ATTENDANCE RECORD BROKEN

A record number and high percentage of our members came to our January Membership meeting to welcome our new Chapter President Pat Kisling. There are 124 paid members, of that total there were 88 Members that attended, we also welcomed 5 guest who have now joined our membership.

Have you paid your 2008 Chapter Membership Dues???
Please renew your membership today.

WEB ADDRESS
http://www.m2c3.com/AARP/newsletter.htm

NEXT MEMBERSHIP MEETING
DATE CHANGE
Membership Meeting for March will be the
SECOND FRIDAY
March 14th at 11:30.

BOARD OF DIRECTORS

- President: Pat Kisling
- President Elect: Jeane Robertson
- Vice President: Jay Stine
- Treasurer: Carolyn Tarrence
- Adviser: Garth Greise
- Recording Secretary: Carole Smock
- Asst. Recording Secretary: Donna Woods
- Corresponding Secretary: Carol Duncan
- Immediate Past President: Bob Parson
- Senior Past President: Jeane Robertson
- Nominating Committee
  - Betty Crayton (Chairperson)
  - Bob Scantlin
  - Edwin Phelps

Chapter President Pat Kisling
MINUTES FROM JANUARY 18, 2008
GENERAL MEETING

Location: Faith United Methodist Church          Time: 11:30 A.M.

Pat Kisling, President opened the meeting. Edwin Phelps led the group in the Pledge of Allegiance and Bob Scantlin led us in "My Country Tis’ of Thee". Pat Kisling recognized the guests, birthdays and anniversaries. Everyone sang Happy Birthday to members having birthdays.

Pat Kisling reminded everyone to please curtail other conversations during the meeting so everyone can hear what is being said from the podium. She also reminded everyone to please review the Newsletter. Everyone should have received one as they came in the door - if you didn't received one please raise your hand. The Newsletter is a good source of information.

The Secretary and Treasurer's reports are included in the Chapter Newsletter - please review. Are there any corrections to the minutes. There being none, both the minutes and Treasurer's reports are on file and available to any member.

ANNOUNCEMENTS:

1. The Board of Directors has authorized the issuing of a Certificate of "Life Time Membership" to those persons not yet reaching 90 years of age, but that have given many years of service to our Chapter and are now home bound or in a nursing home. These certificates will be prepared and presented in February.

2. Magazines are here in the front of the room for sale for 25 cents after the meeting.

3. Remember to give Carol Duncan names of persons or families that need to be remembered due to illness or loss of a family member, please provide her with addresses as well.

4. Remember your $5.00 membership dues are due this month for anyone that was a member last year. Many of you have already paid for this year. Anyone joining after January 1, 2008 will have annual dues payable in the month they joined from that time on. After the business meeting is concluded please give Ann Parson your dues and she will issue a receipt that should be your reminder for next year. REMEMBER TO PUT YOUR NAME TAG BACK IN ITS ENVELOPE BEFORE YOU LEAVE.

5. Door prizes will be awarded during our dinner and social time.

6. Community service hour slips will continue to be turned in to Dick Schultz. If you are not sure what category your volunteer hours fall in, sheets with that information are on each table.

   If you have the name of a person or family to be considered for a food basket, please give that information to Jenny Cornell.

UP COMING ACTIVITIES:

1. Our February meeting will be our "White Elephant Silent Auction Sale". The proceeds from this sale helps to off set the costs for our "National Day of Service in May".

2. Tax Aide will begin Monday, February 4th and will operate Monday thru Thursday each week until April 15th. This will be at the Tomorrow Center, 1133 Adams St. The hours are 9-2.

3. We will be holding a Membership Drive on February 28th at the Tomorrow Center in conjunction with the Tax Aide program.
4. February 29th the Medical Center has a bus going to Louisville to the South Eastern Christian Church Easter Pageant. Anyone interested in getting a group together to attend, please contact Jeane Robertson.

5. Mark your Calendar THE MARCH meeting will be one week earlier on March 14th, our usual location and regular time. The 21st is Good Friday and we want anyone that wishes to attend the City Wide Good Friday Services at Holy Spirit to be able to attend.

PARTICIPATION IN RECENT ACTIVITIES:

Pat Kisling thanked everyone who helped with the gift wrapping for the “Santa for Seniors”. A Thank You note was received from the "Home Instead Health Care" group that sponsors this program.

The Health and Wellness Expo was a tremendous success. Over 3000 people attended and information about AARP was put into about 2500 hands. A special thank you to Donna Woods, Bob and Ann Parson for hauling 15 boxes of printed material and handout items, and for setting up our booth. There was about 2 boxes of materials left to be returned to be used another day. Pat Kisling gave words of thanks to the 19 members who staffed the booth. Every person who signed up to help showed up to take their shift and many stayed multiple shifts. The commitment and follow through of our Chapter members is what makes this Chapter outstanding.

Donna Woods gave information on Community Education Classes.

Pat Kisling introduced our speaker Mariah Roddy. Mariah is our Legislative Advocate and stays very busy working with our AARP State Office Staff about legislation that is pertinent to the senior citizens as well as opportunities for interaction between our Chapter and the State Legislators.

NOW WE ARE GOING TO REALLY PLAY UPSET THE FRUIT BASKET:

Pat Kisling asked the food committee to please come and uncover the food - just the Kitchen Committee only. Everyone else remain seated.

Chaplain, Edwin Phelps, Guest speaker, guests and hosts, birthday and anniversary honorees to form a line.

Following this group will be the tables with numbers coming in numerical order as the table numbers are called.

Each month the table numbers will be moved around. After the numbered tables have been called all others please join the line.

Please stand for our lunch blessing, then please be seated until your table is called.

Meeting adjourned.

Submitted by,

Carole Smock, Secretary
WHATS HAPPENED SINCE OUR LAST MEETING

Our AARP Chapter President and other chapter members made a road trip to Frankfort on Tuesday January 29th to attend the Kentucky Legislative session concerning services to seniors and those with disabilities. Members met with Governor Fletcher and toured the Governors Mansion.

Members attending, President Pat Kisling—Advocacy Chair - Mariah Roddy—Program Committee Chair Barbara Strande—Secretary Carol Smock— Treasurer Carolyn Tarrence — Community Service Chair -Genny Cornell and public relations Chair Jeane Robertson

UPCOMING NOTABLE EVENTS

FILE YOUR TAXES FOR FREE
THRU APRIL 13TH AT THE TOMORROW CENTER.
Both Federal and State are free - don't miss this opportunity which is sponsored by the AARP TAX AIDE PROGRAM
Walk in Hours are 9am to 2pm Monday thru Thursday

Chapter Members are requested to bring to the March Membership meeting cleaning products to be given to Habit for Humanity.

♦ Sponges Scouring Powder
♦ Soap Bleach
♦ Dusting Spray Paper Towels
♦ Glass Cleaner Furniture Polish

DRIVERS SAFETY CLASSES
Held each month— contact Wellness Center/ Greenwood Mall phone 745-0942 or online at aarp.org/drivers safety
Available for anyone age 50+
Car insurance discounts on completion.

February 08
Editors Comments. February is Sweethearts month, and I would like to recognize one of our members, who I think should hold the title of chapter sweetheart: that Member is Thelma Baker. Thelma is a fine lady who has been a long time active member of our chapter. Ever one who has met Thelma is impressed by her friendly manner and the ease in which you become her friend.

CHAPTER SWEETHEART

Thelma Baker

Thank YOU FROM MIRIAH

Thanks to all who braved foul weather to travel to Frankfort the end of January. Governor Beshear now has some disgruntled faces to put with requests not to cut services to seniors and those with disabilities. Please make your voice heard about this issue by contacting our legislators.

Reps. Jody Richards, Jim DeCesare, Rob Wilkey, Johnny Bell and Senator Brett Guthrie.

Mariah Roddy

Take Action – Ask Congress Not to Leave Older Americans Out in the Cold!

Action Requested: Call Congress today at 1-800-928-8626

Congress is currently considering how much LIHEAP funding to include in the FY2008 appropriations bill. The House of Representatives has approved a $500 million increase for LIHEAP, but the Senate version of the bill contains no increase in funding. Moreover, President Bush has threatened to veto any bill that passes.

As heating oil prices continue to rise - and the cold 2008 winter months approach - millions of families will find the cost of heating their homes almost impossible to meet. A lack of adequate funding will force many vulnerable families to choose between paying their utility bills and buying basics like food and medicine.

Will you help? AARP expects the LIHEAP funding fight to heat up in late October. Call Congress today at 1-800-928-8626! Tell your Representative to support the $500 million LIHEAP budget increase.

Deadline for submitting articles for AARP Newsletter is five days prior to monthly meeting. For information contact Bob Parson
ACTIVITIES in the AREA

BINGO

Tuesday March 4th  Time  2:00PM
Medical Center—Bowling Green

BINGO

Tuesday March 11th  Time at 1 PM
AARP Chapter 1967 at the Tomorrow Center - Members and Guest only

Tuesday March 18th  Time  2PM
Medical Center in Scottsville

DANCING

SATURDAY February 16th— Dancing at Delafield 6:00-8:00 PM. Line Dancing Delafield Community Center, phone 842-6762 Bowling Green Dance Club Meets the 1st and 3rd Saturday of each month at 6 PM. Bring a Pot Luck Dish for a wonderful dinner. There is a live Band, and free lessons are available. Great fun – good Exercise or just come for a good time. NO SMOKING OR ALCOHOL ALLOWED. There are also Dancing Opportunities in Morgantown on Friday and Saturdays nights. Free Dance lessons on Thursday night. Contact Jeanie Robertson 842-9578

ON THE LIGHTER SIDE

Widower Playing Golf
A man and a friend are playing golf one day at their local golf course. One of the guys is about to chip onto the green when he sees a long funeral procession on the road next to the course. He stops in mid-swing, takes off his golf cap, closes his eyes, and bows down in prayer. His friend says, "Wow, that is the most thoughtful and touching thing I have ever seen. You truly are a kind man." The man then replies, "Yeah, well we were married 35 years."

Over the Back Fence
Late one night, a mugger wearing a ski mask jumped into the path of a well-dressed man and stuck a gun in his ribs. "Give me your money," the mugger demanded.
Indignant, the well-dressed man said, "You can't do this to me. I'm an agent of the Internal Revenue Service-the IRS!" "In that case," the mugger replied, "give me my money!"

Why do they have handicap parking spaces in front of a skating rink?

If corn oil is made from corn, and vegetable oil is made from vegetables, then what is baby oil made from?

Dead line for submitting articles for AARP Newsletter is five days prior to monthly meeting. For information contact Bob Parson (newsletter editor) at 782-3904 or Email bobparson@insightbb.com
One of Bowling Green’s oldest and best Computer user Groups (BGAMUG) is starting something new this year. On the Saturday after the monthly Tuesday meeting, there will be a hands on Workshop at the Able Court Computer lab that will work with the information that was given at the Tuesday membership meeting. Donna Woods attended the hands on workshops and said they were great. They are going to offer a basic use computer class every 3-4 months. It will be available to BUGAMUG members only. It seems a good opportunity for our chapter members to receive good hands on instructions about a variety of things. Interested persons should be informed that there is a $25 fee. That will then give them a year’s membership in BGAMUG and the privilege of attending further classes to be held during the year.

At the Membership meetings, there are many opportunities to learn about computers, Internet, and computer software. I am a member and I highly recommend becoming a member of the (BUGAMUG) Club. for more information, see me (Bob Parson) or call me at 782-3904.

Get Moving Seniors-Age is no Excuse

New Exercise guidelines call for several workouts a week

Despite the age-defying benefits of getting fit, seniors are the least physically active of all Americans.—40 percent of women and 30 percent of men over 70 report that they never exercise. Beyond protection from heart disease, diabetes and some cancers, numerous studies suggest that regular exercise can lower the risk of decline. The dementia, the frailty—that spells the end of independence. Brisk walks around the neighborhood makes a great start. But more is needed to prevent falls and retain strength and mobility. In August, the American College of Sport Medicine and the American Heart Association issued new exercise guidelines for seniors that call for several workouts a week incorporating resistance training, stretching, and balancing as well as aerobics. The arguments for emulating Jack LaLanne are compelling. “There’s so much people can do to turn back the clock by 10 or 15 years” says Miriam Nelson, an associate professor of nutrition at Turfs University who coauthored the new guidelines. Those who work out for 45 minutes a day, she says can improve their muscle strength by 75 to 100 percent. They can also reverse a decade of decline in heart and lung capacity. Getting regular aerobic workouts by walking, running, swimming, or biking is also helpful.

Submitted by Jeane Robertson using excerpts from article in US News and World report- November 12, 2007