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|  | ***THE CHRONICLE***  **RALEIGH-WAKE COUNTY CHAPTER #3689**  **http:AARPchapter3689.weebly.com**  **aarp3689@gmail.com**  ***Kelly Vick - Editor***  **MAY 18, 2023** | | |
| **Speaker for Today**  **Dr. Samuel Barsam**  **Ophthalmologist**  **“Glaucoma, Cataracts and Laser Surgery on the Eyes”**  **\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***  **Chapter Officers**  **Co-Presidents**  James Nelson  Claude Lee  **Vice President**  Cordelia Blackwell  **Secretary**  Hannah Gathings  **Co-Treasurers**  Willi Webb  Brenda Smith    **\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***  **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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_  Newsletter (Kelly Vick)  Reflections (Grace Krishnamurty)  Webmaster (Claudia Harris) |  | ***MESSAGE FROM OUR CO-PRESIDENTS***  ***James Nelson & Claude Lee***  **SUMMER WELL-BEING**  We must prioritize the well-being and productivity of our members, and adopting the practice of skipping meetings in July and August is one step towards achieving this goal. As the co-presidents have noted, many local AARP chapters already follow this practice, indicating its effectiveness.  By taking a break from meetings during the summer months, members can enjoy their vacations and engage in other leisure activities without worrying about fulfilling obligations. Taking a break not only reduces stress levels but also enables members to focus on their families and personal well-being, ultimately leading to higher productivity in the Fall and beyond.  We understand that the decision to adopt this practice ultimately rests with the members. As such, we invite you to share your thoughts and preferences through our survey at the upcoming meeting on May 18th. If you cannot attend the meeting, we urge you to contact a co-president to obtain the survey via email.  In conclusion, adopting the practice of skipping meetings in July and August is a sensible decision that benefits everyone. It provides members with a much-needed break from their obligations and enables them to focus on their well-being, which can ultimately lead to greater productivity. We hope you will consider this proposal and share your feedback through the survey. |

**COMMITTEE REPORTS**

# SUNSHINE

Birthday cards were mailed to members listed below who have birthdays in May. If you know of anyone who is ill, a bereaved family oryou are having your **“90th Milestone Birthday”**, please call Claude Lee (919-971-3317) or e-mail him at [claudealeejr@gmail.com](mailto:claudealeejr@gmail.com).

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| Happy Birthday May - Colorful Animated Floating Balloons Birthday Card ...  ***Beverly Clark (10)***  ***Evelyn Hines (10)***  ***Tom Gill(10)*** |

## NOMINATING

We have one opening for a Historian. This person will be responsible to maintain chapter records including all documents and photos of chapter activities.

## TELEPHONE

A special “Thank you” to Cheryl Gill for volunteering as a telephone caller.  Some members have volunteered to call members on their birthdays, as well as Claude Lee sending out cards.  Donations of cards or stamps are appreciated.  Let us remember previous members or those who are isolated or lonely by phoning or sending a card.

**FUNDRAISING**

The Fundraising Committee is in the process of planning the Jazz Event for this Fall.

**MEMBERSHIP**

We are available for membership renewals or if someone would like to join our chapter. 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 to complete the renewal form and the membership form. These forms are on our website with instructions on where to mail it.

**COMMUNITY SERVICE**

Spring has come again with the soft light of the April sun, the sprinkle of April showers and finally there is a trace of blooming May flowers.

So it is with the Community Service Committee, some of the activities may have cooled, but be assured  that we are continually working on the same activities as we did previously just not to the same degree. We still pack food boxes at the Food Pantry; however, the routine is different in that the clients drive up and groceries are loaded into their cars. We continually serve 30 -50 clients each Monday.

Members are also donating shoes, clothing and various other items that will be delivered to Healing Transitions (both men and women's). Please note that presently, construction is being done to provide more rooms to both facilities.

Periodically, we continue to volunteer at Wake Up and Read. At the end of the month, there will be a Book Fair at Walnut Creek Elementary School where we prepare books for distribution, as well as reading to the students.

Another one of the projects to our credit is participating with Loaves and Fishes in celebrating its 41st Anniversary in June.

So you see, we continue to work in the community with less volunteers and on a smaller scale. "Sometimes, when things are falling apart, they may actually be falling into place." (Unknown)

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**You are Invited to Join**

AARP “Picnic in the Park”

Thursday, June 15, 2023



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| AARP-Raleigh, Wake County Chapter 3689  Fun, Games, Fellowship  **Bingo, Pokeno, Cards**  **or Bring a Game**  **Prizes**  **50/50 Raffle**  **Plant Exchange, Give-Away**  **Fundraiser – Pat’s Jewelry** | **Box Lunches ($10)**  **(or bring your own)**  **(Telephone Committee is taking orders)** |

**(3)**

***Pandemic Silver Lining Story***

***By***

***G. Kelly Vick***

**2020**

This pandemic hit hard in the Vick household. We were not able to do what we were used to doing (visiting family, friends, traveling, going to church, eating in restaurants, going to the gym and etc.). Since I could not go to the gym for exercise because the gym closed, I decided to start walking. I found a walking trail and started walking three miles, three days a week and two days of in-home exercises which consist of weight lifting, pilates and yoga. When we have inclement weather, I work out with walking videos. Saturday and Sundays I rest my body. I think it is a good idea to rest your body because too much exercise can be strenuous on your body.

I like walking in the morning; especially in the summer when it is hot. Walking gives me a chance to get fresh air, and spend quality time with myself. I walk fast and I like walking by myself. Walking briskly can help you live a healthier life, help you manage conditions such as heart disease, high blood pressure and diabetes. I am trying hard to avoid these conditions.

Walking in your neighborhood will give you a chance to see and talk to some of your neighbors, see what types of businesses are in your neighborhood and meet other people on your walking trail. During the pandemic, I have seen businesses close and new businesses open.

One occasion during my walking trail is at the beginning of the pandemic, a car hit and killed a cat on the side of the street. I realized I did not do what I should have done after I mentioned this to my husband and he asked me why I didn’t call animal control. I thought the cat owner or the businesses located in the front of where the cat was killed would have called animal control. The sad thing is that the cat stayed on the side of the street long enough for a burial site. Debris and sand piled up on top of the cat and grass started growing. The street cleaning service moved the cat in June of 2022 (how sad). Every time I pass this site, I think about that cat.

Another occasion happened during my walking trail is when I met a man, a lady and their big dog on the sidewalk. This was at the beginning of the pandemic when people were afraid to meet people they did not know. I was being nice and courteous and decided to let them stay on the sidewalk. I decided to walk through the parking lots. I did not know you could not walk from the second parking lot to the third parking lot because of trees and shrubbery. I had two choices; to walk up a little hill to the sidewalk or go back to the entrance of the second parking lot. I decided to walk up the hill. As I tried to walk up the hill, I started slipping on pine straw and leaves. I realized I could not walk up the hill, I had to crawl up the hill. I looked around and I did not see anybody; I crawled up to the sidewalk, looked to see if I saw anybody on the sidewalk, I thanked the Lord, got up and brushed myself off and talked to myself (Kelly, you are too old for this, you can’t do what you used to do).

**2021**

Another occasion, I started out walking and came to an intersection; someone had just dug a hole and piled red mud on the sidewalk. I couldn’t walk to my right because it was too close to the street. To my left, there was a hill (I guess you know I do not do hills anymore). I was walking north and stepped over the red mud pile and continued walking. Coming back south, I thought I could do same thing by stepping over the mud pile and made a split. Luckily I did not fall all the way down; my hands caught the fall and I did not hurt myself because it was in the winter and I had on gloves and a jacket. This intersection is very busy. A nice lady was waiting for the light to change and she asked me if I was ok. I told her I was fine. I was more embarrassed than anything else. I thanked her and walked my embarrassed self across the street. I talked to myself again (Kelly you are too old for this, you can’t do what you used to do).

**2022**

I am remembering the old baseball saying **“three strikes you are out”**. This is my third year walking. I am very, very careful. I have started walking different trails. It gets boring walking the same trail. Since I walk by myself, I like walking where someone can see me. I walk on the sidewalk of a busy street where someone can see me at all times. I have learned a lot about walking. (Walk in areas designated for pedestrians; be careful crossing streets especially in intersections; wear walking shoes; drink plenty of water before and after walking; wear sunglasses to protect your eyes; wear sunscreen to prevent sunburn, even on cloudy days and be sure to take your phone with you for emergencies.)

**2023**

I am still walking (2-1/2 miles), being very careful and always looking forward to my walking days. I think I am getting more exercise since the pandemic than I did when I was a member of the gym. People are beginning to venture out more and mingle with family and friends. Please be careful and stay safe.