ALIEF AARP CHAPTER #3264

AARP chapters are separately incorporated affiliates of AARP.

NEWSLETTER - OCTOBER 2026

President's Message

October is a month for us to begin our membership drive. We hope that everyone will help us to spread the word about our chapter. We are in the process of gathering the materials to put our packets together. We should have bags with materials ready for everyone at our Novemeber meeting.

At the October meeting we will have a drawing for a $10 gift card. To be eligible to enter the drawing, you need to bring a guest to the meeting. The more guests you bring, the more chances you will have to win. We will have a drawing every month from October 2026 to March 2027.

I will not see you at the October meeting since I will be travelling to be with family for my granddaughter's 4th birthday. One of the other Board members will lead the meeting.

The Travel Committee is working hard to bring you entertaining bus trips. October we will be at The George Ranch. November is Moody Gardens and Rainforest Café. We are still working on the December trip. The trip to Holey Moley Putt Putt Golf was moved to January 28, 2027 since we did not have enough people to go in September**. We need 20 people to take this trip or we will lose our $200 deposit.** Hope you can join us. We welcome non-members on this trip to help fill the bus.

The Nominating Committee will be meeting in October to present a slate of Officers at the November meeting. If you are interested in any of the elected or appointed offices, please let us know. The Elected and Appointed Officers are listed on the last page of this newsletter.

See you in November.

Thanks for all you do,

Linda Edwards

News Impacting Seniors for 2026 & 2027

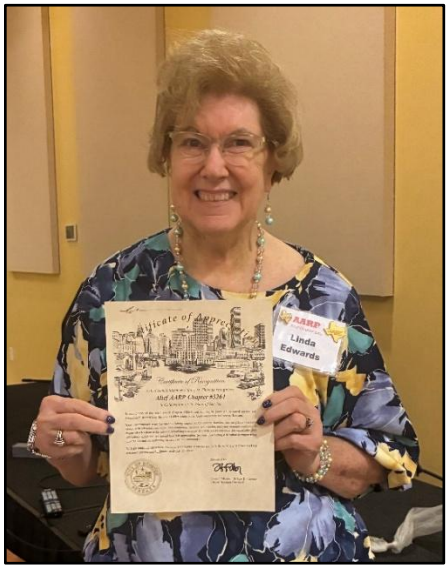
Local: City of Houston unanimously approved a $6.7 million contract extension for 2027, covering senior nutrition and transportation programs. Such programs include Meals on Wheels, and transportation programs to help seniors remain independent. Though there is a budget shortfall, thankfully these programs were not cut for Houston residents.

State: Texas is not facing a budget shortfall, however in July 2026, Texas top leaders instructed state agencies, universities, and courts to lower their baseline budget requests by 3% for the next two years, "as a starting point for budget deliberations. State agencies that administer services for the elderly are required to submit these 3% budget cut proposals. However, many of the services older adults rely on are legally protected from being reduced. Exemptions include a percentage of Medicaid services, for instance nursing home care, home and community-based services that help seniors age in place. These programs are protected. Also exempt are Medicaid funds that help low-income seniors pay for Medicare premiums. Ultimately, Texas lawmakers will evaluate budget cutting proposals during the 2027 legislative session. The proposed 3% cuts could come from supporting services for state agencies, such as staff. It could also include non-Medicaid programs such as state grants to local non-profits or community organizations for senior activities.

National: Under current law, no cuts for social security are coming in 2027. The forecasted cost of living allowance (COLA), to be announced on October 14th will increase by 3.5-3.6%. Medicare premiums are projected to increase by 3.25%.

Lastly, as a matter of interest, nursing home care in Texas has risen 4.6% between May 2025 to May 2026. During that same period, home health care has risen 7.9%. The cost for nursing home care in Texas averages 5660.00 monthly, while in-home care averages 5720.00 monthly.

Folks, let that sink in!



City Council Member Tiffany D. Thomas
Honors Alief AARP Chapter 3264
For 26 Years of Service

President Linda Edwards and Treasurer Katherine Miller
Deliver HEB Gift Cards to Fire Stations in Alief
On 9/11 (Patriots Day)

Programs

October 1, 2026 – Andrea Murray - MD Anderson – Colorectal Cancer

Andrea Murray with MD Anderson will speak about Colorectal Cancer.

Andrea Murray, M.A., M.S., C.T.T.S., is a senior community health education specialist at The University of Texas MD Anderson Cancer Center. She provides cancer prevention education and outreach efforts for communities in the Houston area. Murray graduated from the University of Kansas with a master's degree in Developmental Psychology. She also has a master's degree in Therapeutic Herbalism from Maryland University of Integrative Health and is a certified tobacco treatment specialist.

November 5, 2026 – Murray Pawloski – Medicare Changes for 2027

Murray will address the changes in Medicare for 2027 and any other Medicare questions.

He is an independent insurance agent, starting his own agency in 2027. He has been in the Medicare business since February 2019.

December 4, 2026 – Christmas Bingo

Dora Cruz will call Bingo. Bring an unwrapped prize. 3 prizes will be given out for each game.

October Dates to Remember

National Breast Cancer Awareness Month

October 10	World Mental Health Day
October 12	Columbus Day
October 24	United Nations Day
October 31	Halloween

TRAVEL

Future Dates of Reserved Bus Trips

October 8, 2026 – Thursday – **George Ranch Historical Park -** Valeri Russell **-** Bus Coordinator

Discover more than 100 years of Texas history with a trip through time at the George Ranch Historical Park. Located on a 20,000-acre working ranch. The park is divided into four time periods (1830s, 1860s, 1890s, and 1930s) and features historic home tours, costumed interpreters, hands-on activities, cattle working, blacksmithing demonstrations, and more! We have a tour guide and a tram to take us around. Also,
a short performance. This should be a great day!

November 17, 2026 – Tuesday – **Moody Gardens Aquarium -** Valeri Russell **-** Bus Coordinator

MOODY GARDENS
GALVESTON ISLAND
HOTEL, SPA & CONVENTION CENTER
ATTRACTIONS, GOLF COURSE

Dive into the world's oceans at one of the largest aquariums in the Southwest. This 1.5-million-gallon aquarium is teeming with creatures from tuxedo-clad penguins to seals, sharks, an amazing Jellyfish Gallery and thousands of tropical fish and more, with new and interactive opportunities all along the way.

A fun and awe-inspiring experience is wonderfully complemented with conservation messages that underscore the vital importance of the oceans. New exhibits not only inspire visitor interest and empathy, but also connect them to specific ocean habitats. Each ocean exhibit highlights different marine sanctuaries and different aspects of our relationship to the seas.

December 11, 2026 - TBD

January 28, 2027 – Thursday – **Holey Moley Putt Putt Golf –** Linda Edwards **-** Bus Coordinator
(Rescheduled from September)

Holey Moley *features three, nine-hole mini golf courses. This cute and unique mini golf course is so creative – themes from Godzilla to giant toothpaste! We'll be serving up the craziest round of mini golf you've ever played - from the moment you tee off, to the final hole, you never know where you might end up. Play up and kid around with our 'Kid in a Candy Shop' Hole, win big at the 'FORE in a row' hole, or live out a millionaire's dream by 'Makin' it Rain'. Holey Moley is the craziest round of golf you've ever played!*

Sunshine Chairman

Linda Edwards is our **Sunshine Chairman** this year. She will send e-cards, birthday cards, get well cards, thinking of you cards, and sympathy cards to our members.

If you know of any of our members who should receive a card from Alief AARP Chapter 3264, please advise **Linda Edwards at 713-202-8800 or email: dance.partners@yahoo.com.**

Note: We are looking for a new Sunshine Chairman. If you are interested, please contact Linda Edwards (contact info above).

Donations – Collections 2026

We will no longer be collecting food for distribution. There are nearby sites where you can take your donations.

Also, The Board of Directors has voted to resume collecting the following items for donations:

Cell Phones to be refurbished and distributed to Battered Women.
Eye Glasses

Please bring your donations to our monthly General Meetings and give them to **Community Service Chairman Valeri Russell.**

Volunteer Hours

Remember to sign in your volunteer hours at the monthly general meeting. This is one of the most important things we can do each month. Be a "Texas Star"! Let us validate the fact that we are a service organization, not a social organization.

If you attend the Alief AARP Chapter 3264 monthly meeting, please sign in for the 2-hour service. If you help a friend, attend an AARP General Meeting, help at your church, help your neighbors, run errands for someone, help at a hospital or anything else where you donate your time, all of your time spent doing for others (including travel time) is considered **volunteer hours**.

October Birthdays

October 1	Jean Waite
October 2	Lorraine Otis
October 9	Gaynail Hudson
October 12	Flora Smith
October 26	Cynthia Jones

General Information

Attendance (August 6): 54 Members & 3 Guests
Total Members: 93
Volunteer Hours for August: 699

Upcoming Meetings

October General Meeting	Thursday, October 1, 2026 Time: 10:00 a.m. – 12 Noon Location: The Salvation Army Church 7920 Cook Road, Houston, TX 77072
October Board Meeting	Thursday, October 15, 2026 Time: 10:30 a.m. – 12 Noon Location: The Salvation Army Church 7920 Cook Road, Houston, TX 77072
November General Meeting	Thursday, November 5, 2026 Time: 10:00 a.m.- 12 Noon Location: The Salvation Army Church 7920 Cook Road, Houston, TX 77072

Officers & Committees 2026

President
Linda Edwards 713-202-8800

Vice President
Doris Hemsworth 281-493-2428

Treasurer
Katherine Miller 281-530-7037

Assistant Treasurer
Barbara Mireles 316-616-7499

Secretary
Nancy Carter 713-825-0456

Assistant Secretary
Jean Matthews 713-828-7383

Three Year Directors
Brian Placette 713-854-0926
Bunny Trammell 832-845-8742

Two Year Directors
Lucy Rosario Cavazos 346-529-8428
Iola Williams 713-822-5398

One Year Directors
Nancy Carter 713-825-0456
Valeri Russell 281-923-0349

Immediate Past President
Jan Albers 281-785-7372

Community Service
Valeri Russell 281-923-0349

Health
Lewis Kana 713-882-9714

Helping Hands – The Board of Directors

Hospitality
Ethel Kujimiyo 281-731-8638

Legislative
Austra Runnels 281-686-4319

Meals on Wheels
Willie Mae Wilson 281-536-1991

Membership/Yearbook
Austra Runnels 281-686-4319

Nametags
Austra Runnels 281-686-4319

Newsletter
Linda Edwards 713-202-8800

Nominating
The Board of Directors

Programs
Iola Williams 713-822-5398

Public Relations
Valeri Russell 281-923-0349

Raffle
TBD-looking for volunteer

Sunshine
Linda Edwards 713-202-8800
(looking for new volunteer)

Telephone
Linda Edwards 713-202-8800

Travel
Valerie Johnson 281-785-1943

Volunteer Hours
Austra Runnels 281-686-4319

Webmaster
Brian Placette 713-854-0926

** Committee Chairmen subject to change **