



May 15 Chapter Meeting

Combining Socialization and Fitness Technologies to Increase Exercise and Improve Well-Being

France Bélanger, the R. B. Pamplin Professor and the Tom & Daisy Byrd Senior Faculty Fellow in the department of Accounting & Information Systems, and James Tabitha, Associate Professor in the department of Business Information Technology of the Pamplin College of Business at Virginia Tech, will share their recent research findings regarding the effects of fitness technologies and mobile devices on exercise and well-being.



Dr. France Bélanger



Tabitha James

COMING SOON!

MEMORY MASTERCLASS

offered by VT Adult Day Services

This course will teach strategies for a healthy lifestyle that maximizes brain health as you age.

For more information or get on the mailing list:

Ila Schepisi, Director

540-231-3161

vtadulldayservices@gmail.com

Look for more information in the next AARP newsletter.

President's Column *by Wendy Baldwin*

Getting and Using Reliable Medical Information

Medical issues are central for many of us, and AARP is a reliable friend as we deal with the physical challenges life throws at us. But the medical system is complex. How do we navigate a complicated system when we may not feel our best?



Working with your Physician

The first step is to have a good primary care physician, one whom you trust. He or she will know your history as well as the medical resources in your area.

What if you cannot remember all that your doctor told you? How can you comply with instructions if you don't recall what was said? Here are two strategies to consider: (1) take someone with you whose role is to take notes, or (2) record the session. If you have a smart phone you already have a recording device. And since Virginia is a one-consent state, you can record without getting your provider's consent. I always ask if I may record the encounter because I am interested in the reaction of my provider. I can happily report that for every request to record, the response has been positive. I also prepare a list of questions prior to each visit, and I check off each question answered to ensure all are addressed. Sometimes I email my list to the provider prior to our visit to let them know what I have been thinking. Most doctors want informed patients and patients who can remember what was said during an exam. There is great peace of mind being able to review what was said, what your options are for further treatment, or what to expect with different courses of action.

I hope some of these tips can help you have a great interaction with your own doctor.

Using Internet Resources

Many of us turn to the web for medical information. The web is a great resource, but using its information can be risky. Not all information comes from credible sources.

please turn to page 3

Upcoming Events

May 22: Tickets go on sale for Moss Arts Center 2018-19 season

June 1: Art Walk in downtown Blacksburg; see the winners from the AARP inaugural "Arts Across Generations" competition

June 12: Primary election in Virginia (US Congress); information at elections.virginia.gov

June 19: AARP picnic 5-7:30 pm (p. 2)

Mother's Day Drive Yields 245 Pounds

Thank you to everyone who donated food and supplies to support the Blacksburg AARP Chapter Mother's Day Food Drive at our April 17 meeting.

We donated 245.5 lbs of food and supplies to the Interfaith Food Pantry along with \$55.00 in cash. This chapter project proved to be a great success thanks to each and everyone of you!

Wendy Baldwin, chapter president, said "I am so proud of our chapter stepping up and helping make Mother's Day memorable for women in need."

Jerry Niles, vice president, suggested that we hold a Mother's Day drive for food and supplies every year.

Thank you for your support and effort.

*AARP Blacksburg Chapter
Community Service Committee,
Sally Anna Stapleton, Chair*

June picnic: Tuesday, June 19

We will gather at the farm home of Terry Wildman and Sue Magliaro for a picnic and live music. The chapter will provide chicken BBQ. Please bring an appetizer, side dish, or dessert to share. If you want a beverage other than lemonade or tea, please bring that, too.

Date / time Tuesday, June 19, 5:00–7:30 pm

Location 3335 Elk Creek Drive, Christiansburg; phone: 540.320.5599 or 540.382.5577

Food chicken BBQ from Due South + homemade chili. Lemonade, ice tea, and water will be provided. Bring an appetizer, side dish, or dessert to share + your beverage.

Sign up Go to tinyurl.com/aarp-picnic2018 to tell us how many people will come, which food you will bring, and whether you need a ride.

Directions From exit 114 on I-81 south, turn south on Route 8 toward Floyd.

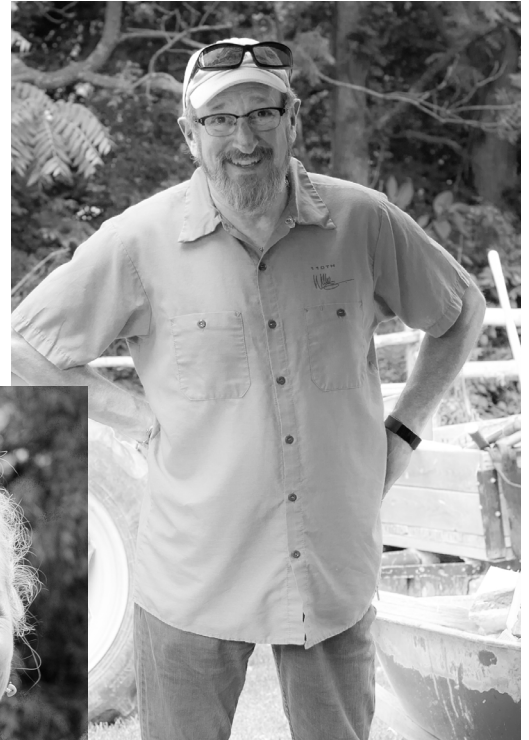
Go 2.7 miles south on Rt. 8. Turn right on Childress Road (Rt. 693). Aly's restaurant is located on your left at the intersection.

Drive 3.3 miles on Childress Road.

Turn left onto Elk Creek Drive, the entrance to Childress Estates. *Look for colorful balloons here.* Follow Elk Creek Drive to the cul de sac, about a third of a mile. Turn right on the first driveway at the cul de sac (more balloons!) and at this point you will see the parking area.

From Radford, the best route is south on Tyler Road (passing the Radford hospital), which dead ends at Childress Road. Turn left on Childress Road, go uphill about a quarter mile and turn right onto Elk Creek

Faces from the 2017 picnic photos by Peter Magolda



President's Column (continued)

Identifying Reliable Sites. A first step is to look at the URL. A URL that ends in .gov comes from a government source. Two good government sources for medical information are www.CDC.gov (Center for Disease Control) and www.NIH.gov (National Institutes of Health). Information on these government websites is carefully vetted, undergoes scientific review, and contains references to document the sources. Thus, these are reputable sources. Wikipedia increasingly provides references for material posted on their site.

Established medical organizations, such as Memorial Sloan Kettering and the Mayo Clinic, also provide reliable information because they have the reputation of the organization to maintain. Associations dedicated to specific diseases, such as the Alzheimer's Association (www.alz.org), also have a commitment to the accuracy and reliability of the information they publish.

While this list is not exhaustive, it provides a starting place to get sound medical information on the web.

Travel Health information. The State Department travel site travel.state.gov/ will inform you about health risks, required vaccinations, and precautions in the international regions you plan to visit. (Click on the "International Travel" tab.) Also check the World Health Organization site www.who.int/ith/en/. Be sure to read the details since a travel advisory may be for one specific area and may not apply to the region you are visiting.

Drugs and Supplements. You may be able to find the package insert for a prescription at the site of the drug company that makes it. This drug-specific information is comprehensive, reviewed by experts, and approved by the FDA. When you read online, you can control the font size on your computer, whereas the insert may be in tiny print that I, for one, cannot read! However, because drug companies benefit from your appropriate use of their product, they may be less likely to encourage you to look at alternative approaches, drugs, or devices.

Federal regulations for drugs are different from and more stringent than the regulations for dietary supplements. Thus, the information provided by dietary supplement or natural product companies may be less balanced and may not be based on solid scientific facts that drug companies are required to adhere to. This makes it difficult for you to determine the safety and efficacy of these products.

Two good, science-based sources of information on dietary supplements are the NIH Center for Complementary and Integrative Health (NCCIH) at nccih.nih.gov/ and the NIH Office of Dietary Supplements at ods.od.nih.gov/. The NCCIH site also provides helpful synopses of existing scientific information on alternative medicine's approaches to a range of medical problems. Regardless of the amount of information you review, be sure to tell your doctor what dietary supplements you are taking because they can interact with other medications prescribed for you.

Personal Testimonies. Less useful (but sometimes more entertaining) are sites based on personal experiences rather than on research and science. Some of these can be links into support groups, but others are really just individual experiences with a

disease, symptoms, or side effects. These can be very idiosyncratic. A medicine that has a one in ten thousand chance of a bad side effect is a really safe drug, but that one person who experienced a bad effect can write a blog and make the drug sound very scary. Readers need to know how common or rare that experience is. Similarly, a person who has experienced a favorable outcome from an over-the-counter product may feel better, but the outcome was not necessarily related to the product. As we all know, colds run their course even if we take nothing for them. Some "testimonies" are actually scams, produced by a seller of a product to motivate purchase.

We have options for becoming informed about our medical issues and treatments. Working responsibly with a physician and other sources of information should yield good results.

Health Fair Scheduled for September 19 in Christiansburg

Mark your calendar for Wednesday, September 19, 2018 to attend the Health and Wellness Fair. The event is sponsored by the Blacksburg AARP in cooperation with the Virginia College of Osteopathic Medicine (VCOM) and Christiansburg Recreation Center.

We would like to welcome our first gold sponsors, our very own AARP Virginia and Radford Health and Rehab. LewisGale Hospital Montgomery is a silver sponsor. Bronze sponsors include Bathfitter #76, Body Mind Arts, Pulaski Adult Day Services and Fall Prevention Center, and Velocity Care (Carilion Clinic). Watch for more highlights of sponsors and services in future newsletters.

Visit the health fair for free flu shots as well as pneumonia and shingles vaccinations. Learn about the Trager approach of movement education and mind/body integration.

The health fair will take place in the Christiansburg Recreation Center, 1600 North Franklin Street, 12:00–4:00 pm. Visitors are encouraged to explore ways to stay healthy, feel healthy, and age well. The fair is open to the public at no charge.

Please join us on September 19. If you have not exhibited in the past but are interested for the 2018 fair, send an email to Jennie Reilly jenmik@vt.edu, Leslie Pendleton lkpendleton@vt.edu, or Sandra Griffith sandrag@vt.edu.



The Micah's Program at Warm Hearth Village *by Karen Nelson*



The Warm Hearth Foundation is very fortunate to partner with many individuals and businesses throughout our community to provide for the needs of low-income seniors on our campus. We believe that aging with dignity should not be a question of ability to pay. This principle guides our work daily and led to the creation of our Neighbors in Need and Micah's Programs.

In 2012, Pastor John Wertz from St. Michael Lutheran Church approached us to partner on a new program that would help seniors in the community who were faced with food insecurity. Micah's Soup for Seniors was launched that fall and initially served 60 seniors each month. Micah's Soup for Seniors has continued to grow and now serves 100 seniors monthly providing a grocery distribution of shelf-stable food items. The program not only provides nutritional assistance, but an opportunity for social interaction with volunteers. Last year, Micah's Soup for Seniors provided more than \$19,000 in assistance to residents.

As we began to address food insecurity on our campus, we soon realized that our neighbors needed access to fresh produce in addition to the shelf-stable food items. In 2015, Micah's Garden began to grow at Warm Hearth Village thanks to a grant from the Community Foundation of the New River Valley. Our apartment neighbors have been growing their own vegetables in raised garden beds located behind the Karr Activity Center for the past three years. In addition, we partner with the NRV Glean Team to provide fresh fruits and vegetables throughout the summer growing season. In 2017 alone, we provided over 6,000 pounds of fresh produce to our neighbors.

By 2016, food insecurity was not resolved on our campus, but the impact had been lessened. However, we uncovered that our neighbors in many cases were isolated and withdrawn due to another need. Our Service Coordinator noticed that many residents were seen less frequently toward the end of the month. As we investigated, we learned that many of them were choosing to isolate themselves due to a lack of laundry detergent, soap, shampoo, and incontinence products. Through partnerships in the local community, we added our Micah's Personal Care Items program to help address these needs.

The Micah's Personal Care Items Program continues to grow and presently serves 50–60 seniors each month. Products are distributed on an as-needed basis through our Service Coordinator. Our most requested items are toilet paper, laundry detergent, paper towels, liquid dish detergent, and incontinence products. Thanks to

the program, our residents are no longer isolating themselves for lack of access to these basic necessities.

Each year we evaluate the programs serving our neighbors for their effectiveness and to determine if there is a need for additional programs. Next month I will share with you information about our newest program, Micah's Pets, and tell you how we also assist neighbors with emergency needs across our campus. If you would like to learn more about our programs please call 540-443-3406 or email knelson@warmhearth.org.



Blacksburg Newcomers' Group



Micah's Garden

1. Legislation: Family Caregivers Act. President Trump recently signed this Act which is designed to provide relief to those millions of people who directly support those who have health conditions and/or functional limitations/developmental disabilities. At last report about 40 million care givers provided unpaid care valued at about \$470 billion. Their efforts save taxpayers millions of dollars by transferring costs (healthcare and services) to them and not to the government. In so doing they take on not only physical and financial responsibilities but emotional experiences as well.

The Act directs the federal government to develop a national strategy with a first step appointing an advisory council to recommend a number of actions (workplace respite relief, financial) to address these needs. AARP has for a number of years suggested such actions both at the Federal and State level. Most recently your local AARP chapter suggested that an AARP representative be included in the membership of the Federal Advisory Council along with reducing the timeline for submitting their report from 18 months to 12 months. One action which has already taken place and might be a time saver for the above advisory council is the work done for those with Alzheimer's.

2. Nurse Practitioners (NPs). The Virginia General Assembly approved giving NPs more authority/autonomy to treat us provided they have the required clinical experiences as well as the necessary certifications and licenses. This will greatly expand their availability throughout the state as many of these NPs already meet these requirements.

3. Legislation: The Consumer Financial Protection Bureau (CFPB). This is a federal agency with multiple purposes, one of which is enforcing federal consumer financial laws. This agency was extremely active during the economic problems in our country in the years 2007 through 2010. The current director (Mick Mulvaney) believes that the Bureau was far "too powerful" in their decisions in the past and may have created some conditions which were actually harmful to consumers. Others feel strongly that that was not the case. During the recent management transitions at the Bureau, the conflicts became so great that the judiciary had to step in to rule on "who had the authority to appoint a new Director of the Bureau." With that issue decided, the current acting director has proposed four recommendations to Congress to hopefully "to bring this battleship into calmer waters."

A side bar for me to share with you is that this agency has a terrific library on many subjects useful to the consumer. Visit them—it should be fun. Website: consumerfinance.gov.

AARP Legislative Priorities 2018

Expand Medicaid—Close the Coverage Gap

AARP Virginia urges the General Assembly to draw down available federal funds to close the health insurance gap. Closing the coverage gap with federal dollars will free up money in the general fund that can be used to improve the delivery of state services, such as mental health and substance abuse assistance, as

well as helping the thousands of Virginia veterans who also fall into the coverage gap. Closing the coverage gap would bring in an average \$1.7 billion in new federal funding per year, helping to create an estimated 15,000 jobs in health care and generating \$74 million per year in new state and local tax revenue.

Increase Retirement Security

AARP Virginia is fighting to help people who work hard and plan for their future build a secure retirement. Many Virginians do not have retirement savings accounts or an employer-sponsored retirement plan. AARP advocates for enactment of a Work and Save plan that would provide a convenient way for people to save for retirement through payroll deduction IRAs, helping workers and their employers.

Increase Long-Term Care Ombudsman Funding

Many long-term care recipients are medically or emotionally too frail to speak up for themselves. The state Long-Term Care Ombudsman Program, which acts as the voice for these individuals to resolve care problems, prevents suffering and unnecessary hospitalization and saves taxpayer dollars. The minimum staffing ratio set by the General Assembly is one Ombudsman to every 2,000 nursing home and assisted living beds. AARP Virginia advocates for a modest increase of \$235,204 (10 percent of full funding) to be appropriated to fund an additional three to four full-time positions.

Ensure that Decisions are Fair to All Generations

We will continue to monitor budget proposals and other legislation to be sure that decisions are fair to all generations and do not place an unnecessary hardship on vulnerable Virginians.

For more information, contact Barry Butler, bbutler@aarp.org



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.

Chapter Officers 2018

President • Wendy Baldwin, wendybburg@gmail.com
Vice President • Jerry Niles, niles@vt.edu
Secretary • Pat Hyer, hyerp@vt.edu
Treasurer • Pat Ballard, pballard@vt.edu
Assistant Treasurer • Ruth Anne Niles, rniles2@icloud.com

Board of Directors

- 2018—Wendy Baldwin, Ryan Martin, Lisa Moose
- 2019—Tamara Hodsden, Peter Magolda, Jim Montgomery, Wanda Smith
- 2020—Isabel Berney, Jeananne Dixon Bame, Hugh VanLandingham


Newsletter editors: Carolyn Rude, Sandra Griffith

Website: www.blacksburgaarp.org



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Blacksburg Chapter  Member Application for 2018

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: .

Ryan Martin • P.O. Box 10082 • Blacksburg, VA 24062