



Serving the greater New River Valley, Virginia

April 19 Chapter Meeting

Inside the Blacksburg Rescue Squad
Neighbors Helping Neighbors

[rescheduled from the February meeting]

Mode Johnson from the Blacksburg Volunteer Rescue Squad (BVRs) will give an informative talk about the rescue squad at our April meeting. He will explain what the rescue squad does for community members and, in turn, what community members can do to help the rescue squad. Besides responding to 911 calls to assist local residents, the rescue squad is trained and equipped to perform many other services.



Membership of the 90-member, *all volunteer* rescue squad will be reviewed, and surprise, this is not just a young person's endeavor. Members of the squad are constantly training and have special equipment for, not only the usual, but also the unusual situations and/or obstacles the rescue squad may confront on any call.

Mode became an EMT and joined the rescue squad at age 62 after retiring from Virginia Tech in 2006. At Virginia Tech he held positions in Student Affairs, the College of Veterinary Medicine, and Central Administration. At BVRs, he has served as President and Vice President, and currently serves on various committees. Mode's work with BVRs has been recognized by several awards: 2007 Rookie of the Year; 2013 Member of the Year; and American Legion Post 182 Emergency Medical Technician Outstanding Public Service Award of the Year in 2013.

President's Column by Don Creamer

New Times, New Challenges

Anglo-Saxons called the month of April Eostre monath or Eastremonath. The name of the Christian Festival of Easter comes from this word.

April 1 was used to celebrate the Birth of Christ up until 350 when Pope Julius 1 declared that Christ's birth would be celebrated on December 25.

April starts on the same day of the week as July in all years.

Spring is well under way, flowers are opening up, days are getting warmer, and your chapter is busy conducting events and opening up new opportunities for service.



The big news for April is twofold: First, Dr. Bill Thomas will visit Blacksburg on April 23 for a presentation embodying much of the content in his "Age of Disruption Tour." The Dr. Bill Thomas event is addressed on page 3 of this newsletter, and our website at www.blacksburgaarp.org contains information about this event. Second, we are expecting to launch the chapter's first foray into social media in the coming weeks.

Let me speak to our social media project in terms of expected outcomes our AARP Blacksburg chapter. Our goals can be stated in simple terms:

- Enlarge awareness in the larger community of AARP Blacksburg chapter
- Create active communities among chapter members
- Strengthen linkages with other community organizations

Upcoming Events

- April 19: Shred-A-Thon (p. 2)
- April 23: Dr. Bill Thomas, aging expert (p. 3)
- May 12: Sharyn McCrumb, Blacksburg Public Library, 6:30 pm
- June 17: AARP picnic, 5-8 pm

All members of the chapter with active email addresses now are receiving occasional messages from AARP Blacksburg Chapter. Be sure that this address is in your contacts lists or your address book. If you have not gotten one or more of these messages, check your Junk Mail file where they may reside, then add aarpblacksburg@gmail.com to your addresses.



Blacksburg Chapter #2613

Chapter meetings are the third Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive at 11:30 am. There are no meetings in July or August. Board meetings are the first Tuesday of each month at the Blacksburg Community Center at 10:00 am.

Please bring a food donation (a can or box of non-perishable food) to the AARP chapter meeting. We collect food at each monthly chapter meeting for the food banks in Blacksburg and Christiansburg.

Spring Cleaning:

Where to Take Stuff

Spring cleaning time is here. To declutter, you can take reusable items to one of the various thrift stores in the NRV or call them to pick up big items—YMCA (1000 North Main Street, Blacksburg, 552-2633), Goodwill (255 Peppers Ferry Road NE Christiansburg, 381-1544), Montgomery County Emergency Assistance Program (308 West Main Street, Christiansburg, 260-3173), or the Salvation Army (760 Roanoke Street, Christiansburg, 264-4713).

Habitat For Humanity's ReStore (1675 North Franklin, Christiansburg, 381-1155) welcomes tools and building materials, such as doors and windows, lumber, and hardware. The Bike Kitchen (nrvbikekitchen.com), located inside the Habitat ReStore, accepts bicycles and parts.

All of these organizations need monetary donations as well.

Recycling Batteries and Other Hazardous Waste

What about items that are toxic in landfills and that cannot be reused or recycled? Such items include batteries, cleaning and other chemicals, paint, and poisons.

Good news: you can now recycle these materials by taking them to Montgomery County's household hazardous waste (HHW) facility at 555 Authority Drive, Christiansburg.

The HHW facility accepts residential hazardous waste every month on the third Saturday from 9 am to 2 pm. **To take hazardous waste to this facility, you need to preregister at least 24 hours in advance** by calling 381-2820 ext. 300. There is no charge for drop-off for county residents—and because of appointments, no waiting in line.

Some examples of materials that you should take to HHW and not include in trash or recycling include these. (See a more complete list at www.mrswa.com/household_hazardous_waste.shtml.)

- Mercury thermometers
- Fluorescent lightbulbs and tubes
- Paint, paint thinner and stripper, stains, varnishes
- Yard poisons: insecticides, fungicides, weed killer
- Clearing materials: oven cleaner, rug cleaner, drain cleaner
- Batteries: Prepare lithium batteries, such as those used in power tools, and rechargeable batteries by taping the terminals or by sealing them in plastic bags.

Some in-town organizations, such as the YMCA, will accept your household batteries (AAA, AA, 9-volt etc.). See more about in-town options for disposing of household batteries at the Sustainable Blacksburg website, sustainableblacksburgva.org/general/batteries/

Lithium batteries should go to HHW.

Single-Stream Recycling: Caution about Shredded Paper

Shredded paper can clog the recycling sorting machines. Please bag your shredded paper, perhaps in a paper grocery bag, and staple or tape the bag shut. Mark it "shredded paper" with a felt-tip marker. Then include it with your other recyclables.

Recycling Electronics

The YMCA and Goodwill Industries welcome your used electronics in working condition for resale (computers, tablets, printers, cellphones—anything that uses an electric cord or battery).

You may take your nonworking electronics to the Solid Waste Authority at 555 Authority Drive, Christiansburg, Monday through Friday from 8:00 am to 4:00 pm. You do not need an appointment. If you are a resident of the county, there is no fee.

More Information

For more information on how to dispose of different types of waste, please consult the guide at

www.mrswa.com/disposal-guide.html.

Enjoy the feeling of lightness that comes from decluttered spaces!



Photo by Jen Collins, Flickr, Creative Commons License

Shred-A-Thon Tuesday, April 19

Help prevent identity theft and shred unwanted documents. Protect your important information and clean out the clutter. The semi-annual Shred-A-Thon will be held on Tuesday, April 19 from 3:00–6:00 pm in the Christiansburg Recreation Center parking lot. This will be a drive-through event, and documents to be shredded will need to be in a box or plastic tote. Bagged items will not be accepted. For more information contact Tammy Caldwell, 540-382-2349, ext. 2003 or email: tcaldwell@christiansburg.org.

(President's Column *continued*)

- Promote chapter activities and events
- Build chapter credibility throughout the community
- Accelerate targeted recruitment of new chapter members
- Engage membership to increase chapter loyalty

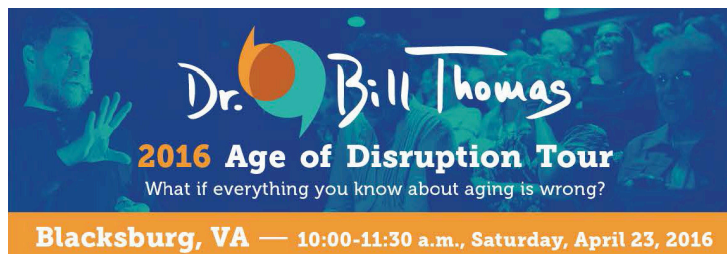
This new initiative will be presented to the Board of Directors at the April meeting and, if approved, we will appoint a new Standing Committee on the Board to direct and maintain our social media campaigns.

Social media can provide a shot of adrenaline to a non-profit organization if properly conducted. It also can fizzle for lack of interest if not managed well. Our intention, of course, is to achieve the former and avoid the latter. You can help us by becoming actively engaged personally. Take the plunge. Let's learn together.

I am fully aware of some of the reasons individuals, especially persons of our age, resist social media. Takes too much time. Requires technical knowledge that I don't have. My equipment is old and unreliable. I am not interested in chit-chat on electronic devices. I have shared some of these concerns, but have decided that the problem is me, not social media, and I am taking the step of saying, "Okay. Count me in." I sincerely hope that you will join me while we learn together.

Who doesn't enjoy seeing pictures of their grandchildren on Facebook? Now is the time to use that medium of communication to increase our enthusiasm for the organization to which we have pledged our commitment through membership. In the May issue of our newsletter, we will provide step-by-step instructions for joining us on Facebook and LinkedIn.

- ✓ So, the Dr. Bill Thomas event is set: 10:00–11:30 am, Saturday, April 23, in the Quillen Auditorium in Goodwin Hall on the Virginia Tech campus. It is free, but you need to register at <https://drbillthomas.org/event/dr-bill-thomas-virginia-tech/>. Only a few seats remain. Act quickly to reserve your seat.
- ✓ AND, your chapter will seek to enter the social media age this month. Let's see how this works! Join me and your chapter leaders as we take this next step in our evolution.



The Lifelong Learning Institute at Virginia Tech and AARP Blacksburg invite you to a matinee performance of Dr. Bill Thomas' Age of Disruption Tour. One of the nation's leading crusaders in the fight against ageism, Thomas debunks the myths of aging, explores the "super powers" of older age, and invites audiences to join the effort to eliminate stigma and discrimination based on age and ability.

Date & Time: Saturday, April 23, 10:00–11:30 a.m.

Location: Goodwin Hall, Virginia Tech campus, corner of Prices Fork Road and Stanger Street
Parking available adjacent to the building, no pass required

Fee: The event is free and open to the public.

Please register at

<https://drbillthomas.org/event/dr-bill-thomas-virginia-tech/>

AARP Joins Downtown Blacksburg, Inc.— Opportunities for Seniors

AARP is a new member of Downtown Blacksburg, Inc. (DBI). DBI is an association of downtown businesses, non-profits, and citizens with a special focus on the AARP population. More than 40 downtown merchants have been offering discounts to seniors on Tuesdays, but they have switched to "Senior Mondays." A full list of discounts appears at www.downtownblacksburg.com/senior_discounts.aspx

Senior Monday includes discounts at restaurants and merchants. In addition, The Lyric shows a 10 am matinee with free popcorn. The Lyric has introduced open captioning for the matinee, which can make a big difference for seniors, especially when the movie includes dialogue with accented speech. Open captioning—which is like subtitling—will be included most weeks, but confirm with the Lyric (www.thelyric.com, 951-4771) to be sure. All the movies on the upcoming schedule include open captioning:

4/18 Son of Saul

4/25 Where to Invade Next

5/2 Hello, My Name is Doris

DBI is working with its constituent groups to make downtown Blacksburg more appealing and accessible to seniors, making them an ideal partner for AARP. Blacksburg gets high marks for being an excellent location for retirement, and working with DBI, we can ensure that it gets better and better.



Meet New Board Member, Ray Van Dyke by Abbey O'Farrell, Student Intern

In 1975, Ray Van Dyke came to Blacksburg the same way thousands of others have—as a student. He fell so in love with the town that he never left. After receiving his undergraduate degree in English from Virginia Tech, he worked as a teacher at Blacksburg High School. Throughout the years, he continued his Virginia Tech education, earning his master's and doctoral degrees. He later became a curriculum coordinator for Montgomery County Public Schools, and eventually a school principal for 21 years.



He left his career in the public school system to become the Executive Director of the Office of Assessment and Evaluation at Virginia Tech, where he worked for 8 years. Throughout his several positions, he says that his favorite part was always the wonderful students, teachers, and administrators that he has worked with. He is proud to be able to provide inclusive education for students with disabilities.

Though he is now retired, he works virtually for Centrieva, an educational software company based in Phoenix, Arizona. That means he gets to stay in Blacksburg!

Outside of his busy career, Ray and his wife, Debbie, have raised two children in Blacksburg. They appreciate the many opportunities Blacksburg offers, including wonderful experiences in the arts, big time sports, and the international interactions they are able to have on a daily basis.

Ray collects antiques in his free time. He enjoys going to estate auctions and yard sales, searching for that perfect deal on an item that he will someday take to Antiques Roadshow and discover is worth millions of dollars!

Ray is a valuable new Board member for AARP Blacksburg. He enjoys the many new and old acquaintances he has met since becoming a part of the organization. In the future, he is interested in seeing AARP provide the community with an array of programs that both inform and challenge our 50+ community members.

We are so excited to have Ray Van Dyke on our Board. Please extend him a very warm welcome.

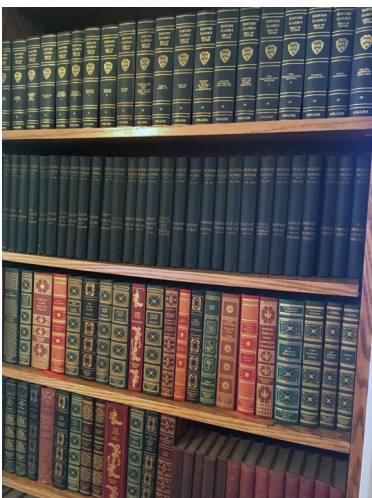
Samples of Ray's Collectibles



An early 20th century “refrigerator”

Book collections

A 1920s Victrola that still works well



Health Fair Update

The 2016 AARP/VCOM Health and Wellness Fair is moving right along! Mark your calendar for September 14, 2016.

We have added new Gold level exhibitors and many others as well. New Gold levels include The Vein Institute and English Meadows Senior Living Community. The Vein Institute will be providing free screenings at the Health Fair. They join The Hearing Clinic and Radford Health and Rehab. We are pleased that a number of our exhibitors will be doing screenings for vein health, glucose, blood pressure, hearing, and likely providing flu shots.

But, it is not all medical. We have an array of exhibitors who will be focusing on healthy, active lifestyle from shoes to wear to places to go and things to do. Also, since we know that social engagement can be a key to happy, healthy aging, we will be highlighting exhibitors who provide volunteering opportunities.

Let us know if you have questions, or if you know of a potential exhibitor. Just email wendyb@gmail.com.

Remember: 2016 AARP/VCOM Health and Wellness Fair at the Christiansburg Rec Center, September 14, 2016.

Legislative Report *by Val Coluni and Alison Galway*

1. Income Tax Fraud. Criminals are now using email to trick EMPLOYERS to give out personal information in order to file bogus tax returns, thereby claiming fraudulent refunds. This is one of the few times EMPLOYERS have been the victims of such crimes. Carefully monitor your returns and if you suspect fraud, contact the IRS ([1-800-908-4490](tel:1-800-908-4490)) or your tax preparer immediately.

2. Internet Tax. Some states have laws that tax internet access. Currently, Virginia does not have such a tax, but some decision makers have suggested it. Our U.S. Congress and President Obama recently signed legislation that forbids such a tax from becoming effective quickly. Those states that now have such a tax will be given a short time period to eliminate the tax.

3. Hospital Deregulation Bill fails. Our Senate did not approve a bill that would have loosened government oversight of new/expanded health care facilities. Some doctors, lawmakers, and others supported the bill because they believe the current system results in higher health care costs. This matter will continue to be an issue in future legislative meetings.

4. Protecting Religious Liberty. The General Assembly approved legislation protecting clergy, religious organizations, religious charities, and schools from government discrimination for a belief that marriage is a union of one man and one woman. Opponents consider this legislation a “license to discriminate.” Governor McAuliffe vetoed the legislation, noting that it would stigmatize a group of citizens and be bad for business.

5. Additional budget funds. The General Assembly approved more funds for education, a pay increase for state employees and teachers, and a separate bond issue for infrastructure improvements and road construction. These actions will greatly improve conditions in our state.

In the next several weeks the Governor will review the Assembly recommendations and either approve, veto, and / or modify them and return to the Assembly for appropriate actions. This session the strife between the Assembly and the Governor (judicial appointment, coal tax credit, gun laws, health insurance for the uninsured, etc.) has been managed in a more cooperative way, but there will continue to be issues in the days ahead.

Blacksburg Public Library Hosts a Nonfiction Book Club *by Elizabeth Sensabaugh*

Did you know that all branches of Montgomery-Floyd Regional Library host a variety of book clubs for various ages and interests? The Blacksburg Library recently began hosting a book club for readers of nonfiction—Talking About Books: the Nonfiction Edition!

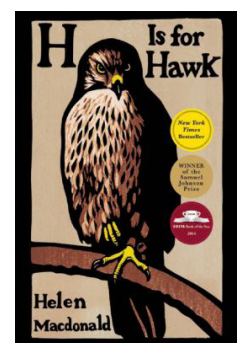
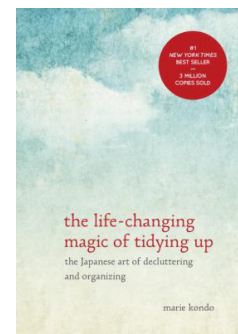
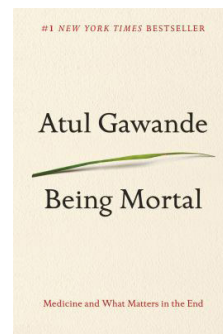
Join us on the last Tuesday of each month at 11:00 am to discuss the selected book.

April 26 *Being Mortal: Medicine and What Matters in the End*, by Atul Gawande

May 31 *The Life-Changing Magic of Tidying Up: the Japanese Art of Decluttering and Organizing*, by Marie Kondo

June 28 *H is for Hawk*, by Helen Macdonald

No official commitment is required—please drop in when it suits you! For a full listing of book club meetings, please visit the Montgomery-Floyd Regional Library at mfrl.org and find the Events tab. Click *Ongoing Programs* and select *Book Clubs* for a complete listing of meeting times and places. We hope you’ll drop in and participate!



Chapter Officers 2016

President • Don Creamer, dgc2@vt.edu

Vice President • Ben Crawford, ben.crawford@vt.edu

Secretary • Sally Anna Stapleton, sanna418@gmail.com

Treasurer • Pat Ballard, pballard@vt.edu

Board of Directors

• 2016—Tom Alston, Tina King, Sally Anna Stapleton

• 2017—Pat Hyer, Jerry Niles, Shirley Peterson

• 2018—Wendy Baldwin, Ryan Martin, Ray Van Dyke

Visit Your AARP Chapter Website at www.blacksburgaarp.org



Blacksburg Chapter #2613
Don Creamer, President
P.O. Box 10082
Blacksburg, VA 24062

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 **Member Application for 2016**

Name: _____

Spouse/Partner: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

Annual (*Calendar Year*) Dues: **\$15.00** (*includes spouse or partner*)

New _____ Renewal _____ 90+ years old (free) _____

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 the check and this form to: .

Tom Alston - P.O. Box 10082 • Blacksburg, VA 24062