Blacksburg AARP Newsletter

(Chapter #2613)

November 2024

Pam Ems and Fred Penny Editors

Don Creamer and Jerry Mike
AARP Blacksburg Co-Presidents

Co-Presidents' Message – November, 2024

It doesn't seem possible, but we find ourselves beginning to realize that our year as co-presidents of Blacksburg AARP Chapter #2613 is nearly ending. We want to express our appreciation for the opportunity to serve our chapter and to do the best possible. It seems the older we get the faster time seems to move. We want to express our appreciation to all those who have served before. It was tough to be back, and it did serve as one of the challenges the organization faces. We would like to share some of those reflections with you in this column.

We began with what has been accomplished this year. The major service project was the Food Drive for the Christiansburg Food Pantry. We also had a Wellness Fair, but decided treasurer's time, volunteers, and a great contact, it provided numerous opportunities to the citizens of the New River Valley. It and other activities have helped our chapter become more visible in our community and to the chapter. It also made our support a possible process that differed from previous years. We want to express our appreciation to those who made such a happening is incredible. The year's chair, Sue Bingham, as well as committee members, Jerry Mike, Pam Ems, and Fred Penny, who developed their planning committees have provided services far beyond the norm and in a service organization. Our gratitude to them, and the legacy of leadership and service they have provided to our organization. We want to express our appreciation needed to be given to the Christiansburg Community Center leadership in Tammy Caldwell and her team that made the event possible. We want to thank Kroger, Food City, and Walmart for their support of our food collection and activities and who's financial support enables the Chapter to continue its philanthropic mission. It was especially gratifying this year to have our first Eagle Scout project, led by Scout Ethan Hoffman, who received the support of the aged and national AARP created a Grant Foundation for his Eagle Scout project. We want to express our appreciation for the support of attendees.

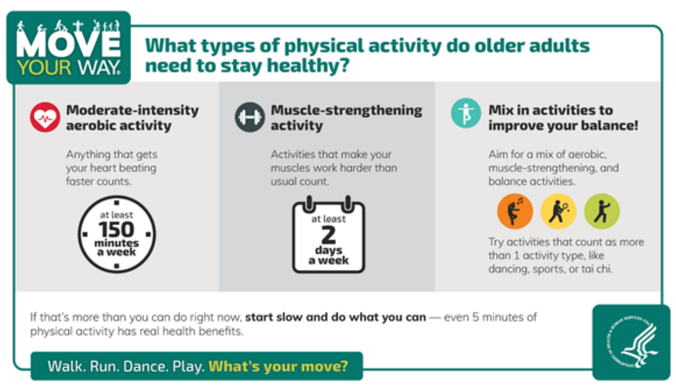
Along, as in our reflections on what remains to be accomplished, it takes much effort to maintain a successful AARP chapter. The ongoing activities of our chapter are dependent on a few people. We need to continue to encourage providing leadership, caring for fiscal affairs, and presenting discussions and decisions. In addition, for a healthy chapter we think you need a quality membership, and we need to continue to encourage and provide opportunities to promote the interests of the chapter. Also, the continuation of an energetic and creative organizational structure that is complimentary and the creation of some creative organizational structures that complimentary and the creation of some creative organizational structures that are complimentary and the creation of some creative organizational structures that are complimentary and the creation of some creative organizational structures that are

signing up or take your information and pass it on to Jared.

You can make a difference!

Learn More About the Types of Physical Activity You Need to Stay Healthy

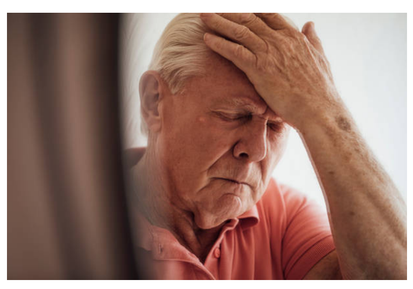
from "Move Your Way",
A program created by the
U.S Department of Health and Human Services



It's important to get a mix of activity types as you get older. The Move Your Way® fact sheet for older adults can help you understand what kinds of activity you need to stay healthy. Click on his link: Types of Activity Fact Sheet for Older Adults

For more information from the U.S. Department of Health and Human Services about Move Your Way, click here: odphp.health.gov/moveyourway

Will I Lose My Memory?



We all undergo cognitive changes as we get older, but decline isn't inevitable. Learn about ways to protect yourself in the article, "Will I Lose my Memory?" in the September issue of the AARP Bulletin. Here is a link to this article: https://www.aarp.org/publications/bulletins/aarp-bulletin-september-2024/page6/

Report for the Hunger Action Month Activity

By Leslie Pendleton

A four-hour food collection event sponsored by Blacksburg AARP (Chapter 2613) and The Common Ingredient of the New River Valley for the Pulaski Free Store in Dublin was held on Sunday, September 22nd from 1-5 PM. The event took place at the Kroger grocery store on South Main Street in Blacksburg. Tables were placed at both entrances to the store and shoppers were greeted as they approached the stored and given a list of needed items.

A truckload of food goods and personal items were collected along with $160 in cash and a $15 Kroger Gift card. Volunteers loaded the collection into a vehicle for transport and Leslie Pendleton unloaded, sorted, counted and repackaged all items before delivery to the Pulaski Free Store located in the old Dublin Middle School Building. The cash donated at the event was used to purchase items not collected at the event. Dave Edwards assisted Leslie with the delivery of the items on Wednesday, September 25 during the Pulaski Free Store Volunteer hours from 6:30-8:00 PM.

Blacksburg AARP volunteers who worked the Hunger Action collection event included Don Creamer, Wilma Dotson, Pam Knox, Leslie Pendleton and Fred Piercy. Suzi Austin, Anne Deaton and Grace Youhas volunteered representing The Common Ingredient. The Pulaski Food Store posted and announcement about the donation on their Facebook page.

Blacksburg Chapter
Membership Application for 2025
(or join online: blacksburgaarp.org)

Name:_____
Phone: _____ Email:_____
Spouse/Partner:_____
Phone: _____ Email: _____
Address: _____
City: _____ State: _____ ZIP: _____

Annual (Calendar Year) Dues: $15.00 (includes spouse or partner)
_____
New____ Renewal ____ Life Member (90+) (free) ____Lifetime member ____

Please consider an additional donation to support our AARP chapter and its projects.
$10___ $25___ $50___ $100___ Other $____

Donations to the Blacksburg Chapter help us carry out our mission and community service activities while keeping member dues as low as possible. However, donations to the chapter are not tax deductible.

Please make your check payable to "Blacksburg AARP Chapter #2613." Mail check and this form to AARP Blacksburg, P.O. Box 10082, Blacksburg, VA 24062.

Dues deadline: January 31 of each year

Forward

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