



CHAPTER 1917

Ocean City, Maryland

June 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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Louise Fox
Travel
Alcea Sprung
Sunshine Lady
Anne Cooley
Communications
Garry Fox
Health Fair
Dr. Melvin Friedman

Historian

Garry Fox

The President's Corner ...

It has been an incredibly busy six months for your chapter. And we're only at the half-way point!

In January, we began having our monthly chapter meetings at the Knights of Columbus. Your board is very happy with the relationship – we hope you are also. Also in January, we had as our monthly speaker Mr. Tom Brown, of Green Bay packer and Washington Senator fame. Afterwards, Brandywine Assisted Living, in Fenwick Island, hosted our chapter for a marvelous luncheon. Our largest attendance of the year, over 100, attended Mr. Brown's talk. In months following, other speakers were received by all members in attendance with the same enthusiasm. This month, June, our speaker will be Mr. Michael Franklin, president and CEO of Atlantic General Hospital.

In September, our speakers/guests will be from the Salisbury Zoo. Use your imagination on their topic ??? Our monthly meetings in October, November, and December will be just as exciting. Stay tuned.

Someone once said, "Without dedicated members, no organization can be successful". Some else claimed, "No organization, no matter how large or small, can survive without members." This seems to be a commonly known fact, and the experience of our chapter is no different. As your president, I push membership. The more members we have, the more we can accomplish.

Finally, always remember that joining our chapter should be fun, exciting, enjoyable, and most of all, productive for you, your fellow chapter members and your community.

Have fun this Summer! Drive Carefully!
See you on September 12th.

Chris

CALENDAR OF EVENTS

June 13, 2013 - 9:30 AM - *Membership Meeting*. Speaker will be Mr. Michael Franklin, President/CEO of Atlantic General Hospital.

June 17, 2013 – Trip – Day Trip to the Delmarva Discovery Center in Pocomoke and tour/wine tasting at the Bordeleau Vineyards. Only \$40/person. Flyer is on the website and is at the Travel Table.

September 12, 2013 – 9:30 AM - *Membership Meeting*. Speakers will be from the Salisbury Zoo who will bring some interesting “guests”. If you’re allergic to snakes, elephants, or predatory birds, you may want to sit in the back. And please don’t drop any muffin crumbs!

October 10, 2013 – 9:30 - *Membership Meeting*. Speaker will be Ms. Carol Moore who will speak on “Good Humor and Good Health”. This will be entertaining and informative!

October 22, 2013 - Trip - Day Trip to Annapolis, with tours of State House and the Naval Academy, lunch, AND a cruise on the Harbor Queen. Don't miss this deal! \$76/person. Flyer is on the website and is at the Travel Table.

November 14, 2013 – *Membership Meeting*. Speaker TBD. Election of officers and board members.

November XX, 2013 – Special Presentation. "The Health Care Law (aka Obamacare) and You". National AARP, Maryland AARP, the town of Ocean City, and your chapter are working to make this event happen. This is important for all of us. Date and time TBD. Stay tuned.

November 19-20, 2013 – Trip – New York City Broadway Trip. 2 shows (“Wicked” and “Phantom of the Opera”), dinner at Carmine’s Italian restaurant. Maximum of \$440 PP, double occupancy. Flyer is on the website and is at the Travel Table. Final payment is due by June 13th.

December 9-10, 2013 – Trip - Christmas in Williamsburg. Includes two days of guided tours of historic homes, shops, and museums, plus guided ghost tour and overnight hotel accommodations, 3 meals(2D/1B), and 2 day admissions pass. \$295 pp/double, \$345 PP/single. Flyer is on the website and is at the Travel Table. Final payment is due by June 13th.

December 12, 2013 – 9:30 AM - *Membership Meeting*. Events and agenda TBD.

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.



May 9, 2013 - Our speaker was Senator James N. Mathias, Jr., representing Somerset, Wicomico, and Worcester Counties. Senator Mathias gave a detailed presentation on “How 50+ Marylanders Fared in the 2013 Maryland General Assembly”. Topics included home health care, elder abuse, medical costs and billing, alternative medical care, Medicaid changes, energy assistance programs, the “Maryland Access Point”, and numerous other pieces of legislation.

More information can be found at: <http://www.scribd.com/doc/136968015/How-Marylanders-50-Fared-in-the-2013General-Assembly-by-AARP-MD>



May 8, 2013 – Our annual Health Fair happened to fall on a day when OC had terrible weather; the fog was so bad that schools were delayed. Regardless, we had 259 attendees and there were also 265 vendor staff working to provide health education for all. Free blood-work was also available. Pictured above are (L-R), 1917 Health Fair Committee Chair Dr. Melvin Friedman, Councilwoman Mary Knight, Dr. Stephen Waters of AGH, Mayor Rick Meehan, and 1917 Chapter President Chris Norris.

Pedestrian Safety Campaign

SAVE YOURSELF!

Ocean City Walk Smart! Campaign Launches for Safe Summer with Crab Lifeguard Ambassador Watching over Coastal Highway.



Nine Foods to Protect Summer Skin

- 1) Tomatoes – boost collagen to prevent skin sagging and wrinkles. Oddly enough, processed tomatoes (e.g. ketchup, paste, soup, juice) are better for this than fresh ones.
- 2) Sweet Potatoes – prevent/minimize sunburn damage. Boost collagen production, skin elasticity, and may even help prevent some types of cancer.
- 3) Flaxseed – eat a half-teaspoon per day for fewer wrinkles. May reduce hot flashes, improve blood sugar, and prevent certain cancers.
- 4) Teas – drink one to two cups of green or black tea per day to protect against sunburn, prevent wrinkles, and prevent certain cancers.
- 5) Spinach – The more spinach you eat, the lower your risk of skin cancer and damage to your skin.
- 6) Pomegranate – contain antioxidants that may ward off several types of cancer. Some research shows it to be more effective than red wine or green tea.
- 7) Almonds – packed with vitamin E and quercetin, which defend against skin damage and wrinkles.
- 8) Beer – too much alcohol is bad for the skin, but an occasional beer may be good for your skin since it contains melatonin. For extra benefits, add lemon or orange peel.
- 9) Dark Chocolate – contains flavonols which protect against heart disease, stroke, and skin damage.

Source: our national AARP website: www.aarp.org

For more details, just go there and do a search on “9 foods to protect summer skin”.

Volunteers Wanted

All of our chapter's officers, board members, committee members, as well as any chapter member working to enrich the lives of our members and help our chapter function, are all volunteers! More help is always needed and appreciated. Please review the following chapter committees and projects to see if you can participate.

Activities Committee

This committee has overall responsibility for creating, planning, and/or supporting various chapter activities such as holiday festivals, luncheons, and fund-raisers. This committee works throughout the year to enrich the lives of our members. To volunteer for this committee, please contact the chairperson, Helen Norris, 302-436-1784.

Nominating Committee

This committee is responsible for finding a slate of qualified candidates for any forthcoming elections. Because of varying terms of office, election activities may vary from year to year. This committee is usually active August through October. To volunteer for this committee, please contact the chairperson, Sandy Kvech, 443-664-2003.

Scholarship Committee

This committee is responsible for awarding the annual scholarship our chapter presents to a deserving high school senior at Stephen Decatur High School. The committee reviews the applications, interviews prospective candidates, and awards the scholarship to the most deserving applicant. The committee meets several times each year. To volunteer for this committee, please contact the chairperson, Norma Bull, 410-213-1616.

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

Travel Committee

The Travel Committee works very hard to bring you interesting and reasonably priced trips, in both the Delmarva area as well as out of the area. Members do extensive research and trip evaluation, interact with travel service companies, and often act as a Trip Leader on a trip. Activities and committed meetings occur throughout the year, but decline somewhat during the months of July and August. If you enjoy traveling and interacting with other people, have basic computer skills (email, etc.), please contact the chairperson, Alcea Sprung, 410-352-5748.