



AMBASSADORS FOR AGING WELL

April 19, 2021

Who We Are

The Ambassadors For Aging Well is an advocacy group with over 500 members.

We don't charge anybody anything and we don't sell anything

(except that starting in May, we are going to allow a locally-owned business person 5 minutes "at the mic" to promote their business...

Our tagline is "We educate and advocate."

Local election coming up on May 1, 2021.

- Special election for U.S. Rep Dist 6 – replace Ron Wright who died 2/7/21 (he spoke at an AFAW meeting when he was TC Tax Assessor)
 - 11 Republicans
 - 10 Democrats
 - 1 Libertarian
 - 1 Independent
- Mayor of Arlington to replace Jeff Williams who has served the allowed 3 terms
 - Non-partisan. 8 candidates (7 now since the convicted felon was dropped)
- Arlington City Council
 - District 3 (SE Arlington) 5 candidates (incumbent Marvin Sutton)
 - District 4 (West Arlington) 4 candidates (incumbent Andrew Piel)
 - District 5 (Central Arl, UTA) 2 candidates. (incumbent Ignacio Nunez, not running for re-election)
 - District 8 at large. Incumbent Barbara Odom-Wesley. 2 candidates
- School Board.

VOTING - CONTINUED

Voting info can be found at Tarrant County Elections <https://www.tarrantcounty.com/en/elections/Upcoming-Election-Information.html> or shortened URL for this site <https://cutt.ly/lcCKuTO> or just Google Tarrant County Elections Office.

You can see a sample ballot with all the names, etc.

You can find out the early voting locations and the voting locations for May 1. Early voting is from April 19-27.

If you want to vote absentee, you must apply again (every year). I called yesterday (817-831-8683) and they're going to mail me an application which they must receive back no later than April 20 so they can get a ballot out in time and receive it back by the deadline.

WHAT IS A "CLEAR ALERT?"

Coordinated Law Enforcement Adult Rescue

The CLEAR Alert program was created thru legislation in 2019 to close the missing persons alert gap between the Amber Alert and the Silver Alert.

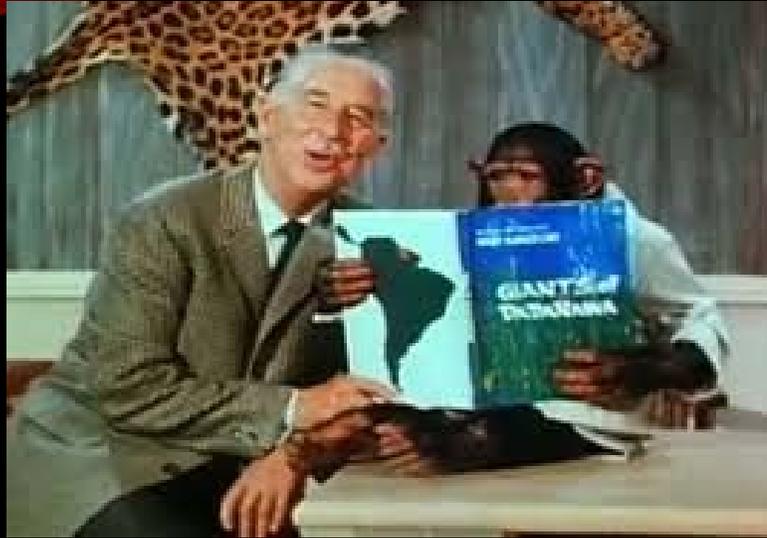
Helps law enforcement find adults who are missing, kidnapped, or abducted and in immediate danger of injury or death.

- Between 18 and 64.
- Preliminary investigation should verify that person is in imminent danger of bodily injury or death or their disappearance is involuntary.
- Request for a CLEAR Alert needs to be made within 72 hours of the person's disappearance.
- Must be sufficient info to share with the public to help find the person.

BLUE ALERT: Issued when a law enforcement officer has been killed or seriously injured by an offender.

- www.findashot.org
- You should have been given an appointment if you registered on the Tarrant County Public Health site but if you're still waiting, you might check this website.

ELVA'S NEW PERSONAL HERO !!!



Remote Area Medical

Stan Brock

www.ramusa.org

10 clinics May – Aug 2021

Across U.S.

Volunteers needed:
medical, translators,
administrative



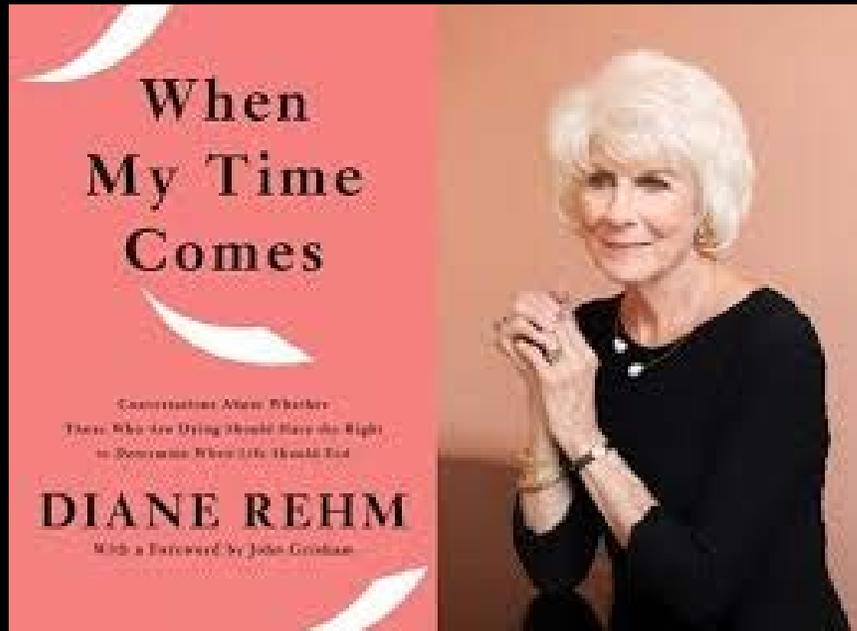


MAiD

Medical Aid in Dying

fka "Death with Dignity"

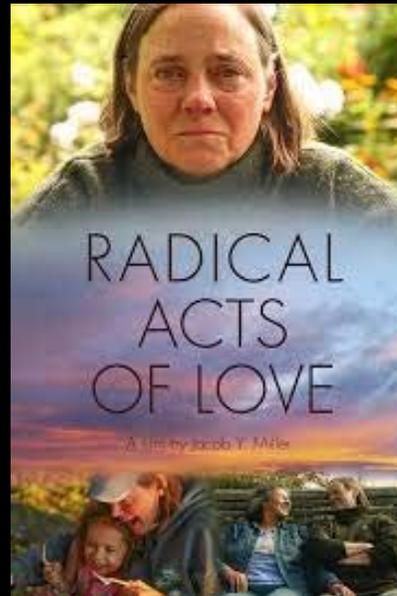
TONIGHT PBS KERA CHANNEL 13 10:00 PM



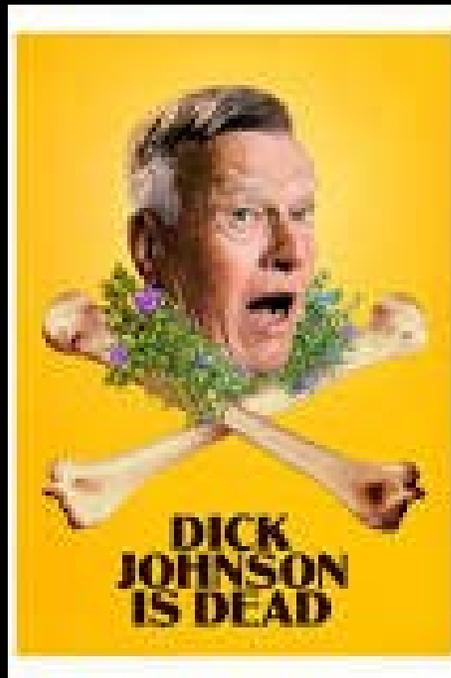
Spurred on by the death of her husband, the Peabody-award-winning journalist crosses the country to take an in-depth look at medical aid in dying. She speaks to people on all sides of the issue, uncovering the pros and cons, the facts and the misinformation surrounding this controversial practice that is now legal in **nine** states and the District of Columbia. The result is both moving and informative - an eye-opening documentary that is sure to provoke strong reactions and thoughtful conversations among viewers of all ages and backgrounds.

Note: April 8, 2021 NM became the 10th State

- Movie. Amazon Prime Video documentary “Radical Acts of Love” about a lesbian couple, one of whom has been diagnosed with Alzheimer’s disease and how she decided to take control of “the end.” Sad, but interesting. Bill Thomas, M.D. (geriatrician) is in the documentary. When I worked for him back in 2016-17, I asked him about his position in Medical Aid in Dying (MAiD) and he was not in favor (I was and still am). Remember our recent speakers from “Compassion and Choices.”



- Movies for Grownups. Netflix "Dick Johnson is Dead." Documentary. Not what you think, not morbid. A daughter's loving tribute to her very-much-alive father, a psychiatrist who has Alzheimer's disease. I found the documentary to be memorable and moving;



Medical Aid in Dying (MAiD).

Educate yourselves: www.compassionandchoices.org

Our January speakers were from a local organization www.careandprepare.org (Leah Wingard)

In addition to all 12 provinces in Canada, some places in Australia, and some Scandinavian countries, 10 U.S. States have Bills pending, and 11 U.S. jurisdictions have now passed laws to give competent persons diagnosed with a terminal illness and who are suffering the right to have a prescription medicine to end their lives:

11 Jurisdictions:

NM 4/8/2021	D.C.	VT	ME
CA	MT	WA	HI
CO	OR	NJ	

"I Care a Lot" – Netflix movie. Fiction account of how a court-appointed "guardian" can go terribly wrong. We're fortunate in Tarrant County to have "Guardianship Services, Inc." with legal safeguards.



ENTERTAINMENT (CON'T)

- Websites that Elva found interesting recently:
- Covia Well Connected (Google it) – free sessions – some audio only (phone), some with video. Play trivia, take docent-led tours of various museums (Museums at Home), etc. 68-page catalog of things to do. If you join, they mail you a welcome kit with a printed catalog, but the catalog is also downloadable on their web page. I have watched some episodes of “Museums at Home.” Docent-led tours—with Q&A. Trivia is offered nearly every day but I haven’t had time to do that yet.
- www.Viking.tv Every day (7 days a week) at 1:00 Central, they do an hour program. They do a lot of historical programs about sites where their Viking boat tours go...another recent one was “citizen science” and the two scientists who are recruiting citizen scientists were interesting for Antarctica. You can go to the website and view previous programs if you miss the “live stream.”

Entertainment recommended by Elva (continued):

- Websites that Elva found interesting recently:
 - <https://virtualvacation.us/> Take the walking tour of Helsinki, Finland, walking tour, or Damascus, Syria, or Moscow, or Barcelona...many more. It's like you're actually walking in these cities!
 - <https://www.randomtriviagenerator.com>
 - Random Trivia Question Generator. Fun to play with your family. Can be done on a Zoom call. My brother, Ron, who lives in Spring, TX, and I play trivia every day on the phone. He's a much better player than I am, but we always pretend that we're preparing to go on tv shows like "Who Wants to Be a Millionaire" or "The Chase."



NEXT AMBASSADORS MEETING ON MONDAY, MAY 10, 1:00-2:30

SPEAKERS:

- PET PEACE OF MIND. Who will care for your pets when you're gone?
- JAMES L. WEST, EXPERTS IN DEMENTIA, EARLY SYMPTOMS, DIAGNOSIS, TREATMENT, CAREGIVING
 - Alzheimer's disease
 - Vascular dementia
 - Lewy Body Dementia
 - Frontal temporal dementia
- Possibly touch on mixed dementia, Parkinson's with dementia, etc.

You're invited to join the Ambassadors For Aging Well group.

- no fees,
- no requests for donations,
- no commitment.

Just tune in to see if you might learn something interesting that you didn't know before.

To join, send an email either through our website at

www.AmbassadorsForAgingWell.org

Or send an email to

elvaroy@tx.rr.com