



November 2012  
Vol. 29, No. 9

<http://www.blacksburgaarp.org>

## November 20 Chapter Meeting The Future of Health Care in America

The November 20 AARP Blacksburg Chapter monthly meeting will start with a bring-your-own "brown bag lunch" with hot beverages available at 11:30 am at the Blacksburg Community Center on Patrick Henry Drive.

The main program begins at noon and will feature a forum on "The Future of Health Care in America" with AARP State Director Bill Kallio. Our national Senate and House representatives have been invited to attend or send a staff member.

After the forum presentation there will be time for questions and discussion until 1 p.m. when the meeting adjourns.

This meeting will be held in the larger meeting room at the Blacksburg Community Center with table for eating set up in the back of the room, and ample seating for those attending in the front of the meeting room. This will make eating much easier than at past forums when people had to balance their food and drinks on the chairs that were set up for the meeting.

As always, all chapter meetings are free and open to the public. Guests are welcome to attend.

### Mark your Calendar for December 3

Monday, December 3 will feature a Holiday Brunch at the Blacksburg Community Center. It will begin at 11:30 a.m. and replaces the monthly breakfast meeting. Everyone is welcome to come enjoy a great breakfast and absolutely amazing company – you and all your friends!



## Holiday Luncheon December 11

Don't miss this annual event!  
**Tuesday, December 11**  
beginning at 11:30 a.m. at  
Custom Catering we will enjoy

the festivities and joys of the Holidays.

**The cost is \$16 and must be paid before December 4** – there is a form with this newsletter to make your reservation. In addition to yummy food (chicken parmesan, green beans, corn, new potatoes, carrot cake, and chocolate mousse) there will be music, carols, and awards.

**Join us and make it a Ho! Ho! Happy Holiday!**

## President's Column



Three events worthy of your full participation are on the chapter agenda in the coming weeks. First, the long-awaited public meeting devoted to the latest update on the Affordable Care Act is scheduled for November 20 at the Blacksburg Community Center. Bill Kallio, state director for AARP Virginia will headline the event. Lunch at 11:30 am.; program begins at 12:00 noon.

Our chapter will participate in this year's Holiday Parade scheduled for December 7 at 7:00 p.m. (rain date: December 8 at 1:00 p.m.). Thanks to Roy and Judith Jones, we will participate in the parade riding in a vintage BMW convertible decked with chapter banners and a Christmas tree.

Finally, the culminating event of the year is our holiday luncheon scheduled for December 11 at Custom Catering. It will be a joyous event celebrating our accomplishments in 2012 and launching our new leadership for 2013. Don't miss it.

Don Creamer, Chapter President

**Get excited about whatever it is that you do . . . enjoy it and make your life that much better!**

The above is this month's Health Tip from Larry Alexander who along with Anne Alexander publishes the Home Sweet Home News that can be read online at [www.homesweethomenews.com](http://www.homesweethomenews.com).

**Community Service/Create The Good**

Sally Anna Stapleton  
Create the Good Organizer

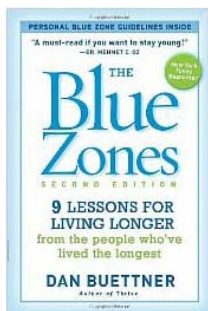
The Holidays are nipping at our heels and that brings a wealth of community events that volunteers can get involved in. Holiday baskets of food are being prepared for those less fortunate, the Christmas Store needs volunteers, "Supplies for Seniors" collections are going on, Salvation Army is out collecting donations and if you can only collect a few cans of food and take them to the local food banks you will be doing good community service.

Thank you to all the AARP members that came and supported the "Supplies For Seniors" Walk-A-Thon in October. RSVP raised \$1587.00 from the walker's sponsors. Proceeds from the walk will be used to purchase necessary supplies for 265 homebound seniors. Donations are being collected through the end of November if you would like to help. Contact RSVP at 382-5775.

Give a little of yourself this holiday season, you will be amazed how good you will feel.

Happy Holidays!

**Time to Read a Good Book . . .**



Dan Buettner, *The Blue Zones: 9 Lessons for Living Longer from the People Who've Lived the Longest*, Second Edition, published by National Geographic, 2012.

Since publishing the first edition of *The Blue Zones*, longevity expert and National Geographic Explorer Dan Buettner has discovered a new Blue Zone and launched a major

public health initiative to transform cities based on principles from this book. *The Blue Zones, Second Edition* is completely updated and expands his bestselling classic on longevity, drawing on his research from extraordinarily long-lived communities--Blue Zones--around the globe to highlight the lifestyle, diet, outlook, and stress-coping practices that will add years to your life and life to your years.

The new Blue Zone is Ikaria, Greece, where strong, sweet wine, family, and a Mediterranean diet all play a role in longer life.

A long, healthy life is no accident. It begins with good genes, but it also depends on good habits. If you adopt the right lifestyle, experts say, chances are you may live up to a decade longer. Buettner has led teams of researchers across the globe--from Costa Rica to Sardinia, Italy, to Okinawa, Japan and beyond--to uncover the secrets of Blue Zones. He found that the recipe for longevity is deeply intertwined with community, lifestyle, and spirituality. People live longer and healthier by embracing a few simple but powerful habits, and by creating the right community around themselves. In *The Blue Zones, Second Edition*, Buettner has blended his lifestyle formula with the latest longevity research to inspire lasting, behavioral change and add years to your life.

Region by region, Buettner reveals the "secrets" of longevity through stories of his travels and interviews with some of the most remarkable--and happily long-living people on the planet. It's not coincidence that the way they eat, interact with each other, shed stress, heal themselves, avoid disease, and view their world yield them more good years of life. Buettner's easy to follow "best practices" and list of healthy lifestyle choices from the Blue Zones will empower readers to live longer, healthier, more fulfilling lives.

Dan Buettner is an internationally recognized researcher, explorer, and author. His company, Blue Zones®, specializes in educating people about health and well-being, based on the latest in global science, social science, and psychological research through massive community public health initiatives. In addition to his notable presentations at the TED conference and two featured appearances on *Oprah*, he has been a guest on CNN and *Dr.Oz*. Visit Dan Buettner's website at [www.bluezones.com](http://www.bluezones.com).

## Here are the 9 lessons for living longer from Dan Buettner's *The Blue Zones*

These are from a review of the book by Janice Lloyd in *USAToday*, Monday, November 5, 2012.

1. **Move naturally.** Don't do marathons or pump iron; work around the house, garden, walk, cycle, walk when talking on the phone.
2. **Know your purpose.** Have a reason for waking up in the morning.
3. **Kick back.** Find ways to shed stress, whether it's praying, napping, or going to happy hour.
4. **Eat less.** Stop eating when you are 80% full.
5. **Eat less meat.** Beans are a cornerstone of most centenarian diets.
6. **Drink in moderation.** Only the Seventh-day Adventists in California didn't have one to two glasses a day.
7. **Have faith.** Denomination doesn't seem to matter, but attending faith-based services (four times a month) does.
8. **Power of love.** Put families first, including committing to a partner and keeping aging parents and grandparents nearby.
9. **Stay social.** Build a social network that supports healthy behaviors.

*Editor's Note* – The November issue of *Home Sweet Home News* features several members of our Blacksburg AARP chapter who demonstrate some of these principles. Call Larry Alexander at 951-8172 for more information.

## Financial Report for AARP Blacksburg Chapter 2613 For October 2012

<b>Balance end of September 2011</b>	<b>\$9,927.10</b>
<b>Credits</b>	
Membership Dues	105.00
50/50 Drawing	20.00
Interest	.39
<b>TOTAL</b>	<b>\$125.39</b>
<b>Debits</b>	
John Hillison (pastage & health fair)	79.93
Sandy Birch (health fair food)	304.49
Roanoke Times (health fair ad)	252.38
Kopy Korner (newsletter)	124.95
<b>TOTAL</b>	<b>\$761.75</b>
<b>Balance at end of October 2012</b>	<b>\$9,290.74</b>
<b>Balance in reserve account</b>	<b>\$2,680.97</b>

## Blacksburg AARP Chapter # 2613 Membership Report November 2012

### Member Profile:

Category	Individual	Household
AARP 2012 Members	217	133
AARP 2013 Members	35	22
Lifetime Members	39	23
Life Members	11	10
Comp Members	19	19
Honorary Members	3	2
<b>Total Membership</b>	<b>324</b>	<b>209</b>

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

Report prepared November 5, 2012

### An Attitude of Gratitude is "Catching"

Tina King, Executive Director  
New River Valley Agency on Aging

"Gratitude is the best attitude"~ Author Unknown

An attitude of gratitude is refreshing and "catching"! During the past year, the many expressions of gratitude from those benefitting from services and projects in our community have sparked my resolve to show and express appreciation for even the basic things often taken for granted.

The "Supplies for Seniors" project, sponsored by the Montgomery County and Pulaski County RSVP programs, provides basic household and personal hygiene supplies to homebound seniors. It elicits smiles and expressions of appreciation from the many recipients. The project would not be possible without the individuals and groups throughout the New River Valley who have partnered with RSVP in various ways to raise money and donate supplies. Efforts are still underway to gather supplies and funds.

Supplies are needed to benefit 265 homebound seniors living in the New River Valley and will be distributed in January 2013. This project provides another support system for seniors to maintain dignity and independence while remaining in their homes and serves many of the most vulnerable citizens in our area. Many of these seniors do not always have transportation to the store and are housebound for even longer periods of time in winter. Many are also living on

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fixed incomes, struggling to pay increased medical, heating and utility costs.

The supplies needed are as follows: toilet paper, paper towels, soap, deodorant, lotion, shampoo, conditioner, laundry detergent, tissues, alcohol-based hand sanitizer, cleaning supplies, trash bags, food storage supplies, puzzle books, toothbrushes, toothpaste, dish detergent, disinfectant wipes, foil and plastic wrap.

Donated items will be collected until Friday, November 30, 2012. Supplies can be dropped off at the Christiansburg Recreation Center, Karr Activity Center at Warm Hearth Village, the Montgomery County RSVP office, or the Radford library. Groups are welcomed to sponsor “supply drives” at work or at a local grocery store. “Spare change” is also being collected to use toward the purchase of supplies.

Montgomery County and Radford residents can obtain more information by contacting the Montgomery County / City of Radford RSVP at [littleam@montgomerycountyva.gov](mailto:littleam@montgomerycountyva.gov) or 382-5775.

On another topic... While the New River Valley has some transportation options for adults that no longer can or wish to drive there are many gaps. With an increasing population of older adults and pockets of no public transportation paired with multiple barriers to utilizing existing services, it is imperative to examine and address the growing need for transportation options for those who can no longer drive or who choose not to drive.

The Virginia Tech Center for Gerontology and the Virginia Tech Transportation Institute are teaming up to host a Senior Mobility Awareness Symposium to be held at the Inn at Virginia Tech on Thursday, December 6, 2012. The goal of the full-day symposium is to bring together professionals who work with older adults for a dialogue on the issues facing aging drivers including scientific research, policy, regulation, current programs, and resources in our communities. AARP’s own, Bill Kallio, will be one of the many featured speakers. The symposium will provide some practical, usable information to enhance awareness of the issue and

address the changing transportation needs of older adults living in the New River Valley. The New River Valley Agency on Aging staff looks forward to attending and learning more. Information gleaned will enhance our Mobility Coordinator, Julie Bursey’s, efforts to continue the quest to help individuals locate and utilize existing transportation services and identify the gaps and outstanding needs.

For those interested in attending the event, the \$90 registration fee includes breakfast, lunch and refreshments throughout the day, a concluding reception, materials and a 0.8 CEU certificate. More information can be obtained by calling Jon Antin at 231-1579 or online at <http://www.vtti.vt.edu/conference/seniormobility-2012.php>.

Even though there are numerous “needs” in our community, we are fortunate to have caring and supportive organizations, individuals and local governments who are resourceful and effective in finding solutions. For this we can be grateful!

For more information on services, programs and presentations geared to serve older adults and caregivers, call the New River Valley Agency on Aging: call 540-980-7720 or send an e-mail to [nrvaooa@nrvaooa.org](mailto:nrvaoa@nrvaooa.org).



**As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.**

**John Fitzgerald Kennedy**

**There is one day that is ours. Thanksgiving Day is the one day that is purely American.**

**O. Henry**

**Give thanks!**

**Eating Oily Fish Weekly  
Defends Against Stroke;  
Supplements Less Effective  
Results from 38 studies involving nearly  
800,000 individuals in 15 countries**

Oct. 31, 2012 - Eating at least two servings of oily fish a week is moderately but significantly associated with a reduced risk of stroke, finds a study published on *bmj.com*. But, taking fish oil supplements doesn't seem to have the same effect, say the researchers. Regular consumption of fish and long chain omega 3 fatty acids has been linked with a reduced risk of coronary heart disease and current guidelines recommend eating at least two portions of fish a week, preferably oily fish like mackerel and sardines. But evidence supporting a similar benefit for stroke remains unclear.

So an international team of researchers, led by Dr. Rajiv Chowdhury at Cambridge University and Professor Oscar H. Franco at Erasmus MC Rotterdam, analyzed the results of 38 studies to help clarify the association between fish consumption and risk of stroke or mini-stroke (transient ischemic attack or TIA). Collectively, these conditions are known as cerebrovascular disease.

The 38 studies involved nearly 800,000 individuals in 15 countries and included patients with established cardiovascular disease (secondary prevention studies) as well as lower risk people without the disease (primary prevention studies). Differences in study quality were taken into account to identify and minimize bias.

Fish and long chain omega 3 fatty acid consumption was assessed using dietary questionnaires, identifying markers of omega 3 fats in the blood, and recording use of fish oil supplements. A total of 34,817 cerebrovascular events were recorded during the studies.

After adjusting for several risk factors, participants eating two to four servings a week had a moderate but significant 6% lower risk of cerebrovascular disease compared with those eating one or fewer servings of fish a week, while participants eating five or more servings a week had a 12% lower risk.

An increment of two servings per week of any fish was associated with a 4% reduced risk

of cerebrovascular disease. In contrast, levels of omega 3 fats in the blood and fish oil supplements were not significantly associated with a reduced risk.

Several reasons could explain the beneficial impact of eating fish on vascular health, say the authors. For example, it may be due to interactions between a wide range of nutrients, like vitamins and essential amino acids, commonly found in fish.

Alternatively, eating more fish may lead to a reduction in other foods, like red meat, that are detrimental to vascular health. Or higher fish intake may simply be an indicator of a generally healthier diet or higher socioeconomic status, both associated with better vascular health.

The differences seen between white and oily fish may be explained by the way they are typically cooked (white fish is generally battered and deep fried, adding potentially damaging fats).

Although there's a possibility that some other unmeasured (confounding) factor may explain their results, the authors conclude that "they reinforce a potentially modest beneficial role of fish intake in the cause of cerebrovascular disease."

In addition, they say their findings are in line with current dietary guidelines that encourage fish consumption for all; and intake of fish oils to people with pre-existing or at high risk of heart disease. They also support the view that future nutritional guidelines should be principally "food based."

In an accompanying editorial, authors from the Division of Human Nutrition at Wageningen University suggest that although it is "reasonable" to advise patients that eating one or two portions of fish per week could reduce the risk of coronary heart disease and stroke, any benefit of long chain omega 3 fatty acid supplementation is likely to be small. They say it is possible, however, that patients with additional risk factors such as diabetes may benefit. Taken from *SeniorJournal.com*



Q: What did the turkey say before it was roasted?

A: Boy! I'm stuffed!

## AARP Chapter 2613 Board Minutes November 6, 2012

**Call to Order**—President Don Creamer called the meeting to order at 10:00.

**Officers Present:** President Don Creamer, Vice President Tom Alston, Secretary Virgil Cook.

**Board Members:** Leslye Bloom, John Hillison, June Schmidt Sally Anna Stapleton.

**Non-board-member committee chairs and appointees:** Larry Alexander, Val Coluni, R. B. “Ben” Crawford, Nancy Eiss, Margaret Kates, Carl McDaniels, Edd Sewell, Juanita Wightman.

**Guest:** Joy Herbert

**Announcement:** Joy Herbert reminded the board about their hosting of the Annual Holiday Brunch on Monday, December 3, 11:30, at the Recreation Center. There will be musical entertainment.

**Approval of Minutes**—Virgil Cook moved that the minutes be approved. The motion passed.

**Walkathon**—John Hillison. Some 80 participants raised about \$1,600.

**Treasurer’s Report.** The report is summarized: Balance at the end of September 2012, \$9,927.10; Debits, \$761.75; Balance at the end of October, 2012, \$9,290.74. Balance in Reserve Account, \$2,680.97. Most of the debits were for expenses related to the Newsletter and the Health Fair.

John Hillison moved that the report be received. The motion passed.

**Membership**—Tom Alston. The total membership is 324. We continue to get people signing up for 2013.

**End-of Year Reports**—Tom Alston. Tom noted that each committee should note the number of hours that a particular committee on its work. Each chair is responsible for the report. The information should be in by January. President Creamer suggested that the chairs make sure that the descriptions of the various committees reflect what the committees do.

**Holiday Luncheon**—Leslye Bloom and Nancy Eiss. Leslye shared the draft of the program with the board. She wants to print it on cover stock at a cost of about 25 cents per copy. The luncheon will take place at Custom Catering on December 11 at 11:30. The chapter will charge \$16, a dollar over the cost from Custom Catering; the extra dollar will help defray other expenses related to the luncheon. We will gather at 11:30 with the meal served at noon. The music is by Noah Dabney, a classical guitarist. He will provide background music. The registration deadline is December 4. It is very important to enforce the deadline because of such tasks as making center pieces for the table. A registration form will be included with the November newsletter.

**Programs**—Carl McDaniels. We have sent out invitations to legislators to attend this month’s program on the future of the Affordable Care Act and Social Security. Carl enumerated several suggestions for future programs: a walk-in medical clinic; advocates for the aging; Ten things that every senior should know about actions such as wills and advance, medical directives near the end of life; and a geriatric physician. Nancy Eiss suggested that we have someone from the Community Foundation speak to the chapter.

**End-of-Year Donations**—John Hillison. John suggested possible recipients of grants. John moved that \$2,600 be spent on grants to local charities. A friendly amendment revised the motion to provide (1) that the Rec Center contribution be split into two \$400 portions with half designated for the Blacksburg Community Center and half to the Community Foundation but designated for the Rec Center, (2) that we present the chapter awards at the Christmas Luncheon, and (3) that we include chapter donations to community partners on the program.

**Health Fair**—John Hillison. We got a good newspaper spread. Because Best Buy can contribute only to 501C3 organizations, which we are not, we will have the corporation direct its \$500 contribution directly to our full partner VCOM, which is a 501C3 corporation.

**Legislation**—Val Coluni. State legislatures are putting off major decisions until after both the election and action on the looming Fiscal Cliff. They are postponing decisions on a health exchange and the expansion of Medicaid. Val met with both Senator Edwards and Delegate Yost to try to get their commitment to support AARP legislative goals. Both legislators supported our objectives, but Delegate Yost expressed reservations about the Medicaid expansion. Ninety percent of the cost of the expansion will come from the Federal government. Delegate Yost is concerned because the Federal budget is in such dire straits, that the expansion may not be funded.

**Hospital Status Alert.** There are two categories of hospital admission: observation and in-patient. If you are admitted for observation instead of as an in-patient and it is determined that you need further treatment, you can be denied that treatment.

**Caregiver Alert.** Be very careful about the wording of online, power-of-attorney forms. For your protection, use a lawyer. Guardianship is a bit more expensive, but it offers better protection from further abuse. .

AARP is setting up a utility-advocacy-study group because they don’t feel that there is enough information about the end use of utility products. Val has volunteered for this committee. The voter ID bill was altered largely because of AARP pressure. The feeling was that the original bill was targeting voters of

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a particular party. Therefore, the list of acceptable identification was expanded.

**Health**—Larry Alexander. Larry highlighted the *Home Sweet Home Newsletter's* focus on what people do to increase quality of life near the end of life. The suggestion is that people become excited about something.

**Awards**—Juanita Wightman. The plaques are ready for presentation at the Holiday Luncheon.

**Caring**—Margaret Kates. Margaret indicated that she has sent out several cards. She asked members to let her know about people who need cards.

**Liaison**—Ben Crawford. Ben reported on the proposed use of the old, middle-school property. The current offer/proposal seems to be the most promising so far.

The state AARP office is in the process of finding a new state president.

**Adjournment**—The meeting was adjourned at 11:52.

Virgil A. Cook, Secretary



## 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](mailto:mah@mahinshelwood.com), June Schmidt, [schmidtj@vt.edu](mailto:schmidtj@vt.edu)

*Class of 2013* -- Tom Alston, [tpalston@gmail.com](mailto:tpalston@gmail.com); Jim Montgomery, [jhmontgome@verizon.net](mailto:jhmontgome@verizon.net);

Juanita Wightman, [Wightman@vt.edu](mailto:Wightman@vt.edu)

*Class of 2014* – Leslye Bloom, [leslye@leslyebloom.com](mailto:leslye@leslyebloom.com); John Hillison, [johnhillison@comcast.net](mailto:johnhillison@comcast.net);

Mary Ann Hinshelwood, [mah@mahhinshelwood.com](mailto: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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**Don Creamer, President**  
**AARP Chapter #2613**  
**P.O. Box 10082**  
**Blacksburg, VA 24062**

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

**Member Application for 2013**  
**Blacksburg AARP Chapter #2613\***

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

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

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

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.**