



June 2013  
Vol. 30, No. 6

<http://www.blacksburgaarp.org>

### June 18 Chapter Meeting

## **Picnic! Tuesday, June 18 is the annual AARP Chapter Picnic to be held at Nellie's Cave Park.**

The highlight of the summer is the AARP Picnic which will be held at Nellies Cave Park at the end of Grissom Lane in Blacksburg. The picnic takes place RAIN OR SHINE since there is a shelter.

The Blue Ridge Model A Club will have a display featuring Don and Amy Elson (former editor of the Chapter Newsletter) starting at 11:00 a.m. Don and Amy are featured in the May/June issue of the *New River Valley Magazine*.

Live music starts at 11:30 a.m. featuring Jack Hinshelwood playing the fiddle. Jack is Director of the Crooked Road (see the brief article about Jack later in this newsletter).

#### **Don't forget:**

- A covered dish (a salad would be nice or desert) to share with the group.
- Your Best White Elephants from home or where ever.
- Plenty of money to buy your favorite or "must-have" White Elephants!!

**Be sure and bring some friends who may be interested in joining the Chapter or who just want to hear the music and enjoy the picnic.**

### President's Column

Summer is finally here and it's time to enjoy the sunshine. Our next event is the annual chapter picnic and white elephant sale at Nellies Cave Park in Blacksburg. We have a special guest this year - fiddler Jack Hinshelwood, Director of SW Virginia's



Crooked Road - you won't want to miss it. The date is June 18 and it starts at 11:30 a.m.

The Blacksburg Summer Solstice Fest is scheduled for June 21-22. Some members of our chapter have already signed up for the 5K run (3.1 miles) at sundown on Saturday the 22nd. John Hillison is leading the AARP "running team," so if you are interested, please join in the fun.

Sally Anna Stapleton will be collecting canned food for the Interfaith Food Pantry - so bring a can of food. Sally Anna has been very successful in making the food drive a continuing monthly effort and we thank her for her dedication.

Our chapter is looking for new board members and volunteers to fill some key slots. Several of our dedicated members are "retiring" at the end of the year. If you are interested in helping out and taking an active role in our chapter, please contact me or Leslye Bloom.

Tom Alston



Food Pantry  
Donations Needed

**Don't forget to bring a food donation** (a can or box of non-perishable food) to the AARP chapter picnic on June 18. Share your picnic with those who are in need of food.

**"Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language." — Henry James**

## Jack Hinshelwood provides music for the AARP Picnic

[Adapted from the *celtibillies.com* website]



Jack began playing traditional music, much of it Appalachian and Bluegrass fiddle tunes, on the guitar in 1972. He found success in numerous guitar contests, winning the Knoxville World's Fair Guitar Championship, the Galax Fiddler's Convention Guitar Contest and the Wayne Henderson Guitar

Championship.

His recording "Dark Run" featured a wide variety of folk and traditional music as well as original compositions, leading *Bluegrass Unlimited* to call him "a fine quick-picker with a weathered welcoming voice." In addition to playing fiddle and guitar with Celtibillies, Jack has toured the USA and Canada with *New York Times* best selling author Sharyn McCrumb, performing a program of Appalachian ballads based on Sharyn's Ballad Series novels. Their collaboration resulted in "If Ever I Return, Pretty Peggy-O," Jack's recording of the ballads from Sharyn's novel by the same name.

Jack has also contributed to the rich heritage of traditional music through his instrumental and vocal compositions. These compositions include ballads based on regional historical events such as the 1912 courthouse shootout in Carroll County, Virginia, and the 1946 mine disaster in the Great Valley Mines in McCoy, Virginia.

## Blacksburg AARP Chapter # 2613 Financial Statement

May 2013

|                                     |                   |
|-------------------------------------|-------------------|
| <b>Balance at end of April 2013</b> | <b>\$4,293.83</b> |
| <b>Credits</b>                      |                   |
| Dues                                | 15.00             |
| Interest                            | .11               |
| <b>Total</b>                        | <b>\$ 15.11</b>   |
| <b>Debits</b>                       |                   |
| Kopy Korner                         | 125.48            |
| <b>Total</b>                        | <b>\$ 125.48</b>  |
| <b>Balance end of April 2013</b>    | <b>\$4,183.46</b> |
| <b>Balance in reserve account</b>   | <b>\$2,681.83</b> |

## Blacksburg AARP Chapter # 2613 Membership Report

June 2013\*

### Member Profile:

| Category                | Individual Count | Household Count |
|-------------------------|------------------|-----------------|
| AARP 2013 Members       | 239              | 146             |
| LifeTime Members        | 37               | 22              |
| Life Members            | 15               | 14              |
| Comp Members            | 19               | 19              |
| Honorary Members        | 2                | 1               |
| <b>Total Membership</b> | <b>312</b>       | <b>202</b>      |

### New Members: John & Susan Brilliant

Newsletters: 213 (includes copies to 11 other AARP chapters)

Committee: Jim Wightman (chair), Sue Farrar, Tom Alston

\*Report prepared June 1, 2013

## Programs Planned for Fall 2013

By Carl McDaniels

Mark you calendar for the fall AARP meetings when you can expect the following programs:

- September 17 and October 15 we will be discussing "End of Life – Who will be your Advocate?" Chapter member Jim Montgomery will lead the conversation with hospital representatives, Funeral Alliance, and others.
- November 19 we will be discussing "Advocating for Home Modification." How you can modify your home so you can continue to live comfortably on your own.
- December 10 we will celebrate the holidays with the *Chapter Holiday Luncheon*.

Details about each program will be presented in the fall issues of the newsletter.

The Program Committee thanks you for all your support this past year, and we wish each of you a great summer!

### 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

[www.blacksburgaarp.org](http://www.blacksburgaarp.org)

## Relieve Caregiver Stress with Respite Care

By Tina King, Executive Director  
New River Valley Agency on Aging

June is here. A month that boasts “National Great Outdoor Day,” “National Donut” and “Iced Tea Day,” as well as “National Fly a Kite Day.” Apparently, June is the month that we are all supposed to kick back and relax.

As we think about the caregivers that we know, how will they find the time to unwind this summer? Most articles about caregiving emphasize the stress related to it. But what about the tears of laughter and warm loving times of caregiving? Many caregivers have stories to tell about shared laughter and special moments with the person they’re caring for.

These caregivers are more likely to find these special times because they are able to balance their lives: they have joined support groups or asked for help. Overworked and exhausted caregivers who insist on doing everything themselves are less likely to experience these times. How sad. Stress robs us of our ability to be clear-headed and make smart choices.

The caregiver who feels committed to care for their loved one without any outside help, whether it is out of love, loyalty or obligation, could often end up burned out and unable to enjoy special moments. They tend to the necessary tasks, but they deplete their energy by not asking for help.

Millions of Americans provide unpaid assistance each year to elderly family, friends, and neighbors, to help them remain in their own homes and communities for as long as possible. Sometimes these caregivers need time off to relax or take care of other responsibilities. This is where respite care can be helpful. It provides the family caregivers with the break they need, and also ensures that their elderly loved one is still receiving the attention that he or she needs.

The New River Valley Agency on Aging’s Respite Care Program is a resource for full-time caregivers in the New River Valley that are caring for persons aged 60 and above or persons with Alzheimer’s Disease or a related disorder that are at risk of institutionalization. The Respite Care Program provides intermittent respite care (up to 40 hours per month) through in-home and community based services.

With grant funding from the Community Foundation of the New River Valley and the Nordson Corporation, the Agency on Aging is

developing a volunteer based respite care companion program. The service will launch in Pulaski County later this year with plans to expand throughout the New River Valley. Stay tuned!

For more information on the Respite Care Program, contact the New River Valley Agency on Aging at 540-980-7720 or [nrvaoa@nrvaoa.org](mailto:nrvaoa@nrvaoa.org).

## Website Development Update

By Don Creamer

The chapter website is now fully functional and contains most of the ideas suggested for the site. We now need to encourage our members to use it. Visit it at [blacksburgaarp.org](http://blacksburgaarp.org) and keep up to date on events and information.

The chapter website accomplishes the following purposes:

- Provides accessible information about Blacksburg AARP for anyone with an Internet connection
- Serves as a repository for chapter documents of both an historical and current nature
- Stores all chapter newsletters for easy accessibility
- Highlights chapter events and activities, including those anticipated in the near future
- Provides email contact information for selected Board member roles including President, Newsletter Editor, Program Chairs, and Website Editor
- Includes sufficient information about the chapter to inform persons curious about the operational nature of the organization
- Provides links to relevant sites on the Internet with related information
- Enables follow up on public meeting topics for those interested in more information than provided at a particular event

The chapter website does not yet achieve the following purposes:

- Attracts prospective new members
- Announces upcoming events with descriptive flyers
- Displays Board of Directors meeting agendas
- Invites member interaction with the Board of Directors



## Summer Reading Program



By Emily Anderson,  
Library Services  
Specialist of the  
Blacksburg Library



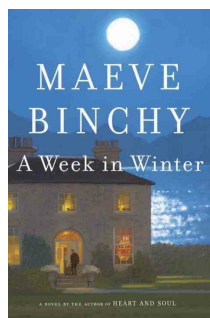
Summer is almost here and with it come lazy days on the porch with a glass of lemonade and afternoons on the beach under the shade of an umbrella...always accompanied by a good book, of course! This summer, why not take advantage of our Adult Summer Reading Program and the chance to win some great prizes?

For each book you read, you are automatically entered into a weekly prize drawing. There are eight weeks of prizes, and the more books you read, the better your chances of winning! Signing up for the Summer Reading Program is very simple, and it is all done online, so you can update your reading log from the comfort of your own home. Check out the link on our homepage: [www.mfrl.org](http://www.mfrl.org). If computer access is a problem, feel free to use any of the library's public computers or ask a staff member for assistance. We are always happy to help!

In addition to the prize drawing, we also have some wonderful adult programming scheduled as part of the Summer Reading program at the Blacksburg branch:

- **Book Signing with Kiera Cass:** Tuesday, June 25<sup>th</sup> at 7 pm
- **Clipboard Photo Frame Craft:** Friday, June 28<sup>th</sup> at 2 pm
- **The Tiger & The Torch: The Legacy of Christiansburg Institute:** Saturday, July 27<sup>th</sup> at 2 pm

Here are some of our latest titles that might inspire you to join the program. Yes, audiobooks count too!

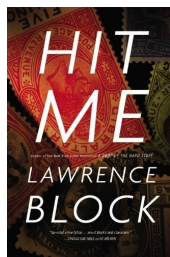


Maeve Binchy's final novel, **A Week in Winter**, is a great escape to the western coast of Ireland and a small town called Stoneybridge. Chicky Starr has returned to her hometown with hopes of fixing up a grand old estate and turning it into a holiday hotel. With help from her niece and a local handyman,

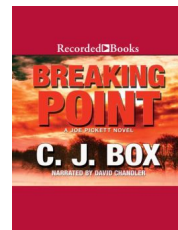
she creates a cozy and inviting retreat with warm log fires that provide respite from the fierce

Atlantic winds. An eclectic mix of guests turn up at her door, including an American movie star, a bitter husband and wife, an amateur musician, a psychic librarian, and more. *Booklist* praises **A Week in Winter** as "a heartwarming and spirit restoring swan song."

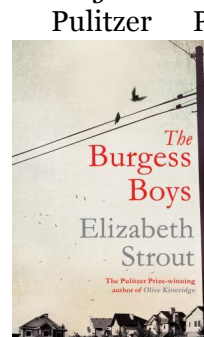
Lawrence Block resurrects a beloved character in his latest novel **Hit Me**. When we are first introduced to Nicholas Edwards, he is working in New Orleans renovating houses for a living. He seems to have a happy, stable life, spending time with his family and working on his precious stamp collection. However, when the economy crashes and the construction business goes south, a single phone call changes everything. We learn that Edwards is actually a former hit man by the name of Keller. His particular line of work takes him to a monastery in New York, a West Indies cruise ship, and the home of a widow in Cheyenne, Wyoming. When faced with an unusual final mission, Keller is forced to decide how far he is willing to go in the name of his career.



### New Audio Books



**Breaking Point** is CJ Box's latest in his series revolving around Wyoming game warden Joe Pickett, and it will have you scrambling for each disc with its suspenseful plot and unpredictable twists. Joe gets caught up in a manhunt after local businessman Butch Roberson is pinned as the prime suspect in the murder of two EPA employees. Butch's recently purchased retirement home property was declared a wetland, and with fines and penalties accruing, his potential motive is clear. But is it the whole story? "Thrilling wilderness chases, chilling stories of the abuse of power, and Pickett's indomitable frontier spirit power this explosive novel," says *Publisher's Weekly*.



Pulitzer Prize-winning author Elizabeth Strout's latest novel **Burgess Boys** is an insightful foray into the complicated depths of sibling relationships. Brothers Jim and Bob Burgess left their traumatic childhood memories behind in Maine for a fresh start in New York City. Jim, the elder of the two, is a famous and successful

~Continued on page 5~

~Continued from page 4~

lawyer, while kind and gentle Bob has always been his biggest admirer. Their dynamic is forever altered when they are called home to help with their sister's wayward teenage son. The Associated Press pronounces the book "almost effortlessly fluid, with superbly rendered dialogue, sudden and unexpected bolts of humor and . . . startling riffs of gripping emotion."

### Call for Blacksburg Chapter Award Nominations

All chapter members are invited to send nominations for several awards given each year by the Blacksburg AARP Chapter. These include the following awards: (1) Chapter service award, (2) Community service award, and (3) Leading Lights Award. Nominations should be mailed to:

Juanita Wightman  
1300 Westover Dr,  
Blacksburg VA 24060.

### Worth Reading

#### from the *AARP Bulletin*, June 2013

This section refers to articles in the June 2013 issue of the *AARP Bulletin*. It highlights an article that you might want to take time to read the article.

From ***Your Money – Scam Alert***, p. 28

"The \$8,000 Vacuum" was written by Sid Richardson, author of *Scam-Proof Your Life*. This article describes how two Californians, Joe and Irene, bought a vacuum cleaner from two door-to-door salespersons who said they were students at a local university. What should you do when a door-to-door salesperson comes to your door? Here are several suggestions about how you might protect yourself from a scam.

First, don't engage, but ask them to leave immediately.

Second, be wary of any contract offers that offer you "no money down" and easy payments.

Finally, if you buy something and then decide that you do not want it, act quickly! You have a three-day "cooling-off-rule" from the Federal Trade Commission to cancel an offer for a full refund. If you wait more than three days, there is no guarantee that you can cancel or get money back.

People don't notice whether it's winter or summer when they're happy.

– Anton Chekhov

### June Holidays – a short, but interesting list!

June has quite a number of holidays that range from the serious patriotic to the absolutely ridiculous! Here are just a few – some are over, but others might be worth a little celebration!

- June 5 was Hug Your Cat Day
- June 6 was National Yo-Yo Day. This date was chosen because it is the birthday of Donald F. Duncan, Sr. who began manufacturing the the Duncan Yo-Yo in the early 1900s. Does anyone remember "walking the dog" or "shooting the moon" with your yo-yo?
- June 9 was Donald Duck Day. That's right, Donald was "born" or at least first appeared in a cartoon (*The Wise Hen*) on June 9, 1934.
- June 14 is Flag Day. Fly "Old Glory" and brush up on the etiquette and rules for displaying and disposing of old flags.
- June 16 is Father's Day.
- **June 18 is Blacksburg AARP Picnic Day! Music! Food! Fun! White elephants!**
- June 19 (or thereabouts) is Juneteenth. The Emancipation Proclamation went into effect January 1, 1863, but it was not until June 19, 1865 when General Gordon Granger reached Galveston, Texas, and told the slaves they were free. It is widely celebrated today, especially in Texas.
- June 21 Summer Solstice. On this longest day of the year there will be a celebration in Blacksburg, and you can even join fellow AARP members in a solstice 5K at sundown.
- June 25 is National Catfish Day. On June 25, 1987 President Ronald Reagan offered a proclamation: "More and more Americans are discovering a uniquely American food delicacy – farm-raised catfish."
- June 26 is Forgiveness Day.
- June 29 is Hug Holiday.

What a month! That's only a few of the unusual June celebrations.

**"it's a smile, it's a kiss,  
it's a sip of wine ... it's  
summertime!"**

**– Kenny Chesney**

**AARP Chapter 2613  
Board of Directors  
June 4, 2013  
Board Minutes**

**Call to Order**--President Tom Alston called the meeting to order at 10:00.

Officers Present: President Tom Alston, Vice President Leslye Bloom, Treasurer Brian Allen, Secretary Virgil Cook

Board Members: John Hillison, Jim Montgomery, Non-Board-Members, Committee Chairs and Appointees: Doris Abraham, Val Coluni, Terry Wildman

**Approval of Minutes**--Brian Allen moved that the minutes be approved. The motion passed.

**Web Editor's Report**--Several members expressed concern about the 100MB of storage. It needs to be larger.

**Membership Report**--Tom Alston. Total membership, 314.

**Programs**--Carl McDaniels. June 18, Picnic. We will try to get Don Elson's antique-car group to show its collection. Delegate Yost is enthusiastic about coming. Senator Edwards cannot come. The featured speaker is Jack Hinshelwood. We want to give him plenty of time to talk. Doris Abraham suggested that we remind people that the proceeds from the auction go to community projects and not to the chapter.

Fall programs will be devoted to end-of-life issues. October will feature hospital and hospice care. Blue Ridge Home Improvement will discuss home modification at the November meeting.

**Treasurer's Report**--Brian Allen. Balance at end of April 2013 was \$4,293. Credits were \$15.11. Debits were \$125.48. Balance at end of April 2013 was \$4,183.46.

Brian Allen suggested that we use some of the Health-Fair \$2,681 for our annual giving to local organizations. John Hillison observed that we give about \$2,600 away each year to community groups. Jim Montgomery moved that the report be accepted. The motion passed.

**Legislation**--Val Coluni. The written report to the board follows:

1. Affordable Care Act (ObamaCare). There is still a great deal of confusion and misunderstandings about how the act will affect various people (i.e. those currently buying individual policies). Additional efforts must be made to correct this.

2. Medicaid Expansion. A number of state legislatures are objecting to their governors'

decision to expand the program. Major battles are looming in several states. In Virginia, progress is being made to carry out the expansion.

3. Social Security and Medicare. State AARP is concerned that a lot of misinformation is being communicated about the future of these programs. AARP will be providing additional training to our core group of volunteer trainers to get the proper word out to the general public.

4. Financial Abuse Workshop. Val attended this three-hour workshop hosted by the Montgomery County Coalition. In Virginia, in 2012, there was a 10 percent increase in the number of substantiated financial abuse cases.

5. Meetings with Legislators. Val met with Senator Edwards and Delegate Yost inviting them to our picnic. Delegate Yost will be able to come, but Senator Edwards cannot. Val also reviewed with them AARP successes during the 2013 Legislative session, and thanked them for their support.

6. State Advocacy Committee will meet in June to agree on a proposal for the 2014 Legislative Objectives. [End of formal report]

Val also made a couple of observations. AARP is training members to be qualified to explain how the Affordable Care Act will affect seniors. There is considerable controversy over the Blacksburg Midtown project. Very little tweaking would solve the problem of Social Security's pending insolvency. Simply raising the contributions cap to about \$155,000-\$185,000 would solve the problem. AARP members are entitled to 45 minutes of free, legal consultation on estate planning and other senior issues.

Jim Montgomery observed that Val has done a marvelous job as legislative chair, especially commendable because he follows the late Dan Fleming who did the job so well. Applause followed.

**Public Relations**--Terry Wildman is considering making a template for brochures.

**Hospitality**--Leslye Bloom. The substance of any report was covered in the discussion of the upcoming picnic.

**Adjournment**--The meeting was adjourned at 11:13. Virgil A. Cook, Secretary

Whenever I was upset by something in the papers, Jack always told me to be more tolerant, like a horse flicking away flies in the summer.

-- Jackie Kennedy

## 2013 Officers & Board Members

### Officers

**President** Tom Alston [tpalston@gmail.com]  
**Vice President** Leslye Bloom [leslye@leslyebloom.com]  
**Secretary** Virgil Cook [vcook@vt.edu]  
**Treasurer** Brian Allen [brian.allen@prodigy.net]

### Board of Directors

**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]  
**Class of 2015** – Don Creamer, [dgc2@vt.edu];  
Nola Elliott, [ne\_elliott@peoplepc.com];  
Terry Wildman, [wiley@vt.edu]



## 2013 Committees

### Caring –

Margaret Kates 552-4107

### Chapter Awards –

Juanita Wightman [552-2007 wightman@vt.edu] & Jim Montgomery [552-6735 jrmonste@verizon.net]

### Community Service –

Sally Anna Stapleton [250-3908 sanna418@gmail.com]

### Financial Planning and Audit –

June Schmidt [552-1590 schmidtj@vt.edu] & John Hillison [552-8941 johnhillison@comcast.net]  
Dale Oliver [jdoliver@vt.edu]

### History –

Doris Abraham [382-3392 dsta118e@verizon.net]

### Hospitality –

Leslye Bloom [951-2025 leslye@leslyebloom.com] & Sue Farrar [381-1830 suefarrar@verizon.net]

### Legislative –

Val Coluni [961-5014 vcoluni@aol.com] & Ben Crawford [961-5733 ben.crawford@vt.edu]

### Membership –

Tom Alston [757-651-3065 tpalston@gmail.com] & Jim Wightman [552-2007 wightman@vt.edu]

### Newsletter Editor –

Edd Sewell [951-1746 eddsewell@gmail.com]

### Website Editor –

Don Creamer [dgc2@vt.edu]

### Program –

Carl McDaniels [552-5818 cmcd@vt.edu] & Jewell Ritchey [sjr@vt.edu]

### Public Relations –

Terry Wildman [wiley@vt.edu]

### AARP Virginia Liaison –

Ben Crawford [961-5733 ben.crawford.vt.edu]

### VTRA Liaison –

Margaret Kates [552-4107]

### Chaplain –

Sandy Birch [951-3455 birch@vt.edu]

**Tom Alston, President  
AARP Chapter #2613  
P.O. Box 10082  
Blacksburg, VA 24062**

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***Put June 18 on your calendar – Picnic! Picnic!  
Music begins at 11:30 a.m. at Nellies Cave Park***

**Tuesday, June 18 will be the *Annual Picnic* at Nellies Cave Park in Blacksburg (at the end of Grissom Lane). Music will be by Jack Hinshelwood on the fiddle. Jack is the director of Southwestern Virginia's Crooked Road. There will also be the annual "White Elephant Sale" so it's also a good time to clean out your basement or attic for summer.**

***Visit the new Blacksburg AARP website at [www.blacksburgaarp.org](http://www.blacksburgaarp.org) and let Don Creamer know what you think of it!***