



CHAPTER 1917



Ocean City, Maryland – WWW.AARP1917.ORG

September 2017

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410-250-0980

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410-213-1608

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410 250-0980

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443-664-2003

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Emeritus
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410 250-4533

Travel

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240 476-7423

Travel Treasurer - Alcea Sprung
410 352-5748

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Sunshine Lady

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Dr. Melvin Friedman

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Chapter Historian

Mary Ann Lemay

Hospitality Chair

Donna Reid

Lunch Bunch

Ron Apperson

The President's Corner....

Dear everyone,

Welcome back everyone! Here's hoping you all had enjoyable summers and are looking forward to a 2017-2018 AARP season filled with exciting trips, social events, and good fellowship. Here are a couple of things to remember as we approach our first meeting on Sept. 14:

1. Those members who will be traveling to New England on the "Rails and Sails" trip in Oct. will need to obtain their luggage tags and parking passes at the Travel Table. If you cannot attend the Sept. 14 meeting, see if you can have someone pick up the luggage tag and parking pass for you. (As on previous trips, we will be leaving from the 65th St. parking lot in Ocean City.)

2. Representatives from the Rite Aid Corp. will be at our Sept. 14 meeting to administer flu shots to anyone who wants one. Take advantage of this time-saving service if you so desire. Please have your Medicare card with you.

3. Your Senior Center membership cards need to be updated. You will not be able to swipe in until you do so. Please bring your cards with you on Sept. 14 and see Ann Toney for the update. It only takes a few seconds. You can still use your phone number to record your attendance until the update is made.

SAVE THESE DATES:

AARP is sponsoring a free screening of the movie "Victoria and Abdul" (a bio-pic about the real-life relationship between Queen Victoria and her Indian servant) on **Thurs. Sept. 28 at 7:00 pm** at the Fox Sun and Surf 8 Cinema in Ocean City. Mark that date on your calendar if interested.

Salisbury University will be hosting a "holiday gathering" at the University House, 1116 Camden Ave., on the university campus **on Nov. 10 from 2--4 pm**. Parking for the open house will be at the University House. Refreshments will be served. The purpose of the event is to introduce AARP members from the Ocean City, Ocean Pines, and Wicomico chapters to Salisbury U's continuing education and unique entertainment and cultural programs. **Please sign up at the Travel Table if you are interested since the university has asked for a head count for the open house.** We have limited numbers of fliers available.

In addition to the above notices, I would like to thank those people who made our June 8 luncheon a success. While I was not able to attend the luncheon, but I heard many positive comments about the event. Thank you to all who contributed desserts and side dishes, to those who pitched in and helped Donna and Marion with the organization and distribution of the foodstuffs, and to John Lucas who picked up and delivered the subs. Job well done folks!

I look forward to seeing as many of you as possible on Sept. 14th.

Best regards, Bob McCluskey

Welcome to Our AARP Meetings

Open to anyone over the age of 50 who enjoys fun with friends, opportunities for travel, camaraderie, educational and guest speakers and discounted local fare, just to name a few!



Our meetings are held at the Worcester County Senior Center located at 41st street, Bayside, Ocean City, on the second Thursday of every month, September through June. The Senior Center is just to the right of the Roland Powell Convention Center, almost under the water tower. Free parking is plentiful.

Meeting time is preceded by coffee, snacks and time for travel and brochure browsing, followed at 10:00 am by our speaker and business meeting. The Senior Center is just to the right of the Roland Powell Convention Center, almost under the water tower. Free parking is plentiful.

Ocean City residency is not required to **JOIN US**, and belonging to another chapter is fine with us. Tell your friends or your neighbors!



SNACKS AND SUCH

Wouldn't you love to be a snack volunteer for one of our monthly meetings?? Show off your favorite cake, cookies, or cheese dip and cracker treats for all to enjoy???

We would love to have you share your culinary skills. These snacks are a great part of our meeting and always immensely appreciated. Donna Reid, our Snack Master volunteer, would love to hear from you. She is doing a great job with organizing our monthly snack donations. Give Donna a call if she can count on you to help at an upcoming meeting. Her phone is 301 518-4187



NEWS YOU SHOULDN'T MISS



Our Ocean City Community health fair in May was a tremendous success, thanks to Dr. Melvin Friedman and his team from Atlantic General Hospital, Helen Norris and our very own volunteers. Over 640 of our local community registered while many neglected to sign in officially, but received the benefits of a multitude of free screenings offered for many illnesses and aging processes. Blood bank collected 73 units of blood. Lipid and cholesterol profiles were completed for 176 individuals and 108 individuals were screened for melanoma and other potentially dangerous skin diseases. Of course, all positive outcomes were identified and individuals notified via mail of their results. Of significant note is that of the carotid artery screening in which 44 participated, 28 abnormal results were noted. Abnormal in this test often identifies potential precursors to stroke by outlining plaque buildup in these essential arteries to the brain. Of these 44, 28 were read as abnormal and advised to followup with a cardiovascular surgeon. Many thanks to Dr. Friedman, Helen Norris and all our volunteers for participating in this successful event.



Andrea Albrecht, our Membership Committee Chair, reports that we ended our year in May with 253 members, 61 of which are new to our chapter. We will begin our 2018 annual dues collection on October 12th, 2017. Please bring your \$7.00 to our next membership meeting and help us with this process. You will need your National membership card. You may PRINT PAGE 13 and return by mail or bring to next meeting.



Our scholarship Chair, Mary Jo Breslin, reports some significant facts regarding the recipient of our \$1000.00 AARP scholarship, Noah Shockley. Noah, a senior at Stephen Decatur High School was presented with his scholarship during an awards ceremony in May 2017. Mary Jo and the scholarship committee reviewed 8 superb candidates that had requested financial assistance and who had achieved superior academic performance as well social and leadership skills, community service, and superior sports performance during their 4 years. While a senior at Stephen Decatur High School, Noah was a STEM student at Worchester Technical High School and maintained a 5.2 GPS. Noah was a member of the National Honor Society, serving as Vice President in both 11 and 12 grades, a member of the Mu Alpha Theta Math Honor Society, National Technical Honor Society and member of the National Society of High School Scholars. He was also Vice President of Skills USA and 2015 Principals of Engineering Regional Medalist, 2015 Principals of Engineering State Medalist, 2016 Related Technical Math Regional Medalist, 2016 Related Technical Math 4th Place State Winner. Mr. Shockley was also the School Representative to the Worchester County Board of Education. In addition to his scholastic abilities, he was Soccer Team Captain during Grades 10/11/12, along with being a team player of Varsity Track and Lacrosse. Noah Shockley is matriculating at Randolph-Macon College in Ashland, Va., with major in Chemistry on the pre-dental track. His wish is to be an orthodontist, because “a great smile is an important part of your socialization and presentation skills”.



TRAVEL UPDATES FOR 2017

October 1-5, 2017: Rail & Sail New England. Bus will be departing promptly at 6:00 am from the Public Safety/Circuit Court Bldg located at 65th Street & Coastal Hwy. Please plan to arrive at least 15 minutes early for boarding. Seats have been assigned based upon sign-up and payment received. ***Be sure to pick up your Luggage Tags and Parking Passes at the September Meeting.***

October 18, 2017: "Funny Girl" Musical Performance at Candlelight Theater, Wilmington, DE. **5 remaining seats available - \$95/person due at September Meeting.**

November 29, 2017: *Dial "S" for Santa* - Mystery Dinner Performance at the Princess Royale in Ocean City. **\$49/person due October 12th.**

Check our website Travel page for more information www.aarp1917.org and click on Travel.

ANNUAL HOLIDAY PARTY: Tickets will go on sale at the September Member Meeting!

- ***Yule Be Swinging Holiday Cabaret***
- Clarion Resort, Coastal Hwy
- December 14th
- 1 pm - 5 pm
- \$25/person, Members
- \$35/person, Non-Member Guests



Ron Apperson's Lunch Bunch

September 14th - High Stakes, Rt 54, Fenwick Island, DE.

October 12th – Clarion Resort, 10100 Coastal Highway, OC, MD

November 9th – Harpoon Hannah's – Rt. 54, Fenwick Island, DE

NEWS FROM OUR SENIOR CENTER



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REMINDER TO ALL MEMBERS regarding your Senior Center card

Please remember to stop in the Senior Center office soon either before or after our meeting with your card for a quick update patch. Swipe your card or use your phone number to register each time you attend the Senior Center to keep our numbers up and keep this valuable Center open.

For questions call Ann Toney at the Ocean City Senior Center (410-289-0824).



INFORMATIONAL SPEAKERS and meeting fun

Our June Speaker was Jenna Bellaty who shared with us information regarding the growing social problems of drug addiction and opioid abuse. Jenna explained that addiction can be from prescribed opioid drugs or street drugs such as heroin, cocaine and more recently the more potent fentanyl. She spoke to alcohol and gambling as major and often severe addiction diseases as well. She provided a great deal of information regarding addiction as a disease whose effects impact the mid brain, causing permanent brain damage, as well as impacts on major organs including the liver and heart. It is severely debilitating often manifesting with loss of behavioral control, withdrawal and isolation from social and daily activities, anxiety and severe impacts on family and life surrounding the individual. Help is available in new and expanding programs around Delaware. For assistance or information you may call AMS of Delaware at 302 227-1230.

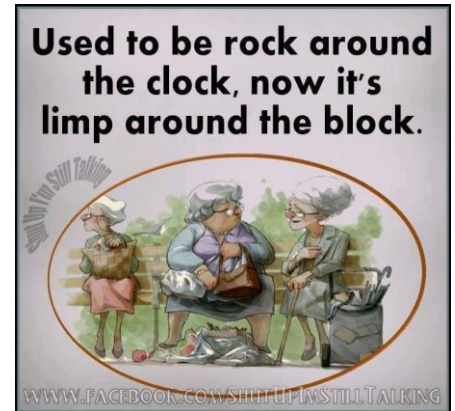
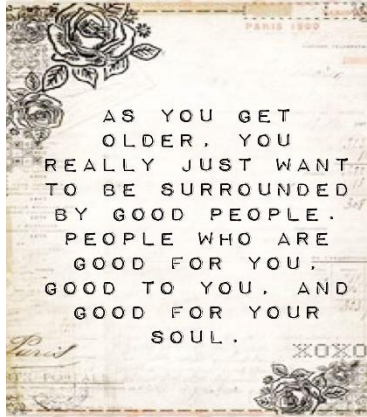
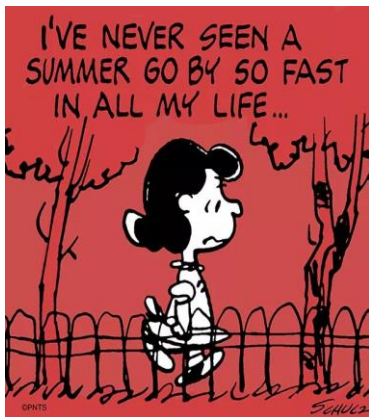


OC Community Health Fair





SMILE A 
LITTLE



BE ALERT TO FRAUD 

ANY SCAM or FRAUD INTENT may ask for money to be wired or sent, or for you to provide a social security number and other information to “UPDATE YOUR PROFILE”! They may even use the Company symbol or a replica of Apple, Paypal or other major charge accounts you may have, through email or a phone call. The IRS does not ask for money or information ever the phone, ever!

Here's what to do:

1). Stop. Check it out. Do not respond ! Call the company yourself with the access you are familiar with. Google the company for the phone or email if you have no phone for them in your file.

2). Pass this information on to a friend. You may not have gotten one of these calls or emails, but chances are you know someone who will get one, if they haven't already.

3). If you spot a scam, REPORT IT TO THE FEDERAL TRADE COMMISSION. CALL 1 877-FTC-HELP (1 877 382 4357), TTY- 1 866 653-4261 or GO ONLINE : [FTC.GOV/COMPLAINT](https://www.ftc.gov/complaint). PLEASE PUT THIS NUMBER IN YOUR SMART PHONE, YOUR ADDRESS BOOK OR PASTE TO YOUR REFRIGERATOR. You may also access [ftc.gov/passiton](https://www.ftc.gov/passiton) to find more information. **STAY ALERT!**

NOTICES AND FLIERS OF INTEREST

AARP Maryland and the Maryland Department of Human Services are sponsoring a collaborative training -

Financial Exploitation of Vulnerable Adults in Maryland

Thursday, September 14, 2017

Community Church at Ocean Pines

11227 Race Track Road

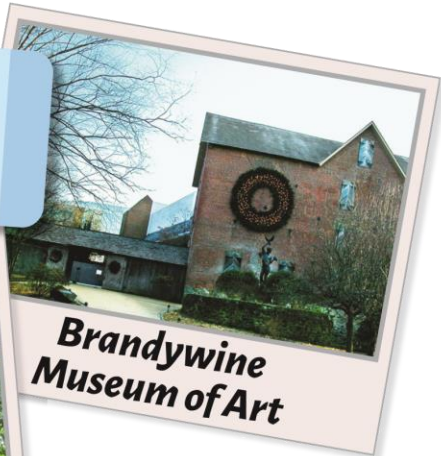
Berlin Maryland

Learn about AARP's Fraud Watch Program and Adult Protective Services' (APS) role in Financial Exploitation

- **Continental Breakfast served from 8:30 AM to 9:30 AM**
- **Presentation from 9:30 AM to 12:30 PM**
- **3 CEU's for social workers available**



BUS TRIP



Dec. 4, 2017

REGISTRATION DEADLINE:

NOVEMBER 20, 2017

***No refunds after the deadline**

SEATS ARE LIMITED!

REGISTER EARLY!

Get into the holiday spirit with an enjoyable day visiting holiday exhibits at the Brandywine River Museum of Art and Longwood Gardens. At the Brandywine Museum, enjoy guided docent tour featuring some of the museum's famous art collection (including Wyeth paintings), the astounding model railroad collection, and the holiday tree.

At Longwood Gardens, experience the Christmas magic as you stroll through the grounds where more than 6,000 seasonal plants and 50 trees are decked out with sparkling red, gold and green glass ornaments - including a 30-foot floral tree created with hundreds of vibrant red poinsettias. Half million of dazzling lights highlight this incredible holiday celebration! Lunch on your own at the café.



REGISTRATION FEE:
\$80 - WCAC member, \$85 - Non Member

FEE INCLUDES:

- Deluxe Coach Transportation
- Admission and guided tour of the Brandywine Museum (Chadds Ford, PA)
- Admission to a self guided tour of Longwood Gardens (Kennett Square, PA)
- Snacks and beverages on the bus!

DEPARTURE: 8 am from Walmart parking lot in Berlin (Route 50).

RETURN: Approximately by 8:30 pm.

QUESTIONS: Please call the WORCESTER COUNTY ARTS COUNCIL: 410-641-0809

Please return bottom half of form with payment to: Worcester County Arts Council, 6 Jefferson Street, Berlin MD 21811

Name(s) _____


Address _____ State _____ Zip Code _____


Phone # (____) _____ - _____ Email _____

Fee: \$ _____ Amount Enclosed: _____

Check # (Payable to WCAC) _____ OR VISA/MC# _____

Exp. _____ 3-digit security code: _____ Signature _____





MEDICAL MONDAYS

2nd Monday of each month
FREE | Educational Workshop

6:30 pm to 7:30 pm
Open to the Public

Location:
Worcester Youth & Family Services
124 N. Main St., Berlin



Monday - September 11th
Chronic or Non-Healing Wounds
with Geri Rosol, Program Director
Atlantic General Wound Care Center

- Prevalence in Worcester County vs. U.S.
- Causes
- Treatment
- Prevention
- Resources for care & education

Brought to you by:



Registration is requested but not required.
To register, call Dawn at **410.641.9268** or
visit **www.atlanticgeneral.org/MedicalMonday**

Free Hypertension Clinics & Health Education

Mon., September 11
 Asple Drug, Berlin 10 am - 12 pm
Tues., September 5
 Rite Aid, Selbyville, DE 10 am - 12 pm
 Hucker's Super Center
 Clarksville, DE 10 am - 3 pm
Wed., September 6
 Rite Aid, Berlin 10 am - 3 pm
 Rite Aid, Ocean Pines 10 am - 3 pm
Wed., September 20
 Hucker's Grocery Store 10 am - 12 pm
 Bethany, DE

Bereavement Support Group
Wednesday, September 27 | Conference Room 1 •
7 pm - 8 pm

For further information, please call Patient Care Services at 410-641-9725 or email granwell@atlanticgeneral.org.

T.O.P.S. of Berlin - Group #169

Mondays | Conference Room 1 •
5 pm - 6:30 pm
 Support and educational group promoting weight loss and healthy lifestyle. For more info, contact Edna Belklev at 410-251-2033

Breast Cancer Support Group
Wednesday, Sept. 20 | Atlantic Health Center Conference Room # 1 pm - 2 pm
 Lunch is provided so registration is requested. Call Women Supporting Women Office - 410-545-7880

Celiac Disease Support Group
Thursday, Sept. 14 | Conference Room 1 •
7 pm - 8 pm For more information contact Belly Belklev at 410-641-9725

Diabetes Support Group
Wednesday, Sept. 6, 7:00 pm
 Educational programming and peer support.
 Ocean Pines Library
 For information call Darlene, 410-641-9701

Stroke Support Group
Thursday, Sept. 28 | Conference Room 1 • 2 pm - 3 pm
 For stroke victims/survivors and caregivers. For more information contact Anne Waples at 410-641-9725.

NAMI Lower Shore Support Group
Tuesday, Sept. 12 | Conference Room 2 •
6:30 pm - 8:00 pm
 For more information contact Gail Mansell at 410-641-9725 or granwell@atlanticgeneral.org

Overeaters Anonymous Support Group
Thursday, Sept. 21 | Conference Room 1
6:00 pm - 7:00 pm
 Help for anyone struggling with a compulsive eating problem. For more information, contact Bett Weaver at 410-251-9278.

Parkinson's Support Group
Tuesday, Sept. 12 | Gul. Creek, 1 Meadow St.
Berlin, MD • 3:45 pm - 4:30 pm
 Yoga, stretching, exercise and support of peers.
 For more information contact Kay Reuschler at 410-641-9725 or kay.reuschler@atlanticgeneral.org.

Yoga
Tuesdays | James G. Barrell Medical Office Building,
Rotunda, Berlin, MD • 5:30 pm - 6:45 pm
 For more information contact George DeBlasio at 410-641-9725 or george.deblasio@atlanticgeneral.org. Cost: \$7 for 8 sessions, or \$10 drop in fee for first time.

CPAP Mask Fitting
 For those who currently use a CPAP machine and need to have their mask fitting assessed. This is a free service. Appointment necessary. To make an appointment, contact Robin Kohlfing at 410-641-9725.

Tai Chi
Wednesdays | James G. Barrell Medical Office Building,
Rotunda, Berlin, MD • 5:30 pm - 6:30 pm For more information contact Kim Reed at 410-251-2033. Cost: \$85 for 8 sessions, or \$15 drop in fee for first time.

Meditation Group
Wednesdays, beginning Sept. 27 | Conference Room 2 • 7:15 pm - 8:15 pm
 Taught by Ciri Reed, 410-251-2033. Meditation for stress elimination, healing the body, and creating mindful awareness. Cost: \$70 for the series (if paid in full up-front) or \$15 per session drop-in fee.

Special Events

Medical Mondays - Berlin
"Chronic or Non-Healing Wounds"
 with Geri Rosol, Program Director
 Atlantic General Wound Care Center
 September 11, 2017, 6:30 PM to 7:30 PM
 124 N. Main St., Berlin, MD

Medical Mondays - Delaware
 September 27th, 2017, 5:30 PM to 6:30 PM
 Aquacare
 38069 Town Center Dr., Unit 15, Millville, DE 19967
 (located in the Giant shopping complex)

Presentation will cover:
 How it all does this and that
 Causes, treatment and prevention of wounds and ulcers
 or ulcers and related education.
 Registration is requested but not required.
 To register call 410-641-9768 or online
www.atlanticgeneral.org/calendar

Walk with a Doc Program
 September 16 2017, 9 AM
 Ocean Pines South Gate Lake
 (meet at the War Memorial)
 Free event open to the public.
 Enjoy a family and pet-friendly fun walk with a brief health presentation.

Worcester County Parks and Rec Health Fair
 September 20, 9 AM to 1 PM,
 6070 Public Landing Rd. Snow Hill, MD.
 The health fair is to inform the public about the many health resources available in the area.

Out of the Darkness Walk
 September 23, 9 AM. Caroline St. and The Boardwalk
 Area walk with awareness on suicide and to educate the lives that have been lost to suicide.
 Contact Municipal 410-641-9768

Need More Information?

For a full listing of community events visit www.atlanticgeneral.org/calendar. For more information about these programs contact Edna Nordstrom, Director of Community Health, at 410-641-6320 or dnordstrom@atlanticgeneral.org.



Chapter 1917

MEMBERSHIP REGISTRATION FORM

Number_____
Check _____
Cash_____
Card_____

Last Name_____ First Name_____

Spouse Name (if joining together)_____

Address_____

City/State/Zip_____

Phone number preference_____

PRINT E-mail address _____

From your AARP National card:

National Membership ID#_____ Expiration Date_____

Membership requirement: You must be a paid-up member of the National AARP organization to become a Chapter 1917 member.

Chapter Membership fee is \$7.00 per person/per calendar year.

Make checks payable to: AARP Chapter 1917

Mail to: MEMBERSHIP, AARP 1917, PO Box 4193, Ocean City, MD 21843

Please include a stamped self-addressed envelope; otherwise your membership card must be picked up at the membership table at a membership meeting.

Meetings are held the second Thursday of each month (except July and August) at the Worcester County Senior Center, Ocean City, located at 41st St., next to the Convention Center. Coffee and conversation at 9:30 am, meeting at 10am. Visit our website www.aarp1917.org or friend us on Facebook at [AARPCHAPTER1917](https://www.facebook.com/AARPCHAPTER1917)