



# BLACKSBURG NEWS

Volume 20, Issue 1

Chapter # 2613

January 2003

**It is time to pay your 2003 dues.**

**BLACKSBURG AARP CHAPTER DUES**

**\$6.00 individual or \$10.00 for husband and wife**

**Please renew your membership.**

## PRESIDENT'S MESSAGE

Pat Palmer

We are ready to start a new year. It is an honor to be elected as your president for the coming year. As your new president I will do my best to carry forth the organization in the path set forth by my predecessors. I have had some health problems develop so will continue as long as I am able to the best of my ability.

I would like to congratulate President Ben Crawford and the past officers for a job well done in the year 2002. We are happy to have Phyllis Talley continue as our capable secretary for the coming year. We were saddened by the death of our very able treasurer, Ralph Cecchini, who had served the organization for a number of years. He will be missed. Associate treasurer, Ray Murley will assume the duties of treasurer for the coming year. The Board elected Jim Moore as associate treasurer.

The following officers, Phyllis Talley, Pat Palmer, Ben Crawford, and Dan Fleming will be attending the officers' training meeting in Christiansburg on January 22, 2003. We hope to come away with some new ideas for this new year. Officers attending the December Officers' training meeting in Roanoke were Pat Palmer, Ben Crawford, Joyce Martin and Darrel Clowes. It might be noted that it took us four hours to return from that meeting due to the severe weather that arrived on that day.

## CHAPTER AWARDS

Bob Blanton

The Blacksburg AARP Chapter honored two very deserving individuals at the Christmas Luncheon. The *Community Spirit Award* recognized Jim Faiszt for his efforts to exemplify the goals of AARP through his volunteer activities to better the lives of older Americans. Darrel Clowes was awarded the *Chapter Service Award* for his continued work on behalf of the local chapter.

## MEMBERSHIP UPDATE

Brian Allen is our new Membership Chair. If you have friends who should be members, please bring them to the January meeting and encourage them to join. ***Dues for 2003 can be paid at the meeting or sent to Brian.***

**Brian Allen**

**P. O. Box 10652**

**Blacksburg, VA 24062-0652**

If you have changed your address, be sure to notify Brian; also, if you have an e-mail address please give it to him.

Have I paid my dues? Check the mail label on your Newsletter. If "2003" appears on the label, you have paid for the current year. When you pay your 2003 dues, the label will read "2003." There has been a question as to the meaning of the "N" at the end of the year on some of your mail labels. "N" denotes that you are a new member.

Those of you who are 90 years old and older do not pay dues. Your label should read "Life Member." The current membership list has the following members that are 90 years of age or older:

Fay Hoy	James McCann
Esther McKenna	Beverly Printz
Nelle Trent	Lottie Trimm

If you know of corrections to this list, please tell Brian or Don Elson so that our membership records are correct.

## AARP MEMBERSHIP LIST UPDATES

If there are corrections to the Membership List as published in the May Newsletter (blue paper), please notify Brain Allen or Don Elson.

## VOLUNTEER RECOGNITION CELEBRATION

The Blacksburg Chapter of AARP will once again join together with the Red Cross, YMCA, and Voluntary Action Center of the New River Valley to host an upcoming Volunteer Recognition Celebration. Plans are underway for this event, which will be held in early spring. June Schmidt is representing our chapter on the planning committee.

Organizations throughout the New River Valley will be contacted and encouraged to nominate outstanding volunteers to be recognized at this special event. A highlight of it will be the awarding of the *Jim and Lenna Moore Citizenship and Community Service Award*. Both Jim and Lenna were exemplary in their service to the community and to our AARP Chapter.

June will need assistance from other members of our chapter to help with both the planning and conduct of the event. Please let June know of your interest in serving with her on the Volunteer Recognition Celebration Committee at our January 21 meeting or call her at 552-1590.

## FUTURE MEMBERSHIP PROGRAMS

January 21: Walnut Spring. Dr. James Otey Hoge, Professor of English at Virginia Tech will talk about the fascinating history of his home. Walnut Spring was built before the Civil War and has been in his family since then. See you at 11:30 a.m.

Future meetings: (being planned)

## LEGISLATIVE REPORT

Dan Fleming

Virginia's AARP advocacy team reviews and identifies key issues important to the 900,000 members in the state. They focus on health care, economic security, consumer protection, long-term care and independent living. Key priorities for 2003 are the following:

1. Find revenues to protect these already under funded health care services for the most vulnerable Virginians including disadvantaged families, children and the elderly. One logical source of revenue for such services is an increase in the state cigarette tax. A recent survey of Virginia citizens commissioned by AARP found that 61 percent favored an increase in cigarette taxes of 60 cents a pack to protect and fund health and long term care programs. Virginia's cigarette tax, now at 2.5 cents per pack, is the lowest in the nation. The national average is about 60 cents a pack and increases in the tax are likely in several states. It appears that the General Assembly may cut even more funds for hard hit health care services this year including the state Medicaid program.
2. Virginia is one of 18 states without an adequate prescription drug assistance program to help low-income Virginians. AARP Virginia will advocate an adequate state prescription drug program.
3. Some predatory lenders take advantage of consumers who have little or no ability to repay a loan. These lenders tack on large fees to already high interest rates, knowing that the borrower will default on the loan and may lose their home.

Virginia's predatory lending law does not go far enough to protect our most vulnerable consumers, so AARP will advocate for a stronger predatory lending law.

Other items on the AARP agenda for the 2003 General Assembly include: fully funding of the Caregivers grant program; fully funding the public guardianship program; and increasing the personal maintenance allowance for elderly and disabled Medicaid Waiver beneficiaries to allow these beneficiaries to be served at home in their communities. AARP supports a stronger telemarketing law to provide mandatory enforcement of the "Do Not Call" List to help protect older Virginians from telemarketing scams; supports legislation to provide help for older Virginians and others who become victims of identity theft; and the development of a long-term care plan for Virginia including setting standards for care to help prepare for the dramatic growth in older Virginians who will need these services in the next 10 years. Finally, AARP supports full payment of unemployment insurance for older workers who have returned to work and then are laid off their jobs.

## **JOINT YARD SALE WITH MT. TABOR RURITANS**

Frank Lau

It's about strengths and weaknesses. Blacksburg AARP has done it in the past, but now finds it cannot do it alone. Mt. Tabor Ruritans has not done one, but has the facilities and experience with large projects. So what about helping each other?

The first thing is forming a joint committee, to lay out a plan. The shelter at Slussers Chapel is the Ruritan base, and April 26th is a date to aim for. Jim Moore has provided me with a yard sale plan, so a committee would have a good start. Both Clubs would benefit and a new concept could be put into play --- Joint help for the good of the whole Community.

If you care to explore this project, please let me know, so the (NAME PLEASE?) can get started.

Mt. Tabor Ruritans has authorized the formation of the committee. At the general meeting of Blacksburg AARP on January 21st, please volunteer. You may call me beforehand at 961-0516, or franklau@earthlink.net. By the way, I'm the 2003 President of Ruritan Club.

## **INCLEMENT WEATHER POLICY**

The Board of Directors, at its January 1998 meeting, adopted the following policy relative to Board and/or chapter meetings during inclement weather:

AARP Board and/or chapter meetings will be canceled if Montgomery County Schools are closed due to inclement weather on days AARP Board and/or chapter meetings are scheduled."

## **PRESCRIPTION PERILS**

Have you ever suffered a side effect from prescription drugs? About one in five patients does. Did you mention it to your doctor? Probably not, according to a recent study in the Journal of General Internal Medicine.

Stomach upsets, sleep disruption, fatigue, and mood changes are the most common side effects. Antibiotics and antidepressants are the most common offenders. Yet there seems to be a kind of conspiracy of silence about drug side effects. Patients neglect to report their difficulties, and doctors neglect to note them. The result is unnecessary dissatisfaction with medical care.

At least, side effects cause worry and discomfort. Sometimes the effects are so unpleasant; patients stop taking their drugs as prescribed. This can lead to extra doctor visits and health complications.

Whenever you receive a new prescription, be sure to get educated about possible side effects. Ask your doctor and your pharmacist for details about what to look for. Knowing the possibilities in advance will prepare you to deal with them. You may need to change your drug regimen or just have the patience to get past initial difficulties. And if you do experience a problem, report it to your doctor. You may be able to avoid side effects in your future prescriptions.

# BOARD OF DIRECTORS MONTHLY MEETING

Blacksburg AARP Chapter #2613

January 7, 2003

Present: Phyllis Talley, Donald Elson, Carrie Coil, Charlotte Beamer, Brian R. Allen, Jim Moore, Dale Oliver, Dan Fleming, Ray Murley, Jim Owen, Bob Blanton, Frank Lau, Shirley F. Strother, June Schmidt, and Pat Palmer

The January 7, 2003 meeting was called together by newly elected president, Pat Palmer. A moment of silence was observed in memory of Ralph Cecchini.

The agenda was approved.  
Minutes of November 7, 2002 were approved as presented.  
Treasurer's Report was not given.

## INFORMATION & ITEMS OF INTEREST OR BUSINESS:

AARP Planning Meeting, Wednesday, January 22, Stones Cafeteria, Christiansburg, beginning at 9:30 with lunch provided. Officers and Directors were encouraged to attend.

Proposal for a joint Yard Sale, AARP and Mt. Tabor Ruritan Club, was presented by Frank Lau. Consideration needs to be given as to purpose and/or designation of funds raised by the joint venture. Funds should be dedicated to a service project not to the operating budget. It was moved and seconded that AARP establish a Committee for a joint meeting with the Ruritan Board to consider the joint endeavor and designation of funds. Committee members may be from the general membership of AARP, not limited to board members. The vote was favorable.

AARP Treasurer: Board approval was given to Ray Murley to serve as Treasurer; Jim Moore was approved as Associate Treasurer.

The Board approved the proposal that AARP participate in the Montgomery County comprehensive plan process. Ben Crawford was approved as a spokesman to present information to the general membership at the next Membership Meeting, January 21, 2003.

Volunteer Recognition Celebration: June Schmidt reported that the sponsoring organizations (AARP, YMCA, Red Cross, Voluntary Action) have met and determined that the event will be held in the Spring. A committee meeting has been set for January 14, which is also the AARP regular meeting. AARP members will be asked to volunteer to serve on this committee.

## COMMITTEES:

Nominating Committee: Officers and Board Members elected at the Annual Meeting and Luncheon, December 3, 2002: President, Pat Palmer; 1st. Vice President, Brian Allen; 2nd Vice President, Jim Owen; Secretary, Phyllis Talley; Treasurer, Ralph Cecchini, Ray Murley, assistant. Board of Directors: Class of 2005, Carl McDaniels, Joyce Martin, June Schmidt.

Membership Committee: Brian Allen, Don Elson, Paul Smeal - current members

Program: January meeting: Dr. James Otey Hoge will discuss historical Walnut Spring. Future programs need to be developed.

Legislative: Dan Fleming: Issues under consideration: cigarette tax to benefit medicare skyrocketing costs; consideration of a state-wide prescription drug program.

In November the board voted to host a Regional Meeting by the VA State Assembly, which will feature discussion of issues facing senior citizens. This has been scheduled for Tuesday, April 15 at Custom Catering.

Hospitality Committee: Carrie Coil, Charlotte Beamer, Mary Ellen Moore will continue.

Awards: Bob Blanton reported never having heard from the Andrus Foundation regarding our nominee for an award. The 2002 Chapter Service Award recipient was Darrell Clowes. Recipient of the Community Spirit Award was James A. Faiszt

Financial Audit: Dale Oliver and Jim Moore have audited the records of the Chapter's Treasurer, Ralph Cecchini, and found them to be correct, January 6, 2003.

Caring Committee: June will check with the committee regarding the January memorial service at the general meeting.

#### NEW BUSINESS

Jim Moore proposed that AARP consider being one of the sponsors for a workshop on End of Life Planning. It was approved by the Board. Brian Allen and Charlotte Beamer volunteered to serve on the committee.

Darrel Clowes requested volunteers to deliver firewood to county residents in need. Jim Moore, Ken Martin, Brian Allen volunteered.

AARP has requested that chapters recommend a member for a national community service award. This is given to someone who provided service to the community through a chapter sponsored service project. A recommendation has been sent to Ben Crawford who will submit the name.

The meeting adjourned: 10:40 a.m.

Phyllis Talley, secretary

Pat Palmer, President  
AARP Chapter #2613  
2003 Scott Dr  
Blacksburg, VA 24060

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1 <sup>st</sup> Vice-Pres.	Brian Allen
2 <sup>nd</sup> Vice-Pres.	Jim Owen
Secretary	Phyllis Talley
Treasurer	Ray Murley
Assoc. Treasurer	Jim Moore
Past President	Ben Crawford

Board of Directors

Class of 2003

Charlotte Beamer  
Ray Murley  
Lula Roberts

Class of 2004

Dan Fleming  
Paul Smeal  
Shirley Strother

Class of 2005

Carl McDaniels  
June Schmidt  
Joyce Martin

Nominating Committee

Class of 2003

Darrel Clowes  
Lula Roberts  
Vincent Talley

Class of 2004

Ben Crawford  
Harriet Cooper

Newsletter Editor

Donald Elson

Committee Chairs

Caring  
Chaplain  
Chapter Awards  
Community Service  
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Nominating  
Program  
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Lula Roberts  
Ken Dawson  
Bob Blanton  
Louis Barnett  
Dale Oliver  
Darrel Clowes  
Clara Jane Billig and  
Cerie Coil  
Dan Fleming  
Pat Palmer  
Don Elson  
(open)  
(open)  
June Schmidt  
June Schmidt  
Charlotte Beamer  
Jim Moore

Virginia Tech Retires Association

Jim Moore