South Austin AARP
Chapter 2426

Website: **southaustinaarp.org**

September 2023

Wednesday
September 20, 1:30 p.m.
The speaker will be Gonzalo Barrientos . He will be talking about Dies y Sies.

Message from the President
Crespin Guzman

HELLO! It is time to get back to what we enjoy doing after our summer break. Now that the doldrums of summer are *almost* behind us, take a deep breath and muster up a bunch of energy to **"Welcome the Back to School season" and ALL that comes with it.**

For those of us with grandkids, we know well what the *routine* might be but along with that come many more activities that might involve you. For example, if you are any kind of sports fan then hold on to your cap because the *Eyes of Texas are upon you,* along with everyone else in the Community. Remember we too can be part of the "VARSITY".

Where am I going with this, well I will tell you. ***Fall has a way of reenergizing us to the point that we want to do more things.*** It wasn't enough that the summer heat kept us penned up at home but now COVID is trying to make a resurgence and we cannot afford to let that happen. **So go get BOOSTED again so we can keep on trucking!**

AARP can help with this as they are already offering many classes and activities to keep us on the move. We ourselves as Chapter 2426 here locally will continue with all our Committees and programs in place and we want more of you Members to engage us going forward into 2024! ***The potential to make this the best year yet is ripe and right in front of us for the taking!*** Won't you STEP UP and take it by the horns and show what you can do. Better still, *share the ideas you may have to develop new programming or activities.* There is no ceiling to stop you once you get going and the door is wide open to just walk through it.

Talk to us, the Chapter Leadership Team!

From Where I sit
Nancy Crowther, AARP Chapter 2426 Vice-President

A CHANGE IN LEADERSHIP FOR CHAPTER 2426 --JANUARY 2024

Come November 2023 our chapter will be introduced to candidates to fill the 2024 Board of Directors seats. Not to worry, the current outstanding volunteers who are relinquishing their board role will continue to participate in member activities. We have dodged the bullet of having to have an Annual Meeting since 2019 when our current Board got Chapter 2426 through the pandemic with the use of modern technology and came back together even stronger than before the Covid. Chapter 2426 has such energetic and outstanding volunteers to help the board maintain compliance under AARP rules and remain financially stable. The programs have been always educational, recognition for birthdays has been fun and memorable, Roll & Strolls are such a great opportunity to use buses and see the sites, and the Day Trips, can't say enough

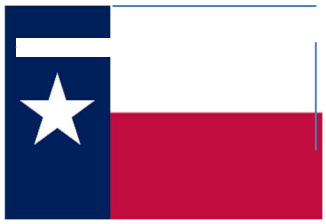
about them and the list of gratitude and recognition rolls on and on. The annual meeting is slated for November's Membership meeting

The positions that will need to be filled are **President, Secretary, Treasurer and 2 at-large members**. I (Nancy Crowther, Vice President) will stay on the Board for one more year to ease the transition and transfer of duties. If you have a particular skill or ambition to serve in one of the vacating positions, please talk to me or Marilyn Totton.

Shout Out: Volunteers Needed.

As Cres and I have been mentioning over the last couple of meetings, we need volunteers to take on some of the duties of the board and committees as we continue throughout the remainder of 2023. We need an assistant board secretary, greeters, website editor, a newsletter/email communications coordinator/ assistant and wherever you can help. We have a great chapter and it is **you** who make it that way. Come lend a hand. See the back page for a list of the positions and current volunteers, emails, and phone numbers. We look forward to continuing our chapter adventures onward to 2024.

I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.



Honor The Texas *flag. I pledge allegiance to thee, Texas, one state under God, one and indivisible*

Chapter 2426 Treasurer's Report

Bill Nicholson

"I am getting to an age where I can only enjoy the last sport left. It is called hunting for your spectacles." (British Statesman Sir Edward Grey)

My last sport left is not looking for my spectacles although I more than occasionally must look for them, but it is time to pass the baton to someone who would or thinks they would like to be Treasurer of our AARP Chapter 2426. It has been four years for me, and it is time for new blood beginning January 1, 2024.

AARP provides a Chapter Handbook with a chapter titled Accounting Guide for Chapter Treasurer and it is a treasure. The guide shows the forms for recording the receipts and expenditures plus year-to-date summary forms. AARP will provide the forms and you will provide the pencil (and eraser if needed.) There is a calendar year report submitted to AARP easily prepared using the summary receipts and expenditures forms.

Records of dues paid by each member are maintained. And there are times the board or a committee will request information.

If you have a computer, the AARP provided forms are a guide for creating spreadsheets or setting up a company in the bookkeeping/accounting software you use.

If you are even a little bit interested, tract me down for information about the Treasurer role and a member of our Board of Directors.

Chapter 2426 has a small number of monthly postings of receipts and expenditures. AND, as of August 31, 2023, the Telco FCU savings account, Chapter checking account and the Travel checking for the day trips arranged by Mario and Rosie are posted up to date and balanced.

Bill Nicholson, 512-481-8464, wr.nicholson@outlook.com

MEMBERSHIP INFORMATION

Bill Nicholson

AARP Membership Number and Thru Date

Our Chapter 2426 is a chartered entity of AARP and so it is a face and heart for AARP in our community. A Chapter 2426 member must be a member of AARP.

Our chapter is required to have on record a member's AARP Membership Number and Thru Date which are on your AARP membership card. Please inform our Membership Committee your Membership Number and Thru Date when you renew your AARP membership.

Also next to your name on a monthly membership meeting sign-in sheet will be your number and date. If they are highlighted either a correction, updating or missing information is needed and can be written in the space provided.

Membership List Changes

You can use a member information form available at a meeting sign-desk; from the Treasurer; or on the last page of the newsletter to report changes in your mailing address, email address, telephone number or when attaining 85 years old to be exempt from paying dues. The form can also be used to update your AARP Membership Number and Thru date.

As of August 31, the membership list shows 124 dues paid members and 26 exempt from paying dues totaling 150 members. So far in 2023 there are 21 new members in the 150 total.

New members since July 1 are Ester Arispe, Cecilia Avila, Gloria Dews. Saul Diaz Ramirez. Phyllis Haas, Mary Hamad, Domingo Herrera, Diana Ikonomidis, Esmeralda Luna, Laura Rogers, Maria Solis, and Blanca Valdez.

Travel

Mario Macaluso

Fellow Travelers

We have already done 4 day trips since the COVID epidemic:

1) The Institute of Texan Cultures, San Antonio, Texas

2) The Norwegian Christmas in Clifton, Texas

3) Gonzales, Texas,

4)The San Antonio Botanical Garden, San Antonio, Texas, which is our 30th day trip since I began as trip coordinator.

Thank you all!

And now I am working on the December trip:

To take you to San Antonio to a museum (a surprise), and then spend the evening to enjoy the Christmas lights with free time to eat at your favorite restaurant, take a boat ride (if you plan accordingly) or walk along the River walks, dream dreams and take your favorite pictures.

Departure will be in the afternoon from SASAC with return to Austin at 8 pm from San Antonio.

Details (exact date, time, cost per person) will follow. Rosie will collect at the October monthly meeting.

Thank you

Mario Macaluso, Trip Coordinator

Rosie Perez, Assistant Coordinator

Newsletter Editor and Website Manager

Diane McGowan

I have been newsletter editor and website manager for over 10 years. It is time to pass these Chapter 2426 jobs on to perhaps one or two other Chapter members. To keep this chapter functioning, other members need to take over the jobs held by the same people for several years. I will be happy to train the new people for editor and website manager. You just have to be able to use Microsoft Word or whatever you use to create word documents. Please consider being the newsletter editor or the website manager

Roll and Stroll and Community Service Committee

Pat Thomas

FREE MUSEUM DAY IS SUNDAY SEPT 17TH
WE WILL HAVE A ROLL AND STROLL ON THAT DAY! -MORE INFO SOON

Health Information - Good News regarding the cost of prescription drugs.
President Biden recently announced the first 10 drugs that are part of a new program in which Medicare officials can negotiate with pharmaceutical companies to reduce drug prices. The Biden administration has reduced the cost of hearing aids, reduced the cost of health insurance for people who buy it though an Obamacare exchange and reduced an array of expenses for Medicare recipients.
The Inflation Reduction Act - a law that Biden signed last year, centered on clean-energy funding also includes measures to lower drug costs for Medicare recipients.
Also helpful is a provision that allows Medicare recipients to receive some vaccines, like those for shingles and tetanus at no charge. The law caps a recipient's total spending on prescription drugs at $2,000 a year, although the provision will not take effect until 2025, after the upcoming presidential campaign. Furthermore the law penalizes pharmaceutical companies that increase drug prices faster than the overall rate of inflation.

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ADVICE FROM MAYO CLINIC - CONTROLLING STRESS

There's a direct connection between stress and blood sugar levels. That's because when you're stressed, your body enters "fight-or-flight" mode, resulting in an increase of cortisol. This hormone prompts your liver and muscles to release extra sugar into your bloodstream, which in turn causes a blood sugar spike. Also it is recommended doing your best to avoid overstimulation both in the morning and at night, because too much stimulation can cause a rise in cortisol levels. This might include minimizing screen time or keeping noise levels down in your house to help you wind down
Emerging research suggests that daily multivitamin use may support memory, cognitive function and nutrition biomarkers. While a multi shouldn't take the place of a nutritious, balanced diet, it can be a tool to help you fill in any potential nutrient gaps.

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WATCH YOUR EMAIL FOR ALERTS ON FUTURE ROLL AND STROLL ADVENTURES

To request additional information you may contact Deborah Fennell or Pat Thomas at one of the following numbers:
Deborah Fennell – (512) 915-8414 – TEXT ONLY
Pat Thomas 512-574-3490 or text

Volunteer Hours

Ed Gonzales

July/August: 375 (none for August, but I bet we'll get some in September
Year to Date: 1,597
Please turn in your volunteer hours. The form is at the end of the newsletter and may be emailed or mailed.

Go to this website for more information

https://www.seniorexpousa.com/2023-north-austin-attendee.html#/

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

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