SALUTING OUR MADAME SECRETARY! By Ken Larsen

Joan Van Galder is the present Recording Secretary for the monthly Chapter Board meetings and is doing a commendable job with the accuracy of her reporting. Joan and Rodney were married for 38 years prior to his death in 2011. They had a daughter, Shelley, and son, Bradley, plus three grandchildren. Joan serves as Head Deaconess of Elmira Seventh Day Adventist Church and has done so for many years.

Now that Joan has time to devote herself to volunteering, she is relishing the opportunity and has become fully involved. She is an active participant at Christian Faith Fellowship Church helping with the youth and their Vacation Bible School program. She volunteers every Tuesday at the Grace Episcopal Church working on the once monthly rummage sale, the proceeds of which are used for community services including the Grace Music Program. Joan volunteers at Woodbrook helping with the in house Bingo games and assisting the players who are not able to play independently.

This enthusiastically involved lady devotes much time to volunteering at the food pantry at the Pennsylvania Avenue United Methodist Church, which is a major food source in the area. She volunteers with AARP Chapter 276 at the Food Bank of the Southern Tier site, as well as volunteering with 3 mobile trucks delivering food to senior housing facilities. Besides serving on the Chapter Board as Recording Secretary, Joan is responsible for the creative table decorations for each monthly general meeting. These handsome decorations add much to each table and are greatly admired. Joan is an AARP Tax Service tax greeter during the tax season.

Joan worked with the Elmira City School’s Health Office before beginning her 27 year career with Finger Lakes Orthopedics as an Office Nurse and X-Ray Technician. She tries to make it to the gym 3 times a week and is a walker. She is grateful that she is still able to provide a retreat at Mormon Lake, Pa. for cancer survivors at the cottage she and her husband built. She enjoys gardening, woodworking, church picnics, youth outings and appreciating nature in general. She believes in spreading a little joy whenever and wherever she can and is well known for her delicious holiday cookies.

Joan has a good motto she lives by and has served her well: God first, family and others second, self last, and then you will live a happy life every day. Amen to that. Joan is a blessing among us!
PRESIDENT’S MESSAGE

Can’t believe we are in February already! A lot of celebrations: Black History month, Valentine’s Day and President’s Day!

We have had a severe winter so far, and I hope everybody is doing well. We are going to have a very busy few months ahead of us with trying to see our Legislative Leaders and talking about Medicare and Social Security.

We are having a good year with our attendance at the General Meetings at 100+.

I am very proud of our Chapter 276 members for their diligence in uniting together to get whatever needs to be done in our community. Have a wonderful rest of the winter and stay warm.

Respectfully yours,

Rehana Stanley, President
(607) 732-6990 - Home

Bring A Dish to Pass and Table Service to Our Next Meetings!

Elmira AARP Chapter 276 Meetings

The Chapter meets on the third Wed. each month, except July and August at 12:00 PM sharp at the New Beginnings United Methodist Church, 300 E. Miller Street, Elmira, NY 14904 (disability accessible). No meeting when schools are closed for a snow day. Meetings are announced on TV – channels 18 and 36, Star-Gazette & The Leader and on local radio.

The Programs offered by AARP Chapter 276 are solely for entertainment and information. They do not constitute any endorsement.

The Board of Directors (Officers, Directors and Com. Chairs) meet on the first Wed. of each month, except July and August at 9:00 AM at New Beginnings United Methodist Church, 300 E. Miller Street, Elmira, NY 14904.

Chapter Meetings

March 15: Program: Rev. Dr. Cynthia Huling-Hummel, Alzheimer's: "Living w/Dementia"
April 19: Program: Jim Pfiffer, Friends of the Chemung River Watershed, "Osprey Information"
May 17: Program: Joshua Goldman, "Tai Chi for Arthritis"

AARP Elmira Chapter 276 is officially designated a Tobacco/Smoke Free Event location. This designation is in compliance with the New York Clean Indoor Air Act and in the interest of providing a safe and healthy environment for both members and the public. Tobacco use and smoking restrictions have been established for Chapter meetings and events, effective January 1, 2017. All persons in any way affiliated with the Chapter are covered by this restriction, including prohibition of outdoor smoking at Chapter meetings and events. Chapter members, visitors, guests will be asked to refrain from smoking and will be respectfully informed of the meeting locations/organization's clean air policy. Any individual who ignores the policy, voluntarily or involuntarily, may be subject to appropriate disciplinary action. Tobacco products include lighted cigar, cigarette, pipe, hookah, snuff, snus, dissolvables, electronic nicotine delivery systems - in other words, any possible tobacco or tobacco related product. The restriction of tobacco smoke is truthfully protecting the life of the smoker as well as people around a smoker subject to second hand smoke. Keep in mind the smoke free policy has been adopted and act accordingly when attending a Chapter 276 meeting or event. Your understanding and cooperation will be greatly appreciated. (Ken Larsen reporting)
Membership from Betty Empson

I hope you are all keeping warm. Hang in there; spring is not too far away! I will have to delete about 20 members from our membership because their dues have not been paid for 2016. If you are one of those who have not paid your 2016 dues, you will no longer receive the Spotlight newsletter. We have 365 members at present. Check the back of your membership card to see if you will be one of those to be deleted. You can send me a check for six dollars ($3 for 2016 and $3 for 2017) or you can pay at the next chapter meeting.

If you have moved or have a new telephone number, please let me know because you will no longer have a call to remind you of the meeting. Applications are always at the membership table. If you have a friend who would like to join us and are already a member of the national AARP, encourage them to join the local. If you have any questions, call 607-732-0902, or write to me at 3517 Michigan Ave., Elmira Heights NY 14903.

Chapter 276 Thanks the following for their support of Our Chapter:

AARP Smart Driver Classes

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<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Times</th>
<th>Contact</th>
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<tbody>
<tr>
<td>Steele Memorial Library</td>
<td>Mar 22 &amp; 24 (Wed &amp; Fri)</td>
<td>1:30-4:30 PM</td>
<td>733-2788</td>
</tr>
<tr>
<td></td>
<td>Apr 19 &amp; 21 (Wed &amp; Fri)</td>
<td>1:30-4:30 PM</td>
<td>733-2788</td>
</tr>
<tr>
<td>Big Flats Community Center</td>
<td>Mar 13 &amp; 14 (Mon &amp; Tues)</td>
<td>10:00 AM – 1:00 PM</td>
<td>562-8443 ext 303</td>
</tr>
<tr>
<td></td>
<td>Apr 3 &amp; 4 (Mon &amp; Tues)</td>
<td>5:30 PM – 8:30 PM</td>
<td>562-8443 ext 303</td>
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Please Note: Town of Big Flats is charging an additional building use $5.00 fee for each student.

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<th>Location</th>
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<tr>
<td>Chapel Park, Southport</td>
<td>Mar 27 &amp; Mar 29 (Mon &amp; Wed)</td>
<td>12:00 PM to 3:00 PM</td>
<td>733-2788</td>
</tr>
<tr>
<td></td>
<td>Apr 18 &amp; Apr 26 (Mon &amp; Wed)</td>
<td>12:00 PM to 3:00 PM</td>
<td>733-2788</td>
</tr>
<tr>
<td>Office for the Aging</td>
<td>Mar 18 (Sat) class 9 AM – 4 PM Bring a Bag Lunch</td>
<td>535-7108</td>
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<tr>
<td>Montour Falls</td>
<td>Apr 22 (Sat) class 9 AM – 4 PM Bring a Bag Lunch</td>
<td>535-7108</td>
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Times and Dates Subject to Change

There are two classes of three hours each – must attend both sessions to receive certificate.

Cost - $20.00 AARP members must have ID Membership Card; Non Members $25.00.

Registration is Required! Payment by check preferred with your AARP member # on the check. Please Bring Your Driver’s License!

Like Us on Facebook or Website

AARP Chapter 276 is on Facebook. Also on Facebook are Chemung County Department of Aging and Long Term Care (CCDOA&LTC), Senior Notebook, Chemung County Senior Games, Chemung County Eat Well Live Well Program, Caregiver Support, and Age Friendly Chemung County. Website addresses for CCDOA&LTC are www.chemungcounty.com (scroll down to Human Services and click on Department of Aging & LTC) and www.agefriendlychemungcounty.wordpress.com. Please visit these sites for up-to-date news, events, photos and information for and about us. It’s a great way to stay informed. The Spotlight is on the Chemung County Health Department website at the following address: www.chemungcountyhealth.org then click on Health Education which will bring up Seniors info and AARP! The Spotlight is also in full color on this website.
The general meeting speaker on February 15th was Mary Mosteller, Development Coordinator for CareFirst, formerly known as Southern Tier Hospice & Palliative Care.

Most people are cognizant of the fine service provided by this organization to terminal individuals and their families. It is a much needed service provided at the most devastating time for a family. CareFirst is supporting you, embracing family and strengthening community. Its core values are excellence, respect, empowerment, and advocacy. It has been serving Chemung, Schuyler and Steuben counties since 1981 and is a not-for-profit organization.

The service is adding empowerment to the individual's situation to take control of the life remaining and live it to the fullest. It is important to know your wishes, discuss them with family, prepare a Will, Health Care Proxy, Living Will and Power of Attorney. CareFirst offers the guidance, advice and support to empower families to chart that final course and remain true to the plan. Spiritual care can be offered as desired culminating in a peaceful exit. CareFirst volunteers may not be present 24 hours a day, but they can educate caregivers as to the needs of the individual being served. Many services are offered in addition to hospice and palliative care, such as education and grief services.

Volunteers are always needed and appreciated. Call 607-962-3100 to ask for advice, information, or volunteer opportunities. Don't wait until it is too late and you are in a hospital. Take control of your disease early on with the help of CareFirst. A phone call seeking information might be the most important phone call under the circumstances. Staying at home with the proper care surrounded by the family's love is a good plan. Mary is an excellent representative of this special organization and our Chapter was happy to have her enlighten us on a subject that will affect us all at some point. Be aware of what is available. A CareFirst Nurse said "Caring for your loved one is the hardest thing you will ever do, but there will come a time when you realize it is the best thing you have ever done". CareFirst by your side will be a blessing.

Chapter 276 Provides Food for the Animals
At the Chemung County Humane Society

At left is Jerry Wheeler, our outstanding Driver Safety Coordinator for Schuyler, Steuben and Chemung Counties, giving us a peek at the huge collection of dog and cat food, pet toys, blankets, towels, and $19 in cash donations by our members. Chapter 276’s Board of Directors authorized this collection for those who wished to participate. Jerry provided the transportation and reported that the Humane Society was extremely grateful for very generous donation. A card from the Chapter was also given to the Shelter’s personnel and volunteers, thanking them for the extraordinary care that they give to our furry friends. A sincere thank you to all those who participated in this worthwhile project! Way to go Chapter 276!
An Historic Moment in Our History! by Ron Rehner, Legislative Chair

I sit here at my desk, pondering what to write to our Chapter members about life in our country. We have a deeply divided nation. Politicians are preparing to make decisions that will impact every one of us. We have protesters and supporters: angry folks that endorse the spin rooms of both sides. In many families, relatives cannot talk with one another without anger coming to the surface. Lies are openly endorsed. Accusations abound about “fake news” from both sides. Recently, I celebrated my 80th birthday. We were born at the right time. We didn’t have all the many choices of goods that befuddle us today - buy more, buy more! Ours was a much simpler life than the complex life of today. We lived in the time of that Greatest Generation who sacrificed their lives for us to live in freedom. Remember your parents who did not eat the rationed sugar so that their kids could have it on their cereal. Yes, there were many problems, but we worked hard, studied, found jobs that provided a good life and witnessed the growth of a strong middle class. We respected our teachers, our elders, our bosses, and others we met in the community.

Over the next 60 years, our lives were affected by many societal changes, slowly at first, but later at an ever-increasingly pace. After World War II, our millions of veterans refused to talk about what they witnessed because it was so horrific. Women worked in our humming factories and got a taste of what mainly was a male dominated work force. These were only a few of the many changes that now make our lives so complex.

How are we going to address the political decisions that are coming this year? Congress is working hard to change the Medicare of seniors, of our children and our grandchildren. The government faces huge issues of funding. Revenues will be drained by promised tax cuts for the rich (only a little for our shrinking middle class); expanding our military arsenal; funding a huge infrastructure program; and building a wall. How will we pay for this? How do we prevent the national debt’s further growth? Yes, there will be cuts to all kinds of programs and government agencies. And of course cuts to Medicare and Social Security. The politicians call these entitlements, but didn’t we see FICA deductions for Social Security and Medicare on our pay checks? Hey folks, we invested in these promises!

What are the proposals in Congress? Make Medicare a voucher system (the fancy term is premium support). You get a check to buy your Medicare from insurance companies who will set what they want to cover. Wow! You can gamble on a low cost policy or you can buy a high cost one. What happens if you get cancer on a low cost policy? You gambled and lost! And of course you know that they want to change the age rating system under Obamacare. At present the senior pays in the open market a limit of 3 times what the young person pays because you are more likely to get sick. Some in Congress want to make it 5 times that! Some want to push the age of eligibility to 67, or maybe even higher. And when Obamacare is repealed, the shrinking donut hole will be halted. Also, Medicaid will be replaced by block grants to the states. What kind of care will be given to seniors who are in nursing homes that receive those cuts? You know how easy it is for an aide in the nursing home to get 20 people or more to bed at night!

You have taken the first step at our Chapter meeting to sign the petition supporting Medicare! Your legislative advocates are poised to take action through AARP to protect Medicare. Our politicians need to know that the two most supported government programs are Social Security and Medicare! We need your support.

Someone said at the last meeting that Ron is passionate about the need for Medicare and Social Security. As another AARPer would say, “You bet your bippy!”

“It takes a Village”! Stand united….. Chapter 276.
The 2017 Chemung County Senior Games are scheduled for May 9th through May 25th. Events planned for this year include softball, pickleball, track and field, golf, shuffleboard, bocce, bowling, cycling, horseshoes and much more! We hope to see you at our Opening Ceremonies on May 13th at the Horseheads High School Track and Field area starting at 10:00 a.m. with the Parade of Athletes. Come to cheer and show your support, or participate as an athlete during this fun-filled day! Applications will be available by mail or online at www.chemungcounty.com. The application deadline is April 14th. Please call Carol Morton at 737-5524 or email cmorton@co.chemung.ny.us if you have any questions or wish to request an application by mail.

VOLUNTEERS NEEDED FOR FAMILY CAREGIVER EDUCATOR PROGRAM
We are enhancing our caregiver supports and services by establishing a new program that utilizes trained community volunteer educators who will offer in-home training in caregiver skills and fall prevention strategies to family caregivers. Volunteers must be at least 21 years of age, pass a background check and complete the required training program. For more information on volunteering for this new and innovative program that will start this spring, please call Laurie at 737-5520.

MEDICARE 101
Confused about Medicare? We have the answers! Certified health insurance (HIICAP) counselors from the Department of Aging will present Medicare 101 to employers, organizations, groups or clubs in Chemung County. This presentation includes Medicare enrollment periods, the four parts of Medicare, and how to decide what coverage is right for you. Contact us at 737-5520 to schedule a presentation for your group, or join us for Medicare Mondays at the Department of Aging at 2:30 p.m. on March 20th, April 17th, and May 15th.

MENTORS MAKE A DIFFERENCE – YOU CAN TOO!
Thanks to EOP and the Elmira City School District, we now have a local site for the New York State Mentoring Program! Fourth, fifth and sixth graders will be matched with trained volunteers who serve as positive role models, helping students on the edge of success to fulfill their potential. Mentoring sessions will occur weekly at EOP, with support provided by Site Coordinator Tina Brown. Providing opportunities for older adults to mentor is an Age-Friendly Chemung County Action Plan! Find out more about mentoring by contacting Tina at 734-6174, x228 or tinabrown@cseop.org.

OLDER AMERICANS MONTH CELEBRATION AND APPLICATIONS
The Department of Aging and Long Term Care honors older Americans and the organizations that serve them every May at our Older Americans Month Celebration. This year’s celebration is scheduled for Monday, May 1, at 2:00 p.m. at a location to be determined. Applications for the Age-Friendly Business and Organization Designation are due March 1, and are available at www.agefriendlychemungcounty.wordpress.com or by emailing pbrown@co.chemung.ny.us. Application forms for Senior Citizen (Continued next Page)
of the Year Awards are due March 15, and are available at www.chemungcounty.com or by calling the Chemung County Department of Aging and Long Term Care at 737-5520. Please contact us for an application form if you know a special volunteer who is 60 years of age or older! Thank you for supporting Chemung County volunteers!

HELP FOR CAREGIVERS
Family caregivers can benefit from a variety of supports and services provided by our department, including our Caregiver Discussion Group that meets the 2nd Thursday of every month from 2:00 – 4:00. The first hour is a presentation on community services of interest to caregivers, and the second hour provides an opportunity for caregivers to share ideas and support. The presenter for March 9th will be Certified Aging-in-Place Specialist Sue Gruber, who will provide presentation on Modifying Homes to Age in Place. For more information or to register, please call us at 737-5520.

We are very excited to begin offering Powerful Tools for Caregivers, a six-week training for family and friend caregivers who care for older adults with long-term illnesses. The trainings will be held on Tuesdays, March 21st and 28th; and April 4th, 11th, 18th and 25th; from 11:30 a.m. - 1:00 p.m. at the Steele Memorial Library in Elmira. The Powerful Tools for Caregivers training gives caregivers self-care tools to help reduce personal stress, deal more effectively with challenging situations, and communicate more effectively for themselves and for the individual they care for. Participants will receive a free copy of The Caregiver Helpbook. Powerful Tools for Caregivers training is free; however, pre-registration is required by calling us at 737-5520 no later than March 17th.

Long Term Care Ombudsman Program Seeks Volunteers
New York State Long Term Care Ombudsman Program for Chemung, Schuyler and Tompkins Counties is in need of volunteers to join a team of advocates for residents living in nursing homes, assisted living, and adult care communities. Ombudsmen advocate for all individuals living in long term care communities by empowering and educating, protecting rights, preserving dignity, and ensuring respect. Trained volunteers make weekly visits to assigned long term care facilities to listen to residents and ensure their rights. Applications are due April 24th for a May 2017 NYS Certification Training, to be held at the Tompkins County Office for the Aging in Ithaca, NY. If you are over 21 years old and sensitive to the needs of older adults, please call 607-274-5498 or email smotheral@tompkins-co.org for information about the application process.

The Chemung County Department of Aging is funded by Chemung County, NYS Office for the Aging, Administration for Community Living and participant donations.
Senior Notebook and Chef Todd team up with another Healthy Recipe!
By Candi Reed

Classic Café is a local restaurant designated by Creating Healthy Places as an eatery that offers healthy options on their menu. Chef Todd McClelland, owner of Classic Café located on Pennsylvania Ave., has agreed to be a regular guest on Senior Notebook demonstrating how to prepare healthy dishes. Below is Chef Todd’s recipe for Spanish Rice.

### Spanish Rice

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<thead>
<tr>
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<tr>
<td>1 lb. ground beef</td>
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<tr>
<td>1-2 TBS. vegetable oil</td>
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<tr>
<td>2 1/2 c. cooked rice</td>
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<tr>
<td>2 TBS. butter or margarine</td>
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<tr>
<td>1 small onion chopped</td>
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<tr>
<td>1/4 c. green pepper chopped</td>
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<tr>
<td>1/4 c. chopped celery (optional)</td>
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<tr>
<td>2 c. canned tomatoes chopped</td>
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<tr>
<td>1/2 tsp. salt</td>
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<tr>
<td>1/3 c. grated cheese</td>
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<td>Pepper to taste</td>
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**Directions:**

Stir fry ground beef in hot oil over medium heat until brown. Drain oil. Heat 2 TBS butter or margarine in a skillet. Sauté onion, green pepper and celery for 5 minutes. Add rice, chopped tomatoes, cooked ground beef, salt and pepper. Bring to the boiling point. Simmer gently for 5 minutes. Stir in 1/3 c. of grated cheese. Yield 4 servings.

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Free Income Tax Preparation and Counseling
For persons of any age----Federal---NY---PA

Location: Bethany Lutheran Church
256 S. Walnut St.
Elmira, NY 14904

APPOINTMENTS REQUIRED
Call, e-mail, or use our website.
Phone: 607-542-9303
E-Mail: freetaxprep@hotmail.com
Website: http://www.twintierfreetaxprep.org

Leave your name, phone number, and best time to call. We will call you back starting the second week of January. All appointments are made during the callbacks. No calls are answered live.

Appointments will be Monday through Friday from noon to 5 PM starting February 1.

AARP Tax-Aide provides free E-File tax preparation service to those with low/moderate income of ANY AGE with special emphasis to those 60 and over.
Wallin Partners with the American Red Cross
to install smoke alarms - for FREE! By Peter Wallin, Elmira NY

I’ve been an insurance agent in Chemung County for nearly 20 years. Numerous times I’ve found myself standing on the front lawn with my client while their home is on fire, watching helplessly as the firemen do their work. It’s extremely emotional to see devastation to someone’s property, not to mention loss of a loved one due to heavy smoke and fire.

In most cases, the loss of life can be reduced greatly with the proper use of smoke alarms. My staff and I feel so honored to partner with the American Red Cross to offer a free service to residents in Chemung County called the Home Fire Preparedness Campaign. The goal of the American Red Cross campaign is to reduce fire deaths in the United States by 25% by the year 2019. The volunteer lead service includes valuable education on fire evacuation plans and a educational discussion about other natural disasters.

My dedicated staff and I have personally installed over 325 alarms since late 2015. After completing this many installations, I have come to a few realizations: First, most homeowners in our community take great pride in the upkeep of their homes. It’s really nice to meet good residents of the community and see how proud they are of their home ownership. The second realization is many existing smoke alarms are outdated, have expired batteries, or are no longer working at all. This scares me!

The best part about the installation program (other than the fact we install the alarms for FREE!) is the units are 10-year alarms. There is no need to replace batteries. The batteries are built-in and warranted to provide homes with ten years of worry free protection. This equates to about a $40 savings in battery costs over the life of the alarm.

Home Fire Preparedness Campaign

America’s Biggest Disaster Threat is FIRE. Every 8 minutes the Red Cross responds to a disaster, the vast majority are home fires. 3 out of every 5 home fire deaths result from fires in homes without a working smoke alarm. Red Cross Goal by 2019 is to reduce fire deaths by 25%. Wallin Insurance has partnered with the Red Cross to install SMOKE ALARMS, complete home safety checklists and help families develop a disaster plan. Sign up today

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<td>Street Address:</td>
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For more information:
American Red Cross
123 W Market Street, Corning, NY 14830
607-936-3766 judith.Coleman@redcross.org

Substance abuse can happen to anyone. Anyone can use drugs, anyone can become addicted, and anyone can overdose. Know the warning signs before it's too late. Click here for warning signs. Or in Chemung County call 607-737-5215 or 1-877-846-7369 for help.
At the general meeting on January 18th, our guest speaker was Jim Hare, with his wife Alicia, to talk about and show pictures of their February 2016 twenty-one day cruise to South America and Antarctica. Attractions in South America are a spellbinding collection of historical, cultural and natural wonders and combined represent all that is revered about this continent, from the amazing wilderness brimming with unique wildlife to all the ancient cultures that have shaped human evolution on our planet. The visit across Antarctica took 3 days. It took Portuguese navigator, Ferdinand Magellan, 38 days to make the same crossing in 1520. A channel between South America and Tierra del Fuego is known as the Strait of Magellan. Santiago, Chile set against the majestic Andes Mountains, makes for an impressive panorama. The area is known for 2,000 volcanoes, many of which are active. A cathedral in Santiago has had to be restored several times as a result of volcano damage. The buildings of the city contrast the modern with the old. They visited the racetrack. Also they went up Cerro San Cristobel (Tupahue, San Cristobel Hill) to the statue of the Blessed Virgin Mary atop the city. On its summit there is a sanctuary dedicated to the Immaculate Conception with the statue, an amphitheater and a small chapel located within the pedestal of the statue. The statue is lit up at night by lights placed on its sides, allowing it to be viewed from all over Santiago both day and night. Pope John Paul visited the statue and chapel, as well as other cathedrals and churches in an effort to revitalize Catholicism. The Hares partook of the cultural night life by visiting a night club with a floor show. They have taken many ballroom dance lessons but this Chilean dance was a first for Jim and in the photo he looks really good. Ole!

They also visited the Ring of Fire in the Pacific Ocean, pre-Colombian museum, Falkland Islands, Uruguay and Buenos Aires in Argentina. Visual landscapes were stunning, as were viewings of glaciers, seals, penguins and more penguins, and icebergs including the iceberg that sank the Titanic. The portion of an iceberg visible above the water line is minor compared to what lies below the water line and causes the damage. On penguin islands, people have to follow a trail back to the boat and be sure to grant penguins the courtesy of the right of way. Some penguin habitats have as many as 100,000 males and mates for a total of 200,000. As people walk among them, they do allow folks to be near enough to be able to take a close up photo. On these tours, you get a chance to enjoy the sights and sounds of the region as well as culture, culinary delights, entertainment and shopping. You even discover a Radisson Hotel - American presence no matter where you go.

Buenos Aires, the capital city of Argentina, is the most European of all major Latin American cities and a true melting pot of cultures and nationalities. The city has a fascinating political history, colorful ethnic neighborhoods and some of the most beautiful architecture in the Americas. Of course, it is all about the infectious music and dance as we all know as the Tango and about the amazing impact (even today) of Evita "Eva" Peron, the former first lady of Argentina. Her memorial stone is a favorite photo spot for tourists.

We thoroughly enjoy a travelogue with Jim. It gives us a vicarious opportunity to experience the feel of other parts of the world through Jim's outstanding photography and his narration, spiced with the Hare brand of humor. Thank you Jim and Alicia, David and Carole, Rick and Joan for letting us share your wonderful trip and as Jim said, we get to tag along for free.
LEARN HOW TO PROTECT YOURSELF FROM SCAMMERS

Have you received a call from someone who says your computer has a virus and they need remote access to fix it? You're not alone. Americans lost an estimated $1.5 billion to scammers posing as tech company employees. But no matter what tactic they use, scammers have one purpose: to take your money.

According to Microsoft, the majority of people losing money to tech scams are millennials. By contrast, only 3% of users who listed their age as 55-65, or users who listed their age as 66+ years old, had lost money by continuing with a scam. Regardless of age, everyone needs to know what to watch out for.

**What is it:**
Scammers call and try to gain your trust by pretending to be associated with well-known companies or confusing you with a barrage of technical terms. Once they've gained your trust, they may:

- Ask you to give them remote access to your computer and then make changes to your settings that could leave your computer vulnerable;
- Try to enroll you in a worthless computer maintenance or warranty program;
- Ask for credit card information so they can bill you for phony services – or services you could get elsewhere for free;
- Trick you into installing malware that could steal sensitive data, like user names and passwords; and
- Direct you to websites and ask you to enter your credit card number and other personal information.

**Don’ts:**

- Don't stay on the phone with someone who claims to be a tech support person. Hang up and call the company yourself;
- Don't give control of your computer to a third party who calls you out of the blue;
- Don't rely on caller ID alone to authenticate a caller. Criminals spoof caller ID numbers. They may appear to be calling from a legitimate company or a local number, when they may not even be in the same country as you;
- Don't provide your credit card or financial information to someone who calls and claims to be from tech support;
- Don't give your password on the phone. No legitimate organization calls you and asks for your password;
- Don't use online search results to verify contact information or to look for technical support. Scammers sometimes place online ads to convince you to call them. They pay to boost their ranking in search results so their websites and phone numbers appear above those of legitimate companies. If you want tech support, look for a company's contact information on their software package or on your receipt; and
- Don't buy a computer security product or pay a subscription fee. If you're concerned about your computer, call your security software company directly and ask for help.

*(The above situation has happened in our household several times. Whenever we receive the call we both tell the caller we do not have a computer, which profoundly confuses the caller. One time my husband told the caller that our computer was not working because it had run out of gas. Needless to say these responses cause confusion and immediate hang ups. It has been a while since we have received a call.)*

How to play golf!  [http://www.seniorcitizenstories.com/jokes.html](http://www.seniorcitizenstories.com/jokes.html)

"What is your handicap these days?" one golfer asked another. "I'm a scratch golfer. I write down all my good scores and scratch out all my bad ones."
Elmira Chapter 276
Hazel Thompson, Editor
147 W. Gray St. Apt. 414
Elmira, NY 14901
Phone: 734-0964

Electronic Service Requested

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