



AMERICAN EXPRESS RETIREES ASSOCIATION

Phoenix Chapter

18850 N. 56th Street, AZ 08-04-09, Phoenix, AZ. 85054-4500

Website -- amexra.org

The activities of this association are independent of and not managed by American Express

October 2020

PRESIDENT - ARNOLD DOYSCHEN 

Amex Retiree Elections: Nominations are officially closed for this election year. Here are the nominations that our secretary, Lorraine, received as of 9/20:

Treasurer

- * Pauline & Allen Neely
- * Rex Provenzale

Vice President

- * Judy Janson

Members will have until November 20th to cast their votes. If voting via email, please send your votes to Lorraine at lorrainelockard@yahoo.com. For those who will be voting via mail in ballot, just call Lorraine for her address at 602-505-1744. It is very important that each of our members cast a vote for the candidate of their choice. Your vote counts & can make a difference in the outcome of this election.

Medicare Update: Open enrollment begins Oct. 15 and ends Dec. 7th. You might want to check with your insurance agent, as some changes have been made. Or visit Medicare.gov/plan-compare to compare your current coverage with other options

Continue to STAY SAFE, STAY DISTANT and WEAR A MASK

VICE PRESIDENT – Judy Janson 

Hello to all of my retiree friends. I miss you all.

Labor day week we presented the second half of the retirees donation to Ira Murphy school. In January the school still had some of the funds that had been donated for 2019 and that money helped them finish up their project of having a zip lock bag full of school supplies for every student when they return to in-person classes. When the school found out that *we were again donating money* (I presented the second half in September), they told me that it helped them replenish their community closet. It had been depleted and this will allow them to have shoes, health items and clothes for many of the students that have nothing. *Again, all of this is because of your generosity and they thanked me for our continuing support of their school.*

I wish you & all of your family good health, stay safe and if you go out - wear a mask.



Saturday, Oct. 31st

The Center for Disease Control and Prevention (CDC) has issued guidelines during the COVID pandemic.

Halloween falls on a Saturday, which is a busy day, so celebrations will be even greater this year and the CDC wants to make sure people stay safe. **PLUS**, there will be a full moon and a blue moon, along with Daylight Savings Time starting later that night. (Doesn't apply to AZ.)

For starters, the CDC has an interactive map on their [website](http://www.halloween2020.org) -- www.halloween2020.org so you can check out the risk levels for each county. There are four risk levels: Green, Yellow, Orange, and Red. Green is the least risk, Red being the most. They also have guidelines for which activities are recommended depending on the risk zone. So, please use the map to make sure your area is safe and follow social distancing guidelines.



Your AMEX Retiree Board Members wish you & your family a **Faboolous, Fangtastic, BOOtiful and SAFE Halloween!**

SECRETARY – Lorraine Lockard

Hello Everyone -- Sorry to say that once again, there are no minutes to report.
Please continue to Stay Safe and Healthy.

SOCIAL CHAIRPERSON – Kathy Mance

Covid-19 is sure making life boring. The club is still unable to safely have “in-person” events or volunteer days. I am waiting for approval from President Doyschen and VP Janson before having any in-person events. *Safety is first and foremost.*

We currently have \$560 for charitable donations. We plan on donating to the food bank and providing socks for the homeless this winter (flyer attached).

If you have not participated in our fund raisers - you still can. I will be accepting donations until Nov 30th. You are able to donate a maximum of \$30 in your retiree bucks. That leaves a \$10 coupon for your 2021 dues. The group has been able to accomplish great things for the less fortunate in the midst of the pandemic. *Give yourself a pat on the back!!*

Thank you all!!

Medieval Times has reopened and we will set-up a date as soon as it seems safe. Our deposit is good indefinitely and I will contact those who have expressed an interest when the date is set.

Bowlers – if you want to start bowling - I will try to set it up starting in January (at your own risk) if enough people are interested.

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****Contest** Flyer is attached.**
If you'd like to participate, Rules Must Be Followed. NO Exceptions.

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NOTE: Event payments should be made payable to “AMEX Retirees Association” not to me directly for banking purposes. Checks are cashed after the event to avoid issues if the event is cancelled.

Try Single Tasking

For so many of us, doing a few things at once feels like the only way to get through everything on our plate. But multi-tasking often backfires because your brain doesn't know where to focus.

"You use a lot of energy switching from doing one thing to another, which means you lose efficiency.

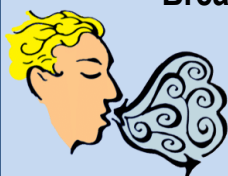
To help yourself focus on the task at hand, set an alarm for 10 mins. and challenge yourself **NOT TO SWITCH** to check email or social media, for example, until the alarm goes off. Those few minutes might be all it takes for your to find your flow, become absorbed in what you're doing and stick with that one task until your finished.

BREATHE

Practicing deep breathing at least once a day will help you feel calmer and give you a way to handle stressful situations. Deep belly breathing massages the vagus nerve, which runs from your brainstem to all the major organs.

Exhale Longer than each Inhale:

Breathe In for a count of 4
and Breath Out
for a count of 7.



Rest a bit before repeating.

MEMBERSHIP CHAIRPERSON

Lyn Campbell ~~~~ amexra@amexra.org

TOTAL MEMBERS

DEC. 2019 = 210 // SEPT. 2020 = 214

WELCOME NEW MEMBER

**** NORMA MICHELENA ****

We're happy you joined our great organization.

REMINDER: Repeat Request....Please do not forget to go to your nearest pharmacy (CVS, Walgreens, Bashas, Safeway, Frys, Walmart) to get your '**FREE REGULAR SEASONAL FLU SHOT**'.... Don't forget the regular ole flu bug can make you really sick so it's not all about the Covid -19 epidemic that we are currently experiencing.

DONATION COORDINATOR - Tricia Kieran

Happy Fall Y'All ! I hope you are all well and staying healthy. Pretty soon we'll be able to start decorating for Halloween, if you already haven't started. The end of the year is approaching fast.

On that note, I would like to bring up our 4th quarter donation drive. We would like to collect socks for the homeless. **Please see attached Sock Flyer**. I've made arrangements with St Vincent de Paul to have a table at the Dining Room where our Retiree Group has served lunch multiple times. We'll need a few volunteers to help man the table (basically to keep stocked). Hopefully we can all come together to help those less fortunate and make this last drive of 2020 a success!!

P.S. --- If you have been collecting items for Nan (pill bottles, Treasures for Teachers, etc.) you can give her a call @ 602-670-2552 and she will make arrangements to pick up.

Thanks Nan for all you do!

No Act of Kindness, no matter how small ... is ever wasted.



~~ Aesop ~~





It's true: Laughter is strong medicine

I hate when Walmart doesn't have what I need & I have to go home, change out of my PJ's, brush my hair and put on makeup so I can go to Frys!

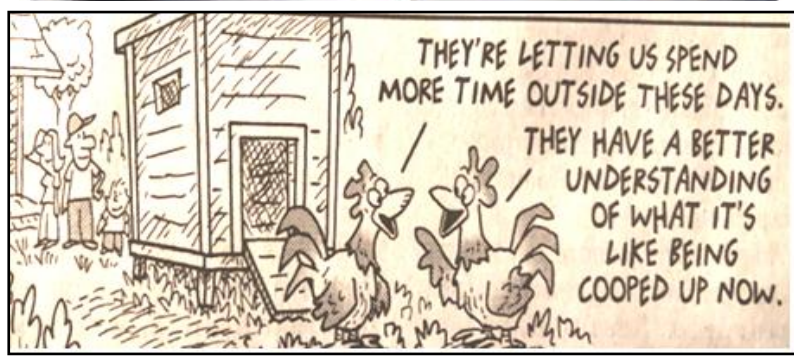


Who can relate? LOL



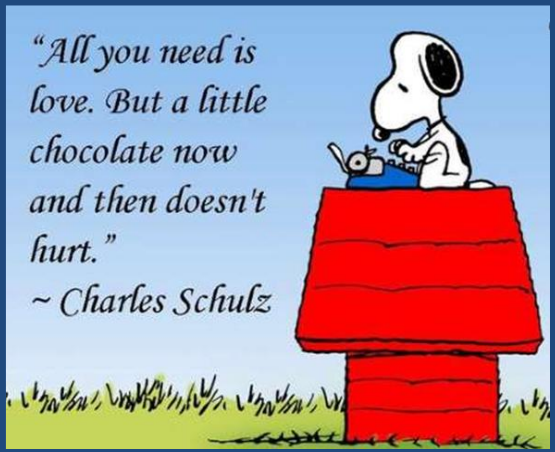
Sit!!

Damn mask..



THEY'RE LETTING US SPEND MORE TIME OUTSIDE THESE DAYS. THEY HAVE A BETTER UNDERSTANDING OF WHAT IT'S LIKE BEING COOPED UP NOW.

I'M SO OLD THAT 1) I have dialed a rotary phone that didn't have an answering machine 2) Recorded a favorite song off a transistor radio onto a tape recorder 3) Watched a black & white TV with less than 12 channels 4) Taken a long walk without counting the steps and 5) Ate food that I didn't take pictures of!



"All you need is love. But a little chocolate now and then doesn't hurt."
~ Charles Schulz

Due to Covid-19, we are asking protesters to work from home and destroy their own property!!



Keep in mind, even during a pandemic, no matter how much chocolate you eat ... your earrings will Still Fit!

BRAIN GAMES

Answers
on pg. 6

Keeping
our Mind
ACTIVE!



- 1) What can you give and keep at the same time?
- 2) What part of the keyboard do astronauts like best?
- 3) What starts with a T, ends with a T, and is full of T?
- 4) What do you throw out when you want to use it but take in when you don't want to use it?
- 5) What can travel around the world while staying in a corner?
- 6) What has many keys but can't open a single lock?

Don't Worry
about Getting Older -
You're still gonna do
dumb stuff . . .
Only SLOWER!



Remember this tradition --



People eating cake after
someone blows air from
their mouth onto it!

SUNSHINE CHAIRPERSON – Irene Davidson

Hope everyone is doing well. I really miss our get-togethers. Keep saving your pop tops for Ronald McDonald House. Remember to let me know if you hear of anyone who needs a get-well or sympathy card, any assistance or something to be mentioned in our newsletter.

Take care and Stay Safe and HEALTHY.

WEBMASTER – Lynn Hoffman

Our organization's website always has the latest newsletter / information available for your reference.

Visit us at amexra.org.

Active, Vibrant and Social Retirees



BIRTHDAYS THIS MONTH

18

OCTOBER

October has 2 birthstones -Tourmaline & Opal / Flower is a Marigold

Ancient magicians used black Tourmaline to protect against negative energy and evil forces. Today, many still believe that it can shield against radiation, pollutants, toxins and negative thoughts.

The Opal symbolizes faithfulness and confidence.

Opal necklaces were worn to repel evil and to protect eyesight.

BD	Member	BD	Member
4	Karen Murray	17	Bob Mariano
5	Anita Bounds-Morgan	22	Elisabet Alberini
6	Beverly Kopecky	22	Cindy Olson
6	Edie Varner	23	Jill Flynn
9	Theresa Dietrich	26	Sue Morrison
9	Pamela Edwards	27	Jill Schroeder-Colby
10	Lynette Lemaster	28	Arnold Doyschen
12	Phyllis Delaney	30	Kaye Eddy
12	Susan Perry	31	Mary Blue

TREASURER – Rex Provenzale

SEPT., 2020 (for month ending Aug.)

Total Expenses	\$ 47.50
Total Revenue	\$ 10.00
Dividends	\$.21

Membership Dues are \$10 a YEAR

Payable by DEC. 31ST for the FOLLOWING YEAR.
 You can use one of your \$10 coupons or if paying by check make PAYABLE TO: AMEX Retirees Assoc.

MAIL TO: Rex Provenzale
 3929 W. Chama Dr. / Glendale, AZ. 85310

LET THE GAMES BEGIN ☺

BAMBOOZABLES --- The object is to try to figure out the well-known saying, person, place or thing that each picture is meant to represent. Answers below.

Play <hr style="width: 50%; margin: 0 auto;"/> Words	SPOT	I E C except	DR. ^{DO}	JUST
1	2	3	4	5

Want Something You've Never Had?
 Do Something You've Never Done!

**Don't Forget to Take Time to Care For Yourself ...
 So You Can Continue to Generously L♥ve Those Who Count On You.**

*This newsletter is a publication of the American Express Retirees Association of Phoenix
 *Please direct all correspondence to our Managing Editor, Tina Borer @tborer@cox.net.

BRAIN GAME Answers (pg. 5):
 (1) A Cold (2) The Space Bar (3) Teapot (4) An Anchor (5) A Stamp (6) A Piano

BAMBOOZABLE Answers:

1) Play on Words 2) X Marks the Spot 3) I Before E Except After C
 4) Dr. Doolittle 5) Just Right