



AARP Chapters are separately incorporated affiliates of AARP



newsletter

January-February 2020

Jan. 21 Chapter Meeting

Downsizing and Decluttering: What Will We Do With Our Stuff? *Lesa Wynn*

“I love my stuff”—Comedian George Carlin did a hilarious routine about “people and their stuff.” It was not only funny but profound. People all need their stuff around them. They become emotionally attached to their stuff, whether they bought it or inherited it from a loved one. We keep mementos from our family and friends. We name it, we become attached to it. It’s our stuff!

When we think about the cost of our stuff, we think about dollars. But what about the emotional, physical, and relationship costs?

When we are ready to downsize or declutter, how will we decide what to keep and what to give up? Learn Lesa’s advice at the meeting.



Lesa Wynn is president of Project Move UP. She helps companies and individuals relocate, downsize and declutter, and get organized.

Feb. 18 Chapter Meeting

Adventures in Ancient Africa: On the Tail of the Origin of Dinosaurs *Sterling Nesbitt*

Hunting the earliest dinosaurs is a worldwide adventure given that 230 million years ago all of the continents were together. However, only a handful of fossil localities preserve the earliest dinosaurs. Eastern Africa is one of those special areas and not only are early dinosaurs preserved, but their closest relatives are also found there. Combining paleobiological information from early dinosaurs and their close relatives is giving us an unprecedented look into the origin of dinosaurs. Many surprising discoveries have been made in the last few years.



Sterling Nesbitt is an Assistant Professor in the Virginia Tech Department of Geosciences. His area of research is the evolution of vertebrate animals with a species focus on archosaurs (crocodiles, dinosaurs, and birds).

Upcoming Events

- Jan. 16, Registration for LLI classes opens
- Feb. 1, Tax-Aide program begins
- Feb. 28, Mar. 6, Aging in Place Workshop (p. 6); enroll by Feb. 10
- Mar. 3, Super Tuesday Primary

Upcoming Chapter Programs

- (Third Tuesday, 11:30 am)
- February 18: Sterling Nesbitt, Adventures in ancient Africa: On the tail of the origin of dinosaurs
- March 17: Janet Brennend and Casey Suthers, NRV Agency on Aging, Navigating Resources for Community-Based Home Health and Home Care Programs
- April 21: Curt Laub, Bugs and Us—Insects and Our Culture
- May 19: Dean Spader, Project Draw-down: 80 Viable Solutions to Climate Change
- June 16: Picnic, 5:00 pm

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February 18 Food Drive

Our first food drive for 2020 will be at our February 18 chapter meeting. We’ll be collecting for the Agency On Aging “Staples For Seniors.” This organization supplies weekend staples to homebound seniors so that they never go hungry. Please give all that you can.

Items Needed

- Peanut butter (creamy)
- Tuna (pull tab or foil packs)
- Fruit cups (low or no sugar)
- Individual cans of soup (low sodium, pull tabs)
- Saltine crackers
- Juice boxes
- Instant oatmeal (single serve packets)

Time to renew membership

Use the form on p. 8, or go online to <http://www.blacksburgaarp.org/join-us>

Membership is for the year 2020.

As we know, Virginia's 2019 elections for the General Assembly have important consequences for the legislature's 2020 session. Here we will review the election and its outcome, and will outline some of the major issues that will be at stake in the General Assembly session.



2019 Election Results and Voter Turnout

The 2019 election for the General Assembly was in some sense a capstone for the Democratic Party's resurgence that began in 2017. In the 2017 election for the House of Delegates, 12 Republicans lost, and the House became evenly split at 50-0. Control of the House was decided by a coin toss, and the Republican Party was still in charge. Four more Republicans were defeated in 2019, and one open seat became Democratic, giving them a 55-45 edge.

Senators serve four-year terms, and in the Senate, only one Republican incumbent was defeated in 2019. In addition, a seat vacated by a retiring Republican was won by a Democrat, leaving the Senate with a 21-19 split in favor of the Democrats.

A further examination of the election yields some interesting points. In the House, 26 Democrats were uncontested; however, only six Republicans were uncontested, and five of them were in Southwest Virginia. In the Senate, six Democrats were uncontested, but only one Republican. Democrats made significant gains in the Tidewater region, with a number of Republican legislators there defeated.

Most significantly, voter turnout set a new record. At first glance, the 43% turnout is not impressive, but it was higher than any past election. Virginia's typically low turnout for statewide elections is attributed to the fact that they are held in the off years from national elections. This policy was initiated in 1851, when there were sharp divisions between North and South over the issue of slavery. (An interesting sidelight is that since 1977, every Virginia governor has been elected by the opposite party of the sitting president except for Governor McAuliffe.)

Voters' Issues

According to polls, the major issues in the 2019 election were gun control (75%), education (70%), and health care (66%). Democrats were more likely to be in favor of taking action on these issues by the following margins: gun control, 47%-44%; education, 56%-34%; and health care, 60%-31%.

Election Fundraising

A major factor in elections, of course, is funding. Fundraising for Democrats jumped from \$13.7 million in 2015 to \$31.7 million in 2019. Republican fundraising in 2019 amounted to \$20.9 million, only two-thirds of the Democrats' total. Most remarkably, there were 61,342 small donations (under \$100) to Democrats, and only 7,709 to Republicans. Almost half of the Democrats' small contributions came from out of state—a strong testimony to the

power of online fundraising. In this category the Democrats raised \$1.7 million; the Republicans, \$440,000.

Donations from large organizations showed a distinctive pattern. For Democrats, top donors were organizations such as the League of Conservation Voters, Emily's list, Everytown for Gun Safety, Planned Parenthood, and Beyond Carbon Action Fund. On the Republican side, Dominion Energy was the top donor (it also contributed substantially to the Democrats). Others include the Virginia Association of Realtors, GOPAC (a Republican organization), the Beer Wholesalers Association, the Auto Dealers Association, and the Hospital and Healthcare Association.

General Assembly Agenda for 2020

Major issues for the new General Assembly include redistricting. The proposal is for district boundaries to be set by a non-partisan commission. Currently, districts are drawn every ten years by the political party that happens to be in power. This is likely to be a significant issue, as drawing districts in a way that satisfies all constituents is not possible. However, a number of other states have moved to nonpartisan commissions as a way to prevent gerrymandering.

On December 17, Governor Ralph Northam introduced his biennial budget—the only two-year budget he will introduce, so it gives a clear picture of his priorities. Increases in funding are largely focused on education and health care. He proposes to eliminate the freeze on tuition in higher education that was enacted last year and to allow the institutions to increase tuition rather than relying on state dollars. Special funding is provided for Virginia's two historically black colleges, Virginia State and Norfolk State. Funding for Virginia Tech's Innovation Campus in Alexandria is included in accordance with the Commonwealth's partnership created with Amazon last year. Other proposals include doubling the state tax on tobacco to help fund expansion of the Affordable Care Act, and bond-financed protections for the environment.

Other initiatives and issues that are likely to be considered are early childhood education, free community college, wage and labor issues, gun safety, and the ERA. With many new faces and new leadership in the General Assembly, it should prove to be an interesting legislative session.

Ralph Byers is Executive Director of Government Relations Emeritus at Virginia Tech.

*The source for data regarding the elections and financial contributions is the **Virginia Public Access Project** (VPAP.org). Any incorrect information is solely the responsibility of the writer.*

Live Well and Find Joy



Have you ever experienced saying something and immediately wondered, “Where did that come from?” It can be mystifying. You may react by thinking, “I didn’t plan to say that but having said it, I do really believe it.”

Perhaps in a heated discussion, you may say something totally unplanned, or something seemingly unlike your normal thoughts. Perhaps while daydreaming you totally surprise yourself with some thought. My guess is that it has happened to most people who have lived as long as we have.

It happened to me recently in a Lifelong Learning Class. I was ruminating out loud about something the instructor had shown in a visual slide. I was thinking, “I don’t believe that is true for me and my reasons for involvement.” I wanted to state how I actually feel about the issue. “For example,” I said without prior thought, “*I get a lot of joy from my involvement in the AARP Blacksburg Chapter.*”

I couldn’t get this thought out of my head for the remainder of the class, nor have I since been able to do so. “Is JOY really what I get from my involvement with people and activities of our chapter?” If I had carefully thought about this matter when I spoke, I suspect that I would have said something closer to “satisfaction” or “fulfillment,” but not “joy.” So, why had I said it at this moment before my classmates?

I tend to think of joy as some mystical feeling associated with Christmas. We sing about it and people wish it on

AARP Tax-Aide program begins Feb. 1

The 2020 tax-aid program begins February 1 and ends April 15. The location is the Christiansburg Recreation Center (Senior Activity Room). If you need help with your taxes, please call to schedule an appointment: 382-2349.

Counselors will be available for preparing taxes:

1:00 – 4:00 pm, Monday, Tuesday, and Thursday

9:00 am – noon, Saturday

If you are interested in volunteering with this program, please contact Pat Ballard: pballard@vt.edu • 382-1189

Training for counselors is mostly complete for 2020, but the program welcomes new Greeters (Client Facilitators). These volunteers welcome clients to check in. They inspect photo IDs and match information with an appointment list provided by the Christiansburg Rec Center. They assist with the work flow and help to match the complexity of that tax return and the experience of tax counselors. Greeters are asked to work at least one shift (4 hours) per week, starting February 1 and ending April 15.

their friends and loved ones during the holiday season. But is it a feeling associated with just normal interactions or engagement with people?

So, I did the pedestrian thing and looked up the word in the dictionary. Here is what I found: Joy is “the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires.” The word also means, according to the dictionary, “a feeling of great pleasure and happiness.” So, now I ask myself, “Is joy really the feeling I get from my involvement in AARP Blacksburg?”

Yes, it is.

In the last issue of the newsletter, Jerry Niles wrote about the value of social connections. I normally use the concept of engagement rather than social connections, but I think that Jerry and I mean more or less the same thing. He observed and I agree wholeheartedly that engagement happens regularly in our chapter.

Research tells us that there are numerous benefits from social engagement in a group like our chapter. Here are some of the most common findings:

- enhanced mental health
- sense of belonging
- better self-esteem
- increased cognitive functioning
- accountability
- purposeful living

Pretty potent results from simple acts of engagement with other people.

Now another outcome of engagement can be added to this list, at least for me: JOY! I wonder—rather I hope—that I am not alone in this epiphany.



Val Coluni and Steve Reisinger enjoy food and conversation at the holiday luncheon.

Charitable Contributions 2019



Above: Recipients of the 2019 AARP-Blacksburg Chapter Charitable Contributions received their checks at the holiday luncheon. The funds for these donations come from the proceeds of the biennial Health and Wellness Fair.



Left: Judith Jones participates in the wreath laying at the Southwest Virginia Veterans Cemetery. AARP-Blacksburg helps to support this program.

photos by Terry Wildman

The Blacksburg Chapter of the AARP donated \$3,300 to local organizations that serve seniors. Recipients include these organizations:

- Community Foundation of the NRV—Town of Blacksburg Senior Center Endowment Fund
- Town of Blacksburg Community Center
- Christiansburg Community Center, Senior Programs
- Micah's Soup for Seniors, St. Michael Lutheran Church
- NRV Agency on Aging
- Montgomery County Christmas Store—Seniors, Senior Undergarments
- RSVP (Retired Senior Volunteer Programs)
- Community Foundation of the NRV—Aging in Place
- Warm Hearth Dementia Program
- Community Foundation of the NRV, Wreath Laying Program

Carolyn Rude Honored with Chapter Service and Community Spirit Awards

by Nancy Metz



At the annual Holiday Luncheon Celebration on December 10 at Warm Hearth, AARP chapter president Jerry Niles presented the 2019 Blacksburg Chapter Service Award and the Chapter Community Spirit Award to Carolyn

Rude. So “remarkable” and “substantial” were Carolyn’s contributions, he noted, that the awards committee had taken the unprecedented step of honoring one member with both recognitions.

The Chapter Service Award was conferred in appreciation for Carolyn’s editorial work with the newsletter, which has become under her leadership “technically and aesthetically superb.” Niles observed that “Carolyn has crafted the newsletter into a testament to the chapter’s achievements, a platform to share insights about the people who make the chapter work, and a forum to convey important information about her community.”

The Community Spirit award focused on Carolyn’s contributions to the League of Women Voters and the Lifelong Learning Institute. Her work for the League “has nurtured a productive partnership that has resulted in informative, thought-provoking public education on crucial issues of the day, such as voter suppression, gerrymandering, and the consequences of Supreme Court decisions on state-level voting laws.”

A charter member of the LLI program committee since its first meeting in 2015, Carolyn helped invent LLI and imagine its possibilities for the community. In addition to her invaluable editorial work on the catalog, she regularly recruits faculty to teach courses, enrolls in the courses herself, and volunteers to serve as the classroom assistant—all to ensure that the experience is rewarding for faculty and students.

In honoring Carolyn with these awards, Niles noted her tireless dedication to the civic organizations she serves. By sharing her time and talents so generously, she has made exemplary contributions, not only to AARP and its constituents, but to the common good.

AARP Blacksburg Chapter Highlights 2019

Recognition

Awarded a grant for \$925 by the AARP Office of Volunteer Engagement for increasing the visibility of the Blacksburg Chapter in the Community.

Member Services and Communication

Conducted 8 public meetings featuring a variety of programs plus June picnic (despite the rain showers and December Holiday luncheon

Published 7 chapter newsletters (thanks to Carolyn Rude and Sandra Griffith for editing and to Jeananne Dixon-Bame and Allan Bame for preparing the newsletter for mailing)

Maintained 13 active committees, reporting at monthly board meetings

Maintained a chapter website with up-to-date information about the chapter and chapter activities (thanks to Don Creamer, and Lisa Moose)

Established a credit card payment system for payment of membership and other Chapter Events (thanks to Don Creamer and Lisa Moose)

Co-hosted (with LLI and the Virginia Tech Retirees Association) a fundraising event at Whitebarrel Winery

Co-hosted (with LLI) a friend-raising event, Bluegrass and Barbecue

Provided hospitality at each public event (thanks to Thais Beams and Terry Wildman)

Community Partnerships

Maintained and developed robust partnerships: AARP Virginia, VCOM, NRV Agency on Aging, Lifelong Learning Institute at VT, Center for Gerontology at VT, VT Retirees Association, Community Foundation of the NRV, Blacksburg TimeBank, Blacksburg Community Center, Christiansburg Recreation Center, Montgomery County Christmas Store, Micah's Soup for Seniors, Retired Senior Volunteer Program, Virginia Tech Retirees Association, Warm Hearth Village

Community Support

Served 1,294 clients through the Tax-Aide program (thanks to Pat Ballard, Program Coordinator; Dianne Rencsok, Training Coordinator; and a dozen AARP volunteers)

Collected more than 500 lbs. of food for the Blacksburg/Christiansburg pantries. Continued a food drive for Mother's Day and a November pet food drive to help seniors be able to feed and keep their pets (thanks to Sally Anna Stapleton)

Contributed to charitable organizations that serve seniors in the NRV, including the Warm Hearth Foundation fundraiser—Cheeseburger in Parrot-dise, Blacksburg's Leading Lights, and GiveBig NRV.

Exhibited at Blacksburg's annual Steppin' Out festival and served as lead sponsor for the "Seniors' Tent"

Partnered with Adult Day Services Center at Virginia Tech and Warm Hearth to offer a program on Memory and Dementia Friendly Environments (thanks to Lisa Moose)

Education, Citizenship Support

Participated in train the trainer workshop (7 members) with the Aging in Place Task Force as a basis for collaboration with LLI at VT on presenting future workshops for Aging in Place

Participated in state AARP Virginia Advocacy, Legislative, and Volunteer meetings

Supported OneVirginia2021 (nonpartisan redistricting effort)

Tracked Virginia and national legislative initiatives related to AARP objectives; reported findings at chapter board meetings, and published in chapter newsletters and website (thanks to Val Coluni and Doug Feuerbach)

Met with Congressman Morgan Griffith on national Medicare and Medicaid prescription drug policy (2) and Delegate Chris Hurst (2)

2019 Committee Chairs

Awards—Tamara Hodsdon

Chaplain—Sandy Birch

Community Service—Sally Anna Stapleton

Financial Planning and Audit—June Schmidt, Doug Feuerbach

Health Fair—Leslie Pendleton

History—Sally Anna Stapleton

Hospitality—Thais Beams, Terry Wildman

Legislative—Val Coluni, Doug Feuerbach

LLI Partnership—Pat Hyer, Don Creamer

Membership—Jim Wightman, Coreen Mett, Todd Solberg

Newsletter—Carolyn Rude

Program—Don Creamer, Lisa Moose, Judith Jones

Website—Don Creamer, Lisa Moose



State AARP president Carol Downs joins three winners of the Andrus Award from Blacksburg at the holiday luncheon: Ben Crawford, Pat Hyer, and Don Creamer

Meet New Board Member Chuck Burress

Blacksburg is the place I have always called home—first as a student at Virginia Tech, and then from afar when my career took me elsewhere in the state. So, in 2018 I retired and returned after a 26-year absence.

I spent 41 years as a newspaper publisher and editor with Landmark Media Enterprises, whose portfolio at one time included *The Weather Channel*, TV stations, and more than 50 newspapers. After graduation from Virginia Tech in 1977, I spent 13 years with *The Roanoke Times*, then moved within the Landmark parent company to Galax, VA, to work as regional general manager for its newspapers and plants in Galax, Bedford, and Independence.

I was born in State College, PA, where my father was on the ag engineering faculty at Penn State. My parents divorced when I was young and I was primarily raised by my mother in Giles County, VA. My father spent his later career on foreign aid irrigation projects in Asia and Africa, and this provided me travel opportunities that I didn't fully appreciate as a teenager. During my freshman year of high school, I lived with my father in Afghanistan (that was 1968, a decade prior to the Soviet invasion) and boarded at the American International School of Kabul.

I attended my first AARP meeting last summer at the invitation of Todd Solberg. I kept coming back because of the exceptional monthly programs and local AARP projects that I heard about. As a newcomer to AARP, I still have a lot of background to learn about goings-on with our local chapter.



My other interests include genealogy research, reading four newspaper subscriptions online, following the Hokies and St. Louis Cardinals, and especially travel. In May 2019 I took a Danube River cruise and visited Prague, Vienna, Nuremberg, and Budapest. Other recent trips included Germany and Austria in 2016, and Italy in 2015. I am booked for a river cruise in May 2020 on the Seine that will take me from Paris to Normandy before I add a five-day stopover in London.

During the 2019 baseball season I traveled to St. Louis, Seattle and Arizona to see the Cardinals play. And at one point I went 19 years without missing travel to a VT football bowl game—a string that included four trips each to the Sugar Bowl and Orange Bowl.

I am single and have two married adult children and three young grandchildren. Daughter Erin is a third-generation Hokie who lives in Charlottesville, where her husband is a medical resident in anesthesiology at UVA. (I am known to send Hokie t-shirts to the grandkids to wear and antagonize Charlottesville!) Son Matt is in Glen Allen, VA. My two children and my son's wife all have their doctorates in physical therapy. They are thankful for our Baby Boomer generation that sends them so many customers!

I am a Rotarian of some 25 years, having joined Blacksburg Rotary Club in the mid-1980s, served as president of Galax Rotary around 2000, and rejoined my old Blacksburg club when I returned last year. I also attend Blacksburg Sports Club, Lifelong Learning Institute, Blacksburg Christian Church, and many VT sporting events, and I walk about 2.5 miles most days on the Huckleberry Trail.

Aging in Place Workshop: Feb. 28 and Mar. 6 1:30–3:30 pm Corporate Research Center

Like the majority of older Americans, you may intend to live in your current home for as long as possible. Your decision to age in place may seem like an obvious and logical choice. Yet, aging in place is more than just planning to stay in your home. Your decision to age in place should be part of a process that includes personal reflection, conversations with people important to you, intentional planning, and action.

This two-part workshop will explore the five essential aspects of an effective plan to age in place: housing, health and wellness, finances, transportation, and social relationships. Through your responses to questions in the workbook and small group conversations, you will identify the areas where you need to seek more information; determine which legal, financial, or health issues you need to address; and outline conversations you need to initiate with family members or your support team/friends. Spouses/partners/adult children are encouraged to attend with you to facilitate the creation of a workable plan.

The materials used in this workshop were produced by the Aging in Place Leadership Team of the New River Valley. You can look at the workbook online at this URL: <https://tinyurl.com/aging-workbook>. Participants will receive a printed copy for use in the workshop.

10 slots are reserved for VTRA and AARP Blacksburg members.

To enroll: Send a note to Pat Hyer, hyerp@vt.edu, or call 540-951-4968. **Deadline: February 10.**

Cost: \$10 for workbook (payment instructions will be sent)



Aging in Place:
Your Home, Your Community, Your Choice

Caring and Wellness Corner *Leslie Pendleton* S.A.D. or Not? Self-Care for the Winter Months and Beyond

Seasonal Affective Depression (S.A.D.) is a type of recurrent depression that results from changes in the body's internal clock due to seasonal climate changes, for example, fewer daylight hours. Specifically, these seasonal climate changes can cause reductions in serotonin (mood) and imbalances in melatonin (sleep-wake cycle). As a result, most cases of S.A.D. occur in the late fall to early winter, but this feeling should not be confused with holiday blues. The months of January and February are the most difficult for S.A.D. sufferers. For seniors who are shut-in and isolated, S.A.D. can be especially debilitating.



According to *Psychology Today*, S.A.D. affects 10 million Americans, usually emerges in early adulthood (ages 18–30), and is more common in women than men.

Contributing factors other than seasonal climate changes include family history, Vitamin D insufficiency, and distance of living from the equator. The typical S.A.D. symptoms include feeling depressed or sad on most days; reduced energy levels; cravings for comfort foods high in carbohydrates, fat, or sugar; loss of interest in normal activities; and feelings of hopelessness or worthlessness, even suicidal thoughts. While S.A.D. is usually a mild or moderate form of depression, seasonal climate changes can bring about more severe depression in those who experience depression year round. Fortunately, most cases of S.A.D. go away in the spring and summer seasons.

My own bout with S.A.D. surfaced around age 24 and affected me for the seven winters that my former husband and I lived like pioneers in a mid-19th century (Civil War era) farmhouse in Giles County. The plumbing and heating systems were very rudimentary. To get water, we had to prime a pump in a springhouse near a creek to feed water to a cistern on a hill behind the house. The water then flowed by gravity to the house. Our only source of heat was a wood stove. So the winter seasons were especially difficult and made worse by the fact that his work required him to be out-of-town or on second shift so I spent most of the time alone. To make matters worse, during my first pregnancy, the underground pipes froze and we went without running water for over two months. Some of our AARP members may have similar elder stories. Needless to say, today most of us enjoy the heating and plumbing conveniences life offers, but I still empathize with those whose depression is made worse in the winter due to their living conditions.

Given the age of onset, S.A.D. sufferers can suffer for a very long time, especially without intervention. Typical

interventions for S.A.D. include light therapy, anti-depressant medication, Vitamin D supplements, and counseling. Self-care is also very important. If you don't personally experience S.A.D., what can you do to care for a friend or family member who does? These are some recommended habits and practices: journaling thoughts and feelings; practicing mindfulness; building relationships and social supports; utilizing community resources; getting adequate sleep and rest; planning regular physical activities; eating nutritious meals; engaging in art, music, and pet therapies; growing intellectually and spiritually through study; engaging in pleasurable and creative activities and projects; practicing positive self-talk; using humor to smile and laugh; and decluttering and organizing. We are very fortunate that LLI offers classes and special events in some of these topics.

Finally, approaching 2020 with reflection, purpose, and a personal vision can also help. Visioning is a business technique that can also be applied to our personal lives. I'm part of a women's art group that meets monthly; each January, we create vision boards for the year. Ask yourself these questions as you create your own personal vision for 2020: What do I enjoy? What do I want more of in my life? What do I want to learn? What energizes me? What relaxes me? What is most important in my life? Who are the most important people in my life? What's the one thing I want to accomplish this year? And, more importantly, how can I be a caring friend, relative, or colleague?



Blacksburg Chapter #2613

Chapter meetings are the third Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive at 11:30 am. 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 am.

Weather policy: If the public schools are closed, AARP will not meet.

Chapter Officers 2020

President • Don Creamer, dgc2@vt.edu
Vice President • Leslie Pendleton, lkpendleton@gmail.com
Secretary • Pat Hyer, hyerp@vt.edu
Treasurer • Pat Ballard, pballard@vt.edu
Assistant Treasurer • Ruth Anne Niles, rniles2@icloud.com

Board of Directors

2020: Isabel Berney, Jeananne Dixon Bame, Hugh VanLandingham

2021: Doug Feuerbach, Judith Jones, Lisa Moose, Leslie Pendleton

2022: Linda Correll, Chuck Burress, Kai Duncan


Newsletter editors: Carolyn Rude, Sandra Griffith

AARP Website www.blacksburgaarp.org



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 Don Creamer, President
 P.O. Box 10082
 Blacksburg, VA 24062

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Blacksburg Chapter  Member Application for 2020

Name: _____

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City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

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

New ___ Renewal ___ 90+ years old (free) ___

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 the check and this form to: .

AARP Blacksburg Chapter • P.O. Box 10082 • Blacksburg, VA 24062