

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."

CHAPTER 2700 PRESIDENT'S CORNER

By Enedelia Obregón

If it's very hot or very cold, you can count on scammers to contact you and threaten to cut off your electricity, water, natural gas or whatever utility you count on.

Jennifer Herber with media relations at Austin Energy, said residential customers and even small businesses are being targeted either by telephone, email, text and - in a few cases - by letter.

Herber said the utility sees a spike in these scams during holidays and during extreme weather, which in Central Texas usually means the summer. Senior citizens are often targets of this scam.

"They prey on folks who are more susceptible," she said.

Herber wants people to remember this:

"If the heat index is 100-plus we do not disconnect utilities," she said. "It's just too hot. We also do not call and ask for your credit card number or ask for a wire transfer."

Neither does Austin Energy demand immediate payment.

It's easier to identify scams by email or "snail mail" because they often contain misspellings or grammatical errors. However, most scams are by telephone.

"The number looks like an official number from the City of Austin Utilities" in a process called spoofing, Herber said. "They'll call with lots of urgency and will try to sound official by reference an account number and tell you it's past due. How many of us know our account number offhand?"

It's a scam if:

- They ask for a specific amount.
- They ask for prepaid cards.
- They ask you to go to a particular place to get those prepaid cards.
- They give you a telephone number to call and ask you to give them the number on the prepaid card or cards.
- They ask you to deposit cash in a Bitcoin ATM.
- They come to your door and ask for cash or prepaid card payment.

"All these forms of payment are untraceable," Herber said. That makes it extremely difficult to catch those scammers.

If you are truly behind on paying utilities and need help, the City of Austin will help you work out a payment plan. Customers can call 512-494-9400.

Some customers prefer paying online. You can do so at www.coautilities.com.

Here's what to do if a scammer calls and threatens you with interruption of service, demands immediate payment or requests a credit card number of your bank account information:

MEETINGS

Please bring a donation for the food bank!

DATE:

TUESDAY, July 16, 2019 (Board Meeting 10:00 am)
TUESDAY, August 20, 2019

LOCATION:

WESTOVER HILLS CHURCH OF CHRIST
8332 MESA DRIVE
AUSTIN, TEXAS 78759

PROGRAM:

1:00 pm

SOCIAL & BUSINESS:

1:30 pm

PROGRAM FOR JULY 16, 2019



Chief Brian Manley

Chief Manley is a native Texan who grew up in Austin. He joined the Austin Police Department in 1990. He believes in building and maintaining relationships and

keeping a line of communication open with neighborhoods and citizens.

Sponsor: Dorothy Clark

- Hang up and dial 3-1-1 or 512-974-2000 and immediately report the number the scammers asked you to call. That way, that number can be disconnected as a fraudulent number.
 - If someone comes to your door demanding payment, do not let them inside. Close and lock the door and dial 3-1-1 or 512-974-2000.
 - If you receive such a call or email and are uncertain of the status of your account, call the City of Austin Utilities Customer Contact Center at 412-494-9400.
- For more information on protecting yourself from scams, go to <https://austinenergy.com/ae/residential/report-a-problem/report-telephone-scams>. The City of Austin is a member of Utilities United Against Scams, which tries to protect customers nationwide. For more information go to <http://www.utilitiesunited.org>.

2019 OFFICERS

President: Enedelia Obregón....512-331-1890
Vice President:VACANT
Secretary: Judy Devore.....512-420-9494
Treasurer: Leslie Ashton.....512-750-1513

BOARD OF DIRECTORS

**Virgil Murphy, Aline Murphy, Tomás Garza,
 Dianna Stiefer**

COMMITTEE MEMBERS

Check-In:	Doris Hill 512-452-7325
Membership Sign Up:	Hilda Venema 512-837-4052
Membership & Website Chair:	Judy Devore 512-420-9494
Legislative Chair:	Enedelia Obregón 512-331-1890
Programs:	Dorothy Clark 737-529-4000
Community Service Chair	Chinell Williams 512-928-2419
Co-Chair	Diane Wright 512-892-3354
Caring Committee:	Naomi Hodge 512-745-7760
Telephone Chair:	Yvonne Connell 512-261-9783
Volunteer Hours:	Aline Murphy 512-869-1471
Refreshments:	Randi Parker 512-258-0039
Travel Chair & Treasurer:	Dixie Saxon 512-944-6011
Newsletter Editor:	Kitty Traylor 512-569-9479 kittytraylor@gmail.com

UPCOMING PROGRAMS**AUGUST 20, 2019**

Tim Morstand of Texas AARP will share topics and actions that Texas and National AARP are working on during this current legislative session.

Sponsor: Dorothy Clark

SEPTEMBER 17, 2019

Michael Barnes, writer on staff of the Austin American Statesman, will present a program about Austin.

Sponsor: Dorothy Clark

(Blue Bell Ice Cream coming October 15th)

MEMBERSHIP

Judy Devore (Chair)

We have 292 members with 70 of those being new this year. 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 call Judy Devore @ 512-420-9494!

To download the newsletter, you need the free Adobe Reader!

Aline Murphy, our volunteer chair, reported that our members volunteered a total of 328 hours in May.

**AARP CHAPTER #2700
TRAVEL 2020****Travel Committee:**

Dixie Saxon, Shirley Paz and Nelli Aguirre

Join us for Fun, Friendship and Adventures

**** CHECK WITH DIXIE IF INTERESTED IN THE
 OCTOBER 5-12, 2019 TRIP TO ALBUQUERQUE!
 (SOME OPENINGS ARE AVAILABLE)**

March 14 – 23, 2020

Italy ... The Wonders of Tuscany

Approximately \$4,000 *double*
(Wait List Only)

April 19 – 26, 2020

Savannah, Ga / Charleston, SC

\$1,049.00 *double*
(Wait List Only)

June 19 – 29, 2020

Mackinac Island & Northern Michigan

\$1,025 *double*
(Wait List Only)

September 13 – 20, 2020

Alaska – Cruise

Inside Cabin \$2,309 *double*
 Balcony \$2989 *double*

October or November 2020

Branson Show Trip

Approx. \$630.00 *double*
 (Diamond will start booking this trip in November 2019)

Questions or concerns, please call:

Dixie Saxon at 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.



**There will be our customary drawings at
 the meeting for prizes (you have to be
 present to win)!**

**Please bring a donation to the food bank
 and something for the potluck dinner!**

**CARING COMMITTEE**

If you or another chapter member are sick, has had some type of surgery and is recovering, hospitalized, or has lost a loved one, and you would like to list it in the newsletter, please contact Naomi below:

Naomi Hodge (ahodge55@sbcglobal.net or 512-745-7760),
 & Joan Ewen

HOW TO SAVE MONEY AT THE DENTIST

By Lauren F. Friedman
December 08, 2017
Consumer Reports

Submitted by *Enedelia Obregón*

After retirement, many people learn that Medicare doesn't cover routine dental care at all. And even people with dental coverage can struggle to pay for costly procedures like root canals and oral surgery.

A few tips can help make the costs of dental care more manageable.

- **Practice good oral hygiene.** Brush your teeth twice a day with a fluoridated toothpaste, and floss regularly. Avoid sugary foods and beverages, and drink plenty of water.
- **Get covered if you can.** Sign up for dental insurance if it's offered at work—most plans pay for exams, X-rays, and cleanings, as well as a significant share of procedures such as fillings and crowns. Some health plans through the Affordable Care Act (ACA) marketplace also include dental coverage. And you may be eligible for coverage through the Department of Veterans Affairs or Medicaid.
- **Consider dental savings plans.** While savings plans aren't as comprehensive as insurance, they're a good option for those who can't get covered. An annual fee of \$80 to \$200 generally provides access to a large network of dentists who offer discounts of up to 50 percent for members. You can search for a savings plan at DentalPlans.com.
- **Try community health centers and university dental schools.** Both frequently offer low-cost dental care, the latter often provided by dental students who are supervised by faculty members. You can search for a center or school near you at toothwisdom.org.
- **Bargain hunt.** Fairhealthandconsumer.org and HealthcareBlueBook.com let you look up the cost of different procedures in your area, so you can comparison shop—or ask your regular dentist for a discount.
- **Avoid unnecessary treatments.** When in doubt, ask if a screening or procedure is really necessary. X-rays, for example, "are terribly abused," says Jay Friedman, D.D.S., a dental adviser to Consumer Reports. If you haven't had recent cavities, you only need a dental X-ray once every two to three years, Friedman says.

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.
Mark Twain

CHAPTER 2700 COMMUNITY SERVICE

Chinell Williams (Chair)



Thank you to our AARP Chapter 2700 members for their generous donations to the Manos de Cristo Food Drive. Fifteen bags and thirteen boxes of groceries were delivered. Making the delivery are left to right: Doris Moore, Marie Acosta, and Chinell Williams.

AARP Chapter 2700 will host the Austin State Hospital Ice Cream Party in October. We are accepting donations of stuffed animals, beanie babies, comb & brush sets, card games (Uno Go Fish, etc.), 250-500 piece puzzles, journals and sketch pads (without metal or plastic edges), colorful stickers, crossword puzzles, word find or word search, Sudoku, coloring books and crayons. Monetary donations to purchase party supplies will be greatly appreciated. Volunteers will also be needed to host the party.

We are also accepting medium-large size gently used purses for our February 2020 Pack a Purse for a Homeless Woman Project.

The AARP 2700 Community Service Committee sends a big "THANK YOU" to Dianna Stiefer who collected 208 plastic HEB / Instacart bags to donate to the Food Pantry. Those bags are used to package groceries for the poor and were worth \$52 to the Food Pantry. If anyone has large HEB plastic bags or green Instacart bags to donate, please bring them to the check-in table before meetings. Thank you for recycling.

IN CHAPTER NEWS:

Chapter 2700 is still in need of a Vice President. It's not too late to volunteer for this two-year term position. The Vice President helps the president as needed and is one of three persons who can sign checks. The other signees are the treasurer and president. Every check the treasurer writes requires two signatures.

Marie Acosta has agreed to chair the Nominations Committee again for the board and officers for 2020.

Edwin English (Ed) has volunteered to do the programs in 2020.

CHAPTER 2700
VOLUNTEER HOURS

(Please bring this information to Chapter Meeting OR mail to P.O. Box 201898, Austin, TX 78720
OR email to Aline Murphy at alimurphy@suddenlink.net)

Name _____ **For the Month (s) of** _____

Category	Hours
AARP Day of Service (not AARP Day)	
AARP Driver Safety Program	
AARP Tax-Aide	
Hunger (food pantry, food drive, etc)	
Advocacy / Legislation / Voter Assisting	
Education: Scholarships / Mentor / Tutor / Literacy / Volunteer	
Community Service / Fundraising / Community	
Health and Wellness / Exercise / Presentations / Nutrition	
Hospital / Nursing Home Visits / Independent Living: Transportation Services / Activities	
Other Chapter 2700 work: Officer / Board / Committees (Travel, Phone, Welcome, etc.)	
Miscellaneous: Referral Services, Church Related	
TOTAL VOLUNTEER HOURS	

NORTH AUSTIN AARP Chapter 2700
P O BOX 201898
AUSTIN TX 78720

