

South Austin AARP

Chapter 2426

Website: www.southaustinaarp.org

September 2019

Preventing Falls

Wednesday, September 18 1:00 p.m.

September is National Fall Prevention month. In recognition, Randy Hsi of Humana will present the Humana Program, Preventing Falls. *Falls are a big deal, especially for older adults. Learn what puts you at risk for falls, ways to prevent falls, tips to fall- proof your home and much more!* Randy will also be available to answer questions on Medicare for 2020.

AUSTIN AREA AARP DAY CELEBRATION **Oct. 14**

All members and friends invited.

Bethany United Methodist Church, Fellowship Hall
10010 Anderson Mill Road Austin, TX 78750 -
Monday, October 14, 2019 1:00 – 3:00 pm

- Meet other Austin AARP Chapter members
- Visit over 30 Vendor booths including Costco, Sam's Club, Hospice Austin, Austin Palliative Care, Wellmed and many more.

Speakers:

Tim Morstad, AARP state office will give an update on upcoming initiatives being taken during the 2018 Texas legislature's session on priorities which AARP has identified prior to the session.

Lynn Shank will provide an update on the national Medicare coverage, Medicare Advantage program and the supplemental parts D and beyond. Lynn is a 18 year veteran of the National Medicare Training program and the Medicare Partnership program.

Sign up to carpool from SASAC at the September 18 chapter meeting.

Travel

Mario Macaluso
Tour Coordinator

22nd AARP Day-Trip

Destination: Georgetown

Place: The Georgetown Palace Theatre

Program: ---A Christmas Story--- (entertaining musical comedy)

Dinner (on your own) at: "Tony and Luigi – Italian Mediterranean Restaurant"

Return Home after dinner

Date: Sunday, Dec. 1st, 2019

Departure from SASAC: 12 o'clock and leaving Georgetown at 7 pm

Cost: \$65 based on 40 participants

(Price includes comfortable chartered bus, driver's gratuities, admission ticket, treats, raffle and water.)

Note: a) Tickets are bought ahead of time and there will be no refunds for cancellations.

b) The restaurant does not accept coupons from groups.

Sign up in person at the September 18th monthly meeting of AARP Chapter 2426

Refreshments: You may bring snacks to share. Thanks to our members who faithfully provide refreshments each month.

Volunteer Hours

Ed Gonzales

August : 361

Year to date: 3706

Please print the form in this newsletter, fill it in and bring it to the September meeting.

**Perspectives on Memory Disorders
Panel Discussion**

Wednesday, September 18, 2019

7:00- 8:00 pm

Abiding Love Lutheran Church

7210 Brush Country, Austin, TX 78749

Please join us for a discussion about:

- Dementia diagnosis and treatment
- Services for families impacted by dementia
- What caregiving is really like, through the eyes of a caregiver

Bring your questions! Refreshments will be served.

Roll and Stroll
Pat Thomas



ROLL & STROLL ACTIVITIES IN THE PLANNING STAGE

Roll and Stroll is a community service program created by AARP Chapter 2426 to teach seniors how to use public transportation for fun and convenience. Each month we take group trips around town to enjoy the beauty of living in Austin.

October and November provide excellent walking weather. I recommend that we walk the boardwalk along East Lakeshore drive to view the Austin skyline at dusk with a choice of restaurants in the area including MOD Pizza. We have not yet determined a date.

We have been in contact with the Texas State Cemetery to arrange for an educational tour. We did this tour three years ago and have decided to repeat it because it is both educational and enjoyable. Beautiful landscaped grounds and interesting stories told by the docent. We have reserved Wednesday, October 30th, for this tour.

Lunch will be at an undetermined location prior to the tour.

On October 26th you might want to get some friends together to attend the Texas Book Festival. We do not yet know if we will do a stroll that weekend but this is one of the best book festivals in the country. If the weather is good, just strolling the grounds of the Capital complex is a treat.

Our trip to the LBJ Library for the Motown Exhibit is finally going to happen. The date scheduled for this trip is confirmed for Friday, November 8th. Lonny Stern and Deborah Fennell will be leading the group on this adventure. The exhibit traces the evolution of Motown Records which began in Detroit in the early 1960s and quickly became known as "The Sound of Young America," crashing the American pop charts bringing us songs by the Temptations, The Supremes and the Four Tops. In addition to stage outfits from many of Motown's top performers, visitors can also listen to interviews with many music legends and learn more about the music, culture and politics of the 1960's. Admission to the museum is \$7.00 for seniors. We will depart the Westgate Transit Center at 10:00 a.m. with lunch prior to the museum. Lunch location is not yet determined.

Whole Foods Tour - We have been in contact with the Wholefood Store at 5th & Lamar to arrange for an educational food tour. This busy corner in central Austin offers many stores to explore including Book People, West Elm and Waterloo Records. Swedish Hill Bakery & Cafe has been an Austin favorite for more than thirty years. Our current plan is to ride bus #4 along West 6th St and explore this interesting neighborhood. If we go in early December we can view ice skating on the roof and do a little Christmas shopping. We do not yet have a confirmed date.

Please feel free to suggest additional ways to enhance our adventures

For additional information contact either Deborah Fennell or Pat Thomas

Deborah Fennell: djfenn5353@gmail.com or TEXT only, please (512) 915-8414 (only leave your FULL

NAME stating "YES or NO"); You may also leave a message on phone (512) 282-9931.

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

Please remember that trips may have to be canceled or changed due to weather problems. (Three years ago in December we huddled around the Capital Christmas tree when temperatures dropped to 8.) Watch for emails on the changes.

Health Committee

Randy Hsi

The health committee represented the South AARP Chapter at the Resource Fair at Legacy Oaks on 08/08/2019. Resource fair was well attended by both vendors and people looking for resources. Legacy Oaks is hosting their next resource fair on November 7, 2019. We used the resources obtained from last year's grant for our table top display, vest, and signage.

The health committee is always looking for volunteers to help build our committee. Our meetings are scheduled for the last Friday of each month at Paneras on William Cannon at 9 am. The next meeting is Friday, September 27. All are welcome.

Chapter 2426 Draft Meeting Minutes August 21, 2019

The Executive board decided to post the draft minutes of each meeting in the newsletter instead of reading them at each meeting.

Corrections and a motion for approval will be requested at the next meeting.

Vice President, Elaine Benton, called the meeting to order and lead the Pledge of Allegiance to the Flag at 1:00.

ANNOUNCEMENTS: AARP Day is October 14, 2019 at 1:00pm. There will be 30 vendors there, they are providing door prizes. It is being held at the Bethany United Methodist Church located at 10012 Anderson Mill Road, Texas. The next regular chapter meeting is September 18, 2019.

PROGRAM: Our State office liaison, Jessica Lehman, introduced Blake Hutson and Tim Morstan advocates to the legislature. They shared their work to have laws past that are beneficial for seniors.

COMMITTEE REPORTS: Deborah Fennel reported plans for Roll and Stroll. September will be guided tour through the Whole Feed Store. October is planned a walk on Board Walk, also a visit to the State Cemetery. Watch newsletters for details.

Ralph Hsi invited members to visit the Health Resource table.

Crispin Gusman, Program Chair shared that the program for the General Meeting in September will highlight community health. The October meeting may have representatives from the Police Department.

TRAVEL: Mario announced that the December 1st trip to the Alice Theater in George Town has been filled. The trip to Houston State Center also is full. There is a waiting list, only members can sign to go.

SUNSHINE: There were 9 birthdays and no anniversaries this meeting.

MEMBERSHIP: Margaret announced that there were 70 members and 17 guest, a total of 87 people present.

Meeting adjourned at 3:15.

Chapter 2426 Treasurer's Report

Barbara Fetonte

Account balances:

Regular Checking \$2424.82

Travel \$1706.73

Savings \$25.00

We have grown to a total of 250 members.

Please welcome our newest members
 Rhea Copening, Glynda Eschle, Juanita Gonzales,
 Mary Heard, Bettie and Mike, Lemons, Don Lewis,
 Jim McBroom, Janice Miller, Nettie Plueckhahn,
 Florence Smythe-Macaulay, Jerry and Phyllis
 Spoor,

**Chapter 2426
 September Birthdays**

			Esther		
Carol	Ford	2	B. Martinez		6
John	Hernandez	8	Mary Hernandez		8
Stephanie	Johnson	12	Phyllis Spoor		12
Mario	Macaluso	13	Caryn Gulas		16
Irene	Seaman	17	Irma Rubio		17
Bobbie	Mackey	17	Marilyn Totten		18
Bobbie	Bolden	19	Connie Dunn		19
Gail	Glick	20			

September Anniversaries

Morris and Coleen Thompson 9

**2019 Walk to End Alzheimer's –
 Austin Texas**

**Lead the way to Alzheimer's
 first survivor**

Registration at 8am Travis County Expo
 Ceremony at 9am Center , 7311 Decker Ln
 Walk at 9:30am Austin, TX 78724

To find more information:

https://act.alz.org/site/TR/Walk2019/TX-CapitalofTexas?fr_id=12409&pg=entry

Chapter 2426 Charitable Contributions

Please save your **HEB large plastic bags** and bring them to AARP meetings to be recycled at the Food Pantry. **Aluminum pull tabs** are being collected for the Ronald McDonald House.

**2019 Officers
 And Committee Chairs**

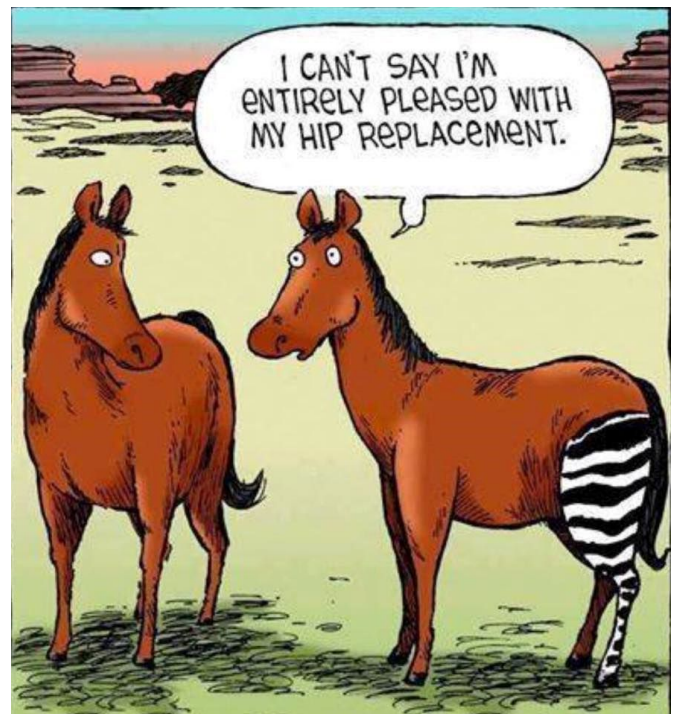
Officers

President: Pete Skalnik 214-704-9562
 Vice President: Elaine Benton 512- 799-2224
 Secretary: Ed Gonzales 512-444-3335
 Assistant Secretary: Marilyn Totten 512-280-8030
 Treasurer: Barbara Fetonte 512-282-1944
 Assistant Treasurer: Rosie Perez 512-440-7050
 Board of Directors (in addition to officers):
 Nancy Crowther 512-444-5726

Committee Chairs

Community Service: Pat Thomas 512- 441-1485
 Greeters: Marilyn Totten 512-280-8030
 Health: randy His
 Hospitality: Connie Flores 512- 444-8636
 Legislative: Debbie Galloway 512-217-1566
 Membership: Margaret Hughes 512-956-3297
 Newsletter Editor & Web Manager:
 Diane McGowan 512-892-4416
 Program: Jose Saenz 512-554-1583
 Crispin Guzman 737-222-8155
 Phone Committee Chair
 Elaine Benton 512- 799-2224
 Sunshine Kathryn Stone 512-441-6038
 Travel Mario Macaluso 512-432-5255

A little humor from Ed Gonzales, our secretary and volunteer coordinator who is doing well after his hip replacement.





**ROLL AND STROLL
Woodstock Remembered**

Members from AARP and WellMed enjoy a concert at the Austin Public Library. Still seeking peace, love and harmony for all.



**CIVIC AND/OR COMMUNITY
AUSTIN AARP CHAPTER 2426 VOLUNTEERS
PLEASE BRING THIS INFORMATION TO THE CHAPTER MEETING
AND TURN IN TO : ED GONZALES**

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	