



BLACKSBURG NEWS

Volume 21, Issue 4

Chapter # 2613

April 2004

Membership Meeting -- April 20, 2004

Warm Hearth – John Robertson, activities director

11:30 a.m. - Bag lunch and fellowship
Program from 12 noon to 1:00 p.m.

It is PAST time to pay your 2004 dues.

BLACKSBURG AARP CHAPTER DUES

\$6.00 individual or \$10.00 for husband and wife

Please renew your membership by completing the membership form at the end of this newsletter and returning it along with your check.

PRESIDENT'S MESSAGE

Brian R. Allen

We had a wonderful volunteer recognition celebration last weekend. Several of our members were nominated this year: Ben Crawford for YMCA, Jim Moore for American Red Cross, Dale Oliver for AARP, Lincoln Taylor for YMCA, and Bob Blanton for Lions Club. And the winner is Bob Blanton for the Lions Club!!! Congratulations from all of us, Bob.

It is almost time for Senior Olympics. I hope everyone has signed up, even if it is just for board games. There is something for everyone this year. Paul Smeal and his volunteers do a great job every year. It will be fun--guaranteed! If you are not

participating be sure to come out to either heckle or encourage folks.

During the month of March we were asked to assist Blacksburg Transit acquire a community development block grant. One of the areas being considered for transit service is Warm Hearth Village; as we have AARP members in that community, I was happy to write them the recommendation. We hope they get the grant!

Please be sure to pay your 2004 dues now, if you have not already done so, plus help us with our charity collection by donating a few dollars to help those less fortunate than ourselves. See Jim Moore or myself. Thanks!



John Robertson from Warm Hearth Village will be our speaker this month. If you attended last month's meeting you were able to meet him. He is a lot of fun and very interesting.

Dan Fleming has obtained a video from AARP National with Walter Cronkite discussing the new Medicare Reform Bill. Dan will play this for us after John Robertson has spoken, so stick around for that!

Well, I am off to Tulsa, Oklahoma to visit family for Easter. Joyce Martin will hold down the fort in my absence. She is feeling much better now. I look forward to seeing you at our next meeting, Tuesday, April 20.

All the best, *Brian*

VOLUNTEER RECOGNITION CELEBRATION

June Schmidt

More than 70 individuals were on hand for the Volunteer Recognition Celebration held April 3. Our Blacksburg AARP Chapter, the Voluntary Action Center, the American Red Cross, and the YMCA at Virginia Tech sponsored the Celebration. The purpose of the event was to recognize outstanding volunteers from throughout the New River Valley

Eighteen individuals were nominated by their organizations for recognition at the event. **Bob Blanton**, the nominee from the Blacksburg Host Lions Club and a member of our AARP chapter, received the Jim and Lenna Moore Citizenship and Community Service Award for exemplary volunteer efforts. His volunteerism includes 30 years of service to the

Blacksburg Host Lions Club, 16 years serviced to our AARP Chapter, serving as an elder in his church, serving on the Virginia Tech Retirees Association Board, helping plan the Blacksburg Senior Center, as well as numerous other activities. Bob has been a leader in each of these groups. **CONGRATULATIONS** Bob on an outstanding volunteer record!

Other individuals recognized at the event from our AARP Chapter were **Ben Crawford**, nominated by the YMCA; **Jim Moore** nominated by the American Red Cross; and **Dale Oliver** nominated by our Chapter. Remember to let these great volunteers know how much you appreciate them. Mary Taylor accepted recognition of her late husband, **Lincoln Taylor**. The YMCA nominated him.

The Celebration featured entertainment, awards recognitions, and light refreshments. Besides the four organizations sponsoring the event mentioned above, others contributing to it included the Blacksburg Senior Center, the Retired Senior Volunteer Programs of Floyd, Pulaski, Giles, and Montgomery-Radford. Further, monetary contributions were received from the Montgomery Regional Hospital and the Carilion Hospitals of the New River Valley.

Joyce Martin and June Schmidt participated in planning for the event. Dan Level, AARP Community Organizer and 2002 recipient of the Jim & Lenna Moore Award was master of ceremonies. Also helping from our chapter were Don Elson, photographer; Cerrie Coil, Clara Jane Billig, and Mary Ellen Moore from our Hospitality Committee; and Connie Anderson.

OUR VERY OWN



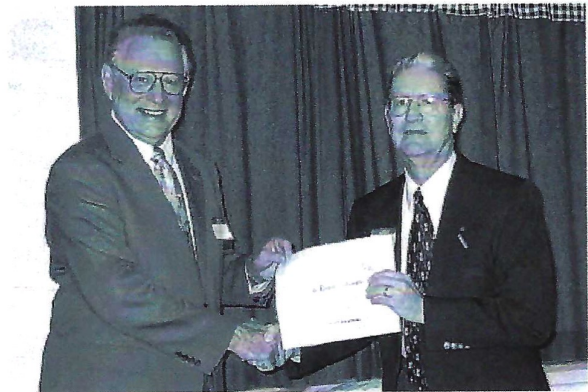
Bob Blanton received the Jim & Lena Moore Award Community Service and Citizenship Award.



Ben Crawford receives certificate.



Jim Moore receives certificate.



Dale Oliver receives certificate

MEMBERSHIP UPDATE

If you have friends who should be members, please bring them to the monthly meeting and encourage them to join. ***Dues for 2004 are now PAST DUE. Please fill out the membership form in this newsletter and attach a check payable to Blacksburg AARP. You can pay your dues at the meeting or send them to Ray Murley.***

Ray Murley
904 Horseshoe Ln
Blacksburg, VA 24062-0652

You must be a member of National AARP before joining the local chapter. National dues should be paid directly to National – not through the Blacksburg Chapter.

If you have changed your address, be sure to notify Joyce Martin or Don Elson; also, if you have an e-mail address please give it to one of them.

Have I paid my dues? The Chapter's membership year is based on the calendar year. Check the mail label on your Newsletter. **If "2003" appears on the label, you have NOT paid for the current year.** After you pay your 2004 dues, the label will read "2004." There has been a

question as to the meaning of the "N" at the end of the year on some of your mail labels. "N" denotes that you are a new member.

Those of you who are 90 years old and older do not pay dues. Your label should read "Life Member." The current membership list has the following members that are 90 years of age or older:

Fay Hoy	Esther McKenna
Eva Patterson	Beverly Printz
Nelle Trent	

If you know of corrections to this list, please tell Ray, Joyce, or Don so that our membership records are correct.

AARP MEMBERSHIP LIST UPDATES

If there are corrections to the 2003 Membership List (included in the May Newsletter on green paper), please notify Joyce Martin or Don Elson.

FUTURE MEETINGS

April 20: John Robertson, activities director of Warm Hearth will speak about people moving to Warm Hearth, to either subsidized apartment housing or to Town houses. Also he will discuss the connection of these units to moving to assisted living and/or nursing. A committee from our chapter is working with John to make it easier and more attractive for Warm Hearth residents to use the Senior Center. A committee in our Chapter is working with John and others to make it easier and more attractive for Warm Hearth residents to use the Senior Center. John is a volunteer co-chair of the New River Valley Senior Olympic Games which

the AARP co-sponsors, and which has more than 200 registrants.

At the end of the April 20 meeting, a 12-minute film, "**Navigating the New Medicare Rx Law**" will be shown for those that would like to remain to view it. Narrated by former television anchorman, Walter Cronkite, the film is designed to help seniors to understand some of the most important aspects of the new law including what drug coverage does the new law offer and what kind of additional help is available for low-income seniors. It also features seniors who talk candidly about their difficulties affording the medicines they need. The film is provided by Families USA, a national organization for health care consumers.

May 18: we will have a report from our elected representatives to the VA General Assembly. **Delegates Jim Shuler and David Nutter** or their personal representatives will share with us their views on the recent GA session.

June 15: Annual Blacksburg AARP picnic. All members are invited to bring a dish to share. Antique cars will be on display from the Blue Ridge Model A Club.

July and August: No meetings

September 21: A special AARP VA program on TEAMWORK.

The membership meetings are held at the Blacksburg Community Center on the third Tuesday of each month except December, July and August. Be sure to make a special effort to attend and remember to bring a friend and your lunch. **We begin eating our bag lunches at 11:30 a.m. (coffee and tea available) with the program following at noon.**

END OF LIFE CARING

Jim Moore

Last year the AARP, NARFE and Blacksburg Senior Center put on a seminar "Planning for the End." The theme was, what can I do now to make it easier for my family at my death? A doctor, a lawyer, a minister, and an undertaker, from their viewpoint, told us how we could make preparations now that would reduce the stress and trauma for our family then. There were 150 in the audience. On **May 8**, this year, these same groups plus the Red Cross are putting on another seminar "End of Life Caring."

Most of us will be involved in caring for a family member or close friend as they approach death. This seminar discusses the sources of caring assistance that is available at that time. The general theme will be what care might be needed, what agencies provide that care, how much does it cost and how you can contract the agency that can help you provide that care. Dr. Anne Glass, Professor in Gerontology, will set the stage for the four speakers. The discussion will take an example person who is just moving into the flow of needs of services up to his hospice care so valuable near the end. Each speaker is a professional in her special aspect of caring. **The seminar will be at the Blacksburg Community Center on Patrick Henry Drive from 9:30 a.m. to 12:30 p.m., Saturday May 8.** The public is invited and is encouraged to bring family members and friends.

CARING COMMITTEE

If you know of someone that is ill and/or in the hospital or if there is a death in our AARP family, please notify the Caring Committee chairperson, **Lula Roberts**, 552-7655.

TAX COUNSELING FOR THE ELDERLY

Frank Lau

By the time you get this mailing, Tax season will have come to a close. Tax-Aide Blacksburg will have helped 100 people with their taxes, at the Recreation Center and Warm Hearth. Thirty-four E-filings were done this year. And that was basically two of us!

We need more volunteers to handle the ever-increasing clientele. This Fall, I intend to do a BEV-Seniors Presentation at the Center, describing the program. It is a mental challenge, but a great way to the Community in a very special way. Please look for the announcement. I hope to institute an early evening session, as well as the late morning to afternoon session.

INCLEMENT WEATHER POLICY

The Board of Directors, at its January 1998 meeting, adopted the following policy relative to Board and/or chapter meetings during inclement weather:

AARP Board and/or chapter meetings will be canceled if Montgomery County Schools are closed due to inclement weather on days AARP Board and/or chapter meetings are scheduled."

BOARD OF DIRECTORS MONTHLY MEETING

April 6, 2004

Virgil Cook, secretary

Call to Order: Vice-President Joyce Martin called the meeting to order at 9:35 a.m. in the absence of President Allen.

Members Present: Doris Abraham, Clara Jane Billig, Bob Blanton, Virgil Cook, R. B. "Ben" Crawford, Donald Elson, Frank Lau, Joyce Martin, Carl McDaniels, Jim Moore, Dale Oliver, Lula Roberts, Paul Smeal, Shirley Farrier Strother.

Adoption of Agenda: Jim Moore moved that the agenda be adopted. Motion passed.

Approval of Minutes: Carl McDaniels moved that the minutes of the March meeting be approved. The motion carried.

Treasurer's Report: Jim Moore reported a balance of \$1692.00. The figures no longer include the volunteer account. The accounting of donations is kept separately, although they are still part of the same checking account. He moved approval of the report. The motion passed.

Election of Secretary: Virgil Cook was formally elected secretary.

Committee Reports: Joyce Martin reported that there are 220 paid members in the chapter. Don Elson reported that there are 46 people receiving the newsletter who have not paid dues. Some people have not joined because of the requirement that one must be a member of the national organization to be eligible for local membership. Frank Lau asked about the membership pamphlet. Joyce suggested that we not use slick paper. Frank indicated that we could use black and white instead of color. Wheatland has expressed interest in starting a chapter.

Program Committee: The state office provides training material for chapter meetings. We will try to get started with such training in September.

Legislation: Dan Fleming reported that the moderates, including Dave Nutter, are meeting today to try to resolve the budget impasse. VDOT is already making plans for shutting down projects in case there is no resolution.

Hospitality: Clara Jane Billig reported that the picnic is schedule for June 1, the first Tuesday, at Nellie's Cave Park from noon until three. She will not put out name tags for people who have not paid dues. The question was asked whether we would ask for the antique-car display again this year. The group felt that we should ask.

Volunteer Awards: Bob Blanton won the Jim and Linda Moore Community Service & Citizenship award for his work with the Lions Club.

Newsletter: Don Elson indicated that he needs newsletter material by Saturday. Our newsletter received an honorable mention from the state.

Other Business

Volunteer Recognition: Dale Oliver reported that various volunteer organizations have placed 18 people in nomination. However, some organizations have violated the rules by presenting multiple nominees.

BT Grant: Blacksburg Transit has applied for a grant to help more people with limited incomes. AARP supports BT's efforts. BT is also considering service to Warm Hearth.

Letter from Dan Fleming: The letter indicated that the chapter has been given two copies of a video, narrated by Walter Cronkite, on how to navigate the new Medicare program. A motion to show the film at the next meeting passed.

Dale Oliver moved that Jim Moore and the finance group investigate the possibility of selling 50/50 tickets at future meetings as a fundraising device.

It was noted that the next board meeting is scheduled for May 4, Election Day. We should encourage our friends and neighbors to vote, especially in light of the low turnout for the last municipal election.

Adjournment: The meeting was adjourned at 10:54 a.m.

Respectfully submitted:
Virgil A. Cook, Secretary.

ANNOUNCEMENTS

FITNESS ACROSS the USA

Paul Smeal

In a recent discussion with Joy Herbert, Senior Program Supervisor, and Jocy Surface, Fitness Programs Instructor and Personal Fitness Trainer, we discussed the number of seniors participating in the fitness classes, and we know of at least 100 seniors in the classes. When the "Movin thru Virginia" program, the personal fitness training, and users of the senior fitness room is considered, there are another 50 seniors. There is more than this number (150) doing some form of fitness on their own.

There is room for more persons in all the fitness classes offered at The Community Center, and you are encouraged to come by and observe. You may find a class to meet your physical needs.

The "Movin thru Virginia" program was started last year where persons kept a record of their walking and it was recorded by coloring in the counties in Virginia on a tee shirt. A similar program is available this year called "Fitness Across the USA and described as "Moving Thru The Country" in The Good Times News, April-June, page 8. Here is a brief summary of the program.

"Fitness across the USA" is a program for all seniors to participate and record their physical activities. With a registration fee of \$12.00, you will receive a tee shirt printed with an outlined map of the United States. Upon completing any of the following fitness activities, you will then color in a state.

Color in a state after walking or biking five (5) miles or swimming one (1) mile.

Color in a state after participating in five (5) of the following senior or adult fitness programs:

Fit over Fifty Aerobics	Water Aerobics
Pilates	Adult Gentle Yoga
Gentle Stretch	Healthy Backs
Stretch, Balance & Tone	Tai Chi

Color in a state after excising in the fitness center, strength training, treadmill, step machine and bike for total of five (5) hours. Time with physical trainer counts.

Register immediately with Joy Herbert, Senior Program Supervisor, 961-1134, jherbert@blacksburg.gov, or at The Community Center front desk. Early registrants will receive their shirts at the May 3rd breakfast for seniors. Registration is on going, and you may have to wait for the shirts if supply is exhausted.

The program is to promote physical fitness, not for competition. You are encouraged to wear your shirt when exercising to encourage others to participate.

TOWN COUNCIL CANDIDATES FORUMS -- Blacksburg and Christiansburg

Please attend one of these forums and then vote, as an informed voter on May 4th! Only 14% of the eligible voters voted in the last town council elections.

Blacksburg: The League of Women Voters of Montgomery County will be hosting a Candidates Forum on **April 19th from 7:00-9:00 p.m.** Location is Blacksburg Municipal Building, Council Chambers, 300 South Main Street. The moderator will be Ann Hess.

The Candidates are:

J.B. Jones, Jr. (incumbent)
Paul Lancaster
Donald Langrehr
Ron Rordam (incumbent)

This Forum will be televised on WTOB Channel 2, for those who cannot make it in person. It is very important for the future of Blacksburg, that we inform ourselves about these candidates. Representative government demands that we elect those candidates who we feel will conduct themselves in our best interest, and in the best interest of Blacksburg.

Christiansburg: Thursday, April 15, 7:00 – 9:00 p.m. in the Christiansburg Municipal Building, Town Council Meeting Room, 100 East Main Street. The moderator will be Carl McDaniels.

The Candidates are:

- Richard G. Ballengee
- D. Michael Barber
- Steve H. Huppert
- W. Scott Weaver

Co-sponsors for these forums are AAUW, government classes of Blacksburg High School, the Montgomery County/Radford City/Floyd County Branch of the NNACP, and the Virginia Interfaith Center for Public Policy.

MEDICARE INFORMATION

In case you missed the article "Medicare: Next Steps" on page 30 of the April issue of the *AARP Bulletin* here is the address to order a pamphlet on understanding the new prescription drug coverage in Medicare. Ask for Medicare Changes That Could Affect You, stock number D18070.

E-mail: www.aarp.org
 Snail mail: AARP Fulfillment EE01559
 601 E. St. NW
 Washington, DC 20049

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BLACKSBURG AARP CHAPTER #2613

MEMBERSHIP RENEWAL OR NEW MEMBER APPLICATION

Membership in the Blacksburg AARP Chapter requires membership in National AARP. If you are already a member of the Blacksburg Chapter, please pass this form on to a friend that should be a member.

Name: _____ Spouse: _____

Address: _____ City: _____ Zip: _____

Phone: _____ - _____ - _____ E-Mail: _____

- Membership: _____ Renewal
 _____ New Member(s)
 _____ Single membership dues **\$6.00**
 _____ Joint Husband and Wife dues **\$10.00**

Complete, attach check made out to Blacksburg AARP, and bring to the next Membership Meeting or mail to:

Ray Murley
904 Horseshoe Ln.
Blacksburg, VA 24060

Brian R. Allen, President
AARP Chapter #2613
P. O. Box 10652
Blacksburg, VA 24060

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Officers

President	Brian Allen
1 st Vice-Pres.	Joyce Martin
2 nd Vice-Pres.	Jim Owen
Secretary	Virgil Cook
Treasurer	Ray Murley
Assoc. Treasurer	Jim Moore
Past President	Ben Crawford

Board of Directors

Class of 2004

Dan Fleming
Paul Smeal
Shirley Strother

Class of 2005

Carl McDaniels
June Schmidt
Joyce Martin

Class of 2006

Doris Abraham
Frank Lau
(open)

Nominating Committee

Class of 2004

Ben Crawford
Harriet Cooper

Class of 2005

Dan Fleming
June Schmidt
Cерrie Coil

Newsletter Editor

Donald Elson

Committee Chairs

Caring
Chaplain
Chapter Awards
Community Service
Financial Planning
Health Care
Hospitality

Legislative
Membership
Newsletter
Nominating
Program
Public Relations
Telephone
Ways & Means

Lula Roberts
Ken Dawson
Bob Blanton
Louis Barnett
Dale Oliver
Darrel Clowes
Clara Jane Billig and
Cерrie Coil
Dan Fleming
Joyce Martin
Donald Elson
(open)
Ben Crawford
June Schmidt
Charlotte Beamer
Jim Moore

Virginia Tech Retires Association

Dan Fleming