

# Blacksburg News



*AARP Chapter #2613, P.O. Box 10082, Blacksburg, VA. 24060.*

**Write it down, check it off, whatever you need to do to remind yourself! Next General meeting is March 15<sup>th</sup> at 11:30am. Our feature speaker will be James F. Wolfe, Ph.D., President (and staff). Edward Via Virginia College of Osteopathic Medicine (VCOM) <http://www.vcom.vt.edu/>  
TOPIC: "A Review of Program Plans with an Emphasis on Geriatric Concerns"**

**Brief Five-Minute Speaker will be Terri A. Fitzwater-Palmore, Executive Director: Habitat For Humanity of the New River Valley. <http://civic.bev.net/hfh/>  
Topic: "Current & Future Programs" Table top display of information**

## Presidential Notes

Monthly programs are a major part of any successful AARP Chapter's work. Our programs cover a wide variety of topics to meet our broad member interest. Each member is issued a special invitation to attend one of these monthly "Third Tuesday" events at the Blacksburg Community Center, starting at 11:30AM with a Brown Bag Lunch (with coffee provided by the Hospitality Committee). Tuesday, March 15, one of our own members, Jim Wolfe who is President of the Virginia College of Osteopathic Medicine (VCOM) will be making a power point presentation about the new college. Emphasis will be on VCOM's interest in Geriatric issues. There will be ample handouts on the topic. In addition, there will be a table top display and brief remarks about the New River Area Habitat For Humanity. So come and bring a prospective member and enjoy the fellowship, food, fun and informative presentations.

A growing membership is another mark of a successful AARP Chapter. Our goal this year is at least 300 members. We had about 200 paid up members at the end of February. Check

your mailing label to see if you are current with your membership dues. If the label has 2005 -- you are up to date. If the label says 2004 you are urged to get your dues in right away-- using the form in this newsletter. If you are current for 2005, use the form to invite a new member to join and bring them to the March 15 meeting to get acquainted and enjoy a great program.

A final way to measure the success of an AARP Chapter is the way it deals with current issues of interest to the membership. The ongoing debate about the future of Social Security is one of those issues. The Board is trying to keep up to date on this matter and is working with our Legislative Committee (see notes from this committee in this newsletter) to be well informed. We urge all of our members to do the same thing by monitoring the AARP web site ([www.aarp.org](http://www.aarp.org)), as well as the organizations many publications, in addition to the public media. Let us know what your views are on this important matter, as well as our congressional representatives in Washington D.C. Let's all try to stay well informed on this important issue. Regards, Carl.

## VOLUNTEER RECOGNITION CELEBRATION

APRIL 9, 2005

10:00-11:30 A.M. at the Blacksburg Community Center

The Volunteer Recognition Celebration will be April 9, 2005 at the Blacksburg Community Center from 10:00 to 11:30 a.m. This special event is sponsored by our Chapter, the Voluntary Action Center, the American Red Cross, the YMCA at Virginia Tech, and the Blacksburg Senior Center. Mark your calendar now and plan to attend. The purpose of the event is to recognize outstanding volunteers from throughout the New River Valley.

Joyce Martin, Dale Oliver, and June Schmidt serve on the committee planning the Celebration. They need help on April 9 to welcome guests, serve as hosts, assist with the refreshments, and room set up followed by clean up.

The planning committee has sent notices about the event to organizations throughout the New River Valley requesting them to nominate outstanding volunteers. A highlight of the event will be the awarding of the Jim and

Lenna Moore Citizenship and Community Service Award. Both Jim and Lenna were exemplary in their service to the community and to our AARP Chapter.

The Celebration features entertainment, awards recognitions, and light refreshments. There is no cost for the event. Besides the five organizations sponsoring the event mentioned above, others contributing to it include the Montgomery County Retired Senior Volunteer Program and Montgomery Regional Hospital.

Joyce, Dale, and June look forward to your joining us on April 9 to honor outstanding volunteers of the New River Valley. Nominees from our Chapter are Mary Ellen and Jim Moore.

Call Joyce at 552-0013 or June at 552-1590 to let either know of your interest in helping with the Celebration.

### Understanding Your Mailing Label

Is spelling correct?

Check membership: 2004 means your dues are not paid for 2005--- DON'T MISS OUT! Your mailing label will be removed on April 30<sup>th</sup>, and you will not be eligible for the annual picnic.

2005 means you are up to date---- THANK YOU!

2005N means new membership with dues paid--- WELCOME!

## Board of Directors Monthly Meeting

March 1, 2005

Harriet Damant, Secretary

The following members were present: Tom Jeffers, Dale Oliver, Carl McDaniels, Joyce Martin, R.B. "Ben" Crawford, Jim Moore, Mary Ellen Moore, Glen Mitchell, Jim Gaines, Frank Lau, Doris Abraham, Darrell Clowes, June Schmidt, Harriet Damant and Harriett Cooper. Those not in attendance: Jane Lane. Carl McDaniel, President called the meeting to order at 9:30 AM. The agenda was approved followed by approval of the minutes.

A visitor to the Board was Katherine Malone, who could not come. She is a VA Tech Student active in the Service Learning Program and needs to meet her commitment of 30 hours of service. Joyce Martin felt she could help with membership contacts and other telephone calls. Other suggestions were to use her help during Blacksburg AARP meetings if Ms. Malone's class schedule does not conflict.

The treasurers report was given by Joyce Martin, Treasurer Brian Allen, Treasurer, is away due to family illness. The ending balance in January was \$2, 208.34. Income for February was \$480.00 less expenses of \$150, leaving a balance of \$ 248.34. Jim Moore volunteered to help with the treasurers duties to relieve Brian Allen as needed.

Joyce Martin, Membership Chair., reported the current paid membership has increased to 199. The membership Committee has made reminder calls to those not listed as paid. Joyce also reported that a new Post Office Box at the University Mall Post Office has been secured for the Blacksburg Chapter.

Program Committee Chair Ben Crawford reported that programs for March, April and May were complete and that the June Picnic is scheduled. Details will be in the newsletter. Since some of the future meetings are combined with other organizations, Doris Abraham suggested the Board look into

booking a larger room for these occasions. President McDaniels would work to do this.

Frank Lau and Darrell Clowes continue to work on Newsletter Design. They encouraged members with reports to make deadlines and to send them items that may be of interest to all members, including ideas for health care and healthful living. (FYI would be its place in the newsletter)

Carl McDaniels shared copies of an article from a recent The Roanoke Times Current regarding the new **Blacksburg AARP Chapter Website** designed and managed by member Connie Anderson. The use of pictures on the Website was discussed.

**Chapter Plans** for the future include a Red Cross Blood Mobile to be held at Blacksburg Recreation Center, cosponsored by AARP and The Town of Blacksburg. It was suggested the date be scheduled after the AARP Fall Health Fair. Jim Moore, Committee Chair, stated he would try for an October date. A general discussion was held regarding the cut off date for membership. June Schmidt and Doris Abraham reminded the board that the deadline for having your name printed in the member list is April 30th. This was accepted as a deadline and so no motion was required.

June Schmidt reported that the Volunteer Recognition Program is scheduled for April 9, 2005 and that adequate funding has been received with help from the Montgomery Regional Hospital and other sources. It is anticipated that about 15 persons will be recognized at the program.

**AARP Virginia items of interest:** Carl McDaniels gave a brief report on the AARP Policy regarding Long Term Care and reported that May 12<sup>th</sup> is the National Day of Service and the plans for a cooperative program of Home Modification with Habitat For Humanity

are evolving. The details and funding are to be approved by AARP Virginia.

R.B."Ben" Crawford was invited to attend a meeting at the **Governor's Mansion** where among other things was a discussion regarding the Senior Olympic Games. Ben presented a motion to the Board that the Board approve \$100.00 to cosponsor the NRV Senior Olympics-Games with the Montgomery Parks and Recreation Department. Passed unanimously.

**Glen Mitchell, Legislative Chair,** presented a report with copies to each board member stating the current AARP nonpartisan views regarding the Social Security issues. Following the report and discussion Glen asked

what role does the Board and/or Blacksburg AARP Chapter want to play with this issue? Ben Crawford presented a motion seconded by Jim Moore that the .Legislative Committee draft a letter to Congress Members on behalf of the Board that would address the non partisan issues on Social Security expressed and supported by the board. This motion passed unanimously.

In final business the Board approved by Consensus to give out, at the membership meeting, copies of a flyer regarding a **Community Strength Pledge Certificate** . Background information will be presented at the membership meeting. Meeting adjourned at 11:00 AM

## **55 Alive Program**

By Jim Moore

Thirty two persons are enjoying a deduction in their car insurance today thanks to the 55 Alive course they took a few weeks ago. Fifty-five Alive is an AARP sponsored course that refreshes senior's driving skills. Old age makes all of us forget some of the things that would make us better drivers. And there are new techniques that older drivers should learn in order to cope safely. We don't see as sharply, how can we compensate? We can't move as quickly, how can we compensate? We don't think as fast, how can we compensate? Fifty-five alive teaches us new ways to cope.

Your local AARP sponsors this 55 Alive class twice a year. It's cheap and it takes only two 4 hour classes. Also the law says that your insurance company must give you a discount on your insurance when you complete. Watch your AARP news for the next class.

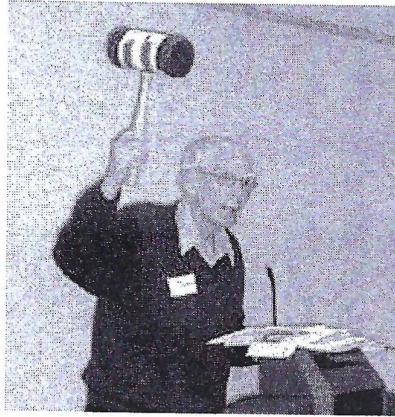
## **AARP/Town Bloodmobile**

By Jim Moore

The AARP and the Blacksburg recreation center are sponsoring a bloodmobile in October. Think seriously about donating. Only 4% of the people who are eligible to donate do donate. Over 90% of families in the U. S. will need blood. Your family may be one of these.

"Older people can't donate". Oh yes they can! There is no age limit to donating. I know an 81 year old who has donated 65 pints and is still donates every 8 weeks. However, some older persons have medical conditions that disqualify them. If this is your case, a nurse at your entry interview will excuse you and not send you on. If you or someone in your family needs blood, you will quickly agree that: "Your old tired blood is as welcome as young blood in an emergency!"

President Carl, wielding the rediscovered gavel from yesteryear.



Dr. James F. Wolfe,  
President of the Edward  
Via Virginia College of  
Osteopathic Medicine  
(VCOM)



Terri A. Fitzwater-Palmore,  
Executive Director, Habitat  
for Humanity of the New  
River Valley.

**From March 15<sup>th</sup> membership meeting**

AARP Chapter #2613  
P.O. Box 10082  
Blacksburg, VA.  
24062

**Non-Profit  
Organization  
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AARP 2004  
613 OWENS ST  
BLACKSBURG, VA 24060

**BLACKSBURG AARP CHAPTER #2613**  
**MEMBERSHIP RENEWAL OR NEW MEMBER APPLICATION**

Membership in the Blacksburg AARP Chapter requires membership in National AARP. If you are already a member of the Blacksburg Chapter, please pass this form on to a friend that should be a member.

Name: \_\_\_\_\_

Spouse: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Membership: \_\_\_\_\_ Renewal

\_\_\_\_\_ Single membership dues **\$10.00 for 2005**

\_\_\_\_\_ New Member(s)

\_\_\_\_\_ Joint husband and Wife dues **\$15.00 for 2005**

Complete, attach check made out to Blacksburg AARP, and bring to the next Membership Meeting or mail to:

AARP Chapter #2613, Box 10082, Blacksburg, VA. 24062