

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



Chapter members bring food for the church food pantry

As AARP Chapter 2700 enters the last quarter of the year, the board has started planning for 2019. We need your help.

The most important task before us is getting new board members for next year.

Because our just approved Standing Rules now specify term durations and allow us to stagger those terms, we will need to elect nine people on November 20th.

The Nominations Committee has the task of finding people to serve. They will present a list of nominees at the November meeting, which is our annual meeting.

Marie Acosta has agreed to chair the Nominations Committee. Other members are Doris Moore and Josefina Gibbs.

The Nominations Committee cannot do its job without YOUR help. 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.

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.

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

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. Example: The current president has agreed to be nominated, but someone else can also be nominated for that position. There will also be open nominations during the regular November chapter meeting. You nominate yourself or someone else (with their permission) during the meeting.

An organization thrives only if all of its members participate.

Muchas gracias! Enedelia

MEETINGS

Please bring a donation to the food bank!

DATE:

TUESDAY, September 18, 2018 (Board Meeting 10:00 am)
TUESDAY, October 16, 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

SEPTEMBER 18, 2018

Jane Tillman, Travis County Audubon Society

Jane will talk about birds you can see in your backyard and how to attract them if you want.

Board Sponsor: Enedelia Obregon

OCTOBER 16, 2018

Joyce LeBombard, President of Austin League of Women Voters "The Importance of Your Vote in Elections"

The League of Women Voters strive to provide information which will inform voters of current issues, voting regulations, and other aspects of voter preparation for election day. They are a nonpartisan group to inform and encourage people to exercise their right to vote.

Board Sponsor: Dorothy Clark

NOVEMBER 20, 2018

Julia Davies, Baylor Scott and White Mature Driving Program

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

2018 OFFICERS

President: Ene delia 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 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:	Ene delia Obregon 512-331-1890
Programs:	Dorothy Clark 512-460-9946
Community Service:	Chinell Williams 512-928-2419
	Diane Wright 512-892-3354
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

AARP Chapter 2700 Community Service

The Community Service Committee will be hosting the State School Ice Cream Party on October 26, 2018. They need donations of:

Beanie Babies, Stuffed Animals, Comb & Brush Sets, Card Games (Uno, Go Fish, etc.), 250-500 piece puzzles, Journals and Sketch Pads without metal edges, Stickers, Crayons, Crossword Puzzles, Sudoku, Trivia, Word Find, Word Search & Coloring Books.

Donations of money to purchase party supplies (ice cream, bowls, toppings, spoons, etc.) will be greatly appreciated. Volunteer sign-up sheet and directions will be provided at the September and October meetings.

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!

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



2018 TRAVEL OPPORTUNITIES

Travel Committee:

Connie Dunn, Dixie Saxon, Judy Devore,
 Shirley Paz, Nelli Aguirre 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

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 Dixie Saxon 512-944-6011 and Nelli Aguirre 512-663-4317**

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.

REMINDERS:

Be sure and come in costume for the Halloween Party. Prizes will be given for the top 3 costumes!



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

You have to be present to win!

Be sure to return your Ballot-By-Mail Application Form before October 26!

Lyft is offering free rides on election day to your voter location!

A Voter Registrar will be present at the September and October Chapter 2700 Meetings!



We have members of our chapter who should not be overlooked. 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. Contact me by email, phone or text. Connie Dunn, condun1@aol.com 512-497-2897 cell phone (leave a message or text)

12 MOST COMMON EARLY SIGNS OF ALZHEIMER'S

www.activebeat.com

Alzheimer's is a type of dementia and is also a progressive and fatal brain disease, which will rob a patient of cognitive skills and eventually bodily functions. Often the patient doesn't succumb to the disease itself, but from complications arising from it.

Recognizing the disease early can help a patient and family prepare to deal with it, but keep in mind there is no cure (although there are treatments that can possibly slow progression or improve quality of life). Here are 12 early warning signs.

1. Forgetting Recent Information

Alzheimer's may present itself early from missed doctor's appointments, or forgetting to get together with a friend you made a coffee date with a couple of days prior. Memory loss (a cognitive function) is the biggest marker of Alzheimer's, and it will progressively get worse. The Alzheimer's Association in the U.S. explains that many patients rely on notes or electronic devices early on to remember important dates, or they may ask you for the same information repeatedly. The association said some older people without Alzheimer's sometimes forget details like names and appointment times, but it comes back to them.

2. Trouble Following Instructions

WebMD explains that a person who is used to cooking may suddenly have trouble with a recipe they're already familiar with when Alzheimer's starts setting in. Tasks that require problem-solving and details may become especially difficult for these individuals, it adds. Another place you may notice an impact is in a person's financials – they may have trouble keeping track of their bills, which will be more obvious if they have a history of paying bills on time.

3. Behavioral/Personality Changes

Harvard Medical School explains that Alzheimer's can change the way a person acts, and cause them to do some unusual things (compared to what they did in the past). While it's [normal for some people to change their social habits as they age](#), "changes in a person's basic disposition or temperament aren't normal and may be signs of dementia," notes the school. Depression is common among Alzheimer's patients. As far as unusual behavior is concerned, the patient might be more prone to wandering (and perhaps getting lost), wearing clothes that don't suit them or their environment, or engaging in "unsafe" behaviors, it adds. A well-mannered person may also suddenly start using foul language as the disease sets in.

4. Trouble Communicating

WebMD notes that "vocabulary becomes hard" for patients experiencing Alzheimer's. They may not know the right word to use to describe something, or they may call objects but the wrong name. Having a normal conversation with someone can become a challenge, so some patients may just start avoiding chatting with people, notes WebMD. The patient may also not respond because they don't know what to say, or repeat themselves.

5. Hiding and Hoarding Items

This can be traced back to the behavioral changes, but we'll get into a bit more detail about it here. The Alzheimer's Society (UK) explains that a person developing Alzheimer's may stash items away, which "may be an attempt by the person to remain in control of their situation," notes the source. The patient may also be experiencing delusions that people are trying to steal their belongings, leading to hiding them. The patient may then not remember where they put an important item, which is frustrating for both the patient and caregivers that have to help find it.

6. Visual Difficulties

The U.S. Alzheimer's Association notes a patient may have "trouble understanding visual images and spatial relationships," meaning they may not be able to judge distance as well – which is a bad thing when it comes to driving. (On that note, people with

dementia may lose their way on a route they've driven many times.) Other visual impacts could be trouble reading, and determining colors and contrast, which could also lead to trouble behind wheel, adds the source. This type of visual difficulty is not associated with normal aging unless cataracts are involved.

7. Decision Difficulties

Some choices can be hard to make, which can be made all the worse if you have Alzheimer's creeping in. Healthline.com notes that this can affect financial decisions in particular, and that this symptom "often causes detrimental financial effects."

A person with early Alzheimer's may become more vulnerable to door-to-door salespeople, or donate "large amounts of money to telemarketers," adds the source. If you notice a loved one being more liberal with their spending or suddenly not being able to make ends meet, you may want to look out for other symptoms.

8. Decline in Personal Hygiene

You may notice that a loved one who usually takes great care to ensure they are presentable to the world has let their look slip a little, or they are wearing the same clothing repeatedly. This can be a sign of Alzheimer's, according to CBS News. They may show evidence of not brushing their teeth or washing up. "They may not remember why they even need to bathe or brush their teeth," it adds. They may also stop combing their hair and clipping their nails, as well as other basic hygiene rituals.

9. Skipping Meals

The same source says someone who is experiencing symptoms of dementia may start to lose interest in food, and skip meals altogether. This may be more obvious if the patient had a healthy appetite not long before. On the flipside of the coin, someone with dementia (including Alzheimer's) can forget that they just ate, leading to eating lunch or dinner multiple times. They may suddenly enjoy foods they previously avoided and start to avoid their previously favorite meals, it adds. You may also notice other strange behaviors related to mealtime, such as using their fingers to eat food that usually requires utensils.

10. Forgetting Time and Location

We take the passing of time and our surroundings for granted, but an Alzheimer's patient may have trouble with both of these things, explains Healthline.com. "Losing track of dates and misunderstanding the passage of time as it occurs are also two common symptoms."

This can make it more difficult for the patient to plan for future events, "since they aren't immediately occurring." As the Alzheimer's progresses, a patient can more often forget how they got to where they are, or even why they're at a particular location..

11. Delusions or Paranoia

CBS News explains that those with Alzheimer's can go from being suspicious of people to extremes like suspecting someone is trying to kill them (when they're clearly not). What's more is that a patient might start having hallucinations that involve all the senses, such as hearing sounds or even tasting something that isn't there, it adds. They might also start seeing people that aren't there but that are familiar to them, like an old friend or colleague.

12. Withdrawal From Family or Work

As we mentioned before, there can be some personality changes associated with the onset of Alzheimer's, and that can make a person who normally loves spending time with family, friends and work colleagues become withdrawn to the point they avoid socializing, explains the Alzheimer's Association. "A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports," it explains. They may even forget how to perform their favorite hobby, it adds. The changes they are experiencing may drive them away from spending time with other people. This is different from a typical age-related change, which involves occasionally "feeling weary of work, family and social obligations."

THE TOP BRAIN POWER FOODS FOR SENIORS

amandaseniorcare.com/blog

(written by Taylor French)

ARTICLE IS CONDENSED

James Becker a professor of psychiatry, neurology and psychology at the University of Pittsburgh says that “This is a very large scale study that demonstrates that a healthy lifestyle impacts not just physical well-being and longevity, but also cognitive well-being.”

So what foods make up a healthy brain diet? Below is a list of the top brain power foods – in no particular order – that can improve mental health, especially for seniors who want to ward off cognitive decline.

Salmon – and other cold-water fishes like tuna, sardines, and halibut – contain high amounts of omega-3 fatty acids like docosahexaenoic acid (DHA). “DHA is the most abundant fatty acid in the brain. It makes sense that if you have higher levels of DHA in the blood, then the brain will operate more efficiently.”

Walnuts are rich in vitamin E, which works to trap free radicals that can damage brain cells.

Green Tea contains enzymes, amino acids, and vitamins that can help alleviate mental fatigue and boost brain function. It also contains an antioxidant

called EGCG, which helps stop beta-amyloid proteins from harming brain cells.

Egg Yolks are rich in choline, a nutrient the brain uses to make a neurotransmitter that may be vital to maintaining memory and communication among brain cells.

Blueberries Dr. Steven Pratt, author of *Superfoods Rx: Fourteen Foods Proven to Change Your Life*, calls them “brainberries.” He said [animal studies have shown that blueberries help protect the brain](#) from oxidative stress and may reduce the effects of dementia. Blueberries are also one of the only proven things to improve the loss of motor function as we age.

Avocado Though the avocado is a fatty fruit, it’s a monounsaturated fat, which contributes to healthy blood flow. Healthy blood flow means a healthy brain. [Avocados also lower blood pressure and reduce the risk of hypertension](#), which is a risk factor for cognitive decline.

Spinach is an excellent source of folic acid, and studies show that eating spinach helps prevent dementia, especially in women. Spinach and other cruciferous vegetables – broccoli, cabbage, and dark, leafy greens – can help improve memory.

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

