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| **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*****March – April 2020** |
| **Chapter Officers****Co-Presidents** Gayle Gayton Willi Webb**Vice President** Cordelia Blackwell**Co-Secretaries** Wanda Richardson Gwenn Weaver**Co-Treasurers** Cynthia Bradley Claudia Harris**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*****Committees**Community Services (OweidaCole)Fundraising (Lorrie Berlenbach)Historian (Thelma Blake)Legislative (Karen Clark)Membership (Karen Youmans)Nominating (Allan Younger)Program (Allan Younger)Sunshine (Claude Lee)Telephone (Pat Toothman)**Staff Coordinates**Ambassador (James Hines)Newsletter (Kelly Vick)Reflections (Grace Krishnamurty)Webmaster (Claudia Harris) |  | ***MESSAGE FROM OUR CO-PRESIDENTS******Gayle Gayton and Willi Webb*****Surviving Staying at Home During the Coronavirus Pandemic**How many times have you said, “I wish I had the time”, or “I will do **\_\_\_\_\_\_\_\_\_\_\_** when I have the time”, and “If I only had more time”. Well, your wish has come true. We have been given the gift of time. How can we make the best of these “worst” of times.**First, let’s remember all the things we have and be grateful.** * Take some time each day and reflect on what is good in your life. As you create that list, either on paper or in our head, you will boost your spirits and feel a sense of well-being.

**Establish a routine. This helps you take control during a time that seems that there is no control.*** Have regular meal times – enjoy experimenting with new recipes. Bake!! The pounds will come off later.
* Decide what you want to accomplish each day. Clean out that closet. Organize your kitchen cabinets. Listen to your favorite music.
* Relax, wind down, and go to bed at a regular time every day.

**Schedule some time for movement breaks.*** In this beautiful weather, take a walk outside.
* Get up and walk around the house or yard.
* Check out *Exercise of Seniors-YouTube*.

**Do something creative. It will make you feel productive.*** You always wanted to write, paint, knit, garden---Do It Now!
* Find a new tradition for the holidays.

**Stay in touch with those you love, care about or just think about.*** Call, email, “snail mail”, video chat – this is a good time to catch up.

Add something you are doing to stay sane – share with someone you know.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­**We know everyone is missing getting together. We will continue to publish the Chronicle during our time apart.****\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*****What a time for Thanksgiving and prayer; we have been saved from this virus. Let us continue to pray for those who are afflicted. *(Thelma Blake)*** |



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| **MARCH BIRTHDAYS** | **APRIL BIRTHDAYS** |
| **Geraldine Phillips (9)****George Gross (11)****Mattie Branch (12)****Barbara Faison-Ndyalvan(15)****Allan Younger (18)****Tea Charles (23)****Alice M. Hedley (31)** | **Willi Webb (3)****Louise Halpern (8)****Joanne Fluke (11)****Kelly Vick (13)****Oweida Cole (19)****Alan Talley (26)** |

**SUNSHINE COMMITTEE**

Is working on guidelines on how to more efficiently identify our sick members. 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.

**MARCH REPORT FROM COMMUNITY SERVICE COMMITTEE**

"You are never too old to set another goal or dream a New Dream" - C.S. Lewis

I hope that you all took the time to cast your votes during March Early Voting or on Super Tuesday. Please note that at least three or more AARP members were exercising their Legislative duties by assisting in Early Voting as well as working on Election Day. The Board of Elections stated they will need "a Ton" of help for the November 3rd General Election and especially during Early voting. In fact, they stated they will need more election officials than ever before and they need your help. So if you are interested in being a Precinct Official, please contact the Board of Elections.

Our volunteer efforts since February included Claude Lee and Oweida Cole serving over 27 families at the Food Pantry on March 9th. We delivered toiletries to the America Red Cross just in the nick of time as members were about to depart for Nashville, TN after the tornado touched that city the following day; and delivered clothing to Interact, which is a comprehensive service for victims of domestic and sexual violence and their families as well.

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**REPORT FROM THE FUNDRAISING COMMITTEE**

Due to COVID-19, the May Jazz Event is postponed for a tentative date in August. If you have any questions, please call Marilyn Pearson (919-636-8142 or Lorrie Berlenbach (919-749-8352).

**Below is great information on Jazz:**

**Visit the Website** [**JAZZNEARYOU.COM**](https://www.jazznearyou.com) **for More Jazz Events**

You will be able to upload events to Jazz Near You and view events in other cities.

[**WEEKLY NEWS**](https://www.allaboutjazz.com/php/community_center.php?type=5)

With club closures, shelter in place and an uncertain future, we've pivoted our platform to collect, promote and broadcast livestream concerts to support our jazz musician friends. We've also revamped the weekly Jazz Near You newsletter to highlight livestream events as well as All About Jazz content you may have missed.

[**Project Livestream Jazz**](https://www.allaboutjazz.com/php/tag.php?id=277260)**: An Update**

* We presented an exclusive livestream with Los Angeles-based singer, song-writer and multi-instrumentalist Joanna Wallfisch this past Saturday. In case you missed her performance where she sung, played, shared artwork, told stories, and read from her book ***The Great Song Cycle: Portland to Los Angeles on Two Wheels and a Song***—you can watch by visiting our website.
* The Jazz Near You calendar supports livestream events.

[**Some master listings of upcoming livestream events**](https://world.jazznearyou.com/calendar.php?is_livestream=1)

* You can help promote livestream jazz events by embedding the livestream jazz calendar on your website or blog. Visit our website.
* To help raise the awareness of a terrific cause, All About Jazz broadcasted some of the *Live From Our Living Room Festival and Fundraiser* events. Hopefully you caught some of them. You can learn more about the festival on our website.

**SPECIAL REPORTS**

**From Attorney General Josh Stein:**

In March the federal government enacted a $2 trillion recovery law that will give many Americans up to $1,200 per person, with additional amounts for children, to help navigate economic hardships caused by the COVID-19 pandemic. As this money is sent out over the next few weeks, please be careful of scammers trying to get your personal or financial information so they can pocket your money or ruin your good name instead. I am urging North Carolinians to be on the lookout for scammers taking advantage of the pandemic, and I have released a [one-page guide](http://ncdoj.emailnewsletter.us/mail/util.cfm?mailaction=clickthru&gpiv=2100159010.7642.151&gen=1&mailing_linkid=7970) to help consumers better understand these scams.

At a time when we should be focusing on taking necessary health precautions and staying safe, some bad actors are focusing on taking people’s hard-earned money. I want North Carolinians to protect their health and their wallets. If you think you’ve been the victim of a scam or an attempted scam, please report it to my office at 1-877-5-NO-SCAM or [ncdoj.gov/complaint](http://ncdoj.emailnewsletter.us/mail/util.cfm?mailaction=clickthru&gpiv=2100159010.7642.151&gen=1&mailing_linkid=7971).”

The price gouging law that protects people from scammers is also in effect in North Carolina. My office and the North Carolina Department of Justice will be reviewing price gouging complaints from consumers closely and are prepared to take action against any businesses engaging in price gouging activities. Report potential price gouging by calling 1-877-5-NO-SCAM or by filing a complaint at [https://ncdoj.gov/file-a-complaint/price-gouging/](http://ncdoj.emailnewsletter.us/mail/util.cfm?mailaction=clickthru&gpiv=2100159010.7642.151&gen=1&mailing_linkid=7972).

In March we also launched Operation Silver Shield to confront scammers and fraudsters who target older North Carolinians.  Operation Silver Shield covers all of NCDOJ's varied work to protect people from scams, take legal action against fraudsters when necessary, and educate people on how best to keep themselves and their parents and grandparents safe. As part of Operation Silver Shield, we are releasing a monthly scammer scorecard to highlight scams on the rise and share data about the consumer complaints our office receives from North Carolinians. Visit our website and click on[**March scammer scorecard**](http://ncdoj.emailnewsletter.us/mail/util.cfm?mailaction=clickthru&gpiv=2100159432.6938.133&gen=1&mailing_linkid=8023)and see some highlights.

During the coronavirus pandemic, scammers are leveraging your fear for your loved one’s safety to steal your money and personal information. Our office has received reports from our federal partners of scammers putting a new spin on the common grandparent scam during the pandemic. In this scam, criminals pose as panicked grandchildren in need of money to help with an emergency (urgent medical bills, bail, or plane tickets).

Our office is working hard to protect people’s money, and we want you to be able to avoid grandparent scams. The best way to protect yourself is to **follow these tips:**

* **Don’t answer calls from phone numbers you don’t recognize or emails from addresses that aren’t familiar to you.**If someone claims to be a loved one, ask the person questions that only your real family member would be able to answer, or hang up and check with another family member. Don’t share information about you or your family with anyone you don’t know who calls, emails, or contacts you through other means. Don’t act out of fear – take a pause to evaluate a situation and get advice from people you trust.
* **Share carefully on social media.**Make sure your privacy settings prevent strangers from accessing information about you or your family that they can use to trick you into thinking they are actually your family member.
* **Never wire or send money in response to a phone call, email, or online message.**Be wary of anyone asking you to send money via gift cards. Once the money has been received by a fraudster, it’s almost impossible to get it back.

If a company or individual contacts you and you’re unsure of their authenticity or if you believe that you have been the victim of a scam, contact our office’s Consumer Protection Division at [**ncdoj.gov/file-a-complaint**](http://ncdoj.emailnewsletter.us/mail/util.cfm?mailaction=clickthru&gpiv=2100159613.7495.298&gen=1&mailing_linkid=8043) or 1-877-5-NO-SCAM.

**SPECIAL REPORTS (continued)**

**New Scam:**

People are calling, texting or emailing claiming to be from the CDC offering to let people "reserve a vaccine for the COVID-19" with a credit card and/or social security number. There is no vaccine reserve program, and the CDC is not offering anything of the sort. Anyone receiving such a call should not under any circumstances give the caller any personal information or money. Please let everyone you know about this scam, especially the people you know that may be more vulnerable to COVID-19 or scams in general.

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**AARP March 26, 2020 telephone call in/Bill Walsh-AARP**

The telephone call was primarily for care givers but gave lots of great information. A lot of the information was a repeat of what we have been hearing on the news.

**Just some highlights**:

Still inconclusive if virus can/does stay in the air, how long

Having a household service provider come into your home...only if crucial

Have delivery people leave merchandise outside the door

Call 911 if you cannot reach your doctor

Use tele help for medical questions

**Family of care givers**:

Be prepared, know resources

Take care of yourself—care takers burn out!

Have a care plan—adequate supply of food, medicine, supplies

Two week supply of food, necessities

Have a communications plan

**Self care - The four M’s**

Mail - send a note to a friend or relative

Music - turn the news off and listen to some nice music, relax

Movies -look at some old movies

Meals - be creative with your meal planning. Try some new meals

**Some Contacts**:

**AARP.org/coronavirus**

**AARPCommunityConnections.org**

**Elder Care** **ACL.Gov**

**1-800-677-1116**

**Dial 211 or visit** [**NC211.org**](http://NC211.org) **or call 888-892-1162**

**211 can help you find food, housing, senior services, mental health services, utility assistance**

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**Interesting Article in the February/March 2020 Issue of the AARP Magazine**

The article is called **Hat Boss**. It tells how Rev. Georgiette Morgan-Thomas’ passion led to an unexpected new career. Some of us can relate to when she says “when you put a hat on, you feel Beautiful”, “you feel empowered”. She personally has a wardrobe of more than 100 hats. Rev. Morgan-Thomas, 71 owns American Hats and just opened a hat shop in Fashion District Philadelphia. She has been an AARP member since 1998.

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| ***STAY SAFE!*** |