



# CHAPTER 1917



Ocean City, Maryland – [WWW.AARP1917.ORG](http://WWW.AARP1917.ORG)

May 2017

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#### Lunch Bunch

Ron Apperson

## The President's Corner....

Dear everyone,

Hopefully, the arrival of Springfest means the arrival of warmer weather and outdoor fun. But before we break for our summertime activities we have a few more events planned for our AARP members. The Health Fair on May 9th is a great time to take advantage of the free health screenings and other health-related information that will be available. We are deeply grateful to Dr. Melvin Friedman who has once again spearheaded this year's effort, and to Helen Norris, Dawn Denton and the many staff at Atlantic General Hospital for their considerable assistance. I hope to see you there.

At our general meeting on May 11<sup>th</sup>, our guest speaker will be Ms. Heather Bahrami from the Humane Society. She promises to bring a few four-legged creatures in tow. We will then be collecting donations for the Human Society at our June 8th meeting. Anyone wishing to help our furry friends may bring their donations at that time. Also, don't forget our May 11<sup>th</sup>, luncheon at the Blue Fish Restaurant following our meeting.

Some of our members will be off to New York City on May 17 and 18 for an overnight visit to the Big Apple. Broadway and the One World Observatory are among the highlights of this trip. Hopefully, good weather, good times, and good food await our New York bound travelers.

We will try to send our members home for the summer hiatus on a full stomach with an in-house luncheon at the conclusion of our June 8 meeting. The chapter will provide subs, soda, and water. We request that all members contribute a supplementary food item to augment the sandwiches. Please hand your food donations to Donna Reid, our Hospitality chairperson, so that she has time to organize everything. Have a great summer, everyone.

Check out your attached newsletter for more detailed information.

Best regards,  
Bob McCluskey

For additional website information [click here](#).

## 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!



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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!

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### **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

## **Get out your calendar! Save these dates!**



**OUR OCEAN CITY COMMUNITY HEALTH FAIR IS TOMORROW – TUESDAY, MAY 9<sup>TH</sup> 2017.** Bring a friend, a spouse or a neighbor to this community event. Free, open to the public, benefiting your health. What more could you ask? Event is held at the Roland E. Powell Convention Center, located at 40<sup>th</sup> and Coastal Hgwy, from **8:00AM – 12:30 PM.**

Free health screening by Atlantic General personnel include screening for:

- Respiratory
  - Carotid arteries
  - Bone density
  - Hearing
  - Skin cancer
  - Blood pressure
- **Lab draws for testing Cholesterol, Lipids and Blood glucose can be done on site. For this a 12 hour FAST is necessary, meaning nothing but water for 12 hours prior to your arrival.**

**JOIN RON'S LUNCH BUNCH** – for fun and good eats after our monthly meetings. Enjoy a discounted version of sample local fare.

**MAY 11<sup>TH</sup>, 2017** - **Blue Fish @ 84<sup>th</sup> St, bayside.**

**JUNE 8<sup>TH</sup>, 2017** - **Subs and Stuff picnic** at the Senior Center compliments of AARP1917. Please bring a bag of chips, pickles, dessert, cookies or other non-perishable picnic item to share. Sodas will be provided.

### **JUNE 24, 2017 - SHREDDING EVENT**

At the Ocean Pines Library, AARP is sponsoring a Spring shredding event. Please bring a cans of food as a charitable donation for this event.

**6/24:**

**Ocean Pines Library**

**10 am - 1 pm**

**Limit 5 boxes/bags of papers per car**

**1 can goods per box/bag for Charity**

### **DECEMBER 14<sup>TH</sup>, 2017 - ANNUAL OC AARP HOLIDAY PARTY**

**1-5 PM, at the Clarion Hotel; tickets will be sold at the September meeting.**

## **NEWS YOU SHOULDN'T MISS**

**Our SCHOLARSHIP process** is underway with the selection of three students from Stephen Decatur High School. After personal interviews with each of these students, one will receive a certificate for the \$1000.00 Scholarship, that our Chapter 1917 presents to a deserving student.

**DRUG DISPOSAL PROCESS** – of old or outdated medicines should be accomplished in the following manner. **PLEASE DO NOT FLUSH SOLID DRUGS INTO TOILETS OR SINKS !**

### **INSTEAD,**

- 1) Remove your drugs from their containers and place into a sealed kitchen baggie. Dispose of the empty pill bottles or containers in your trash, after you have blacked out the personal information (name) on the label with a marking pen or soak in hot water and peel off.

The **Ocean City Police Department at 65<sup>th</sup> Street** has a white drop box (similar to a mail box) immediately inside the front door. You may drop your bagged and solid pills or gelcaps into this container. You do not need to identify why you are there, as the drug box is well labeled.

- 2) Put unused or outdated drugs in cat litter and add water or place pills in coffee grounds to destroy.

This manner of waste disposal avoids many drugs from entering ground water and run off systems to overmedicate our water supply and endanger our fish and fauna.



## TRAVEL UPDATES FOR 2017

**May 9th - REMEMBER our Health Fair tomorrow May 9th at Convention Center. 8 AM-12:30 PM.**

**May 17 & 18: Springtime in NYC.** The bus will leave from the 65<sup>th</sup> St. Circuit Court/Public Safety Building Lot promptly at 8 am. Be sure to have your parking passes on the dash of your car and your luggage tags completed and attached to your luggage.

**June 3-10: Alaska Cruise on Princess Cruise Line – Ruby Princess. VALID PASSPORT REQUIRED.** Expiration date must be 6 months following the return date – after 12/10/17.

**Oct 1-5: New England Rails & Sails.** Final payment due by 6/08/2017. Insurance recommended – No Frills, \$49/person due with final payment, payable directly to Sr. Excursions.

***NEW!* Oct 18: “Funny Girl” Musical Performance at Candlelight Dinner Theater, Wilmington, DE - \$95/Person**

Check out our webpage [www.aarp1917.org](http://www.aarp1917.org) and click on travel.

The Salisbury chapter of AARP will sponsor a bus trip to VT and NH on June 11-15. Cost is \$779 per person. Contact Janet Shockley at 410-749-6093

## NEWS FROM OUR SENIOR CENTER



### **REMINDER TO NEW AARP MEMBERS**

Please remember to stop in the Senior Center office to pick up your registration card for the Senior Center. We ask this year that each new member of AARP, please join the Senior Center (FREE) so that we may assist in keeping the numbers up for funding for this valuable resource. All it takes is a few minutes and for Ann to take your picture.

Each time you respond for a meeting or event that is held at the Senior Center we ask that you enter either your card number or your phone number at the kiosk computer so that your visit is recorded.

**For more information please call Ann Toney at the Ocean City Senior Center (410-289-0824).**



## INFORMATIONAL SPEAKERS

**March Speakers** Dr. David Voxmonsky and Ms. Shannon Jones from Rite Aid, visited AARP in March, lending valuable information relating to safe medication, especially prescription drug use. Much has changed over the past several years enabling many pharmacies to provide convenient access on demand for many routine immunizations and vaccines for flu, pneumonia and other high risk diseases. Pharmacists recommend a series of safe medication rules for seniors who may be at higher risk for the side effects or adverse effects of prescription and over the counter drugs.

**Dr. David and Ms. Sharon encouraged the following:**

- 1) Be aware of what you are taking and what it is for, related to your health**
  - 2) Follow directions on the bottle when taking the medication**
  - 3) Ask questions of your pharmacist about the medications, if you are unclear**
  - 4) Talk honestly to your doctor about why he is prescribing your medication**
  - 5) Make sure your physician knows all the drugs you are taking. Include any over the counter medications, vitamins and other supplements.**
  - 6) Make sure your spouse or family knows what you are taking and what it is for**
  - 7) Know that your pharmacy keeps comprehensive records of all drugs you are prescribed**
  - 8) Your pharmacist can help you understand the value of a certain medication**
  - 9) Write down questions you have for your physician so you don't forget to ask at your visit**
- Report any side effects of a new medication to your physician immediately**

**April Speakers** Three individuals from PRMC provided new information regarding the new Cancer Center at Ocean Pines that is set to open this summer. Steve Leonard - President Designate/CEO; Jennifer Price - Account Executive; and Joan Mischtschuk, presented the new OP Cancer Center goals as keeping people healthy, with their slogan of "Care, Coach, and Connect".

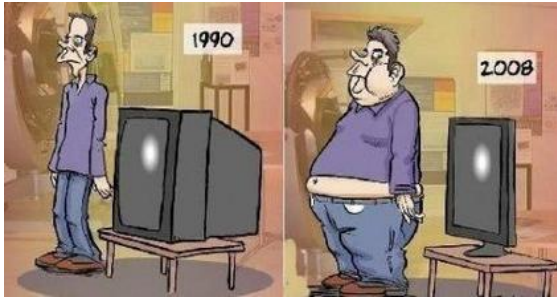
PRMC's main hospital is 120 years old and employs 3,000 people. Over 19,000 surgeries are performed at the hospital each year. They are now partnering with "Your Doc's In". The main Richard Henson Cancer Center in Salisbury has been accredited since 1970, with many resources for those who have been diagnosed with cancer. A PRMC Cancer Center located in Ocean Pines will provide the medical benefits and resource utilization of a renowned regional Cancer Center while allowing patients to remain near home and family during their prescribed therapy.

Our May guest is Heather Bahrami from the Worcester Co Humane Society and will speak to us regarding the life saving needs of our 4 footed friends. Donations will be collected at the June meeting.

Our June speaker is Jenna Bellaty who will share with us information regarding the growing social problems of drug addiction and opioid abuse.



SMILE A  
LITTLE



FROWN A LITTLE



### **GRANDKID or FRIEND SCAM ALERT**

You get a call: “Grandma, I need money for bail” (or bus/plane home, or a medical bill), or some other kind of trouble. The caller says it’s urgent – and tells you to keep it a secret.

But is the caller who you think it is? Scammers are good at pretending to be someone they are not. They can be convincing sometimes using information from social networking sites, or hacking into your loved one’s email account, to make it seem more real. And they’ll pressure you to send money before you have time to think.

#### **Here’s what to do:**

- 1). Stop. Check it out. Look up your grandkid’s phone number yourself, or call another family member.**
  
- 2). Pass this information on to a friend. You may not have gotten one of these calls, but chances are you know someone who will get one, if they haven’t already.**

**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!**