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

22nd AARP Day-Trip

Mario Macaluso
Tour Coordinator

Destination: Georgetown
Place: The Georgetown Palace Theatre
Program: ---A Christmas Story--- (entertaining musical comedy)
Dinner (on your own) at: “Tony and Luigi – Italian Mediterranean Restaurante”
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.
Roll and 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.

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: dfen5353@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.  

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  
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.  

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 McBroon, Janice Miller, Nettie Plueckhahn,
Florence Smythe-Macaulay, Jerry and Phyllis
Spoor,

2019 Walk to End Alzheimer’s –
Austin Texas

Lead the way to Alzheimer’s
first survivor

Chapter 2426
September Birthdays

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<td>B. Martinez</td>
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<td>John Hernandez</td>
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<td>Mary Hernandez</td>
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<td>Stephanie Johnson</td>
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<td>Mario Macaluso</td>
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<td>Caryn Gulas</td>
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<td>Irene Seaman</td>
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<td>Irma Rubio</td>
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<td>Bobbie Bolden</td>
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<td>Connie Dunn</td>
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<td>Gail Glick</td>
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September Anniversaries
Morris and Coleen Thompson 9

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.

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

2019 Officers
And Committee Chairs

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

2019 Walk to End Alzheimer’s –
Austin Texas

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

September, 2019  4
CIVIC AND/OR COMMUNITY
AUSTIN AARP CHAPTER 2426 VOLUNTEERS
PLEASE BRING THIS INFORMATION TO THE CHAPTER MEETING
AND TURN IN TO : ED GONZALES

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<td>AARP Driver Safety Program</td>
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<td>Health &amp; Wellness</td>
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<td>Hunger</td>
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<td>Independent Living/ In Home Care Giving/Home Repairs</td>
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<td>Subtotal</td>
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<td>Subtotal</td>
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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.