



March 2012
Vol. 29, No. 3

<http://civic.bev.net/aarp>

March 20 Chapter Program: Radford University Program in Gerontological Nursing with Prof. Virginia Burggraf.

The AARP Blacksburg Chapter 2613 will have a presentation by Dr. Virginia (Ginger) Burggraf who heads the Gerontological Nursing program at



Radford University. In addition to reviewing the offering at Radford University she will be discussing the changing concept of "Long Term Care." She writes a column each month in the Senior News, a regional newsletter, called "Ginger Says." There will be time for questions and answers after her presentation.

As usual the meeting will start at 11:30 a.m. with a brown bag lunch with beverages provided by the Chapter. The meeting will be held in the Blacksburg Community Center on Patrick Henry Drive. The meetings are adjourned at around 1 p.m. All meetings are open to the public and visitors are welcome to attend.

There also will be a brief "Table Top" talk by Chapter member Robert (Bob) Abraham about his many years of taking photographs in a wide variety of settings around the area. Bob's work will be on display starting at 11:30 as well as a chance to talk about the art of photography. He was scheduled for the February meeting, but was postponed due to illness. On short notice member James (Jim) Clouse brought a sample of his wood works of art from his collection called Sycamore Farms Woods. Jim also gave an overview of how

he carefully selects the wood for his finished products. He received a warm reception for his stepping in at the last minute.

Mark your Calendar for the April Meeting

The April 17 Chapter Meeting will feature a presentation by Prof. Terri Moore, Head of the Health Sciences Preparation Programs at New River Community College.

Volunteerism in Virginia: Alive and Well

By Ben Crawford

1.7 million Virginians volunteered from 2008 to 2010, according to VirginiaService.org. Residents of Virginia on average contributed **228.7 million hours** of volunteer service totaling **\$4.9 billion** of service to the Commonwealth. With an average of 38 hours served per resident, Virginia ranked 17th among the 50 states and Washington, DC.

The overall **national** volunteer rate decreased slightly, from 26.8% in 2009 to 26.3% in 2010. However, Virginia's volunteer rate increased from 28.1% in 2009 to 28.5% in 2010. Have you volunteered this year? We bet you have!

**"Deeds of loving-kindness are equal
in weight to all the commandments."**

-Jerusalem Talmud, Pe'ah 1:1

**"The heart's intention is the measure
of all things."**

-Maimonides, 12th Century

AARP 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.

PO Box 10082

Blacksburg, VA 24062

<http://civic.bev.net/aarp/>

News from the Agency on Aging

Tina King, Executive Director
New River Valley Agency on Aging

If someone asked “what is possibly the hardest but most rewarding work you can think of?”, what would you say? You would probably say being a caregiver, if you are or have been one. Caregiving is a role that many of us have filled at some point in our lives with different levels of involvement. While most admire those who fill this role, seldom is it celebrated. The Agency on Aging believes celebrating with and for those who support and help those they care for is a wonderful way to honor caregivers and care recipients.

Come and join your neighbors for some springtime excitement... **The Agency on Aging has teamed up with Warm Hearth Village and the Actors Theater of Blacksburg, to provide a fun and meaningful event from 2:00 p.m. to 4:00 p.m. on March 24th at the Lyric in Blacksburg.** This is a first annual “Celebration of Caregivers” event that will provide an afternoon of wonderful caregiver stories, joyous music provided by a live band and light refreshments. Also you can be a part of the creation of a “Caregiver’s Quilt” if you would like to create your own memory of a caregiver and/or a care recipient on a pre-formed quilt square, donated by Sew Attitude located in downtown Blacksburg. You can pick-up a quilt square to personalize prior to the event and have it added to the quilt during the celebration, or pick up a quilt square at the event to complete later. The Caregiver Quilt will be displayed at the Lyric during the event but will continue to be a “work in progress.”

There is no charge for the event, but donations of \$12 for general seating and \$15 for reserved seating is requested to off-set the cost incurred by our team of sponsors. Any extra proceeds will benefit the causes of all three sponsors; NRV Agency on Aging, Warm Hearth Village and the Actors Theater of Blacksburg. For more information on the event, you can view the Actors Theater of Blacksburg website at www.actorstheaterofblacksburg.org.

The Agency on Aging provides information on caregiving and related topics to individuals and groups. For information call (540) 980-7720 or e-mail nrvaoa@nrvaoa.org

Health Tip from *Home Sweet Home News**

by Larry Alexander

Home is more than the bricks and boards where you might be living. Home is where you are happy, safe and have your needs met.

The most recent issue of Home Sweet Home News is about retirement living and includes information on both Richfield Retirement Community in Salem and Warm Hearth Village in Blacksburg.

Six criteria for selecting a retirement facility include:

- ✓ What are the initial, monthly, and future costs?
- ✓ Which activities will you likely participate in?
- ✓ How far in miles and time will you be from family and friends?
- ✓ Have you spoken with someone who has lived there?
- ✓ How likely is that you would later be able to switch to an assisted living situation?
- ✓ Have you visited the facility to determine if it meets your needs now and in the future?

*The *Home Sweet Home News* published by Larry and Anne Alexander is an excellent source of useful information. You can read it online at www.homesweethomenews.com.

April AARP Driver Safety Course at Blacksburg Community Center

Spring is a great time to take an AARP driver safety course being offered at Blacksburg Community Center, 725 Patrick Henry Drive.

The course will be held on Thursday and Friday, April 19 and 20, from 1:00 to 5:00 p.m.

To pre-register for this course call Curt Finch at 552-8179. Course fee is \$12.00 for AARP members and \$14.00 for non-members, payable by cash or check to “AARP” on the first day of the course.

Sponsored by the Blacksburg Community Center and the Blacksburg AARP Chapter, this 8 hour classroom course assists drivers age 50 and over in refining current driver skills and developing defensive driving techniques. The course does not include any formal examinations. Course graduates may be eligible for multiyear discounts to their auto insurance premiums.

Community Conversation on Health Care Reform in Virginia

A Community Conversation sponsored by the local chapter of Virginia Interfaith Center for Public Policy will be held at 7:00 pm, Tuesday evening, March 20 in Asbury United Methodist Church in Christiansburg.

The evening will feature a presentation by Kathy May of Virginia Consumer Voices for Health Care. She will discuss Affordable Health Care Exchanges, one provision of the federal health care reform intended to make buying health coverage easier and more affordable. These Exchanges, starting in 2014, will allow individuals and small businesses to compare health plans and enroll in one that meets their needs. Under the Affordable Care Act, states are to establish these Exchanges. Virginia Consumer Voices for Health Care and the Interfaith Center have federal funds to help ensure consumer input into the development of the Exchange for Virginia.

For more information, contact Stephanie Gilmore at 552-3988.

"I believe if a private citizen is able to affect public opinion in a constructive way he doesn't have to be an elected public servant to perform a public service. **Warren Beatty**"

Financial Report Blacksburg AARP Chapter 2613 February 2012

Balance end of January 2012 **\$1,594.12**

Credits

50/50 Drawing	\$ 21.50
Interest	.04
Dues	435.00
TOTAL\$	\$456.54

Debits

Leslye Bloom (hospitality supplies)	\$ 36.47
John Hillison (postage)	38.79
Kopy Korner	126.00
Checks Unlimited (checkbook cover)	18.00
TOTAL	\$219.26

Balance at end of January 2012 **\$1,831.40**
Balance in reserve account **\$2,679.47**

Membership Report Blacksburg AARP Chapter # 2613 March 2012

Member Profile:

Category	Individual	Household
AARP 2012 Members	237	146
AARP 2011 Members	55	38
Lifetime Members	41	24
Life Members	10	9
Comp Members	18	18
<u>Honorary Members</u>	<u>3</u>	<u>2</u>
Total Membership	364	237

New Members: Terry Wildman

Membership Committee: Tom Alston (Chair), Sue Farrar, Jim Wightman

Need Help with Doing Your Taxes?

The AARP Tax Aide Program continues at the Christiansburg Recreation Center at 1600 North Franklin Street in Christiansburg. The program offers free tax service to taxpayers with low and middle-income, with special attention to people age 60 and older.

Hours of operation are Monday 9:00 am-noon; Tuesday 5:30 pm-8:30 pm; Thursday 1:00 pm-4:00 pm; Saturday 9:00 am-noon. Appointments can be made by calling 382-2349. The service is open between February 1 and April 16 for e-filing both federal and state tax returns.

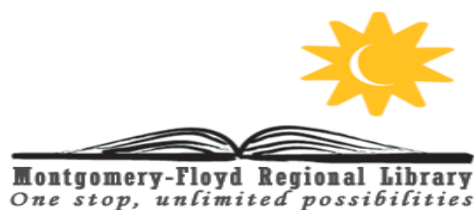
So far this year, over 400 e-fillings have been completed. Last year the program saw 911 clients and prepared 773 tax returns. A conservative estimate is that we saved clients approximately \$100,000 by providing the service.

This year we have 24 volunteers who run the program. A volunteer counselor must pass an exam in order to prepare a tax return and will spend 30-40 hours studying and working sample problems and then another 40-80 hours preparing taxes.

If you are interested in volunteering, please call Pat Ballard at 382-1189. There are other positions available if you are not interested in tax preparation.



May your blessings outnumber
 The shamrocks that grow,
 And may trouble avoid you
 Wherever you go.
 ~Irish blessing



New at the Public Library

By Elizabeth Sensabaugh,
Blacksburg Library Branch Supervisor

Keeping up with technology is both challenging and exciting for all ages. The Blacksburg Library is offering a couple of programs in March to help the community stay aware of available technology and even learn how to take advantage of popular media and devices. This month we're featuring programs about Facebook, a social networking service, and about current reading devices.

Free Facebook class on Thursday, March 22 from 10 a.m. to 12 p.m. Have you heard of **Facebook** but don't know much about it? Do you have some familiarity with computers (i.e. know the basics, such as how to use the mouse)? Would like to stay in touch with friends and family through Facebook? If so, call the library to reserve a seat at (540) 552-8246 ext. 0.

The way we read is changing, and electronic books can be read on a reading device with a free checkout from the Library's OverDrive catalog.

The Blacksburg Library is partnering with the Christiansburg Best Buy store to deliver an informational session about current technology and devices on Monday, March 19 from 11:00 a.m. to 12:00 p.m.! Devices for comparison and contrast will include a Nook, Kindle and an iPad. If you want to learn about popular devices that you might want to purchase, this is a fantastic opportunity for you! Nooks and Kindles are available for checkout, for free of course, with a MFRL library card!

If you already have a device but need more help using it, this is also an ideal program for you to attend!

Following the Best Buy session, a staff member will show interested participants how to use OverDrive to download eBooks to your device on Monday, March 19 from 12:00 p.m. to 1:00 p.m. Registration is appreciated but not required! Please call (540) 552-8246 ext. 109 to reserve your seat.

New Large Print Mysteries Available to the Library

Mystery stories captivate readers with their presentation of puzzles, clues, and investigations. Here are a few new mysteries we've received at the Montgomery-Floyd Regional Library this month.

- ***The Chocolate Castle Clue***
by JoAnna Carl

JoAnna Carl returns with another Chocoholic Mystery. Main character Lee McKinney sells chocolates and solves crimes with style and flavor.

- ***The Dog Who Knew Too Much***
by Spencer Quinn

Bestselling author Spencer Quinn (author of *Dog On It*) offers a new story about *The Dog Who Knew Too much*. Dog Chet uses his nose to sleuth out the details of a crime.

- ***The Hunter***
by John Lescroat

Popular author John Lescroat delivers a cat-and-mouse game of a story that spans exotic and dangerous locations.

- ***Love In A Nutshell***
by Janet Evanovich and Dorien Kelly

Authors Evanovich and Kelly pair up to deliver an intriguing novel of romantic suspense and sabotage!

Participate in Research on Slips and Falls

Participants aged 65 and above are needed for a Locomotion Research Lab study on slips and falls risks assessment. This study consists of one session for about 3 hours. Compensation will be paid on an hourly basis. Please contact Xuefang Wu at xfwu@vt.edu for more details.

Participants aged 50-64 are also needed for a Locomotion Research Lab study on the effects of localized muscle fatigue on risks of slips and falls. This study consists of four sessions, with each session of 3-4.5 hours. Compensation will be paid on an hourly basis, at \$10/hour, with \$40 bonus for the ones who finish the entire study. Please contact Xuefang Wu at xfwu@vt.edu for more details.

AARP Chapter 2613 Board Minutes March 6, 2012

Call to Order—Vice President Tom Alston called the meeting to order at 10:02.

Officers Present: Vice President Tom Alston, Secretary Virgil Cook

Board Members: Leslye Bloom, John Hillison, Jim Montgomery, June Schmidt

Non-board-member committee chairs and appointees: Doris Abraham, Larry Alexander, Nancy Eiss, Curtis Finch, Wendell Hensley, Margaret Kates, Carl McDaniels, Jewell Ritchey, Sally Anna Stapleton, Edd Sewell, Juanita Wightman

Approval of minutes--John Hillison moved that the minutes be approved. The motion passed.

Announcements—Virgil Cook asked the board to grant permission for Elaine Cook, President of the Blacksburg Host Lions Club, to bring notecards to the chapter meeting on March 20 to give members the opportunity to buy cards. The cards feature peace posters designed by students at Blacksburg Middle School. The board agreed to give Elaine two minutes to announce the availability of the cards.

Officer Reports--Don Creamer has written a letter to the Community Foundation of the New River Valley endorsing a grant application by VCOM for its scholarship for students who agree to practice geriatric medicine.

Treasurer's Report—Because Brian Allen was absent, Vice President Alston distributed the report, which is highlighted below.

Balance at the end of January, 2012, \$1,594.12. Total income was \$456.54. All but four cents in interest came from membership dues. Total expenses were \$219.26. The largest expense was the cost of the newsletter, \$126.00. The balance at the end of February was \$1,831.40. The balance in the reserve account is \$2,679.47.

June Schmidt moved that the report be received. The motion passed.

Membership Report--Tom Alston. Eleven members have not paid 2012 dues.

John Hillison pointed out that we based our budget on 175 dues--paying units.

Several people volunteered to call people about renewing membership. Tom Alston and Don Creamer have written a questionnaire asking what the chapter can do for them. The questionnaire will be distributed at the March 20 chapter meeting.

Social Security and Medicare forums—Tom Alston asked for volunteers to attend a conference on March 22 at the South Roanoke County Library.

Programs—The March 20 program will focus on the Radford University Geriatric Nursing program. Dr Virginia (Ginger) Burggraf, Program Head will speak.

Legislation—Because Val Coluni was absent, Vice-president Alston distributed the following report.

1. Legislation. We have had mixed results-some success and some disappointments.

A. Success-looks like the nurse practitioner and the voter ID bills will pass with some minor changes that are not detrimental to the end results we were looking for. Also there were several other less significant bills that we supported that also should pass.

B. Disappointments-Financial exploitation of elders is dead until next session. The re-districting bill is also dead until next session as is the payday lending bill. The budget bill is in limbo with much hostility and name calling taking place in the assembly. It looks like a special session may take place this summer to get the necessary approvals on the final bill. All in all I believe that our efforts made a difference and our batting average is acceptable. But a greater effort must be made next session in particular on the exploitation issues. There is tremendous effort by the "power brokers" to maintain the status quo.

2. I had a personal meeting with former delegate David Nutter and was pleased how the meeting went. I don't know him very well but I believe he has some of the same values as we do.

3. Members of our chapter will be participating in some activities with AARP on the social security issues and we will be participating in a local seminar on elder abuse at RU in late March.

Larry Alexander reported that there will be a program on elder abuse at Luther Memorial Lutheran church on Sunday, April 15, at noon.

Wendell Hensley reported that he will report on meetings of the Montgomery County Board of

Supervisors, and Val Coluni will report on Blacksburg Town Council.

Community Service--Sally Anna Stapleton reported that the tax-preparation program is going very well.

Public Relations--Nancy Eiss. Nancy passed around flyers on this month's chapter meeting. The committee will meet tomorrow on the wellness fair.

Hospitality--Leslye Bloom. Leslye has \$8.44 from member contributions at the chapter meeting, in the fund.

Driver's ED--Curt Finch. There are many people who want to take the course. THE MARCH COURSE will be held at the Center on Tuesday and Wednesday March 13 and 14 from 1:00 to 5:00 p.m. To pre-register for this course call Cecil McBride at 552-4396. THE APRIL COURSE will be held at the Center on Thursday and Friday April 19 and 20 from 1:00 to 5:00 p.m. To pre-register for this course call Curt Finch at 552-8179.

Health--Larry Alexander. The most recent health letter has information on the kinds of facilities that house seniors. The letter features two large senior communities in California and Florida, and Richfield and Warm Hearth in our area. The mammoth facilities in California and Florida provide nothing when your health deteriorates. Richfield and Warm Hearth do. A previous letter features Rita Burrows who had the luxury of living most of her adult life with her son.

Health Fair--John Hillison. We have received a check from Lewis Gale Montgomery Hospital for support. A growing number of organizations now contribute by using credit cards. Some go to the VCOM Web site.

Newsletter--Edd Sewell. We have insufficient storage space for our Web site. He will be looking for servers, which will allow us to store more material.

Awards--Juanita Wightman. Juanita wants to run a statement in the April and September newsletters asking for nominations so that she can get plaques and certificates done in time for presenting awards at the Christmas Luncheon. The Leading Lights Award program will take place on April 12.

Upcoming Events--Carilion New River Valley will hold a Women's Lifestyle exhibition on April 14 at the New River Valley Mall.

Adjournment--The meeting was adjourned at 11:29 a.m.

Virgil A. Cook, Secretary

The man who views the world at 50 the same as he did at 20 has wasted 30 years of his life. ~ Muhammad Ali

The great thing about getting older is that you don't lose all the other ages you've been. ~ Madeleine L'Engle

Some ways to save money when grocery shopping

From National Institutes of Health, National Institute on Aging

The website (<http://www.nia.nih.gov/>) for the National Institutes of Health, National Institute on Aging is a useful website for information on a wide range of topics relevant to health and nutrition.

Here are some suggestions on how to save money when doing your grocery shopping:

- Ask your local grocery stores if they have a senior discount or a loyalty or discount card. Besides getting items at a lower price, you may also get store coupons.
- Use coupons to help you save money. Remember that coupons only help if they are for things you would buy anyway. Sometimes, another brand costs less even after you use the coupon.
- Consider store brands—they usually cost less. These products are made under a special label, sometimes with the store name. You might have to look on shelves that are higher or lower than eye level to find them.
- Be aware that convenience costs more. You can often save money if you are willing to do a little work. For example, buy whole chickens and cut them into parts; shred or grate your own cheese; make your own yogurt smoothie; and avoid instant rice or instant oatmeal. Bagged salad mixes cost more and might not stay fresh as long as a head of lettuce.
- Look at unit prices. Those small stickers on the shelves tell you the price but also the unit

- price—how much the item costs per ounce, per pound, or for a standard number. Compare unit prices to see which brand is the best value.
- Try to buy in bulk, but only buy a size you can use before it goes bad. If you buy meat in bulk, decide what you need to use that day and freeze the rest in portion-sized packages right away.
- Focus on economical fruits and vegetables like bananas, apples, oranges, cabbage, sweet potatoes, dark-green leafy vegetables, green peppers, and regular carrots.

- Think about the foods you throw away. For less waste, buy or cook only what you need.
- Resist temptations at the check-out. Those snack foods and candy are put there for impulse buying. Save money and empty calories!
- Choose less red meat, processed foods, baked goods, and snacks. You'll save money and make smart food choices too.

2012 Officers & Board Members

Officers

President	Don Creamer	dgc2@vt.edu
Vice President	Tom Alston	tpalston@gmail.com
Secretary	Virgil Cook	vcook@vt.edu
Treasurer	Brian Allen	brian.allen@prodigy.net

Board of Directors

Class of 2012 -- Mary Ann Hinshelwood, mah@mahinshelwood.com, June Schmidt, schmidtj@vt.edu
Class of 2013 -- Tom Alston, tpalston@gmail.com; Jim Montgomery, jhmontgome@verizon.net;
 Juanita Wightman, Wightman@vt.edu
Class of 2014 – Leslye Bloom, leslye@leslyebloom.com; John Hillison, johnhillison@comcast.net;
 Mary Ann Hinshelwood, mah@mahhinshelwood.com

2012 Committee Chairs and Members

Committee

Caring
 Chapter Awards

 Community Service
 Driving Safety Courses

Financial Planning and Audit

Health
 History
 Hospitality

Legislative

Membership

Newsletter Editor
 Nominating
 Program

Public Relations
 AARP Virginia Liason
 VTRA Liason
 Chaplin

Chair/Members

Margaret Kates
 Juanita Wightman
 Jim Montgomery
 Sally Anna Stapleton
 Curt Finch
 Cecil McBride
 June Schmidt
 John Hillison
 Dale Oliver
 Larry Alexander
 Doris Abraham
 Leslye Bloom
 Sue Farrar
 Val Coluni
 Ben Crawford
 Tom Alston
 Jim Wightman
 Edd Sewell
 TBA
 Carl McDaniels
 Jewell Ritchey
 Nancy Eiss
 Ben Crawford
 Margaret Kates
 Sandy Birch

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~ You are ONLY YOUNG ONCE, but you CAN
 Stay IMMATURE INDEFINITELY. ~ Ogden NASH

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

**Nonprofit
Organization
U.S. Postage Paid
Blacksburg, VA
Permit No. 32**

AARP Chapter #2613 Member Application for 2012

Name: _____

Spouse/Partner _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Prefer to receive newsletters: (check one)

Mail _____ Email _____

Annual (Calendar Year) Dues: \$15.00

(includes spouse)*

New _____ Renewal _____

90+ years old (no dues) _____

Today's Date: _____

Make checks to AARP Blacksburg Chapter #2613

And mail to

P.O.Box 10082,
Blacksburg, VA 24062

***Local Chapter membership requires membership in National AARP. For more information, call 1-888-287-2277 or mail national dues to AARP, 601 E Street, NW, Washington DC 20049.**