



North Austin Chapter 2700

P O Box 201898
Austin Texas 78720
<http://www.AARPChapter2700.com>

May-June 2017
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."

AFFORDABLE CARE ACT OR AMERICAN HEALTH CARE ACT

While the U.S. House of Representatives recently voted to replace the Affordable Care Act with the American Health Care Act, the proposed bill must still be passed by the U.S. Senate in order to become law.

The AARP, physician and hospital organizations were among the many groups opposed to replacing the ACA, known as Obamacare, with the AHCA. One of the reasons for AARP opposition is the "age tax." States can obtain waivers allowing insurers to sidestep coverage for critical benefits such as emergency services, hospitalization, prescription drug coverage, mental health services, chronic disease management and preventive care. Insurers in those states receiving a federal waiver would be allowed to charge older adults - who are more likely to have preexisting conditions - even more than five times what others pay for coverage. Current law limits the premiums for older consumers to three times what younger adults are charged.

The "age tax" plus the reduction of tax credits that help older adults pay their insurance premiums would be an increase in annual premiums of up to \$13,000, according to the Congressional Budget Office (CBO).

The AHCA would also worsen the fiscal outlook for Medicare by reducing the program's revenue. It would hasten Medicare's insolvency by several years and weaken its ability to pay for future services for those who rely on the program to help cover their health care costs.

"AARP is deeply disappointed," said AARP Executive Vice President Nancy LeaMond, calling the AHCA a "deeply flawed bill."

"The bill will put an age tax on us, harming millions of American families with health insurance, forcing many to lose coverage or pay thousands of dollars more for health care," LeaMond said. "In addition, the bill now puts at risk the 25 million older adults with preexisting conditions, such as cancer and diabetes, who would likely find health care unaffordable or unavailable to them."

While supporters of the bill maintained that people with preexisting conditions could be cared for through high-risk pools, an analysis by AARP's Public Policy Institute found that premiums in such pools could reach unaffordable levels — as much as \$25,700 a year in 2019. In the past, high-risk pools have put such an onerous financial burden on states that insurance benefits were scaled back and enrollment in them was capped.

To win over holdouts on the bill, the House leadership included an amendment adding \$8 billion over five years for high-risk pools, an amount representing a very small fraction of what would be required.

Under the bill, the controversy over how to treat people with preexisting conditions was only one objection raised by consumer groups about the AHCA. The bill would impose an "age tax" through the combined effect of allowing insurers to charge older adults five times what other consumers pay for the same insurance and The CBO found in March that the legislation would lead to a loss of coverage for 24 million Americans over the next decade. The House leadership plunged ahead with Thursday's vote even though the CBO has yet to analyze the recent changes. The result was that members of Congress voted on legislation without knowing how many people would be affected and how much their premiums would be.

Now is the time to contact U.S. Senators Cornyn and Cruz. Cornyn can be contacted at [202-224-2934](tel:202-224-2934). You may mail a postcard at 517 Hart Senate Office Building, Washington, D.C. 20510. Cruz may be contacted at [202-224-5922](tel:202-224-5922). You may mail a postcard to Dirksen Senate Office Building, Suite SDB-40B, Washington, D.C. 20510.

NEXT CHAPTER 2700 MEETINGS

DATE:

Thursday, May 18th **NAMI**
Thursday, June 8th **DANCING (NOTE 2nd Thursday)**
Thursday, July 20th **ELDER ATTORNEY**
Thursday, August 17th **AARP VENDOR DAY**

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!

2017 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

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Connie Dunn	Phil Horn	Kitty Traylor
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Check-In:	Nelda Lee 512-451-1019
Check-In:	Doris Hill 512-452-7325
Greeters:	Vicki and Hank Buterbaugh
Membership Sign Up	Hilda Venema & Martha Dyess 512-837-4052
Membership/Website Chair	Judy Devore 512-420-9494
Membership Co-Chair	Phil Horn 512-219-1999
Legislative Chair:	Enedelia Obregon 512-331-1890
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Travel Treasurer:	Dixie Saxon 512-944-6011
Newsletter Editor:	Kitty Traylor 512-569-9479 kittytraylor@gmail.com

PROGRAM MAY 18th

NAMI (National Alliance on Mental Illness) Dr. Gayle Ayers

Dr. Ayers is currently an outpatient geriatric psychiatrist at Seton Mind Institute and specializes in caring for patients with dementia. She provides clinical evaluations for electroconvulsive therapy (ECT) for the Seton Mind Institute and administers ECT at Seton Shoal Creek Hospital. Dr. Ayers also serves as Medical Director for the Heritage Intensive Outpatient Program at Seton Edgar B. Davis Hospital in Lulling Texas. The Heritage Intensive Outpatient Program is an intensive group therapy program specifically designed for older adults who are struggling with mental health issues. Additionally, Dr. Ayers has an academic appointment as an Assistant Professor of Psychiatry from UT Austin Dell Medical School, as well as, joint appointments as a Clinical Assistant Professor in the Departments of Psychiatry from UT Medical Branch Galveston and Texas A&M Health Science Center. She supervises UT Dell Medical School Psychiatry Residents in Outpatient Geriatric Clinic. And she serves as the Psychiatry Clerkship Director for UTMB and Texas A&M medical students located in the Austin area.

Board Sponsor: Enedelia Obregon

UPCOMING PROGRAMS

JUNE 8th

Rhythm & Blues Line Dancing

L. M. Rivers, Dance Instructor

Get your blood pumping and feet moving to Rhythm & Blues, Hip Hop, music. Mr. Rivers teaches line dancing and other varieties of dances in the Austin area. Line dancing is a style of dance in which a group of dancers line up in one or more rows and follow the same sequence of steps to music at the same time. It is a great exercise and an enjoyable way to improve your cardiovascular system, your mental health, and burn calories.

Board Sponsor: Chinell Williams

JULY 20th

Legal Issues for the Elderly

Mark Tarrant, Attorney

Mark will discuss legal issues concerning the elderly and care-givers. He will stress the importance of "Five Documents Everyone Over 21 Should Have", and focus on the importance of these documents for the over 50 population.

Board Sponsor: Dot Clark

AUGUST 17th

AARP Vendor Day

Sponsor: AARP Team Council (Austin Area Chapters)

10 WAYS TO ALKALIZE YOUR BODY TO GAIN ENERGY and VITALITY From AARP Website: Dr. Otto Warburg (1931 Nobel Prize for cancer discovery)

1. The most important thing is to start your day with a smile and a large glass of water with the juice of a freshly-squeezed lemon. Lemons actually have the opposite effect on your body even if they may seem acidic. Drink first thing in the morning to flush the system. Another option is to drink eight ounces water and one and two tablespoons of organic apple cider vinegar daily.
2. Eat large portion of green salad tossed in lemon juice and quality olive oil. Greens (vegetable or fruit) are among the best sources of alkaline minerals, like calcium. Eat alkaline foods during the day like most fruits and vegetables. They sustain the body's pH on a daily basis and keep balance in your organism.
3. Your snack should consist on raw, unsalted almonds. Almonds are full with minerals that are natural alkaline like magnesium and calcium, which actually help to balance out acidity and in the same time to balance blood sugar.
4. Drink [almond milk](#) and make yourself nice berry smoothie with added green powder like spirulina, or other greens. If you have choice between [almond milk](#) and cow's milk, [almond milk](#) is better option.
5. Go for a nice walk or some other exercise. It's very important to be active. Exercise actually helps move acidic products so your body can better eliminate them.
6. Breathe deeply. Ideally, choose a spot that has fresh, oxygen-rich air and go there whenever you can. While you are there, drink lots of water (and on daily basis as well) to flush the system of waste.
7. Do not eat meat every day. If you can skip few days without meat it will be great because eating meat every day leaves an acid residue behind. We have a lot of vegan or vegetarian recipes for you. Alkalize your body!
8. Skip dessert loaded with sugar and skip drinking [soda](#). Sugar is one of the worst acidic foods we consume and our enemy. If you drink just ONE can of [soda](#), you will actually need more than thirty glasses of neutral water to neutralize the acidity in your body!
9. Add more vegetables to your diet. Be careful, potatoes don't count. However, sweet potatoes are good choice but don't make them with butter, use olive oil and [Himalayan salt](#) for baking. Peppers, Asparagus, squash, Aubergines (eggplant), and other vegetables are also great choices.
10. And last but not least: Add more sprouts to your daily diet. They are extremely alkalizing and rich in nutrients and energy-boosting enzymes.

ATTENTION MEMBERSHIP!

If you are **not** getting the newsletter by email or by snail mail, plus email notices from the travel committee, it may be because your email is not correct on our list, or you have not paid your dues for the year (AARP National must also be current). [Dues for Chapter 2700 are due in for January for the new year.](#)

Please check the list at the meeting for any corrections or call Judy Devore @ 512-420-9494!



2017 TRAVEL OPPORTUNITIES

by Connie Dunn & Dixie Saxon

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.

**Mail deposits to: AARP Chapter 2700
P.O. Box 201898 Austin, Texas 78720**

MAINE, MONTREAL, QUEBEC, & OTTAWA CANADA

VALID PASSPORT NEEDED

July 24 - August 2, 2017

9 nights lodging including 4 consecutive nights in Maine and 5 consecutive nights in Canada (18 meals: 9 breakfasts and 9 dinners). Guided **TOUR OF PORTLAND**, Maine's largest city-by-the-sea. Guided **TOUR OF QUAIN T KENNEBUNK AND KENNEBUNKPORT. TOUR OF HISTORIC VICTORIA MANSION** and visit to **BOOTHBAY RAILWAY VILLAGE**. Visit to the Seashore Trolley Museum and countryside trolley ride and **LL BEAN STORE**. Guided **TOURS OF MONTREAL, QUEBEC CITY & CANADA'S CAPITAL CITY – OTTAWA**. Visit **NOTRE DAME BASILICA**. Admission to the world famous **MONTREAL TOWER** and admission to Ottawa's famous **CANADIAN MUSEUM of History**. Plus, go to **MONTREAL'S UNDERGROUND CITY** and **OTTAWA'S PARLIAMENT HILL**, plus top it off with a narrated **CRUISE ON THE STUNNING ST. LAWRENCE RIVER**. AIR FARE to Manchester, NH required on your own. Deposit of \$75 due at sign up. Group Leaders Dixie Saxon 512-944-6011 and Connie Dunn 512-497-2897 **COST \$1331.**

(Wait List Only)

COLORADO SPRINGS AND GARDEN OF THE GODS

September 23 - October 1, 2017

8 nights lodging including 4 consecutive nights in Scenic Colorado. Includes 14 meals (8 breakfasts and 6 dinners), Tour of the **GARDEN OF THE GODS**, Visit the United States **AIR FORCE ACADEMY**, See Colorado's natural wonder, The **ROYAL GORGE**, Visit historic **MANITOU SPRINGS** at the foot of famous **PIKE'S PEAK**, Guided tour of Colorado Springs, Admission to the **GLEN EYRIE CASTLE**, and much more. Deposit of \$75 due at sign up. Group Leaders Dixie Saxon 512-944-6011 and Connie Dunn 512-497-2897 **COST \$783.**

(Openings Available)

Don't forget to sign up on the wait lists.

Visit our AARP North Austin Chapter 2700 Website to see pictures of our wonderful trips!

NOTE: We are introducing something new in our meetings starting on Thursday, May 18th. There will be several drawings for door prizes. You have to be a member of Chapter 2700, and be present to receive the prize!

Medicare Issuing New ID Cards

Medicare is preparing to stop using Social Security numbers for identification next year and will send new cards to patients with Medicare ID numbers. The move is required by a law enacted two years ago to discourage identity theft.

The Centers for Medicare & Medicaid Services (CMS) recently updated its web page to help health care providers prepare for the change. The agency plans to begin mailing the new cards with Medicare beneficiary identifiers (MBIs) in April 2018. During a transition period through 2019, providers can use the MBIs or health insurance claim numbers (which are based on Social Security numbers) on transactions such as billing and claims.

The 2015 law, the Medicare Access and CHIP Reauthorization Act, requires CMS to remove Social Security numbers from Medicare cards by April 2019.

"We're now figuring out the best way to mail the cards," the agency advised providers. "We'll keep you posted about critical information so you can be ready to ask your Medicare patients at the time of service if they have a new card with an MBI."

CMS plans a "wide-scale outreach" to let beneficiaries know that they need to bring their new Medicare cards when they get care and how to get MBIs if they lose their cards.

AARP's Fraud Watch Network ambassador, Frank Abagnale, advises consumers not to share Social Security numbers unnecessarily. "And don't carry your Medicare card unless you are on your way to a health care appointment," he wrote last year. "Instead, make a copy and black out all but the last four digits."

AARP Membership: [Join or Renew for Just \\$16 a Year](#)

ARE YOU A TEA DRINKER?

Daily consumption of tea (black or green) protects from cognitive decline. Research team at the National University of Singapore published their findings in The Journal of Nutrition, Health and Aging in December 2016.

SYMPATHY, ETC.

If you or someone you know has a health problem, surgery, death, etc., and would like to be sent a card, please contact Barbara Bishop. If you wish to be listed in the newsletter, please contact Kitty Traylor.

If you have a question regarding Chapter 2700, please contact the chairperson responsible listed in this newsletter.

Also, if you would like to comment/change anything with Chapter 2700, please feel free to let us know.

"THIS IS A MUST READ FOR ANYONE TAKING MEDICATION." —SANJAY GUPTA, MD
Staff Neurosurgeon, Emory Clinic; Chief Medical Correspondent, CNN

AARP

DON'T EAT THIS IF YOU'RE TAKING THAT

The Hidden Risks of Mixing Food and Medicine

ADVANCE READING COPY

Health Expert for NBC's Today Show

—Sanjay Gupta, MD, staff neurosurgeon, Emory Clinic, chief medical correspondent, CNN

MADelyn FERNSTROM, PhD, CNS
AND JOHN FERNSTROM, PhD

AARP recommends you buy this book if you are taking medications.

"A commonsense approach to understanding how the action of medicine can be influenced by foods and dietary supplements . . . it's a must-read for anyone taking medication."

AARP FOUNDATION LITIGATION

AARP Foundation Litigation (AFL) is an advocate in courts nationwide for the rights of people 50 and older, addressing diverse legal issues that affect their daily lives and assuring that they have a voice in the judicial system.

AARP Foundation Litigation expertise spans many specific areas of federal and state law, including:

Discrimination in employment against older workers

Consumer, financial fraud and utilities

Employee benefits, including pensions

Investor protection

Health including long-term services and supports, Medicaid, Medicare and prescription drug affordability

Housing, including predatory mortgage lending, and livable communities

Low-income benefits, such as the Supplemental Nutrition Assistance Program (SNAP)

Voting rights, access to courts, guardianship, grandparenting

Some recent cases AARP is now active in the courts working for you:

Are Drugs Being Misused in Nursing Facilities?

AFL Works to Hold Down the Cost of Prescription Drugs

Check out www.AARP.org for more information on litigations as well as other informative information regarding senior citizens.

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