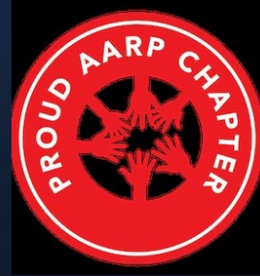


AARP Blacksburg Newsletter



August 2023



Pam Knox and Fred Piercy, Editors



Leslie Pendleton
AARP Blacksburg President

President's Message -- August, 2023

Typically, at this time of year, I'm mostly thinking about the start of the new school year. However, this year, my thoughts are elsewhere. I'm counting the days until I become a first-time grandmother! When I compare myself to some high school friends with young adult grandchildren, it feels like I've waited a long time to experience the joy that many friends have experienced and described for years. I'm excited and anxious about my daughter's impending

labor and delivery experience. When it's time for her and her husband to go to UVA's Midwifery Clinic, I'll receive a call or text to drive to Charlottesville and wait with my excitable Goldendoodle "grand dog" Judy for the baby's arrival. I can't wait to meet her, learn her name, and hold her for the first time!

Many of the grandparents I know or have met have said, "There's nothing like it!" What does that really mean? What explains the joys and rewards of grandparenting compared to the joys and rewards of parenting? I have a hunch it's about more than getting the sleep and rest that new parents miss and crave. It's also likely about more than sending grandchildren home with their parents after a few hours of interaction. Watching my husband's 21-month-old granddaughter grow, interact with her environment, and express herself through emotions, behaviors, and language takes me back to my early parenting experiences. Yet, grandparenting is different.

Clearly, grandparents must learn to navigate the roles, expectations, and boundaries necessary for healthy grandparenting. Giving unsolicited advice to adult children about parenting can create problems. I have been forewarned about the importance of letting go and coming to terms with a lack of control over the decisions, values, and parenting behaviors of adult children. I've already experienced this. For example, during the recent July 4th holiday, my stepson's wife announced that, on the slim chance that something happens to both of them, the plan is for my husband's granddaughter to go live with a friend who lives in Ohio described as "the guy at our wedding with the full,

shaggy beard and tattoos.” She considers all four grandparents “too old,” and all aunts and uncles have been deemed to be unfit or uninterested to assume the responsibility for the child’s care. While I think I could have imparted some wisdom in the situation, I opted instead to keep my mouth shut.

I am not naïve. It is true that some grandparents get saddled with more caregiving responsibility for grandchildren than they ever imagined or needed. Years ago, I read a statistic that 60,000 grandparents in the state of Virginia had custody or guardianship of one or more grandchildren. My attempt to locate more recent data through AARP Virginia has been unsuccessful. Given the impact of the opioid epidemic on families, I predict that there are even more grandparents now caring for their grandchildren.

My best friend comes to mind. She and her husband had full custody of a granddaughter for about 10 years. His youngest daughter, after joining the Marines, got pregnant by another Marine. At age 18, neither parent was mature enough to parent nor, realistically, in a suitable position to care for a child. I am very grateful that my daughter and her husband are educated, established in their professions, healthy in their long-term relationship, and seemingly prepared for their roles as parents.

Meanwhile, I’m joyfully looking forward to future visits, holidays, and summer vacations with both granddaughters and hoping for another one or two grandchildren in the future. Recently I was very encouraged when my daughter

asked if we could all have a family beach vacation next summer. I'll be happy to give my daughter and her husband needed breaks to go out on their own for a while, and I'll learn to navigate roles, expectations, and boundaries in healthy and positive ways. And, as I do that, I will follow Ted Lasso's advice, "Don't let the wisdom of age be wasted on you," knowing when to offer advice and when to keep my mouth shut.

While it feels like it's flown by, I hope you've enjoyed your summertime. I'm excited about the informative content in Pam and Fred's first fall newsletter. I hope you will enjoy reading the newsletter as much as I will, and I look forward to seeing you at the interesting Chapter programs Wendy Baldwin and Pat Hipkins have lined up for September, October, and November.

In This Issue:

- **President's Message**
- **Chapter Officers and Committees**
- **Upcoming Chapter Speakers**
- **Community Events**
- **CNN Video on Dementia**
- **Senior Chronicles**
- **Virginia Navigator**

- **Warm Hearth Village Fitness Opportunities**
- **Recipes**
- **The Common Ingredient (TCI - NRV)**
- **Judith Jones Receives Lifetime Achievement Award**
- **Recent AARP Blacksburg Events**
- **Links to AARP Articles**
- **Membership Application and Dues**

Blacksburg Chapter #2613

Chapter Officers 2023

Blacksburg Chapter #2613

Chapter Officers 2023

President – Leslie Pendleton, lkipendleton@gmail.com

Vice President – Jerry Niles, niles@vt.edu and Don Creamer, dgc2@vt.edu

Secretary – John Burton, jburton@vt.edu

Treasurer – Pat Ballard, pballard@vt.edu

Board of Directors (term ending date)

2024: John Burton, Judith Jones, Beth Grabau, Fred Piercy, Nola Elliot

2025: Pam Knox, Wilma Dotson, Pat Hipkins

Newsletter Editors: Fred Piercy and Pam Knox

AARP Chapter Website: www.blacksburgaarp.org

Committee Chairs

Awards: John Burton, jburton@vt.edu

Care: Leslie Pendleton, lkipendleton@gmail.com

Chaplin: Sandy Birch, birch@vt.edu

Community Service: Judith Jones, judith@vt.edu

Financial Review: Jerry Niles, niles@vt.edu

Health and Wellness: Leslie Pendleton, niles@vt.edu

Hospitality: Terry Wildman, wiley@vt.edu

Leadership Development Co-Chairs: Jerry Niles, niles@vt.edu /Don

Creamer, dgc2@vt.edu

Legislative: Vacant

LLI Partnership: Jerry Niles, niles@vt.edu

Mailchimp/Website: Don Creamer, dgc2@vt.edu

Membership: Wilma Dotson, wdotson7@juno.com

Newsletter Co-Chairs: Pam Knox, knoxphd@comcast.net and Fred

Piercy, Piercy@vt.edu

Program Co-Chairs: Wendy Baldwin, wendybburg@gmail.com and Pat

Hipkins, phipkins@vt.edu

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

Community Foundation Liaison: Vacant

TOB/BCC Liaison: Joy Herbert, jherbert@blacksburg.gov

VTRA Liaison: Vacant

Upcoming Chapter Speakers



Dr Brian Britt

Tuesday, September 19, 2023 -- Students Inside and Out: The Virginia Tech Prison Book Project. Speaker: Dr. Brian Britt, Professor of Religion and Culture at Virginia Tech; Director, Alliance for Social, Political, Ethical, and Cultural Thought (ASPECT) Ph.D. Program. 11:30am – noon, coffee and conversation; noon – 1:00pm, presentation. Place: Community Room, Blacksburg Community Center.

Brian Britt is a professor of religion and cultural theory in the Department of Religion and Culture at Virginia Tech and currently serves as Director of the ASPECT Ph.D. program. He coordinates the Judaic Studies minor and teaches courses on the Hebrew Bible, religion and literature, and modern

religious thought. Last fall he published *Religion Around Walter Benjamin* (Penn State University Press, 2022). His other books include *Postsecular Benjamin: Agency and Tradition* (Northwestern University Press, 2016), *Biblical Curses and the Displacement of Tradition* (Sheffield Phoenix, 2011), and *Rewriting Moses: The Narrative Eclipse of the Text* (T & T Clark, 2004).



Kim Thurlow

Tuesday, October 17, 2023 – Blacksburg’s American Rescue Plan Act (ARPA) and Affordable Housing Updates. Speaker: Kim Thurlow, Housing and Community Development Initiatives Manager, Town of

Blacksburg. 11:30am – noon, coffee and conversation; noon – 1:00pm, presentation. Place: Community Room, Blacksburg Community Center.

Kim Thurlow helps administer a variety of funding sources to support affordable housing and community development in both the Town of Blacksburg and New River Valley region. Kim has held previous positions at the Nature Conservancy as a Conservation Planner, New River Valley Regional Commission (where she implemented the New River Valley Livability Initiative, a 3-year regional planning process,) and the Community Foundation of the NRV as the Director of Community Programs. Kim has also served on numerous committees and boards including the Aging in Place Leadership Team, New River Valley Livability Initiative Leadership Team, New River Land Trust board, Live Work Eat Grow Board, Community Housing Partners board, Housing Connections Board, and the New River Home Trust Advisory Committee. Kim holds an MS in Environmental Science from Yale University and a BA in Political Science from American University.

AARP Blacksburg Community Events

Blacksburg Parks and Recreation

Blacksburg is offering activities for seniors at minimal cost. Registration is open by walk-in, phone-in, mail-in or on-line. Sign up and view new programs at <https://recreation.blacksburg.gov>

Christiansburg Recreation Center

Christiansburg offers a wide range of programs for seniors. Information and registration are available at the beginning of each month through a Seniors newsletter available through <https://www.christiansburg.org/1082/Recreation-Center> .

Additional community events for August through October follow:

Friday, Aug 4

Free Movie Friday Finale with DC League of Super-Pets, Lyric Theatre, Blacksburg, 10 - 11:45 AM

2023 Steppin' Out @, Downtown Blacksburg, 10 AM – 10 PM

Bobby Parker in Concert, Preston's at The River Course, Radford, 6 - 9 PM

August Bluegrass & Old Time Jam Session, Newport Community Center, Newport, 7 - 9 PM

Saturday, Aug 5

Lew Woodall Trio in Concert, Chateau Morrisette, Floyd, 1 – 4 PM

Music at the Villa with Becki & Willis, Villa Appalaccia Winery, Floyd, 1 - 4 PM

Sunday, Aug 6

Music Jam and Car Cruise-In, Wildwood Farms General Store, Floyd, 1 – 4

PM

Kat Mills in Concert, Chateau Morrisette, Floyd, 1 – 4 PM

Monday, Aug 7

August Historic Downtown Christiansburg Walking Tour (Registration Deadline), Montgomery Museum of Art & History, Christiansburg, 8 AM – TBD

Wednesday, Aug 9

2023 Market Square Jam with host band Ashlee Watkins & Andrew Small,
Market Square Park, Blacksburg, 7 – 9 PM

Thursday, Aug 10

Marie Anderson in Concert, The Farmhouse, Christiansburg, 6 - 9 PM

Friday, Aug 11

LP Kelly in Concert, Preston's at The River Course, Radford, 6 – 9 PM

2023 Cheeseburger in Parrot-dise Warm Hearth Village Center, Blacksburg,
6 - 10 PM

Saturday, Aug 12

Blue Ridge Story Space's August Event with Theme "Uh, oh – That didn't sound so good", The June Bug Center, Floyd, 5:30 - 7 PM

Sunday, Aug 13

Bruce Mahin in Concert, Chateau Morrisette, Floyd, 1 - 4 PM

Blues, Brews and Bloodys with Victor Lawson and the Boogie Chillen

Band, Eastern Divide Brewing, Blacksburg, 2:30 - 5:30 PM

Sunday Mountain Music Series with Fats Holler, Mountain Lake Lodge,
Pembroke, 4 - 6 PM

Wednesday, Aug 16

2023 Market Square Jam with host band Gina and Jason Dilg, Market
Square Park, Blacksburg, 7 - 9 PM

Thursday, Aug 17

Five Dollar Shake in Concert, The Farmhouse, Christiansburg, 6 - 9 PM

Friday, Aug 18

Fabulous Fridays with Music from American Roots, Warm Hearth Village
Center, Blacksburg, 4:30 - 6:30 PM

Fritz Schindler Band in Concert, Preston's at The River Course, Radford, 6 -
9 PM

Saturday, Aug 19

Greg Wilson Trio in Concert, Chateau Morrisette, Floyd, 1 - 4 PM

2023 Summer Concert Series Featuring Chairman of the Board, Glencoe
Mansion Museum & Gallery, Radford, 7 - 9 PM

Sunday, Aug 20

Music Jam and Car Cruise-In, Wildwood Farms General Store, Floyd, 1 - 4 PM

Seth Reid in Concert, Chateau Morrisette, Floyd, 1 - 4 PM

Sunday Mountain Music Series Finale with Kat Mills, Mountain Lake Lodge, Pembroke, 4 - 6 PM

Wednesday, Aug 23

2023 Market Square Jam with host band LP Kelly and the Trash Packers, Market Square Park, Blacksburg, 7 - 9 PM

Thursday, Aug 24

Jared Stout in Concert, The Farmhouse, Christiansburg, 6 - 9 PM

Friday, Aug 25

Dirt Road Breakdown in Concert, Preston's at The River Course, Radford, 6 - 9 PM

Saturday, Aug 26

Matt Johnson in Concert, Chateau Morrisette, Floyd, 1 - 4 PM

Lost Bayou Ramblers, Moss Arts Center Lawn, 5 PM

2023 Music on the Lawn Concert Series Finale with LP

Kelly, Christiansburg Library, Christiansburg, 6 - 7:30 PM

Sunday, Aug 27

Midnight Blue in Concert, Chateau Morrisette, Floyd, 1 – 4 PM

Wednesday, Aug 30

2023 Market Square Jam with host band New River Fireflies, Market Square Park, Blacksburg, 7 - 9 PM

Thursday, Aug 31

An Evening of Poetry and Music by Spectral Arts and Project Morning

Star, Meadowbrook Center, Shawsville, 6 - 8 PM

The Reflections Band in Concert, The Farmhouse, Christiansburg, 6 – 9 PM

Friday, Sept 1

Blue Phoenix in Concert, Preston's at The River Course, Radford, 6 - 9 PM

Saturday, Sept 2

Jeff Levy in Concert, Chateau Morrisette, Floyd, 1:00 - 4:00 PM

Sunday, Sept 3

Greg Wilson Trio in Concert, Chateau Morrisette, Floyd, 1:00 - 4:00 PM

Wednesday, Sept 6 **2023 Market Square Jam with host band The**

McKenzies, Market Square Park, Blacksburg, 7 – 9 PM

Thursday, Sept 7

Eric Wayne Band in Concert, The Farmhouse, Christiansburg, 6 - 9 PM

2023 Wildwood Outdoor Classroom Summer Lecture Series: Native Plants, Wildwood Park, Radford, 7:30 - 8:30 PM

Sunday, Sept 10

Matt Johnson in Concert, Chateau Morrisette, Floyd, 1 - 4 PM

Wednesday, Sept 13

2023 Market Square Jam with host band the Happy Hollow String Band, Market Square Park, Blacksburg, 7- 9 PM

Thursday, Sept 14

Marie Anderson in Concert, The Farmhouse, Christiansburg, 6 - 9 PM

Friday, Sept 15

Fabulous Fridays Finale with Music from Eric Stafford, Warm Hearth Village Center, Blacksburg, 4:30 - 6:30 PM

The Java Brothers in Concert, Preston's at The River Course, Radford, 6 - 9 PM

Saturday, Sept 16

2023 Pulaski County Fall Flea Market, New River Valley Fairgrounds, Dublin,

7 AM - 5 PM

[Craig Vaughn in Concert](#), Chateau Morrisette, Floyd, 1 - 4 PM

Sunday, Sept 17

[2023 Pulaski County Fall Flea Market](#), New River Valley Fairgrounds, Dublin,

7 AM - 5 PM

[RagTop in Concert](#), Chateau Morrisette, Floyd, 1 - 4 PM

[Music Jam and Car Cruise-In](#), Wildwood Farms General Store, Floyd, 1 - 4 PM

Tuesday, Sept 19

[TRIAD S.A.L.T. Senior Citizen Care Fair](#), 8:30am - 12:00noon, Christiansburg Recreation Center

[Floyd Walking Tours](#), Floyd County Historical Society Museum, Floyd, 2 – 4 PM

Wednesday, Sept 20

[2023 Market Square Jam with host band Mac and Cheese](#), Market Square Park, Blacksburg, 7 - 9 PM

Thursday, Sept 21

[Jared Stout in Concert](#), The Farmhouse, Christiansburg, 6 - 9 PM

[2023 Wildwood Outdoor Classroom Summer Lecture Series: Nature Inspired Poetry and Song](#), Wildwood Park, Radford, 7:30 - 8:30 PM

Friday, Sept 22

Bobby Parker in Concert, Preston's at The River Course, Radford, 6 - 9 PM

Brentano String Quartet, Moss Arts Center, 7:30 PM

Saturday, Sept 23

Two for the Road in Concert, Chateau Morrisette, Floyd, 1 - 4 PM

2023 Summer Concert Series Finale Featuring Ryan Perry and Opener

Sofie Lynn, Glencoe Mansion, Museum & Gallery, Radford, 7 - 9 PM

Sunday, Sept 24

Craig Vaughn in Concert, Chateau Morrisette, Floyd, 1 - 4 PM

The Book of Life, Moss Arts Center, 7:30 PM

Wednesday, Sept 27

2023 Market Square Jam with host band New River Fireflies, Market

Square Park, Blacksburg, 7 - 9 PM

Thursday, Sept 28

The Reflections Band in Concert, The Farmhouse, Christiansburg, 6 – 9
PM

Friday, Sept 29

The Meeting in Concert, Preston's at The River Course, Radford, 6 - 9 PM

Saturday, Sept 30

Laura & The Lyric Man in Concert, Chateau Morrisette, Floyd, 1 - 4 PM

The WORX Band in Concert, Sinkland Farms, Christiansburg, 6 - 11 PM

Sunday, Oct 1

Kat Mills in Concert, Chateau Morrisette, Floyd, 1 - 4 PM

Saturday, Oct 7

Craig Vaughn in Concert, Chateau Morrisette, Floyd, 1 - 4 PM

Arooj Aftab, Vijay Iyer, and Shahzad Ismaily, "Love in Exile," Moss Arts Center, 7:30 PM

Sunday, Oct 8

Jeff Levy in Concert, Chateau Morrisette, Floyd, 1 - 4 PM

Monday, Oct 9

Winona LaDuke, Moss Arts Center, 7:30 PM

Mountain Stage with Kathy Mattea, Moss Arts Center, 7 PM

Thursday, Oct 12

Garage Dance Ensemble, Moss Arts Center, 7:30 PM

Sunday, Oct 15

Matt Johnson in Concert, Chateau Morrisette, Floyd, 1 - 4 PM

Thursday, Oct 19

VOX Luminis, Moss Arts Center, 7:30 PM

Saturday, Oct 21

Midnight Blue in Concert, Chateau Morrisette, Floyd, 1 - 4 PM

Sunday, Oct 22

Kinnfolk in Concert, Chateau Morrisette, Floyd, 1 - 4 PM

Friday, Oct 27

Pink Martini Featuring China Forbes, Moss Arts Center, 7:30 PM

Saturday, Oct 28

Come Fly Away, Moss Arts Center, 8 PM

Two for the Road in Concert, Chateau Morrisette, Floyd, 1 - 4 PM

Sunday, Oct 29

Greg Wilson Trio in Concert, Chateau Morrisette, Floyd, 1 - 4 PM



CNN Video on Non-Medication Ways to Prevent or Slow Progression of Dementia

Don Creamer called our attention to the following video. Don states that its “message is powerful and underscores much of what we talk about in AARP Blacksburg, especially in the context of successful aging.”

Here is a link to the video:

<https://www.cnn.com/videos/health/2023/03/28/dementia-prevention-tips-lbb-orig.cnn>



The Senior Chronicles: An Opportunity to Write a Short Story

The Senior Chronicles are short stories, told by local seniors, and made available for others to enjoy. These stories are available at <https://www.blacksburgaarp.org/senior-chronicles> and you are invited to write and submit others.

Do you have an interest in writing? Or maybe just in testing your writing skills? Go ahead. Give it a try. Send your contribution to the Senior Chronicles editor, Don Creamer, at dgc2@vt.edu. Contributions will be read for suitability before posting, but when accepted will be posted unedited.

This exercise is meant to be FUN. Go ahead. Try it. Wouldn't you like to see a story with your byline attached?



Use Virginia Navigator to Find Services for Seniors

When you are trying to find your way around the local community resource landscape, even knowing where to start is hard. There are a whole host of services, which can be overwhelming. The Virginia Navigator can help you find the best match for you or your loved one. To get to the Virginia Navigator, click on the Virginia Navigator website: virginiannavigator.org.



Warm Hearth Village Fitness Opportunities for All Seniors in the NRV

Kenny Harrah

Keeping older adults strong, active and independent is at the core of what we do at Warm Hearth Village (WHV) Fitness. WHV Fitness is housed in a beautiful timber frame building on the campus of WHV in Blacksburg, VA. It's the best kept secret in the NRV in that WHV Fitness is open to the greater NRV community aged 50+! Fitness members can take advantage of a variety of fitness classes, personal training, and/or water classes in our heated salt water pool. If you are one to prefer exercising outdoors, come check out the area's best pickle ball court or walk our scenic trails.

Regular physical activity is vital for healthy aging because it helps delay, prevent or manage many costly, chronic diseases. Keeping older adults independent is our primary objective at WHV Fitness. The majority of our

members are in their 70's, 80's and 90's. Our team understands the importance of starting members easy and building them up slowly. Adding resistance training to weekly activities may seem daunting, but it offers important benefits with modest effort.

Our Posture, Balance & Gait classes are very popular. We have two different levels which allows to challenge a variety of individuals. One of the best exercises we do are called sit-to-stands. We start by sitting down, then rise to a standing position. This very basic exercise works the glutes and quads, building functional strength by helping older adults keep their ability & independence to get up and down out of a sitting position.

Some of the balance exercises we do are slow movements like walking heel to toe across a room or standing with one foot in front of the other while rotating the head through different planes. This challenges the balance system and is something we see positive results with.

For individuals diagnosed with Parkinson's disease (PD), we offer Rock Steady Boxing (RSB). This is high intensity, non-contact boxing that builds strength & community amongst the PD community. We box, stretch, move and do various station exercises of moderate to high intensity. We have RSB fighters who one would never know has PD, while others come to every class ready to fight the disease though the fighter may be on a walker or in a wheelchair. Additionally, we have monthly PD Support groups where we have guest speakers, videos

and discuss all aspects of this neurological disease.

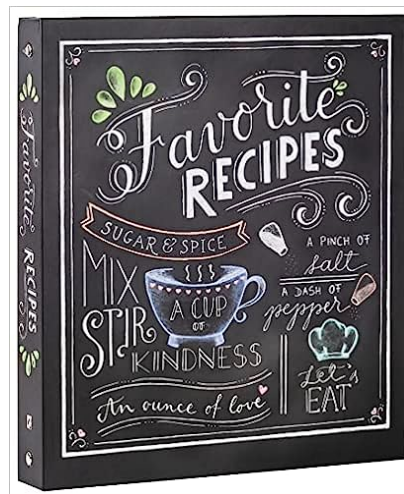
Our water based classes range from easy and fun to moderate and more challenging. We have weekly Ai Chi classes that is slow moving and methodical. It trains you to open up while working on balance in the water. Other slow movement pool classes include Aqua Yoga and Arthritis Aquatics. However, if you prefer more action in the pool, we have Pool Volleyball, Aqua Fit or lap swimming. Though at a constant 89 degrees Fahrenheit, it might be too warm for the more rigorous swimmers.

In conclusion, it is important to keep physically active. Regardless of one's age, it can take time to see increases in strength, balance and endurance. Consistency is essential and if you feel like you would be better off in a group setting, you should try various classes. However, if you are one who does not like a group setting, I would recommend an orientation to the gym or hiring a Personal Trainer to work with one-on-one. Whether it's a group setting or a Personal Trainer, it always helps when you have someone else who holds you accountable.

For more information on WHV Fitness, including fees and services for those not living at WHV, or simply how we can best help you, please visit our website at www.retire.org.

Kenny Harrah, M.S., CHES, ACSM-CPT, is the Warm Hearth Village Director

of Fitness.



Family Recipes From a Few AARP Blacksburg Board Members

Below are family recipes from a few generous AARP Blacksburg board members. If you like this newsletter feature, we invite you to consider sending us a copy of a short favorite recipe yourself, with a sentence or two about either the history of the recipe or some feature of the recipe that you would like to offer. Short and sweet is just fine. So is a little longer. Send it to Pam and

Fred (your newsletter editors). Pam's email is knoxphd@comcast.net and Fred's is piercy@vt.edu. Thanks in advance to those of you who decide to send in recipes. Beyond the fame and fortune that this will certainly bring you, you will be adding to our own joy in preparing and partaking of your yummy dish. Thanks.

Also, be sure to read the article in this issue by The Common Ingredient of the New River Valley on their work related to food insecurity. They would love to have and publish your recipes, as well.

Don's Chicken Taco Mexican Pinwheels

Here is an appetizer recipe that I enjoyed recently. I found it at <https://thechunkychef.com>. Don Creamer

Ingredients

- 12 oz cream cheese, softened to room temperature
- ½ cup sour cream
- 2 cups shredded cooked chicken
- 1.5 Tbsp taco seasoning
- 1 ½ cups shredded Mexican cheese
- 10 oz can diced tomatoes with green chiles, well drained
- 1 ½ tsp garlic finely minced

- 5 green onions, sliced thinly
- $\frac{3}{4}$ - 1 cup cilantro
- 8 burrito size tortillas
- Fresh minced cilantro, for garnish optional

Instructions

1. Combine all ingredients in large mixing bowl, stirring until well combined
2. Lay flour tortilla on flat surface and spread about a $\frac{1}{4}$ cup of mixture evenly over the tortilla leaving about $\frac{1}{2}$ -1 inch margin all around
3. Start at bottom of tortilla and roll tightly like a cigar. Place roll seam down on prepared pan
4. Repeat with remaining tortillas and place in refrigerator for 30 minutes to several hours to chill and firm up
5. Use sharp, serrated knife to slice roll into 1-inch pinwheels and serve

Carol's Peach Cobbler

This is a recipe that Robert (Ben) Crawford shared. It is his wife, Carol's, recipe. Ben says it is "easy and yummy."

1 cup self-rising flour

1 cup milk

1 cup sugar

1/2 stick margarine

1 quart fresh sweetened peaches OR 1 large can (drained)

Melt margarine in a square pan. Arrange a layer of peaches on top of margarine.

Combine flour, sugar and milk and mix slightly. Pour on top of peaches.

Bake at 400 degrees for approximately 30-35 minutes or until brown.

ENJOY AS IS, with ice cream, or with ice cream and chocolate syrup !

Judith's Mother's Fruit Cocktail Pudding

This is a recipe that Judith Jones' mother, Katherine Hess, loved. Judith says, "Whenever I make it, I double it because everyone LOVES it! Feel free to share."

FRUIT COCKTAIL PUDDING, 375 degree oven

1 15 oz (or 16oz) can fruit cocktail drained

1 cup sugar

1 cup all purpose flour

1 tsp. Baking soda

1 egg slightly beaten

Mix all and bake at 375 for 25 minutes in an 8" square prepared pan.

SAUCE

1 cup sugar

1/2 cup evaporated milk

3/4 stick of butter

Bring to a boil, stirring several times. Remove from heat and add 1 tsp. Vanilla flavoring. Serve warm over baked pudding.

John Burton's Mother's Holiday Mashed Potatoes

5 large (or the equivalent of 5 large) potatoes, peeled and cooked.

Drain and mash (or whip).

Mix in:

8 oz cream cheese 1/4 tsp garlic powder

8 oz sour cream 1/4 tsp pepper

1/4 cup chives; 1/2 tsp salt

Mix it all together and pour into buttered dish. Sprinkle with paprika and small pieces of butter.

Bake about 30 minutes at 350.



The Common Ingredient - New River Valley (TCI - NRV)

Phyllis Grace Youhas

What ingredient do sharing recipes and advocating for food security have in common?

The Common Ingredient is . . .LOVE

What's love got to do with it?

People often ask Anne Deaton, a founding member of **The Common Ingredient—New River Valley** (TCI-NRV), “How can sharing recipes help alleviate hunger?” Or with wrinkled brow and skeptical glances, they turn to the inimitable Tina Turner classic and ask, “What’s love got to do with it?”

“Well, love has a lot to do with it,” Anne always answers. “The common ingredient when you share recipes and advocate for food security is **LOVE**. Love for the centrality of food in our lives and love as we help our neighbors who are hungry, who are unsure if they will have enough food for their next meal.”

TCI-NRV is a spin-off of **The Common Ingredient (TCI)—Columbia, Missouri**, a recipe-sharing website that raises awareness of food insecurity. Anne (also a founding member of the original TCI) and several of her Columbia colleagues wanted to help when in 2020 COVID 19 struck with a vengeance. Their special concern was for the overwhelming increase in people who daily faced food insecurity and the needs of the organizations that fed them.

Since Anne and her friends were in a vulnerable group and could not safely volunteer at food pantries, Anne’s idea about a recipe-sharing website that celebrated food and raised awareness of food insecurity answered their concerns.

They recruited a webmaster, chose three organizations involved in feeding the hungry. They opened their cookbooks and their hearts as they built the TCI website. TCI accepted no money but offered donation access to the website's featured non-profits.

What are TCI-NRV's vision and mission?

When Anne moved to Blacksburg, she brought the original concept of TCI and a vision for TCI-NRV: ***A world where all are fed.*** And here in the NRV, Feeding Southwest Virginia tells us that 1 in 8 of our southwest Virginia neighbors suffer from hunger.

Anne recruited several people with this same vision and TCI-NRV became more than a wish.

The TCI-NRV's web-site acknowledges the TCI Mission of encouraging participants to:

- enjoy using the recipes
- visit and contribute recipes to the site as often as they can
- educate themselves about the food needs in their community
- end food insecurity in the NRV through their time, talent, and treasure

In addition to building an extraordinary database of recipes to attract visitors to the website and address the immediate needs of people who are food insecure, TCI-NRV also wants to unravel food insecurity's interconnected root causes and discover how to eliminate them.

“Life's most persistent and urgent question is "What are you doing for others?" *Martin Luther King, Jr.*

How can you help TCI-NRV? Let us count the ways:

- **Submit recipes** (one or more a month)—encourage people in your networks to submit.
- **Donate your time, talent, and treasure** to pantries, groups and organizations that help people who are food insecure in the NRV and beyond.
- **Join a TCI-NRV interest/issue group**
- Community Education Programs
- Youth Engagement
- Senior Engagement
- Recipe Promotion
- Public Relations/Building Partnership
- **Help publicize TCI-NRV**—be a point person for a small committee to focus on news media and social media. Write articles for the TCI main newsletter and TCI-NRV website!

“If someone asks, ‘I want to change the world, where do I go?’ I answer, ‘Stay right where you are. Don’t run away. Dig in.’” *Peter Seger, American Folk Singer*

TCI-NRV is digging in to this persistent problem of food insecurity in a land of plenty where no one should be hungry. TCI is working toward zero hunger in the NRV. Won't you join us? Can you dig in right here, right now?

Dig in now—Grocery prices have skyrocketed as has the number of families dealing with food insecurity in Giles County. Can you help?

The 512 Food Pantry at the Giles County Christian Service Mission needs a variety of canned/non-perishable food items but no soup please (they have enough). These items can be dropped off at the Mission (516 Wenonah Avenue, Pearisburg) between 10:00 a.m. and 6:00 p.m. Tuesday-Friday or on Saturday from 10:00 a.m. to 2:00 p.m. Monetary gifts can be made online at www.GiveLocalNRV.com.

The Common Ingredient is LOVE. Thank you for sharing that love with your neighbors.

Contact information:

website: thecommoningredientnrv.com

email: the commoningredientnrv@gmail.com

Phyllis Grace Youhas is a TCI-NRV volunteer.

Related Note from Editors: AARP Blacksburg president Leslie Pendleton states, "September is AARP Hunger Action Month. In addition to food bank donations in Giles County and monetary collections for local food banks at our

September chapter program, stay tuned for more information on how you can support seniors in need."



Judith Jones Receives Lifetime Achievement Award

Robert Crawford

New River Valley (NRV) Leading Lights was founded by the German Club Alumni Foundation in 2009, nearly 15 years ago, as an aftermath of the 2007 mass shooting at Virginia Tech. Since then, NRV Leading Lights has

distributed more than \$80,500 to NRV nonprofit organizations and honored 713 persons, including 12 with a Lifetime Achievement Award.

Kudos this year to Judith Jones, AARP Blacksburg board member, for receiving the Lifetime Achievement Award at the NRV Leading Lights Recognition Banquet on April 13, 2023. As part of this award, she also received \$1,000 to go to the nonprofit of her choice. As stated in her nomination, Judith's volume of volunteer work in the NRV over many years has been stunning. Her work has resulted in regional, state, and national policies that help and serves others. Judith is the 11th person to receive this award. The German Club in Blacksburg hosted the annual event to a full house.

In all, thirty-five volunteers were honored and recognized for their volunteerism in making the New River Valley and our nation a better place to work, live and raise a family. Eleven were honored as distinguished recipients representing the four counties and City of Radford, and each will be given \$500 to donate to the nonprofit of their choice. Past NRV Leading Lights president Dick Arnold was recognized with a similar one-time award as a founder of the organization.

NRV Leading Lights was founded by the German Club Alumni Foundation in 2009, nearly 15 years ago, as an aftermath of the 2007 mass shooting at Virginia Tech. Since then, Leading Lights has distributed more than \$80,500 to NRV nonprofits and honored 713 persons including 12 with a Lifetime

Achievement Award.

The Keynote speaker, retired Blacksburg Police Chief Anthony Wilson, gave a memorable, heartfelt speech that, in my opinion, should be heard by everyone in the New River Valley and beyond.



AARP Blacksburg Participates in 40th Annual Montgomery County Broomin' & Blooming Event on April 22, 2023

Numerous citizens and organizations participate in the annual **Broomin' & Bloomin'** event helping make Montgomery County a cleaner and more attractive part of the beautiful New River Valley. The program began in 1983 as a cleanup and beautification event for the entire community and has continued for 40 consecutive years. To remember and honor the event, the county planted a flower garden by the Coal Mining Heritage Park on the Huckleberry Trail. The pollinator garden serves as a symbol of the county's sustainability plans and efforts. Blacksburg AARP Chapter members participating in this year's Broomin' & Bloomin' event were David Edwards, Leslie Pendleton, Mary Rhodes, and Ben Crawford.



June AARP Blacksburg Picnic

The June 2023 AARP Blacksburg BBQ picnic was held at the home of Terry Wildman and Sue Magliaro. About 45 people attended despite the rain -- good company, good food!



4th of July Parade

Blacksburg AARP Chapter was among fifty-some entries in the Blacksburg 4th of July parade sponsored by the Mt. Tabor Ruritan Club. The Parade Marshall this year was retired Blacksburg Police Chief Bill Brown.



Links to Videos on Preventing Scams

AARP Virginia Community Ambassador Shannon Abell (Roanoke) was interviewed in July on WDBJ-7 on how Artificial Intelligence (AI) is being used by scammers to prey on vulnerable members of our communities. Here's a link to that interview:

<https://www.wdbj7.com/2023/07/28/how-scammers-are-using-ai-target-seniors/>

Also, below is an interesting segment on scams from CBS Sunday Morning (July 30, 2023):

<https://www.cbsnews.com/video/recognizing-online-scams-a-tragi-comedy-in-4->

[acts/](#)



Links to a Few Useful AARP Articles

“What to Do When a Loved One Dies: Practical steps you need to take in the early days”

<https://www.aarp.org/home-family/friends-family/info-2020/when-loved-one-dies-checklist.html>

“How Couples can Avoid Annoying Each Other in Retirement”

<https://www.aarp.org/home-family/friends-family/info-2023/getting-along-with->

[your-retired-spouse.html](#)

“Eight Ways to Boost the Health Benefits of Gardening”

<https://www.aarp.org/health/healthy-living/info-2023/how-to-boost-gardening-health-benefits.html?cmp=EMC-DSM-NLC-OTH-LISR-1537106-1843904-7297244-NA-05242023-Lifestyle-HT6-NA-NA-MCTRL-Lifestyle&encparam=PdREcsW3wDqXAO2UmPO1Lw%3d%3d>

“Six Helpful Tips for Hosting a Hassle Free Barbeque”

<https://www.aarp.org/home-family/friends-family/info-2022/bbq-hosting-tips.html?cmp=EMC-DSM-NLC-OTH-LISR-1537106-1843904-7297244-NA-05242023-Lifestyle-MS6-NA-NA-MCTRL-Lifestyle&encparam=PdREcsW3wDqXAO2UmPO1Lw%3d%3d>

**Blacksburg Chapter
Membership Application for 2023 (or join online:
blacksburgaarp.org)**

Name: _____

Phone: _____ Email: _____

Spouse/Partner: _____

Phone: _____ Email: _____

Address: _____

City: _____ State: _____ ZIP: _____

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

New ____ Renewal ____ Life Member (90+) (free) ____ Lifetime member ____

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 check and this form to AARP Blacksburg, P.O. Box 10082, Blacksburg, VA 24062.

Dues deadline: January 31, 2023



Forward

AARP BLACKSBURG CHAPTER NEWSLETTER

Fred Piercy and Pam Knox, Editors

piercy@vt.edu

knoxphd@comcast.net

Our mailing address is:

AARP Blacksburg Chapter, P.O. Box 10082, Blacksburg, VA 24062

<http://www.blacksburgaarp.org>

This email was sent to << Test Email Address >>
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
AARP Blacksburg Chapter · P. O. Box 10082 · Blacksburg, VA 24062 · USA