



North Austin Chapter 2700

P O Box 201898
Austin, Texas 78720

<http://www.AARPChapter2700.com>

March-April 2020
Newsletter
Volume 12, Issue 2

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

Dorothy Pocaigue

Greetings, members!

An article featured in the March AARP on-line newsletter, discusses issues currently of national and global, interests: COVID-19, travel, health and politics. I've extracted pertinent excerpts; however, the full articles make for interesting reading.

Entitled "**What You Need To Know About the Coronavirus**" by Rachel Nania, for AARP, Updated March 5, 2020. Because it is a bit lengthy, I chose the following excerpt to focus on a more specific issue:

What can older adults do to reduce risk of illness?

Older Americans and adults who take routine medications to manage chronic conditions, such as high blood pressure and diabetes, should make sure they have "adequate supplies" on hand as the number of confirmed COVID-19 cases continues to climb in the U.S., health officials said on Tuesday.

This advice comes as a long-term care facility in Washington battles an outbreak of the respiratory illness caused by the new coronavirus, coupled with new research out of China that shows older adults and people with underlying health conditions — such as heart disease, lung disease and diabetes — were "about twice as likely to develop serious outcomes" from COVID-19, compared to "younger, healthier people," said Nancy Messonnier, director of the Centers for Disease Control and Prevention's (CDC) National Center for Immunization and Respiratory Diseases.

"We are particularly concerned about these people, given the growing number of cases in the United States, as well as those with suspected community spread," Messonnier added. Avoiding sick people and washing your hands often are the two best strategies public health experts have been pushing. Older Americans living in areas that are experiencing spikes in coronavirus cases may also need to "think about what actions" they can take to reduce exposure to the virus, Messonnier said. This may include social distancing strategies, such as teleworking and avoiding large public gatherings."

MEETINGS

Please bring a donation for the food bank!

DATE:

TUESDAY, MARCH 17, 2020

TUESDAY, APRIL 21, 2020

LOCATION:

WESTOVER HILLS CHURCH OF CHRIST

8332 MESA DRIVE

AUSTIN, TEXAS 78759

PROGRAM:

1:00 pm

SOCIAL & BUSINESS:

1:30 pm

PROGRAM FOR MARCH AND APRIL 2020

Sweet Adelines March 17

Sweet Adelines International is the the largest singing organization for women in the world. In 2018, scoring among the top five small choruses in the world, Austin's Sweet Adelines earned the right to participate in the Sweet Adelines International Harmony Classic Competition held this past September in New Orleans. They finished second in the world and achieved "master singers" level.

Catholic Charities of Central Texas - April 21

Disaster Preparation

As part of a proactive approach, Catholic Charities encourages Central Texans to be prepared for a disaster before it strikes. Their prepared readiness presentations are offered as a resource to community members who wish to learn more about documents and supplies to gather in anticipation of any disaster. Rene Rubio, the Disaster Response program director, serves as an experienced resource for those seeking to educate themselves on disaster preparedness.



**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!***

2020 OFFICERS

President: Dorothy Pocaigue 512-987-7940
Vice President: Virgil Murphy...512-869-1471
Secretary: Judy Devore.....512-420-9494
Treasurer: Sandi Harris.....512-659-5864

BOARD OF DIRECTORS

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 Dianna Stiefer, Louvenia Henderson

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FROM THE CHAPTER PRESIDENT

Another issue we're currently dealing with is the bombardment of information regarding Election 2020, so often it's hard to tell if news we're reading or receiving is valid or not. Social and the main-stream media groups are so overwhelming in their desire to bring us the latest, greatest, breaking news, it's exhausting!. So here are some tips by the experts on how to filter through all the news you don't want.

"How to Spot Fake Political Ads and Posts on Social Media 2020 by Kathryn Masterson, AARP, February 27, 2020

Older Americans, who are not digital natives who grew up using social media, are primary targets for this, Woolley says. "It's a fantastic tool for them to communicate with their friends and family, but it's also a fantastic tool where they can be manipulated with bad information."**How to spot false claims/political ads on social media**

Like any sales pitch, if it seems too good to be true, it probably is, and the same goes for extra-nasty posts or ads.

Be especially cautious on group pages or private Facebook groups, where you may not know the people who are engaging. (cont.)

AARP CHAPTER #2700 TRAVEL 2020

Travel Committee:
Dixie Saxon, Shirley Paz

Join us for Fun, Friendship and Adventures

Postponed Until November 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*
(Short Wait List)

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*

November 9 -14, 2020

Branson Show Trip

Approx. \$599,00 *double*
 6 Days, 5 Nights
(Short Wait List)

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.

(cont.) Some could be anonymous or fake accounts. Misinformation also can linger in private groups not seen by a wider audience who are able to flag or debunk it.

Read beyond headlines. And remember, images and videos can be taken out of context.

Keep in mind that you can flag a suspicious post on Facebook or contact FactCheck.org or PolitiFact directly by email or their websites if you are unsure about whether a political post or ad is real. The site [Snopes.com](https://snopes.com) also debunks false claims.

CHAPTER 2700 COMMUNITY SERVICE

Chinell Williams (Chair)

Members: Laura Campos, Jerrilyn Zoch, Doris Moore,
Marie Acosta, Isabel M-Orta, Helena Hedrick,
Linda Kemp, Connie Flores

Thank you AARP Chapter 2700 members for your generous donations to the "Fresh Start Donation Drive." You made a difference in the lives of many families.

Our next community service project is a food drive for Manos de Cristo. The Manos de Cristo Food Pantry provides emergency assistance to families and individuals in Austin. Your donations will ensure that individuals and families have food on the table especially during the summer. Monetary donations will also be accepted to purchase food items. A shopping list will be provided at the March meeting. You may bring your donations to our April, May and June meetings. The food items will be delivered in late June.

Thank you for your generosity!!



The AARP Newsletter is printed by:
Republic Print & Mail 8905 McCann Dr



If you still want or need FREE help with your federal income taxes AARP has a website to help.

It lists the locations where you can go and provides a map and detailed information of each location and what materials you need to bring with you.

You can sort the locations by entering your ZIP code or distance from your location.

Locations in the Austin area are generally libraries and senior centers. Days and hours vary so call ahead. Some may be by appointment.

Here is the link to the locations finder.
https://secure.aarp.org/applications/VMISLocator/searchTaxAideLocations.action?cmp=TAXEAIDE_2020_PPC_GoogleSearch

There are also some other pages providing general tax information at the AARP State site.

MEMBERSHIP

Almaree Owens (Chair)

We have 241 members with 23 of those being new this year.

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

Aline Murphy reported that 19 people performed 574 volunteer hours in December.

In 2019 the chapter had 48 people perform 4,993 volunteer hours.

**NORTH AUSTIN AARP CHAPTER 2700
2020 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:** _____

Home Phone: _____ - _____ - _____ **Cell Phone:** _____ - _____ - _____

Primary E-Mail Address: _____ **2nd Email** _____

This is a _____ **New** _____ **Renewal Membership (\$10.00 Per Individual) Date** _____

**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.**

**NORTH AUSTIN AARP Chapter 2700
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AUSTIN TX 78720**

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