



Real Possibilities

SHEPHERD PARK

CHAPTER 2667

From the Desk of the President



Melton P. Baxter
President

I hope that you all enjoyed your summer vacation and that the summer season brought you an abundance of bountiful moments,

We hope you will join us for our last outing of the year, the Annual Holiday Luncheon at Martin's Crosswinds on Wednesday, December 13, 2017. Ronald Dupart is again organizing this amazing Chapter event for which bus transportation will be provided. You are invited to bring family and friends. All are welcome!

Remember, we are on the web at WWW.SHEPHERDPARK2667.WEBLY.COM. You are encouraged to visit our web and take advantage of the motivational and valuable

Fall is Here

*And the leaves come falling down.
We see the beauty all on the ground.
They crackle under our feet and make a crunching sound.
Fall is here! I love the season!
The leaves are only one reason!*

good health and joyful experiences. Now that the summer is over, it's time for our chapter to move forward, continue to experience great fellowship, fun, inspirational and meaningful programs at our meetings, and participate in AARP and chapter sponsored community service activities at every opportunity.

A special thanks for supporting the Chapter's Spirit of Washington cruise on June 21st. Thirty-one members and guests participated in this enjoyable and marvelous summer experience. Thanks to Andrew Mickens for coordinating this event.

information provided about our chapter. Also visit the AARP website at www.aarp.org for a wide range of unique benefits, special products and services provided for AARP members.

Let us be mindful of the AARP motto, "To serve and not be served," and that AARP's mission is to enhance the quality of life for all as we age. ■

2017 Leadership Team

- President**
Melton P. Baxter
- Vice President**
Jacquelyn Short Simmons
- Recording Secretary**
Bessie Crosson
- Corresponding Secretary**
Marjorie Burke
- Treasurer**
Ronald J. Dupart
- Financial Secretary**
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- Birthday Celebrations**
Constance Dickerson
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Vacant
- Community Service**
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- Legislative**
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- Membership**
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- Newsletter**
Ronald J. Dupart
- Programs**
Jacquelyn Short Simmons
- Scholarship**
Donna Graham
- Standing Rules**
Vacant
- Telephone Tree**
Mary Wicks
- Trips/Outings**
Vacant
- 50/50**
Wendy Bridges

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Trips and Outings

by Ronald Dupart & Mary Wicks, Acting Co-Chairmen

• Preparation is underway for the Chapter's Annual Holiday Luncheon to be held on Wednesday, December 13, 2017 at Martin's Crosswinds in Greenbelt, Maryland. The festive highlight of our AARP year will portray the theme, "A Winter Wonderland". Those who plan to attend can anticipate a day filled with fun, entertainment and fellowship, not to mention a sumptuous buffet luncheon that Martin's is known for.

A reservation flyer is enclosed in this mailing. Please reserve early and invite friends, family and associates. You can help publicize the event by e-mailing the flyer to others in your family, church and community. Make sure you indicate on the reservation flyer whether you plan to drive or take the bus.

The planning committee is in need of an emcee, bus coordinator and entertainer. Your assistance will be much appreciated. We look forward to celebrating the holiday season together at this most wonderful time of the year!



• At its meeting on September 13, 2017, the Board approved sponsorship of a trip to Sight and Sound in March to see the musical "JESUS". Please check out the promotions flyer. More information will be provided at our chapter meeting on September 20th. Andrew Mickens is coordinating this event. ■

Nine Ways to Save on Food by Donna Graham

Slice and dice cooking costs with these tips:

- 1. Be your own butcher.** Boneless chicken breasts cost more per pound than a whole chicken because a butcher is cutting the meat for you. Save money by learning to cut meat yourself.
- 2. Avoid the impulse to overbuy.** Don't load up the cart and stuff the freezer with food that you might forget about until it's ruined by freezer burn. Buy only what you need at the time so food is fresher.
- 3. Buy spices in small quantities.** Large containers may seem like a better deal. But if you don't use very much spice, you'll end up throwing it—and your money—away.
- 4. Extend the life of fresh herbs.** Wrap herbs in a damp paper towel and seal them in a plastic bag. This will extend the shelf life by three to five days.
- 5. Cook under pressure.** Today's stove-top pressure cookers are inexpensive, safe and money saving. Food cooks in one-third of the time. Plus, you retain more of the food's nutrients and use less energy.
- 6. Use all your food.** On average, 25 percent of household food and beverages are tossed out, often because people buy ingredients to make a single recipe and throw out the excess. Instead, develop a meal plan to use all your food purchases over several days before they go bad.
- 7. Freeze flavor.** Garlic, ginger and lemons can be purchased in season at good prices and then frozen. Cut up garlic, mix with a little olive oil and freeze in an ice cube tray. Mix minced ginger with water before freezing. Freeze lemons whole and grate the frozen peel to add zest to dishes.
- 8. Revive old bread.** Place the stale loaf under a running faucet until the crust is wet. Then put the loaf in a 300-degree oven for six to 12 minutes. The steam moistens the inside, the heat firms the crust and you've revived the loaf for another day or so.
- 9. Revive wilted greens.** To rehydrate kale, lettuce, chard and other greens, soak them in lukewarm water for a half hour, then rinse with cold water. ■

Excerpted from: AARP News

Programs by Jacquelyn Short Simmons, Chairman

The following programs are scheduled to the end of 2017:

September 20

Idriys Abdullah, Department of Securities, Insurance and Banking (DSIB)

October 18

Exercise with Adriene Buiset

November 15

Jeremiah Lowery (Legal Counsel for the Elderly) ■

Hospitality

by Jacquelyn Short Simmons, Chairman

Chapter Members, please know that in September, we will again, request that you volunteer to prepare the repast in the coming year. Charla Glass and I will be passing out the sheet for members to write their names in for the specific month in which they wish to participate. Remember that you will receive \$156 to prepare your meal and anything else beyond that will be borne by the participants for that month. The same as in this year, if you don't sign up, you may be volunteered and your name may be placed in a particular month by the committee. If you volunteered in 2017 and want to volunteer again in 2018, we REALLY appreciate your spirit but we will try not to volunteer you if you served this year. I'm hoping that we have enough people to not use the same folks from 2017. But remember if you want to volunteer, we really appreciate your help.

As a reminder to those who are scheduled for the balance of 2017, the following individuals are the hostesses for September through November:

SEPTEMBER

Wendy Bridges, Barbara B. Williams, Patty Dickerson

OCTOBER

Cecelia Williamson, Alice Anderson, Peggy Hannah

NOVEMBER

Barbara Friend, Catherine Jones, Vivian Wilson



Audit by Jacquelyn Short Simmons, Chairman

The audit for the Chapter was conducted and completed on August 24th by Rosa Lee, Barbara Friend and Jacqui Simmons. I sincerely thank Rosa and Barbara for their expertise in finance and helping complete this important task. ■

Special Note: Chapter 2667 V.P., Jacqui Simmons, was elected National Vice President of Delicados, Inc. at their Conclave held in Greenbelt, MD. Delicados is a service oriented organization of women with 10 chapters located on the East Coast. She will be responsible for interacting with all 10 Chapter Vice Presidents and for ensuring that program efforts of all chapters are noted and recognized by the entire organization.

Capitol Hill Strike Force Volunteer Training

by Bessie Crosson

On Friday, August 18, 2017, President Melton Baxter and Correspondent Secretary Bessie Crosson attended an exciting and fun day at 601 E St NW Washington, DC for the Capitol Hill Strike Force volunteer training day. The session was held from 10 AM to 3:30 PM and included volunteers from DC, MD, and VA. The Staff included Gigi Hart Bessick, Sr. Advisor Campaigns Grassroots Advocacy, John Hishta, Sr. Vice President, Campaigns, Andrew Scholnick, Sr. Legislative Representative, Government Affairs and others from Campaigns, volunteers, Integrated Communications Mgmt. and the Office of Volunteerism and Service.

The day's training included an issue briefing on health care and the current legislative state of play. We then received AARP message training, which allowed us to practice delivering general AARP

messages in response to questions that we might encounter from the general public, media, AARP members or Congressional.

Overall AARP messages: 1. AARP is a nonprofit, nonpartisan, social welfare organization with members who are a driving force in achieving our social mission. 2. AARP has nearly 38 million members aged 50 and older in all 50 states, the District of Columbia, Puerto Rico and US. Virgin Islands. 3. Disrupt Aging: AARP believes that no one's possibilities should ever be limited by their age.

We were trained by the staff at each table, which was very entertaining, of volunteers answering questions about what we learned from the day's training. A lot of fun was had by all after a delicious hot meal. ■

AARP Technology Workshop

On August 30, Melton Baxter attended the AARP Technology Workshop, "Introduction to Android Smartphones, Beginner and Intermediate." AARP TEK is a free program of AARP, aimed at keeping people 50+ current with technology and connected with their family. It was an enjoyable experience. You can find future workshops information and online training videos dates on line at www.aarp.org/aarptek or contact the AARP Events registration line at 1-866-740-6947.

In Memoriam

Vivian Henderson passed on August 29, 2017. Service was held on September 9, 2017, at Sixth Presbyterian Church, Washington, D.C. Mrs. Henderson leaves behind to cherish her memory a son, Paul Henderson; and a daughter, Paula H. Shelton. ■

HAPPY BIRTHDAY, CONGRATULATIONS and BEST WISHES to Vivian Coard who celebrated her 101st Birthday on August 3, 2017. May she enjoy many more years of good health and happiness!!!

SEPTEMBER

BRIDGES, Wendy (9/1)
DILLON, Mary (9/16)
FRIEND, Barbara (9/13)
FAULKNER, Willa* (9/18)
HUGHES, Ollie B.* (9/27)
McKANN, Paula* (9/29)
REEDER, Kenneth (9/18)
TUCKSON, Sheena (9/16)



* Golden Member

WILSON, Erma A. (9/25)

OCTOBER

CORNELIUS, Juanita (10/30)
JONES, Charles J. (10/2)
THOMAS, Lillian V. (10/29)
TUCKSON, Evelyn* (10/7)
WHITE, Evelyn G. (10/11)
WILLIAMS, Barbara B. (10/19)
WILSON, Theresa (10/19)

AARP DC Office Moved to New Location

The AARP DC Office has moved to a new location at 100 M Street, S.E., Suite 650, Washington, DC 20003. An Opening Day Celebration was held on Thursday, June 29, 2017, at which Melton Baxter and Jacquelyn Simmons attended. An informative and inspiring program with a delicious luncheon was presented. Rounding the bases of the new office, meeting AARP DC Staff and volunteers and learning about opportunities to get involved with the team made for a thoroughly enjoyable day! ■



AARP DC Staff Members & Volunteers: Pictured from Left to Right: Krylios Clarke, AARP DC Intern; Erika Strattmann, Associate State Director of Communications; Shannon Redd, Associate State Director of Community; Louis Davis, Jr., State Director; Peter Rankin, Associate State Director of Community; Genaro Ruiz, Sr. Operations Associate; and Ruting “Oliver” Yan, AARP DC Intern.

SURPRISE!

That was the theme for the surprise party that was held for me on Sunday, August 27, 2017 at Bolling AFB in the outdoor picnic area. When I arrived, the crowd was singing “I’ll always love my momma”. I could not believe that they were singing to me. I’ve always prayed and hoped that the Lord would let me live well. The event sponsored by my 3 children, Kenneth, Raymond and Veronica last Sunday was spectacular and made me feel like my prayers have been answered. Words cannot describe how I felt seeing friends and family from New Jersey, New York, North Carolina, Pennsylvania, Waldorf and Accokeek, Maryland. What a surprise to see some guests that I had not seen or heard from in over 10 years. Some guests that I knew from Elementary, High School and Church were also in attendance with their families. The banners, gift bags, food, music and door prizes were outstanding. The presentation by my grandchildren and great grandchildren was awesome and heartwarming. To top things off, my daughter sang a solo that described me as a mother and was both funny and true.



My youngest son Garey passed in February 2017 and my heart has been recovering from the reality of his death since then. In my 80 years of life, I’ve overcome many obstacles and I live with many health challenges. However, I’ve also received many blessings that I am deeply grateful for. This event last Sunday was a reminder to me that the Lord has let me live well. I will keep the faith that God will take care of me and I pray that he will do the same for you and your loved ones. ■

MEDICARE TO ISSUE NEW CARDS IN 2018 TO PROTECT IDENTITIES OF RETIREES

Whether a person is receiving Medicare through Social Security or through the Railroad Retirement Board (RRB), the patient may be vulnerable to identity theft due to the SSN/RRB Claim number being present on their Medicare card.

Soon, you won’t need to worry about someone obtaining your personal information from your Medicare card. Starting in April 2018, the Centers for

Medicare & Medicaid Services (CMS), in conjunction with the RRB, will begin issuing new cards with a ‘Medicare Beneficiary Identifier’ or MBI. These cards will be sent in phases to existing Medicare beneficiaries, and by April 2019, all Medicare/Railroad Medicare cards will be free of personally identifiable information. This includes the removal of the gender and signature line. ■



WE'RE ON THE WEB!
WWW.SHEPHERDPARK2667.WEEBLY.COM

EAT RIGHT by Melton P. Baxter

5 Health Tips for 2017 from the Academy of Nutrition and Dietetics:

1. **Eat Breakfast.** Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables.
2. **Watch Portion Sizes.** Get out the measuring cups and see how close your portions are to the recommended serving size.
3. **Be Active.** Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time.
4. **Drink More Water.** Quench your thirst by drinking water instead of sugary drinks. Stay well hydrated by drinking plenty of water if you are active, live or work in hot conditions, or are an older adult.
5. **Eat Seafood Twice a Week.** Add more nutrition and eating pleasure by expanding your range of food choices. ■

The *Shepherd Park News* newsletter is published five times each year. AARP is a nonprofit, nonpartisan membership organization for people age 50 and over. AARP is dedicated to enhancing quality of life for all as we age. We lead positive social change and deliver value to members via information, advocacy and service.

AARP also provides a wide range of unique benefits, special products and services for our members. These benefits include the AARP Web site at www.aarp.org, "AARP The Magazine," and the monthly "AARP Bulletin."

PUBLICATION SCHEDULE

The *Shepherd Park News* newsletter is published five times each year.

Issue #1:	Issue Date: Jan 18, 2017	Submission Deadline: Jan 4, 2017
Issue #2:	Issue Date: March 15, 2017	Submission Deadline: March 1, 2017
Issue #3:	Issue Date: May 17, 2017	Submission Deadline: May 3, 2017
Issue #4:	Issue Date: Sep 13, 2017	Submission Deadline: Aug 30, 2017
Issue #5:	Issue Date: Nov 8, 2017	Submission Deadline: Oct 25, 2017

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