



*Serving the greater New River Valley, Virginia*

## President's Message

First, I am looking forward to the opportunity to serve the Chapter in this capacity for 2015. It is comforting to know that we have a whole collection of very capable and dedicated folks who work together to make our chapter one of the most recognized in the state. And, from what I know about our officers, board members and committee chairs, they will not be shy about keeping a relatively new guy on the right path. Later in this newsletter you will see the entire list of the people who will keep the chapter running this year.

Well, this year we are very excited about some plans that have been in the works for several months. First, we have adopted a theme that will guide our programs across the year and likely beyond - *Living Well@50+*. This theme likely expresses a general goal we all have, even though we may not always actively and consciously pursue it. We would like to give this theme some explicit meaning as in, "here are some tangible things we can really do to live well within our means and capabilities."

Further, our intention is to build a significant conference around this theme—an event already planned for early Fall 2015, and described with a bit more detail in a short article authored by Pat Hyer and Don Creamer, co-chairs of the conference committee. As soon as a firm date is set we will make sure everyone has a *save-the-date* notice.

Membership growth and maintenance is also a goal we plan to pursue a bit more vigorously this year. As you may know, this and other chapters around the state were begun by a generation that grows less active with the years, and so we need to be concerned always with bringing in new folks with fresh ideas and energy. Probably one of the best ways to do this in our interconnected community is through person-to-person recruiting. This is how I was initially encouraged to join, and I know this was the case with some of our newest members. Many of us have spent our careers encouraging people to participate in various endeavors of common interest; this is something we know how to do, so let's each look around and consider inviting friends, neighbors, or colleagues to join us in serving our community.

Now, getting back to the "living well" theme, its clear by now that we're in the middle of winter. Tina King provides in this newsletter some good advice in her article on negotiating winter's challenges. Sometimes it does seem as if winter is just something to survive - *Let's hurry up and get to April when things come back to life*. On the other hand we are very fortunate here in Virginia to have four distinct seasons, and they are pretty much of equal length. As soon as we tire of one, something new is already happening out there in nature. Consider what winter offers. Sunsets are so much more vibrant without the haze of summer. The air is dense and feels fresh and clean in winter. We get to wear a whole new collection of clothes in winter. Spending time outside walking in nature is done with a new perspective - the sometimes "closed-in" feeling of the deep woods in summer is replaced with a whole new open perspective. If trees are your thing, winter is the time when the amazing architecture of leafy trees is revealed and can be appreciated. Notice how the sound of lawn mowers just disappears.

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**Blacksburg Chapter #2613**  
Chapter meetings are the third Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive at 11:30 a.m. 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 a.m.

(President's Message *continued*)

So, the idea is pretty simple; let's not go too far in wishing away these lovely winter months. If a touch of depression is the problem, the December issue of the *Monitor*, the news magazine of the American Psychological Association, reports a study linking walking in nature with significantly lower rates of depression and improved mental health. Fortunately, with two large dogs, any procrastination in getting out for long walks is not a choice in my family. (P.S., if winter darkness is an issue, consider that by the time you read this the winter solstice - shortest day - is already about a month behind us!)

Finally, we look forward to seeing you at each of our regularly scheduled meetings on the third Tuesday of each month. And with this newsletter we hope to keep you informed of Chapter related events and opportunities, as well as other news of interest to AARP members. Thanks for your participation, and best wishes for a great new year.

- Terry Wildman

## New Look for Chapter Website

*Don Creamer, Website Editor*

Make a point of visiting [www.blacksburgaarp.org](http://www.blacksburgaarp.org). You will see that the entire site has been revised, but remains focused on you and your needs for information about chapter activities. Consolidation of some pages allowed fewer menu items and easier access to relevant information. *Click through the menu items and see what is available.*

Blacksburg AARP chapter has been selected to participate in a national AARP Membership Media Campaign. You can read a brief article about this action linked to the Home page of the chapter site. Despite this honor, the decision to revamp the chapter website was motivated by the knowledge that a major shift in programming focus was planned to begin in 2015.

Growing our membership also is a major goal for 2015. President Wildman has designed a mailer to be used in recruiting new members. Those attending the Holiday Luncheon saw this attractive document on their tables. It will be available soon on our website.

The best single way to increase membership is through current members who invite their friends and acquaintances to visit our monthly public meetings and other Blacksburg AARP sponsored events. Chances are good that those who see our work in progress will want to be a part of it.

*Do your part to bring in new members. We all benefit from adding new people to our efforts to improve the lives of seniors in our communities.*

## 2015 Officers and Board Members

### Officers

President	Terry Wildman	wiley@vt.edu
Vice President	Don Creamer	dcg2@vt.edu
Secretary	Sally Anna Stapleton	sanna418@gmail.com
Treasurer	Pat Ballard	pballard@vt.edu

### Board of Directors

*Class of 2015*—Don Creamer, Terry Wildman, Nola Elliott  
*Class of 2016*—Tom Alston, Tina King, Sally Anna Stapleton  
*Class of 2017*—Pat Hyer, Jerry Niles, Shirley Peterson

### 2015 Committee Chairs and Liaisons

<u>Committee</u>	<u>Chair</u>
<i>Caring</i>	Margaret Kates
<i>Chaplin</i>	Sandy Birch
<i>Chapter Awards</i>	Open
<i>Community Service</i>	Sally Anna Stapleton
<i>Financial Planning &amp; Audit</i>	June Schmidt
<i>Health and Wellbeing</i>	Open
<i>Newsletter</i>	Carolyn & Don Rude
<i>History</i>	Sally Anna Stapleton
<i>Hospitality</i>	Nola Elliott
<i>Legislature</i>	Alison Galway, Val Coluni
<i>Living Well@50+ Conference</i>	Pat Hyer, Don Creamer
<i>Membership</i>	Tom Alston
<i>Program</i>	Ben Crawford
<i>Public Relations</i>	Open
<i>Website</i>	Don Creamer
<i>AARP VA Liaison</i>	Ben Crawford
<i>AARP Driver Safety Liaison</i>	Cecil McBryde
<i>TOB Senior Liaison</i>	Joy Herbert
<i>VTRA Liaison</i>	Margaret Kates

### Time to Renew Your Membership!

Your 2015 membership dues are now due. Our membership is for the calendar year. If "2015" is shown on your mailing label you have already paid. If "2014" is on your label you should submit payment for 2015. We appreciate your attention now to keep your membership in force. You may use the convenient form on the last page of this newsletter to renew your membership.

# Tips on Thriving During Winter

Tina King, New River Valley Agency on Aging

Winter's in full swing. The days are shorter, darker, and colder—and some of us might be experiencing the “winter blues.” We might be more tired than usual, less active, or unmotivated.

According to Casey Moore, a Productivity Coach, people struggle with being productive in the winter for a number of reasons. In January especially there can be a post-holiday let-down. In areas where it's quite cold or very wet, people feel confined to the indoors, which leads to illness or cabin fever. Still, other people find that they've already broken their New Year's resolutions and feel discouraged about themselves. And finally, those who suffer from seasonal affective disorder (SAD) or other mental health conditions can find the darkness of winter especially difficult.

If you're feeling unmotivated or little blue, don't just sit with it; take action. Try one of the tips below, or if you feel the need, speak with your doctor.

## **Here are tips for staying motivated and making it through the bleak winter months:**

**Get physical.** Moving your body with regular exercise, especially outdoors if weather permits, helps reduce stress and improve sleep. And the natural light you get from being outside may give your spirits a much-needed lift.

**Start your year over.** If you think you've 'blown it' for 2015 because you've already broken your New Year's resolutions, think again. Start your new year today. January 1st is arbitrary anyway. Focus on one or two new habits you want to form. Forget the old all-or-nothing thinking and restart your new habit any time you slip into old behaviors. This may give you the motivation needed.

**Spend time outside.** If you suffer from SAD—and even if you don't, try to get ten minutes of natural light every day if possible. Getting outside, if only for a little while, changes your perspective and reminds you that spring is just a little ways away.”



**Eat well.** Watch what you eat and drink. Comfort foods and sugary drinks will leave you sluggish and bloated.

**Set goals.** Wintertime is ideal for focusing on new projects. Even if you're feeling a bit sluggish, set new goals and volunteer for something that excites you. Your initiative will give you a sense of accomplishment and make you more productive.

**“Spring Clean” during the winter.** Take advantage of the fact that you are inside more at this time of year. Go through “stuff” and throw out or donate to charity anything that is no longer useful. You will be less overwhelmed and will feel less stressed out.

**Stay healthy.** More people get sick during the winter months than the rest of the year with flu, colds, etc., Teach says. While it's sometimes difficult or impossible to not to get sick when everyone else is, do what you can (i.e. take vitamins, wash your hands) to prevent it.

**Plan a vacation.** If you tend to lose steam during the winter months, maybe this is the time to take your vacation to recharge and get some needed sunshine and natural vitamin D.

**Stay in Touch.** Feel like old friends (or family) have fallen by the wayside? It's good for your health to reconnect with them. Research suggests people with strong social ties live longer than those who don't. In fact, a lack of social bonds can damage your health as much as alcohol abuse and smoking, and even more than obesity and lack of exercise.

*If one of your resolutions for the New Year is to take better care of your health, you might be interested in a free workshop that will help you manage chronic health conditions. For more information on upcoming workshops call Elizabeth Wray at the New River Valley Agency on Aging at 980-7720.*

## 2014 Holiday Luncheon: *Some Highlights*

As usual, the December holiday luncheon was a great opportunity for members and guests to celebrate the season and the year. This year we were pleased to hold the event at the Village Center at Warm Hearth in Blacksburg, and the hospitality there is greatly appreciated.

In addition to food prepared for us, there were some notable points in the program that our volunteer photographers just happened to capture. First, we

were fortunate that Bill Kallio, the Virginia State AARP Director, was available to serve as featured speaker. (see photo)

Bill's presentation focused on three key aspects of life for citizens in the 50 plus age range that is of great concern for AARP. First, are we prepared financially for retirement? Second, are we ready to manage health care concerns? And finally, are we looking after the self—the reinvention of our lives? All of these will be part of the conversation for 2015 and beyond, to be sure.



Many of our members are making significant contributions to the community and the chapter, and this holiday event is the time to recognize some outstanding contributions. Our two annual awards recognized Jim Wightman (see photo) and John and Sharen Hillison (see photo). Jim is recognized for his many years as the friendly face of the Chapter, the person we see first at monthly meetings and one of our most effective and dedicated representatives. John and Sharen Hillison have for years spearheaded our hugely successful *Health and Wellness Fair*, which requires more planning and work than

anyone can imagine. We deeply appreciate what these folks have contributed!



Thanks also to Sandy Birch for her inventive presentation of the awards.



Every year the Chapter provides monetary awards to some of our partner community organizations. This year Sally Anna Stapleton (*far left in the above photo*) presented awards to the following organizations: The Community Foundation, Blacksburg Community Center, Micah's Soup for Seniors, Meals on Wheels, NRV Area Agency on Aging, Retired and Senior Volunteer Program, VT Center for Gerontology, VA Ins. Counseling and Assistance, and Community Living Care, Veterans VA Medical Center.



Finally, there is the changing of the guard. Ben Crawford, our liaison with Virginia AARP, welcomes and gives the charge to new chapter officers and board members. (see photo) Note that all the chapter officers and committee chairs are listed on Page 2 in the newsletter. Finally, chapter president Leslye Bloom completes her successful year in leadership during 2014, and Terry Wildman (see photo) accepts the gavel for 2015.

Stay tuned. Planning for the 2015 holiday luncheon will be underway sooner than we think!

# Living Well: Chapter Program Focus for 2015

Don Creamer and Pat Hyer, Co-Chairs  
LivingWell@50+ Conference

All levels of AARP—national, state, and local—are working to define the meaning of living well at 50 and older. At the chapter's most recent Holiday Luncheon, Bill Kallio, Virginia AARP State Director, simplified the massive shift in the work of AARP. He said, in paraphrase, that AARP is concerned with Health, Wealth, and Self of seniors. The focus of Blacksburg AARP for the near future is on Self, helping individuals to re-imagine themselves in enhanced, active lives.

Beginning in the summer, 2014, the chapter set to work to create and provide a capstone for the programming focus for 2015. Those of us involved in this early effort knew that we wanted to focus on living well. What emerged from those early discussions was to stage a large-scale, community-wide conference on the topic.

We settled on the title LivingWell@50+ and proceeded to establish a planning committee composed of representatives of multiple agencies in the New River Valley.

***This is a conference that you will want to attend, guaranteed!***

The initial meeting of this planning committee considered the interests and capabilities of seven partners in this conference venture: Blacksburg AARP, Virginia AARP, Edward Via College of Osteopathic Medicine (VCOM), Agency on Aging, Center for Gerontology at Virginia Tech, Virginia Tech Retirees Association (VTRA), and Virginia Tech Lifelong Learning Institute (LLI).

Each of these partners has vested interests in participating in the LivingWell@50+ conference and in shaping it for mutual benefit. For example, the Lifelong Learning Institute at Virginia Tech is in formative stages itself and three members of our planning group have been invited to join the steering committee of the LLI. We see clearly mutual benefits to the LLI and Blacksburg AARP in helping to launch this type of community oriented educational program.

Each partner in this endeavor has similar interests of their own; thus, we have experienced to date a lot of enthusiasm on both the conference planning committee and the LLI steering committee. The next meeting of the conference-planning group is in mid-January 2015 and we will focus on shaping the programs of the event.

We envision a conference like no other we have attended. It will be educational to be sure, but we see most small group sessions as active with participant involvement—a hands-on experience wherever possible. There will be something for everyone to learn, something to enhance one's own life.

This event likely will be presented in early fall, perhaps in mid-September. That time of year has worked well for the Health and Wellness Fair and we envision the LivingWell@50+ conference to occur at least every two years alternating with the Health and Wellness Fair.

Mark your calendars now—both mental and physical—and make a commitment to register for this event. You will not regret it.



## **Time to start thinking about taxes:**

Your local AARP Tax-aide site will be up and going strong again this year at the Christiansburg Recreation Center. If you need assistance with your taxes, please give the Center a call at 382-2349 for an appointment time. If you would like to volunteer and be a part of this program, please call Pat Ballard at 540-449-1804 or email at pballard@vt.edu for more information. We will start on Monday, February 2 and go through April 15.

### ***The schedule for tax preparation is:***

1:00 – 4:00 pm, Monday, Tuesday and Thursday  
9:00am – noon, Saturdays

## Meet the Blacksburg AARP President for 2015 - Terry Wildman

Terry is currently working on his fifth year of retirement from Virginia Tech, where he served for 35 years as professor of educational psychology in the College, and later School, of Education. For 13 of these years (1995-2008) he served in the Provost Office as Director of Virginia Tech's teaching support center—the Center for Excellence in Undergraduate Teaching. As an educational psychologist the central challenge across his career has been to help educators understand and apply new research on teaching and learning. The good news is that research and use of technology has led to a host of new ideas for making schools and other learning contexts more effective. Part of this ongoing transformation is the idea that degrees and other milestones—such as moving into the 50+ years—are simply invitations to new learning opportunities. Happy thought, but more about this later...



Two degrees at the University of Virginia during the 1960's provided preparation to teach in the area of special education, and a ROTC commission yielded the opportunity to serve in the Army Ordnance Corps at Aberdeen Proving Ground and then in Vietnam. Side note: One of many weird things about that war was seeing people come and go pretty much as individual and replaceable cogs in a big machine. Terry remembers not knowing a soul on the plane in either direction. But, it was soon back to teaching, and then on to Florida State University for the doctoral degree in educational psychology. Fortunately, a position opened at Tech just as Terry was finishing up, and the move to Blacksburg was a happy event, and has been very rewarding since.



Terry began what is probably an unlikely route to becoming a professor—on a tobacco farm in Mecklenburg County, Virginia. However, his mother, several aunts, sister, and other family members were teachers so perhaps there was some predisposition going on. However, in the early days it was all tobacco, gardens, hogs, chickens, cattle, mules and plenty to do just to keep a farm going. The rule was, with wood stoves to supply, eggs to gather, a cow to milk, animals to feed, etc., everybody had a job to do even outside the growing season. The benefits of these early responsibilities were probably appreciated more later in life than in the moment, but perhaps in the end these experiences will outweigh any publication record in a lifetime resume'.

But, work is not the only thing. Learning to fly in the late 60's ignited a long-term passion for airplanes. In fact, when Terry moved to Blacksburg, he joined the Hokie Flying Club even before buying a house. This is the club that was begun by our own Cecil McBryde and several fellow pilots. Flying, gardening, water and snow skiing, running, golf, and small farm maintenance provided perfect counterpoints to academic work. Motorcycling replaced flying a little more than a decade ago, and about 80,000 Harley miles have been logged since. Terry's wife, Sue Magliaro, often tries to capture his interests in a single phrase — "all forms of exciting transportation." Terry's son Justin, now in Colorado, helps facilitate this activity with annual skiing ventures and dirt biking in the desert. Thus far, the main thing changing with age is more self talk about "being careful" and, with retirement, the realization that not much needs to get done very fast.

Visit Your AARP Chapter Website at [www.blacksburgaarp.org](http://www.blacksburgaarp.org)

## AARP January 20th Program

### Moving? Thinking of Moving? Strategies for the Sale, and the Move

Everyone knows that moving, including both the buying and selling of one's home, can be extremely stressful—to the point where it often appears on lists of life's most stressful events.

Well, help and advice is available if you need it. Our presenters for the January program are Debbie Campbell, and Lesa Myers who are specialists with respect to what we'll just call *THE MOVE*. Debbie Campbell of *Stage 2 Smile LLC* is an expert in preparing properties for sale using home staging techniques. The process of home staging focuses on enhancing a property's appeal by de-cluttering, neutralizing, de-personalizing, organizing, and reconfiguring home furnishing arrangements. Essentially, home staging prepares a property, home or office, for maximum appeal to the highest number of potential buyers, thus helping you sell faster and for more \$\$.

Lesla Myers of *Project Move UP*, specializes in helping with the transition to your next space, as well as helping to de-clutter spaces so you can live more effectively and safely in your current home or office. These services include effective communication and coordination with any specialized providers who are facilitating your move. *Project Move UP* will stay with you through final move in.

As usual, these will be relatively brief presentations followed by a question and answer period.



Debbie Campbell  
Stage 2 Smile LLC

Lesla Myers  
Project Move UP

**Please Join the Blacksburg AARP Chapter each month, January through June, and September through December.**

Chapter meetings are held on the third Tuesday of each month, and begin at 11:30 am with a "bring your own bag lunch." Coffee and tea is provided. The chapter meeting and featured program begins at noon and ends at 1:00pm. We meet at the Blacksburg Community Center on Patrick Henry Drive.

## 2015 Policy Priorities from AARP VA

### Support Family Caregivers

Family caregivers play a critical role in care transitions as their loved ones move from hospitals to rehabilitation centers and back home. Today, nearly 50 percent of family caregivers are being called on to perform medical/nursing tasks, often with little or no explanation or guidance. That's why AARP Virginia supports policies that ensure that hospitals formally acknowledge a patient's family caregiver at the time of admission; notify the family caregiver at the time of discharge or transition; and, family caregivers are offered an explanation and live demonstration of the medical/nursing tasks they will need to perform at home. Ensuring caregivers get the instruction they need and are notified about care transitions supports caregivers and may reduce costly hospital readmissions.

### Retirement Security

AARP Virginia is fighting to put a secure retirement within reach for people who work hard and plan for their future. Many Virginians have no money in retirement savings accounts nor have any type of employer-sponsored retirement plan. AARP advocates for enactment of a Work and Save Plan that provides a convenient way for people to save on the job, and to continue to save if they change jobs.

### Fair Redistricting

AARP Virginia wants to ensure that the next redistricting process is transparent and provides a meaningful opportunity for interested parties and the public to participate effectively. AARP Virginia supports One Virginia 2021: Citizens for Fair Redistricting and their effort to promote discussion to find a path to fair redistricting.

### Home and Community Based Services

Currently funding for long term services and supports in Virginia is heavily focused on nursing homes and other institutional care facilities. By expanding access to home and community based services, Virginia would enable more people to be served in their setting of choice, such as their home, and potentially save money by paying for less institutional care. AARP Virginia supports reforms to the long term services and supports system that allows individuals to remain in their homes or home-like settings.

### Make Sure Budget Decisions are Fair to All Generations

We will monitor budget proposals to be sure that decisions are fair to all generations and do not place an unnecessary hardship on our most vulnerable citizens.

**For more information, contact David DeBiasi at [ddebiasi@aarp.org](mailto:ddebiasi@aarp.org) or (804) 344-3059.**



Blacksburg Chapter #2613  
Terry Wildman, President  
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Blacksburg, VA 24062

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 **Member Application for 2015**

Name: \_\_\_\_\_

Spouse/Partner: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Today's Date: \_\_\_\_\_

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

New  Renewal  90+ years old (free)

*Please make your check payable to "Blacksburg AARP Chapter #2613"  
and mail check and this form to:*

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