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|  | ***THE CHRONICLE*****RALEIGH-WAKE COUNTY CHAPTER #3689**[**http://AARPchapter3689.weebly.com**](http://AARPchapter3689.weebly.com)***Kelly Vick – Editor*****November – December 2020** |
| See the source image**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***  **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*****The end of the year is a time for remembrance. We take stock of where we have come and have a moment to think about where we are going, as we pursue the future with hope. We have faced many challenges and difficult times this year. We’ve said goodbye to family, friends, and chapter members. We’re so grateful that we are all here to celebrate the holidays.****May the magic of the Holiday season fill your home with joy and peace. We hope that the New Year brings your family much happiness and prosperity and look forward to the day the world will be a safe place again. Wishing you a very joyful holiday season. Sending lots of love to you and your family. Take care of yourselves and stay safe. Happy Holidays!*****“Blessed is the season which engages the whole world in a conspiracy of love.” (Hamilton Wright Mabie)***merry christmas images happy holidays peace love joy 600x900 |

**COMMITTEE REPORTS**

**SUNSHINE**

Birthday e-cards were sent to our members listed below who have birthdays in November and December. A sympathy e-card was sent to Barbara Faison for the death of her father and aunt. Please check your e-mail and reply to the friendly reminder that you have received your birthday e-card. 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. Stay Healthy and Hopeful!!!



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| **NOVEMBER BIRTHDAYS** | **DECEMBER BIRTHDAYS** |
| Theresa Nutter (4) Pat Toothman (4)Wade Hallman (5)Helena Nabors (8) | Marilyn Pearson (12) Pat Cooke (17)Marie Spicchiali (21)Cordelia Blackwell (22) | Hannah Gathings (4)Thelma Blake (22)Grace Krishnamurty (26)Shirley Henry (28)Claudia Harris (31) |

**MEMBERSHIP – Don’t forget to renew your membership for 2021.**

Our chapter membership dues have been changed to $10.00 per year. All renewals should be completed by the end of 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 7 of this Chronicle. Please let us know if you are not able to print the form.

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.

**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.

**PROGRAM**

January speaker is Pax Batist from the State **AARP** Office who will speak about the goals and challenges for **AARP** in 2021.

**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. If anyone needs a renewal form, let me know. Please respond to our e-mail if you will not be renewing.

**LEGISLATIVE**

We want to thank everyone for getting involved in politics as if their life depends on it.  Thanks to everyone who voted and for paying attention to the issues of social security, pricing of drugs, and caregiving concerns.  And, let's stay involved in 2021.

**(2)**

**COMMUNITY SERVICE**

The Community Service Committee is closing out the year in complete compliance with our motto, **"To Serve, Not To Be Served"**. Please let me know of any volunteer hours you contributed this year.

In spite of the pandemic, a couple of us exercised our civic duty by working, not only during Early Voting, but also on Election Day.

We also succeeded in contributing to our community by serving at Urban Ministries Food Pantry, made clothing donations to the Salvation Army, as well as donations to Healing Transitions.

**** The biggest contributions came from you, our members, in the school supplies (paper, pencils, pens, notecards and composition books) that were collected and delivered to Wild Wood Forest Elementary School. Needless to say, they were more than elated.

In addition, Fox Road Magnet Elementary School was overwhelmed when they received your donation of over 160 pairs of gloves; approximately 62 crocheted and purchased hats, socks as well as scarves. About 7-10 members (social distanced) ourselves to take a photo in the parking lot of Kohl’s as we collected these items.

Looking forward to see what good things 2021 has in store for our committee and our organization.

Merry Christmas!!🎅

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 **Best Candied Sweet Potatoes for Your Christmas Dinner**

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

 **INGREDIENTS DIRECTIONS**

|  |  |
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| **1 cup brown sugar****½ cup granulated sugar****1 tablespoon flour****1 teaspoon salt****1 cup cold water****2 tablespoons butter or margarine****1 tablespoon corn syrup****1 teaspoon vanilla extract****4 large sweet potatoes, cooked, peeled, and cut into ½ inch slices** | **In 2 quart saucepan, combine brown sugar, granulated sugar, flour and salt; add water, butter, corn syrup and vanilla. Cook, stirring occasionally over medium heat until mixture boils; remove from heat. Arrange potatoes in 11 ¾ x 7 ½ inch baking dish. Pour sugar mixture over potatoes. Bake at 325 degrees, 1 ½ to 2 hours. Yield: 6 servings** |

**(3)**

**IMPORTANT INFORMATION TO READ**



**WRAL Nights of Lights-drive thru light show at Dorothea Dix Park daily, from December 16 - December 27, 2020 - 5:30 to 11:00 pm. Tickets went on sale November 21, 2020. $15.00 for cars and or pick up trucks. $30.00 for a vehicle with 9 or more passengers. Tickets must be**[**purchased in advance online**](https://www.etix.com/ticket/e/1015575/nights-of-lights-raleigh-dorothea-dix-park) **at https://www.wral.com/Dates-and-times-WRAL-Nights-of-Lights/19350648/ or through the E-Tix ticketing call center (800-514-3849).**

***(Submitted by Gayle Gayton)***

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**Malcom Baldrige National Quality Award**

**Department of Commerce’s 2020**

**Baldrige Awards for**

 **Performance Excellence**

**(Submitted by Gayle Gayton)**

The 2020 Baldrige Award and past year awardees will showcase their best practices during the 32nd Quest for Excellence Conference, which will be held virtually April 12-15, 2021.

**The 2020 honorees and their achievements are as follows:**

[**AARP**](https://www.nist.gov/baldrige/aarp)(Washington, D.C.) has doubled the reach of its work to improve lives for people over age 50 and their families, from 32 million people in 2015 to more than 60 million in 2019. Since 2017, AARP has invested $450,000 in startup companies pursuing novel products and services through its Innovation Labs. It has also been recognized as a [**“Top Workplace” by The Washington Post (link is external)**](https://www.washingtonpost.com/graphics/2020/business/top-workplaces/), and AARP “The Magazine” has been the [**most widely read publication in the nation (link is external)**](https://f.hubspotusercontent10.net/hubfs/1932461/MM360/MM360Report-Q3-Sept2020.pdf) for three years in a row according to market research firm Gfk MRI.

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**What’s the Difference Between the Flu and Covid-19?**

Copy the link below into your browser and see helpful information about the flu and Covid-19.

<https://www.walgreens.com/rx-healthanswer/health/p2/a/900002/flu-vs-covid-19-what-you-need-to-know/2449077?ec=hn1399603_C1825_cvdvsflu&%24web_only=true&~campaign=hn1399603_C1825_cvdvsflu&mi_u=AMujh7&%243p=e_cheetahmail&%24original_url=https%3A%2F%2Fwww.walgreens.com%2Frx-healthanswer%2Fhealth%2Fp2%2Fa%2F900002%2Fflu-vs-covid-19-what-you-need-to-know%2F2449077%3Fec%3Dhn1399603_C1825_cvdvsflu%26%24web_only%3Dtrue%26~campaign%3Dhn1399603_C1825_cvdvsflu%26mi_u%3DAMujh7&_branch_match_id=735103407470000410>

***(Submitted by Pat Toothman*)**

**(4)**

**Five Brilliant Wardrobe Hacks for When Your Weight Is Changing**

Whether you’ve gained or lost a few pounds (or planning to), these easy and inexpensive moves mean you’ll never need clothes in three sizes again.

Do your clothes seem to fit differently lately? You’re not alone. Our routines have shifted. Some of us are exercising more since the pandemic began. Others are spending fewer active hours outdoors or binge-watching escapist shows and maybe stress eating. During a period of significant weight loss or gain, it can be tempting to purchase new clothes. Not only can that put a strain on your wallet, but it can also result in a closet full of clothes you might not wear. Instead, shopping selectively and taking inventory of your current wardrobe will save you time, money and a lot of hassle. These tips can help you look your best.

**1. EMBRACE YOUR SHAPE**
“Body shape is more important than size, and yes, there's a difference,” says Morgan A. Wider, author of *The Worthy Wardrobe: Your Guide to Style, Shopping & Soul*. [Assessing your body type](https://www.sistersletter.com/culture-style/learn-your-body-type-and-how-to-dress-for-it) is key to finding the most flattering clothes, especially if you’ve experienced weight fluctuations. “Your body shape is about where you hold most of your weight, no matter how much you lose or gain. By knowing your body shape, you'll know what garments give you more flexibility,” says Wider.

If your weight gain is mostly in your hips and thighs, then you probably don’t have to worry about purchasing new tops. But you’ll get a lot of style mileage from a fit and flare dress or an A-line skirt, suggests **AARP** fashion expert Lois Joy Johnson. If your weight is evenly distributed, try a monochromatic look. Instead of a wardrobe overhaul, you can focus your attention and coins in the right direction and on the right silhouettes. With the weather getting cooler, knits can play a starring role in your wardrobe all week long. From a basic T-shirt to a chunky sweater to a chic sweater dress, be sure to stretch your style options as you do your seasonal closet edit.

**2. SHOP FOR YOUR HAPPY SIZE**
if your weight tends to fluctuate, take into account how the clothes you buy fit. For example, if you typically gain weight in your arms, choosing a shirt that’s a tad too snug means it will be even tighter if your weight increases. Instead, opt for a shirt that gives you some wiggle room. On the flip side, clothes that are extra roomy now will look even baggier, and possibly less flattering, if you lose weight.

 **3. STRETCH YOUR STYLE OPTIONS**
Who doesn’t love the comfort of wearing leggings or sweats? Don’t limit yourself to only wearing fabrics that have more give to them after hours or on the weekend. “Fabrics that are blended with synthetic fibers or spandex move with your body and are ideal if your weight fluctuates,” says lifestyle and beauty expert Mercedes Sanchez.

With the weather getting cooler, knits can play a starring role in your wardrobe all week long. From a basic T-shirt to a chunky sweater to a chic sweater dress, be sure to stretch your style options as you do your seasonal closet edit. Wider also advises that you check labels for a figure-friendly fiber content. “Cotton is not a stretchy fabric, so the lower the percentage of cotton, the more likely the garment will be to stretch and mold to your body,” she notes. What materials are your most comfortable clothes made of? Look for similar items when refreshing your wardrobe.

**4. REACH FOR FIT-FRIENDLY SILHOUETTES**
How a garment is cut makes a difference in how forgiving the fit will be when you see shifts on the scale. Your favorite silhouette may be a classic sheath dress, for instance, but it might look baggy in the midsection, hips and arms if you lose weight. “Wrap dresses are a dream come true for women of any size,” says Sanchez of the wardrobe classic that can be tied tighter or more loosely should weight fluctuate. Wider is a fan of A-line dresses that skim the hips and move with your body. She also loves flowy tunics or kaftans, which she says can add flair when paired with neutral pieces.

**5. TAKE STOCK OF YOUR ACCESSORIES**
Of course, whether you’ve gone up or down a size or two, most accessories will still fit. “Necklaces do an excellent job of drawing the attention to your face and neck,” says Wider. She’s a fan of bracelets too, noting that exposed wrists generally have a slimming effect. Try your outfit with a chunky statement necklace. If you prefer understated chic, a thin bangle (choose an adjustable or open style) may be the icing on your sartorial cake. Also, purchasing one or two accessories a season is way more affordable than dropping cash on a closetful of new clothes. Plus, it’s a lovely, calorie-free way to reward yourself for reaching healthy milestones along your wellness journey.

**(5)**

**Holidays This Year?**

**Families weigh the options and risks of gathering, through a pandemic lens - by Carlett Spike,** [**AARP**](https://www.aarp.org/)

With cases of COVID-19 rising across the country, holidays will look very different, likely much smaller this year. The Centers for Disease Control and Prevention has classified big holiday gatherings [as high-risk activities](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#thanksgiving). Anthony Fauci, one of the nation's top COVID-19 medical experts and the director of the National Institute of Allergy and Infectious Diseases, has warned that coronavirus cases could spike if people travel out of town and celebrate indoors. He says he's not having celebrating holidays with his own children, who live in different states, because they'd have to travel by plane and risk exposure to COVID-19. He is warning others to be very careful about holiday celebrations.

Given the fluid and dynamic nature of what's going on right now in the spread and uptick of infections, people should be very careful and prudent about social gatherings, particularly when [members of the family might be at a risk because of their age](https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-severe-seniors.html) or their underlying condition, Fauci told CBS News. “Namely, you may have to bite the bullet and sacrifice that social gathering unless you're pretty certain that the people you're dealing with are not infected.” As families begin planning for holidays, they're weighing their options and risks through a pandemic lens.

**Virtual versus in-person events**

According [to CDC guidelines](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html), the safest option is to [celebrate the holidays virtually](https://www.aarp.org/home-family/personal-technology/info-2020/virtual-thanksgiving.html) or just with the members of your own household.

Anne Armstrong, 53, of Nashville has opted to do the holidays differently this year. Armstrong will invite her 84-year-old mother over for Holidays, but she'll meet up with the rest of her large family on Zoom. “I'm thinking of doing a game night,” Armstrong says, so the family can still engage with one another virtually.

She and others who choose a more physically distant holiday celebration can use technology to stay connected. Social media, [video chats](https://www.aarp.org/home-family/personal-technology/info-2020/video-chat-apps.html) and phone calls can all help keep holidays festive without putting people at risk. In addition to organizing a [game night with her family through Zoom](https://www.aarp.org/home-family/personal-technology/info-2020/online-games-when-stuck-inside.html), Armstrong plans to share recipes ahead of time so everyone is eating the same meal on video.

We're moving forward with holiday plans and get-togethers, based on what happened over the summer, says David Bakke, 48, of Atlanta. Bakke traveled to Florida to see relatives during the summer and did not get sick, so he plans to return for the holidays, he says. His family will [wear masks](https://www.aarp.org/health/conditions-treatments/info-2020/face-masks-ranked.html) and keep social distance while indoors.

"If people look at objective statistics and make correct choices, everything will turn out well. That's my plan currently,” he says.

These decisions aren't easy. People are yearning to see loved ones and to keep up traditions. But the reality is there's no way to guarantee protection from the virus if you choose to travel or gather with others not in your immediate household, says Jeffery Shaman, a Columbia University epidemiologist. There are so many variables when it comes to travel, mask wearing and approaches to social distancing. “The consequences are we are not able to make very specific policy recommendations,” he adds.

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| ***If you have 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******).******SOME EXAMPLES******Favorite Recipe******Funny Story******Statement about something special and exciting happen to you.*** |

**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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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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