|  |  |
| --- | --- |
| **C:\Users\Owner\AppData\Local\Temp\image003-3.png** | ***THE CHRONICLE*****RALEIGH-WAKE COUNTY CHAPTER #3689**[**http://AARPchapter3689.weebly.com**](http://AARPchapter3689.weebly.com)***Kelly Vick – Editor*****July – August 2020** |
| **Speaker for August****Jeffery Marsocci****Marsocci Law Firm****“Wills and Trusts”****\*\*\*****Speaker for September****Greg Flynn****Wake Board of Elections****November Election****\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*** **Chapter Officers****Co-Presidents** Gayle Gayton Willi Webb**Vice President** Cordelia Blackwell**Secretary** Gwenn Weaver**Co-Treasurers** Cynthia Bradley Claudia Harris**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*****Committees**Community Services (OweidaCole)Fundraising (Lorrie Berlenbach)Legislative (Karen Clark)Membership (Karen Youmans)Nominating (Allan Younger)Program (Allan Younger)Sunshine (Claude Lee)Telephone (Pat Toothman)**Staff Coordinates**Ambassador (James Hines)Historian (Thelma Blake)Newsletter (Kelly Vick)Reflections (Grace Krishnamurty)Webmaster (Claudia Harris) |  | ***MESSAGE FROM OUR CO-PRESIDENTS******Gayle Gayton and Willi Webb***In a period of six months, a disease that started in Wuhan, China has become a global pandemic. It’s the Coronavirus Disease 2019, AKA - Covid-19. It is a highly contagious disease with no cure or vaccine. It can be fatal as we have seen thousands of lives lost. During this short period of time, the country has come to a standstill. Schools and restaurants and malls were closed. Nursing homes and assisted living facilities have restricted visitors. Many hospitals have been filled to capacity while local governments scramble to find and purchase PPE and medical equipment to serve their many workers and patients. The global economy took a downward spiral! We don’t think anyone, anything has not been impacted by Covid-19. It has caused a totally new way of thinking, new way of living. Life has taken on a new normal. Consumers rushing to buy sanitizer, paper products, gloves and masks.On March 9, 2020, Chapter #3689 was advised that our monthly meeting facility (Atria Oakridge) would no longer allow groups of more than 3 persons into the facility. What to do? Most facilities that could accommodate a group our size were also closed or not allowing large groups.The idea of virtual meetings was suggested, mainly Zoom. For some of us, myself included, Zoom instilled immediate hesitation, “I don’t know Zoom, do I have a Zoom app?” More new normal.Several members went into action mode, did some research, self-teaching and offered some tutorial sessions. Thus, pulling our Zoom meetings together. In an effort to hold our members/chapter together, we asked you, the members, what you would like to see your/our chapter do. Some suggestions were a virtual tea, luncheon, trivia games and speakers.To all AARP Chapter #3689 members, Willi and I want to say – **THANK YOU!!!**Due to Covid-19, we have all been faced with an abrupt interruption of normalcy of life as we know it. It has not been easy or comfortable. In some cases we have asked you to go the extra mile. A hearty thank you to each committee, each staff coordinate and members at large as you have stayed the course and continued to serve in your designated positions. Thank you for being committed to serve in support of your/our chapter. Without your willingness to serve, we could not, would not succeed. Thank you for supporting the Zoom meetings. Remember we are in this together. Together we are stronger.Six months later we are still together. Continue to practice the three **ws:**1 - **Wear** a mask over your nose and mouth2 - **Wait** 6 feet apart. Avoid close contact 3 - **Wash** your hands frequently with soap and water/sanitize |

**COMMITTEE REPORTS**

**MEMBERSHIP**

We will start collecting dues for 2021 renewals in September. Our chapter membership dues have been changed to $10.00 per year. All renewals should be completed by December, 2020 to complete our 2021 membership directory.  You must be a member of the National AARP and you will need your national membership card to complete the membership form. The membership form is on our website with instructions on where to mail it. If you can’t access the website, a copy of the form is on page 6 of this Chronicle.

**Message from Carmel Welch**

***Dear Members:***

***I guess the time with this wonderful organization has come to an end. As of September 1st, I will be leaving Raleigh, NC to return to my old stomping ground, Girard, Ohio. The 24 years that I spent in Raleigh and belonging to Chapter #3689 were a great pleasure, including meeting all of you wonderful people.*** ***Thanks!***

***P.S. My phone number will be the same until later. My forwarding address will be***

***c/o 964 North Ward Avenue, Girard, Ohio, 44420***

**(We are sure that Carmel would appreciate hearing from members, as she makes this transition.)**

**NOMINATING**

We have two vacancies: (1) Co-Secretary – will be working in partnership with another co-secretary. This position is responsible for recording minutes of our chapter and board meetings. (2) Co-Legislative – will be working in partnership with another Legislative representative to maintain a close working relationship with the State Office to ensure that the chapter focuses on state and national priorities for seniors.

**LEGISLATIVE**

For those who think seniors are expendable, we are not going away. In November we will **V O T E**. Remember, you have to get involved in politics as if your life depends on it, because now it truly does. For anyone who can get AARP’s updates, please follow and call or e-mail when you can.

**TELEPHONE**

The Telephone Committee is keeping in touch with members and will be making **“Hello”** calls and forward any information from our Chapter during this time.

**COMMUNITY SERVICE**

In spite of circumstances, Community Service Committee still manages to participate in a few activities. Specifically, we volunteered at the Food Pantry the second Monday this month. Unlike what we have done in the past, now we pack the boxes with food and they are delivered to individual cars.

Also, we sorted and packed books at the Wake Up and Read Distribution Center for delivery to various communities. Presently, we have distributed over 60,000 books to students to build their home library.

School has begun already. We've received a request from Wildwood Forest Elementary School for the following list of supplies: **#2 pencils; 8 or 24 count Crayons; glue sticks; 3x5 lined index cards; dry erase markers; wide ruled spiral notebooks and wide ruled composition books.**

Fox Road Magnet Elementary School is also requesting that we again collect mittens, gloves, and hats to be distributed to their students.

Members of the Community Service Committee will be available to collect these items at Kohl’s (corner of Durant and Falls of Neuse). Please contact Oweida Cole (919-803-7569) or Willi Webb (919-624-6740) if you are planning to make a donation.

**Please note**, we would like members of the Community Service Committee to convene virtually for a short meeting on August 27 at 11:00 am via Zoom. The purpose of this brief meeting is to decide how we should best distribute the $200 plus that we already collected earlier this year.

**(2)**

**Committee Reports (continued)**

**SUNSHINE REPORT**

Birthday e-cards were e-mailed to our members who have birthdays in July and August. Two members do not have e-mail\* and I mailed them birthday cards. See the names below: If you know of anyone who is ill or a bereaved family, please call Claude Lee (919-971-3317) or e-mail him at claudealeejr@gmail.com.



|  |  |
| --- | --- |
| **JULY BIRTHDAYS** | **AUGUST BIRTHDAYS** |
| **Gwen Weaver (10)****Marjorie Younger (19)****Neal Franks (24)****Mary Madlon (31)** | **Pauline Luton (2)****James Hines (5)****James Nelson, Jr. (6)****Hew Dorssett (11)****Fannie Sedita (16)\*****John Speights (25)\*** |

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**SPECIAL REPORTS**

**Tips for Healthy Eating During COVID-19:**

This site will show you how to eat healthy during a change in your routine during COVID 19 in regards to nutrition, stress, and exercise. Copy this title to your browser: [**Tips for Healthy Eating During COVID-19**](https://wakemed.webex.com/recordingservice/sites/wakemed/recording/playback/d7893941c84a4f6da76fa787f6c45afd)

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

**Message from Raleigh Parks and Recreation**

***(Submitted by Willi Webb****)*

As we move into the fall and the continued safety precautions around COVID-19, Resources for Seniors has developed an on-line virtual E-Learning program.  We would like for you to share the link with your clients, friends, and family.  All of our classes are free and open to anyone wishing to participate.  Each class you click on has an associated flyer with information on the class as well as how to join the class. The first class was August 12 at 11 AM on *Daily Doses of Joy* sponsored by Comfort Keepers of Wake County and Resources for Seniors, Inc. Keep this link, as we will be updating it with new classes and information as it becomes available. Please look at our E-Learning opportunities and share with others. <https://sites.google.com/view/rfsvirtual>

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Emergency Cooling Bill Assistance:**

[**http://www.wakegov.com/**](http://www.wakegov.com/)**humanservices/social/energy/Pages/default.aspx**

The Crisis Intervention Program (CIP):  Wake County's annual program that provides financial assistance to low-income families who are experiencing or in danger of experiencing a cooling-related crisis. Copy the above link in your browser to find more information about this program requirements and eligibility.

**(3)**

**Special Reports (continued)**

**FDA warns about toxic hand sanitizers for coronavirus that could kill you:**

If the hand sanitizer you are slathering all over your body to protect against the Wuhan coronavirus (COVID-19) comes from Mexico, then there is a good chance it contains a toxic chemical additive that could lead to your death. This is according to the United States Food and Drug Administration (FDA), which [**issued an advisory**](https://eur04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.fox26houston.com%2Fnews%2Ffda-warns-of-hand-sanitizers-containing-toxic-chemicals&data=02%7C01%7C%7C771e46e2a04e4fc8e5aa08d81d24f8ad%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637291391906506005&sdata=Ody9xuZEUdeUCpZRCH6jfGbLGzXND8ihvVE%2BDuo3MTE%3D&reserved=0) warning against the use of nine different hand sanitizer products manufactured by Eskbiochem SA de CV in Mexico that contain this specific additive.

Each of these nine products, which are listed below, contain what is known as methanol or wood alcohol, an ingredient that is known to be highly toxic when ingested or absorbed through the skin:

• All-Clean Hand Sanitizer (NDC: 74589-002-01)
• Esk Biochem Hand Sanitizer (NDC: 74589-007-01)
• CleanCare NoGerm Advanced Hand Sanitizer 75% Alcohol (NDC: 74589-008-04)
• Lavar 70 Gel Hand Sanitizer (NDC: 74589-006-01)
• The Good Gel Antibacterial Gel Hand Sanitizer (NDC: 74589-010-10)
• CleanCare NoGerm Advanced Hand Sanitizer 80% Alcohol (NDC: 74589-005-03)
• CleanCare NoGerm Advanced Hand Sanitizer 75% Alcohol (NDC: 74589-009-01)
• CleanCare NoGerm Advanced Hand Sanitizer 80% Alcohol (NDC: 74589-003-01)
• Saniderm Advanced Hand Sanitizer (NDC: 74589-001-01)

The FDA says that substantial exposure to methanol “can result in nausea, vomiting, headache, blurred vision, permanent blindness, seizures, comas and permanent damage to the nervous system or death,” so buyer beware.

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Attorney General Josh Stein Alert: July Scammer Scorecard and Scam Stopper**

As part of Operation Silver Shield, Attorney General Stein is releasing a monthly scammer scorecard to highlight scams on the rise and share data about the consumer complaints our office receives from North Carolinians. Copy[**July scammer scorecard**](http://ncdoj.emailnewsletter.us/mail/util.cfm?mailaction=clickthru&gpiv=2100162270.7315.585&gen=1&mailing_linkid=9713)in your browser and view the scammer scorecard.

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Virtual Events Sponsored by AARP**

***(Submitted by Claudia Harris)***

Are you looking for ways to connect virtually with other AARP members? Did you know that AARP hosts Virtual Trivia Nights that offer guests a fun-filled evening of friendly competition? There are two types of trivia games:

* Live Trivia - teams compete against one another on a variety of categories such as pop culture, sports, science, and history.
* Pub Poll – teams are asked to submit their best guess to the top answers for a survey question (similar to Family Feud).

All trivia games are **free** and held through Zoom. Teams are randomly assigned once you join the game. Each member of the winning team is awarded 500 AARP Rewards Points. Games are added weekly on Fridays at 9AM EST. To sign up for one or more of these games, go to: <https://aarp.cvent.com/c/calendar/1f8a13ea-f641-4280-975c-cd7265dd3023>

AARP also offers a variety of **free** events listed on the North Carolina AARP website. In addition to Trivia Nights, there are a number of educational webinars offering topics ranging from “One Day University” lectures to classes on flower arranging, fraud prevention, and caregiving. Information on these events can be found by going to the website below:

<https://states.aarp.org/north-carolina/events-nc>

**(4)**

**Special Reports (continued)**

**Information veterans, military and their families can use – AARP’s latest resources on veteran caregiving, fraud, jobs, VA benefits and more:**

These challenging time require us to be vigilant. Veterans are prepared. We have assembled 25 key resources. At AARP, we recognize that veterans, military members and their families know the importance of planning ahead. Which is why we are continuing to expand the breadth of ways that we support you. Copy this topic to your browser for more information: **Explore Free COVID Resources for Veterans, Military and their Families**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Sweaty Face Mask? Five Tips to Keep Cool While Covered Up**

**Staying safe and comfortable as temperature rises.**

**1. Choose the right fabric**

A light, breathable material like cotton will likely keep your face cooler than medical and N95 masks made from synthetic materials, and in the right configuration can be effective in preventing contagion, according to new research by Taher Saif, a professor of mechanical science and engineering at the [University of Illinois](https://mechse.illinois.edu/news/saif-team-identifies-t-shirts-potential-mask-material). Saif's team tested 10 common fabrics, from 100 percent cotton to polyester and silk blends, to see which best balance comfort and droplet-blocking impermeability. The “sweet spot,” he says, is a two-layer mask made from a cotton T-shirt, which comes close to matching a surgical mask's efficiency in stopping potentially infectious droplets from coughs and sneezes and is about twice as breathable. Saif say all-cotton tested best, but up to 40 percent polyester will do the job.

**2. Keep it dry**

Cotton traps less air and moisture than standard medical and industrial masks, and it's more absorbent, but if it gets damp due to breathing and sweating it can be less effective in filtering respiratory particles, not to mention uncomfortable and abrasive to the skin. "Try to stay in well-ventilated locations to keep air and vapor mixing, which can help evaporate any extra water (and also keep the rest of your skin/body feeling cooler),” says Jennifer Vanos, a bio-meteorologist at Arizona State University who studies the effects of heat on health. Vanos also suggests trying masks made of especially absorbent materials like bamboo, which “can absorb up to three times the amount of water as cotton.”

**3. Time trips to beat the heat**

Avoid going out at the hottest parts of the day and for extended periods. Stop at home between errands if you can, to cool off. When you do have to be out, stay well-hydrated and seek the shade. Being cognizant of the heat is about much more than keeping your mask fresh. “We have major issues every summer with heat exhaustion and heat stroke and heat-related deaths,” the Mayo Clinic's Poland says, and older adults are “definitely at increased risk." An ice pack or damp cloth applied to the head or neck can help you cool off — just take care not to get your mask wet or touch your face.

**4. Skip the makeup**

Heat and perspiration mixed with makeup or oily skin care products makes for a gunky mess under your mask. “You don't have the ability to have sweat evaporate when you have the mask on. It all sits there and collects,” says Kovarik, the dermatology professor. Clogged pores contributes to the lower-face skin eruptions that have been dubbed “maskne”, a combination of the words mask and acne. Kovarik recommends masking up with your face clean, save perhaps for a bit of moisturizer (preferably with some SPF, if you plan to be out long). Avoid products with retinoids or salicylic acid, which some older people use to [diminish wrinkles](https://www.aarp.org/health/healthy-living/info-2018/wrinkles-hair-loss-aging-60s.html) or sun damage.

**5. Bring a spare**

If you can't keep your mask from getting icky and sticky, there's no better remedy than swapping it for another. “I recommend people do that anyway,” whatever the weather, Poland says. “When you're outside with the mask on, that mask has a limited lifespan."

**(5)**

**AARP**

**RALEIGH-WAKE COUNTY CHAPTER #3689**

**MEMBERSHIP RENEWAL FORM**

**2021**

Chapter membership dues have been changed to $10.00 per year. You must be a member of the National **AARP**. Please complete this form below, make your check out to Wake County Chapter #3689 and mail it to –

Claudia Harris

412 Dimock Way

Wake Forest, NC 27587

Member Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

National **AARP** Membership Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Exp. Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you are interested in joining one of our committees, please contact the committee chair listed on the website or list the committee name below and someone will contact you:

Committee name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Karen Youmans & Kelly Vick

Membership Co-Chairs