

March 18 Chapter Meeting

Affordable Care Act What The ACA Health Care Law Means For People 65+

**Thomas J. Sellinger - Advocacy
Team for Virginia AARP**

There is a lot to learn about the health care law. If you have Medicare, the law has new benefits and protections so you can be confident you are in control of your health care. The law strengthens Medicare by including more preventive benefits, lowering the price of prescription drugs in the Part D doughnut hole and fighting waste and fraud.

Thomas Sellinger is a retired railroader, who worked for Penn Central, Conrail, and Norfolk Southern Corporation for over 36 years. He earned a Bachelor of Arts in Political Science and a Masters of Business Administration in Marketing. His life and career has taken him from Chicago, IL to Philadelphia, PA and since 1999 resides in Cloverdale, VA. His passion for politics makes him a great fit for AARP Advocacy and he has been traveling around the Roanoke area getting the information out to local groups on the ACA.

Deena Flinchum will also be joining the discussion. Deena is a volunteer with the Agency On Aging, who specializes in MEDICARE and helps ensure those folks 65+ within the NRV have the best coverage for their needs. Deena will be on hand to answer questions on Medicare.

President's Message from Leslye Bloom



You could say I am all a Twitter! The day after our last meeting I went off to AARP in Richmond to be trained in Twitter, Facebook and other "New" media. I came away knowing a quite bit more and with new appreciation of why all the fuss... so much so that I've requested a local session for next year. Did you know senior citizens are second largest group of new Facebook users? The largest is those about to retire. Have grandkids? I'll bet you're already using Facebook.

You can find me at @leslyepb and <https://www.facebook.com/leslye.bloom>. I made this month's photo especially for my new twitter page.

Affirmation: Those who wish never to touch a computer or smart phone needn't worry. Paper is good too!

Board meeting notes: our March 4 board meeting yielded some changes that I think you should know about:

Voting: For about the last 10 years it has been policy that Committee chairs were not allowed to vote or make motions at board meetings. This was sometimes confusing for new people (myself included). I asked the bylaws review committee, ably headed by Don Creamer, to investigate.

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Don't forget to bring your food donation (a can or box of non-perishable food) to the AARP chapter meeting. We will collect food at each monthly chapter meeting.

Upcoming Events

March 11 & 12 • 1:00
Smart Driver Course *see the web page*

March 18 • 11:30
chapter meeting on the Affordable Care Act (Obama care)

April 1 • 10:00
board meeting

April 15 • 11:30
chapter meeting rescheduled from January: *The Value of Friends Among the Elderly*, Rosemary Blieszner

For more info on upcoming program topics please see page 2

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.

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Further thought showed that some controls need to be in place to prevent unlikely but unpleasant outcomes.

The solution was to permit full parliamentary privileges to chairs unless, on a particular vote, a board member objects. The restriction blocks nasty outcomes like someone stacking the board (Chairs are appointed) and making off with the treasury. The bylaws committee spent hours on this issue, and the board spent a good deal of time on it as well.

The efficiency and atmosphere of meetings should be improved, and the bylaws didn't have to be changed to permit this! A simple motion took care the problem yesterday. Good job, bylaws committee!

Welcome to Joy Herbert: Joy's work coordinating the Blacksburg Rec. Department's Senior Activities (and scheduling our meeting rooms) made her a natural fit as our Senior Center Liaison. The board approved yesterday. I look forward to future collaborations, like the December Senior Brunch, which we have sponsored for years.

Next Meeting: I've been in quite a few Advocacy workshops with Tom Sellinger and highly recommend his upcoming presentation on the Affordable Care Act. He has a gift for making the issues clear and understandable.

I hope to see you there, and wish you an early spring!

Leslye



iPhone panorama by L. Bloom at Mar. 4, 2014 Board Meeting

Schedule of Public Chapter Programs for 2014

This is the planned schedule so you can mark the events and dates on your calendar. Please check the website in case of last minute changes. Unless otherwise noted, programs are the third Tuesday, at noon in the Blacksburg Community Center. Bring a brown bag lunch to enjoy with friends at 11:30.

March 18 Affordable Care Act (Obama care) a special public meeting on the new health care act.

April 15 *The Value of Friends Among the Elderly*, Rosemary Blieszner, Associate Director, VT Center for Gerontology

May 8-10 A Trip to Consider: The AARP Big Event in Boston
Speakers include Laura Bush with daughter Barbara, Whoopi Goldberg, Jay Leno, Linda Ronstadt, and many more with hundreds of interesting exhibits. See http://www.aarp.org/about-aarp/events/national_event/boston/ for complete program information and registration.

May 20 The VA College of Osteopath Medicine hosts AARP chapter meeting at VCOM Speaker Dr. Ronna New of Abingdon. *Arranged by Diane Suphin, VCOM Director of Alumni Relations & Development*

June 17 Picnic and White Elephant Auction

No programs July and August

September 17 Wednesday HEALTH FAIR at VCOM 2

October 21 Candidates for state & national office are invited to speak.

November 18 *What To Do When Death Occurs and Before* Funeral Alliance of the Blue Ridge presentation

December 9 Holiday Luncheon

Committee: Ben Crawford, Alison Galway, Jewell Ritchey, Sally Anna Stapleton.

Looking for the minutes from the March board meeting?

You can find the draft minutes at www.blacksburgaarp.org/minutes0214.pdf

Those without computers can pick up a printed copy at our February 18 meeting, or visit the Montgomery-Floyd Regional Library and the staff will help you use one of the computers to read all the latest AARP news on the website.

Legislative Report to the Board of Directors

Blacksburg AARP March 2014

1. Affordable Health Care (medicaid expansion) alternative proposal was made by senate but was defeated. Considerable support still exists but the position of the house will result in no action unless the governor decides to make this a budget issue.

2. Mature Driver Safety Defeated. Would have removed some drivers from the road. AARP was not in favor of the bill.

3. Financial Abuse of Elderly Still active. Bill would allow attorney fees to be paid by the abuser if he/she acquired a deed by fraud or undue influence..

4. Long Term Care Cancellation Notices Legislation was defeated but the bureau of insurance has proposed regulations requiring companies to send notices in a manner which could be verified by policy holders.

5. Redistricting Once every several years the general assembly draws districts for the state house and senate and federal house of representatives. This many times results in political games. Legislation is being introduced to have a constitutional amendment for a state wide referendum to appoint a bipartisan advisory commission to reduce one-sided political influence. This has been tabled so no action this year. Val Coluni, *Chair Legislative Committee*

Membership Report March 2014

2013 Members	87 individuals	56 households
2014 Members	155 individuals	94 households
Lifetime Members	35 individuals	22 households
Life Members	12 individuals	11 households
Comp Members	20 individuals	20 households
Honorary Members	2 individuals	1 households
Total Membership	311 individuals	204 households

Tom Alston and Jim Wightman *Membership*

Participants Needed!

Subjects aged 50-75 are needed for a study investigating balance and gait at Virginia Tech. The study will take about 1.5 to 2 hours to complete, and subjects will be paid \$ 20. If interested, please email biomechanics.esm@gmail.com. Individuals who are overweight are especially needed. Leigh Allin (859) 433-9865

Financial Statement

February 2014

Balance end of January 2014 \$2,165.33

Credits

Feb 6 Dues 275.00

Feb 19 50/50 Raffle 28.50

Feb 19 Dues 70.00

TOTAL \$373.50

Debits

Feb 18 Kopy Korner 108.46

TOTAL \$108.46

Balance end of January 2014 \$2,430.37

Balance in Reserve Account \$2,682.59

Pat Ballard *Treasurer*

The AARP Tax-Aide program

Began again in 2014 starting on Feb. 3 and ending April 15. Your counselors are busy getting IRS trained and certified to prepare tax returns. The location is the Christiansburg Recreation Center (Senior Activity Room) and you will need to call and schedule an appointment. The telephone number is 382-2349. The schedule for preparing taxes is:

Mondays 1:00–4:00 pm

Tuesdays 5:30–8:30 pm

Thursdays 1:00–4:00 pm

Saturdays 9:00–noon

*If you are interested in becoming a part of this program, please contact Pat Ballard. email: pballard@vt.edu • 382-1189
1530 Cambria St. NE • Christiansburg, VA 24073*

From Virginia & National AARP

AARP Virginia will host a team meeting for the Federal Advocacy Team in Charlottesville on April 16th and 17th. Call 434-973-2121 for details or see the AARP Virginia website.

Protect Our Earned Pensions

With 10,000 people turning 65 every day, our nation should be doing everything possible to protect the pensions of those who have worked hard their entire lives and are counting on those benefits during their retirement years. Instead, pensions are increasingly coming under attack — for those still in the workforce, and for people who are already retired and living on the pensions they have earned. Voice your opinion - see the AARP Virginia website for meeting dates and locations.

From the Memorial Ceremony February 18 Remembrance of friends who died in 2013

January 6 • Margaret Barnett was the owner of Barnett Dress Shop and later was involved with the Farmers Market in Blacksburg. She was a member and treasurer of the Christiansburg Seventh-day Adventist Church. Margaret was 86.

February 2 • Elizabeth McCann spent the last 50 years of her life in Blacksburg where her husband, Col. McCann, having retired from the Army, became Assistant Commandant of the Corps of Cadets. Libby worked for a number of years as a Special Education teacher at Margaret Beeks Elementary School, was a Girl Scout Leader and a faithful and active member of Blacksburg Presbyterian Church. She was 95.

February 9 • Denver Bragg served as a Captain in the United States Army Supply Corps in World War II, and was an Associate Professor at Virginia Tech in the Animal and Poultry Science Department. In 1976, he served as the first president of the Blacksburg AARP chapter. Denver was 97.

February 17 • James Wiggert and his family moved to Blacksburg in 1962 after receiving his PhD from The University of Michigan. He taught Hydrology and Hydraulics at Virginia Tech until his retirement in 1991. Jim was active in campus politics, serving as president of the Faculty Senate, and also on the YMCA Committee for a number of years. He was 83.

February 27 • Charlotte Barnett was retired from the Wood Science and Forest Products department at Virginia Tech. She loved reading, gardening, and cross stitching. She was an active member of the Phi Beta Kappa chapter at Virginia Tech along with her husband Lewis. Charlotte was 81.

March 27 • Carrie McBride loved life and always had a spot in her heart for the less fortunate. She helped develop the local food pantry and was director of the local mental health association. She and Cecil loved to travel both in his Piper Cub and on their Honda Gold Wing. Carrie was 82.

June 10 • George Gray, after earning his Doctorate in Structural Engineering at Yale University, spent four years as an officer in the U.S. Army Corps of Engineers

in airfield construction in Europe. He taught structural engineering at Virginia Tech and served as Associate Dean of Engineering. George also served in a number of civic assignments following retirement including serving on the Montgomery County Board of Supervisors. He was 92.

June 25 • Matilda Kosztarab immigrated to the United States from Hungary in 1957 and had lived in Blacksburg since 1965 where she worked as a cataloger of insect literature for the United States Department of Agriculture. Throughout her 59 years of marriage to Michael, she traveled extensively around the world accompanying him on his many research trips. Matilda was 89.

July 16 • Mary Montgomery was an educator and artist, teaching first in Knoxville and then first grade at Harding Avenue after she and Jim moved to Blacksburg. After retirement from the schools and with their children grown, Mary turned to watercolor painting and her lovely artwork is found in many homes in the Blacksburg area. Mary was 82.

September 4 • Juanita Dawson, an active member of Belmont Christian Church, enjoyed the fellowship of others and supporting Christian missions including the 10 children she and her husband Ken have sponsored with the Baptist Haiti Mission. Traveling to 55 countries and all the United States were among her great joys. Nita was 84.

September 15 • Allan Mandelstamm came to Virginia Tech in 1974 as a professor of economics and served until his retirement in 1990. He was known for teaching large classes, frequently by television. In all, he taught about 90,000 students. Allan was 84.

October 13 • Anne Bell served as the administrative assistant for the Virginia Tech Athletic Association where she was the mother-away-from-home for many grateful student athletes over the years. Anne and husband Jim enjoyed spending summers at their cottage on the Eastern Shore of Virginia. Anne was 79.

November 13 • Morton Nadler, a retired professor of electrical engineering at Virginia Tech, was a pioneer in the field of pattern recognition and the author of about 200 publications, including 40 patents. He was a retired Minister, Humanist Society of Friends, a long-time member of the NRV NAACP branch, and a lover of books and ideas. Morton was 92. *Sandy Birch, Chaplain*

Chapter Officers & Board 2014

President • Leslye Bloom, leslye_bloom@comcast.net

Vice President • Terry Wildman, wiley@vt.edu

Secretary • Virgil Cook, vcook@vt.edu

Treasurer • Pat Ballard, pballard@vt.edu

Board Members

Class of 2014: Leslye Bloom, leslye_bloom@comcast.net

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

Class of 2016: Tom Alston, tpalston@gmail.com

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Website Editor

Don Creamer, dgc2@vt.edu

The chapter website at www.blacksburgaarp.org

The chapter website now is used to display minutes of meetings of the Board of Directors. The most current minutes are shown on the Home page. Past minutes are shown on the Board of Directors page.

Members can view the original charter of the chapter on the History of the Chapter page. All past presidents are shown on this page in a list by year of service.

The Legislative/Advocacy page contains a rather thorough set of links to documents that show the activities of the state AARP offices. Reports from our own representatives also appear on this page.

For those members who still have not renewed their membership dues, an application for membership is available on the Application for Membership page.

Don Creamer, *Website Editor*



March Programs at the Montgomery -Floyd Regional Library offers its patrons the resources they need to explore topics of personal interest.

Providing programs on a variety of subjects is one way in which we achieve this service goal. With a focus on wellness this month, we're providing a few health-related programs in many of our libraries:

Wednesday, March 12 at 2:00 p.m. at the Jessie Peterman Library in Floyd. Good Samaritan Hospice presentation.

Thursday, March 13 at 6:30 p.m. at the Meadowbrook Public Library. Health Coach Ini Beckman.

Thursday, March 20 at 1:00 p.m. at the Jessie Peterman Library in Floyd. The New River Valley Agency on Aging presents Learn about nutritional programs for seniors such as Home Delivered Meals and The Friendship Café. Refreshments will be provided.

Thursday, March 27 from 6:30 p.m. at the Blacksburg Library In recognition of March as National Colorectal Cancer Awareness Month, Dr. Keith R. Stephenson, M.D. and Dr. Anne Elizabeth Bush, M.D. will discuss ways to lower your risk of developing this cancer by managing the risk factors that you can control.

Friday, March 28 at 1:00 p.m. at the Blacksburg Library.

If you're among the third of Americans who don't get enough shut-eye, be sure to attend our "Pillow Talk" seminar offered by Dr. Stewart Rawnsley, D.C. of the Giles Chiropractic Clinic P. C. Learn how to combat sleep deprivation with proper posture, pillows and other helpful tips.



Chapter #2613
Leslye Bloom, President
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Blacksburg, VA 24062

**Nonprofit
 Organization
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AARP Blacksburg Chapter 2613 Member Application for 2014

 Name

 Spouse/Partner

 Address

 City

 State Zip

 Phone

 Email

Annual (Calendar Year) Dues: \$15.00 (includes spouse)*

New Renewal 90+ years old (no dues)

Make checks to AARP Blacksburg Chapter #2613

And mail to
 P.O. Box 10082
 Blacksburg, VA 24062

Check the date on the label above, 2013 means it's time to renew!

**Local Chapter membership requires membership in National AARP. For more information, call 1-888-687-2277 or mail national dues to AARP • 601 E Street, NW • Washington, DC 20049.*

Prefer to receive newsletters: (check one) Mail Email