

# AARP CHAPTER 1917

June 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

**June 9, 2011 – 9:30 AM – *Membership Meeting*** - Speaker will be Georgina Cathell from PNC Bank, who will talk about Identity Theft.

**September 8, 2011 – 11:00 AM – *Chapter Fall Fest*** – See details last page. This replaces the annual picnic.

Membership Meetings are held in the Community Center at Northside Park, 125<sup>th</sup> 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 charities 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 ... Come to the meeting Thursday for a flyer.**

Be Someone's Hero. Give Blood.

### 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](mailto:asprung@comcast.net).

## ***Did you know .....***

### Guidelines changing for diagnosing early Alzheimer's:

For the first time in 27 years, the clinical diagnostic criteria for Alzheimer's disease dementia have been revised, and research guidelines for earlier stages of the disease have been characterized to reflect a deeper understanding of the disorder. The new guidelines could at least double the number of Americans receiving a diagnosis of early Alzheimer's. In addition to updating the criteria for diagnosing full Alzheimer's, the health authorities also created two new categories of the illness: a "preclinical" phase that occurs before patients show any memory loss or other thinking problems, and "mild cognitive impairment," in which symptoms are subtle. The recommendations are based on the growing realization that Alzheimer's is the result of a gradual destruction of brain cells that control memory and other cognitive abilities, a process that begins years before clear-cut dementia becomes apparent. "The new guidelines reflect today's understanding of how key changes in the brain lead to Alzheimer's disease," Creighton Phelps of the NIH's [National Institute on Aging](http://www.nia.nih.gov/NationalInstituteonAging) told reporters during a briefing held Monday before the guidelines were released. The recommendations are aimed at helping patients and their families prepare financially, logistically and emotionally for the disease, which can require years of intensive, expensive care. More info at:  
<http://www.nia.nih.gov/Alzheimers/Resources/diagnosticsguidelines.htm>

### **25<sup>th</sup> Annual AARP Health Fair – AARP 1917 and Atlantic General Co-sponsors**



Cutting the ribbon at the Convention Center on May 11<sup>th</sup> are Health Fair Chair Dr. Maish Friedman, AGH CEO Michael Franklin and AARP 1917 Pres. Nancy Howard. Over 100 health field vendors were present and attendance was 500+. (Convention Center staff are investigating to determine who put the banana peel under Nancy's shoe.)



Above: Chapter President Nancy Howard poses with our **May** speaker, Captain Mark Sampson, who gave an enthralling talk about sharks. Visit his web site at <http://www.bigsharks.com/>. Sharks (or anything else) got your blood pressure up? Eat these foods below on a regular basis and it will help:



For our **April** meeting, the speaker was Leonora Dillon, Curator of Education, Salisbury Zoo. She brought along several staff, some interesting “guests”, as well as extensive information about both the Zoo and our “guests”.

Below, Lara Nagle of the Zoo staff presents a turtle (they live longer than we do!).



Bridget Foster of the Zoo staff presents a baby alligator (this one has a growth issue!).



## **And the winner is ...**

As part of our chapter's annual charitable/donations activities, the chapter scholarship committee accepts numerous applications, and after an extensive evaluation process, a \$1000 college scholarship is awarded to a worthy senior at Stephen Decatur HS in Berlin. Pictured below is AARP 1917 Scholarship Committee Chairperson Norma Bull presenting the scholarship to senior Nicole Louisa Carpenter at the high school's annual awards ceremony on May 25th.



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

# AARP

Chapter 1917

## Fall Fest



### *Crazy Hats*

prize for the "*craziest*" hat worn

**September 8**

11 am - 3 pm



OC Elks Lodge

13708 Sinepuxent Ave.

(upstairs - use elevator)

Parking available at the Fenwick Inn

11 am - sign in - welcome game with prize for winner

12 pm - 1:30 pm - lunch served

1:30 pm - 2:30 pm - DJ *Iced Tea Ted* with his "trivia" surprize

2:30 pm - **prizes** for - "*craziest*" hat - attendance door prize - 50/50 award

### Buffet Menu

Fried Chicken - Beef au jus - Mac & Cheese - Baked Beans - Fresh Veggies -  
Home Grown Tomatoes - Rolls - Condiments - Desserts -  
Coffee - Tea - Soft Drinks - Cash Bar Optional

**Tickets: Members & Guests \$16 per person.** Checks payable to AARP, Chapter 1917.

Reservations required by September 1. No refunds after September 1.

Call for information: Andrea 410-250-4533 OR Bob 410-250-0980.