

AARP CHAPTER 1917

April 2011

CALENDAR OF EVENTS

OFFICERS

President

Nancy Howard
410-524-1881

Vice President

James Watts
410-524-1224

Recording Secretary

Sue Harting
410-250-3497

Corresponding Secretary

Gertrude Apple
410-250-3384

Treasurer

William Shoop
410-723-6409

DIRECTORS

Norma Bull

410-213-1616

Garry Fox

443-664-2396

Frank Hoover

410-289-4995

Ray Jackson

410-251-5800

Carlyn McMullen

410-250-0676

Chris Norris

302-436-1784

Alcea Sprung

410-352-5748

COMMITTEE CHAIRS

Membership

Louise Fox
443-664-2396

Tours

Barbara Murphy
302-537-6363

April 14, 2011 – 9:30 AM – *Membership Meeting* - Speaker will be Leonora Dillon, Curator of Education, Salisbury Zoo. She will be bringing some interesting “guests”.

May 11, 2011 – 7:00 AM to Noon – *Annual Health Fair* – See details on last page.

May 12, 2011 – 9:30 AM – *Membership Meeting* - Speaker will be Captain Mark Sampson who will talk about sharks. Visit his web site at <http://www.bigsharks.com/>

Membership Meetings are held in the Community Center at Northside Park, 125th Street, Ocean City, on the second Thursday each month. Coffee & Conversation at 9:30 a.m. No meetings in July & August. If Worcester County schools are closed due to inclement weather, then there is no meeting.

Remember: Please bring non-perishable food items (canned food, etc.) to each meeting for collection and delivery to local agencies who will distribute them.

Remember: Please bring new personal hygiene items (soap, toothpaste, etc.) to each meeting for collection and delivery to Diakonia in West Ocean City.

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.

Travel News ... See Page 3.

Three documents you need now ...

You need to create three documents and go over them with your family: a *living will*, a *health care power of attorney*, and a *letter of instruction*. If you are incapacitated, you can't tell others what you want. Once you create them, don't forget to review them every few years. You can write them yourself or have it done at a low cost. (See http://www.aarp.org/relationships/caregiving/info-09-2010/legal_documents_women_long_term_care.html)

Join the Blood Bank !

If you are not currently a member of the Blood Bank of Delmarva, you should consider the benefits of joining the group membership. Find out why you should join the “Group Membership” by picking up an application at our AARP monthly meeting at a table in the rear of the meeting hall. If you want to know more about it and cannot be at our meeting to pick up an application, please call Alcea Sprung at 410-352-5748 or e-mail your request to asprung@comcast.net.

Did you know?

The Risks of Reverse Mortgage:

A newer and cheaper version of the reverse mortgage is available, but beware — despite not having to make payments to a lender, [you could still default](#) and lose your home. For a lot more info and 10 things you should know before you sign a reverse mortgage, see <http://www.aarp.org/money/credit-loans-debt/info-02-2011/10-questions-answered-about-reverse-mortgages.html?cmp=NLC-MONY-CTRL-030911-F2r-6>.

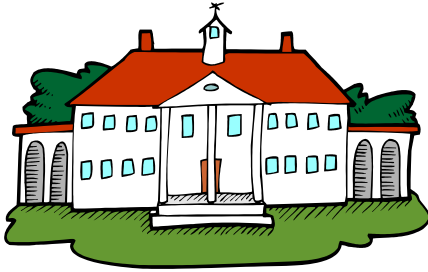
Tips on saving gas:

One easy way to cut gas costs for any car is to maintain a highway speed of 55 mph. For each 10 mph over that, aerodynamic drag reduces fuel efficiency by around 5 miles per gallon (mpg). For more tips and myths on saving gas, see http://www.aarp.org/money/budgeting-saving/info-07-2009/ask_sid_tips_and_myths_on_saving_gas.html.

“Aging in Worcester Conference”, March 10, 2011, Clarion Resort Fontainebleau, OC

Garry Fox attended this conference for the chapter. There were several very good sessions and excellent speakers on topics including “Protecting our Seniors” and “Impact of Nutrition”. The speakers talked about the various types of abuse (financial, physical, emotional, etc.) and discussed abuse of the elderly in nursing homes (not common) and at home by family members (much more prevalent). Many abusers go uncaught because the senior citizen is ashamed that their children or grand-children could do such a horrible thing.

Our taste of salt decreases as we age, but our taste of sweetness does not change much. Thus we eat more salt and “bloat up”, which is also bad for high blood pressure, diabetes, dieting, etc. And we love donuts. Also, we (the elderly) eat poorly because we all know that it’s time-consuming to eat well when we are young and have higher energy, so it’s even more difficult to do so when we are older and have less energy and patience. And food is not packaged in small, healthy, reasonably priced, easy to prepare products, which is what the elderly need. Beware of the frozen food dinner section in the grocery store.



October 3 – 6, 2011

The Biltmore Estate & Winery in Asheville, NC

4 Days – 3 Nights, \$ 389.00 per person (double occupancy)

This motor coach tour includes 3 nights lodging, 3 Breakfasts, 3 Dinners, including dinner with entertainment at Fiddlin' Pig and dinner at Harrah's Cherokee Casino. Guided tours of Asheville, Qualla Arts & Crafts, Folk Art Center, Biltmore Estate, Gardens & Winery, St. Lawrence Basilica (upon availability) and the Museum of the Cherokee Indian are included. Contact Barbara Murphy, 302-537-6363.



October 16 – 24, 2011

Branson & the Ozarks, Missouri

9 Days – 8 Nights, \$ 890.00 per person (double occupancy)

Package includes 8 nights lodging, 8 breakfasts, 6 dinners, 7 outstanding holiday shows: George Dyer, Brett Family Singers, Baldknobbers Hillbilly Jamboree, Twelve Irish Tenors, Hughes Brothers, Showboat Branson Belle, and Red, Hot & Blue. Also included: Branson Landing, the Grand Country Square, Historic Downtown Branson, Casino gambling, a Souvenir gift, all taxes and meal gratuities, luggage handling in Branson, and motorcoach transportation. Contact Maryanne Walsh, 302-988, 1149.



December 4 – 6, 2011

Wheeling Festival of Lights

Package includes motor coach transportation with 2 nights lodging, 2 breakfasts, 2 dinners, including a Holiday Dinner Show. Also included are visits to the Wheeling Island Gamin Center, Glass Museum, Kruger Street Toy and Train Museum, and Winter Fantasy Displays. Cost is \$349.00 per person, double occupancy plus tip for the driver. Single occupancy is \$438.00 plus tip for driver. A \$100.00 deposit is due upon signing. Contact Maryanne Walsh, 302-988-1149.

Newsletter Feedback: Please send constructive feedback or suggestions to Garry Fox at sysgf@yahoo.com or call him at 443-664-2396.

AARP HEALTH FAIR

AARP CHAPTER 1917

**Wednesday, May 11, 2011
Roland E. Powell Convention Center
41st Street & Coastal Highway
Ocean City, Maryland**

7:00 a.m. to 12:00 noon
Free admission: Attendees 12 years or older please

Free Health Screenings

PSA Tests for Men: Atlantic General Hospital will not charge for these tests.

LIPID Profiles: Cholesterol, HDL, LDL, and triglycerides. Testing will require a 12 hour fast. Atlantic General Hospital will provide Free Lipid Profiles to the first 500 participants between 7 and 11 a.m.

Free Health Education

**Co-Sponsors: Mayor and City Council of Ocean City.
Atlantic General Hospital**