboe duet of Sarah Oliver and Jaleen Seshadri have carefully curated this special program featuring pieces by women composers.

Let's stay healthy as summer approaches!

Does Cranberry Juice help prevent UTIs?

Women have heard for decades that cranberry products help prevent urinary tract infections. A new study appears to confirm that longstanding advice. A review of 50 randomized controlled trials found that taking cranberry supplements or drinking the juice reduced the risk of having repeat symptoms for a UTI by more than 25%.

People who were susceptible to a repeat infection after medical treatment such as antibiotics or probiotics saw a 53% reduction.

We now have a consensus that cranberry products (concentrated liquid, capsules or tablets) work for some people who experience recurrent UTI said **Jacqueline Stephens, senior lecturer in public health in the College of Medicine & Public Health** at Flinders University in Australia.

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American Heart Association - Blood Pressure: What Do the Numbers Mean and Why Do They Matter?

"The top number – the systolic – tells us how much pressure there is from blood pushing against the walls of your arteries when the heart beats," said Dr. Choudhry, a professor of medicine at Harvard Medical School ."The bottom number – known as diastolic – is the amount of pressure from blood pushing against the artery walls when the heart is at rest" between heartbeats.

When either number is too high for too long, "it causes all kinds of bad things," Choudhry said. That can include strokes, heart attacks, kidney failure and other chronic illnesses. "High blood pressure is a major cardiovascular risk factor, leading to bad outcomes in the heart and brain, and that's why it's gotten so much attention for so long."

According to the American Heart Association a normal blood pressure for adults is a systolic measurement of less than 120 mmHg and a diastolic reading under 80 mmHg. Blood pressure is elevated when the systolic consistently reaches 120-129 mmHg and the diastolic is less than 80 mmHg. It is considered stage 1 hypertension when systolic blood pressure consistently hits 130-139 mmHg or the diastolic reaches 80-89 mmHg, and stage 2 hypertension when the readings consistently reach 140 mmHg or 90 mmHg or higher, respectively. Blood pressure readings that suddenly exceed 180 systolic and/or 120 diastolic are considered a hypertensive crisis that requires immediate medical attention.

When blood pressure gets too high, arteries begin to stiffen, said Dr. Elizabeth Jackson, director of the Cardiovascular Outcomes and Effectiveness Research Program at the University of Alabama at Birmingham. They are supposed to be flexible. Think about arteries being like a garden hose. If you push a lot of fluid through and the pressure is high, the hose gets stiff and doesn't work as well. High blood pressure develops over time and can be caused by many things. Some risk factors can be controlled, while others cannot. Factors that may influence blood pressure levels include being overweight, not getting enough physical activity, eating a poor diet or too much sodium, smoking, or not getting good sleep.

From Where I sit

Nancy Crowther, AARP Chapter 2426

Vice-President

May is Older Texans Month

Older Texans are one of the fastest-growing populations in Texas. Recent statistics show that life expectancy in the U.S. has increased from 68 years in 1950 to 78.6 years in 2017. This population is projected to grow from 16% of the population in 2019 to 21.6% of the population in 2040. Texas honors our older adults during the month of May, designated as "Older Texans Month".

Reasons for the growth explosion are numerous. Texas is a leading state for relocation from other states. A large percentage of that influx is retirees looking for warmer climate as well as wanting to move into welcoming and supportive communities. The variety of services in our state for senior Texans is another draw for the Lone Star State.

Services for older adults can be found at the Texas Health and Human Services (HHS) and their Area Agencies on Aging. Resources represent a wealth of solutions for multiple needs including preventive health, chronic disease self-management, medication management, nutrition, congregate meals, caregiver support, respite care, support groups, benefits counseling, transportation, elder rights, and long-term care Ombudsman. The HHS website for the Age Well Live Well program provides specific links to address these needs.

Older Texans and their families may face a variety of issues including abuse, neglect, exploitation, Alzheimer's and other forms of dementia, chronic health conditions, economic disparity, and challenges navigating Social Security and Medicare. The resources to address these challenges are multi-faceted and can be found at state agencies, nonprofit organizations, and private businesses. Texas' recognition of the strengths and challenges of older adults are captured in our Governor's Proclamation of May as "Older Texans Month".

Proclamation from The Governor

STATE OF TEXAS OFFICE OF THE GOVERNOR

Due to unparalleled scientific and industrial progress, our people lead longer, healthier lives than ever before. Consequently, our population comprises a rapidly growing segment of older individuals. On a daily basis, hundreds of Texans celebrate their 65th birthday, and experts believe that by the year 2030, our state's 65-and-older population will have tripled since 2000.

At the very heart of the Texas spirit lies a reverence for tradition, and as such, we have always celebrated our elders and their manifold contributions to society. Our predecessors built the strongest, freest, most prosperous civilization mankind has yet known, and today, older Texans stand as a living link to the great men and women of yesteryear.

We would be remiss, though, if we were to assume that their contributions are limited to the past. With an abundance of wisdom and experience, older Texans wield tremendous influence in the present-as beloved family members and as pillars of business, government, and civic life. Older Texans continue to shape our state for the better, and they therefore deserve our gratitude and support.

To meet older Texans' needs effectively and compassionately, we must recognize the unique, age-specific challenges they face. Older Texans, despite their knowledge and skills, sometimes contend with discriminatory attitudes and practices in the workplace; illness and injury pose a heightened risk for older patients; and tragically, older individuals are frequent targets for fraud and theft. The passage of time, moreover, is often accompanied by psychological and emotional difficulties, such as loneliness, anxiety, and depression.

In Texas, however, we know that it is not our challenges that define us, but rather how we rise above them. To this end, countless service groups, ministries, and government agencies have long labored in common cause to protect older Texans from all manner of harm and to provide necessary care and accommodations. The State of Texas-through such entities as the Texas Health and Human Services Commission and its Aging and Disability Resource Center--enables older Texans to live out their golden years in the comfort and dignity they rightfully deserve. But ultimately, intergenerational support is not the sole responsibility of government bureaucracies.

As members of a just, civilized society, the duty befalls each one of us to care for our elders by any means necessary. If we are blessed with friends and family of advanced age, we must cherish our time with them and do everything in our power to improve their quality of life. Additionally, hospitals, churches, and assisted living facilities provide many meaningful opportunities to help older Texans by serving meals, assisting with household chores, or building social relationships.

Each year, the month of May is set aside in order to shed light on the experiences of older Texans and to celebrate their significant impacts on the larger story of Texas.

At this time, I encourage all Texans to connect with the older individuals in their lives and to honor them. As we work together to secure the Texas of tomorrow, people of every age will have a key role to play.
Therefore, I, Greg Abbott, Governor of Texas, do hereby proclaim May 2023 to be **Older Texans Month** in Texas and urge the appropriate recognition whereof. In official recognition whereof, I hereby affix my signature this the 10th of April, 2023, Greg Abbott, Governor of Texas.
FROM THE Governors Committee of Persons with Disabilities.

Chapter 2426 Treasurer's Report
Bill Nicholson

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On behalf of the Membership Committee and Treasurer
To keep the Membership Committee records up to date, when you have a change in telephone number, email address, postal mail address or national AARP Membership Number or Thru Date, please provided the changes on the Membership Renewal or Updating Information formfound on the last page of this newsletter and available at the meeting sign-in or Treasurer tables. Send changes for the Membership Roster and the member dues ledgers and dues payments to:
South Austin AARP Chapter 2426
c/o Bill Nicholson, Treasurer
12512 Gun Metal Dr.
Austin, TX 78739
Please bring your AARP membership card to the next meeting so those attending the meeting sign-in table can compare it with the Membership Number and Thru Date on our chapter Membership Roster. The chapter is required by AARP to have on file the current AARP Membership Number and Valid Thru date for each chapter member. **If you are exempt from paying dues because you are 85 years or older, please submit each year a Membership Renewal form so dues exempt status can be entered in the Membership Roster and the dues ledgers.**
And noteworthy, the membership as of the April 30 totals 171 of which 24 are exempt from paying dues. Fifty-eight members attended the April 19 meeting.

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	512-673-9705
Travel	Mario Macaluso	512-432-5255

Volunteer Hours
Ed Gonzales
Total for April: 345 Hours
Total for 2023: 2015 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

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