



The Golden Gazette

March 2024

Treasure of the Hills Senior Center

Volume XXXIV

Number 3

MARCH EVENTS AT TOTH

Foster Grandparent Program Overview

Wednesday, March 6 at 12 noon

Bring a sack lunch and come learn about the Foster Grandparent Program with Diane Rouda. Foster Grandparents are role models, mentors and friends to children with exceptional needs. The program provides a way for volunteers, ages 55 and over, to stay active by serving children and youth in their communities. You could even earn a stipend ranging from \$180 to \$480 per month, based on hours volunteered.

Sign up in the front office and come find out how you can make a difference in the life of a child!

Celebrating St. Patrick's Day

Wednesday, March 13 at 12 noon

"Faith and begorra!" Come join us for our annual St Patrick's Day Celebration on Wednesday, March 13 at 12:00 noon. You'll be served a typical, delicious Irish meal of corned beef and cabbage with potatoes and carrots, accompanied by bread, drinks and dessert. All for just \$6.

After dinner, a slide presentation on Ireland will be given. Sign up and pay in advance by Friday, March 8th. Be sure to wear your Irish green. Guests are welcome and cost only \$1 more.

Downsizing Made Easy

Wednesday, March 27 at 12 noon

Allyson Carter is back with her presentation on simplifying the downsizing process when deciding to make a change, either by moving into a more manageable living space or to create a safe space for aging in place. If you missed her presentation in November, find out now about five easy steps for a successful move. A light lunch, provided by Allyson Carter, will be served. Register in the front office to attend.

COMING IN APRIL AND BEYOND

Watch for more details!

April

Fall Prevention presentation-- Dr. Chara Booker, Neurological Clinical Specialist, will share her tips, tricks, and some exercises on Wednesday, April 3.

Eclipse Watch Party — On Monday, April 8, at 12:15 pm, bring a sack lunch and watch safely with eclipse glasses (provided by PEC).

A presentation on the new Cedar Park Library – Learn about the beautiful new location. Date TBD.

Spring Fling – This event will include games, food and lots of other activities! Volunteers needed.

May

Mother's Day Tea & Luncheon – We will celebrate the women of TOTH! Volunteers needed.

Senior Senior Prom – We'll have a DJ and dancing. As with any prom, we need a prom committee.

June

Father's Day Celebration – It's the guys' turn to be celebrated!

July

Independence Day Celebration – On July 3rd there's a cookout and a pie contest. Volunteers are needed to help with planning and cooking.

RESTAURANT MEALS

by MarEllen Basalyga

TOTH Dinner Club, 6 pm Thursday, March 7
Reale's Italian Café
13450 N Hwy 183 Ste 230
Austin

Meet & Eat, 1 pm Tuesday, March 19
1431 Café
601 E Whitestone Blvd Ste 300
Cedar Park



PRESIDENT'S MESSAGE

by Ellen Fannin

I don't know about you, but there seems to be a new energy around the Center. It may just be that Spring is coming, or it may be all the activities we have and new people finding us. Whatever it is, thank you for being a part of our wonderful Center!

We are proud to announce that we have a new Communications and Publicity Chair, Midge Norris. Midge brings years of experience in marketing and sales. She has great plans for this team and is looking for volunteers to help her as she updates and refreshes our communications and publicity approach in a variety of areas. If you have interest in helping with the website, social media, print media or you just like talking on the phone, contact the office and Midge will follow up with you.



Your Board of Directors has been busy over the last couple of months. A Bylaws review team was created in the latter part of 2023 and the board is now reviewing the suggested revisions. Once that is done, we will ask you, the membership of TOTH, to review the changes and vote on them. It will be a couple of months before that happens, but watch for a notice in the near future.

In addition to the Bylaws, the team that made revisions to those is now working on the Policies and Procedures to make certain they are updated and there are no conflicts. A huge thank you to Al Lowenstein, Ann Mignoli and Pat Thomas for the work they have done.

We also held a Planning Meeting in February to plan our events for 2024. Vice President Chris Campbell outlined upcoming events and volunteer needs in his article. See Page 1 of this Gazette for information on these events.



VP NOTES

by Chris Campbell

The Board Of Directors (BOD - and what a bod it is!) has a very ambitious slate of exciting events scheduled for the next few months which I am sure will appeal to everyone! But the Board can't carry it out by themselves; TOTH is going to need some serious volunteer help to implement these plans.

Two in particular need to quickly establish committees to get them off the ground. The "Spring Fling" scheduled for April 13 and the "Senior Senior Prom" scheduled for May 18 will both need planning committees to make them happen.

If you would like to be on one or both of these committees, and especially if you would like to CHAIR one, let me know as soon as you can at cecema@earthlink.net so I can get you up to speed ("cec" is my initials, "ema" is Elaine's initials - and note that it's "dot net" and not "dot com").

For the Spring Fling, we are envisioning a Bake Sale and other fundraising activities with a membership drive component and, of course, FOOD! of the burgers and hot dogs variety.

The Senior Senior Prom will have dancing to a deejay and other prom-type activities (the legal ones) and will be "dressy." So, dust off those old prom dresses and leisure suites ... or not, I know neither of mine will fit ... and get ready for the sock hop of your life! Oh, and FOOD! which is whatever the committee deems appropriate. No spiking the punch.

Thanks again for letting me pretend to be special, and don't be shy about using me as a sounding board for any concerns you may have regarding Treasure of the Hills!



SPECIAL MEETING

There will be a brief special called meeting just prior to the St. Patrick's Day lunch on Wednesday, March 13, for the express purpose of voting on the revised quorum requirements in Article VI, Section 3: Quorum of the Treasure of the Hills Bylaws.

Bylaws currently read:

The quorum for the Annual Business Meeting shall be fifteen percent (15%) of the voting members of TOTH, with a fifty-one percent (51%) majority for approval on any motion made. Any motions made at all other business meetings or special meetings shall require approval of two-thirds majority of the certified members present at the meeting.

Proposed changes:

The quorum for the Annual Business Meeting shall be ten percent (10%) of the voting members of TOTH, with a majority for approval on any motion made.

Any motions made at all other business meetings or special meetings shall require approval of a majority of the certified members present at the meeting.

2024 Senior Expo

Presented by Treasure of the Hills Senior Center, in partnership with the Twin Lakes YMCA
Saturday, October 5, 2024 • 9:00 a.m. to 1:00 p.m.
Twin Lakes YMCA • 204 E. Little Elm Trail • Cedar Park, TX
More Vendors • Door Prizes • Free Flu Shots • Demonstrations
Services and Products for Seniors and Adults with Aging Parents
Tell your Friends & Neighbors!

VOLUNTEERS NEEDED!

If you are willing to volunteer to help out with any of these upcoming events, call the office at 512-331-6000 or email VP Chris Campbell at cecema@earthlink.net. Chris or another volunteer will follow up with you.



TOTH BOARD NOTES

by Zane Lowenstein

Vice President Chris Campbell presented the TOTH 2024 Calendar of events that have been scheduled through July 3rd. Details are being worked out and further information will be provided as it becomes available.

Midge Norris was approved as Chairperson of the Communications and Publicity Committee for 2024.

The 2024 Senior Expo is moving to the Twin Lakes YMCA at Little Elm and Highway 183, and the date has been moved to the fall, Saturday, October 5th. This should raise our Senior Expo exposure well above what it has historically been. Plus, it is the optimum time to get the best benefit from the flu shots traditionally provided by HEB.



FROM THE DIRECTOR

by Lisa Leirvaag

Sandro Luna, MD, Lead Researcher of a "Research study on health technology in primary care" came to Treasure of the Hills on February 13th to present this study and to answer any questions. The study is ongoing. If you are interested, grab a flyer from the front office. Participation involves:

- One-time, 30-minute visit to ARCpoint Labs of Cedar Park
- Vital sign measurements
- Laboratory blood draw
- 2-minute video recording
- Health history questionnaire

Upon completion of the study, participants will be given a \$100 gift card.

Several members have already participated or signed up to do so.

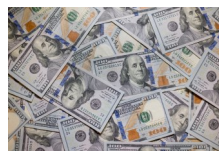


Please throw away your trash, and empty your drink into the sink before throwing your cup away! Soggy trash is disgusting!!!

TREASURER'S REPORT

by Denny Clauson

Total income for January was \$4,918.
Total expenses for January were \$3,923.
The Investment Account increased by \$89 (after subtracting \$202 management fee).
The Memorial Account increased by \$225.
The total amount in both of these accounts is just over \$302,000.



IN MEMORIAM

Gail Middleton



FINAL MAILING

Due to the high cost of mailing the monthly Golden Gazette, as of April, we will no longer be mailing the Gazette. The exception will be for members who are homebound and unable to come in to the Center. Anyone who was receiving the Gazette via the US Postal Service (USPS) will receive it via email, if we know an email address, or can pick up a hard copy at the front desk, where there will be the option of getting the entire Gazette or only the calendar page. The Gazette will, as always, be available on our website. Thank you for your flexibility and understanding.

CONTACT INFORMATION

Have you moved and have a new address? Or maybe you have changed your email address? Do you have a new phone number? Has your emergency contact person changed or have they gotten a new number?

It is important that any change in your information is communicated to the office so that we can keep your information up-to-date. You can call, email or stop by in person



CONSTABLE'S CORNER

by Constable Jeff Anderson

Home Safety

- Do not list your full name on your mailbox or your entry in the telephone book. Use only your initial and your last name.
- Change all the locks and tumblers when you move into a new house.
- Instead of keeping a spare key in a mailbox, under the doormat, or on a nail behind the garage, wrap the key in foil or put it in a 35mm film can and bury it where you can easily find it if you need it.
- If you lose your keys, change the locks immediately.
- For the most effective alarm system, conceal all wiring. A professional burglar looks for places where he or she can disconnect the security system.
- If you have a faulty alarm that frequently goes off, get it fixed immediately and tell your neighbors that it has been repaired. Many people ignore an alarm that goes off periodically.
- Have lights at all entrances. If the entrances to your home are dark, consider installing lighting with an infrared detector. Most thieves do not want to be observed trying to get in a door.
- It is easy for a burglar to pry through rot. Replace rotted door frames with new, solid wood.
- Have deadbolt locks on all doors. A door with glass panels should be fortified, replaced, or secured with deadbolts that can only be opened with a key.
- Protect your windows with one or more good locks, an alarm system, burglar-resistant glass, or many small panes instead of one large area of glass.
- When installing a window lock, drip some solder on the screw heads. It will stop a burglar from unscrewing the lock after cutting a small hole in the windowpane.
- Broom handles laid in a sliding glass door runner make an excellent security brace so doors cannot be opened.
- Cactus and other thin, thorny plants that fall below windowsill level add extra protection to windows.
- Trees located near windows or large thick shrubbery that might shield a burglar from view can be major flaws in your home-protection plan.

- If you frost or cover your garage windows, burglars will not be able to tell if your car is gone.
- Keep your garage door closed and locked even when your car is not in the garage.
- Install a peephole in the door separating the house from the garage. If you hear suspicious sounds, you can check without opening the door.
- Plan to "burglarize" yourself. You will discover any weaknesses in your security system that may have previously escaped your notice.
- Talk to your neighbors about any suspicious people or strange cars you notice lurking about.



CRUISE

by Mary Riordon

Carnival Cruisers April 20-28, 2024:

Our next meeting is scheduled for April 11 at 2 pm. We have some final decisions to make about dining time and if some are driving to Galveston on the 19th and spending the night. So far, we have 11 cruisers but more are welcome. For information and cabin prices, our Personal Cruise Planner is Barry Atlas, BATlas@Carnival.com or 800-819-3902 ext 82327. Our Group # is T1D1H1 for the "Recycled Teens" We leave from Galveston to Key West and the Bahamas, and return to Galveston.



JEWELRY CLASSES

by Mary Riordon

The 1st and 3rd Wednesday class for jewelry making is back in March, The "donated jewels" group meets on the 2nd and 4th Wednesdays. Both groups start at 10AM in the TOTH library. Sign up in the reception area.

Two things are infinite: the universe and human stupidity; and I'm not sure about the universe.
— *Albert Einstein*



2023 VOLUNTEERS OF THE YEAR



by Ellen Fannin



Each January, we select two Volunteers of the Year for the previous year. Ballots are provided in the front office so that everyone can vote.

This year, we are proud to announce that Mary Riordon and Jim Anderson were selected as the 2023 Volunteers of the Year.

Jim was honored in April 2023 as the first Volunteer of the Month. He has been a member of TOTH for over two years, joining shortly after we reopened following the pandemic. His volunteer efforts include working out front in the garden, beautifying our Memorial Garden and entrance, helping with computer issues and helping with meals in the kitchen. Jim is always ready and willing to lend his expertise and efforts to whatever is needed.

February 2024 marked 20 years that Mary Riordon has been a member of Treasure of the Hills. We honored Mary last November as the Volunteer of the Month. Walking into the front office at TOTH, more likely than not you will see Mary. She heads up the front desk team, coordinates the craft shows at the Center, organizes cruises for TOTH members, and arranges for the jewelry-making classes. When new people come in to learn about the Center, Mary provides an informational tour of the facility and acts as a one-person welcoming committee.

Both Jim and Mary personify the term "Volunteer!" Treasure of the Hills runs smoother and better because of their dedication. Congratulations, Jim and Mary, on being named our "Volunteers of the Year" for 2023!

MEMBERSHIP SURVEY

On February 20th, we emailed a link to a Membership Survey that we are asking all members to complete. The survey is designed to help us with future planning and events and to give us more accurate information about the membership of TOTH. The survey was made available online, and hard copies were furnished in the front office. Although the deadline for the survey was February 29th, if you have not yet completed it, we are providing a brief grace period until March 4th. If you have questions, call or come by the front office.



PARTY TIME!



Do you like to plan parties? We need volunteers to help plan the Spring Fling and the "Senior" Senior Prom (shades of high school)! Contact Chris Campbell at cecema@earthlink.net or call the office at 512-331-6000.

SIGNS FROM EL ARROYO:



I EAT MOSTLY WHOLE FOODS: WHOLE PIZZAS, WHOLE CAKES, ETC.
ADULTS SEEMED A LOT ADULTIER WHEN I WAS A KID.
DOES REFUSING TO GO TO THE GYM COUNT AS RESISTANCE TRAINING?



MARCH BIRTHDAYS

Mary Williams	01
Jerry Booton	04
Jane Howard	04
Donna Cerna	05
Mirta Rosa	05
Darrel Docking	07
Carolyn Brewer	09
Amy Hubert	10
Greg Lenz	10
Chris Campbell	11
James Brenton	13
Bonnie Crawford	14
Nancy Nunn	14
Deborah Montgomery	17
J C Henderson	19
Milt Shaevel	19
Beverly Ball	22
Marlene Hahn	22
Linda Carter	23
Joan Sitton	23
Henri Stanford	25
Jeannie Wiggermann	29
Connie Robertson	31



NEW MEMBERS

Bill Clarke
Sandy Funk
Vicki Jones
Evelyn Myers
Rachel Garner
Amy Hubert
Anne Odom
Linda Rhea

RETURNING MEMBERS

Vicky Chapman
Tom Brandt
Danielle and Jaime de la Torre
Bea Harper

FROM THE EDITOR

by Barbara Duprey

Like the layout change? It should let us all focus more easily on all the great stuff happening here!

You'll notice a very strong theme in this issue — volunteering. Everything really works if we all pitch in and do what we can. Think about what TOTH has meant to you, and what it can mean to others well into the future. Collectively, we've probably had experience in just about everything, and there's likely to be something that needs doing that's right up your alley. What is it?

Please send feedback on the Gazette to bduprey@austin.rr.com.



MARCH ANNIVERSARIES

Carolyn and David Brewer	15
Bob and Janet MacFarland	28



A hug for you, my friend



Friends and family of Gail Middleton



Cindy Glenn

BOARD OF DIRECTORS

President

Ellen Fannin

Vice President

Chris Campbell

Treasurer

Denny Clauson

Secretary

Zane Lowenstein

Directors

Becky Goad
Frank Mignoli
Pat Thomas
Sandy Williams

MANAGING DIRECTOR

Lisa Leirvaag

Email:

toth.director.tx@gmail.com

512-331-6000

STANDING COMMITTEES

Finance: Denny Clauson

Nominating: Sandy Williams

Special Events & Resource Dev.:
Chris Campbell

Communications and Publicity:
Midge Norris

OPERATIONS

Bldg Maintenance: City of Cedar Park
(Lisa Leirvaag is contact)

Bookkeeping: Lori Rainey

Bulletin Board: Becky Goad

Historian: Ruby Banks,
Gail Brennen

Kitchen: Lisa Leirvaag

Library: Ruby Banks

Membership: Lisa Leirvaag,
Jeanne Allison,
Barbara Duprey

Memorials: Jan Clark

Mem'l Garden: Jim Anderson

Newsletter: Barbara Duprey

Reception: Mary Riordon

Sunshine: Jan Clark

Supplies: Lisa Leirvaag

Website: OPEN

REGULAR ACTIVITIES AND EVENTS

Breakfast (monthly)	# \$	Pat Fiero & Frank Mignoli
Salad or Soup (monthly)	# \$	Frank Mignoli
Meet & Eat Lunch (monthly local)	#	MarEllen Basalyga
TOTH Dinner Club (monthly local)	#	MarEllen Basalyga
Crafts/Jewelry Making (1st 4 wks)	#	Mary Riordon
Golf		Frank Mignoli
Quilting Bee (weekly)		Cindy Glenn
Sit & Fit (3 x week)		Pat Fiero
T'ai-Chi (weekly)		Dr. Tom Barrett
Special Events and Presentations	# \$	Lisa Leirvaag



Contact

Information for
these members
is available by
calling

512-331-6000

GAMES

Bingo (Monday)		Barbara Duprey
Bingo (Friday)		Barbara St. Marie
Bunco (1st and 3rd Wednesday)	#	Ruby Banks
Canasta (Weekly)	#	Bobbie McKissick
Cribbage (Weekly)	#	Stan DeRocher
Hearts (Weekly)		Chris Campbell
Mahjong (Weekly)		Georgia White
Mexican Train (Weekly)	#	MarEllen Basalyga
Pinochle (Weekly)	#	Becky Goad
Poker (Weekly)		Jerry Rubin
42 (Weekly)		Nancy Kingston

BRIDGE

<u>Duplicate Bridge:</u>	#	Tuesday (weekly)	Frank Mignoli
	#	1st and 3rd Tuesday	Sheila Perkins
	#	Friday (weekly)	Ken Birdwell
	#	3rd Friday	Joyce Francis, Sheila Perkins
<u>Rubber Bridge:</u>	#	2nd Saturday	Carolyn Patrick
	#	Tuesday (weekly)	Ed Williams, Eileen Brown



Signup Required \$ Pay in Advance

March 2024

SUN	MON	TUE	WED	THU	FRI	SAT
# Signup Required \$ Pay in Advance	DAILY: 9 ⁰⁰ Sit&Fit 11 ⁰⁰ '42' 1 ⁰⁰ Cribbage# 1 ⁰⁰ Bingo	DAILY: 9 ³⁰ RbrBrdg# 10 ⁰⁰ Canasta# 1 ⁰⁰ DupBrdg# 1 ⁰⁰ Poker	DAILY: 9 ⁰⁰ Sit&Fit 9 ⁰⁰ and/or 10 ⁰⁰ Hearts	DAILY: 10 ⁰⁰ T'ai-chi 11 ⁰⁰ Mahjong# 11 ¹⁵ Pinochle# 12 ⁰⁰ Quilting 12 ³⁰ MexTrain# 2 ⁰⁰ Pinochle#	DAILY: 9 ⁰⁰ Sit&Fit 10 ³⁰ Bingo 1 ⁰⁰ DupBrdg#	
					1 DAILY	2
3	4 DAILY	5 DAILY+ 9 ³⁰ DupBrdg#	6 DAILY + 12 ⁰⁰ Foster Grandparent Pgm# 11 ⁰⁰ ExCmte 10 ⁰⁰ Jewelry Making# 1 ³⁰ Bunco#	7 DAILY+ 6 ⁰⁰ TOTH Dinner Club#	8 DAILY	9 1 ⁰⁰ DupBrdg#
10	11 DAILY+ 10 ⁰⁰ BOD	12 DAILY	13 DAILY+ 12 ⁰⁰ St.Patrick's Day#\$ 10 ⁰⁰ Jewelry Making#	14 DAILY	15 DAILY 9 ⁴⁵ DupBrdg# 11 ⁰⁰ Finance Cmte	16
17	18 DAILY	19 DAILY+ 9 ³⁰ DupBrdg# 1 ⁰⁰ Meet&Eat#	20 DAILY+ 10 ⁰⁰ Jewelry Making# 1 ³⁰ Bunco#	21 DAILY	22 DAILY	23 9 ⁰⁰ Break-fast Day#\$
24 / 31	25 DAILY	26 DAILY	27 DAILY + 12 ⁰⁰ Down-sizing# 10 ⁰⁰ Jewelry Making#	28 DAILY	29 DAILY	30



Please Remember:
Sign in and out
Sign up for classes and meals

Missing something? Check the Lost and Found!

Gazette Deadline —
17th of each month



Treasure of the Hills Senior Center

408 Ridgewood Drive, Cedar Park, TX 78613

Phone 512-331-6000

Open Monday-Friday 9am-3pm

www.toth-seniors.com