



April 2011
Vol. 28, No. 4

<http://civic.bev.net/aarp>

APRIL 19 Chapter Meeting at Warm Hearth Village

Our April AARP Blacksburg Chapter meeting will start at 11:30 a.m. *with a catered lunch at the Karr Activity Center at Warm Hearth Village.*

The program will be an update on the wide variety of living options in the several venues at Warm Hearth, with a special emphasis on the newly announced offering called "Warm Hearth At Home." There also will be brief reports on other options such as Woods Edge, Town Homes, apartments, assisted living, and other choices. At 1 p.m. tours will be available for those who are interested, including the remodeled dining facility in the Showalter Center – called the Fireside Cafe.

Directions to the Karr Activity Center are as follows:

Driving out of Blacksburg on South Main Street (toward Lewis-Gale Montgomery Regional Hospital), turn right onto Hightop Road (across from the NBB Branch on the corner). Take the next right onto Farmview Drive that leads directly into Warm Hearth Drive, with the intersection of the Huckleberry Trail.

Follow signs turning into the Karr Activity Center on the left. There is street parking on a first come first serve basis, and there is additional parking near the Showalter Center, with a short walk up stairs to the Karr facility, or you may follow signs to other nearby

parking within walking distance. For further directions or clarification, call Chapter Program Committee Chair, Carl McDaniels at 552-5818.

AARP Blacksburg and Warm Hearth Village have grown up together over the past 35 years. There have been a number of joint activities. Warm Hearth Village was a major Gold Sponsor at the AARP/VCOM Health Fair. They also paid for the printing of the chapter's *30 Year History* book in 2006.

Call for Award Nominations

The Chapter Awards Committee calls your attention to both the Chapter Service Award and the Community Spirit Award given annually to two deserving chapter members.

Please submit your nomination(s) for one or both awards along with a brief statement of the person's contributions to Juanita Wightman, 1300 Westover Drive, Blacksburg, VA 24060 or by e-mail to Wightman@vt.edu

Receipt of nominations by May 1 will expedite the selection of awardees.

AARP Blacksburg Chapter #2613

Chapter meetings are the third Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive at 11:30 a.m. There are no meetings in July or August. Board meetings are the first Tuesday of each month at the Blacksburg Community Center at 10:00 a.m.

PO Box 10082

Blacksburg, VA 24062

<http://civic.bev.net/aarp/>

President's Column



For the president's column this month I have decided to use a presidential privilege. I would like to discuss something close to my being which also doubles as a partner of our chapter. That something is public schools.

It is appropriate for AARP to support public schools as our founder was Ethel Percy Andrus, an educator, who started the National Retired Teachers Association which evolved to become AARP.

While most of the people reading this column are well past K-12 school attendance, we should still care very much about our public schools. Grandchildren are one reason. Another is that the schools are educating young people who one day will be paying our Social Security and Medicare.

I am particularly irritated by people whose favorite expression is "America's failing schools." Most irritating of all are the critics who never taught and seldom, if ever, visited a public school. While it is true that our public schools, just like our Union, are never perfect. On the other hand, our support for public schools is also something less than perfect.

When I graduated from high school last century (as did most of you), the graduation requirement was only 16 academic courses. Yes, only four academic courses per year. A check with current graduation requirements at Blacksburg High School indicated that students now take a minimum of 22 academic courses ranging to 26 - depending on the diploma. Not only has the high school graduation requirement been increased by approximately 50% - the content in the courses has been dramatically upgraded. Fourth and fifth graders are now learning the algebra I learned as a high school freshman.

Dual enrollment courses and Advanced Placement courses are now much more common. In fact, I never heard of such courses as a high school student. At the same time, public schools have been asked to serve a clientele of special education students that seldom had the opportunity to attend school in an earlier era.

After decades and centuries of altruistic service, some now see teachers as the enemy and complain that they make too much money. I have yet to see a headline indicating that a dozen Montgomery County teachers will each get a million dollar bonus this year. After a career as a teacher educator when I had the privilege of meeting hundreds of teachers, I never heard one say that he or she became a teacher in order to make the big bucks.

For those who believe accountability is more important than support, I suggest visiting a public school. Actually, nothing is more public than public schools. Anyone can visit at almost any time. Talk to the students and teachers. See what they are doing. You will quickly learn that what we need is less criticism and more support. One way to show support is to volunteer at a school. I have been volunteering at Blacksburg High School since I retired almost five years ago. It is fun working with the teachers and students and then leaving without papers to grade and no discipline problems to worry about.

The next time you hear someone talk about our "failing schools," ask them how they gained their knowledge. Encourage them to learn the facts, be more supportive, and less critical. I am certain Ethel Percy Andrus would like to hear about "America's succeeding schools."

John Hillison

Education is simply the soul of a society as it passes from one generation to another.

G. K. Chesterson

Driver Safety Course Scheduled for May 5 & 6

If YOU ARE OVER 50 AND DRIVE A CAR it's now time to pre-register for the AARP Driver Safety Course being offered in early May at Blacksburg Community Center, 725 Patrick Henry Drive. Enrollment is limited so sign up soon.

The course will be held on Thursday and Friday, May 5 and 6 from 1:00 to 5:00 p.m. To pre-register for the course, call Curt Finch at 552-8179.

Course fee is \$12.00 for AARP members and \$14.00 for non-members, payable by cash or check to "AARP" on the first day of the course.

Community Service and Create the Good

A great "Thank You" to all the volunteers that turned out for the *Drive To End Hunger* food drive. Volunteers from AARP were Ben Crawford, John Hillison, Judy Sewell, JoAnn Underwood, James Montgomery and Sally Anna Stapleton. Volunteers from RSVP were Cookie Davis, Maxine Murphy, Joan Grayson, Shirley Peterson, Jill Songer, Lorraine Crandall and Arlene Walls. Volunteers from Chi Delta Alpha sorority were Taylor Miller, Amy Hirabayashi, Margaret Robinson and Michelle Piluso. The youngest volunteer from Christiansburg Middle School was Jackson Schombert.

We had a lot of competition at each of the stores including other food drives, a cancer drive, etc. But despite these obstacles the two Blacksburg Kroger stores were the two highest selling Kroger store in Virginia. The combined Kroger stores in Blacksburg and Christiansburg brought in over \$1700 worth of grocery donations for the Southwestern Virginia food bank. All in all, the 23 participating stores collected over \$7000 in donations. This will feed a lot of aging seniors.

Thank you to all who helped in so many ways!

Earth Day is April 22 and small actions can make a world of difference! The Earth Day Network, which is a global collection of eco-minded organizations, is encouraging people to do one billion Earth Day "acts of green." Pick up litter in your neighborhood, recycle, plant a tree, plan your shopping trips so you can cut down on the amount of gas you use. Celebrate Earth Day and register your action online at act.earthday.org.

To download a tool kit that offers simple tips on going green visit createthegood.org/diy-toolkits. Check [www.creathegood.org](http://www.createthegood.org) for volunteer opportunities: Montgomery Museum is looking for docents to staff the front desk, Christiansburg Aquatic Center is in need of volunteers for daily activities, and Radford 'Meals on Wheels' needs drivers. Please take time to volunteer.

Sally Anna Stapleton
Create The Good Organizer



John Hillison and Judy Sewell share about the Drive to End Hunger with John Layman at Kroger in University Mall.



Sally Anna Stapleton and her grandson Jackson Schombert at the display in Kroger on South Main Street, Blacksburg.

Spring Programs for Seniors

Tina King, Executive Director
New River Valley Agency on Aging

Beautiful spring days tend to make many of us think of taking a road trip in our automobiles. Before leaving on our trip we prudently see that our auto is in “road worthy” condition. But have we ever thought about checking how well our personal vehicles “fit” us for maximum comfort and safety?

CarFit is an educational program that offers senior adults the opportunity to check how well their personal vehicles “fit” them. It also provides information and materials on community specific resources that could enhance safety and/or increase mobility. While age does not determine how well we drive, our functioning ability has a direct impact. It is a fact that aging tends to bring about natural changes to our bodies such as a decline in our vision and/or hearing. Therefore it is important to stay “on top” of the changes and make adjustments as needed.

A CarFit event involves a team of trained technicians and/or health professionals that works with each participant to ensure that they “fit” their vehicle properly in order to ensure maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.

A couple of CarFit events, sponsored by Carilion Clinic, have been scheduled during April. Carilion Clinic is scheduling CarFit events in the Roanoke area later in the summer, but they are all in the Roanoke Valley. **Registration is required. To register or to ask questions, call Carilion Direct at 1-800-422-8482.**

In addition to the CarFit events, it might be helpful to check out other resources that will help enhance driving skills.

The Virginia **GrandDriver** program (www.granddriver.net) and the AAA or American Automobile Association (www.aaaseniors.com) have publications that provide information and resources about staying safe and mobile on the road as we age.

The **GrandDriver** program is an initiative of the Virginia Department for the Aging, and is funded by the Virginia Department of Motor Vehicles. For those without internet access, information on the **GrandDriver** program can be obtained by calling the Agency on Aging (540-980-7720) and speaking with Kathy Copenhaver, our **GrandDriver** representative.

On another note, a partnership of interested organizations known as the *Older Dominion Partnership* is launching a benchmark survey to help determine how “age ready” Virginia and its localities are. Seniors and baby boomers across the Commonwealth will be called upon this spring to respond to a series of questions, either by telephone or “online” that will provide data on Virginia’s age wave preparedness in areas such as transportation and mobility, caregiving, housing, health and well-being, etc. The survey might seem lengthy as it takes approximately 20 to 30 minutes to complete, but it is simple and the results will provide valuable information for planning at the state level and within localities. If you are contacted regarding the survey, I urge you to take the time to participate. Survey results are expected by early summer. I look forward to sharing some of the findings.

Blacksburg AARP Chapter # 2613 March 2011 Financial Report

Balance at end of February \$5,145.81

Credits

03/01 Membership Dues	\$ 25.00
03/09 Membership Dues	50.00
03/21 Membership Dues	75.00
<u>03/23 Interest</u>	<u>.20</u>
TOTAL	\$150.20

Debits

03/21 John Hillison (postage)	33.29
<u>03/25 Kopy Korner (newsletter)</u>	<u>125.48</u>
TOTAL	\$158.77

Balance end of March \$5,137.24

Blacksburg AARP Chapter Membership Report April 2011*

Member Profile:

Category	Count
AARP 2012 Members	4
AARP 2011 Members	260
AARP 2010 Members	1
LifeTime Members	45
Life Members	9
Comp Members	18
Honorary Members	4
Total Membership	341

*Report prepared March 31, 2011

New Members: N=4

Jack & Larkin Dudley

Howard & Brenda Long

Newsletters for April 2011: N=222

Membership Committee:

Jim Wightman (Chair), Sue Farrar, Don

Creamer, Tom Alston

Some “Texting” Humor

Do you “text” with kids, grandkids, great-grandkids, or friends? Here is a little update on current texting codes to use in your own texting messages:

ATD -- At The Doctors.

BFF -- Best Friend Fell.

BTW -- Bring the Wheelchair.

BYOT -- Bring Your Own Teeth.

FWIW -- Forgot Where I Was.

GGPBL -- Gotta Go Pacemaker Battery

Low.

GHA -- Got Heartburn Again.

IMHO -- Is My Hearing-Aid On.

LMDO -- Laughing My Dentures Out.

OMMR -- On My Massage Recliner.

OMSG -- Oh My! Sorry, Gas.

ROFLACGU -- Rolling On Floor Laughing

And Can't Get Up.

TTYL -- Talk To You Louder

Can you “translate” this message?

“I’m ATD since my BFF. Could you BTW? I GGPBL. Bye.”

Thank You from RSVP

Dear AARP Chapter Members:

Thank you for inviting me to the March meeting to share information about RSVP and how we partner with the Blacksburg AARP Chapter. Pat Ballard and I enjoyed being with everyone during lunch and the meeting. Your chapter members were a tremendous help to us last fall with the “Supplies for Seniors” project by donating basic household items and by participating in the Walk-A-Thon to raise funds to purchase supplies. By partnering, we were able to assist 280 homebound seniors in the New River Valley. We appreciate all that each member does to volunteer in our community and we hope that you will use RSVP as a resource when looking for additional volunteer opportunities. We look forward to continuing our partnership for future projects.

Sincerely,

Angela Little

Angela Little, Director

RSVP of Montgomery County & Radford

210 S. Pepper Street, Suite D

Christiansburg, VA 24073

540-382-5775

Website: www.montgomerycountyva.gov/rsvp

Facebook:

www.facebook.com/RSVPofMontgomeryCoandRadford

Blacksburg AARP Members Among Leading Lights Winners

Three Blacksburg AARP members (Phyllis Albritton, Pat Ballard, and Mary Ann Hinshelwood) win Leading Lights Awards and one other (Carl McDaniels) was honorable mention.

AARP Chapter 2613

April 5, 2011

Board Minutes

Call to order--President John Hillison called the meeting to order at 10:00.

Officers Present: President John Hillison, Vice

President Don Creamer, Treasurer Brian Allen,

Secretary Virgil Cook

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Board Members: Tom Alston, Sue Farrar, Mary Ann Hinshelwood, Jim Montgomery, June Schmidt
Non-board-member committee chairs and appointees:
Doris Abraham, Larry Alexander, R. B. "Ben" Crawford, Curtis Finch, Margaret Kates, Carl McDaniels, Edd Sewell, Sally Anna Stapleton, Jim Wightman, Juanita Wightman
Guest: Frank Lau

Approval of Minutes--June Schmidt noted an error in the March 1 minutes and that the minutes should be change to reflect that the chapter is working with RSVP and the YMCA on the Jim and Lenna Moore award. Don Creamer moved that the minutes be approved with the change. The motion passed.

Treasurer's Report--Brian Allen. Balance at the end of February, \$5,145.81; Balance at the end of March, \$5,137.24. Thus, we spent about eight dollars more than we collected. The biggest expense was the \$125.48 to Kopy Korner for printing the newsletter. Brian moved that we transfer \$2,660 of the large balance--mostly profits from the Health Fair--into a reserve savings account for use next year. The motion passed.

Officers Report--John Hillison. John noted that the chapter received good publicity in the spring issue of the *VCOM View*, including a two-page spread in color.

Board Member Reports--Jim Montgomery told the group about a letter from a resident of Honaker in Russell County alleging that his elderly parents had been cheated by a building contractor. Jim wrote the Building Contractors Board in Virginia, who regulates building contractors, asking the board to investigate. Jim wrote a letter to the sender indicating what he had done and advising him that this was all that he could do, so much time having passed since the alleged fraud occurred. John Hillison passed the letter on to the state office to alert the office to this problem. John suggested that we might want to do a program on fraud against seniors.

Mary Ann Hinshelwood reported on an upcoming talk and book signing at the Christiansburg Library by David Baldacci. The library is partnering with Barnes and Noble who will share the profits from the sale of Baldacci's book *No Time Left*.

Committee Reports

Health--Larry Alexander. Larry stressed using your strengths. If you don't like using a treadmill but enjoy being outdoors, then walk outdoors. If you have a weakness, compensate for it. If you have a bad knee, switch to low-impact exercises, for example.

Membership--Don Creamer. We have a total membership of 341. Don Creamer and Tom Alston participated in the Carillion Women's Lifestyle Expo at NRV Mall on Saturday. They handed out application forms and newsletters. Brian Allen reported that a notice will be published in the newsletter asking who would prefer to receive their newsletter electronically. We are spending about \$125 to print the newsletter each month.

Public Relations--John reported that Nancy Eiss has sent out material on our meeting at Warm Hearth.

Liaison--Ben Crawford. On the basis of their commitment to improve the lives of Americans over 50, AARP has commissioned a random survey of its members. There were some 29,000 responses in Virginia. The survey found that over half of Virginia adults said that healthcare issues are the top challenge facing them as older adults. Three in 10 cited economics as their chief concern. Nine out of 10 said that maintaining health is their chief concern. Eight in 10 worry about financial issues. There is a link to AARP Virginia on the chapter Website. The entire survey report is available there. Very few of the one million members in Virginia are members of a local chapter. More than half of the members in Virginia are employed.

Legislation--Ben Crawford. Maintaining Social Security is a priority nationally. Seventy-two percent of AARP members voted in the last election. Morgan Griffith has established an office at 17 West Main Street in Christiansburg.

Programs--Carl McDaniels. We collected over 100 boxes of food at the March chapter meeting. The Food Pantry is very appreciative. People have joined RSVP as a result of the program. The April 19 meeting will take place in the Karr Center at Warm Hearth Village and will focus on the facility's new program, Warm Hearth at Home. Several members receive hot meals in their homes through Warm Hearth at Home. There will be an optional tour of Warm Hearth afterward.

Carl noted the annual picnic to be held at Nellie's Cave Park on June 21. Paul Little and his son will entertain the group. Members should be sure to bring white-elephant articles for sale at the auction.

Chapter Awards--Juanita Wightman. We have received four nominations.

Caring--Margaret Kates reported that she sent out a sympathy card to a member who lost her husband.

Driver's ED--Curt Finch. We have 14 signed up for the next course, scheduled for May 5-6 from one to five.

History--Doris Abraham indicated that she will place a copy of the *VCOM View* into the chapter archives.

Creating the Good--Sally Anna Stapleton. Many volunteers including four sorority members from Virginia Tech volunteered for the recent Drive for Hunger. The Christiansburg store did not put up a display. On the whole, the drive was a success, raising some \$7,000. Sally Anna urged that people post their volunteer hours on the Create the Good Web site.

Virginia Retirees--Margaret Kates. The retirees luncheon is scheduled for May 19, 11:30, at Custom Catering.

Jim and Lenna Moore Award--June Schmidt. June suggested that we make the award at our May chapter meeting for this year. We hope that next year, the award will be chosen from nominees for Leading Lights.

Announcements

Town Council has requested input on the use of the old middle-school property. The plan is for multi-use, including housing for retirees. John suggested that the facility include a senior center, especially since Blacksburg promotes itself as a good place to retire. Ben Crawford suggested that a board member attend the Planning Commission meeting to ask for a senior center. Don Creamer moved that an officer attend the Planning Commission meeting this evening. The motion passed. John Hillison said that he would attend.

The AARP United 5K run is scheduled for June 18.

Tax Help--Frank Lau. Frank reported on Y-Tax, a tax-assistance program for the elderly. The name Y-Tax distinguishes this program from the AARP program. The program has processed 98 returns. Many of these seniors depend on Social Security as their sole income.

We need space for computer training. The old computer room could be used for E-Bay, Face Book, and Google training.

Adjournment—The meeting was adjourned at 11:41.

Respectfully Submitted: Virgil A. Cook, Secretary

David Baldacci
Saturday, May 7 @ 5:30 p.m.
Christiansburg Library Lawn
125 Sheltman Street
Christiansburg

David Baldacci is a major author of political murder mystery novels. He is both a native Virginian and currently lives in Virginia. His most recent novels are *Hell's Corner* and *Deliver Us from Evil*. Bring a lawn chair and enjoy the reading and book signing. Sponsored by the Montgomery-Floyd Regional Library Foundation.

2011 Officers, Board Members, and Committee Chairs

Officers

President	John Hillison	johnhillison@comcast.net
Vice President	Don Creamer	dgc2@vt.edu
Secretary	Virgil Cook	vcook@vt.edu
Treasurer	Brian Allen	mballen@prodigy.net

Board of Directors

Class of 2011 -- Don Creamer, dgc2@vt.edu; John Hillison, johnhillison@comcast.net; & Sue Farrar, suefarrar@verizon.net

Class of 2012 -- Mary Ann Hinshelwood, mah@mahinshelwood.com & June Schmidt, schmidtj@vt.edu

Class of 2013 -- Tom Alston, tpalston@gmail.com; Jim Montgomery, jhmontgome@verizon.net; & Juanita Wightman, Wightman@vt.edu

Committee Chairs and Appointees

AARP of Virginia	Ben Crawford	ben.crawford@vt.edu
AARP Driver Safety Course	Curt Finch	cfinch@vt.edu
Assoc. Treasurer	Judy Sewell	judysewell@verizon.net
Caring	Margaret Kates	
Chaplain	Sandy Birch	birch@vt.edu
Chapter Awards	Juanita Wightman	wightman@vt.edu
Financial Planning	Dale Oliver	jdoliver@vt.edu
Health Care	Larry Alexander	aalexand@radford.edu
History	Doris Abraham	dsta118e@verizon.net
Hospitality	JoAnn Underwood	
Legislative	Ben Crawford,	ben.crawford@vt.edu
Membership	Jim Wightman,	wightman@vt.edu
News Editor	Edd Sewell,	eddsewell@gmail.com
Nominating Committee	Class of 2011	
Program	Carl McDaniels	cmcd@vt.edu
Public Relations	Nancy Eiss	nsjeiss@verizon.net
Create the Good	Sally Anna Stapleton	zulla1947@verizon.net
Community Service	Sally Anna Stapleton	zulla1947@verizon.net
VT Retirees Association	Margaret Kate	

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

Nonprofit
Organization
U.S. Postage Paid
Blacksburg, VA
Permit No. 32

AARP Chapter #2613 Member Application

Name: _____

Spouse/Partner _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Prefer to receive newsletters: (check one)

Mail _____ Email _____

Annual (Calendar Year) Dues: \$12.50

(includes spouse)*

New _____ Renewal _____

90+ years old (no dues) _____

Today's Date: _____

Make checks to AARP Blacksburg Chapter #2613

And mail to

P.O.Box 10082,
Blacksburg, VA 24062

***Local Chapter membership requires membership in National AARP. Call 1-888-287-2277 or mail dues to AARP, 601 E Street, NW, Washington DC 20049.**