



# SHEPHERD PARK NEWS

Real Possibilities

CHAPTER 2667

## From the Desk of the President



**Melton P. Baxter**  
President

June brings us to the end of the first half of the year. I hope you are enjoying the season and managing to stay on track. I am pleased that at each meeting this year we have had a reasonable attendance. Why sit at home when you can enjoy great friendships, conversations, programs and food at a reasonable cost? Let us recall the fun and meaningful programs we have had since January with the hope that in the future you will be able to participate and bring a friend.

A warm welcome is extended to our new members. Members are encouraged to support our membership drive by taking a copy of the sign, recently distributed to you, advertising our chapter and asking people to please consider joining us. I wish to thank the members for your very fine sense of cooperation in accepting to host the 2017 repasts at chapter meetings. We are pleased that members have committed to perform this task through the end of the

year. We are appreciative of your support.

Due to inclement weather, we did not have a meeting in March. At our April meeting, we were pleased to have from the AARP Office, Shannon Redd, Associate State Director, Advocacy and Outreach, and Peter Rankins, Associate State Director. Mr. Redd highlighted the various AARP programs available and offered to provide future presentations on any program that may be of interest to our members. Handouts of the various programs were distributed.

Members are encouraged to please support the two outings planned thus far this year. It is not too late to register for the Spirit of Washington cruise on June 21, 2017, coordinated by Andrew Mickens and Donna Graham. What better way to start the summer than by participating in this marvelous experience. Mark your calendars now and plan to attend our annual Holiday Luncheon at Martin's Crosswinds on Wednesday, December 13, 2017, coordinated by Ronald Dupart and Mary Wicks. A flyer will be available in the September newsletter. *(Continued on Page 2)*

### 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**

Charla T. Glass

**Parliamentarian**

Paula McKann

**Board of Directors**

Patricia Dickerson

Willa Faulkner

Donna Graham

Novella Nesbitt

Mary Wicks

**Committees**

**Birthday Celebrations**

Constance Dickerson

**Budget**

Vacant

**Community Service**

Charla T. Glass

**Health Care**

Georgiana Baird

**Hospitality**

Vacant

**Legislative**

Bessie Crosson

**Membership**

Jacquelyn Short Simmons

**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

### Inside this issue:

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## From the Desk of the President

*(Continued from Page 1)*

Please invite your family and friends to join us at each of these events. All are welcome!

Happy Birthday to our May and June birthday celebrants. We will be on vacation July and August. Best wishes for a safe and enjoyable summer. ■

“Summer is the stuff of dreams. When adults sit at their desks, and children sit in school, they dream of summer. Summer is the time of infinite

fun. The day seems to last forever, and the fun never stops. It is a time of romance, excitement and an enhanced enjoyment of life. Somehow summer never seems to last long enough. It is always over before we get a chance to fully experience the power. This is true of all things wonderful. They always seem too short.”

— Tasha Day

## Membership Notes

by Jacquelyn Short Simmons, Chairman

As of this date, we have 80 members on our membership list. Forty-seven of those members have paid their dues. As many of you know, those who are 80+ are not required to pay chapter dues. Our new members for 2017 thus far are Norma Jean Bess, Mary Dillon, Idella McMillian, and Sheena Tuckson.

We have placed the notice for recruiting new members in public facilities in the area. At the April meeting, many members took some of the flyers to pass out in their travels. We will see what comes of this. We need to increase our membership and I am hoping that these notices will bring in some new members. ■

## Programs by Jacquelyn Short Simmons, Chairman

In May, Ms. Jandel Benjamin, Nutritionist with the Model Cities Senior Wellness Center will discuss proper diet and eating as it pertains to older persons. She will be available for questions after her presentation.

In September, Mr. Idryis Abdullah, Department of

Insurance, Securities and Banking will be at our meeting. He will be talking about the latest scams, frauds, etc.

In October, Adrienne Buiset, exercise instructor, will conduct a brief exercise with us and then discuss the importance of older people getting proper exercise. ■

## Community Service by Charla T. Glass, Chairman

The Community Service Committee continues to accept toiletries, shampoo, conditioner, soaps (various sizes and liquid), toothpaste, toothbrushes, combs, natural hair products and makeup (new and unopened). Men will be included; so products for male clients will be accepted as well. ■

## Trips and Outings by Ronald J. Dupart and Mary Wicks, Acting Co-Chairmen

- “Spirit of Washington” Cruise—Wednesday, June 21, 2017, \$67.00 pp, 12:00 noon—2:00 p.m. Boarding is at 11:15 a.m. Free parking is available at Safeway on 1100 4th Street, SW. Free shuttle service runs every 5-10 minutes from Safeway parking to Spirit Cruise Lines; arrive at Safeway no later than 10:45 a.m.
- Celebrate the holidays at the Annual AARP Chapter 2667 Holiday Luncheon on Wednesday, June 13, 2017 at Martin’s Crosswinds, Greenbelt, MD. Fare is \$60.00 pp. A bus will be provided from People’s Congregational Church. A flyer will be included in the September-October issue of the chapter newsletter. ■

## Volunteer Lunch by Bessie Crosson

The AARP CTG Volunteer Appreciation Luncheon was held at the Long View Gallery, 1234 9<sup>th</sup> ST NW Wash. DC on April 24, 2017. Erika Stratmann, Associate State Director, Communication, greeted attendees.

The occasion marked National Volunteer Appreciation Week. Volunteers were thanked for their service to AARP members, all older adults and their families in the District of Columbia. The discussion was about AARP guidelines for political activity.

Capitol Hill Strike Force (CHSF) volunteers met on Friday April 28, 2017, 11:00—1:00 p.m., for lunch at 601 E St NW Wash. DC, to socialize with the current Capitol Hill Strike Force Volunteers and AARP staff (a recruitment event.) Our President, Melton Baxter, served as a CHSF volunteer; she presented a description of what they do and

why they volunteer. Attendees were given the opportunity to ask questions about any of the volunteer responsibilities. They learned about current proposed federal health care legislation and why AARP opposed the legislation. They were asked to contact Melton or myself if they were interested in joining. The event included free parking and lunch.

Gigi Hart Bessicks,, Sr Advisor Campaigns Grassroots Advocacy, (202) 434-3847, coordinated the luncheon.

AARP Volunteers include: AARP Chapters, Driver Safety, Experience Corps. Legal counsel for the Elderly and Tax-Aide in Washington, DC, Maryland and Virginia. All were urged to pass flyers to our churches chapters, professional organizations, beauty parlors, barber shops ,etc. ■



## 10 Summer Tips for Seniors to Beat the Heat by Melton P. Baxter

1. Drink plenty of liquids. Drink eight or more 8-ounce glasses of water and/or fruit juices every day to stay hydrated.
2. Avoid caffeinated and alcoholic beverages. Alcohol, soda, coffee and even tea can leave you dehydrated quickly. If at all possible, try to reduce the amount of these beverages, especially during hot weather. Plain or flavored water is a good substitute.
3. Dress appropriately. Wear loose-fitting clothes in natural fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.
4. Sunblock. When outdoors, protect your skin from damage by wearing hats, sunglasses and a sun-screen of SPF 30 or higher.
5. Stay indoors during extreme heat. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.
6. Air conditioning. If you do not have air conditioning in your home, go somewhere that does. A movie theater, the mall a friend or relative's home or a community senior center are all good options.
7. Avoid extreme outdoor heat. If you need to get out of the house and don't drive , call a taxi, a friend or a transportation service. Do NOT wait outside for the bus in extreme heat.
8. Take a cool shower or bath. If you are absolutely unable to leave the house and do not have air conditioning, take a cool bath or shower to lower your body temperature on extremely hot days.
9. Keep your home cool. Temperatures inside the home should not exceed 85 degrees Fahrenheit for prolonged periods of time.
10. Signs of heat stroke. Know the signs of heat stroke (e.g. flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action if you feel them coming on.

(Excerpt from *Associated Home Care News*, April 2017) ■



## Telephone Tree by Mary Wicks

- Helen Montgomery, golden member and past treasurer of Chapter 2667, passed. Her service will be held on Friday, May 19, 2017 at St. Gabriel Catholic Church, 26 Grant Circle, NW, Washington, DC. Wake: 10:00 a.m.; funeral: 11:00 a.m. Condolences may be sent to Ms. Neoni Kalkenny, 934 S Street, NW, Washington, DC 20001.
- Rev. Lola Johnson-Singletary passed on April 6, 2017. She is survived by her son, Harold, daughter Lola and grandchildren Perry Kai and Jai. Celebration of life was held on May 7, 2017 at Sidwell Friends School in the Quaker Meeting Room.
- Coleen Witherspoon passed in April, 2017. Funeral Service was held on Monday, May 1, 2017, 11:00 a.m. at Nativity Catholic Church, 6001 13th Street, NW, Washington, DC 20011. Cards of condolence may be sent to her sister, Glorine McKnight, who is also a chapter member, at 1505 Van Buren St., Washington, DC.
- Dr. JoAnne A. Jackson, sister of Adrienne Herriott, passed on May 1, 2017. A memorial service has been planned. Condolences may be sent to Adrienne Herriott at 9602 Oakwood Avenue, Lanham, MD 20706.
- Mr. Lynwood Williamson recently had a fall, resulting in a cerebral hemorrhage. He is now in Manor Care Rehabilitation. Mr. Williamson is 93. Cards may be sent to 1675 Myrtle St., Washington, DC 20012, (202) 726-1235.
- Emily Towles lost her brother in April, 2017.
- Constance Dickerson underwent surgery and is recovering at home.
- Adrienne Herriott's granddaughter, Tiana Wright, will be entering St. John's University in New York, NY in the fall.
- Congratulations and many happy returns to Dorothy Boggess, who will celebrate her 100th birthday on May 30, 2017. May she enjoy 100 more! ■

### MAY

**BOGGESS, Dorothy (5/30)\***  
**BULLOCK-FORD, Evelyn (5/29)**  
**FOOTMAN, Annie B. (5/7)**  
**LaBEACH, NELL (5/23)**  
**LAMPKINS, BESSIE H. (5/23)**  
**PANNELL, Hattie R.\* (5/4)**  
**WILLIAMSON, Cecelia B. (5/24)**

### JUNE

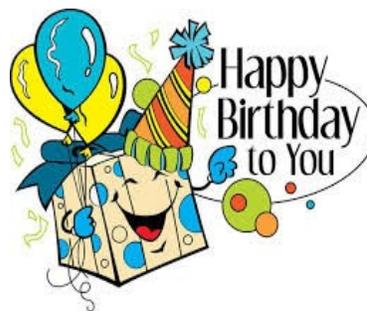
**ALSTON, Edythe (6/4)**  
**ANDERSON, Alice (6/17)**  
**AYALA, Thomas (6/19)**  
**BAXTER, Diane (/18)**  
**FELTON, Zora (6/22)**  
**JONES, Alvanette (6/28)**  
**JONES, James Earl (6/22)**  
**RIDEN, Cara (6/26)**

### JULY

**DORMAN, Hattie (7/22)**  
**JILES, Marjorie (7/23)**  
**MINNIS, Barbara P. (7/23)**  
**TROUTH, Catherine (7/24)**

### AUGUST

**BAXTER, Melton (8/30)**  
**BURKE, Marjorie (8/5)**  
**COARD, Vivian S. \* (8/3)**  
**CROSSON, Bessie B. (8/27)**  
**DIGGS, Thelma (8/19)**  
**DUPART, Ronald J. (8/17)**  
**EWING, Samuel D. (8/9)**  
**JEFFERSON, Emily J. (8/5)**  
**LAMBERT, Phyllis A. (8/29)**  
**LOGAN, Muriel\* (8/1)**  
**MCLAUGHLIN, Lula M. (8/25)**  
**SIMMONS, Jacquelyn Short (8/13)**



\* Golden Member

**Golden Members of AARP Chapter 2667:**

**50+ YEARS OF MEMBERSHIP IN AND SERVICE TO XI OMEGA SORORITY CHAPTER**



**Marian Tyrance**

Membership—66 yrs.  
XI Omega Chapter



**Dorothy Boggess**

Membership—78 yrs.  
Beta Zeta Chapter  
  
Kentucky State  
University  
Social Worker



**Elisabeth A.  
Somersille**

Membership—81 yrs.  
Beta Lambda Chapter  
XI Omega Chapter  
  
Miner Teacher's  
College  
Educator



**Elinor F. Eugene**

Membership—79 yrs.  
Beta Lambda Chapter  
XI Omega Chapter  
  
Miner Teacher's  
College  
Educator



**Bernice J. Tillet**

Membership—76 yrs.  
Beta Lambda Chapter  
XI Omega Chapter  
  
Miner Teacher's  
College  
Educator

*“At age 20, we worry about what others think of us.  
At 40, we don't care what they think of us.  
At 60, we discover they haven't been thinking of us at all.”*  
— Ann Landers

**Thanks for a Wonderful Recruitment Event by Gigi Hart Bessicks, Senior Advisor  
Campaigns Grassroots Advocacy**

Thanks for a wonderful recruitment event. I just love you all to death (BIG HUG). You were great today. Well, really, you are great every day, but I must tell you how fabulous you were today. We received 20 new volunteer applications today from the attendees. There were also about 8 people who could not make it today that I will have a conference call with to give an overview of volunteer opportunities. Increasing our volunteer ranks is so important and we also achieved new recruits for the state offices as well.

Melton, Barbara and Pat, your presentations were awesome! Thank you, Hoff, for being with us today and telling the AARP story. Some said to me, “I never knew why AARP changed its name” and “I did not know the founder of AARP was a woman.”

Thank you for letting me know your impressions of the event today. It was a success and you helped make it successful! Thank you, everyone, for transferring your knowledge and experience with those who attended seeking volunteer opportunities. ■



Member Donna Graham and her team participated in the USTA 65 and older Tennis Tournament May 4-7, 2017 in Surprise, AZ.

# SHEPHERD PARK NEWS

Chapter 2667



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

## **HOSPITALITY: REPAST HOSTS FOR 2017-2018 by Jacquelyn Short Simmons**

**SEPTEMBER** - Wendy Bridges, Patty Dickerson, Barbara B. Williams

**OCTOBER** - Alice Anderson, Peggy Hannah, Cecelia Williamson

**NOVEMBER** - Barbara Friend, Catherine Jones, Vivian Wilson, Diane Baxter

**JANUARY** - Charla Glass, Victoria Hodge, Jacqui Simmons



We will begin requesting hostesses for 2018 during the month of September. However, if there are members who know now what month they want to host and/or want to put a group together to host, please contact Jacqui Simmons or Charla Glass. We await your call or email.

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](http://www.aarp.org), "AARP The Magazine," and the monthly "AARP Bulletin."

### **PUBLICATION SCHEDULE**

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

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

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