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|  | | ***THE CHRONICLE***  **RALEIGH-WAKE COUNTY CHAPTER #3689**  [**http://AARPchapter3689.weebly.com**](http://AARPchapter3689.weebly.com)  ***Kelly Vick – Editor***  **May – June 2021** |
| **June 17th**  **Picnic in the Park**  **Peter Williams Park**  **1601 Lynn Road**  **Raleigh, NC 27612**  **\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***  **Chapter Officers**  **Co-Presidents**  Gayle Gayton  Willi Webb  **Vice President**  Cordelia Blackwell  **Secretary**  Gwenn Weaver  **Co-Treasurers**  Cynthia Bradley  Claudia Harris  **\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***  **Committees**  Community Service (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***  **Healthy Habits – Post-Pandemic**  As [**COVID-19 vaccinations**](https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-vaccine-research.html) continue to roll out across the country and life slowly starts to return to normal, experts say it’s a great time to reevaluate your habits and consider making changes to improve your health and well-being. Research shows that the start of any new phase — be it the resumption of post-pandemic life, turning a year older or the invigorating days of spring  — can serve as powerful psychological motivation to kick-start new habits. It’s called the fresh-start effect.  The end of the pandemic is “this momentous, collective fresh start that has all the features you need if you want to jump-start change,” says Katy Milkman, a behavioral scientist at the Wharton School of the University of Pennsylvania and author of the new book ***How to Change****.* “Maybe you didn’t achieve your fitness goals or build better routines, but that was the ‘old you’ during the pandemic. The new you can do it in this new era.”  BJ Fogg, a behavioral scientist at Stanford University and author of ***Tiny Habits,***explains that anytime your context or environment changes, your habits change naturally.  “So this is a good time to put in a little bit of thought to design the habits you want,” he says. “Don’t leave your habits to chance.”  **Motivation alone is not enough**  Research shows that nearly half of our actions are habitual and that changing them isn’t necessarily all about willpower. In fact, motivation alone rarely works for the very reason that our habits are an unconscious behavior, says Susan Weinschenk, a behavioral psychologist at The Team W, a training and consulting firm in Edgar, Wisconsin. “We have to set things up to use the unconscious part of our brain to do this for us,” she says. That opportunity “is the part a lot of people miss” when they try to flip a switch to override actions they’ve been doing on repeat for years, if not decades.  Weinschenk and other experts share these science-based tips on how to develop better habits that will last.  **1. Start with a small and specific action.**  **2. Pick a trigger or anchor for your new practice.**  **3. Find the pleasure in it.**  **4. Try “temptation bundling.**  **5. Slide a good habit into the space occupied by a bad one.**  **6. Redesign your environment.**  **7. Celebrate the wins.**  **To read the entire article, copy the link below into your browser:**  <https://www.aarp.org/health/healthy-living/info-2021/creating-healthy-ha> |

**COMMITTEE REPORTS**

**SUNSHINE**

Birthday cards were sent to our members listed below who have birthdays in May and June. 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](mailto:claudealeejr@gmail.com).



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| **MAY BIRTHDAYS** | **JUNE** | **BIRTHDAYS** |
| **Beverly Clark (10)**  **Evelyn Hines (10)**  **Arlene Lee (10)** | **Christa Brandt (3)**  **Rufus Henry (4)**  **Ilse Anke (18)**  **Karen Youmans (18)** | **Judi Dawson (24)**  **Emma Dorssett (26)**  **Lorrie Berlenbach (26)**  **Jacqualine McCullough (27)** |

**COMMUNITY SERVICE**

**"Do your little bit of good where you are, it's those little bits of good put together that overwhelm the world." - Desmond Tutu**

This Committee has been doing their "little bit of good" during the last two months. As usual, we have participated at Urban Ministries Food Pantry. Please note the statistics below for the 2019-2020 fiscal year:

720,000 lbs. of food given out by volunteers

We have provided 29,005 neighbors with fresh groceries

Wake Up and Read collected over 117,000 books during their April Annual Book Drive. To help them reach this goal, we have volunteered numerous times in May and June by processing, sorting and distributing these books for children at 13 partner schools and 17 childhood center before the summer break. Cordelia Blackwell also volunteered recently at Wakelon Elementary School in Zebulon.

I would like to add that just as John Lewis stated; I managed to again "make good trouble". I investigated a Women's Shelter located downtown on Cabarrus Street. These ladies do not live in the shelter, rather they stay there during the day and leave about 3:00 p.m. most days and some of them even sleep on the bench or in their car each night. I have a list of "Urgent Needs" to include T-Shirts, jeans, shoes, pop-tarts, soup, hygiene items, blankets, pillows, etc. I will bring the list to the picnic or you can give me a call and I will let you know their specific needs.

**"No act of kindness, no matter how small, is ever wasted." Aesop**

**NOMINATING**

We have one vacancy for a Co-Legislative Representative. This person 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.

**TELEPHONE**

The Telephone Committee continues to keep in touch with members via e-mail and telephone calls.  It is a way to keep members informed and receive any suggestions they may have.  Help us keep Chapter #3689 active.

**MEMBERSHIP**

Our chapter membership dues have been changed to $10.00 per year. 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.

In order for the Membership Committee to keep accurate count of our members for our Zoom monthly meetings, please add your name to your Zoom video conference page or when you dial in with your telephone.

**An Interesting Silver Lining Story**

**Education Can Fill A Void At Any Age**

**Dr. Ann Pringle Washington**

Education can be viewed as a sum of competence gained through life experiences, moral values, and cultivation of thinking. Generally, society views adult life in conjunction with rites of passage, i.e., marriage, children, school, college, weddings, grandchildren, etc. In each of these transitions I grappled with how to remain true to myself while providing love and support to my spouse, children, grandchildren, family and friends. Regardless of age, I realized that education is one process that continues to guide my growth and development. This practice directs my response to life opportunities. An assessment of my activities over time can be depicted in 3-major periods when education is used to fill a void and these instances correspond with age, i.e., Phase I (25-44), Phase II (45-64) and Phase III (65-75).

One of life’s most welcomed gifts is the ability to choose how to react to challenges; particularly when I have the occasion to learn new information. ***Phase I*** of my journey includes marriage to my childhood sweetheart, 2-children, and preparation for the children to attend college. It was during this period that my husband’s college debt was paid off, he completed graduate school and I assisted him with a new position as a public school teacher. I worked full time and was also actively involved as the school support Mom. Each role provided an informal education opportunity, i.e., observing the children’s growth, assisting with preparation of class modules, organizing school carnivals, PTO President/school spokesperson, and Richland-Lexington Alcohol and Substance Abuse Board Member/ambassador.

***Phase II*** can be described as the most vulnerable phase as my informal education no longer aligned with my new personal aspirations. Although engrossed by fear of failure, I enrolled in evening classes while working fulltime. Anxiety was so intense that for the initial weeks of school, I experienced debilitating nausea when within 2-blocks of the institution. However, with determination, and support from my spouse and children, I overcame the fear and earned my bachelor’s degree in almost 6-years (but who is counting). I graduated college the week before my daughter graduated high school. Both children earned their college degree, married and rewarded the family with a spectacular daughter-in-law and son-in-law. Now they have children of their own. My most meticulous and gratifying education is via interaction with the four grandchildren as they progressed from infants to adolescence. I continued work, while nurturing these little ones and simultaneously earned a master’s degree and was hooded for a PhD. It was intriguing to integrate Beatrix Potter Peter Rabbit series into Epidemiology reading assignments.

The voyage continued through ***Phase III*** as my husband and I cared for ill parents at intervals. Regrettably, both ultimately succumbed to their illnesses and left an enormous void that education alone could not fill. However, with education and experience, the initial acknowledgement is that it is not necessary to be the authority on every topic, but open to learning from a variety of sources. In search of current healthcare information, I decided to brave it all and entered a doctoral program at age 72. The work was challenging yet rewarding, with the opportunity to learn from professors and the DHA Doctor of Health Administration Cohort. Sure, a 2-hour assignment might take this student 4-5-hours to complete, but the assignment was completed in superior form and submitted on time. May 15, 2021, I was honored to receive a DHA Doctor of Health Administration degree from the Medical University of South Carolina, with an overall grade point average of 3.992 out of a possible 4.0.

Albeit, as a late bloomer, recently I drew a mental parallel that illustrates how repetition does build cognitive retention. If we are willing to devote the time and energy, education can fill a void at any age. I know that I learn differently now; however, at age 75, I continue to learn. In the words of Frederick Douglass “There is power in the human mind, but education is needed for its development.” The power to grow and develop does not diminish but are enhanced as we age. Each person must choose the life that is most suitable for them, but I have chosen to stretch my mind through advanced education.

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**Do Aging People Need Less Sleep?**

***By Austin Meadows - Reviewed by: Dr. Sherrie Neustein - Updated March 17, 2021***

There is a misconception that older adults need less sleep, because they tend to sleep less. However, the National Sleep Foundation recommends that older adults get [seven to eight hours](https://pubmed.ncbi.nlm.nih.gov/29073412/) of sleep per night, which is similar to the amount of sleep recommended for [middle-aged adults](https://www.sleep.org/how-much-sleep-adults/). Research on sleep and aging has found that [40% to 70%](https://pubmed.ncbi.nlm.nih.gov/28159095/) of older adults suffer from some kind of sleep problem. In the 2003 [National Sleep Foundation poll](https://www.sleepfoundation.org/professionals/sleep-americar-polls/2003-sleep-and-aging) two in three older adults said they experienced sleep problems at least a few nights a week. Sleep problems are [common in older adults](https://pubmed.ncbi.nlm.nih.gov/25700593/), most commonly [insomnia and sleep apnea](https://pubmed.ncbi.nlm.nih.gov/19122865/). Sleeping less, however, does not need to be a natural part of the aging process if we pinpoint and treat the underlying sleep disorders.

**Changes in Sleep Structure:**

Even perfectly healthy older adults experience changes to their [sleep quality](https://pubmed.ncbi.nlm.nih.gov/26568120/). They tend to sleep less overall. They may spend more time in bed but find it difficult to fall asleep and stay asleep. Older adults tend to receive proportionally less [deep sleep](https://pubmed.ncbi.nlm.nih.gov/28384471/) and rapid eye movement (REM) sleep. Spending more time in light sleep leaves them more [vulnerable to waking up](https://medlineplus.gov/ency/article/004018.htm) during sleep from noise or other external factors, which can lead to daytime drowsiness. The [circadian rhythm](https://www.sleep.org/circadian-rhythm-body-clock/) also shifts with age. Older adults who prefer staying up late may find that their body nudges them to wake up before they are ready. They may try to catch up on sleep by napping, which can make it even more difficult to fall asleep at night.

**Nighttime Bathroom Trips:**

Waking up to go to the [bathroom](https://pubmed.ncbi.nlm.nih.gov/26632430/) is a common cause of sleep disruption for older women and men. This need to urinate at night might be a side effect of medications, or it could be due to prostate issues, female pelvic floor disorders, or reduced bladder capacity. Another possible explanation is that older adults sleep less deeply than younger adults and are simply more likely to notice a full bladder while they are sleeping. This may be especially true for adults with obstructive sleep apnea or other disorders.

**Sleep Disorders:**

Certain sleep disorders are more common in older adulthood. These include obstructive sleep apnea, restless legs syndrome, and REM sleep behavior disorder. Typically associated with snoring and gasping, [obstructive sleep apnea](https://www.sleep.org/snoring-and-sleep-apnea/) is a condition that causes momentary lapses in breathing at night. These episodes interfere with sleep quality and may give rise to next-day sleepiness. Restless legs syndrome causes an uncontrollable urge to move the legs when lying in bed. A similar disorder, periodic limb movement disorder, causes twitching and jerking while asleep. These conditions can disrupt sleep or make it difficult to fall asleep in the first place. Older adults are also more likely to have REM sleep behavior disorder, in which they act out their dreams. People with REM sleep behavior disorder may experience vivid, frightening dreams and disturbed sleep.

**Health Conditions:**

Alzheimer's disease, Parkinson's disease, and other [neurodegenerative disorders](https://pubmed.ncbi.nlm.nih.gov/26947521/) are known to cause fragmented sleep and irregular sleep schedules. Cancer, arthritis, heart disease, chronic pain, or other health conditions can also interfere with sleep.

**Medications and Other Substances:**

Turning to alcohol, caffeine, or tobacco to cope with sleep problems is usually counterproductive. These substances may help you feel better in the short term, but they are known for causing lighter, more fragmented sleep. Medications may be another culprit for insomnia, daytime sleepiness, or poor sleep quality. Side effects such as increased urination or coughing can further interfere with sleep quality, while certain medications can worsen the symptoms of already-existing sleep disorders.

**Less Daylight:**

Light is one of the principal cues for regulating the sleep-wake cycle. Older adults whose eyes don't let in as much light, or who spend most of their time indoors in dim lighting, may lack the stimulation required to feel fully alert during the day and sleepy at night.

**Stressors and Lifestyle Factors:**

Older adults may feel anxious or depressed as they start to experience changes in their lifestyle. Retirement, losing a loved one, or reduced mobility and independence may be particularly difficult for those who live alone.

Sleep problems are not an unavoidable part of aging. If you are suffering from trouble sleeping, talk to your doctor. Many sleep problems in the elderly are actually the result of treatable conditions that can be managed using a combination of improved sleep hygiene and targeted therapy. For references go to **Sleep.org**.

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**Important Information and Events - (Submitted by Gayle Gayton)**

**Happy Volunteer Appreciation Month**

Even though some time has passed, I think it is important to recognize our chapter and our Community Service team.

During the month of April, Urban Ministries highlighted the impact of volunteers who have remained committed over the past 40 years to meet the needs of our community.

In the 2019-2020 fiscal year, Urban Ministries had 364 new volunteers join the team. The total value of volunteer time was $1,093,433.00 and the number of volunteer hours completed was 35,979.

Congratulations to Chapter #3689 and the Community Service team for being a part of Urban Ministries successful year.

Thank you for your continued service.

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**Dix Park Garden Volunteers**

Garden volunteers work alongside Raleigh Parks staff helping with horticulture needs across the park. The Garden Volunteers meet the last Wednesday of every month from 9 am to 12 pm. If you are interested in other volunteer opportunities with Dix Park copy this link into your browser [**volunteer@dixparkconservancy.org**](mailto:volunteer@dixparkconservancy.org)

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**The Greg Poole Chapel at Dix Park**

The newly renovated Greg Poole, Jr. All Faiths Chapel is now open for regular visitor hours.

**Tuesdays and Thursdays: 6:00 pm - 9:00 pm**

**Saturday: 10:00 am - 4:00 pm**

**Sunday: 12:00 pm - 5:00 pm**

Indoor accessible public restrooms are available during these hours. Evening and weekend parking is available in any lot. **Weekday public parking** for the Chapel is located in the lower lot off Dewire Drive.

**Chapel at Dix Park**

**1030 Richardson Drive**

**Raleigh, NC 27603**

**919-996-3255**

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**Outdoor Themed Movie Nights**

Back by popular demand - Dix Park’s outdoor movies return this summer! The Raleigh skyline creates the perfect backdrop for enjoying themed movie nights with friends and family. Costumes encouraged!

**Saturdays |** [**7:00 - 10:00 pm**](x-apple-data-detectors://18)

[**June 12**](x-apple-data-detectors://19) **-** [**Superhero Night: The Incredibles**](https://dixpark.us15.list-manage.com/track/click?u=5fd6a219e99654c36782c0dfa&id=3047c81b92&e=33eea0b5d4)

[**June 26**](x-apple-data-detectors://20) **-** [**Date Night: 50 First Dates**](https://dixpark.us15.list-manage.com/track/click?u=5fd6a219e99654c36782c0dfa&id=ae625cd64d&e=33eea0b5d4)

[**July 10**](x-apple-data-detectors://21) **-** [**Pirate Night: Pirates of the Caribbean**](https://dixpark.us15.list-manage.com/track/click?u=5fd6a219e99654c36782c0dfa&id=13b423d05f&e=33eea0b5d4)

[**July 24**](x-apple-data-detectors://22) **-** [**Scary Movie Night: Scream**](https://dixpark.us15.list-manage.com/track/click?u=5fd6a219e99654c36782c0dfa&id=2c72e4eb8f&e=33eea0b5d4)

[**August 7**](x-apple-data-detectors://23) **-** [**Sports Night: The Mighty Ducks**](https://dixpark.us15.list-manage.com/track/click?u=5fd6a219e99654c36782c0dfa&id=c565258b45&e=33eea0b5d4)

Tickets are available two weeks in advance of all shows.

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**Important Information and Events - (continued)**

**Some books you may enjoy for your summer reading while relaxing at the beach or home:**

The Devil May Dance by Jack Tapper

Genre: Thriller, Historical Fiction, Political thriller

Heart and Steel by Bill Cowher

An inspirational story about football, family and love from Bill Cowher, the Super Bowl-winning, Hall of Fame Pittsburg Steelers coach, and cohost of CBS’s The NFL Today.

While Justice Sleeps by Stacey Abrams

Genres: Suspense, Legal thriller, Political fiction, political thriller

There are also some good reads, including excerpts from Terry McMillan’s newest release “It’s Not All Downhill From Here” on AARP.org/books.

If anyone has a chance to read any of these books feel free to give us a review at one of our upcoming meetings.

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Capital City Juneteenth Celebration Including Dix Park (starts June 16 through June 19th). All events are free, however you must register for tickets. For the entire line up and check week long schedule of in person and virtual events, visit Juneteenthraleigh.org

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**Local musicians play in the new Chapel Event Center**

Who is ready to enjoy some live music? Join us in the newly renovated Chapel for an intimate music series featuring local artists from the area.

**Sundays |** [**2:00 - 4:00 pm**](x-apple-data-detectors://4)

[**June 13**](x-apple-data-detectors://5) **-** [**Craig Thompson**](https://dixpark.us15.list-manage.com/track/click?u=5fd6a219e99654c36782c0dfa&id=789c018f9d&e=33eea0b5d4)

[**June 27**](x-apple-data-detectors://7) **-** [Wake Moody](https://dixpark.us15.list-manage.com/track/click?u=5fd6a219e99654c36782c0dfa&id=7fdbdf14da&e=33eea0b5d4)

[**July 11**](x-apple-data-detectors://8) **-** [**Faith Bardill**](https://dixpark.us15.list-manage.com/track/click?u=5fd6a219e99654c36782c0dfa&id=3e4f41ff4c&e=33eea0b5d4)

[**July 25**](x-apple-data-detectors://9) **-** [**Autumn Nicholas**](https://dixpark.us15.list-manage.com/track/click?u=5fd6a219e99654c36782c0dfa&id=e42d8ab72d&e=33eea0b5d4)

[**August 8**](x-apple-data-detectors://11) **-** [**Community Music School**](https://dixpark.us15.list-manage.com/track/click?u=5fd6a219e99654c36782c0dfa&id=821c00e094&e=33eea0b5d4)

[**August 22**](x-apple-data-detectors://13) **-** [Josh Daniel](https://dixpark.us15.list-manage.com/track/click?u=5fd6a219e99654c36782c0dfa&id=866ff611c5&e=33eea0b5d4)

[**September 12**](x-apple-data-detectors://15)- [XOXOK](https://dixpark.us15.list-manage.com/track/click?u=5fd6a219e99654c36782c0dfa&id=e8969a2033&e=33eea0b5d4)

[**September 26**](x-apple-data-detectors://16) **-** [Adam Pitts](https://dixpark.us15.list-manage.com/track/click?u=5fd6a219e99654c36782c0dfa&id=8d5c75d447&e=33eea0b5d4)

Tickets are available two weeks in advance for each show

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| ***If you have a story or great ideas that you think of interest to our members, please e-mail them to Kelly Vick and your point of interest will be listed in The Chronicle (***[***sandkvick@nc.rr.com***](mailto:sandkvick@nc.rr.com)***).***  ***SOME EXAMPLES***  ***Silver Lining Story***  ***Favorite Recipe***  ***Statement about something special and exciting that happened to you.*** |