

June 2012
Vol. 29, No. 6

www.blacksburgaarp.org

Annual AARP Picnic! June 19 at Nellies Cave Park

The annual AARP Picnic is Tuesday, June 19, at Nellies Cave Park Shelter.

Music by Fred Benfield & Friends starts at 11:30 am.

There will be a display of vintage cars provided by the Blue Ridge Model A Club (if there is rain, the vintage cars will be cancelled).

There also will be the annual White Elephant Sale with auctioneers David Burton of the Mt. Tabor Ruritan Club, and Morris Clyburn of West Virginia, professional auctioneer.

What to Bring?

- ❖ A covered dish (salad would be nice or desert) to share with everyone.
- ❖ Your best White Elephants from your attic, basement, or closet.
- ❖ Money to buy some of the items in the auction – perhaps you want something you think you saw on a recent "Antiques Road" show on WBRA.
- ❖ Remember to bring a friend or future Chapter member to share the fun.

See you at Nellies Cave Park June 19 at 11:30 rain or shine!!!



Nellies Cave Park is at the end of Grissom Lane in just a few blocks off South Main Street.

Mark your Calendar for the Health and Wellness Fair on September 19

The biennial AARP-VCOM Health and Wellness Fair will be held on Wednesday, September 19th from noon to 4:00 pm. This will be the biggest health fair the chapter has hosted. There will be more than a dozen health services and over 100 exhibitors. Just as in 2010 the fair will be held at VCOM II (where our January meeting was held). Lunch can be purchased on site. Everything is free, except lunch. *Be sure to note the date on your calendar.*

This year's fair gold sponsors are:

Bath Fitter, Blacksburg Eye Associates, Carilion Clinic, English Meadows, Farhi Vision, Lewis Gale Hospital Montgomery, The Hearing Clinic, Virginia Farm Bureau Insurance, and Warm Hearth Village.



Live Well...Live Long...Live Life

President's Column

Summer is here and outdoor activities beckon. June 19 is the date for the chapter picnic and white elephant sale. See elsewhere in this newsletter for details.

The Blacksburg Summer Solstice Fest is scheduled for June 22 and 23. It is advertised as downtown fun and some members of our chapter will participate in the 5K run at sundown on Saturday the 23rd.

Stepping Out, Blacksburg's Annual Street Festival, is planned for August 3 and 4. Your chapter will have a booth at the event. We hope that you will stop by to visit.

Enjoy the sun, but do it in moderation. You know to use sunscreen and lotion, but did you know this? You should eat red and orange foods (like tomatoes and yellow peppers) and drink red wine! The former contain the antioxidants lycopene and beta-carotene and offer natural protection from the sun. The latter contains resveratrol, a compound that activates [antiaging](#) sirtuins. Sirtuins are proteins that block certain biological processes that contribute to aging. What better way to motivate your participation in these summer events!

Don Creamer

Community Service / Create the Good

With the summer upon us we turn our thoughts to vacations and relaxation. But as summer slows down and the schools begin to fill again - AARP and the New River Community will be gearing up for our annual 'Drive For Hunger' food drive in September 2012. This year we will again be partnering with Ruritian, VT Engage and others to ensure the same success we saw in 2011. Our goal this year will be to beat our success of pounds in 2011 and make sure our local food banks are stocked.

The food drive will take place September 9, 10 & 11, 2012. Be on the lookout for our flyers and our booth at Steppin' Out Festival in Blacksburg. We are looking for volunteers to staff our AARP Steppin' Out Booth on August 3 & 4. We will also need volunteers to work the food drive at the local Krogers on September 9, 10 & 11. If you would like to be part of this wonderful community activity, please contact Sally Anna

Stapleton at zulla1947@verizon.net or call 540-250-3908. Help your community this August and September and support the "Drive To End Hunger".

Sally Anna Stapleton
AARP Community Service Committee

Walk-in Medical Services

There are now 4 Walk-In Non-Emergencies Centers in Blacksburg & Christiansburg.

There are two centers operated by Carilion Clinic.

- The newest is called Velocity Care: "For Urgencies That Aren't Emergencies" (phone 382-6000) which is located at 434 Peppers Ferry Road in Christiansburg. The hours are Monday - Saturday 8 am - 8 pm and Sunday 10 am - 6 pm.
- The second is part of the Carilion Family Medicine located at 901 Plantation Road (at intersection with Prices Fork Rd) in Blacksburg (phone 951-0357). This walk-in clinic for acute illnesses is open Monday-Friday from 4:30 pm - 7 pm, Saturday 9 am - 1 pm, and Sunday & Holidays from 1 - 5 pm.

The other two are part of the HCA Virginia Health System.

- One is the Lewis-Gale Physicians CRC Clinic is at 1715 Pratt Drive (in the VT Corporate Research Center--across from the VT Airport), Suite 1100 (phone 443-3980 for appointments or walk in for minor injuries, cough, cold & flu). The hours are Monday-Friday from 8 am - noon, and 1 - 5 pm.
- The others called "ER Fast Tract" is located in the Emergency Department in the Lewis-Gale Hospital-Montgomery. They will treat minor illness & injuries, such as aches & pains, sore throats and some X-Rays. Check in is at the Emergency Room Registration Staff/Desk.

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

www.blacksburgaarp.org

**Financial Report Blacksburg AARP
Chapter 2613
May 2012**

Balance end of April 2012	\$3,465.41
Credits	
Health Fair (Blacksburg Eye Assoc)	\$ 500.00
Health Fair (Farhi Vision)	500.00
Health Fair (Warm Hearth)	500.00
Health Fair (Carilion Clinic)	500.00
Health Fair (Professional Therapies)	250.00
Health Fair (Tuck Chiropractic)	100.00
Health Fair (Shenandoah Podiatry)	100.00
Memberships	15.00
Interest	.18
TOTAL	\$ 2,480.18
Debits	
Leslye Bloom (hospitality)	\$ 12.27
Kopy Korner	124.95
TOTAL	\$ 137.22
Balance at end of May 2012	\$5,808.37
Balance in reserve account	\$2,679.87

**Membership Report Blacksburg AARP
Chapter # 2613
June 2012**

Member Profile:

Category	Individual	Household
AARP 2012 Members	247	153
AARP 2011 Members	47	32
Lifetime Members	41	24
Life Members	10	9
Comp Members	18	18
Honorary Members	3	2
Total Membership	367	239

New Members: none

Membership Committee: Tom Alston (Chair), Sue Farrar, Jim Wightman

**Dirt-Cheap Ways to Clean
Common household products can be just as good as costly cleansers**

Handwashing: Although a 9-ounce bottle of "antibacterial" soap retails for three times as much as a regular bar, the fancy stuff is no better at killing germs, a recent University of Michigan study found. So just wash with regular bar soap and hot water for at least 20 seconds, rubbing your hands vigorously to loosen dirt and germs.

Laundry: Stretch your detergent dollars by using less than the recommended amount — and

adding a half cup of baking soda per load to kill germs and odors and soften fabrics. A ball of aluminum foil in the dryer eliminates static, at a fraction of the cost of commercial sheets. (And if you use sheets, cut them in half.)

Metals: To remove tarnish and enhance the patina of silver, apply a thin layer of non-gel toothpaste and rub with a damp cloth. Or massage silver with a damp cloth dipped in baking soda. Buff dry.

Clean brass by rubbing it with a cloth dipped in a small amount of Worcestershire sauce or lemon juice. Then rinse with warm soapy water and dry thoroughly. And pewter can be cleaned with cabbage leaves. Rub, then buff dry.

Bathroom: Who needs "scrubbing bubbles" to clean the toilet? Pour 1/4 cup of baking soda and 1 cup vinegar into the bowl, let sit for a few minutes and then scrub and rinse. Equal parts of vinegar, club soda and water in a spray bottle make an effective all-purpose cleaner.

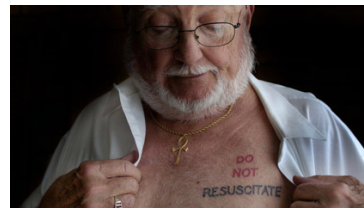
Oven: Avoid the smell — and cost — of brand-name products by sprinkling your oven with 1/2 cup or more of baking soda and spraying with water. By the next morning, the caked-on material should be easy to scrape off. Rinse with water and dry.

Sid Kirchheimer writes about consumer issues, from AARP Bulletin, May 30, 2012.

**Tattoos for Medical Alerts
New form of medical ID is on the rise**

Wil Dubois of Las Vegas, N.M., sometimes forgets to wear his medical alert bracelet or necklace. So four years ago he got a tattoo to signal that he's a type 1 diabetic.

It's on his right wrist, "where you would find it if you were checking for a pulse," says Dubois, 48, a diabetes educator at a rural clinic.



Albert Cutter, M.D., with his medical alert tattoo. Photo by Dean Lewins/Corbis

Interest in medical alert tattoos is increasing among people who have conditions that could affect treatment in an emergency. Others get tattoos to convey a directive, such as "no CPR" on the chest.

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"It really serves a great purpose, but it has to be done right," says Saleh Aldasouqi, M.D., a Michigan State University diabetes expert. Choosing a licensed tattoo parlor is important, and for proper healing a diabetic needs well-controlled blood sugar before tattooing.

A word of caution: First responders aren't trained to look for tattoos, and skin damage in accidents can obscure them, says Rebecca Dinan Schneider, spokeswoman for the National Association of Emergency Medical Technicians. "Medical alert jewelry is still the standard."

By Susan Kreimer, from AARP Bulletin, June 6, 2012

AARP Chapter 2613 Board Minutes June 5, 2012

The regular board meeting of Blacksburg AARP was held on Tuesday, June 5, 2012 at the Blacksburg Community Center. The meeting was called to order at 10:00 am by Vice President, Tom Alston.

In attendance were treasurer, Brian Allen; board members, Mary Ann Hinshelwood, June Schmidt, Jim Montgomery, Leslye Bloom, John Hillison, and Sally Anna Stapleton; and committee chairs Margaret Kates, Val Voluni, Carl McDaniels, Nancy Eiss, Edd Sewell, Doris Abraham, and Ben Crawford.

The agenda was amended and approved as moved by M. A. Hinshelwood and seconded by S. A. Stapleton. J. Montgomery moved and J. Hillison seconded that the May minutes be approved as appeared in the newsletter.

Program chair, C. McDaniels, presented information about Velocity, a new walk in medical center and also other centers in the area. He announced that upcoming programs would be as previously announced with the possibility of a change in November. That will be finalized at a later date. The picnic in June will have music by Fred Benfield and friend and also the Model A cars, if weather permits. There will be a White Elephant Auction with an auctioneer if B. Crawford is able to arrange it. If not, B. Allen and J. Montgomery will act in that capacity. T. Alston will be responsible for providing the PA System. Set up will begin at 10:00.

Hospitality chairs L. Bloom and Sue Farrar will

be responsible for the holiday luncheon.

Legislative chair V. Coluni reported on the status of the upcoming Supreme Court Ruling on the Health Care Act. He stressed the importance of citizen input and gave a Time Magazine handout by former senator, Bill Bradley. He stated that the State advocacy committee will be meeting to determine what legislative issues will be stressed this coming year and he feels that financial abuse of older persons is likely to be on the agenda. Val reported that there will be a state Hunger Drive with AARP working with Ruritan clubs. He mentioned a competitive group to AARP--Association of Mature American Citizens. He said he had attended all nine sessions of the Citizens' Institute and had learned from and enjoyed the experience.

The treasurer distributed the financial report and it was moved by J. Schmidt and seconded by M. A. Hinshelwood that this be accepted.

The membership report was distributed by T. Alston gave a count of 247 members. It was suggested and agreed upon that anyone joining the Chapter at the Health Fair in September have membership for the year 2013.

Community Service Chair, S. A. Stapleton reported that the State office will pay the \$50. fee for the booth at Stepping out on August 3 and 4 in Blacksburg. She asked for volunteers. The Food Drive will be held Sept. 8 thru 11 and volunteers will be needed to staff Kroger grocery stores in Blacksburg and Christiansburg. Sally Anna will contact Radford AARP as well as civic clubs and Virginia Tech for volunteers.

L. Bloom reported on the "You Have a Say" program and said it is now on line. She is scheduled to attend another training session..

N. Eiss, Public Relations Chair, is keeping tabs on the number of attendees at meetings. She is distributing flyers in various locations around the area.

The Health Fair update was given by J. Hillison. To date, nineteen exhibitors have registered and \$100 and \$250 entrants are still being sought. Fliers will be made available to exhibitors for distribution to their employees and clients. AARP VA will send postcards to members in the area. Senior News will send fliers to all who advertise in that publication. This information will be on the Chapter website.

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Caring Chair, M. Kates said no cards had been send this past month and she was given the name of a member to whom one should be sent.

E. Sewell said the new web site is up and running and will be greatly expanded. The address is Blacksburg blacksburgaarp.org

B. Crawford reported on the Blacksburg Senior Center Fund administered by the Community Foundation of the NRV. The amount received by the Center was \$940. this past year. The state office will meet with the candidates for Congress and will publish information received from them re: Medicare and Social Security.

There will be a Fourth of July Parade and other events in Blacksburg and invited the Chapter to participate.

AARP will work with Warm Hearth to organize a "Food for Seniors" program modeled after the Micah's Backpack program. It is to begin in September. There are 200 residents of HUD housing who reside in that community. Individuals and community groups will be solicited to donate money and food and to assist with the program. It was moved by L. Bloom and seconded by J. Hillison that this chapter donate \$100. to help with the start up costs. The motion passed.

Members are still being invited to sign up for the 5K Run to take place at the Summer Solstice Festival in Blacksburg on June 23rd.

The meeting was adjourned at 11:35.

Respectively submitted,
Doris Abraham, Acting secretary

2012 Officers & Board Members

Officers

President	Don Creamer	dgc2@vt.edu
Vice President	Tom Alston	tpalston@gmail.com
Secretary	Virgil Cook	vcook@vt.edu
Treasurer	Brian Allen	brian.allen@prodigy.net

Board of Directors

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

Class of 2014 – Leslye Bloom, leslye@leslyebloom.com; John Hillison, johnhillison@comcast.net;

Sally Anna Stapleton, zulla1947@verizon.net

2012 Committee Chairs and Members

Committee

Caring
Chapter Awards

Community Service
Driving Safety Courses

Financial Planning and Audit

Health
History
Hospitality

Legislative

Membership
Newsletter Editor
Program

Public Relations
AARP Virginia Liason
VTRA Liason
Chaplin

Chair/Members

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Juanita Wightman
Jim Montgomery
Sally Anna Stapleton
Curt Finch
Cecil McBride
June Schmidt
John Hillison
Dale Oliver
Larry Alexander
Doris Abraham
Leslye Bloom
Sue Farrar
Val Coluni
Ben Crawford
Wendell Hensley
Tom Alston
Jim Wightman
Edd Sewell
Carl McDaniels
Jewell Ritchey
Nancy Eiss
Ben Crawford
Margaret Kates
Sandy Birch

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Organization
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AARP Chapter #2613 Member Application for 2012

Name: _____

Spouse/Partner _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Prefer to receive newsletters: (check one)

Mail _____ Email _____

Annual (Calendar Year) Dues: \$15.00

(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. For more information, call 1-888-287-2277 or mail national dues to AARP, 601 E Street, NW, Washington DC 20049.**