



North Austin Chapter 2700

P O Box 201898
Austin Texas 78720

<http://www.AARPChapter2700.com>

November-December 2018
Newsletter
Volume 10, Issue 6

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

Our AARP Chapter 2700 general meeting Nov. 20 is also our annual meeting during which we elect new board members. Because our just approved Standing Rules now specify term durations and allow us to stagger those terms, we will need to elect nine people. These are the positions on the board that are available:

- President for a one year term (I, Enedelia, have agreed to be nominated for that one year to ensure continuity and hopefully train the next President)
- Treasurer for a one-year term (Leslie has agreed to be nominated for that one year to ensure continuity and train potential new treasurers)
- Secretary for a two-year term
- Vice President for a two-year term
- Two non-officer board members (at large) for one-year terms
- Three non-officer board members (at large) for two-year terms

Marie Acosta has agreed to chair the Nominations Committee. Other members are Doris Moore and Josefina Gibbs. Marie can be reached at cielitolindo1954@gmail.com or 512-280-0498. Doris can be reached at 512-899-2165. Josefina can be reached at jrodgib@yahoo.com or 512-335-0583.

If you know someone who would be a good board member, please let someone on the Nominations Committee know. You can nominate someone else or you can nominate yourself. The board meets every other month at 10 a.m. on meeting days in the same room. The board sets policy for the chapter. Serving is a great way to get to know other people and to help determine chapter activities.

More than one person may be nominated for each position, but there must be at least one person nominated for each of the nine positions. For example, the current president has agreed to be nominated, but that doesn't mean someone else cannot be nominated for that position.

There will also be open nominations during the regular November chapter meeting. You can nominate yourself or someone else (with their permission) during the meeting.

MEETINGS

Please bring a donation to the food bank!

DATE:

TUESDAY, November 20, 2018 (Board Meeting 10:00 am)
TUESDAY, December 18, 2018

LOCATION:

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

PROGRAM:

1:00 pm

SOCIAL & BUSINESS:

1:30 pm

All board meetings are open to the membership!

PROGRAMS

NOVEMBER 20, 2018

MATURE DRIVING PROGRAM

Julia Davies, Baylor Scott and White

The program is a collaboration between Hillcrest Regional Trauma Services and the Texas Department of Transportation, which strives, through education, to reduce crashes, injuries and fatalities among adult drivers. Topics may include:

- The impact of aging on driving skills
- Traffic issues
- Driving behaviors of mature drivers
- Warning signs of an unsafe drivers
- How to talk to a loved one about safety concerns

Board Sponsor: Dorothy Clark

DECEMBER 18, 2018

SING ALONG TO OLD FAVORITES

Frank Cavitt (Musician)

Singing and playing the piano have always been his greatest passions in life. You can always find Frank playin' or dancing' the night away at many of the local music venues.

Board Sponsor: Dorothy Clark

JANUARY 15, 2019

SENIORS AND FRAUD

Anissa Castillo with Humana

More than ever seniors are the target of scammers. Scams take various forms that can result in financial loss. Anissa will discuss some of the current scams that may be targeted at seniors.

Board Sponsor: Leslie Ashton



There will be our customary drawings at the meeting for prizes!

You have to be present to win!

2018 OFFICERS

President: Enedelia Obregón.....512-331-1890
 Vice President: Dot Clark.....737-529-4000
 Secretary: Carol Stimson.....512-331-0095
 Treasurer: Leslie Ashton.....512-750-1513

BOARD OF DIRECTORS

Bea Bates Connie Dunn Doris Hill Argie Horn
 Phil Horn Dixie Saxon Kitty Traylor Chinell Williams

COMMITTEE MEMBERS

Check-In:	Nelda Lee 512-451-1019
	Doris Hill 512-452-7325
Membership Sign Up:	Hilda Venema 512-837-4052
	Martha Dyess 512-836-0862
Membership & Website	Judy Devore 512-420-9494
Co-Chair:	Phil Horn 512-219-1999
Legislative Chair:	Enedelia Obregón 512-331-1890
Programs:	Dorothy Clark 737-529-4000
Community Service:	Chinell Williams 512-928-2419
	Diane Wright 512-892-3354
Caring:	Connie Dunn 512-497-2897
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

HALLOWEEN COSTUME CONTESTANTS

Winners were: Grim Reaper: Helene Hendrick, Minnie & Mickey Mouse:
 Julia Johnson and Ed Janek, Mary Poppins: Leslie Ashton



Sometimes a chapter member or a family member is not feeling well, sick, has had some type of surgery and is recovering, hospitalized or has lost a loved one. If you or another chapter member are affected, please let me know. The chapter wants to make sure they are remembered while they are going through this trying time. Here is a list who have been sent cards (some for birthdays): EDITH SWARTZ, BARBARA WHITE, LESLIE ASHTON, MARIO MACALUSO, GEORGE DeMARINES, BETTY ZSCHIESCHE, LAURA SHELL, MIKE & MARY ALICE CALDERON, MARTHA DYESS, TOMAS GARZA, SHIRLEY PAZ, TERRY FRANKLIN, SANDRA COLLIER. Contact me by email, phone or text. Connie Dunn, condun1@aol.com 512-497-2897 (message or text).

**2019 TRAVEL OPPORTUNITIES**

Travel Committee: Connie Dunn, Dixie Saxon, Judy Devore, Shirley Paz and Debbie Galloway

All costs listed are per person based on double occupancy and \$150.00 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

PANAMA CANAL CRUISE - SOLD OUT

March 21 - 30, 2019

ADVENTURE TO THE AMALFI COAST (ITALY)

with Mario Macaluso

There are still seats available

Date: July 14 - 19, 2019

PENNSYLVANIA AMISH LANDS

\$1,019.00 - double occupancy

\$1,218.00 - single occupancy

\$989.00 - triple occupancy

Round trip airfare included.

There are a few seats remaining for this trip

Date: October 5 - 12, 2019

ALBUQUERQUE, SANTA FE & TAOS

\$1,269.00 - double occupancy

\$1,608.00 - single occupancy

There are approximately 10 seats remaining

**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.

THE GRAND OLE OPRY Ryman Theater

AARP CHAPTER 2700 COMMUNITY SERVICE COMMITTEE ONGOING PROJECTS

Submitted by *Diane Wright*

AARP 2700 is collecting canned goods and toiletries for two groups at **each meeting** — Westover Hills Church of Christ and the Homeless at St. Ignatius Food Pantry.

Westover Hills Church of Christ — canned food (meats, vegetables, fruits, beans), 1 or 2 lb bags of rice or dry beans, boxes of cereal, boxes of macaroni & cheese, ramen noodles, peanut butter. These items are for the hungry families that come to the church asking for food. These items are to be placed in the grocery baskets by the main entry door when you enter the building for meetings.

Westover Hills Church of Christ Homeless — canned meats (Vienna sausages tuna, chicken), individual servings of packaged fruits (6-8 per pkg), cereal / breakfast / granola bars (6-8 per pkg), individual packets of cheese or peanut butter crackers (8 per pkg). These items are to be placed in the grocery baskets by the main entry door when you enter the building for meetings.

Toiletries for the Homeless at St. Ignatius Food Pantry (travel size) — shampoo, conditioner, body lotion, soap, toothpaste, toothbrushes, packets of hand wiped. These items are placed on the "DONATIONS" part of the registration / info table as you enter the meeting room. Look for the blue bucket or bag.

Thank you for caring about those who are less fortunate. They appreciate your generosity.

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!

TED TALK

Submitted by *Enedelia Obregón*

At the Capital City Village luncheon recently, a business professor at the University of Texas, Dr. Raj Raghunathan, gave a very condensed TED Talk about what we need to be happy. He listed 5 domains, which he called MBAs:

- B - Basic necessities are met.
- M - Mastery at something. You don't have to be a pro, just be good at something.
- B - Belonging. Have at group or even one close friend you can count on.
- A - Autonomy. Freedom and control over your life.
- A - Attitude.

He talked about the abundance mindset; success does not come at the expense of others. You are not jealous or envious. The opposite (and negative) is the scarcity mindset in which life is a zero sum gain. You

AUSTIN CHILD GUIDANCE CENTER (Ice Cream Party Volunteers)



Back: Enedelia Obregón, Phil Horn, Kitty Traylor, Phyllis Gosssett, Diane Wright, Jimmy & Chinell Williams

Front: Jerrilyn Zoch, Marie Acosta, Argie Horn, Connie Flores



Chinell Williams with all the generous donations:

Dorothy Clark made and donated the flannel stuffed toys & caps, Kitty Traylor donated the 30 large stuffed animals, and Dorothy Loughran donated 20 of the Beanie Babies.

Also, thanks to all the other members who donated.



hoard; you are untrusting and vigilant that no one takes what you have. That attitude is actually bad for success.

What to do to nurture and abundance mindset?

Maintain a "good things" journal. Write down three good things that happen each day. It can be small things, such as you saw a beautiful bird or heard your favorite song. This helps offset the "negativity dominance." An example of that negativity dominance: 100 people tell you that you look great. But one person asks if you're OK because you look bad and you remember what that one person said.

Take a "news fast." Don't read or look at the news. Instead, do a "nature feast." Go outside as much as you can, even if it's just on your balcony or patio. Get 7 or 8 hours of sleep. Remember to eat (healthy), move (exercise) and sleep.

¡Muchas gracias!

**. YOU CAN NOW REQUEST A FREEZE ON YOUR
CREDIT HISTORY FILE AT NO CHARGE.
WHAT IS A CREDIT FREEZE AND WHAT DOES IT DO?**

Submitted by *Leslie Ashton*

As of September 21, the three major credit reporting agencies (Equifax, Experian and TransUnion) are required by federal law to offer a credit freeze and unfreeze at no charge.

What does a credit freeze do?

When you request a credit freeze with the three major credit reporting agencies, it restricts access to your credit history file. This limits the ability of identity thieves to get a credit card or loan in your name by using your personal information. This is because most businesses will want to see your credit record before approving a new loan or credit card and, if they can't get a credit history report, they probably won't issue new credit.

What does a credit freeze NOT do?

A credit freeze does not affect your ability to use your credit cards. It does not affect your credit rating.

How do you place a credit freeze on your credit history file?

To put a credit freeze in place, you need to contact each of the three major credit reporting agencies

either online or by phone to request the freeze. You will need to provide information such as your name, address, date of birth and Social Security number. After receiving your request, each credit reporting agency will send you a confirmation letter with a PIN (Personal Identification Number) or password. You will need the PIN or password if you need to temporarily lift the credit freeze to get a new loan or credit card.

For more information:

Go to the website for the Federal Trade Commission at <https://www.consumer.ftc.gov/blog/2018/09/free-credit-freezes-are-here>

To contact the credit reporting agencies:

Equifax

Equifax.com/personal/credit-report-services 800-685-1111

Experian

Experian.com/help 888-EXPERIAN (888-397-3742)

Transunion

TransUnion.com/credit-help 888-909-8872

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