



AARP Blacksburg Chapter 2613 Fall 2008 Programs —

Theme: Health and Wellness for the Mind and Body

Tuesday September 16, 9:00 a.m.–1:00 p.m. The Health and Wellness Fair will be at the Blacksburg Community Center, 725 Patrick Henry Drive in Blacksburg. Exhibits, hobbies, drawings, lunch and fun. For more information, see below and on page 7. And come to the Fair.

Tuesday October 21, 11:30 a.m.–2 p.m. Title: "The Healing Power of Humor" with Jim Wightman. This is the Regular AARP Brown Bag Lunch Meeting. Barnes and Noble will bring books and cds about humor. The table talk that day will be by the Montgomery County Christmas Fair representatives. Come and we will laugh together.

Tuesday November 18, starting at 9 a.m. at various locations, programs on the Healing Power of Music will be presented as follows:

9 a.m.–11 a.m. at the YMCA Center, 1000 North Main Street: Dr. Dan & Judi Schneck, violinists, will play and give a presentation on Music and Healing, jointly sponsored by the YMCA's Open University. Copies of the book co authored by Dr. Schneck titled *The Music Effect: The Music Physiology and Clinical Applications* will be available for sale at the meeting courtesy of Barnes and Noble.

11:30 a.m., Brown Bag Lunch at the Blacksburg Community Center featuring harpist Virginia Bethune from

Harrisonburg, formerly of Blacksburg, now Musician in Residence at the University of Virginia Hospital. The Table Talk that day will be by Gail Billingsley from the YMCA.

2:00 p.m.–3 p.m., Presentation on "The Healing Power of Music" at the Karr Center at Warm Hearth Village by Debbie Hix, a certified Music Practitioner playing her folk harp and discussing her experiences with music and healing.

Tuesday December 2, 11:30 a.m.–1:00 p.m. Annual Chapter Holiday Luncheon at the Holiday Inn, 900 Prices Fork Road. New Officers and Board Members installed and awards presented. — Jo Ann Underwood

A Few Wants

from Jo Ann

Hope you all had a good summer. We have been busy Planning the Health Fair for September 16th and the Blitz in October.

I WANT you to read all about these events in this Newsletter. But, most important, we WANT to see all of you and your friends at the Health and Wellness Fair, September 16th at 9 a.m. to 1:00 p.m..

A great fall schedule has been put together by Carl McDaniels, and I WANT you to read all about it here in the Newsletter. We all WANT to thank him for this work, and I WANT to see you at all these events. — JoAnn

Health and Wellness Fair Schedule:

9:00 a.m.–1:00 p.m.

Displays, Demonstrations, & Exhibits

- Hospice Groups
- Home Health Providers
- Work out and exercise centers
- Senior Publications
- Recreational Activities
- Alzheimer's Association
- Social Service Agencies
- Rehabilitation Services
- Craft Demonstrations

and many other vendors — plus:

- Door prizes, giveaways, and lots of handouts
- Blood pressure and blood sugar screening
- Lunch available for purchase from 11–1.
- AARP and United We Fail Information

— 9/16 at B'burg Comm. Ctr. —

9:30 a.m.–1:00 p.m.

Presentations and Discussions (more info, page 7)

- Staying Sharp—A Brain Health Workshop
- We Can't Take it with us, but must we spend it all on a Funeral?
- The Wise Use of Prescription Drugs
- A Community Conversation about Senior Citizens Housing Issues
- What is Blacksburg Transit Access?
- Changes In Curbside Recycling

GOAL: Increase Health and Wellness Knowledge for AARP Members and the General Public

2008 Blacksburg AARP Chapter Board

Officers

President: Jo Ann Underwood joa@warmhearthva.org
1st Vice President: Angela Little anglittle@naxs.net
2nd Vice President: Nancy Eiss nsjeiss@verizon.net
Secretary: Virgil Cook vcook@vt.edu
Treasurer: Brian Allen mballen@prodigy.net

Board of Directors

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Curt Finch crfinch@vt.edu
Margaret Kates connie@vt.edu
Jim Wightman wightman@vt.edu

Class of 2009:

Dan Fleming dbflemin@vt.edu
Nancy Eiss nsjeiss@verizon.net
Jo Ann Underwood joa@warmhearthva.org

Class of 2010:

Harriett Cooper chayabrona@verizon.net
Ken Dawson kedawson@verizon.net
Joe Fontenot cajunjoe@vt.edu

Committee Chairs and Appointees:

AARP of Virginia Liaison: Ben Crawford ben.crawford@vt.edu

Associate Treasurer: June Schmidt schmidtj@vt.edu

Caring: Harriett Cooper chayabrona@verizon.net

Chapter Awards: Joe Fontenot cajunjoe@vt.edu

Community Service:

AARP Driver Safety Course: Curt Finch crfinch@vt.edu

AARP Tax Aide: Frank Lau franklau1@verizon.net

Chaplain: Ken Dawson kedawson@verizon.net

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Health Care: Harriet Damant hdamant@verizon.net

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History: Doris Abraham dstal18e@verizon.net

Hospitality: Barbara Blanton

Legislative: Dan Fleming dbflemin@vt.edu

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Nominating: Class of 2008

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Virginia Tech Retirees Association Liaison:

Margaret Kates connie@vt.edu

Ways And Means:

Webmaster: Connie Anderson connie@vt.edu

Chapter meetings are the *third* Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive, at 11:30 a.m. There will be no meetings in July or August.

Board meetings are the *first* Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive, at 9:30 a.m.

AARP Blacksburg Chapter #2613
P.O. Box 10082, Blacksburg, VA 24062
Web: <http://civic.bev.net/aarp/>

A Busy Summer

Our Chapter has had a busy summer. A very busy summer schedule kickoff with the Annual Chapter Picnic and White Elephant Sale was Tuesday, June 17th. President JoAnn Underwood was the auctioneer with the assistance of her grandson Dylan Weddle. The income from the sale was more than \$200. Music was provided by Dick Saake and his accordion. A good time was had by all.

Next was the Blacksburg 4th of July Parade. The Chapter was represented by a large AARP banner on the front of a vintage 1931 Model A Ford driven by member Bob & Peg Brown as well as Ben and Carol Crawford.

Chapter Vice President Angela Little and Sue Farrar represented the chapter at the Christiansburg Walgreens' "Walapaloza" fair in their parking lot on Saturday, July 19th. Lots of Chapter and AARP literature was given out and DWF petitions were signed.

Capping all this off was a double booth at "Steppin Out", the annual Blacksburg street fair, August 1 and 2. More than 20 Chapter members and volunteers staffed the area, which featured the AARP Divided WE Fail (DWF) van from Richmond. Hundreds of visitors dropped by to get information about the Chapter and AARP as well as to sign the DWF Petition. Those who helped included Susan Anderson, Isabel Berney, Darrel Clouse, Don Creamer, Ben and Carol Crawford, Al Crawford, Harriet Damant, Sue Farrar, Curt Finch, Jim Gaines, Karen Gilbert, Helen and Barbie Hall, Frank Lau, Angela and Paul Little, Carl McDaniels, Jim Montgomery, Larry Mitchell, and Derek Myers.

To end the summer and begin the fall, Jim Wightman and former intern Ken Harrah staffed a Chapter booth at the VT Engage event to show students the wide variety of volunteer service opportunities in the Blacksburg area. More than 100 non-profit groups took part in this event on the VT Campus on September 5th at Squires Plaza. — Carl McDaniels

Divided We Fail Campaign "Blitz" Hits Blacksburg



The national Divided We Fail campaign by AARP to demand that the next President and Congress address pressing problems in health care and financial security will be in full swing in Blacksburg, the week of October 1-7.

Two items of particular interest to chapter members utilizing top specialists from AARP's national and state office are as follows:

Tuesday, October 7 – A presidential debate watch party will be held at the Lyric Theater with free popcorn and drinks. The doors to the Lyric open at 7:00 p.m. and, from 7:45 to 8:45, there will be a panel discussion with questions taken from the audience. Legislative specialists from AARP's national office, Dr. Clare Hushbeck and Bob Kearney, will serve on the panel chaired by AARP state president, Warren Stewart. The presidential debate will be shown from 9:00 to 10:30 p.m.

Parking will be available free at the

Kent Square Garage. There will be a New River Valley Senior Services shuttle from the garage to the Lyric from 7-8 p.m. and return from 10:30-11 p.m.

Also on Tuesday, October 7, chapter members will have an excellent opportunity to learn of the issues involved in reforming Social Security and Medicare presented by Virginia AARP state director, Bill Kallio and state president, Warren Stewart. The meeting will be held from 11:30 to 1:00 p.m. in the Blacksburg Community Center. Box lunches will be provided and an RSVP is requested if you want the free lunch.

Please complete the form below and send it to Jo Ann Underwood either by e-mail to joa@warmhearthva.org or by mail, Jo Ann Underwood, 1181 Oakland Square, Blacksburg, VA 24060. The deadline for registration is Wednesday, October 1.

Other events held during the "Blitz" include AARP speakers at the Blacksburg Sports Club, at the Mt. Tabor Ruritan club, and at senior government classes at Blacksburg High School, where a breakfast session will be held for area opinion leaders. The Divided We Fail Van will be set up at the Blacksburg Farmer's Market on Saturday, October 4, 8 a.m. – 2 p.m. taking advantage of the large crowds

attending the Tech Homecoming parade.

On October 1, from 5:00 to 7:00 p.m., AARP will sponsor a table in the Kent Square Lobby as part of the "Wonderful Wednesday" program.

Another meeting open to the public will be held Monday October 6 from 9 a.m. – 11 a.m. in cooperation with the Tech Center for Gerontology on the topic, "Fixing the Health Care and Financial Crisis." AARP state director, Bill Kallio, will be the speaker. It will be held in Fralin Hall, across from Wallace Hall on the Virginia Tech campus. Refreshments will be provided. A parking pass will be available from the Tech Visitors Center on Southgate Drive.

— Carl McDaniels

Vote-Vote-Vote November 4, 2008

Register and vote. This year is so important for voters. Here are some reminders.

1. Confirm where you are to vote if you are registered.

2. Register to vote: The last day to register to vote for the upcoming General Election is 5:00 p.m. Monday, October 6th.

Get applications at 755 Roanoke St. Suite 1F, Christiansburg, Va. or from your local post office or public libraries.

The form can be downloaded from the webpage, <http://www.montva.com/departments/vote/forms.php>

or Virginia State board of Elections at http://www.sbe.virginia.gov/cms/Forms_Publications/Index.html

IBM's Pollyanna Principle — Machines should work. People should think.

I plan to attend the special meeting to be held on October 7, 11:30 to 1:00 p.m.. Please reserve a box lunch for me.

Name

Blacksburg AARP Board, Chapter 2613 Minutes, Sept. 2, 2008

Call to Order—President Jo Ann Underwood called the meeting to order at 9:30 a.m.

Members Present—Doris Abraham, Brian Allen, Barbara Blanton, Virgil Cook, Harriet Damant, Ken Dawson, Nancy J. Eiss, Curtis Finch, Dan Fleming, Joe Fontenot, Jim Gaines, Margaret Kates, Angela Little, Dale Oliver, June Schmidt, Jo Ann Underwood. Guests: Ken Harrah (Senior Center Intern), Frank Lau.

Chaplain Presentation—Ken Dawson Expressed his appreciation for our freedom as Americans, especially in light of the present, heightened, political activity. He then led in prayer.

Newsletter—President Jo Ann solicited help with the current newsletter, which will be long and costly.

Approval of Minutes—The minutes were approved as distributed.

Membership—Jim Gaines: The latest, available figures show 300 members. JoAnn asked that membership forms be duplicated for distributing at the Health Fair. At the last Health Fair, we gained more than 20 new members.

Treasurer's Report—Brian Allen: The report covers June, July, and August. The report is summarized below.

We earned \$209 from the silent auction at the picnic. Our biggest expense is the newsletter, \$176.09. So far we have 19 paid tables at the Health Fair, giving us currently about \$550. The State AARP is sending us \$1,000 for the Health Fair and other expenses. We paid \$95 for our liability insurance, so we are up to date there. We had \$4,100 last year at the end of August. We now have just over \$3,000.

Jo Ann reported that we must still consider opening an account with the

Community Foundation. June suggested that we not take the issue of joining the fund to the membership until the foundation director, Andy Morikawa, speaks to the membership. The group agreed.

Angela moved that the report be received. The motion passed.

Programs—Carl McDaniels was absent, but he provided an article on upcoming programs. (See the current newsletter for this article.) Carl McDaniels, Ben Crawford, George R. Smith M.D., and Jo Ann Underwood met with Carilion officials in Roanoke to discuss the new Medical school. They were open to focusing on senior health.

Health Fair—Harriet Damant. We have 38 registered vendors and some 10 or 12 whose applications must still be processed, and we expect last minute calls, as we experienced in 2006. There have been many calls from new contacts about the fair. Nancy Eiss is working to obtain Health Fair promotional advertising in the *News Messenger* and the *New River Current*.

There will be three seminars: "Staying Sharp, A Brain Health Workshop," given by Virginia AARP personnel; a presentation titled "We Can't Take It With Us but Must we Spend It All On A Funeral?" and a WALGREENS Pharmacist will be speaking on the Wise Use of Prescription Drugs. In the Social Room there will be an opportunity to talk with Town of Blacksburg Personnel about Senior Citizen Housing Issues, Blacksburg Transit and the Access Bus, and The Changes in Recycling.

Doris Abraham pointed out that there is a new magazine in the New RiverValley, with Jo Ann Anderson as the editor. The magazine is available

free at area supermarkets. Rachel Garrity is one of the writers, so we should be able to look to her for help publicizing chapter information. Having someone write about health issues for seniors would be good PR for the chapter and especially for the Blitz.

The 4H will sell box lunches at the Health Fair. We gave a table to *Senior News* because they provide excellent publicity for us.

There will be bus transportation from Warm Hearth for the fair. Frank Lau suggested that the Fair could be advertised on the Warm Hearth Scrolling Message Board on its TV Network.

We plan to have Divided We Fail petitions at the table.

Jo Ann reported that Steppin' Out was very successful. We got several new members and some 400 signatures for the Divided We Fail petition.

Legislation—Dan Fleming pointed out that the Virginia Interfaith Council for Public Policy will sponsor a legislative forum on November 18. They want us to support the forum. They are primarily concerned with helping people with low incomes. Dan suggested that we be a co-host. We would simply be lending our name to the promotion. There were no objections to the proposal.

Driver's Ed—Curt Finch: The September 25–26 course is filled. There will also be a course on October 23–24. Cecil McBride will be taking registration until September 29 when Curt will take over.

Website—We need more pictures and other material to keep the Website current. Members should send any relevant material to the Webmaster.

Caring—Several sick and bereaved members were noted.

Publicity—Nancy Eiss reported

see *Minutes*, page 6

News from the NRV Agency on Aging

Summer is quickly passing and autumn is drawing closer. While summer has been anything but slow at the New River Valley Agency on Aging, autumn is sure to be a very busy season.

This month's article is to provide information on upcoming events, opportunities, and new programs that the New River Valley Agency on Aging has to offer.

NRV Agency on Aging recently signed a participation agreement with the Virginia Department of Medical Assistance Services (DMAS) to be a Transition Coordinator for the Money Follows the Person (MFP) Demonstration that began July 1, 2008, in Virginia. This program, along with other initiatives in the MFP Demonstration, supports Virginia's efforts to address what the Centers for Medicare and Medicaid Services call an "institutional bias" in long-term care. Transition Coordination will provide support to individuals who qualify to help them transition from a long-term care institution into the community. For more information on this service, contact Cassie Mills by e-mail at cmills@nrvaoa.org or by telephone, 540-980-7720.

On Wednesday, September 24, 2008, at 10 a.m., the New River Valley Agency on Aging will be hosting a planning session to form a Local Long-Term Care Coordinating Council (LLTCCC) in the New River Valley. The meeting will be held at the Montgomery County Health and Human Services Building Conference Room, 210 S. Pepper Street, Christiansburg. The purpose of the LLTCCC will be to bring agencies, organizations, local governments, faith communities, long-term care providers, and any other interested parties together to

address the needs of adults with disabilities and older adults residing in the New River Valley. The planning session will help determine how the LLTCCC will be structured, how often it will meet, etc.

Anyone interested is welcome. For more information, contact Tina King by e-mail at tinaking@nrvaoa.org or call 540-980-7720.

Caregiving is a challenging role that many individuals find themselves facing, often unprepared. Family caregivers sometimes feel alone in their struggles and have a need to become more connected to what is available to assist them and support them. "Caring Connections: Caregiver Conference and Resource Fair" is designed to assist family and informal caregivers in the important work they do. The conference is hosted by the NRV Agency on Aging and will be held on Saturday, November 1, 2008, from 9 a.m. until 2 p.m. at New River Community College. Attendees will have the opportunity to hear informative presentations, receive answers to questions on legal issues, Medicare, Medicaid, and visit with exhibitors to learn more about products and services available to assist caregivers. The event is free and lunch will be provided, thanks to the generous support received from sponsors. For more information or to register, contact Cassie Mills at 540-980-7720 or by e-mail, cmills@nrvaoa.org

The NRV Agency on Aging staff looks forward to a busy season of working to help meet the needs of older adults and caregivers throughout the New River Valley! Please visit our website, www.nrvaoa.org

— Tina King

Financial Planning Seminar Series to be held at Warm Hearth

The Warm Hearth Foundation is pleased to host a series of seminars covering a broad range of topics that will help you make money-savvy decisions about your future. These seminars will be held in the Karr Activity Center and are free and open to the public.

Please call Mary Keffer at 443-3423 for more information and to reserve a seat. Brochures are available at the Karr Activity Center, the Showalter Center, and the Kroontje Health Care Center.

September 10, 10 a.m.: **The Impact of Risk on Retirement Income** — Michael J. Dullaghan, American Funds.

October 7, 2 p.m.: **Estate Planning "Myhtakes"** — Melvyn Jay Huber, Wagner & Huber PLC.

November 12, 10 a.m.: **Long-Term Care Solutions** — Bruce Cunningham, Smart Retirement Solutions.

January 6, 2009, 2 p.m.: **How a Trust Can Benefit Me and My Family** — Robert Bryant, National Bank.

February 3, 2009, 2 p.m.: **Beyond Retirement Illusions: Investing through Retirement** — Jason Hilovsky, The Hartford.

March 3, 2009, 2 p.m.: **Wealth Transfer Planning Using Life Insurance** — David Hunter, Hartford Life

April 7, 2009, 2 p.m.: **The Benefits of a Charitable Gift Annuity** — Presenter to be announced.

Please call Mary Keffer at 443-3423 for more information and to reserve a seat.

— Karen Nelson

Keep your driving in the Safe Zone — Sign up with Cecil McBride for the second Driver Safety course, which will be October 23 and 24.

Health Fair Discussion Topics —

Town of Blacksburg Discussions

Located in the Social Room,
9:45 a.m.

A Community Conversation about Senior Citizens Housing Issues

Blacksburg 2046, the Town's Comprehensive Plan details a 50-year vision for how the Town should grow and develop. Citizen input is critical to the success of Blacksburg 2046. Join us for a conversation to identify Senior Citizen housing issues and to develop solutions. Karen Drake, Town Comprehensive Planner, will lead the discussion.

10:45 a.m.

What is Blacksburg Transit Access?

Blacksburg Transit Access Supervisor, Jenny Mills, will be talking about transportation and about how adding Blacksburg Transit or Blacksburg Access, when eligible, to your weekly activities can enrich your life and expand your horizons by getting you to craft and exercise classes, social outings, and other town activities with minimal expense.

12:00 noon

Curbside Recycling Has Changed

Karen Day, Solid Waste Operations Coordinator, will be talking about changes in the curbside paper collection and discussing where the recyclables go and the future for the drop-off sites at the Rec Center, Kipps Elementary School, and Gables Shopping Center.

Health and Wellness Seminars

Located In the Multi Purpose Room
9:30 a.m.

Staying Sharp:

The AARP Brain Health Workshops are staff- and volunteer led-presentations that focus on the potential of the mature mind for continued growth, creativity and wisdom. The hour-long presentation confronts a number of persistent myths about the aging brain, addresses concerns about memory loss, and provides recommendations for what can be done to keep our brains sharp as we age. The presentations are highly interactive with the audience and are supported by slides and video of neuroscientists, who use easy-to-understand language to explain the science behind the recommendations. The presentations, which have been given across the country, are both entertaining and informative.

— Michael C. Patterson, Manager,
Education & Learning Segment,
NRTA AARP's Educator Community
mcpatterson@aarp.org

10:30 a.m.

We can't take it with us, but must we spend it all on a funeral?

A major lifetime purchase most of us postpone—our funeral. Most consumer products vary in price by 5 to 10 percent, at the most 20 percent, depending on where we buy: Target, Wal-Mart, or Belk. But funeral prices can vary as much as 300 to 400 percent. Learn about smart shopping for end-of-life choices.

—Funeral Consumers Alliance of
the Virginia Blue Ridge, Isabel Berney
<ibern@comcast.net>

11:30 a.m.

The Wise Use of Prescription Drugs

A Walgreens pharmacist will be giving advice on how Seniors can be more efficient taking their medications. There will be time for questions.

B'burg AARP Meets on Carilion-VT Med School Plans

Blacksburg AARP Chapter members recently met in Roanoke with Cynda Johnson, Dean of the Virginia Tech Carilion School of Medicine along with Carilion Clinic Chief Medical Officer, Mark Warner, and Nancy Agee, Carilion Chief Operating Officer and Executive Vice President.

During the meeting, the status of and plans for the new medical school were discussed. We explored ways Chapters and AARP VA could help with the establishment of the medical school and encouraged Dean Johnson to include strong programs in Gerontology, Wellness, and Prevention. Carl

McDaniels, Chapter Program Chair, said; "We are grateful to Dr. George Smith, of Shawsville, for his strong support and for arranging this helpful and productive meeting."

Minutes, from page 4

that the health-fair publicity has been sent out. Frank Lau will be helping with taxes for the YMCA instead of AARP. This change will not affect the availability of service, however.

Adjournment—The meeting was adjourned at 10:59.

— Respectfully Submitted:
Virgil A. Cook, Secretary

Jo Ann Underwood, President
AARP Chapter #2613
P.O. Box 10082
Blacksburg, VA 24062

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Organization
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Vote-Vote-Vote — November 4, 2008

1. Confirm where you are to vote if you are registered. eral Election is 5:00 p.m. Monday, October 6th. from your local post office or public libraries or from the web:
2. Register to vote: The last day to register to vote for the upcoming Gen- Get applications at 755 Roanoke St. Suite 1F, Christiansburg, Va. or <http://www.montva.com/departments/vote/forms.php>

Membership Renewal Or New 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]

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

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 and NOT through the Blacksburg Chapter.

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

Contact Membership Chair, Jim Gaines <gaines@vt.edu>, if you qualify.
