

AARP CHAPTER 1917

October 2011

CALENDAR OF EVENTS

OFFICERS

President

Nancy Howard
410-524-1881

Vice President

VACANT

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

Chris Norris

302-436-1784

Alcea Sprung

410-352-5748

COMMITTEE CHAIRS

Membership

Louise Fox
443-664-2396

Tours

Alcea Sprung
410-352-5748

October 13, 2011 – 9:30 AM – *Membership Meeting* - Speaker will be Brian Garrett, Executive Director, Delmarva Discovery Center. Also, Officer and Board member nominations! See slate on next page.

November 10, 2011 – 9:30 AM – *Membership Meeting* - Speaker will be Lisa Challenger, Director of Tourism, Worcester County. Also, the election is this day; come and vote!

December 13, 2011 – 10:00 AM – *AARP Holiday Luncheon* – See details last page. Tickets on sale at the meetings! See Alcea!

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 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.

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.

2012 Slate for Officer and Board Member Positions – Chapter 1917

During our membership meeting on October 13, the following slate of nominees will be presented. Nominations will also be taken from the floor. Abbreviated biographies will be sent to you via email as a separate attachment. The election is at the November meeting.

President:	Chris Norris
Vice-President:	Sue Harting
Recording Secretary:	Andrea Albrecht
Treasurer:	Bill Shoop
1 Year Board Position:	Sandy Kvech Bob McCluskey
3 Year Board Position:	Ray Jackson Alcea Sprung

Travel Committee News ...

Our chapter Travel Committee has been reorganized and Alcea Sprung is the new chairperson, with Frank Hoover, Chris Norris, and Garry Fox assisting her as committee members. The committee will be exploring both "big" trips and "day" trips as we make a fresh start in this area commencing with 2012. Alcea welcomes advice and assistance from all chapter members. Barbara Murphy is finishing off the remaining 2011 trips, some of which have been canceled.

Did you know

Maryland's Motor Vehicle Administration (MVA) announced it has added an emergency contact option for Maryland driver's licenses. Maryland drivers can now add three emergency contacts which can be called if an accident occurs. The emergency contact information is stored electronically in MVA databases and will be available only to authorized law enforcement personnel. Click here/go to this website: (<http://www.mva.maryland.gov/>). Then click on "More ..." under "ONLINE TRANSACTIONS" on the left. Then click on "Emergency Contacts" and follow the instructions on the page that comes up to add your contact information.



Above: The speakers for our June Chapter meeting were several staff from PNC Bank, who spoke on Identity Theft, and handed out a very informative booklet on the subject. It is easy to become a victim. Pictured above are Chapter Pres. Nancy Howard, PNC reps Jeanne Davis, Elizabeth Layton, Georgina Cathell (PNC Manager at the 129th street branch), and prospective PNC customer Ruth Biller.

More AARP member benefits:

ADT Security - Need a home security system? AARP members get a 20 percent discount.

[Michaels Stores](#) – Members save on Tuesdays when they show their AARP membership card.

Groceries – Members receive exclusive online access to hundreds of free printable grocery coupons from leading brands. **Website:** grocerycouponcenter.com .

September 8: Fall Fest Success!

In lieu of an annual picnic out in the sun or rain, event organizers Andrea Albrecht and Bob McCluskey thought that we should have an indoor luncheon with contests, prizes, and other fun activities at the Elks Lodge: a Fall Fest! Thanks to Andrea, Bob, a few volunteers and the Elks, it was a tremendous success with the maximum of 90 tickets sold.

Below are the contestants for the “Crazy Hat” contest. The winner was Frank Hoover (he’s the chicken on the left), recipient of a nice prize donated by OC businesses.



No, Sue Frankowski was not attacked by mutant clothespins. She was the lucky winner of our “Make New Friends” contest, and a recipient of a nice prize donated by OC businesses.



And the winner is ... not really clear ...

CFLs are compact fluorescent light bulbs, which can replace the regular/old incandescent bulbs, but last much longer and are much more energy efficient. For example, a CFL that gives off 75 watts worth of light actually uses only 20 watts of electricity. In some areas of the world, e.g. in Europe you cannot even buy regular incandescent bulbs anymore.

The below is true for Delmarva Power (which provides electric service for Ocean City); Pepco (owned by same company as Delmarva Power) has a similar program.

Delmarva has a CFL "rebate" program. The way it works is that if you buy CFLs at certain stores in your specific area (for OC it is Walmart, Rite-Aids, and Rommel's Hardware), and only those stores, then the store charges you a discounted price for the CFL. Delmarva's web site explains that the way the power company is paying for this is that they charge each Maryland customer an "Empower Maryland" surcharge; that's how it shows up on your monthly bill. A typical surcharge for this program on your bill is \$1.45. So every customer pays for the program, but only those customers who know about it and take the time to buy the CFLs at certain stores will get the discount. So look at your electric bill, and go buy those CFLs only at the designated stores !

The Benefits of Meditation

New research shows that meditating can build brain function — no matter what your age.

Many people believe that our brain is fully formed by the time we're adults. But over the past decade or so, neuroscientists have discovered otherwise: Throughout life, the brain rewires and reshapes itself in response to experience, environment and training.

Researchers at UCLA Laboratory of Neuro-Imaging compared the brains of experienced meditators with those of a control group of nonmeditators. They found that the meditators' brains contained more gray matter — the tissue responsible for high-level information processing — than those of the nonmeditators, especially in the areas associated with attention, body awareness and the ability to modulate emotional responses. (From the National AARP website: www.aarp.org)

One way to start: Yoga classes. See the OC *Splash* magazine for details.

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



AARP 1917 Holiday Luncheon 2011

Our AARP Holiday Luncheon will be held at the Clarion Hotel on Tuesday, December 13, 2011. Cash bar will be available. The Meeting will start at 10:00 AM:

- Chapter meeting
- Induction of officers and board members.
- Entertainment will start at 11:00 AM
 - The Ocean City Elementary School Choral Group
 - Seaside Dancers
 - Stephen Decatur Performers
- Welcome and Blessing before lunch is served.
- Luncheon will be served at 12:15 PM. The menu will include:
 - ✚ Cranberry Juice and Special Crackers
 - ✚ Fruit Cup – Strawberries, Grapes, Cantaloupe, Pineapple
 - ✚ Grilled Breast of Chicken with Cognac Orange Sauce – Sage Dressing
 - ✚ Buttered Whipped Potatoes
 - ✚ Chefs Choice of Vegetables
 - ✚ Rolls and Butter
 - ✚ Beverages: Coffee, Decaf, Tea, and Iced Tea
 - ✚ Pineapple Upside Down Cake



Cash Bar will be available.

Tables of 10 or 12 can be arranged.

Tickets: \$20.00 per person can be obtained at the AARP meeting or by sending a self addressed stamped envelope along with the check made out to **AARP Chapter 1917**. Mail to:

Alcea Sprung
12300 Point View Road
Bishopville, MD 21813
Telephone: 410-352-5748

