



February 2011
Vol. 28, No. 2

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

February 15 Chapter Meeting: Free Clinic of the New River Valley

The AARP Blacksburg Chapter Meeting at the Blacksburg Community Center, 725 Patrick Henry Drive will be Tuesday, February 15. The topic will be the work of the Free Clinic of the New River Valley over the past thirty years and what the future holds. The presenter will be Michelle Brauns, Executive Director of the NRV Free Clinic. There will be time for questions and answers.

As usual the meeting begins with a "Brown Bag Lunch" at 11:30 a.m. with beverages available. The program begins at noon and ends around 1 p.m. The meeting is open to all members and the general public.

Plan to come and bring a guest to this informative and interesting community-wide effort to support the health care of low-income persons in the New River Valley.

All members are asked to bring a bag full of band-aides, and/ or boxes of tissues to be used in the work of the Free Clinic. These items will help defray the cost of buying these basic supplies.

In 2010 they helped almost 3,000 patients with free health services both medical and dental.

A brief "Table Top Talk" will be provided by Sue Farrar, Executive Director of the Montgomery Museum & Lewis Miller

Regional Art Center in Christiansburg, and a member of the AARP Blacksburg board of directors.



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/>

From the President

Sharen and I attended the Orange Bowl and spent some extra time in South Florida. We enjoyed visiting family and good weather, frequently with temperatures in the 70s. However, coming home to Blacksburg was even more pleasant. Getting back to routine, including AARP activities, was good.

The chapter has gotten 2011 off to a good start. Programs this year center around the theme "Partners of AARP." We are truly fortunate to have many valuable partners. The first one featured was the Edward Via College of Osteopathic Medicine (VCOM). VCOM proved to be a marvelous host by providing a free lunch and great program at our January meeting. As part of the program it was announced that VCOM's share of the profits of the health and wellness fair would be used to establish the Blacksburg AARP Gerontology Scholarship. With private donations added to the health fair profits, over three thousand dollars will be available for a future Virginia gerontologist. In addition, VCOM will match the scholarship funds in years when the health and wellness fair is not held.

Continuing the partner theme – the program for February 15th will be on the Free Clinic of the New River Valley. The program for March 15th will be shared between the Blacksburg Interfaith Food Pantry and RSVP (Retired and Senior Volunteer Program). Program chair, Carl McDaniels, has planned great programs, and I hope you can attend all of them.

AARP/VCOM Gerontology Scholarship

During the past year the Blacksburg AARP Chapter and VCOM have developed a wonderful working relationship, both with a vision for the senior citizens of the area to receive quality health care and to age successfully.



VCOM is most appreciative to receive the half of the funds received from the first bi-annual AARP-VCOM Health Fair. The money is being placed into a scholarship fund to be awarded to 4th year medical students or graduates who are enrolled in a gerontology fellowship program in the area.

VCOM is asking individual or couples to consider donating to the Blacksburg AARP Chapter Gerontology Scholarship Fund. Every tax deductible gift to this fund will help to make a difference. No gift is too small.

You will receive a written receipt and will be acknowledged in the VCOM year in review publication. *One-hundred percent of the donation will go directly into the scholarship.*

Again, VCOM is delighted to have the opportunity to work with some of the most outstanding citizens in Blacksburg, and realizes the importance of physicians specializing in geriatrics who have a better understanding of the health care needs and proper treatment for senior citizens.

Please write a check payable to VCOM AARP Scholarship and mail to Diane Sutphin, VCOM, 2265 Kraft Drive, Blacksburg, VA 24060

To Donate Via Credit Card: Go to www.vcom.vt.edu/give/scholarships.html
This is a secure website.

Diane J. Sutphin, MS

Director of Development for VCOM

New River Valley Agency on Aging

Tina King, Executive Director

It is with great pleasure that I “introduce” Ingrid Schneider as the new Virginia Insurance Counseling and Assistance Program (VICAP) Coordinator for the New River Valley (NRV) Agency on Aging (AOA), effective February 1, 2011. The Agency’s former VICAP Coordinator, Elyse Politi, retired effective January 31, 2011.

Ingrid comes to us from Florida where she worked for the Agency for Health Care Administration (AHCA) - Medicaid division. Due to her experience as a Senior Human Services Program Specialist, she is well versed in Medicaid and in working with the Medicaid/Medicare beneficiaries as well as providers. Since October 2010, Ingrid has worked part -time with the Agency assisting with Medicare annual enrollment, providing “New to Medicare” presentations, and insurance counseling. We look forward to Ingrid continuing her passion in working to serve Medicare beneficiaries.

The VICAP program is always looking for people who want to help seniors maximize their savings and minimize their confusion. We will train volunteers in all aspects of our work. Consider volunteering yourself and share this information with others. Often, retirees are looking for meaningful work. The Senior Medicare Patrol (SMP) program is a perfect match. As a SMP volunteer, you are not only helping protect the health of older persons, you’re helping protect their finances.

According to the Administration on Aging (AoA), “billions of federal dollars are lost annually due to health care fraud, error and abuse. Since 1997, the AoA has funded Senior Medicare Patrol projects to recruit and train retired professionals. In addition, SMP volunteers are made aware of how threats to financial independence and health status may occur when citizens are victimized by fraudulent schemes.

The SMP program empowers seniors through increased awareness and understanding of healthcare programs and how to recognize and report instances or patterns of health care fraud. This knowledge helps seniors to protect themselves from the economic and health-related consequences of Medicare and Medicaid fraud, error and abuse.”

If you are interested in learning more about the VICAP or the SMP program or would like to become a volunteer, please contact Ingrid Schneider at 540-980-7720 or vicap@nrvaoa.org .

For more information on the wide range of services offered by the New River Valley Agency on Aging please call 540-980-7720 or go to our website at www.nrvaoa.org.

Create the Good

Sally Anna Stapleton

Create The Good Organizer

Thank you to all the AARP members who walked, donated, and/or filled bags for "Supplies for Seniors." Volunteers from the Montgomery/Pulaski RSVP joined together in January to bag 560 bags filled with basic household and personal hygiene items that were distributed to 280 homebound seniors around the NRV. A true job well done!

CREATE THE GOOD believes small actions yield big results. The website (www.createthegood.org) provides many opportunities that seniors can get involved in their communities whether they have 5 minutes or 5 hours (a 5 minute opportunity is to bring Band-Aids to the February 15th AARP meeting, for donation to the Free Clinic).

Opportunities for February:

- Montgomery Museum is looking for volunteers to staff the front desk as docents,
- Christiansburg Aquatic Center is looking for volunteers to help oversee daily activities,
- The Women's Resource Center is looking for volunteers to be trained as Emergency Advocate's and Hotline/Crisis Intervention Volunteers,
- The New River Community Action Homeless & Housing Programs are looking for volunteers with a financial background to assist clients with developing and spending plans,
- The Daily Bread 'Meals On Wheels' in Radford is looking for drivers to deliver meals to needy homebound residents, they are also looking for volunteers to pick-up food donations and deliver these items to the Radford-Fairlawn Daily Bread site.

AARP Tax Aide Available

Free tax help is available for people with low and moderate incomes at the Christiansburg Community Center between February 1 and April 15. Help is available

Monday from 9 a.m. to noon,
Tuesday from 5:30 to 8:30 p.m.,
Thursday from 1 to 4 p.m.
Saturday from 9 a.m. to noon.

For appointments call 382-2349.

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.

Sponsored by the Blacksburg AARP and Community Center, this 8 hour classroom course assists drivers age 50 and over in refining current driver skills and developing defensive driving techniques. The course does not include any tests. Course attendees may qualify for multiyear discounts to their auto insurance premiums.

The driver safety course scheduled for March 22 and 23 has been cancelled.

The Blacksburg Library

"One stop, unlimited possibilities...." Describes what you can do with a library card—you have access to books, magazines, movies, music, recorded books, databases, downloadable material and so much more!

Do you know about our movie selection? We carry blockbuster movies, TV shows in series (*Boston Legal*, *Grey's Anatomy*, *Monk*, etc), exercise videos and documentaries. If you don't see a movie that you want, please ask! Chances are it's simply checked out, and the librarian can place it on hold for you.

Here are new books and movies in the library.

New Large Type Book titles:

Work Song by Ivan Doig. This award winning author of the American West spins adventures in a rich historical setting.

Bliss, Remembered by Frank Deford. This historical fiction is set in the 1936 season of the Olympics, Deford delves into new territory in writing a love story.

The Valcourt Heiress by Catherine Coulter. New York Times bestselling author Coulter tells the story of royalty and intrigue.

Bridger by James Patrick Hunt. Hunt spins a story of murder and grand scale burglary.

The Templar Salvation by Raymond Khoury. FBI agent Sean Reilly infiltrates the Pope's massive Vatican Secret Archives of the Inquisition in this blending of history and suspense.

New DVDs available for checkout or reservation:

The Social Network – This title about the popular social network Facebook is receiving Oscar buzz. Copies are on order, so reserve your copy today!

The Town – Ben Affleck is director and star actor of this Boston based movie about a gang of bank robbers and their heists, shootouts and car chases.

Doing it all in Abingdon....

The Montgomery Museum & Lewis Miller Art Center is sponsoring a trip to Abingdon on March 17. The bus will leave from the St. Paul United Methodist Church parking lot on March 17, at 8:30 a.m.

The trip includes tours of the Martha Washington Inn and Barter Theatre as well as seeing the production of "Treasure Island" at the Barter Theatre.

You can do all this for a mere \$60 (if you are a member of the Montgomery Museum & Lewis Miller Regional Art Center) or \$65 (if you are not a member). Applications will be available in early February and can be obtained from the Museum between the hours of 10:30 a.m. and 4:30 p.m. Tuesday through Saturday.

For more information contact Sue Farrar at suefarrar@verizon.net

Are your dues up to date?

Please check the mailing label on this February Newsletter. If the second line reads "AARP 2010," you have **not paid** your dues for 2011. Please renew your membership today by completing the form on the back page of the Newsletter. Dues delinquent members will not receive a copy of the March and succeeding issues of the Newsletter. The chapter's cost of preparing and posting each Newsletter sent to you is 65¢. Your dues must be current to continue receiving the Newsletter.

Virginia Tech Creative Learning Academy for Senior Scholars (VT CLASS)

Virginia Tech's Continuing and Professional Education introduces a new program, with the motto "*No Tests, No Papers, No Grades—Learning for the Love of It.*" Local people will give presentations in the areas of their expertise and, as its title implies, is geared toward those 50 and older.

When Cathee Dennison, of Blacksburg, saw the need for such a program in the area, she approached Virginia Tech's Continuing Education department with her idea and VT CLASS was created. The initial program will be the *Spring Sampler Course*, which will consist of a series of six classes, once a week, for six consecutive Tuesdays beginning March 22 with such diverse topics as: *The Elusive Composition of the Universe; The Origins of Art in the Greek World; The Circle of Wellness*, and others. Each class will meet one time for a two hour session at the Inn at Virginia Tech between 2:00 and 4:00 pm. One registration/membership fee of \$45 allows participants to attend as many of the six classes as they like. To register, or for more information, go to www.cpe.vt.edu/vtclass.

Ann Brown, assisted by Sam L. Linkous, both with Continuing and Professional Education are coordinating this new program. Ann may be reached at browna@vt.edu, 231-7966 and Sam may be reached at sll@vt.edu, 231-8569. Cathee Dennison serves as the program facilitator. She can be reached at catheed@gmail.com.

Financial Report

Balance forward Dec. 31	\$6,776.98
Debits	
Printing & postage	\$123.31
Balance adjustment	35.95
<u>VCOM Scholarship Fund</u>	<u>2,676.94</u>
Total	\$2,876.24
Credits	
Memberships	\$1250.50
50/50 Drawing	31.50
<u>Interest</u>	<u>.33</u>
Total	\$1,282.33
Balance at end of January	\$5,183.07

Membership Report

Prepared January 28, 2011

Member Profile

Category	Count
2011 Members	223
2010 Members	55
Life Time Members	46
Life Members	8
Comp Members	18
<u>Honorary Members</u>	<u>4</u>
Total Membership	354

January Newsletters printed	210
Projected February newsletters	234

Membership committee:

Jim Wightman (chair), Sue Farrar, Don Creamer, Tom Alston

New Members:

Randy Leech
Wayne & Diane Patty
Lois Jeannie & James Baker
John & Vicky Barden
Henry & Linda Pittard
Easley Smith
Charles & Nancy Warren
Dean O'Donnell
Alan Heath
John & Pat White
Buddy & Francis Russell
Patsy & Douglas McAllister
Christine & Randolph Morrison

Continued on page 6

**Anna Mitchell
Gail & Dwight Kregloe
Dorothy Wnorowski
David & Mary Harder
S. Jewell & Elizabeth Ritchey
Carl Burke**

**Frank Gwazdauskas
Mary K. Korslund
Curtis Roane
Patty Carver
Siegfried & Gail Holzer
Val & Virginia Coluni**

AARP Chapter 2613 Board Minutes

February 1, 2011

Call to order--President John Hillison called the meeting to order at 10:05

Officers Present: President John Hillison, Vice President Don Creamer, Treasurer Brian Allen, Secretary Virgil Cook

Board Members: Tom Alston, Sue Farrar, Mary Ann Hinshelwood, Jim Montgomery

Non-board-member committee chairs and appointees: Sandy Birch, R. B. "Ben" Crawford, Dan Fleming, Curtis Finch, Margaret Kates, Carl McDaniels, Dale Oliver, Edd Sewell, Sally Anna Stapleton, Jim Wightman

Approval of Minutes--Don Creamer moved that the January 4 minutes be approved. The motion passed

Treasurer's Report--Brian Allen. We donated \$2776.94 to the VCOM SCHOLARSHIP FUND at the January, chapter meeting. With the \$5,183.07 balance on January 31, we are better off than usual at this time of year. John Hillison observed that the budget is deliberately conservative--or perhaps even austere. Jim Montgomery moved that the report be received. The motion passed.

Membership--Tom Alston. The total membership is 354. There are 55 members from the 2010 membership list who have not paid their dues. Board members will be contacting these members.

Public Relations--John Hillison. WTOB has picked up on our meetings and is announcing them. Hospital volunteers will get an announcement of our meetings in their newsletter.

Legislation--Dan Fleming. There is proposed legislation to allow part-time workers who receive Social Security to get full unemployment insurance. A payday-lending bill died in committee. A bill to increase cigarette tax died in committee. The primary for the House of Delegates and the state senate

will take place on August 23. Examination of utility rates died in committee. Filibuster reform did not pass in the U.S. Senate. Dan referred to a list of Websites for keeping track of legislation. The list will appear in the newsletter. Virginiatomorrow.com, a Website of Bob Holsworth at VCU, is a good source for legislative news.

Programs--Carl McDaniels. Michelle Braun, Executive Director of the Montgomery Free Clinic, will present the program on February 15. Carl asked members to bring boxes of facial tissues and Band Aids for the clinic to the meeting.

Newsletter--Edd Sewell. Edd called for resumes from board members to be included in future newsletters. He also offered to take pictures of board members. He will put the chapter's Web address on the masthead of the newsletter.

Chapter Awards--John Hillison. Juanita Wightman has agreed to chair the committee. June Schmidt is also a part of that committee. We have nominated Carl McDaniels for the Leading Lights Award.

Financial Committee--Dale Oliver. The auditing committee found all records in order. The committee recommended that the treasurer reconcile books monthly so that the reconciliation will show in the ledger. Jim Montgomery moved that the report be received. The motion passed.

Caring--Margaret Kates. Margaret asked members to notify her of sick and bereaved members.

Driver's ED--Curt Finch. The march class had to be canceled. There is a class scheduled for May, however.

Hospitality--Brian Allen will be responsible for the picnic.

Liaison--Ben Crawford. People in Richmond do read our newsletter. We will probably do another food drop in cooperation with the Mount Tabor Ruritan Club some time in May. He asked members to contact their legislators to support funding of the Virginia Cooperative

Extension Service. The Federal Government, state government, and the local jurisdictions each fund about a third of the cost of the agency. AARP has lost some 100,000 members in the state because we supported the healthcare bill. There are still over a million members in Virginia, however.

Create the Good—Sally Anna Stapleton. We wound up the supplies for seniors project. Some 280 homebound seniors received supplies.

Unfinished Business

VCOM Scholarship—John Hillison. Dean Dixie Tooke-Rollins pointed out that VCOM offers an optional fifth-year residency at a facility. These students are called “geriatric fellows.” The college wants fifth-year students who choose this option to have priority for receiving the scholarship. If no fifth-year student applies, then the award will go to a fourth-year student. Also, VCOM wishes to charge a \$1,200 fee over and above the loan amount to students who fail to go into geriatric practice in Virginia. Don Creamer moved acceptance of the modifications and that President John Hillison work out the wording of the changes with VCOM. The motion passed.

New Business

Potential Dues Change—John Hillison. National dues have been increased to \$16. The question is whether we should raise our rates accordingly. Pam Caldwell in the state office discouraged raising dues in the same year that national dues increase.

Announcement: VT Class: College for Seniors—Carl McDaniels. Virginia Tech plans to offer classes for seniors. A meeting about the program was held last Thursday, January 27. Mary Ann Hinshelwood said that attendees filled out a survey on six sample courses to determine what they might like. The university will charge a \$45 fee for the entire term.

Adjournment—The meeting was adjourned at 11:28.

Respectfully submitted: Virgil A. Cook, Secretary

2011 Officers, Board Members, and Committee Chairs

Officers

President: John Hillison, johnhillison@comcast.net

Vice President: Don Creamer, dgc2@vt.edu

Secretary: Virgil Cook, vcCook@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

Chapter Awards, Juanita Wightman,

Wightman@vt.edu

Financial Planning, Dale Oliver,

jdoliver@vt.edu

Health Care, Larry Alexander,

aalexand@radford.edu

History, Doris Abraham

Hospitality, Curtis Roane, 552-2260

Legislative, Dan Fleming, dbflem@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,

VT Retirees Association Liason, Margaret Kates

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

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2011 Member Application

If you are already a member of the Blacksburg Chapter,
please pass this form on to a friend who should become a member.

Membership in the Blacksburg AARP Chapter requires membership in National AARP

Name _____

Spouse (if applicable) _____

Address _____

City _____ State _____ Zip _____

Phone ____ - ____ - _____ E-mail Address _____

Annual Membership (based on calendar year)

____ Membership dues: \$12.50 (spouse/partner free)

____ If you are 90 years old or older, do not pay dues – you are a “life member.”

Mail this completed form with a check made out to Blacksburg AARP to

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

NOTE: You MUST be a member of National AARP before joining the local chapter. National dues should be paid directly to National AARP at 601 E Street, NW., Washington, DC 20049 or call toll free at 1-888-687-2277.