

April – May 2021

Reminders and some new information !

AARP will continue to hold off on
In-person meetings still
till Further Notice

**Well... we hope to have approval for
a September 17th Meeting!** With
Vaccinations becoming more
available, we hope you have
received yours. If you need
information about how to sign up for
your COVID – 19 vaccine, please call
Rhonda Comstock 208-310-9741.



AARP Preamble

We have earned a reputation for objectivity, balance and non-partisanship. AARP must maintain a non-partisan stance with respect to candidates, current government officials, political parties and public events.

AARP Policy

The AARP Board of Directors, the National Policy Council, other volunteer leaders and designated staff shall not take part in any public political or partisan activity that may be construed as AARP's endorsement of political parties, government officials, or candidates for any federal, state, or major municipal office.



FINAL Informational Session

**Wednesday
May 5th 11 a.m. PT**

Since March, **Idaho Governor Brad Little**, health officials, financial experts, legal experts and **AARP** Idaho have participated in statewide telephone town halls to provide updated information and answer questions regarding the ongoing coronavirus situation in Idaho.

During the Legislative Session w/Gov. Little & others

The Final Phone Conference is scheduled for

Wed, May 5, at 11:00 a.m. - - To participate

Call 1-888-475-4499 or 877-853-5257 toll free

Meeting ID is 955 6050 1323, Passcode: 247925

OR Zoom <https://aarp->

[org.zoom.us/j/95560501323?pwd=VTYxNG1EWnRydUhpUII1aUE5L2ZlQT09](https://aarp-)

This is an interactive forum and participants are encouraged to call and speak directly with the Governor. Tens of thousands of Idahoans have joined these calls over the past month. Questions may also be submitted ahead of time via email at aarpid@aarp.org.

This important call is available for anyone regardless if they are an AARP member or not streaming live at www.facebook.com/aarpidaho

Please Mail In Your Dues \$10

send to

AARP Chapter 678

P. O. Box 9212 Moscow Idaho 83843

Latah AARP President's Memo to Members

To All Members. The Chinese curse - - *May You Live In Interesting Times* has certainly been fulfilled in our 2020-21 Latah AARP year. Do hope you are receiving and reading your AARP Magazine and Bulletin. The following are some items I feel You as a Member might find of use and/or interest. Please forgive the brevity of each item - - email me if you need more information or wish to comment.

First, based on National AARP rules, there will be no in-person meetings, activities or events till After September 1. That '*deadline*' May be extended depending on future developments.

Second, Thank You, Judy R. for scheduling our September 17, October 15, and December 10 Member meetings. Please put the dates on your calendars. Our September meeting is uncertain for a program at this time. Our October meeting is planned to be a City Council Candidate Forum - - Moscow will also elect a mayor this year. December is anticipated to be our '*Holiday Celebration*' and Officer election. If the Board so decides, we May add a November 19 meeting as we '*missed*' Jan, March, April & May.

Third, Thank You to All the Board Members and Officers who have chosen to continue in office as we had No December or January Election. We do need 2-4 more Board Members and a Vice President. IF you are interested in serving (or know someone who would be a good choice), please contact President Louise Regelin or Secretary Carolyn Strong. We would love to have you on the Board.

Fourth, Your Board has Not had an '*in person*' meeting, but has been communicating via Memos, emails, and phone calls. Any item you wish to discuss or bring to our attention, please contact President Louise or any other Board Member listed elsewhere in the Newsletter.

Fifth, Thank you to Joy Lunsford who has volunteered to work with Calling Tree Chair Judy Reisenauer to handle our Latah AARP Calling Tree and will '*take over*' that role in 2022.

Sixth, Our Chapter Vice President and Newsletter Editor Rhonda Comstock has been selected for the Idaho AARP Executive Council. Congratulations, Rhonda. See article in this newsletter for more information.

Seventh, Idaho AARP has been hosting bi-weekly Telephone Conferences with Gov. Little & selected State Officials since January. Thank you, Lupe, (Idaho AARP CEO) for making this happen. Our last one will be held May 5 – If you wish to participate see information elsewhere in this Newsletter.

Eighth, Your Board has taken action to both '*reinstate*' our Corporate existence with the Idaho Secretary of State and pay our annual Liability Insurance bill. The premium was down significantly this year due to Not having meetings or events. We assume it will

increase next year. These are both ‘*normal*’ activities and do Not need a public meeting and vote. In addition, our annual Chamber of Commerce dues will be due later this year. That bill will be circulated to the Board via Memo, but will be paid as another ‘*normal*’ operating expense.

Ninth, Have You Had Your Vaccination Yet? If Not, Please Call and Schedule it Today! ! This is something each of us can do to protect All of Us. I’m not overly fond of facts, but approximately 90% of the COVID-19 deaths have been over 50. Get the message?

Tenth (last?), We still have some copies of the *Caregivers Resource Guide* produced by Idaho AARP last Fall. IF you, or someone you know, would like one, please contact me and we can make arrangements. We have 5-10 copies left and would like to put them in people’s hands.

Lastly, as a retired teacher, I would like to give each of you a ‘*homework assignment*’. Please - - Take a walk - - get outside, breathe fresh air. If you already walk, Walk farther & faster. Turn Off Your TV - - yes it is company, but it does Not stimulate your Body or your Brain. Do something different - - Learn something new - - Read a book - - it’s Soooo good for you. I wish to end with a quote from one of my favorites: **Dame Judi Dench:** *In my mind’s eye, I’m Six Feet Tall and willowy and about 39.* I can relate to that thought and hope you can, too. Thank you for reading. Have a good day/week/month.

LOUISE Regelin
Latah AARP President



Snoring

Why It Happens: When you sleep, air that flows by the floppy tissues and relaxed muscles at the back of your throat creates a vibrating effect that can produce snorting or rattling sounds. The aging process and alcohol use can amplify this effect, as they cause tissues to become even more lax, explains

Clete Kushida, M.D., division chief and medical director of the Stanford University Sleep Medicine Center. Plus, since people often [gain weight](#) as they get older, they're more likely to become noisy sleepers. “This may be because if you end up with extra fat tissue around the upper airway in the neck, that can make the airway smaller and more likely to collapse while you sleep,” Kushida explains. Allergies or changes in nasal function, perhaps due to developing a deviated septum (the septum separates the nasal passages), also can cause you to breathe through your mouth more while you sleep, which can [trigger snoring](#).

Cause for Concern: Occasional snoring isn't anything to worry about. But regular snoring has been linked with elevated blood pressure, and it's a symptom of obstructive sleep apnea — a potentially serious disorder in which breathing repeatedly stops then restarts during sleep — Kushida explains. Also, if you're always exhausted despite spending enough time in bed, or if your partner notices that you sometimes stop breathing, gag or make choking sounds when you snore, see a sleep specialist or an otolaryngologist. If left untreated, sleep apnea can increase your risk of high blood pressure, heart disease and stroke. (AARP Website)

Our May Meeting has usually been with our Dist. 5 Legislators

They are asked to Report on the Legislative Session - - Followed by a Question & Answer session. It has been an unusual Session for Them & Us.

We canNot meet '*in person*' - - So we will devote a '*newsletter*' to them
We will ask our '*priority*' 4-8 questions and ask for written responses to those issues.

What might your (our) '*concerns*' be?

Education Funding? Infrastructure? Homeowner's Exemption? Hemp?
Tax Cuts - - Yes or No? Governor's Authority?

Please email your questions to President Louise Regelin at
regelinl@genesee-id.com by May 25th

Louise will consolidate the questions so they will not be repetitive.



Do You Know Your Stroke Risk Factors?

Think about it? Most strokes occur in people over 65. Make a check of Yourself And Your Family. Here Are Some Things to Consider:

Risk factors for Stroke are similar to those for Heart Disease. If You (or someone you care about) already has heart issues, do a second evaluation for issues related to their/your potential for Stroke.

Risk factors come in two categories: The First Category, You can Not change - - they are **Uncontrollable**. These factors include Your Age, Your Family History, and Your Genetics. However, the Second Category is comprised of **Controllable** Factors You **Can** Change. These factors include: High blood pressure, diabetes, high cholesterol, smoking, sedentary life style, obesity, poor diet, and even a little overweight.

What can you do to reduce, moderate, or eliminate those Controllable Risk Factors? Think About It? It does Not take a Major Effort to change your sedentary life style - - Get Out of That Chair. Stop watching so much TV. Even if You Do Watch TV, stand up frequently, go to the kitchen for a drink of water. Move - - it's not that difficult. Nothing to say about Smoking - - We All Know How Dangerous to Your Health it

is. However, there Are programs to Help you Quit - - try one. High blood pressure, diabetes, and high cholesterol - - please consult your doctor. There are drugs and other therapies to help.

Poor diet - - You control What and How Much You Eat. In most case, **three** easy changes are: **Eat** More Fruit & Vegetables - - raw if you can.

Reduce Your Intake of Sweets & Salts! ! Substitute an apple for those potato chips OR low-calorie plain yogurt for that dish of ice cream with a cookie.

It's also wise to increase your **hydration**. In other words, drink more! ! Plain water is the best choice, but try fruit juice, herb tea or milk (low fat?). Many seniors suffer from dehydration because they don't like going to the toilet so frequently. However, it's better for you to use the toilet than to have other health issues.

And, **please** discuss your general health (as well as specific medical issues) during your annual **Wellness Exam** with your Doctor. Make that appointment AND take along a 'list' so you have both questions and information to discuss with him or her. If you live in a 'senior facility', they likely have some sort of 'health professional' in house or on call to answer your questions and deal with your concerns. It's Much better to 'raise an issue' early and it Not be serious, rather than wait for that 'stroke' to strike.

(Submitted but not written by Louise Regelin .. Thank you!)

Election of Chapter Officers and Board Members

Efforts to conduct an electronic election are not realistic therefore most current board members & officers have agreed to continue to serve into 2021.

According to bylaws, elections must be held after notice and at an '*in person*' Member Meeting. Current officers & board will serve until there is a meeting.

Also, we do need some additional Board Members.

If anyone is interested in serving in any capacity, or, wishes to nominate someone, please contact either or both Secretary Carolyn Strong (cstrongsta@yahoo.com) or President Louise Regelin (regelinl@genesee-id.com) at 208-882-2789.

Just the Facts: Family Caregiving

Who are family caregivers?

1. More than 42 million family caregivers each year provide care for aging parents, spouses, aunts, uncles, friends, or other loved ones, helping them live independently at home, where they want to be.ⁱ
2. Today, caregiving affects the whole family. Men are now almost as likely to say they are family caregivers as women are (37% of men; 40% of women). And even 36% of younger Americans between ages 18 and 29 say they are family caregivers.ⁱⁱ
3. ***The average family caregiver is a 49-year-old female taking care of her mother for nearly 20 hours per week.***ⁱⁱⁱ
4. There are 5.5 million military caregivers in the U.S. Of these, 19.6 percent are caring for someone who served in the military post-9/11.^{iv}
5. Hispanic caregivers are an average of 43 years old and are significantly younger than White and African-American caregivers.^v
6. African-American caregivers are significantly older (48 years old), on average, than Hispanic caregivers.^{vi}
7. Twenty percent of Americans with a high school education or less fulfill a caregiver role versus 15% of college graduates and 16% of postgraduates.^{vii}
8. When family caregivers are not able to provide all the assistance their loved ones require, direct care workers often fill that gap, providing between 70 and 80 percent of paid long-term personal assistance.^{viii}

We have several of the **Idaho Resource Handbooks** available. **Idaho AARP** produced them some months ago. Without meetings, they have Not been distributed. Please let Louise know if you need some or have any ideas as to where they might be useful. Idaho AARP will be updating end of 2021 or in 2022.



(Submitted by Tom Trail .. thank you!)



Social Security has remained strong over its 85-year history largely because of its dedicated funding, vigorous support from the American people and the commitment of elected officials to work together in order to make the changes needed to secure its financial future.

Currently, 45 million retired workers and 3.1 million dependents receive Social Security benefits, which represent the largest source of income for most beneficiaries. One out of every 4 households rely on Social Security for 90 percent or more of their income. Social Security also covers about 6 million survivors of deceased workers and 10 million employees with disabilities and their dependents. Social Security monthly benefits average about \$1,500 for retired workers and \$1,258 for those with disabilities.

Challenges ahead

According to the most recent Social Security Trustees report, Social Security is projected to be able to pay full benefits for just over 15 years — until 2035. At that point, while projected to run a funding shortfall, the program will still be able to pay 79 percent of its current benefits. Congress and the White House need to take action to ensure full benefits can continue to be paid after 2035

Rhonda Comstock of Moscow has been appointed to serve on the AARP Idaho Executive Council.

The AARP Executive Council is a “diverse group of professionals who volunteer to provide strategic advice and counsel with the goal of advancing AARP’s social mission in the Gem State.”



Comstock is a retired registered nurse with more than 40 year of experience. In addition to her nursing career, Comstock has served as Moscow Chamber of Commerce president and on its board of directors and numerous other community and nonprofit boards. She is a member of the Idaho Medical Reserve Corp and is Vice President and newsletter creator for the Latah County AARP chapter.

Rhonda, who is married to former Moscow Mayor Marshall Comstock, joins returning executive council members Bessie Katsilometes, of Meridian, Tom Trail, of Moscow, Tom Ressler, of Mountain Home, Marjean Waford, of Pocatello, Corrine Fisher, of Nampa, and Barbara Blasch, of Boise.

Linda Pike served on the Executive Council some years ago. Idaho has Only 2 or 3 Active AARP Chapters. **Moscow** is the only AARP Chapter North of Boise. Boise does not have one- - neither do Nampa or Caldwell.



Friends,

I went for a walk without a mask today.

I say again to you: *I went for a walk without a mask today.*

And it was ... so weird. And anxiety-inducing! And I felt a little bit guilt-ridden!

Even though [the CDC has now sanctioned some mask-free settings for fully vaccinated people](#), we've been living in this socially-distant, masked up norm for so long that the fully vaccinated lower half of my face immediately wanted to retreat back to the safety of its cozy cloth home; I had to resist the urge to shout at every passerby: "I got the shot! The CDC said it's safe now, I'll send you the link!"

Because possibly the only thing stranger than pandemic life, friends, is the first step you take away from it. So how do we cope, facing this new one-foot-in, one-foot-out reality?

Joy Ho for NPR

Wherever you are in your pandemic processing, know that your feelings are valid — and that just about everybody's mixed up about it: whether it's [post-quarantine socializing](#), [vaccine pain points](#), the dissonance you might feel finally unmasking while COVID-19 [takes such a heavy toll in India](#), or the struggle to combat numbness when confronted with a tragedy of this scope — [this comic](#) explains why our brains get desensitized and outlines concrete steps to deal with that feeling.

Remember, knowledge is power.



If you're not yet vaccinated: you can [track how vaccination campaigns are going in your state](#), or use the [CDC's website](#) to find a vaccination center near you.

If you are fully vaccinated: (fully meaning it's been at least two weeks since you received your complete vaccination dosage), [NPR spoke with infectious disease experts about what's safe and what's not](#). While we still need to proceed with caution, the great news is: **hugs are officially [back on the table](#)!**

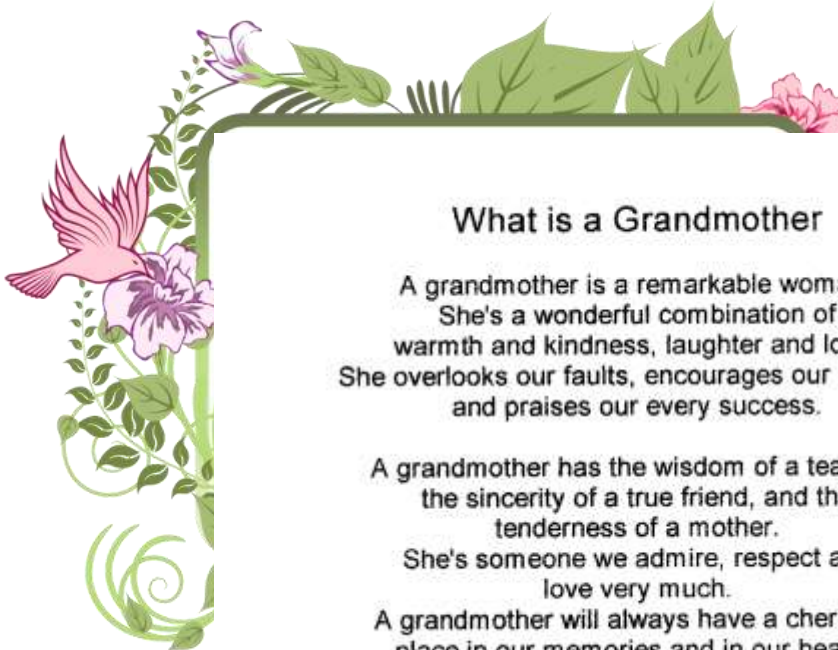
Other hopeful headlines? Vaccinations gave the economy [a big boost](#), and scientists are working to [develop blood tests that will determine how long COVID-19 vaccines will protect you](#). That's forward motion, friends!

But, if you're not quite ready to look on the sunny side of the street just yet: we get that. Take the time and space you need to take good care of you — if you need help with [that time](#), or [that space](#), we've got you covered. ;)

—Andee Tagle, *Life Kit* producer (submitted by Carrie Bitterwolf — thank you!)



As I look back on my life
I find myself wondering...
Did I remember to thank you
for all that you have done for me?
For all of the times you were by my side
to help me celebrate my successes
and accept my defeats?
Or for teaching me the value of hard work,
good judgement, courage, and honesty?
I wonder if I've ever thanked you
for the simple things...
The laughter, smiles, and quiet times we've shared?
If I have forgotten to express my gratitude
For any of these things,
I am thanking you now...
and I am hoping that you've known all along,
how very much you are loved and appreciated.



What is a Grandmother

A grandmother is a remarkable woman.
She's a wonderful combination of
warmth and kindness, laughter and love.
She overlooks our faults, encourages our dreams,
and praises our every success.

A grandmother has the wisdom of a teacher,
the sincerity of a true friend, and the
tenderness of a mother.
She's someone we admire, respect and
love very much.

A grandmother will always have a cherished
place in our memories and in our hearts.
She's someone for whom we want every happiness
in return for the joy she always brings.

A grandmother is all the dear and precious
things in life...
When she's a grandmother like you.

Latah County AARP Chapter 2021-2022 Board of Directors

Officers:

President Louise Regelin (208-882-2789)
Vice President - open
Vice President / Newsletter Rhonda Comstock
Secretary Carolyn Strong
Treasurer Corrine Lyle
Past President Dan Bosse

Board of Directors:

Tom Trail	Joy Lunsford	Carol Bennett
Jane Pritchett	Nancy Lyle	Carrie Bitterwolf
Janie Nirk	Corrine Lyle	
Louise Avery	Judy Reisenauer	

Interested in Serving Your Local AARP Chapter?

Your Latah AARP Chapter is looking for people who are interested in serving on the Chapter Board or as Officers.

If you are interested in serving or wish to nominate someone, please contact President Louise at 208-882-2789 or by email at regelinl@genesee-id.com

Newsletter submissions:

If you have newsletter information you feel our local AARP Chapter members would be interested in, please email it to Rhonda Comstock at comstock@moscow.com .

Submissions are chosen based on the content desired for the Newsletter space available and appropriateness of the membership for the current month. Not all submissions can be used.