



AARP Chapters are separately incorporated affiliates of AARP



newsletter

May-June 2020

President's Message

Don Creamer



The COVID-19 pandemic has disrupted our lives. And the disruption may last for a very long time.

So, how do we deal with it? This is both a very personal

question and a compelling issue for our AARP Blacksburg chapter.

Think of the ways that our chapter has benefitted our lives. Each of us likely can make a sizable list of these benefits, but we would likely agree that the chapter has provided social connections for members. We come together, tell stories, learn, laugh, sympathize. These are routine outcomes for most group gatherings and vital to successful aging. Someday we may be able to restore social connections through gatherings, but for now we practice social distancing and masking.

New ways of operating

The meaning of this for a while is that your chapter must find new ways of operating to ensure the ongoing vitality of our group and to cope sensibly with the pandemic threat. Be safe is the mantra of the day and it compels us follow the medical guidelines to protect ourselves and our loved ones.

It is logical to assume that we may need new ways of providing leadership during this unsettling period in our lives. Your Board of Directors is actively rethinking our practices while it meets virtually using the video conferencing tool Zoom. The April Board meeting was conducted in this manner and it is likely that we will continue this practice at least for the next two months.

Everything's Changed!

Is there a lesson in the use of video conferencing for other chapter practices? Your leaders will consider all possibilities as we move forward. But this relatively new practice exposes other issues in our normal ways of doing business. Are we all fully capable of engaging one another in the virtual world? Are our computers up to date? Are our skills up to date?

Setting up a Zoom account

Zoom (or other video conferencing options) may offer opportunities for staying in touch with others. Anyone can set up a free account with Zoom. You need a computer (or a tablet or a smart phone). From your browser, you would go to <https://zoom.us> and follow the instructions. If you have trouble setting up an account or using the software, a Board member can help you. Zoom has been criticized for its poor security, but they are prioritizing enhancing security, and improvements already are evident. Don't be afraid to use it. Virginia Tech and other universities, as well as public schools, are using it to deliver online classes. Many families are using Zoom to stay in touch as it offers easier ways to connect with multiple participants than the more familiar FaceTime and Skype.

Virginia Tech retirees may set up free accounts using the university license. These accounts enable meetings that are longer than the 40-minute limit of free accounts. Go here to start: <https://virginiatech.zoom.us>. You will need your PID and password.

Monthly meetings

While we hope that we can resume public meetings by fall, they are cancelled through June. If it still is unsafe to resume these meetings by September, we will use the video conferencing software Zoom

Upcoming Events

- Food Drive: ongoing (p. 4)
- June 24: Give Local NRV (p. 6)

Postponed

- June 16: AARP picnic; look for forthcoming details on an August 4 event
- Sept. 16, Health and Wellness Fair

Upcoming Chapter Programs

(Third Tuesday, 11:30 am)

- Sept. 15: Dean Spader, Project Drawdown: 80 Viable Solutions to Climate Change (tentative)
- Oct. 20: Lesa Wynn, Downsizing and Decluttering: What to do with our stuff
- Nov. 17: Dr. Alec Smith, Brain Stimulation Research—neuroeconomics and decision-making that touches on implications for seniors

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for our meetings. We can deliver programs live via Zoom, allowing members to ask questions of the presenters; we can also record our programs and make them available as a video on our website. Stay tuned while we carefully consider these options.

The website and email notices

Is there more that we can do with our existing website? I maintain this site and strive to keep it up to date. It

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Genetic Testing: Should You Participate?

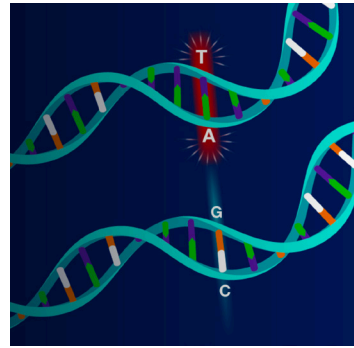
by Doris Zallen

The 21st century has ushered in a new era in modern medicine: genomic medicine. With powerful new tools of analysis, genomic medicine makes available all kinds of genetic tests that can peer directly into our genetic material, our DNA, and reveal detailed information about the genes that we possess. Advantages abound. But there may also be serious disadvantages.

Genetic tests can certainly aid in health care. In children, many disorders can be identified early and treatments started promptly to minimize harm. In adults, genetic tests can recognize small variations that affect our health right now or raise our risk for future illnesses such as cancer, heart disease, and Alzheimer's disease. Unraveling the information contained in our DNA allows doctors to prescribe treatments that are tailored to our individual body chemistry. Test information permits early diagnosis of disorders when treatments can be more successful, and even opens the door to taking steps that can prevent disorders from arising. Genomic medicine makes it possible to alert others in the family—those with whom we share our genes—of their health risks.

However, genomic medicine also brings potential problems. Obtaining test information can be extremely troubling if it indicates a higher risk for a future illness for which there are no treatments or means of prevention available. Genetic knowledge can leave people under a dark cloud of anxiety and fear about the future. Even the act of sharing one's genetic makeup with family members can prove to be difficult and has, in some cases, caused crushing guilt, heightened tensions among family members, and marginalized those found to have the worrisome genetic signatures.

Looming over the practice of genomic medicine is the possibility that insurance companies, employers, or government agencies could use one's private genetic information to deny services or opportunities. The cruel policies of the eugenics movement during the 20th century in the US is frightening evidence that genetic information can be misused. Anecdotal reports of present-day misuses continue



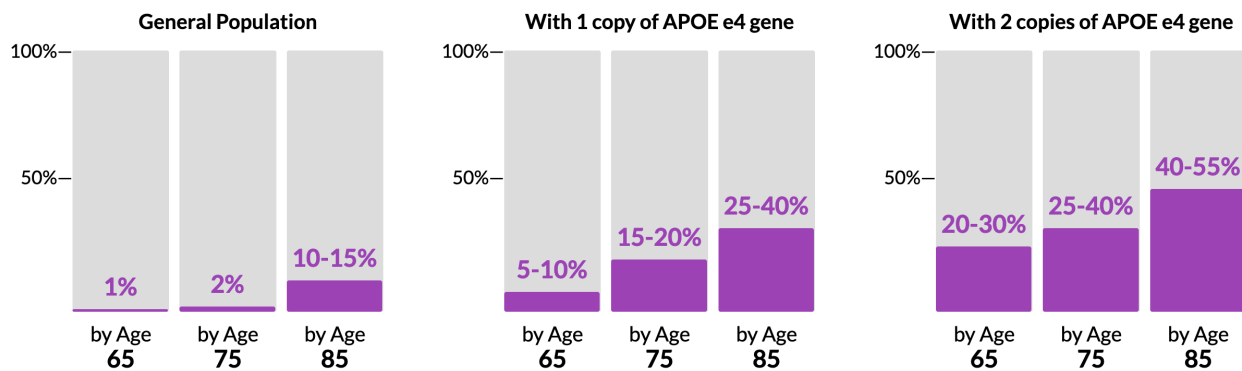
A variation in our genetic code can change how a gene functions and have an effect on our health. Here, a T-A rung in the DNA ladder has been replaced by a G-C rung. Genetic tests reveal such variations.

(from: www.genome.gov)

to fuel those concerns. Though there is now a federal law (the Genetic Information Non-Discrimination Act or GINA) to protect people from health-insurance and employment discrimination, GINA does *not* cover life, disability, or long-term care insurance.

So, be careful as you consider genetic testing. Before providing that blood or saliva sample, think about what tests and what kinds of information would be useful to you or your family—and what would not. It's popular now to seek genetic testing outside of the medical community through widely advertised, online testing companies that offer all types of tests directly to consumers. Recent reports of serious inaccuracies in the test results provided by these companies raise questions about the quality of the information provided. If you do decide to proceed with testing, it is best to do so with the assistance of savvy physicians or genetic professionals such as genetic counselors. They will make sure the testing is done through approved laboratories. They will be able to help you decipher the meaning of the results. And, if needed, they can identify the next steps you might take to promote your health and well-being.

Doris T. Zallen is professor of science and technology studies emerita at Virginia Tech and the author of *To Test or Not to Test: A Guide to Genetic Screening and Risk* (Rutgers University Press).



The APOE gene has three forms. One of them, the e4 variation, is associated with a higher risk for developing Alzheimer's disease. The likelihood of developing Alzheimer's is shown in purple (dark shading). The likelihood of not developing it is shown in grey. (from: genetestornot.org—an online genetic-testing decision aid developed by Zallen et al.)

President's message, continued

could be modified for other purposes, however, if members would use new functions.

You will be receiving even more frequent notices from your chapter leaders in your email using MailChimp. The effectiveness of email communication depends upon its users. Please regularly check your email. If you are not receiving messages via Mailchimp from your chapter, contact me at dgc2@vt.edu and ask to be included.

The virtual world: Books, movies, lectures, webinars

The virtual world is open to all of us. You can borrow books from the Montgomery-Floyd Regional Library without ever entering the building. All of their virtual services can be reviewed at <https://www.mfrl.org/online.php?cat=dl>. You can read books and magazines using RBDigital, use OverDrive to listen to audiobooks, or download books, movies, music, TV shows, comics, and children's audiobooks using hoopla.

You can use Zoom to access virtual lectures and webinars of interest to seniors. For example, the travel organization Road Scholar is offering live virtual lectures. Recent titles include "A Snapshot of the Greater Yellowstone Ecosystem" and "Winston Churchill." Go to <https://www.roadscholar.org/> and click on the "virtual lectures" menu button to see what is scheduled and what is in the library.

Maintaining connections

Throughout this crazy time of social distancing, our chapter must maintain our strong relationships with other organizations. This is especially true of the Lifelong Learning Institute at Virginia Tech (LLI). Classes in the fall will be offered by Zoom (see the article on this page). You may find some advantages to taking classes online--no driving or parking hassles, a "front row" seat for slides and videos, ability to adjust sound levels.

We know that social connections are essential to successful aging. Perhaps we could consider redefining "social" connections. Connections normally means benefitting from the physical presence of others. We can see them, hear them, and feel their essence. However, we can be "present" for others by other means. Phone calls, letters, text messages, email correspondence are examples of alternative forms of presence. They might even be made substantive by agreeing to accomplish certain tasks together and then discussing them. Read the same book and then gather to discuss it. Share ideas for activity such as taking a hike alone while looking for a specific flower agreed upon. Schedule a virtual cocktail party and share stories.

This time of crisis requires changes in behavior of all of us. Embracing these changes enthusiastically will serve you well even after we return to "normal." You can be confident that the officers and Board members take our responsibilities to the AARP mission and to you very seriously and will do all we can to offer you outstanding programming and opportunities for socialization.

Lifelong Learning Goes Online for Fall 2020

by Pat Hyer, LLI Program Chair

In-person classes, lectures, and events are one of the things we love the most about the LLI experience. It is not just the members who enjoy these interactions – the volunteer instructors look forward to engaging with LLI students as well. But the news suggests that our collective vulnerability makes in-person gatherings a risk for all of us. Rather than cancel LLI during these uncertain times, we will move our learning experiences to an online (Zoom) environment for Fall 2020.

We are lucky to have several months to make the transition work as smoothly as possible for instructors and members. Here are a few steps we are taking:

- Based on conversations with our fall instructors, we expect that we will have about 20 courses and 10 or so free virtual lectures/events, including the Sampler class, TED Talks, literature classes, art (new and continuing), and several favorite instructors doing their usual magic, but this time online. Full details will be available mid-August. Classes start the week of September 21.
- More than a dozen LLI volunteers have agreed to learn more about Zoom and to assist instructors and members.
- Zoom class assistants and instructors will work during the summer to get up to speed and redesign classes for online presentation. Zoom allows discussions and interactions among the students and with the instructor. We have already learned that these experiences are different from in-person classes but still very rewarding.
- We are offering two sections of a 4-week pilot class right now. We have observers in both sections and will collect participant feedback to inform our training for members and instructors.
- We expect to provide support to members who may need assistance in adjusting to online learning. We will provide instructions and an optional practice session before the course begins. This support will be ongoing throughout the fall term. Feel free to contact Heidi Dickens (LLI program support specialist) 540-231-4364, heidil@vt.edu with your questions or concerns.

We hope this alternative format will engage LLI members during a time when we cannot gather safely. Just think, you can attend class in your pajama bottoms or sweats! (But you might want to comb your hair first before you get online.)



Mobility Coordination Helps the New River Valley with Transportation Options *by Chris Blankenship*



The New River Valley Agency on Aging offers a Mobility Coordination Program to assist residents of the New River Valley (NRV) with transportation and information. The Mobility Coordination Program promotes and leverages community resources to help stay connected within the community.

The program serves adults with disabilities, older adults, auto-less homes and economically challenged individuals without transportation coverage or options. For individuals who meet program guidelines, transportation to non-emergency medical treatments is secured and the cost covered if needed. The program also provides transportation to food resources within more rural communities.

The Mobility Coordinator advocates, encourages, and trains individuals of all ages and income levels on how to access and utilize existing public and private transportation services. Individuals are helped to understand how to travel within the New River Valley using the Public Transit Systems in Blacksburg, Christiansburg, Radford, and Pulaski and the Smart Way Bus. Some residents may not realize that there are intersecting stops at certain times of day and on certain days of the week making it possible to travel within the NRV using the different NRV Public Transit systems.

The Smart Way Bus, a commuter bus, transports riders from the NRV to the Roanoke Valley several times a day, and the Virginia Breeze can take riders from the NRV to the

Dulles Airport in Washington, DC. Occasionally, Mobility Coordination assists economically challenged families with providing wheelchair transportation to special family events (funeral, death bed visitation, wedding, family event) that is impactful in the client's social isolation.



The Mobility Coordination Program and the Med-Ride Program, another program of NRV Agency on Aging, provides a volunteer driver opportunity to assist clients of the New River Valley Agency on Aging in maintaining their medical appointments. Recently our volunteers have been instrumental in providing transportation for clients to and from their cancer treatments and recurring medical appointments.

Volunteers are asked and scheduled in advance on the days and times they are available. Sometimes, volunteers split a day; one will provide a way to the treatment and another volunteer will pick up the client and take them home. This helps the volunteer, who may have other activities within their day to still provide help to someone in need.

If you are interested in learning more about how the Mobility Coordination program can assist you or if you are interested in becoming a volunteer, please contact the Mobility Coordination Program at 540-994-2632 or 540-980-7720.

Food Drive in Pandemic Times

by Sally Anna Stapleton, Chapter Caring Committee

One of the greatest problems in today's chaotic time is supplying food to the people who need it. Food insecurity has reached a whole new level. The food pantries are looking to the public for help. They need financial contributions to help stock pantries so they can continue to supply food to the people in need. Any contribution you can make can help, no matter how little or large. Send your contributions to any food pantry you like. Please help! We are all in this together. Thank you for helping.

Interfaith Food Pantry

706 Harding Ave
Blacksburg, VA 24060
Attn: Vern Simpson

MCEAP Food Pantry

New River Community Action
110 Roanoke St
Christiansburg, VA 24073

United Way NRV Food Pantry

111 W Main Street
Christiansburg, VA 24073

Agency On Aging

Staples For Seniors
Fido's Pantry (pets)
Attn: Shannon Hammons
6226 University Park Dr #3100
Fairlawn, VA 24141

Feeding America

Salem Distribution Ctr
1025 Electric Rd
Salem, VA 24153

Vittles for Vets

7757 Walker Farms Drive
Radford, VA 24141



Participants in the Aging in Place Workshop conducted by Leslie Pendleton and Jerry Niles, with help from other AARP volunteers for LLI/AARP and members of the VT Retirees group, Feb 28 and Mar 6.

Veteran Connection

by Leslie Pendleton, Chapter Vice President

At one of our monthly meetings, members of the Board voted to reach out, connect with, and care for Veterans in the NRV beyond the efforts of Board members Ben Crawford and Judith Jones, who both volunteer with the Southwest Virginia Veterans Cemetery in nearby Dublin. Exactly how to do that was unclear at the time. Fast forward a bit, and the annual Chapter Awareness Grant program provided an opportunity to articulate and structure an outreach project aligned with Chapter President Don Creamer's Proposed 2020 Goals.

With the input of both Don and Jerry Niles, I submitted a grant proposal in late March for a Veterans-focused, multi-event project to be held in fall 2020 and to coincide with our biennial AARP Health and Wellness Fair in September, the Veterans Resource Fair rescheduled from March 28 to November 7, and the Veterans Day holiday on November 11. The proposal has several emphases:

- Social connection and support for Veterans 50+ through our Chapter
- Partnerships with Veterans-affiliated organizations in the NRV
- A model for reaching out to other underrepresented senior populations

Then COVID-19 and Governor Northam's stay-at-home order happened! Our health fair was postponed to September 2021, and the status of events scheduled for the fall remains unclear.

On the bright side, on April 28, a group of us benefitted immensely from a Zoom chat with Genea Luck, AARP Virginia Associate State Director, and Dr. Jim Dubinsky, Co-Director of Veterans in Society at Virginia Tech. First, in light of the uncertainties associated with COVID-19, we were reminded that we need to rethink all in-person Chapter events. AARP state and national are now pivoting all in-person events to virtual events. Second, we were encouraged to rethink the proposal using technological innovation and creativity. Among the many ideas discussed were Chapter meeting presentations via Zoom; photographs that mirror Veterans in their uniforms with their current senior photos; human interest stories; video montages; virtual screenings of movies; virtual concerts; community dialogue/conversation; and unique community outreach programs, for example, letter-writing to Veterans in nursing homes. Third, we learned about additional financial opportunities at the state and national levels. Finally, we learned that we have more work to do!

Whether you are a Veteran or not, we welcome your ideas and suggestions for Veteran-focused events as well as topics for virtual presentations during these challenging times. Contact me by phone at (540) 230-8139 or by email at lkpendleton@gmail.com with your input.

Potential Impacts of the Coronavirus on the November 2020 Elections

by Doug Feuerbach, Chair, Chapter Legislative Committee

At this point it is still too early to make accurate predictions as to how the coronavirus (CV) crisis will affect the 2020 elections. There is general consensus, however, that the health care crisis and ensuing economic crisis will be a major factor in the outcome of the elections – perhaps the only factor. This is a brief summary of the impacts of the CV, focusing on the general issues we see today and does not get into any detail in identifying how those issues may direct the elections one way or another. There are three main categories of impact: voting, the track the virus takes, and economics.

- 1. Voting:** 34 states including Virginia have legislative, election, and/or executive actions under way to address the way the CV outbreak will affect the elections. They cover bills relating to delaying elections, absentee and voting by mail, and public health. In Virginia, the state Department of Elections has clarified that concerns over the CV will allow individuals to vote by absentee ballot. An executive action allows delays in state primaries and postponement of other state elections. The federal stimulus package includes funding to increase voting by mail. How this all plays out will be state by state specific, but it is likely to impact the electoral map depending on demographics and the political landscape within each state. There are also policy options such as those available through management declarations through emergency legislation. It might be possible to delay the general election, but the dates for the new Congress and Presidential inauguration are Constitutional mandates that can't be changed through normal legislative processes.
- 2. The course of the CV between now and November:** The health of America state by state come November will be a huge influence on the election outcome, and where we are at that time is dependent on what we do to stop the CV from continuing to wreak havoc on public health and the country's well being. And importantly, who gets the credit or blame, or who is perceived to get the credit or blame. If the CV impacts continue with little or no change or worsen, it will favor the Democratic challengers to the incumbent Republicans. If on the other hand the rate of infections is decreasing and the economy opens back up, it will favor the incumbent party.
- 3. Economy:** On perhaps equal footing with the health crisis is the economic crisis. The economic impact of the CV on the nation is certainly severe. Many are currently putting the economy in front of health issues. The job loss figures, and the financial health of the nation and of individuals will greatly affect how people vote.

The Coronavirus crisis is making the 2020 elections very unpredictable. Look for a total focus between now and November to be on the health of Americans and on the economic turnaround.

Community Foundation Sponsors

Give Local NRV June 24

The Community Foundation of the New River Valley sponsors a day of giving to benefit nonprofits in the New River Valley. This year's event takes place June 24, for 24 hours from midnight to midnight. Donations made June 1 or later count to the day's total.

Donors may go to the website at givelocalnr.org and select from more than 100 organizations that are registered with Give Local NRV. The Community Foundation offers prizes and grants for such achievements as most money raised and most new donors, thus increasing the amounts that organizations may raise.

Nonprofits have substantial needs this year because so many more people need services and because the usual donors may themselves be limited in the current economy.

Please give generously on June 24.



Habitat for Humanity Seeks Volunteers, Has Houses Available

For information, please contact Shelley at 540.381.1144 or email info@habitatnr.org.

The Miracle

Fenton Johnson

Though I was dwelling in a prison house,
My soul was wandering by the carefree stream
Through fields of green with gold eyed daisies strewn,
And daffodils and sunflower cavaliers.
And near me played a little browneyed child,
A winsome creature God alone conceived,
“Oh, little friend,” I begged. “Give me a flower
That I might bear it to my lonely cell.”
He plucked a dandelion, an ugly bloom,
But tenderly he placed it in my hand,
And in his eyes I saw the sign of love.
‘Twas then the dandelion became a rose.

This poem is in the public domain. It originally appeared in *Songs of the Soil* (Trachtenberg Co., 1916).

Fenton Johnson was born in Chicago, Illinois, in 1888. He was a forerunner of the Harlem Renaissance writers and self-published three poetry collections: *A Little Dreaming*, 1913; *Visions of the Dusk*, 1915; and *Songs of the Soil*, 1916. He died in 1958.

Caring and Wellness Corner *Leslie Pendleton*

Care in the Face of the Coronavirus (COVID-19) Pandemic

Think back to the world events we've experienced in our lifetimes. The Coronavirus (COVID-19) pandemic, likely the most disruptive, has resulted in significant loss of life and a global shutdown with profound financial, political, and cultural impact. Never has large-scale and grass roots caregiving been so critical to our holistic well-being.



As seniors, we may have personally experienced serious illnesses; we've certainly experienced the deaths of loved ones, but we haven't experienced anything like this Coronavirus pandemic. As of May 6, US statistics show 1,171,510 cases and 68,279 deaths (cdc.gov). Healthcare professionals and first responders continue to put their own health at risk to care for those who are ill and dying.

Beyond the work of our healthcare professionals, others—teachers, ministers, therapists, financial planners, grocery store and retail workers, cooks, delivery drivers, school bus drivers, pilots, to name a few—work hard every day to care for us behind the scenes, meeting our essential and spiritual needs, dealing with our financial and mental health crises, and helping us meet our educational and learning goals. Thankfully, through the generosity of philanthropists, the creativity of technology innovators, and the scientific knowledge of medical researchers, acts of caring work toward long-term solutions to the pandemic.

When I taught Engineering Professionalism at Virginia Tech, I often played Futurist Bill Joy's Ted Talk Video “What I'm Worried About, What I'm Excited About” for my classes. Joy talked about his concern of a future pandemic. I'm embarrassed to admit that I knew very little about the history of pandemics, but I've recently taken the time to research them. The statistics are staggering! Yet, despite the medical and other technologies that exist today, we are still in a very vulnerable position. And we aren't used to having our freedoms curbed by stay-at-home orders that require social and physical distancing. We are in limbo! There's much uncertainty of our freedom, safety, and security in the near future. Mass unemployment and financial losses have been crippling. In a recent conversation with my son, CEO of Olio Financial Planning, I said, “I wish there was more I could do. Do you ever think about that?” He responded, “Mom, I think we are doing a lot. We're helping people manage their money. People are freaking out.” Open mouth insert foot!

Like many of you, I started the stay-at-home order by watching the news and keeping an eye on social media. A constant flow of negative information can soon increase symptoms of anxiety and even depression. I soon learned

continued p. 7

to avoid information overload, relying upon sources like the U.S. Centers for Disease Control. Perhaps more than ever before, I soon felt gratitude for living in a green and mountainous rural area that has been mostly protected from the Coronavirus, at least up to this point. That's not to say that some of us haven't been or won't be greatly affected in some way. Given the extent of this public health crisis, most of us will know of someone who has been hospitalized in critical condition or passed away, maybe even someone close to us. We will no doubt know someone who has lost a job and/or a business and suffered financial losses. We'll experience or encounter family and friends with increased anxiety and depression. Some of us will be unable to bury our deceased family and friends in a way that brings closure. Self-care and connection are two ways of caring for our own well-being.

The Importance of Self-Care. The National Alliance on Mental Illness reported new challenges associated with the Coronavirus: Uncertainty, fear, high anxiety, high stress, disruption, and uncharted waters. While a recent headline in *USA Today* stated, "You don't have to optimize your coronavirus quarantine," a regular routine that fosters work, productivity, good nutrition, and exercise remains important. The basics of health and wellness are practices we can easily continue. I've taken the time to prepare daily healthy meals, even if I do need to put a halt to those Breyer's Mint Chocolate Chip ice cream cones! While I personally haven't exercised using Beachbody videos, I have enjoyed cycling on my stationary recumbent bicycle, chair yoga on Instagram, and at least 30-minute daily walks. Of course, getting outside has the additional benefit of exposure to sunlight, at least on the days we haven't had April showers. It certainly helps reduce cabin fever.

Enjoyable leisure time and productive activities are both important. Decluttering, cleaning, organizing, completing long-delayed projects, taking walks, cooking, reading, working puzzles, playing board games, and gardening are a few suggestions. I've enjoyed peaceful car rides through Ellett Valley, Catawba, and Newport. The white, purple, yellow, and lime green colors of springtime make for such a beautiful time of the year! And we've all heard about the short- and long-term health benefits of laughter for stress reduction. For a good laugh, watch "The Wonky Donkey Grandma" and the "Cockatoo Loves Elvis" videos on YouTube. Anybody up for a Laughter Yoga session? Watch "Laughter Yoga Liliana DeLeo," also on YouTube.

The Importance of Connection. Every single one of us has had our lives upended to some degree or another. We can all relate. And we all have people and events we miss. Extroverts living alone, people stuck 24/7 with partners and spouses in the same space, and parents with children may be struggling to some degree. While many seniors are used to staying home or living in an assisted living facility or nursing home, they are not used to being disconnected from family. Connection is more vital to our health and

happiness than we might care to admit. After her own bout with Coronavirus, CNN Anchor Brooke Baldwin wrote, "How fighting Coronavirus taught me about the gift of connection."

Pre-Coronavirus, many of us were already starved of real social contact and meaningful relationships. Remember the people you've missed seeing or wish you could catch up with, but haven't because of real- or perceived-time constraints? The virus is the best excuse ever to reconnect, build, and even repair relationships. Who can you call to check in with by asking "How are you today?" Have you heard of the #onecalladay campaign on Instagram? Is there one person you can call and talk to each day? Ask yourself: Who's in your "Corona Crew"? But seek support wisely; in other words, avoid seeking support from those we are as anxious or even more anxious than you.

Whether in huge or small ways, we are all doing something to care for ourselves and others during this pandemic. We've had to surrender to the idea of slowing down by giving up some of our freedom to come and go as we please to protect ourselves and others. The spiritualist Eckhart Tolle perhaps said it best, "The peace that comes with surrendered action turns to a sense of aliveness when you actually enjoy what you are doing." There is currently no expectation on when this will end or when our lives will revert back to some sense of normalcy. Because there's so much uncertainty (perhaps even over the next year), it's impossible to set meaningful goals, make vacation plans, etc. The only thing we can reasonably think about is what is important moment-to-moment, today, tomorrow, or this week. And we must have hope. To care well for ourselves and others, do we really have any other alternative?



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.

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



Blacksburg Chapter #2613
 Don Creamer, President
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**Nonprofit
 Organization
 U.S. Postage
 PAID
 Blacksburg, VA
 Permit No. 32**

Blacksburg Chapter  Member Application for 2020

Name: _____

Spouse/Partner: _____

Address: _____

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