AARP

To Serve Not To Be Served

Coastal News

South Coastal Delaware Chapter #5226
of AARP, Inc.
P. O. Box 225, Ocean View, DE 19970

VOL. 19 NO. 3 www.aarp5226.org March 2016

EXECUTIVE BOARD OFFICERS

CO-PRESIDENTS	Lee Shoff leerobertashoff@gmail.com	539-6952
	Jean Layton laytonjean@yahoo.com	732-3631
1st VICE-PRESIDENT	Kathy Tirella kmtirella@aol.com	436-4007
2nd VICE PRESIDENT	Jim Harding jameshrdg@yahoo.com	537-5206
SECRETARY	Terry Baker tlb48@@comcast.net	410-812-9063
ASST. SECRETARY	Patricia McMullen irishlady280particia@aol.com	537-9640
TREASURER	Kathy Johnson kajohnson@vcu.edu	829-8956
ASST. TREASURER	Kathy Filip kafraf@mchsi.com	539-1137

DIRECTORS

Al Thomas	2014-2016	410-591-6086
Jeannette Douthwaite	2014-2016	829-1377
Andrea Gowetski	2015-2017	541-4751
Brenda Fegelein	2016-2018	537-7908
Sharon Tweedie	2016-2018	541-5462
Maureen Eisenhart	Past President Advisor	988-1196

NOMINATING COMMITTEE

Joan Thomas, Chair	2016-2017	539-1367
Dave Jaeger	2016-2017	436-5173
Valerie Reeves	2016-2017	539-8212
Anna Woodrum	2015-2016	537-0826
Jeanne Hammel	2015-2016	436-2504

COMMITTEE CHAIRPERSONS

Community Service	Kathy Lesperance	537-7845
Legislative/Environmental	Chuck Schonder	703-881-2491
Membership	Enid Levine	541-5639
Public Relations	Bette Meredith	539-0532
	Jim Hartzig	247-9711
Scholarship	Shirley Price	236-7046
	Ione Phillips	539-2172
Tours	Jim Harding	537-5206

OTHER ACTIVITIES

Chorus	Ann Jaeger	436-5173
Hostess/Luncheon	Roberta Shoff	539-6952
Newsletter	Andrea Gowetski	541-4751
Sunshine	Joan Wolf	541-0513
Webmaster	Ralph Brown	539-8169
50/50	Joan Wolf/ Velma (Cookie) Butts	541-0513 541-9264

LOCAL AUTHOR TO SPEAK ABOUT LOWER DELAWARE HISTORY AT MARCH LUNCHEON

Attend the March 15 luncheon at Cripple Creek Golf and Country Club and meet Dr. Carol Psaros, a retired Delaware educator and local author, whose latest book is ***Chickens and Mosquitoes***.

Dr. Carol Psaros will talk about life in 1930's Delaware, focusing on the Civilian Conservation Corps, Mosquito Control Camps, and the infancy of the Sussex County broiler industry. Her remarks will include a perspective on the early works of painter Jack Lewis, as well as highlights of iconic locales such as Carey's Camp, Riverdale, Oak Orchard, Rosedale Beach, and the Seaford Nylon Plant.

LUNCHEON CHOICES INCLUDE

Corn Beef and Cabbage Plate - Traditional Irish fare of corn beef and cabbage, carrots, and potatoes.
OR

Chicken Parmesan Sandwich - Lightly breaded chicken topped with provolone cheese and marinara sauce, served on a toasted roll**.**
OR

Buffalo Shrimp Caesar Salad - Beer battered shrimp lightly tossed in a buffalo hot sauce served over a tossed to order Caesar salad and a Roll and Butter

Beverages include Ice Tea, Lemonade, Coffee, and Water. Dessert will consist of Nutty Irishman Cake.

Doors open at **11 am** for social hour with lunch at **12 noon** followed by the program and chapter news and announcements. **Cost: $16 members and $17 guests.**

Members may make their lunch reservations by calling **Jean Layton 732-3631,** or **Mary Ann Dougherty, 541-9412** or madod@aol.com by **noon, Thursday, March 10**. To cancel after the deadline, please contact **Linda Miller** at **537-2475**. **Cancellations after the deadline or no-shows must be paid.**

COMMITTEE ACTIVITIES

Legislative/Environmental -Chuck Schonder

WANTED: SUPPORT for a proposal to REQUIRE hospitals/health care facilities to engage with family caregivers. The Care Act which AARP Delaware will introduce within the next month in the Legislature will support family caregivers when loved ones are hospitalized.

Why is it NEEDED? Family caregivers (46%) perform medical or nursing tasks. Care recipients (62%) did not have a home visit by a health care professional after discharge from the hospital. Family caregivers (61%) reported receiving little or no training to manage medications.

The Care Act has three important provisions: I**DENTIFICATION**: The name of the family caregiver is recorded when a loved one is admitted to the hospital. **NOTIFICATION**: The family caregiver is notified if the loved one is to be discharged to another facility or back home. **INSTRUCTION**: Hospital staff MUST provide an explanation and LIVE instructions on medical tasks – such as medication management, injections, wound care and transfers – that the family caregiver will perform at home.

The Delaware Family Caregiver Task Force reported to the General Assembly in July 2015 a set of recommendations which included passage of legislation like the CARE ACT. Eighteen states have passed the CARE ACT. Many hospitals have supported passage because it helps them improve their discharge process and reduces unnecessary readmissions.

Contact Chuck Schonder at 703-881-2491, or email to **cschonder3@gmail.com**, if you would like to be involved.

Membership – Enid Levine

PLEASE NOTE: Enid Levine will be away from January through March. Janet Shroy (the former Membership Chairman) has generously agreed to perform these duties. She can be reached at (302) 537-2786 and applications should be mailed to her at 30988 Holts Landing Road, Dagsboro DE 19939-4189.

As of February 10, 2016 we have **465** members.

Tour Committee - Jim Harding

Please remember our policy regarding payment for trips. If you sign up for a trip, you have **30 days** to pay from the date you **signed up.** If payment is not received within the 30 days, you will be taken off the list.

A separate check for each trip should be payable to **South Coastal AARP Tour Committee** and sent to **South Coastal AARP Tour Committee, P.O. Box 662**, **Ocean View, DE. 19970**. Our Tour Committee continues to strive for more exciting, fun trips for all to enjoy.

Community Service - Kathy Lesperance

The Dental Program held at Philip Showell Elementary School was a great success. Dr. Cramer kept the 1st grader's interest throughout the program. Gail Partridge did a wonderful job of coordinating the event.

Please mark your calendars for **March 19.** We will be having a fundraiser for the **Home of the Brave** (male and female) at the **Clayton Theatre** in Dagsboro. Doors will open at **1:30 PM** The movie, **The King and I**, will start at **2:30 PM**. Tickets may be purchased (**$10**) in advance at the February luncheon.

Food Bank: We are still in need of food for the food pantry. These contributions of non-perishable items are needed to help many needy families in our area stretch their food dollars. Please check the dates and bring **unexpired** items to each chapter meeting.

Coupons for Military Families: Please bring your clipped, **unexpired** coupons (good for 90 days after expiration) to the chapter meeting. Be sure **not** to clip off the **bar code** and **expiration date**. Please

sort according to food and non-food items. Mary is also collecting cereal box top coupons.

Blood Bank: To make a Bloodmobile appointment, call **1-800-548-4009.** The bloodmobile will **not** be in Bethany Beach or Selbyville in March.

Scholarship - Shirley Price/Ione Phillips

The Artisans Fair, the committee's largest fundraiser, is set for **Saturday**, **May 28** from **9 AM** to **3 PM** at Lord Baltimore Elementary School. All exhibitor spaces are sold out. The 2016 planning committee is working on other plans for the event including the popular bake sale, auction, 50/50 and lunch on the grounds.

At the chapter March meeting we will be giving members the chance to sign up as volunteers to help with the event. **Please consider giving us a hand on show day. It's lots of fun!**

CHAPTER OFFERS TWO SCHOLARSHIPS FOR 2016 INDIAN RIVER HIGH SCHOOL SENIORS

Our chapter will award two $1500 scholarships to graduating Indian River High School seniors this spring. The scholarships will be presented at the school's annual Awards Night in May. This is the ninth year that the chapter has awarded scholarships to Indian River students.

A new optional challenges statement has been added for 2016 applicants. This addition gives applicants an opportunity to explain any circumstances that may have been a deterrent to their academic achievement or ability to participate in extracurricular, community or work activities or that may be a deterrent to their successful completion of a college degree. These challenges may include financial circumstances, physical or emotional handicaps, family circumstances, learning difficulties, cultural differences or other considerations.

The committee asked for Board approval of this new statement because of their wish to give consideration to students who have been faced with challenges. Applicants who do not submit this statement will not be penalized.

This will be added to the current application criteria which include: Academic record, Extracurricular, community and work activities and an Essay.
Members who know of students who may be eligible for the scholarship can let them know that applications are available in the Indian River High School guidance office. **The deadline for submission is Monday April 25.**

CHAPTER ACTIVITIES

AARP Sponsored Book Club

The book group will be meeting at the South Coastal Library on Thursday, March 3, at 10:30 AM to discuss "Hotel Florida - Truth, Love, and Death in the Spanish Civil War" by Amanda Vaill. This a story about a band of journalists, including Ernest Hemingway, who covered the upheaval of the war. All are welcome.

Bowling – Gary Meredith

After six weeks of the second half of the season, Sharon Tweedie's Alley Oop team has a two game lead over Shirley Thurston's Fab Five Team with a 21-3 record. Ray Sudina's 215 average is high for the men followed by Ed Thurston at 188 and Lee Hall at 186. Mary Lou Straugham is high for the women at 165 followed by Ann Hurley at 164 and Diane Braver at 160. The league will bowl through April at the Millsboro Lanes. For information about the league, please call **Gary Meredith** at **539-0532**.

Chorus - Ann Jaeger

We are off to a great start for our spring session. We are excited about our new members and we now have about five men, which improves the bass and tenor section. Welcome to the new members

of the chorus. We are always in need of more members.

For information call our director **Ann Jaeger** at **436-5173**.

Driver's Safety Classes--Gloria DeMartino

Refresher Classes are for those who have previously taken the Standard Driver's Safety Class. You must take the class every three years to continue to receive a discount on your auto liability insurance. The State is now mandating you cannot take the Refresher Class prior to 90 days expiration of your current certificate.

Refresher Classes are scheduled for: **Monday**, **March 14** from **9 AM** to **1 PM** and **Monday**, **April 4** from **10 AM** to **2 PM**. To register for any of these classes, call **Gloria** at (**302**) **934-9727.**

A Standard Class is for those who have never taken the class or it has been more than three years. The next Standard Class is **Monday**, **May 2** from **9 AM** to **3 PM**. To register, call **Gloria** at (**302**) **934-9727**.

Please note: **There will be no classes June, July or August.** All of the classes are held at South Coastal Library, Bethany Beach. The cost is $**15** for AARP members and **$20** for non-members. If you want to take this course online, go to AARPdriversafety.org. The cost is **$17.95** for AARP members and **$21.95** for non-members

Scrabble - Dottie McGovern

Our group is still active and would like to recruit new members. We meet from **1 PM** to **4 PM** at **Grotto's** on Route 26 in Bethany Beach on the **second** and **fourth Tuesday** of every month (Except July and August), We usually play three games.

All skill levels are welcome. If you are interested in joining our group, please call **Dottie McGovern** at **436-2335**. If I am not available, please leave a message and I will return your call.

Sunshine - Joan Wolf

If you know of anyone who needs a card, please contact **Joan Wolf** at **541-0513**.

No-Cost Income Tax Returns

Again this year, the AARP Tax-Aide program is offering free tax return assistance and preparation to taxpayers with low and moderate incomes, with special attention to those 50 years of age and older. Taxpayers do not need to be members of AARP to use this service. In the Bethany Beach area, the service is offered at St. Ann's Church, Route 26, Monday through Wednesday, with appointments scheduled from 9:00 AM through 1:00 PM. Call **302-858-3575** for an appointment.

For information about other Tax-Aide locations, call the toll-free number, 1-888-OUR-AARP **(1-888-687-2277**), or visit the Web site at http://www.aarp.org/applications/VMISLocator/searchTaxAideLocations.action.

DELAWARE HOSPICE FUND RAISER

If any Chapter 5226 members wish to support Delaware Hospice. (Delaware Hospice is one of the organizations the Tour Committee donated to in 2015) attend:

A BEEF & BREW

Friday, **March 11**, 2016 from **6:30 PM-10 PM**

Georgetown Cheer Center
Raffles, silent auction, dance to live music from
THE FUNSTERS
Admission: **$40** per a person ($50 after March 7 or at the door) ticketless event-names held at the door. For information contact **Peggy Dolby** at **302-746-4666** or pdolby@delawarehospice.org

Senior Winter Exercise

Senior citizens and the winter season do not often get along very well. However, this does not mean that seniors should only eat, sleep and just watch TV all throughout the winter season. There are actually a number of winter activities that are not only enjoyable but are also beneficial to the grandmas and grandpas out there.

Play Bingo or Scrabble- stimulates the mind
Use the Treadmill
Go Bowling
Video Games - boxing, tennis, dance games
Walk Up and Down the Stairs
Take a Class - make new friends

CHAPTER TRIPS

2016

March 9 **Philadelphia Flower Show and the Reading Market Terminal -** The theme this year is American National Parks. The show features large scale gardens, elaborate landscapes and over the top floral creations. Lunch and dinner on your own. **Price**: **$70 per person.**

April 5 **Murder Mystery Dinner** - "Cheers To Murder" at Cripple Creek Country Club. Doors open 12:45 PM. Show begins at 1:30 PM. Price includes show, dinner, and gratuities. Cash bar. **Price: $56** per person. **Waiting list only**.

April 13 **"Samson"** - Sight and Sound Theater in Lancaster**.** Dinner at the Shady Maple Restaurant. Price included bus, show, dinner, and gratuities. **Price: $117** per person. **Waiting list only**.

April 23-May 1 **Southern Flair Featuring Jekyll Island & Savannah, GA; Charleston & Myrtle Beach. SC -** Soak up Southern charm with this trip to some of its premier sites. Price includes round trip transportation, hotels, admission to all featured attractions, breakfast daily, 2 lunches, 5 dinners, taxes, gratuities and luggage handling. Go to **www.aarp5226.org** for detailed brochure, including full itinerary. Price: **$1,550 per person** based on double occupancy; **$2,210 per person** based on single occupancy. **Waiting list only**.

May 12 **Mystery Trip???** - Take a trip for pleasure without knowing where you are going. Arouse your curiosity. Enjoy the company of your fellow travelers. **Price**: $100 per person. **Waiting list only**.

May 23 **Philadelphia Zoo** - Admission to the zoo, transportation, bus driver, and tip. Dinner on your own at Buckleys Tavern. **Price: $62** per person

June 8-10 **Grand Canyon of PA** - 2 night 3 day trip. 2 breakfasts,1 lunch and 2 dinners, Paddle boat ride, tour Jim Thorpe, tour Highland Chocolate Factory, Four Friends vineyard & winery, Williamsport Historic Millionaires Row, and more. **Price $422** based on double occupancy. **$560** single occupancy. **Waiting list only**.

June 14 **Baseball Game** - Delmarva Shore birds vs. Kannapolis Intimidators. Trip includes entrance to game ,buffet dinner with BBQ chicken legs, grilled hamburgers, grilled hot dogs, baked. macaroni and cheese, watermelon, popcorn, water, tea and lemonade, and the bus driver tip. The tour committee will be picking up the cost of the bus**. Price $30** per person.

(Go to www.aarp5226.org for more details about the many trips offered.)

A three-payment plan is used for all overnight trips: 25% initial deposit; 25% 90 days from the trip; 50% 55 days from the trip
DISCLAIMER: These tours are a project of and are offered to the South Coastal Delaware Chapter #5226 of AARP. The chapter and any agent it may use in arranging these or any other tours are not responsible in whole or in part to the tour member for any loss, damage, or injury, whether financial or otherwise, to persons or property, however caused during or in connection with these or any other tours. These tours are activities conducted by South Coastal DE AARP #5226 and are in no way offered, sponsored, or conducted by AARP, which has no responsibility in connection with such tours**.**
Lee Shoff, **President**
Trip Reservations: To make a reservation for any trip, contact **Jim or Maria Harding, (302) 537-5206**. (**jameshrdg@yahoo.com**) Make checks payable to: **South Coastal AARP Tour Committee** and send to **South Coastal AARP Tour Committee, P.O. Box 662**, **Ocean View, DE. 19970**.
Please submit a check for each trip you sign up for. Note on the check what trip the check is to be applied to. We can no longer accept one check for multiple trips.

Trip Rules

- Payment is preferred at time of registration and must be made no later than 30 days after registration.
- Reservations made within 30 days of a scheduled trip must be paid at time of registration.
- No refunds for payments can be given unless a substitution can be made. If a trip is cancelled by the Tour Committee, full refunds will be provided to all paid participants.
- To cancel a trip 48 hours or less before departure, contact the tour escort for that trip.
- No alcoholic beverages are allowed on buses during chapter-sponsored trips.
- .**Price subject to change:** If the price of diesel fuel increases by more than 20% between the date of the contract with Bus Company and the date of the charter, the Tour Committee may charge a fuel surcharge to participants.

Please remember our policy regarding payment for trips. If you sign up for a trip, you have **30 days** to pay from the date you **signed up.** If payment is not received within the 30 days, you will be taken off the list.

MARCH 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Community Service Meeting 10:30 a.m. South Coastal Library Legislative Committee - 1 p.m. South Coastal Library	2	3 AARP Book Club South Coastal Library - 10:30 a.m. - Noon	4	5
6	7 Tour Committee 10:30 a.m. South Coastal Library Bowling 2 p.m. - Millsboro Lanes	8 AARP Board Meeting 10 a.m. South Coastal Library Scrabble 1 p.m. - 4 p.m. Grotto's on Route 26	9 Philadelphia Flower Show Trip Crafts - 10 a.m. Clearwater Village Club House Chorus Practice South Coastal Library 10 a.m.	10 Deadline Luncheon Reservations/ Cancellations 12 noon	11	1
13 Daylight Savings Starts Turn the Clock Ahead	14 Driver's Refresher Class 9 a.m. - 1 p.m. South Coastal Library Bowling 2 p.m. - Millsboro Lanes	15 Luncheon - 12 noon Meeting 1 p.m. Cripple Creek Country Club	16 Chorus Practice South Coastal Library 10 a.m.	17 	18	19 Home of the Brave Fund Raiser Clayton Theater Dagsboro 1:30 p.m.
20	21 Bowling 2 p.m. - Millsboro Lanes	22 Scrabble 1 p.m. - 4 p.m. Grotto's on Route 26	23 Chorus Practice South Coastal Library 10 a.m.	24	2	26
27 	28 Bowling 2 p.m. - Millsboro Lanes	29	30	31		

South Coastal Delaware Chapter #5226

Of AARP, Inc.

P.O. Box 225

Ocean View, DE 19970

NONPROFIT ORG.

US POSTAGE PAID

PERMIT NO. #49

Rehoboth Beach, DE 19971

POSTMASTER: Address Service Requested

NEWSLETTER

AARP Chapter 5226 Hosts a

"SATURDAY MATINEE & FUNDRAISER"

The Clayton Theatre

March 19, 2016

2:30 PM

(Doors Open & Raffles Begin at 1:30pm)

ADMISSION: $10.00

FUNDRAISER INCLUDES:

- 50/50 & Door Prize Raffles
- Screening of *THE KING & I* (1956)

Proceeds to Benefit the HOME OF THE BRAVE FOUNDATION

Milford, Delaware

ADMIT ONE

TICKET #_____