



Serving the greater New River Valley, Virginia

Health and Wellness Fair

September 14, noon–4 pm

Christiansburg Recreation Center

(substitute for our September meeting)

Get ready for the AARP/VCOM Health and Wellness Fair! Come to the Christiansburg Rec Center September 14, Noon to 4 pm—and tell your friends and neighbors about it!

There will be over 125 exhibitors, live demonstrations, and interactive displays. Tables and chairs are spotted around to give you an opportunity to sit and chat, or just rest after wandering around the Fair. Local pharmacies are donating time for free flu shots, other immunizations, and health screenings. The Fair can be a place to get one of those screenings you might have been putting off whether it is for blood pressure, blood sugar, hearing, skin damage, vein health, or musculoskeletal screenings. If you have wondered whether seeing a chiropractor or acupuncturist would help you, come talk with one and get an idea of what they do. How about a massage to relax you?

The theme of the Fair is this: *Successful aging is not just about medical conditions and their management, but about living a full and engaged life and how our community makes that possible.* Some exhibitors will focus on the fun side of life. Have you heard about adult coloring books? Come try one out or see what you might do in painting. Where could you go to hike a trail? And maybe have a glass of red wine afterwards?

We all need someplace to live, and aging can present some challenges. Exhibitors can help you see what's possible in renovating your current home or providing some in-home care. Also, exhibitors can show you options for assisted living that are available

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President's Column by Don Creamer

40 Years and Counting

Did you know that ...

- ✓ *In America, the first Sunday after the first Monday in September is celebrated as National Grandparents' Day?*
- ✓ *Shakespeare did not mention September in any of his plays?*
- ✓ *September has three birth flowers: the forget-me-not, the morning glory and the aster? Forget-me-nots represent love and memories, asters represent love as well, and the morning glory represents unrequited love. These are all very passionate flowers.*

So, happy Grandparents' Day to all as we launch the second half of 2016!

Good Beginnings for 2016: We have had a busy and fruitful first half of the year with excellent programs at our monthly member meetings, the Bill Thomas event, and the 40th Anniversary Picnic for the chapter.

Leadership Opportunities: Our own Ben Crawford was selected as recipient of the Montgomery County Leading Lights Award for 2016. Ben is an exemplary example of volunteer leader. With his example in mind, let me remind you that we have launched the Nominating Committee for chapter officers and Board members for terms beginning 2017. *Who among you will be the next Ben Crawford?* If you seek fun, challenge, and reward for your actions, step up to the call for leaders in our chapter. Contact Tina King, Chair of the Nominating Committee, at (540) 980-7720 or tinaking@nrva.org and let her know how you wish to help. Tina and her committee will make their preliminary report to the Board at the September meeting but nominations from members will be accepted until the final

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Upcoming Events

September 7: Registration for fall LLI courses opens (p. 2)

September 14: Health and Wellness Fair, noon–4 pm

September 24: Christiansburg library celebration 1 pm (p. 4)

September 25: AARP food drive, Kroger South Main, 11–3 pm

October 4: LLI-LWV panel on the presidential election 7 pm (p. 2)

AARP Food Drive

Kroger–South Main Blacksburg

The AARP Food Drive will be held **September 25, 2016**, from 11 am to 3 pm, Main Street Kroger, Blacksburg. Please come out and help supply the local food bank. If you can volunteer to help, please contact Sally Anna Stapleton, sanna418@gmail.com.



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 a.m.

Please bring a **food donation** (a can or box of non-perishable food) to the AARP chapter meeting. We collect food at each monthly chapter meeting for the food banks in Blacksburg and Christiansburg.

Health and Wellness Fair Offers 125 exhibitors, screenings, cooking and exercise demonstrations

in the area. Exhibitors can provide information about veteran benefits, financial services, adult day care, and services for the disabled.

We have introduced live cooking demonstrations and exercise exhibits to the Fair—see the schedule below. All other exhibits are available from noon to 4 pm.

AARP members are no strangers to the benefits of volunteering, and the Fair will highlight each exhibitor who has a volunteering opportunity. There are so many great ways that we can support our community and enhance our own lives.

We simply cannot tell you about all the exciting things you will find at the Fair, we can just encourage you to come and see for yourself. The Fair is free, the parking is ample, and plenty of folks in the Fair can help you find what you are looking for once you get there.

Schedule of Demonstrations, Health and Wellness Fair

Exercise

- 12:15 Tai Chi for Arthritis
- 1:00 Chair Yoga
- 1:30 Qi Gong
- 2:15 Zumba
- 3:00 Senior Motions

Cooking

- 12:15 Quesadillas—Extension Service
- 1:00 The Egg Lady
- 2:30 Quesadillas—Extension Service

Panel on the Presidential Election 2016 October 4, 7–8:30, German Club

We've all heard plenty of "spin" about the 2016 presidential election, but on October 4, we have an opportunity to hear from four political science professors who will have nonpartisan insights on what makes this election different from others and how it represents current cultural forces. Why are voters behaving so differently in this election cycle? What changes and events have caused these responses?

The panel, "Anger, Frustration, and the 2016 Presidential Election," will take place at the German Club (Southgate Drive) on Tuesday, October 4, from 7–8:30 pm. The League of Women Voters of Montgomery County and the Lifelong Learning Institute at Virginia Tech have partnered to sponsor this event. There is no charge, and the public is welcome.

Karen Hult (Virginia Tech) will be the moderator.

Panelists are Caitlin Jewitt (Virginia Tech), Daniel Reed (Radford), and Charles Walcott (Emeritus, Virginia Tech).

Professors Hult and Walcott have co-authored two prize-winning books on White House governance, and they have written numerous articles focusing on the US Presidency.

Professor Jewitt studies political campaigns and presidential primaries and caucuses.

Professor Reed studies voter mobilization and political campaigns.



LEAGUE OF
WOMEN VOTERS®



Lifelong Learning Institute Opens Fall 2016 Registration

The fall term for the Lifelong Learning Institute at Virginia Tech promises rich learning opportunities for curious adults 50 and older in the New River Valley. Courses and special events cover current issues, local history and culture, science, health, living well/personal growth, music, art, and literature, technology and much more. The LLI at Virginia Tech is also chartering a small group educational tour to Cuba, January 6-15, 2017, through Road Scholar.

"No tests, no papers, no grades. Just great opportunities to connect with others in a shared learning experience and good discussion. It doesn't get any better than this for the instructor or the student," according to Jerry Niles, an LLI founding member who spent his career observing classrooms.

Most courses begin the week of October 3. Twenty-four courses and fifteen special events and tours will be offered. Registration opens September 7. Course and event descriptions are available online at www.cpe.vt.edu/lifelonglearning. You can also request a printed catalog on the LLI homepage.

Over 400 members enrolled in one or more of the courses and special events offered during the spring 2016 program. Members were treated to stellar active and retired faculty from Virginia Tech, Radford, and the New River Valley community. "Gifted teachers who are passionate about their subjects and truly engaged students create a special magic in LLI classrooms," said Pat Hyer, a volunteer leader of the institute. "We hope to create memorable learning experiences for LLI members each and every term!"

Information about registration, fees, locations, and other details is available at www.cpe.vt.edu/lifelonglearning. Join LLI and register for courses online or contact Leah Coffman at 540-231-4364 for registration assistance. If you are an individual with a disability and desire an accommodation, please contact the LLI office at 540-231-5685 or contact us by email at lifelonglearning@vt.edu at least 14 in advance of the start of classes or the event.

vote in November.

Let me bring you up to date on some important initiatives of our chapter that have occurred during the summer months.

TimeBank: First, we have appointed Val Coluni to serve as liaison with the TimeBank initiative in our community. Ellen Stewart is leading this project and she needs our member involvement to make TimeBank relevant and effective. Val is expected to show us the way for personal engagement in this important community initiative. We already have offered some assistance to them by writing a letter of support of their efforts to secure a sizeable grant from the Community Foundation of the New River Valley.

Health and Wellness Fair: Jennie Reilly, Angela Little, and Wendy Baldwin have been very hard at work planning the biennial Health and Wellness Fair. More information about this event can be seen elsewhere in this newsletter. I want to emphasize, however, that this event will be larger than in previous years and will include activities not available until now. You definitely want to make plans to attend.

LLI: The Lifelong Learning Institute at Virginia Tech is gearing up for an exciting fall term. Pat Hyer, Jerry Niles, and Carolyn Rude especially have been engaged in developing the program and catalog and preparing to launch the fall term. You can keep up with their work and prepare yourself for membership and enrollment by visiting www.cpe.vt.edu/lifelonglearning.

Social Contacts Among Members: Your chapter also is exploring some ideas for more social contacts among members. How about an occasional wine tasting at one of the local wineries, for example? We possibly can turn such events into fundraising activities in collaboration with other organization partners. We are only in the beginning stages of such thinking. If you have ideas, let me hear from you.

Aging Well in our Communities: Here are a couple of books that may interest members interested in thinking of aging as opportunity: *Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age* by Jo Ann Jenkins (CEO of AARP) is a discussion of health, wealth, and self while seeing opportunities for looking at aging differently. *Where We Live: Communities for All Ages* by Nancy Leamond highlights more than 100 initiatives that mayors nationwide have launched to improve their communities, respond to pressing issues, and build partnerships. Further, you can subscribe free to a Livable Communities e-newsletter at <https://secure.aarp.org/livable-communities/livable-community-newsletter-subscribe/>. Lots of ideas for living well in these three sources.

So, stay tuned. There is much to come from AARP Blacksburg chapter.

Your Generosity Paid Dividends

You were invited at the beginning of this fiscal year to donate to the chapter budget beyond the \$15 annual dues. Thanks to your generosity, the chapter has been able to expand its reach to more fully realize our goals. Your Board of Directors wishes to say THANK YOU!

A simple version of our budget is that we receive and spend approximately \$4,000 annually. Dues, earnings from the biennial Health and Wellness Fair, and earnings from the 50/50 drawings make up the bulk of our income. Expenditures typically include printing and mailing of the newsletters and contributions to charity awarded at our annual holiday luncheon.

This simplistic version of our budget shows that we have limited financial resources to expand our operations and our reach into other community activities. Thanks to your extra donations this year's budget was strengthened by \$2,061, allowing us to support financially the following activities and events:

- The Bill Thomas event in April
- Sponsorship of Leading Lights Awards
- Assistance to the AARP Tax-aid program
- Sponsorship of Warm Hearth Village Cheeseburger in Paradise event
- Membership in Downtown Blacksburg Incorporated
- Chapter 40th anniversary picnic

What a difference you have made ...

Clearly your money helped improve our chapter and an invitation for you to make donations to the chapter beyond annual dues will be continued next year. Let's see what else we can accomplish together!

Don Creamer



Terry Wildman and Sue Magliaro hosted the AARP 40th anniversary picnic in June



June Schmidt, chapter chair of Financial Planning and Audit, enjoys the anniversary picnic.

photos by Peter Magolda

Christiansburg Library Celebrates 30th Anniversary September 24, 1 pm by Monena Hall

Libraries have a long and storied history in Montgomery County. It all began in 1941, when the county joined a regional library system that was established with WPA funds and also included Radford and Pulaski. From 1941 to 1943, the area's libraries struggled with local funding, resulting in a discontinuation of bookmobile services to most areas, which prompted a campaign to get library funding on the ballot. On December 21, 1943 a resolution was passed, establishing the Montgomery County Public Library, which remained part of the regional system with Pulaski County and the City of Radford until 1970. In 1975 the Montgomery-Floyd Regional Library was created.

The Christiansburg Library has had a number of homes since opening in 1943—the mezzanine of a Main Street clothing store, a single room in the Phlegar Building on South Franklin (where it did eventually expand to two rooms), and even a church. It wasn't until 1986 that it finally found its current home on Sheltman Street.

Ultimately, the Christiansburg Library was built to serve the educational and entertainment needs of the public with respect, accountability, and a collection that represents the diverse interests of our patrons. And while it has undergone many changes since opening in 1986, its heart and connection to the community has remained the same.

Please help us celebrate 30 wonderful years in our community, on Saturday, September 24, at 1 pm. We will have crafts, refreshments, and fun activities for all ages! Guest speakers include Mayor Mike Barber, and local author Tiffany Trent.

AARP Hosts Booth at Steppin' Out

Flooding rain and high winds could not deter the volunteers who staffed the Steppin' Out street fair on August 5 in Blacksburg. Twice they had to fold up the booth, but in the meantime they distributed hundreds of useful pamphlets and invited visitors to sign a petition to support Social Security with the national AARP "Take A Stand" campaign. The volunteers also gave out information on the **Health and Wellness Fair**, **Lifelong Learning Institute** at VT (LLI), and the **TimeBank** currently being organized. They collectively contributed 77 hours of volunteer time!

About a hundred people signed the "Take A Stand" board. Dozens expressed interest in the AARP Safe Driving program, LLI, and the upcoming Health and Wellness Fair. Many wanted to know which presidential candidate AARP is supporting and were surprised to learn AARP is strictly nonpartisan.

HD Broadcasts in Christiansburg: Opera, Ballet

The Regal Cinema in Christiansburg (110 New River Road) shows HD broadcasts of Metropolitan Opera and Bolshoi Ballet performances. See www.fathomevents.com.

Metropolitan Opera (tickets \$22 senior)

- The Met's 2016-17 *Live in HD* and Radio Program Guide is available at metopera.org/HDguide or by calling 1-800-638-6737.
- Opera synopses and cast listings are available before each performance: metopera.org/liveinhd.

	Saturdays	Wednesdays; 6:30 pm
<i>Tristan und Isolde</i>	Oct 8, 12:00 pm	Oct 12 (5 hr 15 min)
<i>Don Giovanni</i>	Oct 22, 12:55 pm	Oct 26
<i>L'Amour de Loin</i>	Dec 10, 12:55 pm	Dec 21
<i>Nabucco</i>	Jan 7, 12:55 pm	Jan 11
<i>Roméo and Juliette</i>	Jan 21, 12:55 pm	Jan 25
<i>Rusalka</i>	Feb 25, 12:55 pm	Mar 1
<i>La Traviata</i>	Mar 11, 12:55 pm	Mar 15
<i>Idomeneo</i>	Mar 25, 12:55 pm	Mar 29
<i>Eugene Onegin</i>	Apr 22, 12:55 pm	Apr 26 (4 hrs)
<i>Der Rosenkavalier</i>	May 13, 12:30 pm	May 17 (4 hr 50 min)

Bolshoi Ballet (\$15 senior); Sundays at 12:55 pm

<i>The Golden Age</i>	Oct 16
<i>The Bright Stream</i>	Nov 6
<i>The Nutcracker</i>	Dec 18
<i>The Sleeping Beauty</i>	Jan 22
<i>Swan Lake</i>	Feb 5
<i>A Contemporary Evening</i>	Mar 19
<i>A Hero of our Time</i>	Apr 9

Frank Theatres in Blacksburg plans to show Royal Opera and Royal Ballet performances from London, but the schedule was not available at the time this newsletter was prepared.

Heaps of THANKS to the following volunteers: **Don Creamer, Lorraine Bratton** (Roanoke), **Shirley Peterson, Sally Anna Stapleton, Nola Elliott, Jerry Niles, Ruth Anne Niles, Mac McCloud, Judy Rogers, and Violet Drake**. Associate State AARP VA Director **Brian Jacks** worked the booth much of Friday. **Ben and Carol Crawford** and their daughter, Virginia, helped set up and take down the exhibit. **Laura Oganowski**, of Richmond, who was recently employed to promote the "Take A Stand" campaign, worked Friday and Saturday afternoons. She also held a public meeting at the Blacksburg Library on Social Security that Friday morning.

Ben Crawford

Photo on the facing page (p. 5): Shirley Peterson and Sally Anna Stapleton worked the Blacksburg Chapter booth at Steppin' Out. They were soaked in a hard rain later that afternoon.

Legislative Report *by Ben Crawford*

The Blacksburg AARP Chapter Advocacy Committee has visited this summer with staff of Senator **Mark Warner** and Congressman **Morgan Griffith** about several issues:

1. Seniors Tax Hike Prevention Act (SB 3111): In January 2017, the income threshold over which taxpayers can deduct medical expenses will increase from 7.5% of income to 10%. Between 8 and 10 million Americans use the medical expense deduction. If less of their expenses are deductible, their taxes will increase and incomes will decrease. Senate Bill 3111 would delay the tax increase for two years.

AARP supports this bill because 56% of those claiming the medical expense deduction were 65 years old and older. Over half reported income of \$50,000 per year or less.

Ryan Martin and **Ben Crawford**, pictured below, together with two AARP volunteers from Roanoke, met with staff of Senator Mark Warner and by video in August. We asked Senator Warner to co-sponsor the bipartisan SB 3111.

What can AARP members do? Contact your representatives and ask that they support and consider co-sponsoring Senate Bill 3111 as tax relief for middle-class seniors.



Ryan Martin, Ben Crawford, and 2 volunteers from Roanoke



Steppin' Out Booth
Shirley Petersen and
Sally Anna Stapleton

2. Family Caregivers Act: Family caregivers help older adults and people with disabilities live independently in their homes and communities, but they take on physical, emotional, and financial challenges.

The **Family Caregivers Act** or the **Raise Act** (Recognize, Assist, Include, Support, and Engage) requires the development of a national strategy to support family caregivers. The U.S. Senate passed it unanimously, and the House of Representatives, with bipartisan support, is considering it.

The Congressional Budget Office estimates the cost at \$1 million over 5 years. The money is mostly for new staff to support an advisory council and develop/coordinate a national strategy.

Chapter President **Don Creamer**, along with **Ryan Martin** and **Ben Crawford**, visited with staff of Congressman Griffith in his Christiansburg office to ask that he support passage of this act and that he urge House leaders to take up and act on this bill upon their return in September.

What can you do? Urge Congressman Griffith to support action on this bill. This bill, as of August 1, 2016, had more than 90 bipartisan House cosponsors and the support of more than 50 national groups.

3. Social Security: In both congressional visits, we talked about the vital importance of Social Security and the urgent need to update the program. We encouraged our representatives to endorse AARP's Take A Stand campaign. Further, we asked that they use their influence to include questions about SS in the Presidential debates coming later this year.

AARP Driver Safety Course October 27–28

The Giles County Chapter has scheduled an AARP Driver Safety program in the Senior Center, Pearisburg, starting Thursday afternoon October 27, from 1 to 5 pm, and continuing the next morning (October 28) from 9 am to 1 pm. Lunch will be provided the second day. The Center will also provide snacks and drinks each day. Look for more details in the October newsletter, but save the date.

Chapter Officers 2016

President • Don Creamer, dgc2@vt.edu

Vice President • Ben Crawford, ben.crawford@vt.edu

Secretary • Sally Anna Stapleton, sanna418@gmail.com

Treasurer • Pat Ballard, pballard@vt.edu

Board of Directors

• 2016—Tom Alston, Tina King, Sally Anna Stapleton

• 2017—Pat Hyer, Jerry Niles, Shirley Peterson

• 2018—Wendy Baldwin, Ryan Martin, Ray Van Dyke

Website: www.blacksburgaarp.org

Facebook: <https://www.facebook.com/AARPBlacksburg/>



Blacksburg Chapter #2613
Don Creamer, President
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Blacksburg, VA 24062

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 **Member Application for 2016**

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:

Tom Alston - P.O. Box 10082 • Blacksburg, VA 24062