



# North Austin Chapter 2700

P O Box 201898

Austin Texas 78720

<http://www.AARPChapter2700.com>

Jan-Feb 2018

Newsletter

Volume 10, Issue 1

*The founding principles of AARP are: To promote independence, dignity and purpose for older persons, to enhance the quality of life for older persons, and to encourage older people "To serve, not to be served."*



**Our chapter  
donated \$245.00  
to the  
SALVATION  
ARMY RED  
KETTLE DRIVE**

Leslie Ashton, Audrey  
Vivar from Salvation Army,  
Chinell Williams

## NEXT CHAPTER 2700 MEETINGS

**DATE:**

Thursday, January 18, 2018 (Board Meeting)

Thursday, February 15, 2018

**PLACE:**

Bethany United Methodist Church  
10010 Anderson Mill Rd  
Austin, TX 78750

**SOCIAL TIME:** 2:00 pm

**MEETING TIME:** 2:30 pm

All board meetings are open to the membership!

## MEMBERSHIP

*by Judy Devore*

As of January 1, 2018, 130 people have paid dues for 2018. That means more than 200 people who were members in 2017 have not yet renewed. Please take a moment to complete the form on page 4 and send it in with your check.

If you are **not** getting the newsletter or notices from the travel committee by email or by snail mail, it may be because your information is not correct on our list, or you have not paid your dues for the year.

Please check the list at the meeting for any corrections or call Judy Devore @ 512-420-9494!

## VOLLUNTEER HOURS

*by Dot Clark*

Our chapter had 2830 volunteer hours as of the December 21, 2017 meeting. We may get more 2017 hours reported at the January meeting.

I'd like to urge members to report their volunteer hours. It is important that chapter members and AARP National has an idea of how much members give back to their communities.

Also, forms to report volunteer hours are available at each meeting. About the only thing that doesn't count is time spent caring for, or activities with family.

**NOTE: Drawing for prizes will continue.  
You have to be present to win!**

## Lifetime Learning Institute (LLI) [www.lliaustin.org](http://www.lliaustin.org)

A bargain of a lifetime!

The classes are now available online, or pick up a catalog at the library. The classes begin on February 12th.

7703 N Lamar, Suite 102, Austin TX 78752

512-206-4232

## 2017 OFFICERS

**President: Enedelia Obregon.....512-331-1890**

**Vice President: Dot Clark.....512-460-9946**

**Secretary: Carol Stimson.....512-331-0095**

**Treasurer: Leslie Ashton.....512-750-1513**

## BOARD OF DIRECTORS

**Bea Bates**

**Doris Hill**

**Dixie Saxon**

**Judy Devore**

**Argie Horn**

**Kitty Traylor**

**Connie Dunn**

**Phil Horn**

**Chinell Williams**

## COMMITTEE CHAIRS

**Check-In:**

**Nelda Lee 512-451-1019**

**Check-In:**

**Doris Hill 512-452-7325**

**Membership Sign Up:**

**Hilda Venema & Martha Dyess  
512-837-4052**

**Membership & Website**

**Chair:**

**Judy Devore 512-420-9494**

**Co-Chair:**

**Phil Horn 512-219-1999**

**Legislative Chair:**

**Enedelia Obregon 512-331-1890**

**Programs:**

**Various Board Members**

**Community Service:**

**Chinell Williams & Diane Wright**

**Caring:**

**Barbara Bishop 512-926-4256**

**Telephone Chair:**

**Bea Bates 512-258-4088**

**Volunteer Hours:**

**Carolyn Hunt 512-834-0528**

**Refreshments:**

**Randi Parker 512-258-0039**

**Travel Chair:**

**Connie Dunn 512-497-2897**

**Travel Treasurer:**

**Dixie Saxon 512-944-6011**

**Newsletter Editor:**

**Kitty Traylor 512-569-9479**

**kittytraylor@gmail.com**

## PROGRAMS

### JANUARY 18, 2018

#### **MEDIATION (An Alternative Dispute Resolution Process - geared toward the elderly) Bill Forbes, TMCA Credentialed Advanced Mediator**

Bill will give an overview of how the process of mediation works, explain where mediation fits within the Alternative Dispute Resolution spectrum, and describe the services offered by the Travis County Dispute Resolution Center.

A wide variety of cases can be successfully resolved through mediation such as neighborhood issues, family and friends (including pre- and post-divorce), real estate, landlord/tenant, consumer/merchant, employer/employee, business and small claims, and parent/adolescent disputes.

*Board Sponsor Kitty Traylor*

### FEBRUARY 15, 2018

#### **SETON HEART INSTITUTE Heart Healthy Habits for Seniors**

#### **Dr. Tuan Nguyen featuring Marcy Smith, Advance Practice Provider**

*Board Sponsor Argie Horn*

### MARCH 15, 2018

#### **SWAN SONGS Karen McElhatten, Volunteer & Outreach Coordinator www.swansongs.org**

Swan Songs is an Austin, Texas based non-profit organization that fulfills musical wishes at the end of life by organizing private concerts for individuals with a terminal illness. At their request, a favorite style of music or musician is brought directly to the home or facility. The concert allows patient, family and friends to focus beyond the illness and come together through music.

*Board Sponsor Chinell Williams*

## **8 Best Equipment-Free Strength Exercises for Older Adults**

by K. Aleisha Fetters

<https://health.usnews.com/health-news/health-wellness/articles/...>

‘Strength is the fountain of youth.’ Here are the eight best equipment-free exercises to get you started, build strength and feel young, no matter your age:

### **1. Lying Hip Bridges**

These work your glutes, your body's largest muscle group, while also opening up the hips. The hips can get especially tight in people who find themselves spending hours sitting throughout the day.

Instructions: Lie flat on your back with your knees bent and feet flat on the floor. Flatten your lower back against the floor, squeeze your bum and push your hips up into the air. Make sure to push through your entire foot, almost as if you're trying to push your toes out the end of your shoes. Pause, then slowly lower to start.

### **2. Squats to Chair**

Among the most functional exercises around, squats strengthen the entire lower body and core to help you take stairs, pick things up off the floor and get out of chairs without struggle into old age.

Instructions: Stand with your feet hip-width apart directly in front of a chair. Keeping your chest upright, push your hips back and bend your knees to lower your body toward the chair. Either touch your bum to the chair or sit down on it. At the bottom of the squat, your upper body should be leaning forward only slightly. Pause, then push through your feet and squeeze your bum to return to start.

### **3. Wall Push-Ups**

Improve your whole upper-body strength, especially your arms and chest, with this simple exercise.

Instructions: Stand about 2 feet away from the wall (move closer to the wall to make the exercise easier), and put your hands against it at shoulder height and shoulder-width apart. Keeping your body in a straight line, bend your elbows diagonally to your sides to lower your chest to the wall. Let your heels come off of the floor. Pause, then slowly press through your hands to straighten your elbows and return to start.

### **4. Side Lying Circles**

This little move has big benefits: It strengthens your hips while improving mobility through the joint.

Instructions: Lie on one side on the floor with your body in a straight line, your bottom arm extended straight past your head. Rest your head on your bottom arm and squeeze your abdominals to pull in your belly. Keeping your hips directly over each other, lift your top leg to about hip height and move your leg in small clockwise circles in the air. Pause, then perform the circles in counter-clockwise motion. Lower your leg to return to start, and repeat on the opposite side.

### **5. Quadruped Opposite Arm and Leg Balance**

This exercise is great for improving balance, coordination and strength in the back and abdominals.

Instructions: Get on all fours with your hands directly under your shoulders and knees under your hips. Keeping your back flat and abdominals tight, lift one hand to reach straight in front of your shoulder while lifting your opposite foot straight behind your hip. Hold for three breaths (or as long as you can maintain balance), and then lower your hand and foot toward the floor to return to start. Repeat on the opposite side.

### **6. Deadbugs**

They have a funny name, but they'll seriously help you improve your core stability for greater balance and all-over strength.

Instructions: Lie flat on your back with your arms and legs up in the air, your knees bent. Maintaining contact between your lower back and the floor, lower one leg until your heel just about touches the floor while also lowering the opposite arm toward the floor above your head. Lift them back up to return to start, and repeat on the opposite side. You can make this exercise harder by keeping your legs straight rather than bent.

### **7. Side Planks**

This plank variation will improve side-to-side core stability as well as strengthen your shoulder, a joint that can give many older adults problems. Instructions: Start by lying on your side, propped up with your elbow directly below your shoulder. With either the sides of your feet or the sides of your knees stacked on the floor (do what's comfortable for you), squeeze your core and lift your hips off of the floor so that your body forms a straight line from your ears to either your feet or knees. Hold for as long as you can while maintaining good form. Lower your hips to return to start, and repeat on the opposite side.

### **8. Wall Angels**

Ease back pain and improve your posture by opening your chest and working your shoulders with these simple against-the-wall moves.

Instructions: Stand with your back flat against a wall and your feet about 3 to 6 inches from the wall. With the back of your head touching the wall and your arms straight down by your sides, tuck your chin to your chest. Then turn your palms out and slowly raise your arms, maintaining contact with the floor or wall. Raise your arms as high as you can without your elbows bending or feeling any discomfort. Pause, then lower your arms to return to start.



## 2018 TRAVEL OPPORTUNITIES

### Travel Committee:

Connie Dunn, Dixie Saxon, Judy Devore

All costs listed are per person based on double occupancy and \$75 Deposit Required to Hold Your Reservation. For Diamond Tours additional costs for single occupancy and trip insurance is available.

### DEPOSITS CAN BE MADE ON ALL TRIPS AT THIS TIME

Mail deposits to: AARP Chapter 2700  
P O Box 201898 AUSTIN, TX 78720

### NEW YORK CITY & THE STATUE OF LIBERTY

**June 5 - 15, 2018.** 10 nights, 11 days, 18 meals ; Two guided Tours of New York City. See Central Park, Rockefeller Center, Times Square, Wall Street, the 9/11 Memorial and much more! Visit Ellis Island and Liberty Island – home of the Statue of Liberty! **COST \$1065** pp/Double Occupancy. Deposit due at time of sign up. Group Tour Leaders Connie Dunn 512-497-2897 Dixie Saxon 512-944-6011.

### VIRGINIA BEACH, COLONIAL WILLIAMSBURG & HISTORIC NORFOLK

**September 14 - 24, 2018.** 10 nights, 11 days; 18 meals; visit the Virginia Beach Boardwalk and the Yankee Candle Village; plus Virginia Beach Aquarium & Marine Science Center; guided tour of Colonial Williamsburg; Dinner Cruise & Entertainment on the Spirit of Norfolk; Admission to the Nautilus & Battleship Wisconsin. **COST \$1140** pp/Double Occupancy. Deposit due at time of sign up. Final payment due July 7, 2018. Group Tour Leaders Dixie Saxon 512-944-6011 and Connie Dunn 512-497-2897.

### NASHVILLE SHOW TRIP

**November 4 - 10, 2018.** 6 nights, 7 days; 10 meals; **2 Great Shows: 1) THE GRAND OLE OPRY, 2) NASHVILLE NIGHTLIFE DINNER THEATER;** Guided Tours of NASHVILLE and BELLE MEADE PLANTATION; Admission to the COUNTRY MUSIC HALL OF FAME; Admission to the GRAND OLE OPRY BEHIND THE SCENES TOUR; Ride on the DELTA FLATBOATS inside the OPRYLAND HOTEL; Admission to the JOHNNY CASH MUSEUM. **COST \$735** pp/Double Occupancy; Deposit due at time of sign up. Final payment due August 28, 2018. Group Tour Leaders Connie Dunn 512-497-2897 and Dixie Saxon 512-944-6011

Visit our AARP North Austin Chapter 2700 Website to see pictures of our wonderful trips!

Photos for the website: <https://photos.google.com/>.

Share the link with us and we can post that to our website.

The Austin State Office has moved from downtown to east Austin. The new address is:

AARP AUSTIN TEXAS STATE OFFICE  
1905 Aldrich Street, Ste 210, Austin, TX 78723  
Telephone number remains the same: 866-277-7443

## COMMUNITY SERVICE

by Chinell Williams & Diane Wright

### Hygiene Bags for the Homeless

On November 29th, Laura Campos, Diane Wright, and Cathy Barnes delivered 120 purses (filled with toiletries and personal items) to the Salvation Army Homeless Women Shelter. Also, delivered was some toys and puzzles that were left over from the State School Ice Cream Social.

Enough personal hygiene items were left over from the purse project to make 44 bags for the homeless which were distributed through the St. Ignatius Food Pantry.

### **Thanks to the St. Paul Church Youth Council who made a generous donation of purses and wish list items.**

At each monthly meeting, we will place a blue bucket in the volunteer area for the collection of travel size soaps, shampoo, body lotion, conditioner, hand wipes, small toothpastes, toothbrushes, and adult tube socks. When we have gathered a substantial amount, we will announce before the next meeting when we plan to assemble the bags. Completed bags will be delivered to the St. Ignatius Food Pantry which serves approximately 500 homeless clients a month in addition to low-income households with approximately 2400 individuals. The Pantry is partnered with the Central Texas Food Bank as well as local businesses and donations. Please remember to save the unused toiletries you receive when you travel. We will provide toiletry collection bags for AARP trips as well as the blue bucket.

### Bingo

The next community service project will be bingo at the Stonebriar Nursing & Rehabilitation Center. The date is set for March 30, 2018. We will accept donations during January, February and March. Volunteers will also be needed. A wish list will be provided.

### AARP Chapter 2700 T-Shirts

Connie Dunn will bring red or maroon "AARP 2700" t-shirts for sale at the meetings. We especially encourage anyone who wishes to attend our community events to wear a red t-shirt to promote our chapter.



Chapter 2700 volunteers who helped bag the items.

## CARING COMMITTEE

If you know of any member who is ill, in the hospital, or has a death in the family, please contact Barbara Bishop at 512-926-4256 or [Barbara.bishop@sbcglobal.net](mailto:Barbara.bishop@sbcglobal.net) so she can send a card from our chapter. Contact Kitty Traylor @ [kittytraylor@gmail.com](mailto:kittytraylor@gmail.com) to be added to the newsletter.

**NORTH AUSTIN AARP CHAPTER 2700  
2018 MEMBERSHIP / RENEWAL FORM**

**Membership in Chapter 2700 requires current membership in National AARP  
Annual Membership is based on calendar year January - December.**

**National AARP Number:** \_\_\_\_\_ **Expiration Date:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Primary Phone:** \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

**Primary E-Mail Address:** \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

\_\_\_\_\_ **New Membership**      \_\_\_\_\_ **Renewal Membership**  
(Dues: \$10.00 Per Individual)

**Complete form and include a check made out to AARP Chapter 2700. Mail to the address below or  
bring the application to the next membership meeting.**

***(NOTE: Dues need to be paid by Feb. 28, 2018 to continue to receive the newsletter.)***

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P O Box 201898  
AUSTIN TX 78720**

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