

Health and Wellness Fair 2010

Tuesday, September 21 from noon to 4 pm at VCOM II in the Corporate Research Center (see directions and a map on page 3)

Don't miss the **Health and Wellness Fair** from noon to 4 p.m. on Tuesday, September 21, 2010. Everyone is welcome and everyone can benefit at this FREE event. Why not give your friends and neighbors a cordial invitation to attend?

Free Health Screenings: The Edward Via College of Osteopathic Medicine—Virginia Campus (VCOM) has teamed up with Blacksburg AARP to offer free seminars, exhibits, and health screenings. Some of the free screening will include, blood pressure, blood sugar, body mass, bone density, vision and hearing. Also, nutrition advice and cancer screenings will be available along with a gerontology specialist from Carilion.

Free Seminars of 45 minutes (each) will be presented on “*Understanding the Difference Between Normal Forgetfulness and Dementia*” and “*Drug Interactions Between Certain Prescription Drugs and over the Counter Drugs.*” Participants are encouraged to bring a list of their medications with dosage. Each seminar will be presented twice.

Free Exhibits: Approximately 75 health and wellness exhibits and light refreshments are also free to participants. Lunch may be purchased from Big Oak Chuch Wagon which will be located near the front entrance of VCOM II.

Location: VCOM II Building in the Virginia Tech Corporate Research Center is located at 2280 Kraft Drive in Blacksburg. VCOM II is the same building where our January chapter meeting was held. Numerous signs will be posted in the VT Corporate Research center to guide you to the Health Fair.



The Health Fair Committee includes Carl McDaniels, John and Sharon Hillison, Ben Crawford, Brian Allen, Judy Sewell, Doris Abraham, Margaret Kates, Jim Wightman, Sandy Birch and Joanne Underwood of Blacksburg AARP. VCOM is represented by Diane Sutphin, Dr. Russ Hendershot, Rhoda Myers, Kathy Hosig and Bobby Perkins. The Committee is grateful for

the financial supporters who will be listed in the free commemorative program.

The Edward Via College of Osteopathic Medicine — Virginia Campus (VCOM) provides medical education and research that prepares globally minded, community-focused physicians who improve the health of those most in need. The College has had a collaborative partnership with Virginia Tech since 2002 and supports the health of those in Southwest Virginia and the rest of the Appalachia region by participating in health fairs and outreach programs such as this program in cooperation with the Blacksburg AARP Chapter.

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, Patrick Henry Drive, at 10:00 a.m.

P.O. Box 10082
Blacksburg, VA 24062
<http://civic.bev.net/aarp/>

2010 Officers, Board Members and Committee Chairs

Officers

President: Brian Allen mballen@prodigy.net
1st Vice President: John Hillison hillison@vt.edu
Secretary: Virgil Cook vcook@vt.edu
Treasurer: Judy Sewell judysewell@verizon.net

Board of Directors

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Ken Dawson kedawson@verizon.net
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Sue Farrar suefarrar@verizon.net

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Mary Ann Hinshelwood mah@mahinshelwood.com
June Schmidt schmidt@vt.edu

Committee Chairs and Appointees

AARP of Virginia: Ben Crawford ben.crawford@vt.edu
Associate Treasurer: Brian Allen mballen@prodigy.net
Caring: Harriett Cooper chayabrona@verizon.net
Chaplain: Ken Dawson kedawson@verizon.net
Chapter Awards: Joe Fontenot cajunjoe@vt.edu
AARP Driver Safety Course: Curt Finch crfinch@vt.edu
Financial Planning: John Hillison hillison@vt.edu
Health Care: Larry Alexander aalexand@radford.edu
History: Doris Abraham dsta118e@verizon.net
Hospitality: Curtis Roane 552-2260
Legislative: Dan Fleming dbfleming@vt.edu
Membership: Jim Wightman wightman@vt.edu
News Editor: Edd Sewell eddsewell@gmail.com
Nominating: Class of 2010
Program: Carl McDaniels cmcd@vt.edu
Public Relations:
VT Retirees Association Liason: Margaret Kates

PRESIDENT'S CORNER

Welcome back everyone, we are rolling again. Hope everyone had a wonderful summer, and if you are like me you are ready for some cooler weather.

We need you to volunteer to help at the upcoming Health Fair. AARP national has mailed out 11,000 invitational post-cards to members in our area, so we are expecting a large crowd at the Health Fair Tuesday 9/21 and will need several more volunteers to assist with parking, directing people, snacks and so on. We also have over 70 vendors who might need help with directions and I am in charge of making sure everyone parks in the right place. I have two or three helpers, but need more. If you have always wanted to be a policeman, this may be as close as you can get. If you can help with anything please call me at

the office 552-5331 or my cell 540-580-4176 or email me at brian.allen@prodigy.net.

PLEASE be sure to invite a friend or two to the Health Fair and come early as there will be lots to do and see. Free flu shots, screenings, medication interaction checks(bring your bottles), a wonderful 'organic' hot dog stand with fresh squeezed lemonade, the Med Cottage will be available to tour, and on and on.

I am sure this will be mentioned in the newsletter but our chapter, in conjunction with Ruritan, just wrapped up a food drive at the fish fry last Saturday, and collected almost 200 bags of groceries for the Interfaith food pantry. They had totally run out of food a few days earlier, and then we showed up with about 70 bags last week and Ben Crawford and Ruritan delivered another 100 plus after Saturday's fish fry. WELL DONE everyone.

See you at the Health Fair.

Best regards, Brian

Correction!

Blacksburg's "About Town" Newsletter has the wrong day of the week listed for AARP monthly chapter meetings

The Blacksburg publication "About Town" dates for future AARP Chapter meetings is not correct.

While the days of the month are correct (such as October 19 and November 16), the day of the week was noted as "Th" for Thursday. **We meet on the third Tuesday of each month.** Thus, the dates should read Tuesday, October 19 and Tuesday, November 16.

Please alert any friends about this correction and help us make sure people come to the monthly chapter meetings on the correct day of the week

AARP DRIVER SAFETY COURSES TO BE OFFERED



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

The October course will be held on Thursday and Friday, October 7 and 8 from 1:00 to 5:00 p.m. To pre-register for the course, call Cecil Mc Bride at 552-4396.

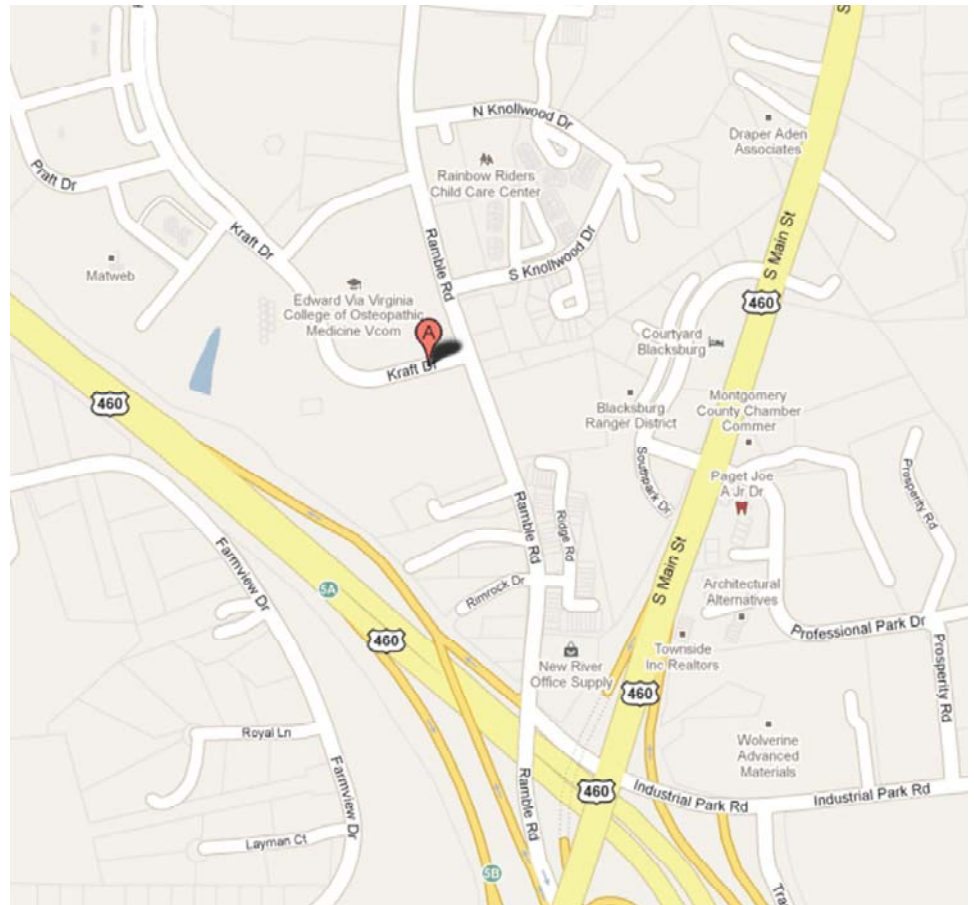
The November course will be held on Thursday and Friday, November 4 and 5 from 1:00 to 5:00 p.m. You can pre-register for the course between August 28 and September 18 by calling Cecil Mc Bride at 552-4396. After September 18, call Curt Finch at 552-8179 to pre-register.

The 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 Community Center and the Blacksburg AARP Chapter, 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.

Directions to the Health Fair:

VCOM II is located on the corner of Ramble Road and Kraft Drive. It is in the building with StellarOne Bank. The "drop" on the map below marks the location.



What is **AARP**

AARP is a nonprofit, nonpartisan membership organization that helps people 50+ have independence, choice and control in ways that are beneficial and affordable to them and society as a whole.

AARP does not endorse candidates for public office or make contributions to either political campaigns or candidates.

We produce *AARP The Magazine*, a voice for Americans 50+ with over 35.5 million readers; *AARP Bulletin*, the go-to news source for AARP members and

Americans 50+; *AARP Segunda Juventud*, the only bilingual U. S. publication dedicated exclusively to the 50+ Hispanic community; and our website at AARP.org.

AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors.

AARP stands by itself and is not an acronym or abbreviation.

Legislative Update

Dan Fleming, Legislative Chair

Fiscal Commission. If you are concerned over our every growing national debt, then you should follow the work of the National Commission on Fiscal Responsibility and Reform created by President Obama to address the issue. This bipartisan group is charged with recommending proposals to Congress designed to balance the federal budget, excluding interest payments on the debt, by 2015. This includes changes to address the growth of entitlement spending such as Social Security and Medicare.

The Commission is composed of 18 members and will vote on a final report with a set of recommendations to achieve their mission no later than December 1, 2010. The final report will require the approval of at least 14 of the Commission's 18 members. A battle royal is emerging over what changes may be recommended for social programs such as Social Security and what taxes may be raised, if any, to achieve the goals of the commission.

Virginia Health Reform Advisory Council. Governor McDonnell has set up a panel of corporate and professional health care experts, political leaders and medical policy experts to come up with "uniquely Virginia" ways to cut the cost of health care in the state and improve its delivery.

The chief problem McDonnell wants the 24-member panel to

address is Medicaid, the federal-state health services program for the needy, aged and disabled that will demand billions of dollars more each year from the state budget. Adding to the difficulty of finding solutions is that Virginia already ranks near the bottom of the nation in Medicaid funding. The group will also recommend ways to implement changes coming as part of the new federal health law.

Critics of the Council membership charged that there was no one among the 24 members of the panel representing the poor, minorities, labor unions and the average consumer. Most of the appointees were members of the managed care establishment including health insurance firms, law firms, investment companies and doctor's groups. After the public criticism, Bill Kallio, State Director of Virginia AARP was added to the group.

Financial Reform Bill
AARP applauded the passage by Congress this summer of the Financial Reform Bill. It will help protect consumers and investors from abusive practices and reduce the vulnerability of the financial system. Senators Warner and Webb voted for the legislation and Congressman Boucher voted against it.

The AARP is a nonpartisan organization, and the content of this newsletter and column are reporting on events and updates, and are not intended to take a particular political position.

Trip to Virginia Museum of Fine Arts in Richmond Scheduled for October 15

The Montgomery Museum & Lewis Miller Regional Art Center in Christiansburg is sponsoring a bus trip to the Virginia Museum of Fine Arts in Richmond on October 15, 2010. The tickets are \$65 for Museum members, \$75 for non-members.

The schedule:

6:30 am: Depart Christiansburg from the parking lot of St. Paul's United Methodist Church .

6:50 am: Depart Shawsville from parking lot at Meadowbrook

10:45 am: Arrive at Virginia Museum of Fine Arts

11:00 am: Meet docents for tour of "Fine Arts & Flowers".

11:50 am to 2:30 pm: Lunch (options):

- Bring bag lunch to enjoy in Sculpture Garden

- Best Café (\$4.50 - \$7.00)

- Amuse Restaurant,

2:30 to 4:00 pm: tapas \$5.00 - \$12

4:00 pm: Depart Richmond stopping in Staunton for dinner

9:00 – 9:30 pm: Arrive Shawsville and Christiansburg

Fifty (50) seats only are available on the Abbott Trailways bus. For more info and a reservation form, contact Sue Farrar, director@montgomerymuseum.org, 382-5644 or Mary Ann Hinshelwood, mah@mahinshelwood.com, 382-6402.

**Blacksburg AARP Chapter
Membership Report
September 2010**

**Blacksburg AARP Chapter
Financial Report
June 1 to September 4, 2010**

Membership Profile

AARP 2010 Members	232
Lifetime Members	46
Life Members	8
Complimentary Members	21
<u>Honorary Members</u>	<u>5</u>
Total Members	312

New Members	0
Newsletters sent in April	210

Membership Committee: Jim Wightman
(Chair), Sue Farrar, Don Creamer

*Report prepared September 6, 2010

Balance as of June 1, 2010	\$2,464.52
CREDIT (memberships & interest)	\$4,371.19
Health Fair	\$4,150.00
Membership	\$12.50
Auction Proceeds	\$158.25
Interest	\$0.44
Donation	\$50.00
DEBIT (postage & copying)	\$478.23
Kopy Korner	\$64.31
Picnic Supplies	\$60.63
Postage	\$32.67
Health Fair	\$321.02

Balance as of Setember 4, 2010 \$6,357.48

Blacksburg 2046: Community Conversation

The Town of Blacksburg was listed as a top “10 Best Affordable Mountain Towns for Retirement” by the *U.S. News & World Report*. Blacksburg was featured and compared to other localities such as Colorado Springs, CO, and Salt Lake City, UT. The article boasted that these Top Ten “places offer scenic views and groomed slopes at economical prices.” When searching for a mountain town to retire in, the article considered “access to plenty of skiing, trails and wildlife, while still providing affordable housing and a reasonable cost of living.” Other aspects such as health care and low crime rates were integral in defining the Best Mountain Towns for Retirement. All of these and the Blacksburg’s “high level of amenities at affordable prices” are why Blacksburg was named one of the “10 Best Affordable Mountain Towns for Retirement.”

Blacksburg is striving to maintain this designation and even seeking to improve it. How can you help? By participating in a Blacksburg 2046 Community Conversation.

Blacksburg 2046 is the Town’s comprehensive plan that guides future growth and development. The comprehensive plan is updated every five years. The Town of Blacksburg is in the elementary stages of the next update, which is where you come in. Community Conversations are a series of forums for key demographic groups to impact the Comprehensive Plan through public input. The Town of Blacksburg staff wants to know what you would change about the Town, what you like, and even new ideas for the Town’s future.

To have your voice heard and make positive impacts on the Town of Blacksburg please

join Town of Blacksburg staff at the next Community Conversations on October 19th following the regular AARP meeting at the Blacksburg Community Center. If you cannot attend and would like to submit written comments, please email Karen Drake, Town Comprehensive Planner at kdrake@blacksburg.gov.

Mark your calendar now and plan to attend the Community Conversation following the October 19 AARP chapter meeting at the Blacksburg Community Center.

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UPCOMING PROGRAMS
Tuesday Oct 19-- *What Your Loved Ones Need to Know: Important Papers for Everyone to Have* by Rosemary Jones.
Tuesday Nov 16-- *Ten Health Living tips for Seniors* by Dr. Chris Mertes, MD, Carilion Clinic Blacksburg Physician.

News from the Agency on Aging



*Tina King, Executive Director
New River Valley Agency on Aging*

What a glorious ending to summer....crisp mornings, bright blue skies... Autumn is definitely in the air! With the season changes comes preparation for annual events sponsored by the Agency on Aging.

The third annual Caring Connections, Caregiver Conference and Resource Fair is planned for Saturday, October 16, 2010 from 8:00 a.m. to 3:30 p.m. at the New River Community College campus in Edwards Hall. Whether you are a caregiver for someone else or simply learning to care for yourself, you will find informative sessions and resource booths that will be helpful. The conference is free for family and volunteer caregivers. It includes lunch, snacks and door prizes. The conference will again feature Teepa Snow a dynamic professional recognized for her expertise in geriatric and dementia care. Other presenters will bring great information on fall prevention, making our home fit our needs, finding resources and services to assist in the caregiving role and giving care to oneself. Call today for a conference registration form to be mailed or e-mailed to you. The registration deadline is October 1, 2010.

It is not too early to start thinking about your prescription drug coverage for next year if you are a person with Medicare. The open enrollment period for Medicare D and Medicare Advantage Plans will begin November 15th. The Agency will soon be mailing out Personal Information forms for Medicare Part D to persons who have previously requested assistance with selecting a plan that best meets their needs. Call the Agency at (540) 980-7720, to obtain a Personal Information form for Medicare Part D if you would like to have your plan options reviewed. If you have questions about this or other problems related to Medicare coverage, call and request a consultation with Ms. Politi, the health insurance counseling coordinator or a qualified volunteer counselor.

September is National Cholesterol Education Month. Knowing "your blood cholesterol numbers" is an important step toward staying or becoming healthy. Medicare under Medicare Preventative Services will cover the cost of this screening and other blood fat (lipids) if you have not been screened in the last 5 years. If you meet this criteria and your doctor or health care provider accepts assignment, you will not have to pay anything for the screening. You can have high cholesterol and not know it. Lowering cholesterol levels that are too high lessens your risk for developing heart disease and reduces the chance of having a heart attack.

Agency on Aging staff is avail-

able to help find and access services, to provide information and advocacy for older adults and caregivers.

Call (540) 980-7720 or e-mail nrvaoa@nrvaoa.org for more information.

Nominations for the 2010 Chapter Awards.

Please send nominations for the Chapter Service Award and the Community Spirit Award to Joe Fontenot, Chair of Chapter Awards . You may send by e-mail (cajunjoe@vt.edu) or by mail(824 McBryde Dr., Blacksburg, VA 24060). Please send by Oct.1,2010.

MEDCottage

The MEDCottage provides an innovative alternative option to the nursing home that seems synonymous with isolation and financial consumption. This high tech, extended care, mobile modular cottage has both standard medical features and personalized outfitting unique to the needs of the resident. The MEDCottage option is more affordable, only costing about half the cost of a nursing home and allows aging or disabled loved ones comfort, privacy and accessibility to family. The MEDCottage will be open from 11:00 a.m. to 5:00 p.m. on Tuesday, September 21, or you may contact a MEDCottage associate at 888-797-5818 to schedule your private showing.

**AARP Chapter 2613
Board of Directors
Minutes
September 7, 2010**

Call to Order--President Brian Allen called the meeting to order at 10:05.

Officers Present: President Brian Allen, Secretary Virgil Cook

Board Members: Don Creamer, Ken Dawson, Sue Farrar, Dan Fleming, Joe Fontenot, Mary Ann Hinshelwood

Non-board-member committee chairs and appointees: Larry Alexander, R. B. "Ben" Crawford, Margaret Kates, Carl McDaniels, Jim Wightman

Joe Fontenot announced that nominations for chapter awards are due. The Nominating Committee for these awards consists of Joe Fontenot, Ben Crawford and Dale Oliver.

Approval of Minutes--Joe Fontenot moved that the minutes for the June meeting be approved. The motion passed.

Treasurer's Report--Brian Allen for Judy Sewell. As of September 4, the balance in the treasury was \$6,357.68.

Officer and committee Reports.

Membership Committee--Don Creamer. The September report is identical to the June report. The chapter has 312 members. Mary Ann Hinshelwood moved that the report be accepted. The motion passed.

Public Relations--Ben Crawford. In cooperation with the Mount Tabor Ruritan Club, the chapter will conduct a food drive on September 11. Our goal is to fill up the local food banks. A YMCA truck will be at the Ruritan fish fry on September 11 to collect the bags. People should donate imperishable foods. People

should not donate anything in glass containers.

Health Fair--Brian Allen. So far, we have 75 exhibitors. Nonprofits do not pay.

The fair will run from one until four on September 21 in Building 2 at the Virginia College of Osteopathic Medicine, 2280 Kraft Drive. There will be screenings for blood pressure, body fat, blood sugar, bone density, vision, hearing, and cholesterol. There will also be seminars on distinguishing between normal memory loss from aging and loss caused by dementia and a second one on drug interactions with prescription and non-prescription drugs. Each seminar will be presented twice. Board members were given flyers to distribute at Sunday schools and churches, barbershops and beauty parlors, and other appropriate places.

Brian pointed out that we should make at least \$5,000 from the fair, giving us a handsome sum to donate to various organizations in December.

Legislation--Dan Fleming. The National Commission on Fiscal Responsibility and Reform, a bipartisan group appointed by President Obama is to make recommendations on balancing the Federal budget by 2015. The report is due on December 1. Fourteen of 18 members must agree on any recommendation to send to Congress. There is much talk about Social Security, probably the healthiest of the entitlements. The goal is to address all parts of the political spectrum.

The governor has appointed the Virginia Health Advisory and Reform Council to explore ways of reducing medical costs to the state. The most worrisome expense is for Medicaid. Virginia ranks 48th in the amount spent per capita on Medicaid. Bill Callio was recently

appointed to the council.

Programs--Carl McDaniels. Carl highlighted the Med Cottage, on display at the fair. The unit is a trailer-size house for singles or couples for setting up on the lots of caregivers' homes.

Rosemary Jones will speak at the October meeting on what personal documents--wills, CDs, stock certificates, and bank-account information--should be made available to executors.

Home Sweet Home Newsletter--Larry Alexander. The November letter will feature living alternatives for the elderly. The January issue will focus on memory.

Ken Dawson resigned his position as chaplain effective October 1. Sue Farrar moved that the board pass a resolution commending Ken Dawson for his service as chaplain. The motion passed.

Program for pre-schoolers--Sue Farrar asked that a brochure for the program be included as an insert in the next newsletter. Ken Dawson moved that the proposed insert be included in the newsletter. The motion passed.

Adjournment--the meeting was adjourned at 11:40.

Respectfully submitted:
Virgil A. Cook, Secretary

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**Come to the
Health & Wellness
Fair
September 21**

Walgreen's will be providing flue shots.

Carilion Clinic will be providing hearing & vision testing.

See front page for more!

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

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

2010 Member Application

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

Membership in the Blacksburg AARP Chapter requires membership in National AARP.

Name: _____

Spouse: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ - _____ - _____

E-Mail Address: _____

Annual Membership (based on calendar year):

_____ New membership dues: \$12.50 [Spouse/Partner Free]

Those of you who are 90 years old and older do not pay dues. Your label should read "Life Member."

Complete and attach check made out to Blacksburg AARP, and bring to the next Membership Meeting or mail 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 N.W., Washington, DC 20049** or call **toll free at 1-888-687-2277**.