

AARP THE NEWSLETTER

WEST ESSEX 131

September 2015

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FROM THE PRESIDENT...

I hope you all are enjoying your summer which is coming to a close. One of my highlights was becoming a grandparent again. Our oldest son and his wife had a beautiful little girl in July. Nate and I spent several weeks with them.

A special thanks to Penny Corum and the Montclair Drifters for recognizing the community volunteer workers in our chapter and sponsoring an ice cream and fruit social at our June membership meeting. We look forward to partnering with them again. Pat Demming designed the certificates that were given.

At the June meeting, Doris Nicholson, former secretary and Hazetta Bagby, former board member and hospitality committee member were honored for their years of service to Chapter 131.

Thanks to Chapter 131 members: Nathaniel Johnson, Pat Demming, Lillian Johnson, Joanne Stivale, Betty Meeks Manning, Darryl Smith, Loria Smith, Jean Jimenez, Esther Gavin, Jeanette Oliver, Betty Cunningham, Sharron Allen, and Gail Johnson for tabling at Montclair African-American Parade and Festival on June 6th.

We had a retreat for Chapter 131 officers, board members, and chairpersons in late June at the home of our host Penny and Calvin Corum. We all chipped in so nothing came out of our treasury. Rosalie Bey, Jim Morello, Joanne Stivale, Stanley White, Alice Hobbs, Joan Odom, Sharron Allen, Lillian Johnson, Mary Ellen DeBose, Pat Demming, Betty Meeks Manning, Sharron Allen, and Gail Johnson were there. We discussed: the need to update our by-laws, the Chapter newsletter, newsletter ads, and programs.

Penny Corum announced that she will be resigning as Vice-President due to her many personal and social obligations. She will continue to do our Driver's Safety Program. A special thanks goes out to her.

A health fair and mini table flea market is being planned for the October 5th meeting. Members are asked to donate new and gently used table items.

Please sharpen your computer skills. Because of rising costs, after January 2016 we will no longer be mailing out newsletters, etc. All correspondence will be through email. We are again providing computer classes.

Our next Chapter 131 meeting will be TUESDAY, September 8th. Our speaker will be Junius Williams, Esq. noted author, lawyer and activist. He is presently a teacher of Leadership and Community Organization at Rutgers.

AARP State Upcoming Events:

Day of Service, September 11th. At the Hillside Food Bank. Volunteers are needed (standing work only).

Volunteers are needed for advocacy work around caregiving. The meeting will be held September 23th in Newark. Call Lillian Johnson or Jim Morello: (973) 707-3037 (leave a message).

Gail Johnson
President

HOT, HOT, HOT SUMMER

HOT TEMPERATURES, HOT CONGRESS AND HOT LEGISLATION.

By Joanne Stivale

After many efforts to repeal the Affordable Care Act, this Summer the Supreme Court handed down an important decision on one of the contested provisions. This decisively mandated that the ACA was the ?law of the land?. There was great joy among the 11 million plus beneficiaries of the law for continuing health coverage for current and future generations.

Celebrations for "MEDICARE TURNED 50" on July 30 and "SOCAL SECURITY HAD A 80TH BIRTHDAY" on August 14. There were more than 40 events in July for Medicare and 30 for Social Security. The push was on when 226,000 signatures were delivered by Alliance for Retired Americans to the Executive Director of the White House Conference on Aging, urging the expansion of Social Security benefits. In addition Congress was urged not to use Social Security Benefits to pay for infrastructure. The focus was to have the wealthy pay their fair share of taxes to be allocated to highway repair.

As a further note extremist politicians and Wall Street CEO continued to try to manufacture crises and false claims that these systems, Medicare and Social Security, were in danger. This was a cynical attempt to build support for unwanted changes to our earned benefits. Two congressional representatives introduced H.R. 3150 "One Social Security" bill which combines the two trust funds and prevents Congress from pitting retirees against disabled workers in an attempt to cut Social

Security. Congress' inaction this year could result in up to a 20% benefit cuts for retirees, disabled workers and children of veterans.

The U.S. Senate passed S. 192, the Older Americans Act (OAA) Reauthorization of 2015. This legislation provides for essential services for nearly 12 million seniors, such as nutrition programs, job training, caregiver support, transportation and protection from abuse and financial exploitation. President Lyndon Johnson signed the original Older Americans Act into law in July 1965.

The FAIR HOUSING ACT- Recent decisions from the Supreme Court and the Department of Housing and Urban Development took aim a residential segregation. In June a 5-4 Supreme Court

majority upheld a central tool of the 1968 Fair Housing Act ?disparate impact?. This decision allows the government to file claims to end racial disparities in housing access, even if they aren't linked to outright discrimination.

More important are new rules from HUD meant to implement a long neglected part of the Fair Housing Act. According to this law, the federal government is required to "affirmatively" further fair housing. If a community is heavily segregated, then it has to reduce that segregation to qualify for federal funds.

On a local level, Essex County has received Community Development Block Grants from the Federal Government thru the Division of Housing and Community Development. This Program provides Deferred Loans to low and moderate income homeowners who occupy 1 to 3 family homes. Montclair is one of the towns eligible for this assistance through this program. The type of eligible improvements include: heating systems, roofing, plumbing, electrical and code violation abatement.

On July 28, An informative seminar was held at the Montclair Municipal Building attended by many Montclair citizens and homeowners. Mr. Elvin Pereira, presented an in depth explanation of the program and then fielded questions and provided answers.

For those interested and for more information, please contact Mr. Elvin Pereira at 973-655-0200 Ext. 316.

CRIMINAL JUSTICE REFORM became front and center for the Nation in light of the many incarcerations for minor drug offenses. 89 persons were granted amnesty by the President to focus attention on citizens being incarcerated sometimes for many years for minor drug offenses.

The GUN CONTROL controversy heated up again because of several national tragic incidents involving citizens deaths by guns.

New Jersey Working Families organization just introduced anti-wage-theft laws in New Jersey's two largest cities. Although New Jersey citizens voted to raise the minimum wage, it appears wages are being stolen by employers shady practices such as; tip violations, not paying for overtime, shortening of hours, delayed or mismanagement of wages.

According to Richard Trunka, National AFL-CIO President, It's theft and it can even be more than that because sometimes cheating workers out of wages is a business model or a business strategy. This month New Jersey Working Families teamed up with low-wage workers, community and local elected officials to advance anti-wage-theft laws in Jersey City and Newark.

As a final note on summers hot topics, New York State Office for the Aging, discovered a deceitful campaign that lures seniors into sharing their personal information in return for the promise of thousands of dollars in coupons. THIS IS A SCAM. Be wary of unknown robot calls. Don't be taken in by false promises and DO NOT EVER SHARE YOUR PERSONAL INFORMATION OVER THE PHONE OR ON THE INTERNET. DO NOT SEND MONEY TO SOMEONE YOU DO NOT KNOW.

SO, HOW WAS YOUR SUMMER! HOPE IT WAS AS INTERESTING AS THE SUMMER OF 2015

SOMETHING NEW

By Joanne Stivale

Did you know? Montclair Adult School is now associated with the Montclair Public Library.

Many of the classes are free to Montclair residents.

Classes range from Computer Technology to Crafts.

Personal Finance, lectures and seminars on current events and exciting trips.

Classes are held at the Montclair Public Library and at various destinations in Montclair.

I have taken many classes from languages to the most recent the computer program "PowerPoint" and a class on Retirement Finances.

Keep your brain sharp by learning and opening new horizons.

Be sure to check out the Fall Itinerary coming soon and can be accessed on line or at the Montclair Public Library.

COMPUTER CLASSES

COMPUTER CLASSES:

AARP CHAPTER 131 will offer two new computer classes starting in October 2015

Classes are free and will be held at the Montclair Public Library on Tuesday and Thursday on
BASIC WINDOWS AND BASIC INTERNET/EMAIL

Dates and times will be announced at the September meeting

If you are interested in registering for a class please see Pat Demming at the September meeting.

REMINDER!

REMEMBER: BRING SCHOOL SUPPLIES TO
OUR SEPTEMBER 8 MEETING!

New Members: As of June 6, 2015

Selia A Fillmore, Orange, NJ

Mary Wheeler, Montclair, NJ Lorene Mary Sewell, Belleville, NJ

September 2015 Birthdays

Sept 1

Mary H. Cole
Norma D. Small

Sept 17

Mamie McDaniel
Norma Davis



Sept 3

Jean Ellington

Sept 18

Jeffrey Gaines
Eugenia King
Lillian Portuguese

Sept 28

Shirley MClinton-Watson

Sept 6

Ireta Gollop
Georganne C. Lee

Sept 19

Armelia Adams
Ruth Ennis
Cheryl Iton

Sept 29

Lorraine J. Debnau

Sept 7

Gloria Chang

Sept 21

Barbara Crowley

Sept 30

Kathryn Curry
Virginia Perkins

Sept 10

Ruth H. Gardner
Patricia McGhee
Gwendolyn Thomas

Sept 22

Nolley

Sept 23

Dorothy S. Strickland

Sept 11

George Baldwin

Sept 24

Ceceila Crowley
Betty C. Cobb
Patricia Demming
Janet Jewelle

Sept 13

Edwin Ball

Sept 15

Patricia Prizzi

Sept 25

Carrie B. Alston

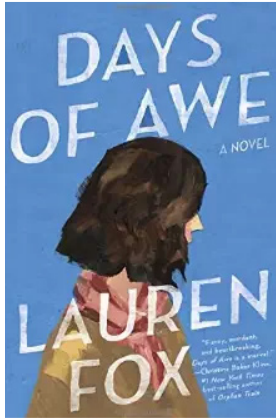
Sept 16

Marjorie Kay
Betty Meeks-Manning
Carolyn Gail Tyson

Sept 26

Jo-Anne Beckett

BEST BOOKS OF AUGUST



“Days of Awe” by Lauren Fox

Celebrated for her irresistibly witty, strikingly intelligent examinations of friendship and marriage, Lauren Fox (“An immensely gifted writer—a writer adept at capturing the sad-funny mess that happens to be one woman’s life” —Michiko Kakutani, *The New York Times*) has written her most powerful novel to date. *Days of Awe* is the story of a woman who, in the wake of her best friend’s sudden death, must face the crisis in her marriage, the fury of her almost-teenage daughter, and the possibility of opening her cantankerous heart to someone new.

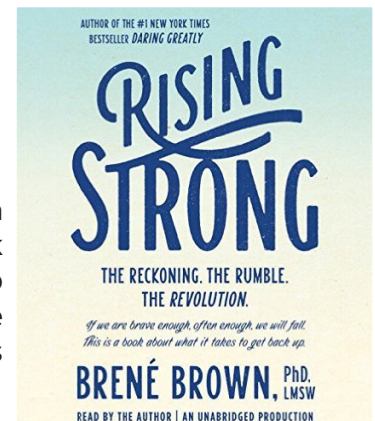
Only a year ago Isabel Moore was married, was the object of adoration for her ten-year-old daughter, and thought she knew everything about her wild, extravagant, beloved best friend, Josie. But in that one short year her husband moved out and rented his own apartment; her daughter grew into a moody insomniac; and Josie—impulsive, funny, secretive Josie—was killed behind the wheel in a single-car accident. As the relationships that long defined Isabel—wife, mother, daughter, best friend—change before her eyes, Isabel must try to understand who she really is.

Teeming with longing, grief, and occasional moments of wild, unexpected joy, *Days of Awe* is a daring, dazzling book—a luminous exploration of marriage, motherhood, and the often surprising shape of new love.

“Rising Strong” by Brené Brown

When we deny our stories, they define us.
When we own our stories, we get to write the ending.

Social scientist Brené Brown has ignited a global conversation on courage, vulnerability, shame, and worthiness. Her pioneering work uncovered a profound truth: Vulnerability—the willingness to show up and be seen with no guarantee of outcome—is the only path to more love, belonging, creativity, and joy. But living a brave life is not always easy: We are, inevitably, going to stumble and fall.



It is the rise from falling that Brown takes as her subject in *Rising Strong*. As a grounded theory researcher, Brown has listened as a range of people—from leaders in Fortune 500 companies and the military to artists, couples in long-term relationships, teachers, and parents—shared their stories of being brave, falling, and getting back up. She asked herself, What do these people with strong and loving relationships, leaders nurturing creativity, artists pushing innovation, and clergy walking with people through faith and mystery have in common? The answer was clear: They recognize the power of emotion and they’re not afraid to lean in to discomfort.

Walking into our stories of hurt can feel dangerous. But the process of regaining our footing in the midst of struggle is where our courage is tested and our values are forged. Our stories of struggle can be big ones, like the loss of a job or the end of a relationship, or smaller ones, like a conflict with a friend or colleague. Regardless of magnitude or circumstance, the rising strong process is the same: We reckon with our emotions and get curious about what we’re feeling; we rumble with our stories until we get to a place of truth; and we live this process, every day, until it becomes a practice and creates nothing short of a revolution in our lives. Rising strong after a fall is how we cultivate wholeheartedness. It’s the process, Brown writes, that teaches us the most about who we are.

REMINDER!

If you have not paid your Chapter dues for 2015 contact Patricia Demming, Membership Chairperson.

REMINDER!

Please remember to bring can food donations to our monthly meeting for the Human Needs Pantry!

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AARP MEMBERSHIP IN THE WEST ESSEX CHAPTER 131

To join a local chapter you must belong to the NATIONAL AARP. Membership dues in Local Chapter 131 are \$13.00 per person per year. Dues are for the calendar year January - December 2015. Please make check payable to: WEST ESSEX CHAPTER 131 AARP and mail to:

AARP
60 South Fullerton Ave
Montclair, NJ 07042
Attention: Patricia Demming, Membership

Or bring to the AARP monthly meeting.

RENEWAL

NEW MEMBERSHIP

CASH

CHECK # _____

NAME: _____ NATIONAL # _____

ADDRESS: _____ TOWN: _____ ZIP: _____

BIRTHDAY (Optional): _____ PHONE #: _____

CELL # _____ EMAIL: _____

DATE: _____



NAME: _____ Contact #: _____

E-Mail Address: _____

Please check the following committees/activities on which you are willing to serve:

Volunteer (Community Service)	_____	Health	_____
Membership	_____	Program	_____
Advertisement	_____	Nominating	_____
Hospitality	_____	Newsletter	_____
Bus Trips	_____	Literature	_____
Legislation	_____	Education	_____
Public Relations	_____	Other	_____

RE M I N D E R !

DON'T FORGET YOUR 2015 CHAPTER DUES

Published for the members of:

**West Essex
Chapter 131 AARP**

By Thomas Reynolds
TReynolds@GreenStoriesLLC.com

SAVE THE DATE!

- **SEPTEMBER 8** - Executive Board Meeting - United Way Building - 10:00 am
- **September 8** - Membership Meeting - United Way Building - 12:30 pm.
- **September 8** - Caregivers Coalition Meeting - Verona Community Center - 9:30 am
This is a United Way effort that our chapter supports. The meetings are held the second Tuesday of the month.
- **October 5** - Executive Board Meeting - United Way Building - 10:00 am
- **October 5** - Membership Meeting - United Way Building - 12:30 pm.

AARP “The Power to Make it Better”

Vol. 2, No. 7, 2015 Circulation Manager, Stanley White

AARP Chapter West Essex 131

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