



North Austin Chapter 2700

P O Box 201898
Austin, Texas 78720

<http://www.AARPChapter2700.com>

September-October 2019

Newsletter

Volume 11, Issue 5

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

Travelers have until Oct. 1, 2020, to obtain their REAL ID compliant drivers license/ID for traveling within the United States if they don't want to carry their passports or do not have one.

The REAL ID also is necessary for accessing federal facilities or for boarding an airplane. Those who have passports can use those as an ID for traveling within the United States as well as traveling abroad.

Texas began issuing REAL ID compliant cards on October 10, 2016, and these cards are marked with a gold circle with an inset star located in the upper right-hand corner.

If you were issued a license/card on or after Oct. 10, 2016, and there is a gold star on the upper right-hand corner, you already have a REAL ID and no further action is required on your part.

According to the Texas Department of Public Safety, the REAL ID is a requirement resulting from Congressional legislation passed after 9/11 that requires all states to have uniform standards for the issuance and production of state-issued driver licenses and identification cards if they are to be accepted as identity documents by the federal government. This Act strengthens the integrity and security of state-issued cards in an effort to reduce identity fraud and terrorism.

If you do not have a passport, getting a REAL ID drivers license will make it much easier to travel within the country. Aside from a passport, the Transportation Security Administration (TSA) accepts other forms of secondary identification for those who do not have a REAL ID. For a complete list go to www.tsa.gov.

If you anticipate never having to fly, you can keep the current drivers license. It is still valid for driving.

If you think you might need to fly anywhere, and your license/ID card expires before the Oct. 1, 2020 deadline, you can go ahead and renew it now. You are eligible to renew up to two years in advance of your license's expiration date.

MEETINGS

Please bring a donation for the food bank!

DATE:

TUESDAY, September 17, 2019 (Board Meeting 10:00 am)

TUESDAY, October 15, 2019

LOCATION:

WESTOVER HILLS CHURCH OF CHRIST

8332 MESA DRIVE

AUSTIN, TEXAS 78759

PROGRAM:

1:00 pm

SOCIAL & BUSINESS:

1:30 pm

PROGRAM FOR SEPTEMBER 17, 2019

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

Sponsor: Dorothy Clark

If your license expires before Oct. 1, 2022 and you don't have a gold star in the upper right-hand corner, you can renew your license before the Oct. 1, 2020 deadline.

If your card expires after Oct. 1, 2022 and you want a REAL ID license/card, you can request a duplicate either in person at a DPS office or through www.texas.gov. To determine if you are eligible to renew online, go to the same website.

SAMPLE



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
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Co-Chair	Diane Wright 512-892-3354
Caring Committee:	Naomi Hodge 512-745-7760
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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**OCTOBER 15, 2019**

It's time for a little line-dancing, music, and fun!
LMR Dance Connection will feature the
"GOLDEN ACES" of Conley Guerrero Senior
 Activity Center and the **"RHYTHM IN MOTION"** of
 WelMed Senior Activity Center. They will show us
 how much fun it can be!

Sponsor: Dorothy Clark

NOVEMBER 19, 2019

Rhonda Thompson with Capital Area Council of
 Governments and Area Agency on Aging will
 present the program **MATTER OF BALANCE**

This is a program designed to help prevent
 devastating falls in older adults and to help seniors
 develop an active, healthy lifestyle. Falls are the
 leading cause of both nonfatal and fatal injuries in
 older adults.

The good news is that falls are not a normal or
 inevitable part of aging---there are simple steps
 older adults can take today to reduce falls.

Sponsor: Dorothy Clark

**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!*

Received a postcard via USPS, with no company name, stating that they were trying to deliver a package and that this was the final notice. A female voice representing Impact Distribution answered, but hung up after I asked what the card was about and that we had not ordered anything. Called a 2nd time and made it sound as if I was interested in the package. They wanted to deliver a water testing kit and a \$25 gift card, also wanted the owner of the house to be present (aha!). The 512 is our area code. Beware!

2019 AUSTIN AREA AARP VENDOR DAY

You are invited to AARP Vendor Day on Monday, October 14, 2019, at the Bethany United Methodist Church Fellowship Hall, 10010 Anderson Mill Rd, Austin, TX, 78750.

This is not a substitute for the Chapter 2700 meeting scheduled for October 15.

Doors open for vendor day at 12:30 p.m. Members should sign in at their chapter tables, pick up raffle tickets, share refreshments, socialize, and visit the vendor tables.

Door prizes provided by the vendors will be drawn at various times throughout the day. Members must be present to win.

The program will start at 1 p.m.

Tim Morstad, AARP-TX Associate State Director of Advocacy, will summarize AARP the victories and defeats from the recent Texas legislative session.

Lynn Shank, an 18-year veteran of the National Medicare Training and the Medicare Partnership programs, will update us on the national Medicare Coverage, Medicare Advantage program and supplemental parts D.

This yearly event is organized by the unofficial Austin Area AARP Council which represents members of the five area chapters: Chapter 1089 (Austin), Chapter 2426 (South Austin), Chapter 2700 (North Austin), Chapter 3085 (Cedar Park), and Chapter 4195 (Round Rock).



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

MEMBERSHIP

Judy Devore (Chair)

We have 313 members with 90 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 reported that our members volunteered a total of 251 hours in June and 210.5 in July.

CHAPTER 2700 COMMUNITY SERVICE

Chinell Williams (Chair)



A total of 308 personal care packages for the homeless were made at the August AARP chapter meeting. Half of the packages were delivered to Manos de Cristo and the

other half to St. Ignatius. Thank you to everyone who helped.

AARP Chapter 2700 will host the Austin State School Ice Cream Party October 25 at 1:30 pm. 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.

**ONE SMALL
POSITIVE THOUGHT
IN THE MORNING
CAN CHANGE YOUR
WHOLE DAY**

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) will do the programs in 2020.

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OLDER ADULT COGNITIVE ABILITIES

UCR psychologist Rachel Wu says one important way of staving off cognitive decline is learning new skills as a child would. That is, be a sponge: seek new skills to learn; maintain motivation as fuel; rely on encouraging mentors to guide you; thrive in an environment where the bar is set high.

"The natural learning experience from infancy to emerging adulthood mandates learning many real-world skills simultaneously," Wu's research team writes in a paper recently published in *The Journals of Gerontology, Series B: Psychological Sciences*.

Likewise, the group's hypothesis held, learning multiple new skills in an encouraging environment in older adulthood leads to cognitive growth. The prize: maintaining independence in old age.

Building on lifelong learning research, previous studies have demonstrated the cognitive gains of older people learning new skills, such as photography or acting. But these skills were learned one at a time, or sequentially.

For Wu's studies, the researchers asked adults 58 to 86 years old to simultaneously take three to five classes for three months -- about 15 hours per week, similar to an undergraduate course load. The classes included Spanish, learning to use an iPad, photography, drawing/painting, and music composition.

The participants completed cognitive assessments before,

during, and after the studies to gauge working memory (such as remembering a phone number for a few minutes); cognitive control (which is switching between tasks) and episodic memory (such as remembering where you've parked).

After just 1 ½ months, participants increased their cognitive abilities to levels similar to those of middle-aged adults, 30 years younger. Control group members, who did not take classes, showed no change in their performance.

"The participants in the intervention bridged a 30 year difference in cognitive abilities after just 6 weeks and maintained these abilities while learning multiple new skills," said Wu, who is an assistant professor of psychology.

"The take-home message is that older adults can learn multiple new skills at the same time, and doing so may improve their cognitive functioning," Wu said. "The studies provide evidence that intense learning experiences akin to those faced by younger populations are possible in older populations, and may facilitate gains in cognitive abilities."

It's not too late to sign up for the Lifetime Learning Institute (LLI) classes. You can check out the classes online and pay the \$30.00/per class fee by credit card. Best bargain in town!

Register at: lliaustin.org

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