



January 2013  
Vol. 30, No. 1

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

## January 15 Chapter Meeting Health Care Advocates for Seniors

Our program theme for Winter/Spring 2013 is “*Who will be a health care advocate for seniors?*”

To start the series, our guest for the January 15 chapter meeting is Tina King, Executive Director of the New River Valley Agency on Aging. Tina writes a monthly column for our newsletter on topics of interest to seniors (see her column on page 2).

The main speaker, Tina King, has been a long-time member of our Chapter, and she has been Executive Director of the New River Valley Agency on Aging since 2006. Her undergraduate degree is from the University of Tennessee, and her graduate degree is from Virginia Tech. She and her staff will be emphasizing the importance of understanding Medicare and related insurance needs of seniors, the role of an advocate in helping seniors with health care choices and the role of caregiving

As usual, our meetings begin at 11:30 am with a “bring your own bag lunch” with coffee and tea provided. The featured program begins at noon and ends by 1 pm. We meet at the Blacksburg Parks and Recreation Center on Patrick Henry Drive.

Come yourself, and why not invite a friend or two to join you!



Food Pantry  
Donations Needed

Don't forget to bring your food donation (a can or box of non-perishable food) to the AARP chapter meeting on January 15. *We will collect food at each monthly chapter meeting.*

## Mark Your Calendar for the February 19 Chapter Meeting

Our February 19 Chapter Meeting will be at the Blacksburg Community Center and will feature the topic “*The Parish Nurse as a Health Care Advocate*” with Jan Notter, Parish Nurse at Blacksburg United Methodist Church. Look for more details in the February Chapter Newsletter.

## Meet the new Blacksburg AARP president—Tom Alston

Our new president, Tom Alston, was born in Salt Lake City, Utah, but spent much of his pre-school years with his family in Chile, where he learned to speak Spanish fluently. Later, his family moved to El Paso, Texas, where he spent his public school years. After high school, he went to the University of Utah, graduating with a major in Chemistry. After working in the field for several years he decided to join the US Navy where he served for the next 20 years. He retired with the rank of Commander, having served on Aircraft Carriers



most of the time.

Tom met his wife Paula while the both were in the Navy. She decided to become a Librarian in civilian life, so after retirement in 2006, the family relocated to the New River Valley where Paula became Director of the Montgomery Floyd Regional Library System. They have one daughter who is a recent VT graduate and is starting up a food franchise business with her father Tom as her business advisor.

When not spending time and attention with our Blacksburg AARP Chapter, Tom enjoys playing Chess, a game he has played competitively for some 40 years.

## President's Column

I hope everyone had a wonderful holiday season and that 2013 brings good health and prosperity. This year our program chair, Carl McDaniels, has focused on "Advocacy" as the theme for our meetings. I hope you join us for our January meeting with Tina King, New River Valley Agency on Aging, as she kicks-off our 2013 theme "Advocacy for Seniors."

On a personal basis, I have not had to face any significant aging issues—I have 3 sisters who advocate for my mother—one is a nurse, another is an accountant, and a third is a social worker (who counsels families on caring for an aging parent). My mother could not have planned it any better!

Recently, I started listening to an audio book, *A Bittersweet Season* by Jane Gross. It is a "bittersweet" account of the final years in the life of her mother. She details vitally important lessons in caring for your aging parent—and yourself—and a guide to the complexities of Medicare, Medicaid, assisted living facilities, nursing homes, and insurance policies. She explains some of the conflicting and unrealistic rules in the health care system. Ultimately, I have come to recognize the importance of Advocates in navigating the maze of health care and government regulations.

AARP Day at the General Assembly in Richmond will be held on Tuesday, January 29. This is a program sponsored by AARP Virginia to enable chapter members from across the state to visit state legislators, and promote issues that affect senior citizens, in particular for healthcare. Val Coluni, Leslye Bloom, Don Creamer, John Hillison, Ben Crawford and Jim Wightman will represent the Blacksburg Chapter.

Our Community Service Chairperson, Sally Anna Stapleton, has started a new program for 2013—she asks that we bring a canned food donation to each meeting. This month the donations will go to the Interfaith Food Pantry.

Tom Alston  
President, Blacksburg AARP

**"To lead people, walk beside them. As for the best leaders, the people do not notice their existence. . . . When the best leader's work is done the people say, 'We did it ourselves!'"**

**Lao-tsu**

## Ways to prevent the flu and respiratory infections

Tina King, Executive Director  
New River Valley Agency on Aging

Did you know that you have the "power" in your hands to prevent the flu and other respiratory infections? It might seem rather elementary, but observing the 4 Principles of Hand Awareness will ensure that you drastically reduce your chances of getting a respiratory infection. The 4 Principles of Hand Awareness endorsed by the American Medical Association is as follows:

1. WASH your hands when they are dirty and BEFORE eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose, or mouth, known as the "T" zone.

Proper hand washing not only prevents the spread of respiratory infections, but also can prevent more serious diseases like hepatitis A and meningitis. The Center for Disease Control, (CDC), indicates that 80% of all infectious diseases



are transmitted by touch. So, shouldn't we be concerned that we have washed our hands properly and followed the 4 Principles of Hand Awareness?

We know when to wash our hands, but do we practice the recommended procedures outlined below?

- Wet your hands with clean running water (warm or cold) and apply soap.
- Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
- Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry.

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Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs. **Hand sanitizers are not effective when hands are visibly dirty.**

Health care workers and food servers should wash their hands often and thoroughly. To lessen your chances of having germs transmitted when seeing your health care providers and visiting restaurants, be an advocate for yourself and ask your health care provider and food server if they have washed their hands. It might seem rude, but it could make a difference in your health.

For more information on hand washing, visit <http://www.cdc.gov/handwashing>. You can also call 1-800-CDC-INFO, or email [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov) for answers to specific questions.

Best wishes to you for a **healthy** and Happy New Year!

### **Time to renew your membership in the Blacksburg Chapter AARP**

Your 2013 membership dues are now due. Our membership is a calendar year. If '2013' is on the label and highlighted, you are paid up. ***If '2012' is on the label, you now owe for 2013.*** Prompt payment of your 2013 dues will be appreciated. Use the convenient form on the last page of this newsletter to renew your membership.

### **Protecting family members from financial abuse**

AARP Blacksburg and AARP Virginia continue to be concerned with financial abuse of senior citizens. The durable power of attorney (DPA) is a great document and it helps immeasurably when assisting with financial affairs. As with any document when trust and responsibility are required, the DPA can be abused at the expense of the senior citizen.

Abuse can come from family members or from caregivers who transfer the financial assets

into a different name. Abuse can come from those who prepare or have prepared new documents for you to sign that name new agents who have the authority to use your financial assets.

Here are some thoughts for you to discuss with your spouse, children, attorney, or other responsible friend.

1. **YOU** can limit the authority of the caregiver (called the "agent") whom you name in your durable power of attorney. The draft you obtain from your attorney, or from whatever source, can be modified to fit your circumstance. You, therefore, can limit what the caregiver/agent can and cannot do.
2. **YOU** can address ways to limit potential abuse by an agent.
  - a. You could name dual agents to serve.
  - b. You could write into the document that any changes, updates, or new DPA can be prepared only by the law firm that wrote the original DPA.

Another way to protect against the financial abuse of a family member is through a guardianship of the person and/or the appointment of a conservator of the appropriate funds. This requires going through the court system. An attorney should be consulted for this type of protection.

*Consumer Reports* magazine published an article on this subject in the January 2013 issue. It's very applicable to this entire subject of financial abuse, and may be found at <http://www.consumerreports.org/cro/magazine/2013/01/protecting-mom-dad-s-money/index.htm>

### **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/>

## Blacksburg AARP Chapter # 2613 Financial Statement for December 2012

**Balance at end of November 2012      \$9,196.38**

**Credits**

Membership Dues	\$1,793.00
Membership Dues (3) & Holiday Lunch (10)	205.00
Coffee Money	10.00
Interest	.27
<b>Total</b>	<b>\$2,008.27</b>

**Debits**

Don Creamer (banner for parade car)	\$ 54.60
Donation; Community. Foundation	400.00
Donation; Community. Center	400.00
Donation; Center for Gerontology	200.00
Donation; Montgomery Educational Foundation	200.00
Donation; Free Clinic of the NRV	200.00
Donation; Radford Nursing Scholarship	200.00
Donation; Sojourn Center	200.00
Donation; Micah's Soup for Seniors	200.00
Donation; Warm Hearth Village	200.00
Donation; Women's Resource Center	200.00
Donation; New River CC Nursing Scholarship	200.00
Custom Catering for Holiday Luncheon	1,450.00
Brian Allen (First Monday Holiday Brunch)	94.83
VCOM (AARP Gerontology Scholarship Fund)	2,186.50
Kopy Korner	140.70
<b>Total</b>	<b>\$6,526.63</b>

**Balance end of December 2012      \$4,678.02**

**Balance in reserve account          \$ 2,681.12**

***How do I know if my dues are up to date?***  
On the mailing label, If '2013' is on the label and highlighted, you are paid up. ***If '2012' is on the label, you now owe dues for 2013.***

## Blacksburg AARP Chapter # 2613 Membership Report prepared January 1, 2013

**Member Profile:**

Category	Individual Count	Household Count
AARP 2012 Members	145	88
AARP 2013 Members	115	71
LifeTime Members	39	23
Life Members	12	11
Comp Members	19	19
Honorary Members	3	2
<b>Total Membership</b>	<b>333</b>	<b>214</b>

**New Members      N=9 (8 households)**

Committee      Jim Wightman (chair), Sue Farrar,  
Tom Alston

## Have you considered being a volunteer in 2013?

HAPPY NEW YEAR! You have a new year in which you are free to do with life as you please. How will you use this 2013 to enrich you life? My I suggest volunteer work! The Salvation Army is looking for tutors for an afterschool program for K-5th graders; the Red Cross is looking for volunteers to help with their Blood Drives; and Micah's Backpack is looking for volunteers to assist with packing food for Blacksburg school children. Do something for yourself, volunteer – it will do your heart good!

Also, this year our Blacksburg AARP chapter is making it really easy for you to help your community. Please bring a can or box of non-perishable food to each of our monthly meetings. The food will be donated to the local food banks to help those in our community who need food.

The Community Service Committee is looking for volunteers to support the AARP Community activities in 2013. We could use you, please volunteer to help.

Sally Anna Stapleton  
Community Ambassador

## Driver Safety Course will be January 23 & 24

AARP Driver Safety Course is being held on Wednesday & Thursday, January 23 & 24 at the RSVP Activity Room from 1 to 5 pm, taught by Dot Finch. Participants must register by calling RSVP at 540-382-5775. The fee is \$12.00 for AARP members and \$14.00 for non-members.

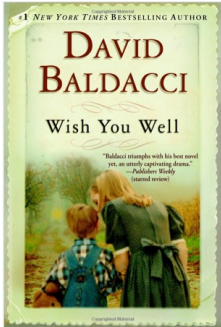
## Try some of these resolutions . . . .

Here are some recommendations from a septuagenarian. What would you add?

1. Walk one mile twice a week.
2. Volunteer time to a worthy cause.
3. Read one good book each month.
4. Reduce frivolous spending.
5. Go green – recycle and reuse.
6. Call a friend each week to chit-chat.
7. Clean out my closets and drawers.
8. Do one good thing for myself each day.
9. \_\_\_\_\_.
10. \_\_\_\_\_.

## Are you looking for a good book to read this winter? Try David Baldacci's *Wish You Well*.

*Wish You Well* is a novel written by David Baldacci. The story starts with the Cardinal family moving from New York to California due to money problems, then shifts to the mountains of Virginia after a car accident leaves the father dead and the mother paralyzed. The time period is in the 1940s.



David and his wife Michelle created the Wish You Well Foundation® that is devoted to promoting nationwide family literacy and literacy education. It is partnering with Feeding America™ in “Feeding Body & Mind.”

A film is currently in production. It recently made news in the New River Valley since some of it was filmed in Giles County. It is directed by Darnell Martin, and stars Josh Lucas, Ellen Burstyn, and Mackenzie Foy, and it should be in theatres some time in 2013.

### Thoughts on Reading Good Books

“We read to know we are not alone.” *C. S. Lewis*  
“The reading of . . . good books is like conversation with the finest men [and women] of the past centuries.” *René Descartes*

### Photos from the 2012 Holiday Dinner



Our annual Holiday Dinner was a great success! What follows are a number of photos from the event. Most do not have captions, but see if you recognize yourself or someone you don't know but might want to meet at our January meeting.



The Holiday Dinner was very well attended by just under 100 people.

Can you identify any of the people in the following photos?





Oh! There was great food to go along with the visiting and holiday spirit!

Don Creamer, now our former president, passes the gavel and leadership over to Tom Alston, our new president.



Finally, we were privileged to provide financial support to several community organizations including Community Foundation, Community



Center, Center for Gerontology, NRV Free Clinic, Montgomery Educational Foundation, Radford Nursing, New

River CC Nursing, Sojourn Center, Micah's Soup for Seniors, Women's Resource Center, and Warm Hearth.

## AARP Chapter 2613 Board Minutes January 3, 2013

**Call to Order**—President Tom Alston called the meeting to order at 10:04.

Officers Present: President Tom Alston, Vice President Leslye Bloom, Treasurer Brian Allen, Secretary Virgil Cook

Board Members: Nola Elliott, John Hillison, June Schmidt, Sally Anna Stapleton

Non-board-member committee chairs and appointees: Sandy Burch, Val Coluni, R. B. "Ben" Crawford, Margaret Kates, Jewell Ritchey, Edd Sewell, Juanita Wightman, Jim Wightman, Terry Wildman

**Adoption of Agenda**—June Schmidt asked that the financial planning and audit committee give a report. The agenda was adopted with the change.

**Treasurer's Report**—Brian Allen. Debits are high because of annual contributions to charities. We lost a bit on the lunches, but 93 people attended. Our total contribution to VCOM is about \$4,500. There was no need to tap the reserve account. Balance from end of November 2012, \$9,196.38; TOTAL credits, \$2,008.27. TOTAL debits, \$6,526.63. Balance at end of December 2012, \$4,678.02. Balance in Reserve Account 12/31/2012 \$2,681.12

John Hillison moved that the report be received. The motion passed.

**Financial Planning and Audit Committee**—June Schmidt. The committee will meet immediately after this meeting.

**Membership**—Tom Alston. Total membership is 334 individual members and 248 households. Those who have not paid their 2013 dues by the time the March newsletter goes out will receive no newsletter.

**Programs**—Jewel Ritchey. Program for January 15: The Need for Health Care Advocates for Seniors—Tina King, NRV Agency on Aging.

Val Coluni suggested that we invite Delegate Yost to speak to a chapter meeting. We should try to get him to speak following the General Assembly session. He supports many of the goals that AARP supports. He is worried that the Federal government might renege on its commitment to Medicaid. He characterizes himself as a moderate republican.

**Legislation**—Val Coluni Circulated a report. Highlights appear below.

1. Expansion of Medicaid. Governor does not support this until current system goes through necessary evaluation and efficiency changes. AARP supports expansion as does many other social services organizations.

2. Affordable Care Act-State Health Exchanges. Governor does not support setting up a State Exchange until more information is provided by Federal Government. State Study Group (appointed by Governor) was in favor of a State Exchange as was AARP and many other groups and organizations.

3. The budget is a complex document. AARP staff and others will attend the several local budget meetings to explain the budget in greater detail; one such meeting is scheduled in Roanoke.

Tom observed that AARP Rally Day is scheduled for January 29.

**Community Service**—Sally Anna Stapleton. We will collect food at every meeting. Donations will go to the Blacksburg Interfaith Food Pantry this month.

**Public Relations**—Terry Wildman. Terry asked for suggestions of what else we need to do. Jim Wightman would like to see a story in The Burgs about the AARP chapter. *continued on page 7*

*continued from page 6*

**Hospitality**—Leslye Bloom. Should we simply depend on background music during the Christmas luncheon? Warm Hearth has invited us to have the Christmas luncheon at their new facility. Parking might be a problem. Should we have snacks with the coffee at the chapter meetings?

**Driver's Ed**—Sally Anna Stapleton reported that an RSVP volunteer will be teaching a course through AARP.

**Newsletter**—Edd Sewell. Edd is making corrections and updating addresses and officers. People are regularly accessing the Web site.

**Awards**—Juanita Wightman. We have two awardees. She would like for nominations to be in by September.

**Caring**—Margaret Kates. Joyce Martin died on December 26. Margaret encouraged board members to notify her of people who need cards.

**Liaison**—Ben Crawford. Micah's Back Pack is growing. We are reaching every school in Blacksburg, providing four meals, once a week. There are about 100 people at Warm Hearth in the Soup for Seniors program. Brian Jack at the state office will be moving from Richmond to our area and working from his home.

**Adjournment**—The meeting was adjourned at 11:35.

Respectfully Submitted:  
Virgil A. Cook, Secretary

## 2013 Officers & Board Members

### Officers

President	Tom Alston	tpalston@gmail.com
Vice President	Leslye Bloom	leslye@leslyebloom.com
Secretary	Virgil Cook	vcook@vt.edu
Treasurer	Brian Allen	brian.allen@prodigy.net

### Board of Directors

*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; Mary Ann Hinshelwood, mah@mahhinshelwood.com  
*Class of 2015* – Don Creamer, dgc2@vt.edu; Nola Elliott, ne\_elliott@peoplepc.com; Terry Wildman, wiley@vt.edu

## 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

Margaret Kates  
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  
Tom Alston  
Jim Wightman  
Edd Sewell  
Carl McDaniels  
Jewell Ritchey  
Terry Wildman  
Ben Crawford  
Margaret Kates  
Sandy Birch

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wiley@vt.edu  
961-5733 ben.crawford.vt.edu  
552-4107  
951-3455 birch@vt.edu

**Tom Alston, President  
AARP Chapter #2613  
P.O. Box 10082  
Blacksburg, VA 24062**

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Organization  
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Blacksburg, VA  
Permit No. 32**

## **AARP Chapter #2613 Member Application for 2013**

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.**