Rehana Stanley: Our New President

Beneath the snows of Kilimanjaro (Africa’s highest mountain), our President was born in the town of Moshi in 1950. Her father was quite an entrepreneur. An office clerk, he started a cab business that also grew into Moshi’s only truck business.

Rehana graduated from Mawenzi Secondary School in Moshi, earning a Cambridge School Certificate. She then attended a Secretarial School in Mombasa, Kenya.

Her family believed in a conservative and strict upbringing. In 1973, she moved to Toronto, Canada. Three years later, she moved to Calgary in the western part of Canada to fulfill dreams of her adventurous spirit. There, at a bowling alley, she met Mike Stanley in 1978 and two years later married him.

Calgary was home for twenty years. She went to school at the Calgary campus of the DeVry Institute of Technology where she earned a four year Bachelor’s Degree in Business Management and Computers. While raising two boys, working and going to school, she was honored with the “Women on the Move” Award in 1996.

She also volunteered with her son’s hockey team. She was a bowling coach for Special Olympics and a certified coach for YBC bowling.

Her family moved to Battle Creek, Michigan where they lived for six years before moving to Elmira in 2001. Here she owned her own business as a State Farm Agent from 2001 to 2003 in Elmira. Then she became an employee for State Farm in the capacity of a Field Compliance Officer. After fifteen years of service with State Farm, she retired in December 2013.

Because of her business background and her strong ability to get things done, she volunteered at her church to be the Building and Grounds leader. She held that position for the last six years, and because of term limits, she retired from that volunteer job. And now she assumes the mantle of leadership of our vibrant and growing Chapter! Thank you Rehana for your willingness to lead our Chapter!
PRESIDENT’S MESSAGE

As my first message, let me start by thanking all of you for electing me as the President of Chapter 276. I would also like to thank the President Emeritus, Jean Fundurulic, for a job well done. As she mentioned in her last message, everyone in our chapter worked hard and came together to embrace and make changes happen. I am sure we will continue to do so as we go forward.

It was approximately 3 years ago that I retired from a very busy career. I remember Nancy and Ron Rehner inviting me to the AARP luncheon. Nancy was a very dear friend and a mentor. I miss her very much. She guided me and educated me about AARP and the local chapter.

Some of the items I am hoping to accomplish during my term are:

1. Expand our chapter by reaching out to a younger generation (50-65). I am not saying the existing members are not effective, but we need to think of the future of our Chapter. We need to get some young blood and make the next generation aware of what AARP is and represents.
2. Bring diversity to our chapter by inviting speakers from various ethnic groups to share their cultures.
3. Continue our involvement and great relationship with the Food Bank.
4. Make the community aware of the values represented by AARP and our chapter.
5. Continue our involvement in the legislative process by communicating with the elected officials as we are the voice of seniors.

In closing, I would like to thank all of you for your support in achieving the above by working together.

Respectfully yours,
Rehana Stanley
President

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

Sept 21: Program: Randy Hoak, Associate State Director, AARP New York: “My Vision for the Future and Take A Stand”
Bring a Dish to Pass and Your Table Service!

Oct 19: Program: Darlene Ike, Executive Director, Meals on Wheels of Chemung County: “The Move to Our New Building”
Bring a Dish to Pass and Your Table Service!
GOING GLUTEN FREE? NECESSARY FOR SOME, OPTIONAL FOR OTHERS

Sidestepping gluten can be a lifestyle choice for many. But for those with a condition known as celiac disease, it's a medical necessity. Gluten is a protein found in wheat, barley, rye, and sometimes oats. Some people who may not have celiac disease get gas, diarrhea, or bloating after eating gluten. These symptoms could be caused by intolerance to the protein or a wheat allergy, but celiac disease is different.

When a person with celiac disease eats or drinks anything with gluten, the body's immune system attacks the inside of the small intestine. The damage from this attack keeps the body from absorbing needed nutrients. Left untreated, celiac disease can lead to malnutrition, depression, anxiety, anemia, or weakened bones. It can also delay children's growth.

Celiac disease can be hard to spot, because its symptoms can be similar to other disorders. The condition affects about 1 percent of people worldwide; nearly 80 percent of them haven't been diagnosed, says Dr. Alessio Fasano, a celiac disease specialist at Massachusetts General Hospital. "Celiac disease is a clinical chameleon. This creates tremendous confusion and challenging situations for both health care professionals and people who are trying to understand what's wrong with them," Fasano says.

Going on a strict 100 percent gluten-free diet for life remains the only treatment now for people with celiac disease. "We can't take the genes out, so we remove the environmental trigger," Fasano says. If you suspect you may have celiac disease, talk with your doctor. Waiting too long for a diagnosis might lead to serious problems.

As many as one in 141 Americans has celiac disease. Learn more: https://newsinhealth.nih.gov/issue/may2016/feature2

From the National Institute of Health Newsletter
**Committees**

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<td>Gerald Wheeler</td>
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<td>Joe Koczan</td>
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<td>Jane Peterson</td>
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<td>Candis Reed</td>
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**Officers 2015-2016**

- President/Director: Rehana Stanley
- Vice President/Director: Marian Rutty
- Recording Secretary/Director: Joan Van Galder
- Corresponding Secretary/Director: Jane Nogaret
- Treasurer/Director: John Polcyn
- Asst. Treasurer/ Director: Betty Empson

**Directors 2015 - 2017:** Rose Burhyte, Nancy & Dick Evans, Ken Larsen, Polly Neiley

**Directors 2016 - 2018:** Virginia Bastian, Jim Brown, Jackie Droleski, Judy Frandsen, Janet Fundurulic
Membership from Betty Empson

Well summer is over, and it was sure a hot one! Hoping you all enjoyed it. Now it’s time to get back to work. We have 359 members. 69 have not yet paid their dues for this year. We have got a couple of new members over the summer and are hoping that we will generate more from the fair. Your dues can be mailed to me with a self- stamped, self- addressed envelope with your membership card and $3.00.

Applications are at the membership table for you to give to your friends and relatives over 50. Also they must be a member of the national AARP. If you have any questions call me at 607-732-0902 or mail your dues to 3517 Michigan Ave. Elmira Heights, NY. 14903

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

A Free One Month Membership Is Offered to AARP Members

At the Chemung County Fitness Center:
Saturday, October 1, 2016 Open House from 10 to 4 PM. There will be tours of the facility and demonstrations of all classes!
FALLS PREVENTION AWARENESS DAY
The Chemung County Department of Aging and Long Term Care is hosting a Falls Prevention Awareness Day on Wednesday, September 21st, to raise awareness about how to prevent fall-related injuries among older adults. The event will feature Dr. Linda Welles, who will discuss the prevalence and cost of falls among older adults and suggestions to help reduce the risk of falling. Participants will also learn strategies to maintain their mobility and independence. Community exhibitors will be available to share helpful information about falls prevention and health promotion. Lunch will be provided by the Chemung County Department of Aging and Long Term Care Eat Well Live Well Program. For more information or to register, please call the Department of Aging 607-737-5520 by September 14.

MEDICARE 101
Confused by Medicare? We have the answers! Certified health insurance counselors from the Department of Aging will present Medicare 101 to employers and their employees, organizations, groups or clubs in Chemung County. The presentation will include Medicare enrollment periods, the 4 parts of Medicare, and how to decide what coverage is right for you. We will also discuss the transition from the Health Insurance Marketplace to Medicare and assistance for individuals with limited income and resources. We hope to help you gain a better understanding of the perplexing world of Medicare and to inform you about your decisions related to Medicare and other health insurance products. Join us at a scheduled event or contact us to schedule one for your organization!
Join us at the Chemung County Department of Aging and Long Term Care: Medicare Mondays August 22nd 2:30 p.m., September 19th 2:30 p.m., October 17th 2:30 p.m. If you are nearing retirement age, or if you have caregiving responsibilities or aging parents, this presentation may be of great value to you. The presentation typically runs around 2 hours and can be customized to meet the needs of your group or organization. Please call for more information about dates and locations. To schedule a presentation or to RSVP to one of these events please contact the Department of Aging at 607-737-5520.

LIVING HEALTHY WORKSHOP
Take back control of your life and manage your own care! Living Healthy Southern Tier is offering a FREE Chronic Disease Self-Management Workshop at Chemung County Family Fitness Center starting September 26th. Adults of all ages will learn to manage their chronic conditions, improve their quality of life, and lower their healthcare costs! Click here for more information and to register: http://www.ihsnet.org/livinghealthy

NEW EAT WELL LIVE WELL SITE IN HORSEHEADS
Have you tried our “Eat Well Live Well” program? We offer nutritious and delicious lunches in an enjoyable social setting at 8 locations throughout Chemung County. There is no cost to people age 60 and over. A donation of $3 per meal is suggested to help maintain services but no one is denied a meal for inability to pay. Guests under 60 may participate by paying the full cost of the meal, $4.82 (tax free). Reservations are required – please call 737-5520 at least one day in advance to sign up. This program is available at the following locations, including our new Horseheads site:
- Big Flats Community Center: Monday, Wednesday & Thursday at 11:30
- Bragg Towers (115 Dewitt Ave, Elmira): Monday – Friday at 11:30
- Flannery Apartments (300 S. Main St., Elmira): Monday – Friday at 11:30
- Horseheads St. Matthew’s Episcopal Church (408 S. Main St., Horseheads): Wednesday & Friday at 11:30
- Park Terrace (1281 Pennsylvania Ave, Pine City): Monday – Friday at 11:30
- Retirement Estates (34 Retirement Dr., Horseheads): 3rd Tuesday of the month at 11:30
- Riverside Methodist Church (559 Spaulding St., Elmira): Wednesday at 11:30
- Villa Serene (399 E. 14th St, Elmira Heights): Monday – Friday at 11:00

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 presenters for September 8th will be Connie Shelford and Mary-Lynn Rourke from Chemung Volunteer Action Corps, who will provide an overview of their programs, A Matter of Balance and Bone Builders. Our October 13th speaker will be Sarah Secor, LMSW, who will discuss how to recognize and what to do about caregiver stress. Please call Department of Aging at 737-5520 to register.

Alzheimers Walk by Hazel Thompson

Save the Date- October 1, 2016

Alzheimers is one of the leading diseases, affecting the young and elderly. Donations are needed for research, especially this year to defeat this mind stealing disease. Your friends, relatives or neighbors might be affected. An estimated 500,000 will be diagnosed this year! Donations and participation will be helpful! Kids, and grandkids will form the team! Please try to participate this year! Wear our Red Shirts. Sign up at meetings where small or big! Registration begins at 9 AM at Eldridge Park, and the walk will begin at 10 AM. As team captain, I have set my goal at $2,000. Help us reach the Goal.

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.
Our May Chapter Meeting with Melanie Grossman on Consumer Protection
By Ken Larsen

The meeting was a mixture of congratulating Older American Month Award nominees, electing a new President and 3 Directors, bidding a fond farewell to John Humphrey as he begins permanent residence with his son and daughter-in-law in San Diego, saying thank you to Nancy Perkins for her Food Bank leadership, the usual array of delicious foods and last, but definitely not least, an informative and totally delightful talk about current scams.

Our speaker was Melanie Grossman, Outreach Coordinator from the New York State Division of Consumer Protection. She travels the State giving talks about this increasing threat to society and our assets. We are all potential targets of scam artists, and most people in attendance have experienced such calls. Scam artists particularly zero in on seniors who are the most vulnerable. Melanie discussed the grandparent scam or the sweetheart swindle. A case in point involved a call that a grandfather received that his grandson was in trouble in Mexico, and money was needed at once to hire an attorney and pay bail to keep him out of prison. The recipient of the call thought it was legitimate because the caller knew the grandfather's nickname, the names of the grandson's parents, etc. Much of this information was garnered from the contents of social media messages. So much information is right there on the internet ready for pickings by clever scammers. There is too much info exposure on Facebook, Twitter, Instagram, et al, and alert scammers are paying attention to such detail. The money requested to save the grandson had to be wired at once. Wired funds cannot be recovered. Once wired, it is gone. The case in point cost the grandfather a significant sum before he became suspicious.

Other popular scams involve the call that taxes are in arrears and you must wire funds immediately or be arrested and sent to jail. The IRS never, repeat, never contacts an individual by phone with threats. A man in Rochester actually wanted to go to jail and told the caller as much. He went to the local police station and demanded he be jailed based upon the phone call. He was not taking no for an answer. He was jailed briefly to appease him but soon released under the pretext that the jail was overcrowded. There is also a jury duty scam claiming you missed jury duty. You will not receive a threatening call if you miss jury duty. Instead a deputy might visit your home to see if you are OK. In New York State, jury duty nominees no longer are notified if over the age of 70. If for some reason you are over 70 and do receive a notice, you can call the Jury Commissioner and point out your age and you will be removed from the list, unless, of course, you indicate you would really like to continue being considered.

Finally there is a genetic testing scam. You might be notified that your health may be in danger and you should submit a blood sample and saliva sample, with money of course, to be tested. One such notice was received by the Consumer Protection Department (duh). Melanie decided to follow through. She went to a vet and got blood and saliva samples taken from a COW. She submitted the samples with the money and within 2 weeks received the test results. It was telling her that she did not have diabetes, heart problems, etc. but unfortunately she is LACTOSE INTOLERANT. Since the samples came from a cow, that was a surprising diagnosis. The case was followed through and the scammer arrested.

For travelers, Melanie had words of wisdom regarding leaving important information available at home in a safe location where it can be obtained by family or trusted friend in case of emergency, especially overseas. If you have a passport, do you know your passport number? That is a must piece of information. Memorize your passport number. Melanie took comments and answered questions before ending her talk. It was an entertaining learning experience with a delightfully humorous speaker. What a great day at the meeting and the weather was even nice. Goes to show, you do not want to miss AARP meetings!!!
Chemung Health Priorities By Dawn Bush

The Chemung County Health Department is in the process of updating their Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP) in order to address the health priorities of our community. This is done by examining current data, conducting focus groups throughout the community, seeking input from local providers and stakeholders, and soliciting the opinions of the public. The last time the Health Department did an assessment was in 2013. The highest scoring issues at that time were tobacco use and obesity.

We looked at lots of data, conducted ten focus groups (including one with AARP members), and met with our partners to help us update our priorities. After reviewing this input and ranking health issues based on the size and seriousness of the problems, then taking into account the effectiveness of possible solutions including their economic feasibility, acceptability, legality, and available resources the group came up with a ranked list of possible priorities. They included hypertension which includes tobacco use, substance abuse, mental health, obesity, CLRD (COPD), injury prevention, dental health, and teen pregnancy. Ultimately, substance abuse and hypertension were chosen.

Substance abuse was identified as an emerging priority with serious health risks to the individual and having a major impact on families and the community. Hypertension was also chosen as a priority. We will continue to focus on reducing tobacco use and obesity under this issue as both are factors of high blood pressure. We have begun putting together a work plan consisting of evidence based strategies to address our chosen priorities.

If you are interested in being part of improving the health of our community give me a call at 737-2856.

AARP at this Summer’s Celebrations!

Pulaski Park in July 2016 was the scene of the dedication of the new playground and the amazing new Splash Pad! Our Chapter played a key role in the Creating Healthy Places analysis of the park’s accessibility. A group of ten AARP volunteers surveyed the park, and Janine Novick authored the document that was submitted to the City of Elmira and Creating Healthy Places. Mayor Dan Mandell, Assemblyman Chris Friend and Senator Tom O’Mara as well as other dignitaries cut the ribbon at its dedication.

Also, at the new home of Meals on Wheels in Elmira, Darlene Ike and her Board members cut the ribbon to begin the renovations to the warehouse on Second Street. Our Chapter has always been a great supporter of this program which has helped our community, especially seniors. Many of our members are or have been volunteers for the program. Darlene Ike, their Director, will be our speaker next month!
June 15th was a glorious day, inside and out. Chapter 276 celebrated the end of its season with the annual picnic party featuring hot dogs and a large array of dish-to-pass goodies prepared by our Chapter members. The variety is amazing and truly delicious. We celebrated the installation of Rehana Stanley as the incoming President and thanked Jean Fundurulic, the outgoing President, for her excellent service. New directors were also sworn in. Courtesy of Pauline LeShure, we gave away numerous door prizes consisting of gift certificates and lovely floral arrangements to those holding the lucky numbers. We are indebted to Pauline and the many businesses taking part. We ended the festivities by playing Bingo. The picnic is always a good time and fitting way to bring the Chapter season to a close. We resume Chapter meetings in September but Chapter involvement in the community continues throughout the summer hiatus months.

Chapter 276 Board and members are most grateful to New Beginnings United Methodist Church for welcoming us to use its fine facility both for monthly Board meetings and general meetings. A big thank you to Jim Hare and custodian Mark Paez for their help. New Beginnings has proved to be an excellent venue for our organization and we count our blessings. Arrangements have been completed for continued use of New Beginnings for the coming season and we look forward to a time of good advocacy, meaningful accomplishment, great fun, and member camaraderie under the leadership of Rehana Stanley.

Honor Roll of Donors for the Chapter’s June Picnic!
Thank you to these Merchants! Please patronize them!

Banfield Baker Corp.  
Bonjulies  
Cinnabon at Arnot Mall  
Cut-N-Curl Salon  
Elmira Pioneers Baseball  
Emily’s Florist  
Friendlys  
Gold, Silver & Diamond Store  
Goodyear Tire Center  

Griswold’s Florist  
Hair Hot Salon & Day Spa  
Hilltop Inn  
Horseheads Do It Center  
KFC (Ken. Fried Chicken)  
Light’s Bakery  
Melanie, a TOPS employee  
Miniers  
Olive Garden  
Orange Leaf Yogurt  

Outback Steak House  
Party Time  
Red Lobster  
Regal Theaters  
Subway  
Sugar and Spice  
Trinity Therapeutics  
Weis Markets  
Zeigler Florists

Thank You for the Beautiful Table Decorations!

Herb Brown gives Joan Van Galder a big thank you hug at the May chapter meeting. Please thank Joan for all the work she does to provide the Chapter with these themed decorations each month. The Chapter is blessed to have so many people who give so much to make this one of the Best! Thanks, Joan!
2016 is an election year for the President of our nation. AARP and our Chapter do not endorse any candidates! We are non-partisan.

But a big issue facing us is the fact that Social Security will only be able to pay 75% of benefits in 2034! AARP is asking the candidates to let us, the voters, know what they will do with Social Security. The last issue of the AARP Bulletin contained the written statements on Social Security that the Clinton and Trump campaigns provided. We are also seeking the same from the US Senate and House candidates. AARP believes that we voters should know what the candidates will do with Social Security.

Joe Stelling and Kristen McManus from the AARP Albany office came down to Elmira, and presented a workshop on the Take A Stand campaign at the Hilton Garden Inn in Horseheads. Most of our fair volunteers attended the outstanding presentation! They found that the presentation was very helpful for information and getting fair attendees to sign the petition asking our candidates to tell us what they want to do with Social Security. Joe and Kristen also brought Take A Stand red shirts, informational materials, and prizes. Indeed, we were well equipped with hand-outs to table at the fairs. Thank you Joe and Kristen for coming to the Southern Tier!

The Chemung County Fair was a huge success! Our volunteers (38 in total) staffed every single shift and garnered 480 petitions from fair attendees! We could not do this without the enthusiasm, hard work, and participation of all the volunteers. The Chapter owes a big thank you for those who weathered the heat, the crowds, the long walk to the Grandstand, and the noise of the track events. We could not do this without you! Also a big thanks to Associate Director Bill Armbruster and Diane Rehse in the Rochester office for helping us with the Fair arrangements!

Three volunteers also went to the Family Fun Block Picnic in Schuyler County. 92 petitions were signed there. Thank you Sue Kambeitz and Polly Neiley!

We are still seeking folks to sign the Take A Stand petition. Petitions will be available to sign at the September Chapter meeting! Ken Larsen and Polly Neiley will also be at the Chemung County Department of Aging Public Forum with the petitions.
Four members of our Chapter were nominated for the Chemung County Department of Aging and Long Term Care’s Senior Citizens of the Year Award. All of them are winners because they have accomplished so much as volunteers in our community. Thank you all for your service to our community!

Cynthia Hummel-Huling
Alzheimer’s Association

Janet Fundurulic
AARP – Food Bank

Carol Lincoln
Bethany Village

Fran Woodruff
AARP – Food Bank

Ken Larsen Nominated for the Jefferson Award!

“Ken Larsen (Mr. Ken as he is known affectionately by his AARP friends) is truly a “Renaissance Man”. His talents are many and diverse. The business world and community organizations have not only benefited from his skills, but also from his personality. Yes, he is a doer! His values have their origin in his Danish ancestry and his work ethic on a farm near Penn Yan where diligence and manual labor were strongly valued. His military service emboldened him with a commitment to not only our country but also to the veterans who have given so much. He is a strong advocate for veterans on the AARP Legislative Team. ….

Ken is a dynamic community supporter. He views the future as opportunities to nurture and develop. He represented Elmira when tourists purchased their tickets at the Elmira Holiday Inn for the trolley ride to witness the history of Elmira. Mr. Ken is also the energy bunny for Bragg Towers’ residents by providing friendship and leadership.

Ken’s public service experiences sum up his character. Ken is a man of great intellect. His knowledge of the financial world, the performing arts, his wonderful ability to speak so coherently and concisely, his ongoing advocacy for seniors, community volunteerism and most of all his friendly smile and interest in the concerns of people are the essence of his demeanor. Ken truly represents the new mantra for our growing senior population: Get Active in Your Community!” (excerpts from his nomination letter).