



# SHEPHERD PARK NEWS

Real Possibilities

CHAPTER 2667

## From the Desk of the President



**Melton P. Baxter**  
President

### Greetings Members,

Spring is right around the corner. Everyone is eager to get back to warm weather, and enjoy the increasing sunlight hours, with earlier dawns and later sunsets. March brings us to the end of the first quarter of the year.

With your continued support, we are moving forward in implementing our goals and plans for the year. Congratulations on taking the first step of your journey to experience the joy and excitement afforded to AARP chapter members. We invite you to participate in all our activities.

We were pleased to have Brandon Todd, Ward 4 Council Member, with us at our February meeting. He highlighted important issues in Ward 4 and made himself availa-

ble to discuss any important issues/concerns we had. Our hospitality effort to provide meals at our regular meetings is progressing smoothly. Thanks to your fine spirit of cooperation, we have commitments from members until the end of the year.

Members are encouraged to please participate by attending the two outings planned thus far this year: the Spirit of Washington cruise on Wednesday, June 21, 2017, coordinated by Andrew Mickens, Jr. and Donna Graham; and our Annual Holiday Luncheon at Martin's Crosswinds on Wednesday, December 13, 2017, coordinated by Ronald Dupart and Mary Wicks. Please invite your family and friends to join us at each of these events. All are welcome.

Members are encouraged to provide suggestions or ideas for improvement of any issues concerning the chapter. We solicit your input. We have a robust spring and summer to look forward to, and I am excited to work with all of you to make things happen in the best interest of the chapter. I close with the thought that "no winter lasts forever; no spring skips its turn." - Hal Borland. ■

### 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

Cecelia B. Williamson

**Committees**

**Birthdays 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

"And the Spring arose on the garden fair,  
Like the Spirit of Love felt everywhere;  
And each flower and herb on Earth's dark breast  
Rose from the dreams of its wintry rest."  
— [Percy Bysshe Shelley](#)

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## Membership Notes

by Jacquelyn Short Simmons, Chairman

During our meeting of February, 2017, there were 40 members in attendance and four visitors, two of whom became financial members that day. As of this date, we have 42 individuals who have

paid dues thus far this year. At this time, our member attendance has gone up by about 6-7 individuals and I will be looking closely at this number to see if it remains

steady or increases. Most recently, I created an ad that can be used at public places to announce our Chapter and meeting time. ■

## Programs by Jacquelyn Short Simmons, Chairman

In February, Ward 4 Councilmember, Brandon Todd, was the invited guest. He spoke to the members about what was happening in the Ward, such as the Walter Reed property and when the newly renovated Fort Stevens facility would open. We found out that day that Monday, March 6<sup>th</sup>, would be the opening for Fort Stevens. A celebration will be planned for that day. He also talked about legislation that he has written or participated in with other council members. A

Valentine card and Bag of Candy was presented to Mr. Todd when his talk was over. Mr. Todd is a much loved councilmember and the group enjoys having him to come and speak.

In March, Charla Glass, our Community Service Chairperson, will conduct an activity with the members. April is Jazz Appreciation Month and in May, Jandel Benjamin, Nutritionist with the Model Cities Senior Wellness Center, will present. ■

## Valentine Senior Mid-Day Gala by Melton P. Baxter



Melton Baxter served as an AARP Volunteer at the Mid-Day Valentine's Day Senior Gala at The Chateau Remix in Northeast DC on February 14th. AARP DC hosted an AARP Table for the event. Vol-

unteers assisted with signing attendees up for Age-Friendly DC Community Consultations and had the opportunity to speak to the audience about the value of AARP. It was a fun-filled event. ■

## Trips and Outings by Ronald Dupart & Mary Wicks, Co-Chairmen

A contract was signed with and deposit paid to Martin's Crosswinds to hold our annual holiday luncheon at their facility on Wednesday, December 13, 2017. The contract is based on a minimum guaranteed meal count of 60. The cost per person will be budgeted at \$60.00.

As a cost-saving measure, the cash bar and decorator's package have been eliminated and a bus not exceeding \$750.00 is being sought. Ronald Dupart and Mary Wicks are coordinating the event.

A contract has been signed and deposit paid to hold a luncheon cruise on the Spirit of Washington on Wednesday, June 21, 2017, noon – 2:00 p.m. The cost is \$67.00 per person. Deposit of \$30.00 is due by March 22, 2017; final payment is due by April 19, 2017. A flyer has been distributed by Andrew Mickens and Donna Graham, coordinators.

Suggestions for a fall outing are welcome and coordinators are being solicited. ■



## Telephone Tree by Mary Wicks

• Gary A. Crosson (born June 9, 1962), suddenly passed on Thursday, February 16, 2017. Gary was the youngest of four children born to **Bessie and James A. Crosson, Jr.** Services were held at Nineteenth Street Baptist Church on Thursday, February 22, 2017; he was eulogized by his father. Gary was a proud graduate of Morgan State University. He worked as an Analyst at Fannie Mae for 10 years; mentored over 200 children from DC public schools; and taught computer science and Microsoft Windows for over 30 years at Johnson Junior High School. Later he ran his own computer firm. Bessie thanks all Chapter 2667 members for their prayers and support. Condolences may be sent to **Bessie Crosson, 5103 7th Street, NW, Washington, DC 20011; (202) 726-0343; Bcross3@verizon.net.**



Bessie Crosson with son, Gary

- It is with profound sadness that we announce the passing of Aaron Mickens, the brother of Andrew Mickens, Jr. Mr. Mickens passed on Tuesday, February 24, 2017 after an extended illness. Funeral arrangements are pending. Condolences may be sent to **Andrew Mickens, Jr., 7428 8th Street, NW, Washington, DC 20012; (202) 726-0140; ajmickensjr@gmail.com.**
- Congratulations and Best Wishes are in order for Dorothy Boggess who will celebrate her **100th birthday** on May 30, 2017. ■

## Healthy Sleep Tips by Melton P. Baxter

- Getting enough sleep can often be the best medicine to reduce your risk of diabetes, hypertension and obesity.
- Regularly depriving yourself of sleep can harm your health physically. It also affects your mind because learning, memory and performance are all related to getting enough sleep.
- Sleep is essential for maintaining good health at all ages. Typically, adults should get at least seven to eight hours of sleep each night.

(Excerpts from an article, **The NATION'S HEALTH** Magazine, March 2015) ■

## Movies for Grownups

AARP's Movies for Grownups celebrates and encourages films with unique appeal to audiences with a grownup state of mind—and recognizes the inspiring artists who make them. With weekly news and reviews, nationwide screenings and an annual awards event, AARP champions movies for grownups, by grownups. For more info, visit [Movies for Grownups online](#).

On Thursday, February 16, 2017, AARP DC Volunteers and others in the community were invited to a **FREE** screening of *American Masters – Maya Angelou: And Still I Rise at the Landmark E Street Cinema*. Melton Baxter attended. This is the first feature documentary about the incomparable Dr. Maya Angelou (1928-2014), best known for her autobiography *I Know Why the Caged Bird Sings*. The movie at the Landmark E Street Cinema Theater was sponsored by AARP's Movies for Grownups. It's a great movie, and premiered on PBS on February 21.

**AARP members were invited to a FREE pre-screening of movie, *The Last Word*.** *The Last Word* tells the story of Harriet, who is a retired businesswoman who tries to control everything around her. When she decides to write her own obituary, a young journalist takes up the task of finding out the truth, resulting in a life-altering friendship. The movie was screened on Wednesday, March 8, 2017 at the Landmark E Street Cinema in Washington, DC. Chapter members Ronald Dupart, Jacqui Short Simmons and Charla Glass attended. ■

## Social Security Benefits

Benefits for more than 60 million Social Security recipients will go up next year by a mere 0.3 percent, the Social Security Administration announced Tuesday.

This is the [smallest cost-of-living adjustment](#) (COLA) since automatic raises began in the mid-1970s. And it comes after recipients received no bump up in benefits for 2016 because inflation was so low. For retired workers the average monthly benefit in January will go up \$5 to \$1,360. But beneficiaries will likely find this small sum eaten up by higher premiums for Medicare Part B, which covers doctor and outpatient hospital visits, experts say.

“Over the last five years, Social Security COLAs have remained small or nonexistent at 1.7 percent or lower, even though every cent can matter to beneficiaries and their families,” Jo Ann Jenkins, AARP’s CEO, said. “After last year’s [zero COLA](#), this year’s announcement doesn’t offer much help to the millions of families who depend on their Social Security benefits. As [prescription prices](#) skyrocket and Medicare premiums and other health costs increase, many older Americans have understandable concerns.”

The annual COLA is designed to prevent inflation from eroding Social Security recipients’ purchasing power. The Social Security Administration [calculates it](#) by comparing the third-quarter inflation rate — as measured by the Consumer Price Index

for Urban Wage Earners (CPI-W) — to the inflation rate during the third quarter in the year a COLA was last determined.

Social Security announced other changes Tuesday. Beginning next year, the amount of earnings subject to Social Security tax will go up from \$118,500 to \$127,200. This change will affect about 12 million of the 173 million workers who pay into the system.

The COLA also will have an impact on Medicare Part B premiums. Premiums for 2017 haven’t been announced yet, but the Social Security Administration warned: “For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.”

When there isn’t a COLA, Part B premiums remain flat for about 70 percent of Medicare beneficiaries. The burden of higher premiums then falls on the remaining 30 percent, which includes new beneficiaries and higher-income households.

[Last year](#) when there was no cost-of-living increase, [Congress stepped](#) in to minimize the impact of higher premiums on the 30 percent as well as to limit deductible increases for all.

AARP and other groups last month wrote to lawmakers asking them to protect Medicare beneficiaries from potentially steep premium increases again next year. ■

### MARCH

LAWSON, Diane (3/4)

LOGAN, Ruth (3/23)

SPENCER, Abram\* (3/9)

WILLIAMS, Barbara G. (3/15)

### APRIL

ARNOLD, Frances (4/11)

BAIRD, Georgiana (4/6)

DICKERSON, Patricia (4/30)



### APRIL (Continued)

FREEMAN, Rosa B.\* (4/1)

GLASS, Charla (4/3)

GRAHAM, Donna (4/4)

HAGAN, Ernestine (4/28)

JONES, Marilyn (4/25)

POWELL, Shirley (4/3)

PRATT, Aimee E. (4/25)

REEDDER, Lois Hopson (4/7)

\* Golden Member

## AARP Smart Driver Course

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned.

### Our Smart Driver online course will help you:

- Receive a multi-year discount on your auto insurance.
- Refresh your driving skills and your knowledge of the rules — and hazards — of the road.
- Reduce your chances of receiving a traffic violation or getting into an accident.

### Learn at your own pace — you'll have 60 days to complete the course!

#### Course highlights:

#### The AARP Smart Driver online course covers:

- Research-based safe driving strategies.
- Information on the effects of medication on driving.
- Preventive measures to reduce driver distractions.
- Proper use of safety belts, air bags, anti-lock brakes, and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- State-specific rules and regulations in 19 key areas, including construction zones, child safety seats, school buses, cellphone use and more.
- Easy-to-follow format incorporating adult-learning principles.

*For more information or to sign up, go to [www.aarpdriversafety.org](http://www.aarpdriversafety.org). ■*

#### **MEMBER ADDRESS CHANGES:**

**ALVANETTE JONES, 6562 Mitchell Lane, S.W., Mableton, Georgia 30126**

**VIVIAN COARD, Potomac Place, 10520 South Glen Road, Potomac, Maryland 20854.**

## District Water Meter Replacement Program

In January 2017, DC Water will begin an ambitious District-wide program to replace water meters. The new meters and accompanying transmitting units are necessary because it has been over a decade since the last replacement program. Over time, water meters and transmitting units wear out and are no longer able to transmit readings automatically—when this occurs, DC Water needs to mobilize resources to read the meter in the field, or the customers receives an estimated bill rather than one based on their actual usage.

Also, customers with a failed transmitting unit cannot participate in DC Water's award-winning High Usage Notification Application (HUNA). HUNA is a free service to proactively notify customers of high water use, including unknown household leaks, sprinklers accidentally left running or ruptured washing machine hoses. The HUNA has generated more than 97,000 notifications to customers since its inception 10 years ago.

DC Water contractor estimates that the work will be completed in mid-2018. There are more than 85,000 meters to replace, mostly residential and some smaller multi-unit buildings.

The DC Water contractor will perform the work Mondays through Saturdays. For most, it will be a straightforward replacement of the old meter to the new one. In some instances the meter or transmitting unit may be located inside the building or serve a non-residential building. In these cases the customer will be contacted to set up an appointment. Customers are also asked to be sure that there is not anything heavy blocking their meters, such as planters or landscaping stones.

The new meters use state-of-the-art technology and will enable a host of customer services for tracking water usage. ■

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Chapter 2667



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

## **HOSPITALITY: REPAST HOSTS FOR THE BALANCE OF 2017:**

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

**APRIL** - Dorothy Boggess, Marjorie Burke, Mary Mitchell, Shirley Powell

**MAY** - Donna Graham, Muriel Logan, Lillian Williams

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

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

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



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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