

From: Blacksburg AARP (Chapter #2613) aarpblacksburg@52400221.mailchimpapp.com
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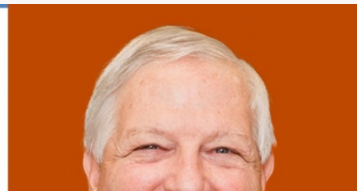
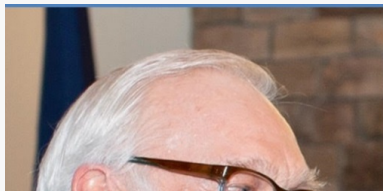
Blacksburg AARP Newsletter (Chapter #2613)



August 2024



Pam Knox and Fred Piercy, Editors





**Don Creamer and Jerry Niles
Blacksburg AARP (Chapter #2613) Co-Presidents**

Co-Presidents' Message -- August, 2024

Our column for this issue of the Newsletter deals with the topic of longevity. We want to share some our thoughts about longevity and hopefully pique your thinking about issues that are related to it. The average life span for women is estimated at 81 and for men 76. Each of us has experienced the sadness of losing family and friends who die far too early before reaching these average ages. On the other hand, we see countless examples of others who are living well beyond these averages while engaging in meaningful, useful and compelling lives. David Buettner in his ground-breaking work on longevity in *Blue Zones* provides much to think about with respect to living to 100 and beyond. Another way to think about longevity is to look at the models around us that we encounter in our everyday lives.

At the Chapter picnic in June, for example, one longtime chapter member arrived with a big smile on his face that indicated how happy he was to be there. During conversation, with a big grin, he proudly announced that his goal was to live to be 100. He is now 93 and we think the probability that he will achieve and maybe even exceed his goal is high given what we know about him. This story is one that is being replicated many times. As we have mentioned in other columns the numbers on the aging population in our society are increasing and in turn more of us are living longer. We wonder how many of you have picked a goal for how long you want to live or if you have selected the "as long as I can benchmark." How did you arrive at that target? Did you use family history, research or some other approach? How many times have you

family history, research or some other approach: How many times have you revised your target?

One easy way that we believe you can inform your thinking about longevity is as an AARP chapter member, a member of another service organization or faith community, or through the Lifelong Learning Institute. As you look around these public spaces, you will find numerous examples of members who are thriving at 75+, 80+, 85+ and 90+. These models of healthy and successful aging are informative and inspiring. If you observe them closely, they can serve as an important resource for you in creating your own concept of healthy and successful aging and demonstrate how longevity fits into your sense of mortality. Pick out models that are 5, 10 and even 15 years older than you are. Watch how they negotiate the meetings, classes or events. Engage them, find out why they are there, what their purposes are, and watch how they connect with others.

Some of us are lucky as we have genes that promote a long and hopefully healthy life. Research also tells us that we have substantial personal control over our longevity. One doesn't need to look too hard to find useful information on how to live a longer, healthier life through improved diet and exercise. In addition, two other factors that emerge from the research on aging that support a longer life are purpose and connection. Maddy Dychtwald, in her new book on *Ageless Aging* (2024) from the Mayo Clinic Press, shares a wonderful chapter on purpose and connection that underscores its crucial role in promoting one's longevity. She also points out that people who have strong purpose(s) and social connections in their lives increase their probability of living significantly longer.

In creating your personal concept of longevity, if you want to stretch those normative boundaries then make sure you are paying attention to purpose and connection in your life. By purpose we mean things like supporting family, volunteering, creating new projects or hobbies that pique your interest and challenge your intellectual growth or change the world for the better in some small way. If you are a "young person" in your sixties or early seventies take some time to observe and engage some of the 80+ members around you and see how purpose and connection is part of their lives. If you are one of the 80+

group, look at models who are 5 or 10 years older than you are to see what's still possible. We guarantee that what you will uncover are strong veins of purpose and connection flowing from these models. Growing older presents its own set of challenges which affects each of us in different ways but seeing and analyzing concrete examples around you of folks who are thriving despite the challenges of aging, can help you create a new conception of what is possible. Maybe you might dare to begin to envision the possibility of becoming a centenarian like our friend from the picnic.

Purpose and connection are central to the Chapter's mission. To be a successful Chapter, we must pay attention to the importance of purpose and connection. Our meetings and chapter activities are intended to promote opportunities to build purpose and make and enrich social connections at all levels. For example, for members who want to build their purpose and connections portfolio, we invite you to join in the upcoming Health and Wellness Fair described elsewhere in this Newsletter. At a minimum your attendance will provide you an opportunity to connect with and learn from health care providers and advocates from across the NRV and beyond. The opportunities for rich conversations are limitless. At another level we invite you to volunteer to be part of the event. There are also numerous ways you can participate on a more substantive basis for an hour or two or more to help make the event happen and to have some fun working alongside others from the Chapter and community. If you are interested in volunteering let one of us know, or write directly to Sue Magliaro, the chair of the Fair Committee (sumags@vt.edu) and tell her you would like to be part of the team on the day of the Fair.

Happy fall and our best wishes to you to live long and live well with purpose and connection!

Jerry and Don

**"If you don't like something, change it. If you can't change it, change your attitude. Don't complain."
-- Maya Angelou**

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- **Membership Application and Dues**

Blacksburg Chapter #2613

Chapter Officers 2023

Blacksburg Chapter #2613

Chapter Officers 2024

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

Past President – Leslie Pendleton, lkipendleton@gmail.com

Secretary – John Burton, jburton@vt.edu

Treasurer – Pat Ballard, pballard@vt.edu

Additional Board Members:

Wilma Dotson, wdotson7@juno.com

Nola Elliott (ne_elliott@peoplepc.com)

Joy Herbert, jherbert@blacksburg.gov

Pat Hipkins, phipkins@vt.edu

Jackie Jones, jhjones1226@gmail.com

Judith Jones, judith@vt.edu

Pam Knox, knoxphd@comcast.net

Deborah Martin, nonibare@gmail.com

Jamie McReynolds, revmcr@gmail.com

Fred Piercy, piercy@vt.edu

Board of Directors (term ending date)

Board of Directors (term ending date)

2024: John Burton, Judith Jones, Fred Piercy, Nola Elliott

2025: Pam Knox, Wilma Dotson, Pat Hipkins

2026: Jackie Jones, Deborah Martin, Jamie McReynolds

Committee Chairs

Awards: John Burton, jbarton@vt.edu

Care: Vacant

Chaplain: Sandy Birch, birch@vt.edu

Community Service: Judith Jones, judith@vt.edu

Financial Review: Jerry Niles, niles@vt.edu

Health and Wellness: Vacant

Hospitality: Terry Wildman, wiley@vt.edu

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

Legislative: Vacant

LLI Partnership: Jerry Niles, niles@vt.edu

Membership Communication: 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

Liaisons:

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

Community Foundation Liaison: Vacant

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

VTRA Liaison: Vacant

Come Learn, Enjoy, and Connect At the 2024 Health and Wellness Fair!

Sue Magliaro



September 18th is fast approaching and, after months of planning, recruitment, and organizing, our Health and Wellness Fair is just about ready to go!

Blacksburg AARP (Chapter 2613) will be co-sponsoring the fair along with the Edward Via College of Osteopathic Medicine (VCOM) and the Christiansburg

Recreation Center. The fair will be held at the Christiansburg Recreation Center, 1600 North Franklin Street, Christiansburg, from 10 am – 2 pm. We have recruited over 75 exhibitors and have partnered with The Blood Connection to host a blood drive during our fair. Dr. Michael Friedlander of the Virginia Tech-Carilion Research Institute is our guest speaker. He will be presenting on the latest research on aging from 11:45-12:15 pm. Funds raised from our fair help us to provide gifts to local agencies that support seniors, as well as scholarships for VCOM students.

Here's what you'll find – and more!

- Health screenings: Blood pressure, pulse, skin cancer, hearing, glucose; osteopathic manipulation treatments, osteoporosis information
- Vaccinations: Flu, COVID, tetanus, DPT, shingles, and a new COVID booster (if available)
- Demonstrations: Master Gardeners, Qigong, speedy healthy cooking
- Valuable information: nutrition/health eating tips, medical, financial, legal, mental health, healthy homes, fall prevention, scam/fraud avoidance, fostering animals, SNAP program education
- Over 50 door prizes and giveaways
- A photo op with Dolly Parton -- a cardboard cutout of her, that is!

To donate blood and avoid waiting, please click this link to make an appointment:

https://donate.thebloodconnection.org/donor/schedules/drive_schedule/267451

Remember that our Fair is free and open to the public. We will be providing free bus transportation from Blacksburg, Floyd, Giles, Pulaski, and Shawsville through Community Transit GO. So, please spread the word about the fair. We have flyers you can share, perhaps at your church or other organizations. Bring your friends and family. For more information, feel free to contact Sue Magliaro (sumags@vt.edu). Gold Sponsors Carilion Clinic, Light Counseling, NRVCS,

We wish to thank our many sponsors for their support, including our Platinum Sponsor, National Bank, and Our Gold Sponsors, which include Carilion Clinic, Life, Light Counseling, New River Valley Community Services (NRVCS), OrthoVirginia, Warm Hearth Village.

Upcoming Chapter Speakers



Chief Todd Brewster

Tuesday, October 15, 2024 --"Seniors and Safety, Especially When Living Alone." Speaker: Chief Todd Brewster, Blacksburg Chief of Police. 11:30-noon, coffee and conversation; noon - 1:00pm, presentation. Place: Community Room, Blacksburg Community Center.

A native of Tazewell, Virginia and a graduate of Radford University, Chief Brewster began his career as a Dispatcher for the Blacksburg Police Department in 1997 and became an officer in 1999. He continued to advance in his career with the department, working through the ranks of sergeant and lieutenant while supervising the Accident Reconstruction Team and serving as the DMV Grant Coordinator. He was promoted to Police Services Captain in November 2020 where he took charge of the criminal investigations unit.

... November 2022 where he took charge of the criminal investigations unit, accreditation, community outreach, recruiting and hiring, and the training unit. He became Chief of Police July 1, 2022. Brewster has also served as a volunteer firefighter with the Blacksburg Fire Department and Christiansburg Fire Departments.



Wendy Baldwin

Tuesday, November 19, 2024 --" Dolly Parton's Imagination Library - Philanthropy Done Right." Speaker: Wendy Baldwin, Affiliate of Dolly Parton's Imagination Library. 11:30-noon, coffee and conversation; noon - 1:00pm, presentation. Place: Community Room, Blacksburg Community Center.

Wendy spent 30 years at the National Institutes of Child Health and Human Development, NIH, working on programs to improve adolescent and family health. That was followed by a stint at the University of Kentucky, and then with the Population Council working on adolescent programs in the developing world, especially Africa. When she retired it became an opportunity to engage in projects with an impact on the local community, especially children. As an affiliate of Dolly Parton's Imagination Library she has led a volunteer effort anchored in the Mt. Tabor Ruritan Club, to bring free books to young children in the County. The Imagination Library is an amazing philanthropic effort that benefits all families. She is happy to be in Blacksburg and living just a mile from her daughter and her family, including four grandchildren and five cats.

"Happiness is mostly a by-product
of doing what makes us feel fulfilled."
-- Dr. Benjamin Spock

Chapter Events and Announcements

Board Meeting 1st Tuesdays (January, February, March, April, May, June, September, October, November, December) Blacksburg Recreation Center
10:00 AM- 12PM

Chapter Program 3rd Tuesdays (January, February, March, April, May, September [the September program meets on even years only; the Health and Wellness Fair is held in lieu of regular programming every other September], October, November), Blacksburg Recreation Center
11:30 AM-1:00 PM

Health and Wellness Fair Christiansburg Recreation Center
Sept 18, 2024

AARP Blacksburg Picnic June Date and Location to be Announced

Holiday Luncheon December Date and Location to be Announced

Calendar of Area Events

There are so many wonderful events in the New River Valley that this month we are featuring everything that is FREE!

Nonetheless, don't forget to check out the full list of offerings at the **Blacksburg Recreation Center**. Contact Joy Herbert at 540-443-1142 or check the website at www.blacksburg.gov/recreation. Interested in the full offerings at the **Christiansburg Rec Center**? Contact Tammy Caldwell at

tcaldwell@christiansburg.org or 540-382-2349 ext. 2003.

And lastly, remember the **Farmers Markets** on Saturdays (Blacksburg at Market Square Park, and Radford at 600 Unruh Drive, both from 9AM-1 PM) Wednesday (Blacksburg, Market Square Park) and Thursdays (Christiansburg, at the Christiansburg Recreation Center)

August

Saturday, August 24

Outdoor Tai Chi, Luther Memorial Church, Blacksburg 10-11 AM

Inaugural Radford Community Fest, East Main St. between Tyler Ave and Third Ave, 11AM-7PM.

Americana Afternoon, Floyd County Store, 12-3PM

Sunday, August 25

Sunday Music Jam, Floyd Country Store, Floyd, 12-3 PM

Tuesday, August 27

Tuesday Tunes with Raistlin Babson and Friends, Floyd Country Store, 5- 7PM

Wednesday, August 31

Americana Afternoon, Floyd Country Store, Floyd, 12-3 PM

2024 Market Square Jam with host Mac & Cheese,

Market Square Park, Blacksburg, 7-9 PM

September

Sunday, September 1

Sunday Music Jam, Floyd Country Store, 12-6 PM

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

Sunday Mountain Music Series Finale with Wildwood, Mountain Lake Lodge,

Salt Pond Pub, 115 Hotel Circle, Pembroke 4-6 PM

Thursday, September 5

Honky Tonk Thursdays, Floyd Country Store, 7-9 PM

Honky Tonk Thursdays, Floyd Country Store, 7-9 PM

Saturday, September 7

Outdoor Tai Chi, Luther Memorial Church, Blacksburg, 10-11 AM

Genealogy Saturday, Alexander Black House and Cultural Center,

204 S. Draper St, Blacksburg, 1-4 PM

Live Music and Jam with Leroy and The New River Boys, Price's Fork Grange,

4248 Prices Fork Road, 7-9 PM

Sunday, September 8

Americana Afternoon, Floyd Country Store, Floyd, 12-3 PM

Tuesday, September 10

Tuesday Tunes with Raistlin Babson & Friends, Floyd Country Store, 5-7PM

Thursday, September 12

Honky Tonk Thursdays, Floyd Country Store, 7-9 PM

Saturday, September 14

Outdoor Tai Chi, Luther Memorial Church, Blacksburg, 10-11 AM

Americana Afternoon, Floyd Country Store, Floyd, 12-3 PM

Sunday, September 15

Sunday Music Jam, Floyd Country Store, 12-6 PM

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

1-4 PM

Thursday, September 19

Honky Tonk Thursdays, Floyd Country Store, 7-9 PM

Saturday, Sept 20

Outdoor Tai Chi, Luther Memorial Church, Blacksburg, 10-11 AM

Sunday, September 21

Americana Afternoon, Floyd Country Store, Floyd, 12-3 PM

Tuesday, September 24

Tuesday Tunes with Raistlin Babson & Friends, Floyd Country Store,
5- 7PM

Thursday, September 26

Honky Tonk Thursdays, Floyd Country Store,7-9 PM

Saturday Sept 28

Outdoor Tai Chi, Luther Memorial Church, Blacksburg,10-11 AM

Sunday, September 29

Americana Afternoon, Floyd Country Store, Floyd,12-3 PM

October

Thursday, October 3

Honky Tonk Thursday, Floyd Country Store, Floyd, 7-9 PM

Saturday, October 5

Outdoor Tai Chi, Luther Memorial Church, Blacksburg, 10-11 AM

Genealogy Saturday, Alexander Black House and Cultural Center, 204 S.
Draper St, Blacksburg, 1-4PM

Tuesday, October 8

Tuesday Tunes with Raistlin Babson & Friends, Floyd Country Store, 5- 7PM

Thursday, October 10

Honky Tonk Thursdays, Floyd Country Store, 7-9 PM

Saturday, October 12

Outdoor Tai Chi, Luther Memorial Church, Blacksburg, 10-11 AM

Tuesday, October 15

Tuesday Tunes with Raistlin Babson & Friends, Floyd Country Store, 5- 7PM

Thursdav. October 17

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Honky Tonk Thursdays, Floyd Country Store, 7-9 PM

Saturday, October 19

Outdoor Tai Chi, Luther Memorial Church, Blacksburg, 10-11 AM

Tuesday, October 22

Tuesday Tunes with Raistlin Babson & Friends, Floyd Country Store,
5- 7PM

Thursday, October 24

Honky Tonk Thursdays, Floyd Country Store, 7-9 PM

Saturday October 26

Outdoor Tai Chi, Luther Memorial Church, Blacksburg, 10-11 AM

Tuesday, October 29

Tuesday Tunes with Raistlin Babson & Friends, Floyd Country Store,
5- 7PM

Thursday, October 31

Honky Tonk Thursdays, Floyd Country Store, 7-9 PM

November

Saturday, November 2

Outdoor Tai Chi, Luther Memorial Church, Blacksburg, 10-11 AM

Genealogy Saturday, Alexander Black House and Cultural Center
204 S. Draper St, Blacksburg, 1-4PM

Live Music and Jam with Leroy and The New River Boys, Price's Fork Grange,
4248 Prices Fork Road, Blacksburg, 7-9 PM

Tuesday, November 12, 19 & 25

Tuesday Tunes with Raistlin Babson & Friends, Floyd Country Store, 5- 7PM

Thursday November 14 & 25

.....

Honky Tonk Thursdays, Floyd Country Store, 7-9 PM

Saturday, November 16

Outdoor Tai Chi, Luther Memorial Church, Blacksburg, 10-11 AM

Live Music and Jam with Leroy and The New River Boys, Price's Fork

Grange, 4248 Prices Fork Road, Blacksburg, 7-9 PM

Saturday, November 23

Outdoor Tai Chi, Luther Memorial Church, Blacksburg, 10-11 AM

Saturday, November 30

Outdoor Tai Chi, Luther Memorial Church, Blacksburg, 10-11 AM

December

Saturday, December 7

Outdoor Tai Chi, Luther Memorial Church, Blacksburg, 10-11 AM

Genealogy Saturday, Alexander Black House and Cultural Center, 204 S.

Draper St, Blacksburg, 1-4PM

Live Music and Jam with Leroy & The New River Boys, Price's Fork

Grange, 4248 Prices Fork Road, Blacksburg, 7-9 PM

Saturday, December 14

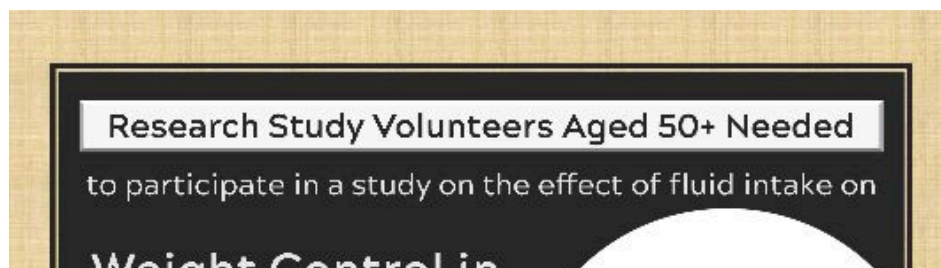
Outdoor Tai Chi, Luther Memorial Church, Blacksburg, 10-11 AM

Saturday, December 21

Outdoor Tai Chi, Luther Memorial Church, Blacksburg, 10-11 AM

Live Music and Jam with Leroy & The New River Boys, Price's Fork

Grange, 4248 Prices Fork Road, 7-9 PM



**Weight Control in
Middle Aged and
Older Adults**
(IRB Protocol #22-624)



Participation includes:

- 18 in-person • 10 virtual visits
- Over 15 months • A total of 32 hours
- Meal appetite and blood testing • Urine collection
- Body composition testing • Brain function testing

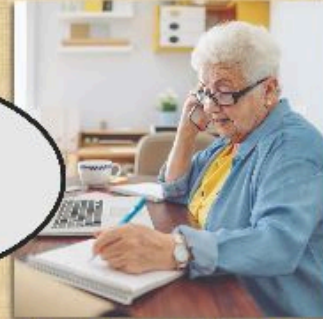
Participants receive:

- One-on-one dietary and physical activity counseling
- Valuable health information • Compensation up to \$135
- Plenty of free parking during visits

Scan Here



*To learn more &
determine if you
qualify*



Or Click Here <https://virginiatech.questionpro.com/WIWI-eatingbehaviors@vt.edu>



On-Site Shred-It Event

& Open House at English Meadows

Saturday, October 25

9AM-12PM

3400 S Point Dr

Blacksburg, VA 24060

540.320.5498

Hosted by:

 **English
Meadows**

&

Amy Hudson
Your Senior Real
Estate Specialist®



AARP Blacksburg Chapter #2613

**Membership Application for 2024 (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 of each year



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>

