



CHAPTER 1917

Ocean City, Maryland

November 2013

OFFICERS

President

Chris Norris
302-436-1784

Vice President

Sue Harting
410-250-3497

Recording Secretary

Andrea Albrecht
410-250-4533

Treasurer

William Shoop
410-723-6409

DIRECTORS

Norma Bull
Garry Fox
Frank Hoover
Sandy Kvech
John Lucas
Jeff McArthur
Bob McCluskey
Alcea Sprung

Emeritus

Ray Jackson

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Garry Fox

The President's Corner ...

As we begin the tail end of 2013, it is time to focus on an issue that should be of concern to all of us; membership! Now is the time to set our membership goals for 2013-2014. We must be bold in setting them. Our chapter is involved in many programs, unknown to much of our community; including monthly meetings with guest speakers, extremely active travel group, involvement with community projects and local and national social awareness programs. To support our chapter's good work we need new members. We all must continue to have pride in being a member of our Ocean City, Maryland chapter. The more members we have the more we can accomplish.

A few words about our chapter meeting on November 14th. Plan to arrive early for a seat. We will have about 150 chairs. There will be standing room only after that. Doors open at the Knights of Columbus hall at 9:15am. The meeting will begin promptly at 10:00am.

Our December meeting (December 12th) will be an old fashion Christmas party. Last year we had delicious food and games and it was enjoyed by all. Members are again being asked to bring a covered dish or their favorite Christmas treat.

As we celebrate Veterans Day, I came across the following: A veteran, whether active duty, discharged, retired or reserve, is someone who, at one point in his life, wrote a blank check made payable to The United States of America for an amount of "up to and including his life".

That is honor, and there are way too many people in this country today who no longer understand that fact.

Stay tuned; much is happening with your chapter. Chris.

CALENDAR OF EVENTS

November 14, 2013 - 9:30 AM - Membership Meeting. There will be a special presentation on the Patient Protection and Affordable Care Act (aka "Obamacare") as sponsored by Maryland AARP, our chapter, and the Ocean Pines chapter. Seating capacity is limited to 200 people, call 877-926-8300 to register for this event.

December 12, 2013 - 9:30 AM - Membership Meeting/Holiday Party. Food Volunteers Needed! Our meeting will be very short (installation of officers and board members). We will mostly have a party with delicious food and holiday music. We need members to bring food for all to share, just like last year. Helen Norris is coordinating the food preparation. Please call her at 302-436-1784 and let her know what you can bring!

January 9, 2014 - 9:30 AM - Membership Meeting. Our speaker will be Mr. Chris Bitters, General Manager, Delmarva Shorebirds.

February 13, 2014 - 9:30 AM - Membership Meeting. Our speakers will have a presentation on "Financial Abuse of the Elderly".

February 22, 2014 - 10:00 AM - 3 p.m. - AARP Class on "Driver Safety" at OC Library. Save money on your car insurance! \$15/pp. Flyer is available at the Travel Table and on the website under this calendar entry. To register, contact Sandy Kvech at 443-664-2003.

March 13, 2014 - 9:30 AM - Membership Meeting. Our speaker will be Mr. Claude Lewis, Owner, Home Instead Senior Care, who will speak on "Enhancing the Lives of Aging Adults and Their Families".

April 11, 2014 - 9:30 AM - Membership Meeting. Our speaker will be from the Freeman Stage at Bayside and will present a preview of the Summer 2014 program.

May 9, 2014 - 9:30 AM - Membership Meeting. Our speaker will discuss "Physical Abuse of the Elderly".

TRAVEL CALENDAR

Flyers for the following trips are available at the Travel Table and on the website on both the Travel and Calendar pages.

November 19-20, 2013 - Trip - New York City Broadway Trip. 2 shows ("Wicked" and "Phantom of the Opera"), dinner at Carmine's Italian restaurant. Click here for Flyer. (Wait List only at this time)

December 9,10, 2013 - Trip - Christmas in Williamsburg. Includes two days of guided tours of historic homes, shops, and museums, guided ghost tour, overnight hotel accommodations, 3 meals(2D/1B), and 2 day admissions pass. \$295 pp/double, \$345 pp/single.

February 11, 2014 - Trip - "Weekend Comedy" at the Rainbow Dinner Theater in Paradise, PA. \$74/PP.

March 19, 2014 - Trip - "Moses" at the Sight & Sound Millennium Theater, PA. A great show and includes lunch at the Hershey Farm Restaurant. \$105/person.

May 13-30, 2014 - Trip - Italy: Tuscany & the Amalfi Coast. Enjoy the landscapes of serene beauty and architectural splendor of the Middle Ages and Renaissance. 18 days (including air travel). Land Tour - \$2995pp. International airfare - \$1100pp from Newark, NJ (may choose alternate departure city). Contact Grand Circle Tours at 1-800-597-2452 and press 2. Mention booking code G4-25388.

June 10-11, 2014 - Trip - New York City Sights & Broadway, 1½ days of guided tours, tickets to "Jersey Boys" and two meals. \$369pp/double, \$419pp/single.

September 18-26, 2014 - Trip - Royal Caribbean's Grandeur of the Seas, New England & Eastern Canada Cruise. Departure from Port of Baltimore. Includes cruise, meals, port taxes, fees and shipboard gratuities. Cabins starting at \$1045pp/double.

Our Meetings:

Membership Meetings are held in the Knights of Columbus Hall, 99th street, behind St. Luke's Church. Coffee & Conversation at 9:30 a.m. There are no meetings in July & August. If Worcester County schools are closed due to inclement weather, then there is no meeting.

Board Meetings are held at the Senior Center next to the Convention Center in Ocean City on the first Thursday each month at 9:30 a.m.

See our website www.aarp1917.org for more information.



October 10, 2013 – Our speaker was Ms. Carol Moore, MS, RNC, shown above receiving a Certificate of Appreciation from Chapter President, Chris Norris. Ms. Moore gave a presentation on "Good Humor and Good Health". The presentation was informative and hilarious at the same time! Ms. Moore explained how laughter and having a positive mental attitude benefit us both physically and mentally. She noted that stress can be either positive or negative and that stress is subjective. Ms. Moore detailed the various ways of reducing stress in our lives, e.g. setting limits, being social, having "to do" lists, learning how to gracefully say "no", and avoiding those people that have a negative personality or outlook on life. Lots of applause!



Sept 12, 2013 – Our speakers were Bridget Foster and Brandon Jones from the Salisbury Zoo. They brought along very interesting critters: a great horned owl, a chinchilla, a boa constrictor, and a sulcata tortoise – and nobody got hurt. The great horned owl also added his “who” cents. Some of the animals were rescued as discarded pets and we were reminded to do our homework in determining what kinds of pets to have. The Zoo is free and they are always looking for volunteers. They were presented with a certificate of appreciation for their presentation. For more information, go to <http://www.salisburyzoo.org/>.

Tax-Aide

The AARP Tax-Aide program helps low-to moderate income taxpayers have more discretionary income for everyday essentials by assisting with tax services and ensuring they receive all applicable tax credits and deductions. This is another good way of helping your neighbors and you'll even understand your own tax return better. To volunteer for this program, please contact Fred Mangels, District Coordinator, 443-834-8425.

It seems early, but we're already looking for volunteers to work in the 2014 tax season!

Be Someone's Hero. Give Blood.



Food Drive ! Fill the Food Bus ! Food Drive !



Mark your calendars for **Monday 11/18** from 1-4 pm. Brandywine Senior Living at Fenwick Island will be holding a FOOD DRIVE to benefit Diakonia in West Ocean city. Items needed are: Peanut Butter, Jelly, Canned Tuna, Soup, Canned Meat, Canned Fruit, Canned Vegetables, Spaghetti Sauce, Mac and Cheese. HOUSEHOLD items: Manual Can Openers, Toilet Paper, Paper Towels. Please help us make this a success by FILLING THE BUS! Diakonia is low on everything and desperately needs the community support. We're right across the street from Harris Teeter, so just pick up something extra and drop it off. Thank you for helping us make this happen!!

The Affordable Health Care Act and You ...

In addition to the presentation at our chapter meeting on November 14th, please note that all Maryland residents will be able to meet with "navigators" from the Lower Shore Health Insurance Assistance Program October 1 thru March 31 at local libraries:

Ocean City, Mondays 10am-6pm Ocean Pines, Fridays 1pm-3pm

to provide education, eligibility determinations and help with plan selections through the Maryland Health Connection program.

Dealing with Griefby Ron Pilling

As the holiday season approaches, those who have lost loved ones face the most difficult period of the year in which to try to come to terms with their losses. Thanksgiving marks the beginning of what is supposed to be a festive season, but when fond memories remind one of a huge void in his or her life, festivity can be impossible.

Typically, mourning is characterized by five grief phases, though the griever may not necessarily experience them in order, may not experience all of them, and may revisit one or more before finally coming to some sort of acceptance. Unexpected loss, like that resulting from suicide or accidental death, can complicate and lengthen the grief cycles.

DENIAL is usually the first reaction to death, a buffer that ameliorates the initial shock. Loved ones left behind hide from the facts, and this temporary response carries them through the first paroxysms of pain.

ANGER, directed towards health care providers, care givers, the deceased, even inanimate objects, is an irrational response, though often inevitable. "Why didn't Dr. Smith see this coming?" "Why did the brakes on that car fail?" Anger towards oneself is particularly destructive. "Why didn't I fix that broken stair railing?" Grievors even blame the deceased. "Why didn't he stop smoking when I told him?" Often it helps to ask the doctor again for the details of the final illness, to make an attempt to understand, to answer the question "Why?" Longstanding anger, when coupled with anger at one's self, can lead to guilt.

BARGAINING, reliving the circumstances leading to the death and questioning one's involvement, for the faithful negotiating through prayer a reversal of the death, (asking God to take you instead of them) is a way of attempting to regain control over one's life and one's feelings.

DEPRESSION takes several forms when sparked by death. Initially, it causes worry – worry over how one is to cover the cost of the burial, worry about whether one has done enough to ease the pain of other mourners. This phase is usually short, followed by a general despair upon realization of the long term implications of the death. "I'll have to move to a smaller home...I'll have to sell his car...I'll face years of solitude." Gradually, it becomes more about missing your loved one who is gone and missing what could have been. "He won't be here to share the holidays with us." "She will never walk down the aisle." Mourners who find themselves trapped in this depression should not be ashamed to seek professional therapy.

Continued ...

Dealing with GriefContinued

ACCEPTANCE, in a perfect world, is the final stage of mourning. Some never reach it. Many actively try to avoid acceptance, feeling that it is the same as betrayal of the memory, the legacy, of the deceased.

It is important to understand that grief and mourning are extremely personal experience. When the grief is overwhelming, when it interferes with one's normal life and activities for a long time, it is wise to seek outside help. Perhaps there is a dear friend, a pastor, a teacher if the mourner is young, to whom one can turn.

There are support groups in which others experiencing the same feelings share their thoughts and their responses. Atlantic General Hospital hosts a Bereavement Support Group the fourth Wednesday of every month from 7:00 to 8:00 p.m. Those interested may call 410-641-9725 for information. The Jesse Klump Memorial Fund holds support groups meetings for those who have experienced a loss to suicide, on the third Wednesday of every month at the Worcester County Health Department in Berlin. Information on the Suicide Grievors' Support Group is available at 410-629-0164. There is a Compassionate Friends Chapter that meets the last Tuesday of every month at the Chamber of Commerce Building at 144 Main St. in Salisbury for those who have lost a child.

The most important message for mourners is: *Take care of yourself first.* Get out of doors in good weather and get some exercise. Return to the things that have always given you enjoyment as soon as possible – reading, movies, fishing, beachcombing. But if all else fails, seek professional help. The Jesse Klump Memorial Fund's *Resource Guide to Mental Health Providers* is a good place to start. Call 443-982-2716 for a free copy.

Ron Pilling is the Secretary/Treasurer of the Jesse Klump Memorial Fund. The JKMF sponsors the Worcester County Youth Suicide Awareness and Prevention Program. Kim Klump is the Fund's President.

