



***THE CHRONICLE***  
**RALEIGH-WAKE COUNTY CHAPTER #3689**  
**<http://AARPchapter3689.weebly.com>**  
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***Kelly Vick – Editor***  
**February 15, 2024**  
**Waltonwood at Lake Boone**

**Speaker for Today**  
**Ms. Carmen Cauthen**  
**“Historic Black**  
**Neighborhoods of Raleigh”**

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**Chapter Officers**

**Co-Presidents**

James Nelson  
Claude Lee

**Vice President**

Cordelia Blackwell

**Co-Secretaries**

Hannah Gathings  
Tom Gill

**Treasurer**

Willi Webb

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**Committees**

Community Service (Oweida Cole)  
Fundraising (Lorrie Berlenbach)  
Legislative (Brenda Bennett)  
Membership (Kelly Vick)  
Nominating (Allan Younger)  
Program (James Nelson)  
Sunshine (Claude Lee)  
Telephone (Cheryl Gill)

**Staff Coordinators**

Ambassador (James Hines)  
Historian (George Gross)  
Liaison (Cordelia Blackwell)  
Newsletter (Kelly Vick)  
Reflections (Grace Krishnamurty)  
Webmaster (Claudia Harris)

**MESSAGE FROM OUR CO-PRESIDENTS**

*James Nelson & Claude Lee*

**Broadening Our Circle: Venue Recommendations**

As co-presidents, we are always seeking ways to enhance the experience and engagement of our AARP chapter members. With a keen focus on enriching our community and fostering a vibrant, inclusive environment, we have explored various venues for our chapter meetings that correspond with our goals of health, well-being and active community participation.

**Community Centers** are ideal meeting spaces due to their inclusive nature and emphasis on promoting health and active living. They offer a welcoming environment where our diverse members can come together, share experiences and participate in activities that foster community well-being.

**Libraries**, the cornerstone of community knowledge and engagement, provide a quiet, resource-rich setting perfect for educational and collaborative meetings. They are conducive to learning and discussion, supporting our chapter's commitment to lifelong learning and community service.

**Religious institutions**, recognized as pillars of community support, offer spaces that unite people, creating a strong sense of belonging. Their commitment to community service matches our values, making them suitable venues for meetings aimed at strengthening community ties and enhancing our collective impact.

**Community Colleges** offer dynamic environments rich in technological and educational resources. Their focus on education and community development mirrors our chapter's dedication to growth and development, providing an ideal setting for meetings requiring access to technology and collaborative opportunities.

Moving beyond the confines of senior living centers, which focus on residential care; we are excited about the opportunities these alternative venues present. They offer broader community engagement, diverse resources and a more inclusive environment. This approach conforms with our chapter's mission to not only serve our members but also to actively contribute to the well-being of our wider community. We believe that by embracing these spaces, we can further enrich our chapter's activities and foster a more connected, engaged and vibrant chapter.

## **MESSAGE FROM OUR VICE PRESIDENT (Cordelia Blackwell)**

♪♪♪Getting to know you – getting to know all about you... ♪♪♪



***Marjorie Younger***

This is the beautiful face of someone we always see at the sign-in desk. She is very pleasant and patient as she takes care of business. This is our faithful and long-time AARP member, Marjorie Younger.

**Cordelia:** Where did you grow up and how did you get to the Raleigh area?

**Marjorie:** I grew up in Pittsburgh, Pennsylvania. I met my husband Allan in Pittsburgh when we worked for the same company and our journey began there. We moved to several states with his company to New York, Texas, Maryland and Raleigh, North Carolina where we have lived for almost 39 years.

**Cordelia:** Did you come from a small or large family and tell us about your family now?

**Marjorie:** I came from a family of seven... mother, father and three siblings including my grandmother who was instrumental in my upbringing. My current family includes a son, daughter-in-law and three children; our oldest daughter and son-in-law; our youngest daughter, son-in-law and three younger grandchildren.

**Cordelia:** You are such an intelligent person, tell us about your educational background.

**Marjorie:** My background is in education and was furthered by receiving a master's degree from the University of Maryland, College Park and later became a National Board-Certified Teacher for the state of North Carolina. I have been a retired educator for almost 19 years.

**Cordelia:** I know you have had an extensive career, tell us about your positions.

**Marjorie:** Before joining Wake County Public Schools, I worked at NC State University in Student Services. During my career, I have been on the charter staff for opening two new schools in Wake County. I have been blessed to help to restructure an elementary education program at a local university. In addition, I have volunteered to tutor children and was a mentor to families through local organizations. I have been an elementary school teacher for over twenty years and loved working with the little ones.

**Cordelia:** Do you enjoy traveling and are there places you found interesting?

**Marjorie:** I enjoy traveling throughout Europe, the Caribbean and especially Central America. One of my favorite places was Amsterdam where I visited the home where Anne Frank stayed in her secret hiding place. As a child, I read the "Diary of Anne Frank" several times.

**Cordelia:** What is your favorite color, food, book, and movie?

**Marjorie:** My favorite color is beige and that color is throughout my home. It gives me a sense of peace. My favorite food is anything Caribbean. My favorite book is difficult to choose because I love to read. Right now, it is "The House of Eve by Sadeqa Johnson". My favorite movie is "Love Actually".

**Cordelia:** Tell us something you would like us to know about you.

**Marjorie:** I love music and playing the piano and I Love the Lord.

# COMMITTEE REPORTS

## SUNSHINE

Through a gift from the State AARP, our chapter was able to arrange flowers to be given to Waltonwood Memory Care Unit and to our sick and homebound members on February 14th.

Birthday cards were mailed to members listed below who have birthdays in February. If you know of anyone who is ill, a bereaved family, please call Claude Lee (919-971-3317) or e-mail him at [claudealeejr@gmail.com](mailto:claudealeejr@gmail.com)

### FEBRUARY BIRTHDAYS

**Betty Franks (2)**  
**Gayle Gayton (12)**  
**Leon Cooke (23)**  
**Kenneth Clark (28)**

## PROGRAM

The Program Committee is pleased to present a vibrant series of upcoming talks, reflecting our commitment to diverse and enriching experiences for our members. In March, Jacqueline McCullough will organize a discussion on affordable housing, senior welfare, retirement finances and offering crucial insights. April brings Gayle Gayton's timely choice of gardening, perfect for spring planting enthusiasts. May will see Alice Hedley introducing the benefits and relaxation techniques of seat yoga, catering to all fitness levels. These sessions, organized by our dedicated members, promise to foster community engagement, learning, and well-being.

## LEGISLATIVE

North Carolina General Assembly tax rates breakdown for 2024 shows that lower and moderate income earners pay a larger portion of their households income in State taxes than the wealthy. Carolinians – households with annual incomes of less than \$21,600 per year – pay, on average, more than a tenth (10.5%) of their income in state and local taxes. Households in the middle quintile – with annual incomes between \$42,200 and \$73,400 – fare only slightly better. They pay an average of 9.3% of their income in state and local taxes. But now, take a look at the top 1% – households with annual incomes over \$697,400. These folks pay only 6 % of their income in local taxes. These tax rates generate less revenue for counties to operate such as hiring teachers, etc. Therefore, Wake County Commissioners use property taxes to get the needed revenue to operate. (See Ncnewsline.com – Rob Schofield)

## MEMBERSHIP

If you invite a guest to our monthly general meeting, please register your guest at the membership table. We are always available to register new members and collect 2024 membership renewals. Our chapter membership dues are \$10.00 per year. You must be a member of the National AARP and you will need your national membership card.

## COMMUNITY SERVICE

Among our activities this month, we made yet another visit to Fox Road Magnet Elementary School, even after our January visit. This time we delivered not only more gloves, hats and mittens, but also brand new math and English workbooks for grades 2-5. They were elated, not only because each student would be able to have their own workbook, but also because they had a picture of a fox on the cover.



Our other exciting project for the month was the delivery of several bags of men clothing to the Healing Transitions for men on Goode Street. They were very excited as they unloaded numerous bags from the trunk of the car.

We have concluded our Matthew 25: Ministries project of medicine pill bottle. Of course, if you would like to donate your empty, clean, pill bottles (without any labels of course), the address is below:

Matthew 25: Ministries  
11083 Kenwood Road  
Blue Ash, Ohio 45242

Thank you for all your contributions. We would not be able to function without YOU!



# The Origins of Why We Celebrate Black History Month

(Miracle Williams, AmeriCorps)

The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States. The Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by Black Americans and other peoples of African descent. In the following decades, mayors of cities nationwide began issuing yearly proclamations recognizing “Negro History Week”. By the late 1960s, thanks partly to the civil rights movement and a growing awareness of Black identity, “Negro History Week” had evolved into Black History Month on many college campuses.

President Gerald Ford officially recognized Black History Month in 1976, calling upon the public to “seize the opportunity to honor the too-often neglected accomplishment of Black Americans in every area of endeavor throughout our history”. Today, Black History Month is a time to honor the contributions and legacy of African Americans across U.S. history and society – from activists and civil rights pioneers to leaders in industry, politics, science, culture and more. Since 1976, every American president has designated February as Black History Month.

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## *February is American Heart Month* *Ten Sneaky Signs You May Have Heart Disease*



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|--|---|
| <ul style="list-style-type: none"> <li>• You struggle to breath when lying flat</li> <li>• You have leg or hip pain (or both while walking)</li> <li>• You experience erectile dysfunction</li> <li>• You experience vaginal dryness</li> <li>• Your ankles are swollen</li> </ul> | <ul style="list-style-type: none"> <li>• You are fatigued for no reason</li> <li>• You wake up to urinate</li> <li>• You have bad breath</li> <li>• You spot fatty growths</li> <li>• You are feeling nauseous</li> </ul> |
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For more information, go to **AARP Health** - By Nicole Pajer