



North Austin Chapter 2700

P O Box 201898

Austin Texas 78720

<http://www.AARPChapter2700.com>

May-June 2018
Newsletter
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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 LOOKING FOR NEW MEETING LOCATION

By Enedelia Obregon (President)

At the April 19th meeting, I shared with those attending that we would probably have to move to a new location for our meetings.

For the past year, we were told that after the renovations at Bethany, we could not be able to meet in the gym and would move instead into the old sanctuary. However, we received the artists rendition of the renovated sanctuary after the membership meeting in March and we realized it would not meet our needs.

The new facility where we would move has auditorium style seating with chairs and no access to a kitchen. We would not be able to take food or drinks inside. There is a small section with five built-in tables and chairs but it would not accommodate all of us.

A show of hands at the April meeting showed that people overwhelmingly prefer round tables and chair seating that is accessible for those with walkers and wheelchairs. Members also want to be able to eat and socialize, which means access to a kitchen.

The board members have been busy calling around and getting information about availability and costs. We will be discussing this topic at our May 17th board meeting.

Moving also brings up the possibility of having to change our meeting times and dates. If we don't want to change that, it means staying in a place with meeting space but no socializing or food. The members at the April meeting prefer to move to a place where we can eat and socialize; they don't just want to attend another meeting.

If you have any suggestions, please contact one of us with ideas. So let's all just take a deep breath and proceed on our new adventure. And remember: We're all in this together! We'll be fine.

AARP's [Fraud Watch Network](#) has information about how you can avoid falling victim to identity theft and other scams. Incidents can be reported to the SSA's Office of the Inspector General ([800-269-0271](tel:800-269-0271)) or a local SSA field office.

NEXT CHAPTER 2700 MEETINGS

DATE:

Thursday, May 17, 2018 (Board Meeting)

Thursday, June 14, 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!

2018 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



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.



There will be drawings at the meeting for prizes!
You have to be present to win!

PROGRAMS

MAY 17, 2018

Christa Horst and the name of her NGO is "That's Amore" and it's in Shimbuli, Kenya. Just north of Lake Victoria and near the Uganda border.



Village lady celebrating a new water well. Tenth one done by Give Amore.

Board Sponsor Dot Clark

JUNE 14, 2018

Chris DuCharme, UT Tower Falcon Photographer Just about every day Chris 66, drives in from his Bastrop home to the University of Texas, where he spends hours and staring up at the UT Tower, camera in hand to watch Tower Girl. That's what he named the peregrine falcon that lives at the UT Tower. He has been watching and photographing Tower Girl for several years. Perhaps because of injuries, she doesn't migrate north for the summer and is a year-round campus resident. And, as far as anyone knows, she's never reproduced and she's getting on in years. This year may be different as she was seen mating. He has been waiting to see if there are any offspring. Tower Girl has brought a lot of joy to him, who lost his home in the 2011 Bastrop fires. Then his wife died. He will share photos of Tower Girl - and hopefully, her babies - and their story.

Board Sponsor Enedelia Obregon

JULY 19, 2018

Novelist and Historian, Myra Hargrave McIlvain is a teller of Texas tales. Whether she is sharing the stories in her books, her lectures, or her blog, she aims to make the Texas story alive. She has freelanced as a writer of Texas historical markers, written articles for newspapers all over the country and for magazines such as Texas Highways.

Board Sponsor Dot Clark

AUGUST 16, 2018

AARP Vendor Day

Sponsor AARP Team Council (Austin Area Chapters)

MEMBERSHIP

by Judy Devore

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!

NO-TALK PHONE SCAMS

by Sid Kirchheimer (AARP Bulletin)

Dialing deceivers don't need you to say anything to rip you off!

Most [telephone scammers](#) rely on talk, getting you to pick up the phone so they can give their impersonations of IRS agents, noble fundraisers, tech-support saviors or grandkids in need. But with a new breed of telephone fraudsters, sometimes you don't even need to say "Hello" to get ripped off. Here's how some of these crooks may target you.

Call Center Fraud

There are scam artists who spend hours calling the customer service centers of banks, insurance companies and other institutions, posing as people like you, to try to access accounts. These crimes have more than doubled in the past year. "That's because reps only ask a couple of simple authentication questions — maybe your mother's maiden name or your Social Security number — before you can transfer money or do whatever," explains Ken Shuman of Pindrop, a company that provides antifraud services to call centers. Scammers start by assembling information on you, stolen in [data breaches](#), purchased on the "dark web" or gleaned with a simple Google search. Then, working from boiler rooms (often overseas), they spend all day phoning different call centers to determine if you have accounts with those companies. With your data in hand, they can often answer the authentication questions that call centers ask. ATM PINs are especially prized — and vulnerable, adds Shuman. He notes that there are only 10,000 possible combinations for a four-digit PIN. Unless a bank's system blocks calls after several tries — and some don't — there are scammers who call back 150 times a day, trying different PINs until they get it right. Then they immediately log in as you, change your PIN and take over your account.

Smartphone Swindles

An ever-growing segment of the 20 billion text messages sent each day are attempts at [defrauding people](#) through "smishing" (a word that combines the SMS technology that sends text messages and phishing, a ploy to coax confidential information out of you). Typically, a scam texter will fake a problem with one of your financial accounts and ask you for data. Or they might pitch low-cost mortgages or credit cards, or promise free gift cards. If you respond by texting back confidential personal information, your identity may be stolen. Millions of these

smishing texts can be launched simultaneously. Your best defense is to be stingy with your phone number. Scam texts may result if you provide it to contests, say, or businesses. Mobile apps can also be to blame. When you install them, the fine print in the user agreement may grant permission to the app's developer to use or sell your phone number and sometimes even the numbers of your contacts. In one recently popular scheme, scammers get your contacts from mobile apps, then text you posing as people you know to seek money or ID-theft-worthy information, says Jonathan Sasse, marketing executive at First Orion, a digital security firm that provides the mobile app PrivacyStar. One more important tip: Never follow a text's instructions to push a designated key to opt out of future messages. Instead, forward the questionable text to short code 7726, so [cellphone carriers](#) can block that sender. You can further bolster defenses against mobile scams — which have quadrupled in the past two years — with call-blocking apps such as Hiya, Truecaller, NoMoRobo and PrivacyStar.

Curiosity Cons

Knowing that you are likely to ignore unrecognized or private numbers on caller ID, today's crooks use software that allows them to display fake numbers that are hard to resist. Here are some variations.

- **The neighbor ploy** Your area code and prefix are displayed, so the call appears to be from a neighbor or nearby business. "Fewer people are comfortable blocking local numbers, increasing scammers' success rates," notes Jonathan Nelson of Hiya. And the fake number makes it hard for law enforcement to track.
- **The "Hey, there's a call from my own phone number" scam** It's hard to resist answering a call from your own number, which scammers can simulate. And they are able to get around any call blocking that you've set up.
- **The one-ring rip-off** Criminals sometimes program [auto-dialers](#) to make repeated calls to you, each disconnecting after just one ring. They know this might spur you into calling back the displayed number to complain. There's double trouble if you call area codes such as 268, 664 and 876. These are for Caribbean countries and other places that have high per-minute phone charges. One scam involves getting you to call one of those numbers, then getting you to hold through transfers that rack up your bill until a scammer gets on the line and starts a fraudulent pitch.

AARP Chapter 2700 Community Service Project Manos de Cristo Food Drive (May & June 2018)

The Manos de Cristo Food Pantry provides emergency assistance to individuals and families in need. Below is their revised wish list.

Family size boxes of Cheerios or Corn Flakes, 2 lb. bags of Pinto Beans, 2 lb. bags of Rice, Vienna Sausage (4.6 oz. cans with easy open lids), Marinara Pasta Sauce, Pancake Mix & Syrup, Applesauce Cups, Fruit Cups, **Canned Goods** - Whole Kernel Corn, Green Beans, Tomato Sauce, Tuna, Soup, **Crackers (Fresh Stacks)** – Saltines (8 stacks to a box), Ritz (12 stacks to a box).

Your donations will ensure that individuals and families will have food on the table. Monetary donations will also be accepted to purchase food items.

Manos de Cristo has requested Family Size bottles of Shampoo, Conditioner & Lotion.

Care Package Items Needed for the Homeless:

Toothbrushes, **travel size**-toothpaste, shampoo, conditioner, soap, body gel and lotion. We will prepare care packages at our June meeting at 1:30 p.m. Please join us.

Thank You for your generosity.

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.

PATIENTS CAN'T RECALL HALF OF WHAT THE DOCTOR SAID

by William E. Gibson, AARP, March 30, 2018

Researchers suggest patients do more talking during visits with doctors to improve recall and enhance decision-making.

Patients only remember about 49 percent of the decisions and recommendations made during [talks with their doctors](#), leaving many with limited influence on the course of their care, a new research study has found.

The study out of Brown University's School of Public Health found that patients forgot or never learned about half the essential information from talks with health care providers, though prompting helped recall another 36 percent of it. About 15 percent of the information was remembered erroneously or not at all.

Patients in the study with less than a high school education recalled 38 percent of the decisions and recommendations, while those with a college degree remembered 65 percent of it, the researchers reported.

To improve the patients' recall and enhance their decision-making ability, the researchers said they need to do more of the talking during the "precious time" they spend with doctors.

"[The] findings suggest that patient recall could be enhanced if providers were to use more of the techniques to encourage patient engagement, such as open questioning, agenda setting, and teach-back; and limit the amount of information to be remembered in a single visit based on an assessment of [the] patients' ability to recall," the researchers wrote while reporting their findings in the journal *PLOS One*.

Doctors generally understand this, but many are just too busy, the researchers said. So they suggested allowing more time for these talks while [encouraging feedback from patients](#) with open questions and discussion of multiple options.

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