



BLACKSBURG NEWS

Volume 20, Issue 3

Chapter # 2613

March 2003

It is time to pay your 2003 dues.

BLACKSBURG AARP CHAPTER DUES

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

Please renew your membership.

PRESIDENT'S MESSAGE

Brian R. Allen

It is March. Almost Spring. Just the thought of warmer weather, getting out in the yard or being able to walk around the block lifts our spirits. Unfortunately, on February 18, old man winter kept us from our regular meeting, and hearing Doug Martin. Doug has kindly agreed to be our speaker in September, so we will have to be a little patient. We all missed the companionship that our monthly meetings allow as well, but we should be ok for this month.

Our speaker next week, March 18, will be Dr. Karen Roberto from Virginia Tech. She heads up the research center for Gerontology, whose charter is to "enhance the quality of life for older adults." We will all be 'older adults' one day, so we need to hear what she has to say. She is very knowledgeable and dedicated, and is a wonderful speaker. She will be able to help us learn how to cope with chronic pain associated with osteoporosis, hip fractures and so on, strategies that older adults have developed over the years. She can also help us all avoid some of these occurrences, 'prevention strategies' as she calls them. The center has also studied the feasibility of space in assisted living facilities, and has a full size apartment on site to help with this study. Some of our AARP members were involved in that project. Be sure to come on Tuesday, March 18. We will all benefit greatly from hearing Karen.

Our April meeting will be at Custom Catering, when AARP Virginia will present 'Issues for Advocates,' and pay for lunch for everyone. Be

sure to put this on your calendar! At this meeting we will have a lot of visitors, folks that may be AARP national members but not members of our local chapter. We, of course, will try and encourage these folks to join us. One way to peak their interest will be a door prize giveaway. If you have any items you could donate to the giveaway please bring them to the next meeting or contact me and I can arrange to collect them.

One last important item I want to mention is that every year we are asked by many organizations to donate money. Last year our generous members donated over \$850.00 and we gave to NRV Volunteer Action Center, Andrus Foundation for researching issues on aging, sponsored NRV Senior Olympic Games, donated to the Christmas store, delivered wood to less fortunate folks to heat their homes, and so on. We had many more requests but could not honor them all. **We need your help** to keep these wonderful projects going again this year, and possibly help even more. Please seriously consider donating to our charitable fund. If you have any loose change please bring it to the next meeting, or send a check to Joyce Martin. If you still have this year's dues to pay, perhaps you could add something to that check. Thank you for your help. See you Tuesday! Best wishes, Brian

MEMBERSHIP UPDATE

If you have friends who should be members, please bring them to the February meeting and encourage them to join. ***Dues for 2003 can be paid at the meeting or sent to Ray Murley.*** (Make checks payable to Blacksburg AARP.)

Ray Murley

P. O. Box 10652

Blacksburg, VA 24062-0652

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

Have I paid my dues? Check the mail label on your Newsletter. If "2003" appears on the label, you have paid for the current year. When you pay your 2003 dues, the label will read "2003." 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	James McCann
Esther McKenna	Beverly Printz
Nelle Trent	

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

AARP MEMBERSHIP LIST UPDATES

If there are corrections to the Membership List as published in the May Newsletter (blue paper), please notify Ray or Don Elson.

INVITATION FOR VOLUNTEER RECOGNITION CELEBRATION

APRIL 5, 2003 10:00 a.m. to 11:30 a.m.

Our AARP chapter is sponsoring the upcoming Volunteer Recognition Celebration. It is scheduled for April 5 from 10:00 a.m. to 11:30

a.m. at the Blacksburg Community Center. Cosponsors for the event are the Voluntary Action Center of New River Valley, the YMCA, and the Red Cross.

This event recognizes outstanding volunteers from throughout the New River Valley. Individuals nominated by various organizations are recognized at this special event. It is open to all and you are encouraged to attend.

The celebration will feature musical entertainment, light refreshments, and recognition of the volunteers nominated by community organizations. Further, one volunteer will be awarded the Jim and Lenna Moore Citizenship and Community Service Award. Both Jim and Lenna were exemplary in their service to the community and to our AARP Chapter.

Besides support from the four organizations sponsoring for the Celebration, we have received financial support from the Montgomery Regional Hospital for it. This is an opportunity for you to show your support for the importance of volunteerism in our community. We want our AARP Chapter to be well represented, so please attend this outstanding event.

June Schmidt (552-1590), Joyce Martin, and Mary Ellen Moore are serving on the Celebration organizing committee for our Chapter. If you have any questions about it, please call June.

We look forward to your being with us on April 5 to honor the outstanding volunteers of our community.

FUTURE MEMBERSHIP PROGRAMS

March 18: Dr. Karen A Roberto, Director of the Center for Gerontology, Virginia Tech. She has received several grants for the Andrus Foundation to study osteoporosis.

As always we will savor a delicious meal from our own brown bags at 11:30 a.m. Dr. Roberto will begin her educational presentation at noon. See you at 11:30 a.m.

Future meetings:

April 15: Issues Forum. This educational forum will be held at Custom Catering. See article below.

May 20: Legislative Report, Del. Jim Shuler

June 17: Annual Picnic

AARP VIRGINIA WILL PRESENT "ISSUES FOR ADVOCATES": A forum on federal and state legislative issues and advocacy efforts affecting persons age 50+.

Tuesday, April 15, 2003

10:00-2:00 P.M.

Custom Catering, 902 Patrick Henry Drive

Come to the meeting and have a complimentary lunch and yes there really is such a thing as a free lunch.

*Learn about new developments with Medicare reform and the debate over prescription drugs

*Get the latest information on what is really happening with Social Security and the changes being proposed in Washington.

*Find out how your AARP state organization represented you in Richmond and what gains and new challenges resulted from the work of the General Assembly.

*Find out how you can get involved and make your voice heard.

Important you must register: Call the AARP toll free registration line at 1-877-926-8300.

NEWS FROM THE 2003 GENERAL ASSEMBLY

Dan Fleming, Legislative Chair

The 2003 General Assembly passed several pieces of legislation from the AARP advocacy agenda and the following bills are now awaiting the Governor's signature.

Unemployment Compensation/Social Security Offset: This provides full payment of unemployment insurance for older workers who

have returned to work and then are laid off their jobs.

Payday Lending Advertising: Requires so-called "payday lending" companies to disclose the full costs of their services in advertisements.

Identity Fraud: Provides help for older Virginians and others who become victims of identity theft in the Commonwealth.

Mortgage Lender and Broker Act; Predatory Practices: Strengthens consumer protection measures in the Mortgage Lender and Broker Act.

Long Term Care Study: The study is to address the problems affecting long-term care services to Virginia's citizens. These problems include increasing long-term care costs, decreased liability costs, and the low incidence of long-term care insurance purchase.

Senior Citizens Higher Education Act: Removes from the definition of "senior citizen" the reference to the income restriction and restores seniors' right to audit courses and take noncredit courses without charge regardless of income.

Defeated Legislation: Some legislation supported by AARP that was defeated was an effort to raise the cigarette tax and to provide a prescription drug assistance program for persons with incomes at or below 150% of the federal poverty level. The drug assistance program would have been funded by an increase in the cigarette tax.

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."

TAX-AIDE FOR SENIORS

Frank Lau

Our Tax-Aide group will be back again to help our members, as well as others in the Blacksburg community. Our times will be Tuesdays from

11:30 a.m. – 5:00 p.m. In order to give everyone appropriate time, we ask that you make appointments through Joy Herbert at the Center (961-1149). You should collect, NOW, all your deduction papers. When 1099's come in, add them to the pile, as with any mortgage 1096's. And don't forget Social Security statements. We prepare your Tax returns by computer, but do not do electronic returns.

DRIVE 55 ALIVE

Registration is closed. For those who have registered, don't forget the dates and times.

Wednesday, March 19 and Friday, March 21
1:00 p.m. to 5:00 p.m. each day
Senior Center

NEW RIVER VALLEY SENIOR OLYMPIC GAMES

May 1 to 7, 2003

The Senior Olympic Games is open to all residents 50 years of age or older. Through a multitude of athletic and social events, participants have the opportunity to display their athletic ability, exchange and share common ties and interests with other seniors. The emphasis is not so much competition as it is the fellowship and socialization characteristics of Senior Olympic Games. The Games include the following events: badminton, basketball, billiards, bowling, cards, croquet, discus, Frisbee, golf, horseshoes, mini-golf, pickleball, riflery, run shot put, shuffleboard, softball, swimming, three on three basketball, table-tennis, tennis, and walk.

Registration: All participants must be properly registered by April 18, 2003. A registration form must be filled out, a standard release form must be signed, and all registration fees must be paid. Fees vary with the particular events. There will be no refunds after registration.

For more information contact:
Paul Smeal, 552-4085; psmeal@vt.edu or
Joy Herbert, 961-1134; jherbert@blacksburg.gov

WALKING/EXERCISING THROUGH VIRGINIA

The purpose or goal of the Blacksburg Senior's Walking/Exercise Club is to enjoy walking and exercising by walking or exercising through the ninety-eight (98) counties of Virginia.

You must register and pay a one-time fee of \$10 to pay for a shirt and supplies. There will be on-going registration for the program. Program begins April 1, 2003. Begin registration at Spring registration, March 20, 2003, at 9:30 a.m. at the Community Center.

My Pills

Anonymous

A row of bottles upon my shelf
Has caused me to analyze myself.

One yellow pill I need to pop,
Goes to my heart so it won't stop.

A little white one that I take,
Goes to my hands so they won't shake.

The blue ones that I use a lot,
They tell me I'm happy when I'm not.

The purple one goes to my brain,
And tells me that I have no pain.

The capsules tell me not to sneeze,
Or cough, or choke or even wheeze.

The red ones, smallest of them all,
Goes to my blood so I won't fall.

The orange ones so big and bright,
Stop my leg cramps in the night.

Such an array of brilliant pills,
Helping to cure all kinds of ills.

But what I'd really like to know,
Is what tells each one where to go.

BOARD OF DIRECTORS MONTHLY MEETING

March 4, 2003

Present: Brian Allen, June Schmidt, Dan Fleming, Dale Oliver, Don Elson, Clara Jane Billig, Lula Roberts, Joyce A. Martin, Ray Murley, Carl McDaniels, Shirley F. Struther, Paul L. Smeal, R.B. "Ben" Crawford, Frank Lau, Darrel Clowes, Jim Owen, Jim Moore, Vincent Talley

The March 4, 2003 board meeting was called to order by Brian Allen, president.

The agenda was approved as presented.

Jim Moore moved that Minutes of February 4, 2003 be approved as corrected, i.e., to indicate that the Board of Directors voted approval of the Blacksburg AARP Chapter #2613 Proposed Budget for 2003.

Treasurer's report: Ray Murley

February 21, 2003 Bank Balance:	\$1040.26
Transactions for Period:	
Expenses, postage & mailing	\$ 239.63
Income: dues	\$ 124.00

Total members: 109

Shirley Strother moved that the Treasurer's Report be approved. Motion passed.

Special projects/Contributions will be noted separately, not included in the Treasurer's Monthly Report of Chapter expense and income. Gifts and donations to be made from the Special projects/Contributions Fund need approval of the AARP Board.

COMMITTEE AND COMMUNITY SERVICE REPORTS

Program: Ben Crawford reported that membership programs are planned through September.

The February meeting was cancelled due to snow.

March 18, Dr. Karen A. Roberto discussing study/research on osteoporosis.

April 15: Issues Forum to be held 10:00 - 2:00 at Custom Catering. Lunch will be provided.

May 20: Legislative Report, Del. Jim Shuler

June 17: Annual Picnic

Legislative: Dan Fleming highlighted issues being discussed by Virginia legislature. He stressed the April 15, 2003 "Issues for Advocates", A forum on federal and state legislative issues and advocacy efforts affecting persons age 50+. Presented by the Virginia State AARP. Lunch will be provided, courtesy of Virginia AARP. Registration is required to determine number of participants. Area AARP members, including Christiansburg and NRV, will be notified of the meeting.

Financial: Dale Oliver reviewed 2002 allocation of special gifts/contributions.

Paul Smeal: Presented information on the Blacksburg Senior's Walking/Exercising Through Virginia. The purpose of the program is to exercise by walking or exercising through the ninety-eight (98) counties of Virginia, as marked off on a Virginia map, while actually exercising in your own community at your own pace. Ben Crawford moved that AARP endorse and promote the program. The motion passed. Paul will

explain and promote the program at the next monthly meeting. Information re registration will be announced.

Senior Olympics, Paul Smeal: 25th anniversary, NRV Senior Olympic Games. Registration by April 18th. Events take place, May 1 - 7. Carl McDaniels moved that AARP support the Senior Olympic Games. It was seconded and the motion passed. "Pass-the-hat" collection by AARP Board Members produced \$82 plus money from the 2002 AARP special gifts/contributions fund provide for a contribution of \$100 to the NRVSOG committee.

June Schmidt, Dale Oliver, and Ben Crawford will review options for projects and community outreach that AARP would like to endorse and support, and, discuss sources of financial support and/or fund-raising needed to provide funds for such endeavors.

AARP membership brochure will be updated by Frank Lau. Joyce Martin suggested a Membership Application Form be included in the Newsletter.

Planning for the End of Life Seminar: Jim Moore told that the seminar is scheduled for May 10, 2003. An informative seminar will be presented by a minister, doctor, lawyer, and funeral director.

AARP 55 Drive Alive, Jim Moore and Ben Crawford said registration is closed. Sessions: 1-5 p.m. Wednesday, March 19 and Friday, March 21 at the Community Center.

Volunteer Recognition Celebration: June Schmidt. Scheduled for Saturday, April 5 at the Blacksburg Community Center, 10:00 - 11:30 a.m.

11:10 a.m.: Meeting adjourned

Notes by V.C.Talley
Phyllis Talley, secretary

Next Board Meeting, April 1, 2003
9:30 a.m, Community Center

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, 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, and bring to the next Membership Meeting or mail to:

Ray Murley
1624 Hawthorne Ridge
Blacksburg, VA 24060

Cut -----

ANNOUNCEMENTS

Blacksburg Community Center Open House for Seniors

Tuesday, April 1 from 11:00 a.m. to 1:00 p.m.

Blacksburg Parks and Recreation Department

All registrations begin March 20

Blue Magnolia's Restaurant, Roanoke

Wednesday, April 2. Van departs Center at 10:30 a.m. for lunch at 11:30 a.m. and will return by 2:00 p.m.

Cost: \$5R/\$10NR for transportation only.

Mt. Airy, North Carolina

Travel to the hometown of Andy Griffith. Visit "Mayberry" sites and other interesting sites around Mt. Airy.

Wednesday, April 16. Leave Center at 8:15 a.m. Lunch at noon. Guided tours and shopping with quick dinner snack on way home.

Cost: \$15R/25NR. Fee includes transportation, all tours, and guide. Return by 7:00 p.m.

FOR YOUR HEALTH

Blood Sugar and Blood Pressure Screenings

April 7, May 12, and June 2, 10:00 a.m.

Senior Community Room Hallway

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	Phyllis Talley
Treasurer	Ray Murley
Assoc. Treasurer	Jim Moore
Past President	Ben Crawford

Board of Directors

Class of 2003

Charlotte Beamer
Ray Murley
Lula Roberts

Class of 2004

Dan Fleming
Paul Smeal
Shirley Strother

Class of 2005

Carl McDaniels
June Schmidt
Joyce Martin

Nominating Committee

Class of 2003

Darrel Clowes
Lula Roberts
Vincent Talley

Class of 2004

Ben Crawford
Harriet Cooper

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
Cerrie Coil
Dan Fleming
Joyce Martin
Don Elson
(open)
Ben Crawford
June Schmidt
Charlotte Beamer
Jim Moore

Virginia Tech Retires Association

Jim Moore